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## TAT® Certification Mentoring

Once you have been accepted into the TATLife® Certification Program, you can begin mentoring with a Trainer. Certification requirements include workshops (TAT Basics, Practicing Presence), studying the Professional's Manual and selected DVD's, and completing TAT sessions.

For full certification details, visit TATLife: <http://www.tatlife.com/certification>

### Trainers mentor candidates for the following requirements:

- 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
- Review of TATLife Ethical Guidelines
- Additional coaching and observation as needed

### 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 possible. At this time I am not offering stand-alone individual mentoring; instead I offer a **Group Mentoring Package**, which is described below.

*A note about estimates: Please know that estimates described below are based on my experience so far. Your cost will vary based on your unique situation and needs (could be less than the minimum, or more than the maximum estimates).*

## Group Mentoring Package

The Basic Mentoring package consists of:

### Part 1 - Group Participation (13.5 hours)

- Required calls over 6 months\*
- Buddy Practice
- A yahoo discussion group or online forum for sharing

### Part 2 - Individual mentoring (variable)

- Review and feedback for written sessions
- Observation of two full sessions, feedback and discussion afterwards
- Individual coaching as needed

*\*see Important Notes for more about the 6 month timeframe.*

## Required group calls and practice: \$335 (13.5 hours)

Attendance is mandatory for all group calls:

- 2 calls/month the 1st through 3<sup>rd</sup> months
- 1 call/month during the 4<sup>th</sup>-6<sup>th</sup> months

Through a combination of written exercises and interactive discussion, practice and demos, we will cover:

### Essential Points for TAT Professionals

- What you need to understand to work effectively with clients. We will use case studies and explore each point, drawing on your knowledge and experience with TAT, and using available resources like the Professional's Manual.

### Working with Clients

- **Scope of practice** and how it applies to TAT; when is it best to refer someone to another practitioner and whether there are contraindications for using TAT in certain situations.
- **Legal and ethical matters**: what should you know about disclaimers and how to talk about TAT in a way that won't create misunderstanding or more serious issues.

- **Dealing with difficulties:** this is a broad topic, some of which is covered in discussion about the Essential Points. We will talk about difficulties that can arise in the TAT process with clients and how to handle them, including what
- to do when TAT doesn't seem to be working. Participants are invited to share real-life client/buddy experiences for brainstorming with the group.

### You as practitioner

- **Personal work:** We'll talk about and do TAT together for common issues that we can all encounter in developing our ability to be fully present and effective using TAT with others. Buddy Session practice (outside of group time) with other participants.
- **Talking about TAT and working with groups:** Is it ok to use TAT with groups of people? What are the TATLife® guidelines and how do you be sure you don't "cross the line" into teaching TAT (a Trainer's function).

### One-on-One Mentoring : estimate \$297.50 (see details)

- Review & feedback for all written sessions, plus two case studies (67 total)
- Observation/evaluation of two full sessions, followed by a discussion and coaching if needed
- If desired, additional time can be arranged for consulting/mentoring

Estimated cost for above: (based on an hourly rate of \$85)

• Review & feedback for written sessions, plus two case studies (67 total):	about .5 hour*	<u>Cost</u> \$ 42.50
• Observation (listening to the session) and discussion of highlights **	<u>about 3.0 hours</u>	<u>\$255.00</u>
<b>Estimated total based on above:</b>	about 3.5 hrs.	\$297.50

*\*actual review may only take 30 minutes; discussion time varies from 0 to ½ hour*

*\*\*assumes a 1-hr session, with 30 minutes discussion; this can vary.*

### Estimated Total Costs for Mentoring:

Part 1 (group)	\$335.00
Part 2 (individual)	<u>\$297.50</u>
	\$632.50

*These are minimum average costs. If additional support/coaching is needed, that time is charged at a rate of \$85/hour.*

## Important notes

**Pay as you go:** You can choose to pay in full at the beginning, or spread your payment for Part 1 (\$335) over the six month period, which would be \$55.83/month. You can work on the Part 2 requirements (sessions, coaching), at your own pace, and pay the \$85 rate for our one-on-one time as you need it.

**Timeframes for finishing:** The TATLife-required material will be covered in the first 3-4 months. If you finish everything else by then (sessions, any written exercises, etc.) you may actually be recommended for certification prior to the end of the 6-month mentoring group.

However, you will still benefit from the remaining group calls; in other words, within the group package there is still room for individual pace in completing the requirements. If you are not finished with all your required sessions after the group ends, you can continue to work on them until finished.

**Working with clients:** Once you are enrolled in the certification program (signed up with TATLife) you don't need to wait to start using TAT with clients (if you aren't doing so already). You can let people know you're in training, so there is no need to rush your process. Take all the time you need to feel confident and comfortable; a suggested outside limit to consider would be about a year or so to complete everything.

**An evolving process:** The entire certification program is under review with the intention of improving the process, making it more relevant to candidates and standardizing the training. The requirements that apply to you personally, are the ones in place at the time you are accepted into the program by TATLife

## Optional support

### Private Sessions

I offer discounted private sessions to students while they are in the mentoring process, at the rate of \$85 for 60-75 minutes.

**TAT Lab: \$25 each\*:** One hour telephone practice sessions. Two people do TAT together and receive feedback from other participants and from me

**Q&A Sessions: \$25 each\*:** If needed/desired, I will schedule additional time beyond our required calls for those who want to come together for more questions, discussion and sharing of case studies.

*\*I will open these to others who may be enrolled in mentoring and need 2-3 people signing up to make it work.*

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