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TAT® Certification Mentoring

TATLife certification requirements include workshops (TAT Basics, Practicing Presence), studying the Professional's Manual and selected DVD's, and completing TAT sessions. For a full list of certification requirements, visit TATLife and download a copy here:
<http://www.tatlife.com/08TATLife-Certification.htm>

For the following, you'll need to work with a Certified TAT Trainer:

- Review of all sessions (total of 65)
- Review of 2 case studies (full TAT sessions)
- Observation/Evaluation of two full TAT sessions
- Discussion of Essential Points for Professionals

What are the Options?

I've found that the readiness for certification varies quite a bit, so I continue to refine what I offer in order to provide the best support in the most cost effective manner. I now offer two options; with either one, you go at your own pace, taking whatever time you need to finish everything.

Option 1: Individual Mentoring

Individual Mentoring is based on an hourly rate of \$85. While reviewing and evaluating sessions, discussing the Essential Points and providing feedback/coaching, I'll keep track of hours and you can pay as you go. There is no time limit for completion, so whether you do everything in a week or over the course of several months makes no difference. While the amount of time varies, I can estimate the cost, based on my experience so far:

- Initial Assessment FREE
- Review & feedback for written sessions, plus two case studies (67 total): about 1.5 hrs.
- Observation/Evaluation of two full sessions: about 2 to 2.5 hrs.
- Discussion of Essential Points/Questions: about 1 to 1.5 hrs.
about 4 .5 to 5.5 hrs.

The estimated cost for the above, based on those hours is \$382 - \$467. Assuming that all the other work has been done, and there isn't much need for coaching and answering questions, these timeframes will probably be sufficient.

Is this Option for You?

If you have completed all your other requirements and feel quite comfortable and confident with TAT, and/or are ready to get certified ASAP, this may be a good option for you.

Option 2: Group Mentoring Package

With this option you benefit by having a group of others who are also working towards certification. It consists of:

- Initial Assessment
- One (90 minute) group call for learning and sharing
- Access to an online forum to ask questions, access resources, share experiences and work on your Essential Points and Self-Assessment Form (a section will be set up to discuss each point) Take a peak here: <http://bodymindjourney.activeboard.com/>
- One "Group TAT" session to clear your own fears, doubts, or other "stuff" related to the process of becoming a TAT Professional or working with others.
- Review & feedback for written sessions, plus two case studies (67 total)
- Observation/Evaluation of two full sessions
- After the first month, continued access to the forum and monthly calls, is available for \$35/month until you complete your certification.

Cost for above is \$350.

Bonus: Additional one-on-one time can be arranged at a reduced cost (\$65/hr., instead of \$85).

Is this Option for You?

If you like an interactive environment for learning and sharing, this option may appeal. You may also prefer the "flat rate" as opposed to a more open-ended hourly cost. The monthly calls will provide an opportunity to connect, talk about specific topics and address questions and to do some work as a group. Recordings will be available afterwards.

Good to keep in mind: The \$350 package includes one month of the forum, one group call and one Group TAT session. After that, if you are still working on certification and wish to stay connected in that way, you can sign up for \$35/month. The rest of the package (review of sessions) can be done any time. If you need additional support beyond what is contained in the package, it is available at the reduced cost stated above (\$60/hour).

Note about availability: The Group Mentoring Package is only available if there are enough people to form a group! Because the certification program is still relatively new, the number of people moving through it is small, but growing. I hope to have a group going on a continuous basis, with new people joining after each TAT Basics.