



Clinical Acupressure Practitioner Certification Program

March 2024

Enrollment in the Certification Program is not required to take classes. However, the Clinical Acupressure (CA) Certification Program is a wonderful opportunity to learn acupressure skills under the personal guidance of a qualified Clinical Acupressure instructor or a Certified Practitioner. When you sign up for the program, you may request a specific mentor. Your mentor will guide you through the program and provide feedback on your sessions and paperwork. You will have four years to complete all the requirements. The process will include applying your Clinical Acupressure skills in client sessions, and examination by your mentor. These sessions may include hands-on and remote sessions as per Guidelines attached.

Steps of Clinical Acupressure Practitioner Certification

Eligibility and Scope:

Any interested student may join the CA Practitioner Certification program. The program is for professional health and/or psychological practitioners who wish to label themselves or advertise as *Clinical Acupressure* practitioners. **Clinical Acupressure certification 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 Certification Program by completing an enrollment form. Your Certification Program does not start until your enrollment form has been received and your certification fee has been paid. The certification fee is \$150.00. Please include your check, payable to your IA faculty mentor along with your application.

Length of Program:

You will have four years to complete the requirements of this program. The four-year time frame begins when you have completed the enrollment form and sent it with your fee to your mentor. Once everything has been received you will be notified of your acceptance and receive confirmation from 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.

Training:

- 1) Clinical Acupressure 1: Basic Applications
- 2) Process Acupressure 1A: Foundations
- 3) Clinical Acupressure 2: Meridians
- 4) Seasonal CA Practicum Series (5 two-day workshops)

Practice:

- 1) **Case Reports:** Submit 10 case reports (3 to 5 sessions each) using the CA Session Report Worksheet provided in class. One case report must be based on 3 to 5 self-sessions. One case report must be on yourself. Please refer to Remote Session Guidelines if choosing to complete sessions remotely
- 2) **Session Log:** Keep a log of all the sessions that you do, including in class sessions (minimum of 50 sessions). This information will include client initials, date, CA protocol(s) used & was CA combined with another modality. Please note Remote Sessions as “R” The log sheet will be provided in class or request one from your mentor.
- 3) **Practical Skills Evaluation:** Hold a one-hour, or more, practical session with a Clinical Acupressure Instructor to demonstrate proficiency with hands on touch, point location (including 36 primary points and organ meridian source, junction, entry and exit points), pulses and application of protocols to address specific conditions. You may bring notes.
- 4) **Essay Questions:** Answer a series of 12 questions orally, or in written form, which address the principles of acupressure and specifically Clinical Acupressure. The questions will be taken from CA1 and CA2 course material and will be sent to you upon enrollment. Study Groups via conference calls can be arranged for students to support in completing these questions.

- 5) **Community Service:** Give 4 hours of community service with Clinical Acupressure. These could be in one session or several. Examples are a public talk and/or demonstration about Clinical Acupressure; giving 4 sessions for a particular population, e.g. elders, children, homeless, etc.; giving an in-service time to colleagues, an organization, a school, a hospital, etc. Be creative and gain approval from your mentor.

- 6) **Special Project:** Create a special project based on your skills and interests. This could be something that you use to advance your private practice once you are certified. Suggestions include an article for possible publication, brochure, informational letter or study tool (example: web-based point guide). Another example might be to design or participate in an existing research project. Be creative and gain approval from your mentor.

Mentorship for CA Certification Candidates:

Each student in the certification program will have a mentor to support, assist, and guide them through the process. Most likely, your teacher will also be your mentor.

Meeting with your Mentor:

During your program you will meet periodically with your mentor, either by phone or in person. You can anticipate meeting an average of 4 to 6 times. Your mentor will review your case reports and be available to provide support and answer questions throughout the certification process.

You will be including 3 to 5 sessions in each of the 10 case reports. Check in with your mentor to see if you should send all the session write-ups for each case report at the same time. Your mentor may request that you write a brief summary with each case report. Check with your mentor to find out how many case reports, with the session write-ups, you should send at once.

Most mentors prefer that you send your reports, marked “case reports,” via email or by snail mail on a consistent, agreed upon schedule. They will review the reports and either send you their responses or connect with you by phone to discuss. You should work out these details with your mentor at the beginning of your program, so you and they know what to expect. For these mentoring meetings/consultations and/or touch feedback coaching from any faculty member or your mentor the fee is \$65 per hour.

Final Check-out Session:

For your final CA certification check-out session, you must schedule a 60–90-minute session with a CA faculty member. At this session you will go over all of your written pieces, discuss your progression through the program, and your plans for using CA in your practice. You will demonstrate a leg-pull and neck pull, and locate all 36 points on the instructor, at interface. You will also give 3-4 associations/functions/facts about each of the points. Finally, you will be asked to design a session for the practitioner based on their current health, including a 5-Element assessment, and which protocols you would use to address any symptoms they have. If time allows, you will deliver the session.

If your skills are developed to the satisfaction of the practitioner, they will approve the session. If

you have not yet attained the appropriate skill level, the practitioner may request another session or suggest another class for you to take before they will give approval. For this final check-out session, the fee is \$65 per hour.

Final approval of practitioner proficiency and graduation:

Your mentor will give final approval for certification according to demonstrated successful proficiency, and completion of required classes, documents and approvals. After receiving this approval, you will be awarded a Professional Certificate.

Maintaining Professional Status:

Once you are a Certified Practitioner of Process Acupressure with Insight Acupressure, please stay current by taking at least one IA class a year.

Continuation of Personal Development and Refining Professional Skills:

As a CA Certified Practitioner, the IA faculty encourages you to take or repeat at least one Process Acupressure or Clinical Acupressure class each year to continue your personal development and to refine your professional skills. You are also invited to enroll in PA Certification if you are not already PA Certified. Or your next step may be the Advanced Insight Acupressure Practitioner Certification.

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