

## **Process Acupressure Practitioner Certification Program**

**March 2024**

Enrollment in the Process Acupressure (PA) Certification Program is not required to take classes. However, the PA Certification Program is a wonderful opportunity to develop process skills under the personal guidance of a qualified PA instructor or a Certified Practitioner. When you sign up for the program, you may request a specific mentor to guide you through the program and provide feedback on your sessions and paperwork. You will have four years to complete all requirements. As you progress through the program you will treat clients using the skills you learn in the required classes and write case reports. These sessions may include Hands-On and Remote Sessions as per Remote Session Guidelines. You will review these reports with your mentor and receive suggestions about your sessions and your write-ups. We want to ensure that you have the greatest opportunity to learn the skills of a high-quality PA practitioner.

There is no better tool available today for self-discovery and development than PA. It is truly the Gateway to Soul. While you are taking the classes and treating clients you will be able to use the skills you are learning to facilitate your own self-development. Ideally, you will find a process partner to trade sessions with as you both explore your personal issues and develop your skills. IA can provide a list of people in your area who are certified or have taken PA classes. To facilitate your self-development, you will learn in class how to do PA sessions on yourself. You will write reports of these sessions, and your mentor will provide feedback to help you focus and to suggest tools to facilitate your sessions.

### **Steps of Process Acupressure Practitioner Certification**

#### **Eligibility and Scope:**

Any interested student may join the PA Practitioner Certification program. The program is for professional health and/or psychological practitioners who wish to label themselves or advertise as *Process Acupressure* practitioners. PA 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 PA Certification Program by completing an enrollment form submitted to your mentor. Your PA 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 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 complete the enrollment form and send in your \$150 certification fee.

## **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 1:** Foundations
- 3) **PA1B: Progressing Process** (formerly Adv. PA 1: Living in Soul)  
*Important Note: PA1B is required before any of the other PA classes except PA1A*
- 4) **PA 2: Body and Personality Parts**
- 5) **Inner Child Healing**
- 6) **Approved Elective:** You may choose a class such as Ancestral Healing, Clinical Acupressure 3: Extraordinary Vessels or repeat any of the PA classes above or new classes that may become available.

## **Practice Sessions:**

- 1) **Give at least 50 PA sessions.** Write reports on these sessions (approximately one-page) following the form that we will provide or that you have received from your mentor or in a PA class. These sessions may include hands on and remote sessions as per guideline, (up to 15 sessions) You will send these reports to your mentor.
- 2) **Receive at least 50 PA sessions.** 25 sessions may be from someone else; at least 25 sessions must be on yourself alone. You will send these reports to your mentor. These sessions may include hands on and Remote Sessions as per Remote Session guidelines.
- 3) **Keep a “Process Journal”** of these sessions, giving PA pattern used, issues or themes addressed. The journal will show your own progress with PA and your process. Your mentor may request to see entries in your journal.

## **Feedback/Evaluation Sessions:**

As part of the program, you are required to give three sessions to approved PA practitioners and receive their feedback and written approval of your work. It is highly suggested that you schedule these sessions with three different practitioners, but this is not always feasible. These practitioners can either be PA teachers, Approved PA Mentors or Advanced PA/IA Practitioners. This is a wonderful opportunity to receive feedback from highly skilled PA Practitioners. They will be evaluating the following:

- a) Quality and precision of touch: interface, fulcrums
- b) Point location
- c) Understanding Insight Acupressure principles
- d) Ability to follow and facilitate process

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 these assessment/evaluation sessions, the fee is \$50/ hour for Advanced IA practitioners, or \$65 for PA faculty.

### **Final Check-out Session:**

For your final PA certification check-out session, you must give at least one complete PA session to a current PA faculty member or an approved substitute. If your skills are developed to the satisfaction of the faculty, they will approve the session. If you have not yet attained the appropriate skill level, the faculty may request another session or suggest another class for you to take before they will give approval. For this final check-out session, you will pay the practitioner their usual hourly session rate.

### **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.

### **Mentorship for PA Certification Candidates:**

Each student in the certification program will have a mentor to support, assist, and guide them through the process.

**Choosing a Mentor:** All of the PA mentors have different training and unique styles of mentoring. We encourage you to discuss this with your proposed mentor during your mentor selection process so you can match with one who most closely meets your needs. Later, during the certification program, if you or your mentor feel that your process might be better served by study with another mentor, you may make the change with all amenable.

**Meeting with your Mentor:** During your program you will meet periodically with your mentor, either by phone or in person. You can anticipate meeting approximately 6 to 10 times. Your mentor will review your case reports and be available to provide support and answer questions throughout the certification process. They are also available to support your personal process progressions, and/or they may suggest you work with a local practitioner for your personal process. Most mentors prefer that you send your reports, marked "case reports," in packets of 5-10 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 you will pay your mentor the standard IA mentoring fee of \$65 per hour.

**Hourly Rates for Mentoring & Feedback Sessions:** There is a standard \$65 per hour fee for these case review meetings and mentoring consultations. You should expect to schedule between 6 and 10 mentoring sessions during your certification program. Additionally, you are required to schedule 3 feedback sessions with advanced PA practitioners or faculty during your program and one final check out session with a PA faculty member. For this final check-out session, you will pay the practitioner their usual hourly session rate.

### **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 PA 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 CA Certification if you are not already CA Certified. Or your next step may be the Advanced Insight Acupressure Practitioner Certification.

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