

Certification Sequence for Students

Basic Level Training Certification

(Revision 1.4a, Jun 7, 2007)

ISPS certifies therapists to:

- ensure safety,
- verify competency and consistency,
- ensure the quality of work,
- maintain legitimacy and reputation of the work,
- facilitate the updating of processes and of manuals, and
- establish a support network of highly skilled practitioners.

Certification is only recommended for people who intend to work with clients. To maximize client safety, we have a number of prerequisites that are taken from standard therapy continuing education curricula. Thus, for the most part, therapists will already have had the appropriate training. Certification by us is not guaranteed by taking classes alone – instead, the student has to demonstrate an understanding of technique and ability to apply it on real people. The certification is not a substitute for licensing in the student's country – He/she need to know and comply with the legal requirements locally.

Because this field is changing so rapidly, ISPS certification has to be renewed regularly, allowing us to verify that the therapist continues to keep his knowledge current.

Specialization trainings for our latest processes for significant diseases also involve certification. This involves specialisation training, testing on theory and skill, signing a contract and obeying standard licensing agreements.

Before you apply for attending the practical and theoretical test make sure that you are competent in all the requirements. Additional costs will be incurred if you have to repeat the test.

Here is what you need to supply to your assessor:

1. Proof of your participation in the Peak States Training Level 1 (you do not have to deliver this as we did not hand out certificates of attendance in your training yet).
2. Certificate of attendance for training in suicide prevention and intervention (or equivalent).
 - a. If you intend to work with crisis intervention, sexual abuse, domestic violence and general violence clients you need to supply proof of training in that field (RPL, Recognition of prior learning or certificates of newly attended courses. Without proof of certification in that area you need to refer clients with these issues to therapists with appropriate training.
3. Certificate of attendance of training in DSM4 diagnostic categories (or equivalent).
4. Proof of the legality of your practice in your country - as each country is different, please provide evidence that your practice in your country is legal, or provide legal registration
 - a. Germany: Heilpraktiker certificate
 - b. Australia: Membership certificates with a professional Associations
 - c. Canada: Under investigation
 - d. USA: Currently for US we use religious certification for those not licensed by their state to engage in mental health treatment and diagnosis, but are pursuing alternatives
 - e. Poland: Under investigation
 - f. Austria: Gewerbeschein Energetiker
 - g. UK Under investigation
5. Professional indemnity insurance
 - a. Germany: Under investigation
 - b. Australia: Professional indemnity Insurance (OAMPS, AON, SPENCER AND JONES)
 - c. Canada: under investigation
 - d. USA: under investigation
 - e. Poland: under investigation
 - f. Membership in the professional Energetiker Association DEM is required to get insurance
 - g. UK under investigation
6. Provide evidence of your G/E scores being $>+60\%$

- a. Scores read by 2 ISPS qualified experts

Here is what your assessor needs to supply to the Institute:

7. Assessment overview and completion form for each graduate
8. Completed checklist for skill competency in:
 - a. WHH sessions
 - b. Conducting a Peak States process using Gaia commands and music (silent mind or inner peace)
 - c. Turning a peak experience into a peak state
 - d. Conducting a triune brain therapy session
 - e. Demonstration of EFT skill (TAT optional)
 - f. Demonstration of client interview to determine whether the client needs a trauma healing session or a peak state process.
9. Completed checklist for testing of knowledge (oral or during session supervision):
 - Explain what a peak state is to a client based on their own life experiences
 - Explain the difference between a peak state process and a healing process.
 - Explain to a client what trauma is
 - Explain the significance of developmental events
 - List other modalities that can be used with WHH, and their advantages and disadvantages.
 - Explain the advantages and disadvantages of PCR and Advanced WHH (aWHH)
 - List psychiatric categories (re DSM4)
 - Know what to do for psychotic breaks
 - Know how to work with suicidal clients
 - Recognize the differences between spiritual emergencies and psychological problems
 - Know how to get support for solving personal and client issues that arise.
 - Understand the advantages of using a fixed fee charging for your work. ('Charge for results' system)
 - Client /practitioner relationship (ethics, session contract, charging contract, session timing, between session care, obligation)

Certification test

The test can be taken in various ways to make it easier for students and staff to do:

- While assisting (not just attending) a WHH and Peak State Training Level 1 training
- During a separately held certification seminar
- Or on an individual basis

There will be a fee for the assessor's time (about 6 hours practical) and administration time. Depending on how the test is taken applicants are responsible for additional costs relating to venue hire, food and accommodation.

Required Conventional Training

Because of safety and liability concerns we require two kinds of conventional training for certification:

- Crisis intervention (including suicide) or a specific suicide prevention training, and
- Mental health (pathology) diagnosis class (DSM4 categories)

The suicide intervention training and the crisis intervention training is to make absolutely sure the therapist can recognize the problems and knows what to do, who to contact, and their professional obligations. We are not expecting the certified practitioner to be versed in how to treat sexual abuse or violent people, which is a specialized field in itself and has stringent safety, legal, and insurance issues.

The mental health diagnosis training should cover the range of pathologies outlined in the DSM4 (PTSD, anti-social disorders, severe mental illness, and so on). The purpose of this class is so the therapist can recognize these problems in their clients and recognize when peak states processes shouldn't be used. The class work should also teach the candidate the limitations of their expertise, and what specialist to refer these clients to (if the therapist isn't already a licensed psychotherapist specializing in these problems).

For these classes the candidate can attend locally supplied trainings of their choice, and has to supply attendance certificates (or has had attended relevant degree courses).

Spiritual Emergencies

We also include a test on books about spiritual emergencies because there are no classes available. This is important because peak states work both attracts people with this problem, and might trigger it in some clients. The texts also give diagnosis criteria to differentiate spiritual emergencies from psychopathology, recommend helping procedures, and give knowledge so the therapist can reassure the clients and their loved ones. Required reading is: Emma Bragdon's *A Sourcebook for Helping People with Spiritual Problems*; and Stanislav Grof's *Spiritual Emergency*. Recommended is: Stanislav and Christina Grof's *The Stormy Search for the Self*, Emma Bragdon's *The Call of Spiritual Emergency*; and relevant books by John Perry, Yvonne Kason, and Bonnie Greenwell.

Alternatively, an excellent online course can be taken. The weblink is www.spiritual-emergency.com, and the course name is 'DSM-IV Religious and Spiritual Problems'. The only recommended book is Grof's *Spiritual Emergency* - the other books can be omitted because the material in the course is more recent and comprehensive. Recommended but not required is 'Ethical Issues in Spiritual Assessment'. Both classes give Continuing Education (CE) credits in the US.

Recognition of Prior Learning (RPL) as an Alternative for Conventional Training

Some of you will have had some of the above-mentioned trainings as part of other study courses. If you are applying for RPL (recognition of prior learning), please send your evidence of competency.

1. Your certificates from previously attended courses that you believe cover conventional training certification components; or
2. A description of your skill and references from people who can confirm that you have the skills.

If you are not sure how you can get references, please contact Nemi Nath, nemi@peakstates.com and we will work through your certification requirements on an individual basis.

Below is a list of criteria for the mental health component to be used as a guide for reference writing. The therapists should be able to recognize in clients:

- Moderate to severe dissociative symptoms
- Auditory or visual hallucinations
- Adequate ego development/Internal locus of control
- Evidence of psychotic thinking process and/or paranoia
- Acting out behaviors, (as might be linked to severe personality disorders)
- Chronic suicidal ideation/History of attempts or chronic crisis
- Current crisis/or suicidal ideation/attempt
- Acts out distorted spiritual content (i.e. spiritual emergencies)
- Risk assessment for violence/criminal behaviors
- Medication regime stabilized

About the 'Charge for Results' Fee Structure Agreement

The Institute uses a 'charge for results' fee structure, which means that the therapist charges for performance, not for time. It is somewhat unusual, but it has several advantages:

- 1) it encourages therapists to be as capable as possible;
- 2) it encourages the therapist to make clear and realistic criteria with their clients;
- 3) it minimizes the problem of unrealistic client expectations;
- 4) it discourages the problem of prolonging a client's unnecessary suffering by becoming a 'paid friend';
- 5) it encourages therapists to refer clients to therapists who *can* heal the client;
- 6) it minimizes the problem of the client forgetting that they ever had the problem after it is gone (the apex effect); and
- 7) is ethically satisfying.

In the initial session, the therapist and client come to a written agreement of what is to be worked on and what would constitute successful results. In some cases, the Institute sets a non-negotiable criteria for success for a given process – for example, some peak states processes are guaranteed to actually give the client the sensations of the state, the addict no longer has cravings, and so on.

If the predetermined criteria for success are not met (or new criteria negotiated), the certified therapist does not get paid, and does not charge for the time spent. (In some cases, the therapist and client might negotiate payment for time spent on problems that have no known solution, but we *strongly* discourage this for

basic level practitioners – this is close to a violation of Institute ethical guidelines, because advanced practitioners and research groups are much more qualified for investigating these sorts of problems.) Obviously, this means that some people won't become clients, and some clients won't generate income (or only partial income), and, in cases with dishonest clients, the client will get the service but the therapist will not be paid. However, this fee structure is not unusual – it is standard for most businesses, and the fees are adjusted to take these problems into account.

Our intent is to make the Institute certification become a standard that clients will seek out (like a brand name with an exceptional reputation). In some circumstances, this fee structure isn't possible or isn't appropriate to implement. As long as particular circumstances really inhibit this provision of the certification agreement, and this is clear to the client, the therapist can put an exception rider on the client agreement on a case-by-case basis. For example,

- for health insurance company payouts (and they won't allow a performance based fee structure);
- the client wants to try out one of the techniques that you know and doesn't have any particular success criteria;
- the client is your student and the session is part of or supporting a training program.

Provisional Basic Certification Agreement

After successful compliance with the above certification requirements you will be offered a *Provisional Basic Certification* agreement, which includes a licensing contract for Gaia music. This contract has to be renewed annually. The certification and licensing fee is currently \$100US per year.

- During the first year of practicing with clients from the public, you need to engage in a supervision/mentoring contract with an already licensed ISPS practitioner. Supervision/mentoring consists of a monthly debriefing session where you discuss the work with your clients, difficulties etc. and have the opportunity to process some of the issues you encounter as a therapist.
- Your supervisor/mentor reports to ISPS after one year to recommend you for *Basic Certification* with ISPS or makes a recommendation for another period of supervision/mentoring
- You need to undergo continual professional education
 - Keep yourself updated with what changes or what is new in the peak states work as published on the website and on respective mailing lists
 - Continue your own personal healing
 - Keep your licensing and insurance current
- 'Charge for results' fee structure
- Hand out the ISPS client information brochures to clients (Peak States work, ethics, complaints, charging system, etc)
- Have your contact details on the website (for active therapists only)
- Be available for referrals from ISPS
- Meet the ethical and professional guidelines (on website)

Basic Certification Agreement

You are eligible for the full basic certification after a minimum of 1 year of provisional certification (to have given you time to get adequate experience with actual clients). The certification and licensing fee is currently \$100US annually.

We understand that not everyone is available as a therapist all the time. Certification can be kept alive over dormant periods by simply paying the fee. However, during longer periods of inactivity you need to have your name removed from the website as a courtesy to clients. When resuming work it is vital that you are completely up to date with the changes in the work. This may require that you take a refresher course or be recertified.

- You need to undergo continual professional education and be an active therapist
 - Keep yourself updated with what changes or what is new in the peak states work as published on the website and on respective mailing lists
 - Continue your own personal healing
 - Keep your licensing and insurance current
- 'Charge for results' fee structure

- Hand out ISPS client information brochures to clients (Peak States work, ethics, complaints, charging system, etc)
- Have your contact details on the website
- Be available for referrals from ISPS and other practitioners
- Be available as a back up and support system to other therapists for difficult cases
- Sign the licensing contract to enable you to obtain and use the Gaia music
- Meet the ethical and professional guidelines (on website)
- To help us improve our processes, the Institute would like to receive your feedback on the effectiveness of the peak state and other Institute techniques, if you are willing.

Curriculum Requirements for Basic Certification		
(Revision 1.0)		
Training: Basic Whole-Hearted Healing™		
After WHH		
Keep a journal of your WHH healing practice	Check if you are successfully healing yourself	Repeat WHH training if necessary
	Decide if you want to specialise in Addictions	Do general Prerequisites: EFT, TAT, suicide, abuse, mental illness, license, etc.
Optional Specialization Training: Addiction		
(Eligible after WHH training. This specialization has its own certification/license.)		
Background in addiction work (or instructor permission)	Decide if you want to become a Peak States Therapist	Keep up your personal practice and read Volume 2. Licensing agreement.
Training: PeakStates™ Level 1		
After Training Peak States Level 1		
Keep a journal of your healing practice	Check Life-path to find out if this work is your path	
Certification is not guaranteed/granted through attendance - Attendance is the prerequisite to certification	Check on yourself and on practice co-students to find out what you are competent in	If necessary repeat the Training Peak States Level 1
Certification is not a legal licensing	Make sure you are legal under your country's/area's law	Obtain proof of legal practice like: Professional indemnity insurance Legal registration
General (Conventional) Prerequisites		
EFT (& TAT is recommended)		
A specific class in suicide prevention or Crisis Intervention (including suicide prevention)	A minimum of one or two day trainings run by locally recognised agencies or equivalent degree work.	The purpose of this training is to be able to identify suicidal clients, and know appropriate crisis interventions and referral resources. (see Note 1)
Mental health diagnosis (DSM IV) or abnormal psych and trauma class	A minimum of one or two day trainings run by locally recognised agencies or equivalent degree work.	This training should cover the range of pathologies and include PTSD, anti-social disorders, etc., so that these clients can be recognized as inappropriate for peak states work, and referred as appropriate.

Spiritual Emergency	Read required texts: Emma Bragdon: <i>A Sourcebook for Helping People with Spiritual Problems</i> (formerly published as " <i>A Sourcebook for Helping People in Spiritual Emergency</i> ") Stan Grof: <i>Spiritual Emergency</i>	Recommended background material: Stan and Christina Grof: <i>The Stormy Search for the Self</i> Emma Bragdon: <i>The Call of Spiritual Emergency</i> And books by John Perry, Yvonne Kason,, Bonnie Greenwell, etc. And/or online course: www.spiritual-emergency.com
*Note 1: Clients with sexual abuse or domestic violence trauma, or clients needing crisis intervention must be referred if you don't have adequate training in these areas.		
Certification Training for Level 1		
Demonstration of skill	WHH in normal consciousness Conducting a Peak State Process Turning PE into a PS Triune Brain therapy Client interview EFT TAT (optional)	
Written or oral exam	Quiz	WHH and Peak States knowledge Reading material
Optional Specialization Trainings: Schizophrenia, Autism, etc. (Eligible after Basic Certification. These specializations have their own certification/license.)		

Benefits and Obligations of Basic Certification

Getting certified takes time, energy and some money. However, working with clients can be dangerous without adequate training. Obviously, a legally licensed psychotherapist will have already done most if not all of the requirements as a normal part of his governmental licensure. However, some students come into this work via non-traditional routes, and don't realize their lack of knowledge and experience can pose a safety risk for their clients, and criminal or liability risk to themselves.

Thus, certification allow the Institute to trust that the student knows relevant safety issues and legal guidelines, and allows us to offer them information and techniques that would be inappropriate for the uncertified student.

Benefits and Obligations of Basic Certification (Revision 1.0)		
ISPS delivers	Certification Agreement	Certified Therapist delivers
ISPS lists certified therapists on the website	Annual fee for certification	Payment of \$100US (currently) fee per year for re-certification
ISPS refers clients to certified therapists		Availability for referrals from other therapists
Regular updates on new processes	Agree to keep updating skills	Yearly renewal of competence <ul style="list-style-type: none"> • keep up to date on technique updates and safety alerts • refresher on new techniques as required
Back up system with advanced expertise support therapists		<ul style="list-style-type: none"> • Act as back-up for other therapists • Know psychiatric support referrals • Know spiritual emergency support referrals

Gaia music under licence, and new music as it is developed (if appropriate for basic level therapists)	<ul style="list-style-type: none"> Gaia music license part of certification agreement (return of material if no longer certified) Take training (TeleClass or other) as appropriate for new music 	Yearly renewal of Gaia music licence (is part of the certification renewal – no extra fee)
Establish ethical and professional guidelines, and act in customer complaints	Follow ethical behavior and safety guidelines as set by the Institute (see website)	Therapist has legal standing to work in his/her area, and has insurance
Publish standard length of time for well-defined processes (when enough data is available)	‘Charge for results’ procedure <ul style="list-style-type: none"> Institute determines what constitutes ‘results’ in some procedures (eg., certain peak state processes) 	Client and therapist determine together (and make a written agreement) on what constitutes success in trauma therapy, with defined criteria and a time period (except in processes where the Institute predefines the criteria for success). Voluntary feedback to the Institute on problems, process durations, etc.
Client brochure describing Institute processes, expectations, ethical guidelines, and fee structures	Therapist agrees to give clients brochure (will be found on website – still be written)	Hands out the ISPS’s ‘client brochure’ to client

Student Scope of Practice

It isn’t always clear from the course descriptions what the Institute allows the students to do or not do with the material that they’ve learned in class. Below is a chart that should make this clearer:

Student Scope of Practice (Revision 1.0)					
	What you can now do on yourself	What you can now do with clients	What processes and tools you now have access to	Under what conditions do you have access to the processes and tools	What classes you now can participate in
Person off the street	Self study WHH. Work with a therapist (preferable) or on yourself (with liability disclaimer as a condition)		<i>The Basic WHH Workbook</i> by Courteau	Liability agreement at beginning of book, unsigned.	Basic WHH professional training (WHH training is recommended for people who are already experienced in some trauma modality)
Basic WHH graduate	Practice WHH	<ul style="list-style-type: none"> WHH sessions with classmates WHH sessions with clients if you are already licensed (due to safety and legal concerns) 	<i>The Basic WHH Manual</i> by McFetridge	In-class signed legal liability agreement	<ul style="list-style-type: none"> PeakStates Level 1 training Alcoholism specialisation training (with instructor approval)
PeakStates Level 1 graduate	Practice Level 1 PeakStates processes	PeakStates with classmates only, not clients	<i>PeakStates Therapist Manual 1</i>	In-class signed legal liability and disclosure agreement	<ul style="list-style-type: none"> Basic Certification Other optional classes (see website)

Provisional or Basic Certification graduate	Basic WHH and PeakStates processes	<ul style="list-style-type: none"> • WHH sessions • Basic PeakStates processes (Silent Mind, Life Path, Inner Peace, etc.) 	<ul style="list-style-type: none"> • Music for Silent Mind, Life Path, Inner Peace, etc. • Manual extension for more advanced material 	Annual registration/licensing fee	<ul style="list-style-type: none"> • Specializations (autism, schizophrenia, etc. with instructor approval) • Advanced classes (PCR, aWHH)
Specialization certification graduate (autism, schizophrenia, addictions, etc.)		The specialized process you are now certified for.	Specialization manual(s) and Gaia music (as appropriate).	<ul style="list-style-type: none"> • Basic Certification (except Addiction process) • Specialization(s) Certification and licensing (with annual fee) 	

Note: Different countries have different laws restricting work with clients. Institute certification does not exempt you from the particular laws in the country you work in.

Revision history:

- 1.2. January 12, 2007. Added the criteria for 'recognition of prior learning'.
- 1.3. February 7, 2007. Corrected the "Here is what you need to supply to your assessor" item 3. It should have required knowledge of DSM4 psychological diagnostic categories.
- 1.4. June 7, 2007. Clarified item 2a to emphasize the need for specialist training. No change to the basic certification requirements. Added the option of an online course for spiritual emergency.
- 1.4a. Clarified item 2a further by adding the referral requirement.