

Insight Acupressure Advanced Practitioner Certification Program Overview

March 2024

Insight Acupressure Advanced Practitioner Certification (formerly known as Advanced PA Certification) is a journey of personal and professional development that will take your practice more deeply into its full potential. By the time you complete this advanced certification you will have studied and practiced the complete spectrum of Insight Acupressure coursework. You will have integrated the understandings and techniques from the upper-level courses into your personal growth process as well as into your work with clients. Intensive work with a mentor is required throughout this program, including more than 150 hours of coursework and mentor reviewed practice.

This program focuses on the development of the whole human being, primarily from the soul's perspective, using the organizing principles of the 12 Organ Meridians, the 8 Extraordinary Vessels, the 8 Chakras, and the 5-Elements. Most importantly, the program is designed to serve you as a professional practitioner and personally in your own cultivation of health, soul-guided growth, and alignment with soul-purpose. You will have 4 years to complete all of the requirements.

Pre-requisites: Process Acupressure Practitioner Certification
CA2: Meridians

Course requirements: PA3: The Hologram
PA4: Transpersonal Integration
CA3: Extraordinary Vessels
Advanced Elective: Ancestral Healing, Inner Child Healing

Additional requirements: Intensive work with a pre-approved mentor including:
Your own soul-guided process progressions
Your use of this program material with clients
50 documented sessions: 25 on clients & 25 self-sessions
Keeping a Process Journal
Giving at least 3 sessions to PA teachers or Mentors
Final check-out session

Eligibility and Scope:

This program is for health professionals who wish to label themselves or advertise as Certified Insight Acupressure Advanced Practitioners. This does not represent a legal status to practice. It is your responsibility to satisfy any state or local requirements to practice hands-on professional work.

Enrollment Process

Join the Advanced Certification Program by requesting an enrollment form from your mentor. After completing the form along with your \$150.00 certification fee, your certification process will begin.

Progression through the program

As you begin this program it is expected that you have already integrated basic practitioner skills including delivery of the Basic Protocol, Central Channel Release, and Chakra Balancing. Also, that you are proficient at recognizing channels and signals, facilitating secondary process awareness, working with body and personality parts, and inner child healing. It is also expected that you are proficient at locating and accessing the 36 points, designing and delivering a tailored session using specific protocols, and have an introductory knowledge of the 12 Organ Meridians and 5-Element Theory.

As you progress through the Insight Acupressure Advanced Practitioner Program, your skills will expand greatly to include recognizing and designing sessions based on the soul-centered blueprint of the Extraordinary Vessels, the functions and relationships of the 12 Officials, the nature of the 5-Elements, and the developmental phases of the 8 Chakras.

Every candidate will emerge from this program with their own highly refined skill set based on their individual soul guidance, and their own intellectual and intuitive interests and attractions. Cultivation at this level involves much more than simply attending a prescribed number of classes and writing a prescribed number of session reports. You will be encouraged and supported as you embrace your own growth process and step more fully into a soul-directed life. This internal cultivation will serve you immeasurably as a practitioner.

PROGRAM REQUIREMENTS:

In addition to the coursework listed above, the following is required:

- 1. Practice Sessions:** You must give at least 25 practice sessions based on the material from PA3, PA4 (A,IA2) & CA3. Write reports on these sessions of approximately one-half to one page each. A succinct overview is sufficient. These reports will include the theme of the session, the protocol(s) chosen and why. You will summarize the session from the perspective of any or all of the following: 12 Organ Meridians, the 8 Extraordinary Vessels, the 8 Chakras, the 5-Elements. You will also note any inner child, meta-program, ancestral, shamanic, past-life or soul-work progressions. These sessions may include hands on and remote sessions as per guideline (up to 8 sessions).
- 2. Self-Sessions:** You must receive at least 25 sessions. At least 10 of these sessions must be on yourself alone, and up to 15 sessions may be given by another PA practitioner--- preferably a faculty member or seasoned practitioner who can support your process well. Write reports on these sessions with the same parameters as described above for practice sessions. These sessions may include hands on and Remote Sessions as per Remote guidelines.

3. **Keep a Process Journal:** Through this program you will keep a regular journal of your own process progressions, soul work, self-sessions, etc. Periodically you will send copies of these writings to your mentor for discussion.
4. **Mentor Supervision:** We encourage you to choose your mentor carefully, based on what you already know about your personal process needs, and the direction your professional practice is likely to take. All mentors have different training and areas of interest/expertise. It is very important to trust your own soul-wisdom about this decision. You and your mentor will set up the specific arrangements at the beginning of your journey as follows:
 - a. **Session Reports:** You will send your session reports and segments of your Process Journal to your mentor periodically throughout your program. For example, you could agree that every 4-6 months you will send packets of 5-10 sessions and your Process Journal for that time period.
 - b. **Periodic Check-Ins:** It will be your responsibility to schedule check-in meetings with your mentor at agreed upon intervals. For example, you could agree to send a monthly update via email to your mentor, and schedule a phone consultation every 4-6 months, following the mailing of your packet.
 - c. **Mentor payment:** The mentor fee or touch-feedback coaching with faculty is \$65 per hour to review your writings, for any telephone consultations and in-person meetings or sessions.
5. **Required skill-assessment sessions (at least 3 sessions):** You will arrange and deliver sessions to at least 3 different PA Instructors or advanced IA certification mentors at periodic intervals during your program. You and your mentor will discuss and plan out the most beneficial timing for you. If your skills are developed to the satisfaction of this individual, they will approve the session. If there are areas that need work, they may request another session or suggest a way for you to build your skills before they give approval. These sessions are intended to provide you with an opportunity to ask for feedback about your skills in the following areas:
 - i. Session Design
 - ii. Quality of Touch
 - iii. Process Skills
 - iv. Demonstration of your understanding of advanced principles (Insight Acupressure, 5-Elements, 8 Extraordinary Vessels, 12 Meridians, 8 Chakras)
6. **Written statement:** At the end of your program, you will ask your mentor for a written statement describing your work and readiness to graduate.

- 7. Final check-out session:** You must schedule a final check out session at a date that follows your last required workshop (typically 3-6 months). This is intended to allow enough time for you to integrate all of the course material into your personal process, as well as your professional practice. You will give a full session using all your Insight Acupressure skills. Following the session, you may be approved, or asked for additional training or demonstration. (See website for list of teachers/practitioners that are approved for this final check out session.)

- 8. Final approval of practitioner proficiency and graduation:**
The mentor will give final approval for certification according to demonstrated successful proficiency and completion of required classes, documents and approvals. After approval you will be awarded a Professional Certificate.

Length of Program

You will have four years to complete the requirements of this program. Your certification process begins when you complete the enrollment form and pay your certification fee (\$150) and it is accepted by your mentor. You will be notified of your acceptance and confirmation by your mentor.

Extension of Program

With good cause you may request up to a 2-year extension of your four-year program. If you need an extension or want to have inactive status, please contact your mentor for the Request for Extension form. If you need an extension or inactive status the fee is \$50 to resume your Certification Program, payable to your mentor. Your mentor may suggest that you repeat some training to refresh your skills.

Revised 3-2024