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www.bodymindjourney.com

Streamline your training

TAT® Certification Fast Track

combines TAT Basics (Level 1) with Certification Mentoring (Level 2)

How it works:

At the mid-point (week 3) of the TAT Basics course, you enter the Group Mentoring process where you begin to apply what you are learning to working with TAT Buddies and clients, and work on certification requirements.

Here's an illustration of how this would work:

Weeks one and two: In TAT Basics, we cover core concepts, the process itself, short forms and creating a self-healing practice.

Week three: we continue the learning process in TAT Basics and begin Certification Mentoring.

- Mentoring start up: **Part 1** of Mentoring begins with a recorded orientation to the process, plus the first of 3 Group Calls (see below). You begin/continue documenting personal sessions, and start working with a Buddy.

Weeks 4-6: we finish up TAT Basics and you work on completing Essential Points in preparation for the upcoming calls, work with Buddies, read the TAT Pros manual and document personal sessions.

After the end of TAT Basics: Certification Mentoring continues with two more Group Calls, (one each month). In between you continue to work on your own to complete sessions and requirements. Additional support is available through optional **TAT Lab** practice sessions and **Q&A Calls**. When you are ready, you begin **Part 2*** of mentoring, which is your one-on-one mentoring to review sessions, plus any additional coaching that is needed.

About Group Calls:

Groups Calls (one each month, 3 total) include sharing of information, discussion and Group TAT in the following categories: **Essential Points** (covering the 20 required questions), **Working with Clients** (scope of practice, legal and ethical matters and dealing with difficulties), and **You as Practitioner** (personal work and issues that arise working with others).

Be sure to read the detailed description of the Mentoring Group Package by downloading a TAT Basics Brochure and a Certification Mentoring Options brochure here:

<http://www.bodymindjourney.com/downloads.html>

Costs:

TAT Basics: the 6 week telecourse is \$300.

Certification Mentoring: the Group Mentoring described above is **Part 1, only** of the Mentoring Package and costs \$150. *

Total Cost of the "Certification Fast Track" option: \$300+ \$150 = \$450. The payments may be spread over the entire period of time (for example, paying each month for the Group Call which are \$50 each).

* *important note:* **Part 2** of the Mentoring Package encompasses the review of your sessions and any one-one-one coaching needed; this is charged at \$85/hour. You may begin Part 2 as well, during this 8-week timeframe, depending on your own needs and desires.

Advantages of the Fast Track

- You can start practicing "officially" with clients much more quickly
- You'll be able to apply what you are learning in TAT Basics directly and immediately to your work on certification requirements
- You reduce the timeframe needed to complete both TAT Basics and Mentoring

Who would benefit from Fast Track training?

You might consider this option if:

- You are already somewhat familiar with TAT
- Have an existing client practice and want to add TAT
- Are prepared to spend concentrated time learning, practicing and attending classes over a two-month period

If you are not currently working with clients but want to start a private practice incorporating TAT and/or other methods, it might be best to go a bit slower.

I'm happy to talk with you about making this decision. Email me or call:

lisa@bodymindjourney.com or 831-440-1384