

TRAINING TO BE A
CERTIFIED
SHEN® THERAPIST

As defined in the United States Department of Labor
Occupational Code 076.264-640
Assigned September 18, 1989.



THE SHEN INTERNSHIP PROGRAM
COURSE CURRICULUM

THE HEART & CORE OF SHEN

SHEN is a highly effective therapeutic modality that merges a radical new understanding of emotion with a greatly upgraded ancient healing method. The rich and extensive arsenal of SHEN techniques we have stems from a solid understanding of biofield physics combined with the reasoned study of the way emotion inside the body evokes physiological responses and provokes behavioral reactions. Our operational model – the way we apply the qi from our hands when working with emotion – is validated by hundreds of thousands of successful and beneficial SHEN sessions.

SHEN does not share mainstream biomedicine's view of the human being, a view which we believe is limited and because of that, unable to explain the mysteries of human emotion and how emotion functions in any realistic way. Most often emotion is simply ignored in biomedicine; for example, the current edition of Cecil's Textbook of Medicine, a 'bible' of medical colleges, does not even reference the word 'emotion' in its exhaustive index. Biomedicine's current view of life stems from Darwin's teachings about biological evolution; the view that everything in and of the human being is biological – there is nothing else.

We disagree – we believe that human beings are far more than merely a large grouping of atoms and molecules that happened to evolve over the millennia into a physical body. We believe human beings are emotional beings as well, beings with an emotional body, or biofield, that conjoins and permeates the physical body. We cannot describe why SHEN does what it does in strict biological language but we can describe the way SHEN works in entirely rational concepts and we can demonstrate the soundness of our concepts in the consistent results of our work.

It may well be that the biofield is what the ancient Greeks called the 'soul' since they described the soul as being a secular 'soul-body' that penetrated the spaces between the atoms of the physical body. They also thought that the soul-body harbored pain and emotion and thus had a significant role in physical health and day-to-day behavior. Socrates once urged a group of physician-healers, "*Heal the soul first,*" implying that when the emotions in the soul-body were healed the physical body would follow. In SHEN we accept that Socratic principle – we work to heal the emotional body (the biofield) knowing that when we do, the physical body will be freed to function more normally and the mind will be freed to think more rationally. The results of this approach are often dramatic, producing positive changes in refractive physical dysfunctions and obstinate, damaging personal behaviors, changes that are both surprising and striking in their depth.

I am convinced that we cannot really know anything about the true nature of an emotion until we have experienced the depth of it ourselves. Nor can we truly assist our clients very far down their path of emotional unfolding, growth and change unless we ourselves have traveled, and continue to travel, a similar path. This is why a major focus of the SHEN Certification Program is on expanding the Intern's internal experience and release of deeply held fear, grief and shame.

The heart and core of our work in SHEN is not about comforting, nor is it about finding new and deeper ways to blame others for our past. The heart and core of SHEN is in uncovering and accepting those times in the past when we abandoned our self-will and gave away our choices in life to others. Ultimately this is our deepest grief and our greatest shame. When we move through this level of painful self-blame to recover our lost self-acceptance, we re-empower ourselves in ways that we simply cannot imagine until we are there.

If you choose to become an Intern, you will find yourself on the dual path of outward learning and inward change. Your clients will benefit nearly as much as you will.

Richard Pavelk

APPLYING FOR ENTRANCE

REQUIREMENTS

1. Candidates must have successfully completed and repeated the SHEN Personal Empowerment Workshop prior to submitting their application. The second Workshop may have been taken from the same or a different Instructor.
2. Candidates must be members of the International SHEN Therapy Association and must maintain membership throughout their internship, including any periods when on inactive status. In addition, candidates must:
 3. Have no major unresolvable emotional conditions which might affect the ability to maintain a reasonably neutral emotional stance when giving SHEN to clients, or that might otherwise affect the candidate's professional practice,
 4. Have no current or unresolved drug or alcohol addictions,
 5. Be able to receive SHEN well,
 6. Have participated appropriately during their SHEN Personal Empowerment Workshops,
 7. Complete a personal, and employment history and identify the issues the candidate intends to work on through SHEN,
 8. At least minimal computer skills and ready access to email.

ACCEPTANCE

The SHEN Therapy Institute will review your written application with your Workshop Instructors to decide whether you can be accepted into the Program. Enrollment is limited by the availability of Mentors; if none are available you will be placed on a waiting list. If you are not accepted, you will be advised why you were not and what you need to do to re-apply at a later date.

Contracting with a Mentor: You may choose the Mentor you wish to work with provided they are available. If your choice is not available ISTA Member Services will provide a current list.

Mentor fees: Mentors set their own fees. Fees and other conditions will be spelled out in a Mentor/Intern Supervision Contract. Note: *Fees vary significantly, discuss with the individual Mentor.*

Returning candidates: Candidates who have been away from SHEN for an extended period may be asked to repeat the Personal Empowerment Workshop and re-submit the application.

Provisional acceptance: If you have clear and specific issues that are not sufficient to prohibit entrance into the Program, but will need to be overcome before Certification, acceptance will be provisional. Your letter of admittance will state the conditions of provisional admittance. When you complete the Program, your Mentor will need to verify that the identified issues have been successfully resolved before Certification can be granted.

Deferred acceptance: Candidates who had difficulties in their prerequisite Personal Empowerment Workshops may be asked to take an additional Workshop with a different Instructor or receive additional SHEN before being considered.

After the additional requirements are completed, the reviewing authority will consult to see whether the questions that prevented whole-hearted recommendation have been resolved. If they do not feel confident that the applicant is ready, the applicant's request will be denied. Candidates who are not admissible at the time the application is originally made are encouraged to re-apply when the reasons for rejection have been rectified.

Breakdown of Hours and Estimated Internship Costs*		
Application fee \$50.00 + ISTA fees for 2 years @\$75.00/year		200.00
SHEN Cradle		75.00
Clinical Skills Seminars (2).....120 hrs	\$1000.00 + \$800.00	1800.00
200 Client Sessions300 hrs		
Direct Supervision (minimum) 100 hrs	Mentor fee 3000.00 to 5000.00	
Sessions given Mentor 6 hrs		
48 Personal Sessions48 hrs		
Personal SHEN Intensive 10 hrs		650.00
Prerequisite Empowerment Workshops <u>102 hrs</u>		
(Approximate) Total Course Hours	686 hrs	\$5475.00 to 7475.00*
* Does not include cost of the Empowerment Workshops: (\$1745.00)		
<i>Actual total varies from Mentor to Mentor (Travel & accommodations not included)</i>		

<i>During your Internship</i>	
<i>you may be able to earn enough from client sessions to cover the costs of tuition and Mentoring.</i>	
<i>An example of possible income from your SHEN Client Sessions</i>	
75 Client Sessions @ \$35.00	\$2625.00
75 Client Sessions @ \$50.00	\$3750.00
50 Client Sessions @ \$65.00	<u>\$3250.00</u>
<i>Estimated Income</i>	<u>\$9625.00</u>
<small>(Subject to your Mentor's approval. Based on a Certified SHEN Therapist's fee of \$80.00. Therapist fees vary according to locality.)</small>	

NOTE: Please check with your local SHEN Mentor for current fees.

PROGRAM CURRICULUM

CLINICAL SKILLS SEMINARS

The SHEN Clinical Skills Seminar comprises lectures, group practice, and approximately 20 closely supervised individual SHEN sessions that are planned by the students during class practice assessments. The Seminars last eight full days. Interns are required to take the seminar twice; the first must be taken at start of the Internship and the last during the last six months of Internship.

A written examination may be given during the Second Seminar.

A partial listing of the subjects covered follows:

- ◆ Intensive supervised classroom practice in SHEN. (20 sessions.)
- ◆ Initial and Pre-Session SHEN Interview techniques,
- ◆ Techniques for drawing out clients,
- ◆ Broaching delicate subjects,
- ◆ Observing the client's body motion and postural clues,
- ◆ Development of good session planning,
- ◆ Following the client's changes on the table; making appropriate modifications to the session plan based on those changes,
- ◆ Table coaching: verbal and non-verbal coaching techniques,
- ◆ Developing "intuition" – becoming responsive to subtle cues,
- ◆ SHEN in the external portion of the biofield, pros and cons
- ◆ Maintaining appropriate Intern/Client boundaries,
- ◆ Handling the Intern's responses to the client: judging, rescuing, wanting to be liked, and/or feeling attracted,
- ◆ Handling the client's responses to the Intern: criticism, anger, guardedness, undue praise, and/or controlling, wanting to be rescued, and/or feeling attracted,
- ◆ Intern's and Client's Expectations,
- ◆ Functional Conditions vs. Organic Dysfunction,
- ◆ What can and cannot be expected of SHEN,
- ◆ Evaluations of Chronic Pain,
- ◆ Differences between SHEN and psychotherapy approaches,
- ◆ Record Keeping: Supervision, Client Session Records, Assessment, Consent, and other Forms,
- ◆ Instruction and practice in using email. (Bring your laptop.)
- ◆ Personal Journal keeping,
- ◆ Starting and promoting a SHEN Practice,
- ◆ Interfacing with other health professionals,
- ◆ Presenting SHEN to Health Care Institutions.
- ◆ Proper use of the Registered Service Mark: SHEN®.
- ◆ Criteria for writing articles, and for making public statements,

Also see the Department of Labor job description tasks on page 7.

ASSISTING AT EMPOWERMENT WORKSHOPS

This is not required but you can learn a great deal by assisting the participants. You will not be charged for this. Usually the Instructor will allow you to participate for less than the entire workshop, if necessary. Your Mentor will be notified of your participation.

MENTOR SUPERVISED PRACTICUM

Supervision: Frequent consultations with your Mentor are the key to a successful Internship. Your mentor will outline the way they wish to handle this. Note: You are expected to learn to recognize when you feel unsure about your work, and to seek supervision over and above the minimum.

Clinical sessions criteria: You must perform, and keep comprehensible records for a minimum of 200 SHEN sessions. These must include at least three successful therapeutic series, of ten sessions each, for different clients who receive SHEN for emotional unfolding, growth and empowerment.

1. The first is usually a series spaced over a few weeks and should be completed during the first six months.
2. The second, also a spaced over a few weeks, is usually completed midway through the internship.
3. The third is a two and one half to three-day Intensive and is to be given only with the Mentor's permission. Close consultation with the Mentor is required through this intensive.

The ISTA Certification Committee or your Mentor may assign additional clinical sessions or series when it is deemed necessary.

Pivotal session: During Internship you must demonstrate your ability to successfully complete a pivotal client session during which the recipient experiences previously blocked anger, fear, grief or shame and passes through it to enter the emotion that underlies the surface emotion - without your becoming unnerved and/or withdrawing. This must be verified by your Mentor.

Clients: You will need to provide your own paying and/or non-paying clients. Most sessions will be organized, planned and performed in your own workspace without your Mentor being present. (This does not preclude sessions performed at a hospital or at a health clinic being counted towards the required sessions.)

Client fees: You are not allowed to charge your clients a fee before completing the initial Clinical Skills Seminar. After completing the Seminar and when your Mentor approves, you may charge up to one-third of the usual CST rates in the area. As you progress, your Mentor will allow you to increase this to a maximum of two-thirds of the area's CST rates. Family members, close friends or persons who are hospitalized are usually not charged.

Disclosure: You must advise each person to whom you give SHEN that are supervised and that some of their sessions and interviews will be discussed with your Supervisors.

You are required to have your clients sign forms that include:

1. A statement of your fees,
2. The client's acceptance of limited confidentiality,
3. The Mentor's name and telephone number, and
4. ISTA's address and instructions for complaints, if any occur.

If your client declines to sign this form, you may not give this person SHEN during your Internship.

Monthly reports: Prior to your required monthly consultation with your Mentor, you must have forwarded a brief record of all SHEN sessions you have given, whether included in those submitted as part of the formal requirements, whether completed or uncompleted to your Mentor. You must indicate any that were unsuccessful. (Your Mentor may modify this monthly reporting requirement.)

Cautionary procedures: While you are an Intern:

1. You are required to notify your Mentor, with all possible haste, of any client session aborted for any reason, or when the client has been left in physical pain or in a debilitated emotional state.
2. You are required to consult with your Mentor before accepting clients from the Precautionary List that will be provided to you.

Restrictions to your SHEN practice: While an Intern:

1. You may not combine any other health, psychotherapeutic or counseling modality you may otherwise be using in your general practice into any SHEN session, or between the sessions of any series. This applies only to the 200 sessions you submit as part of your Internship requirements. This does not restrict you from performing any other modality you may normally practice, with clients receiving SHEN at times other than those specified.
2. You are prohibited from giving anyone a Personal SHEN Intensive without consulting your Mentor prior to starting the series.
3. You may not give SHEN to anyone on the precautions list you will be given unless you have your Mentor's permission.

Personal growth: Interns are required to deepen and intensify their own internal growth process because experience teaches us that you can take those with whom you work no further than you have gone yourself. *Evidence of a deep, pivotal unfolding and life transforming experience is required for certification.*

Growth requirements: The Mentor oversees and modifies these requisites when needed: during Internship, you are required to:

1. Receive ongoing SHEN from your Mentor, CSTs or other Interns, at least twice a month. Trading of sessions is acceptable.
2. Receive a Personal SHEN Intensive series from your Mentor during the first six months of your Internship. (If you have already had a Personal Intensive from your Mentor or another Mentor, your Mentor may release you from this requirement.)

3. Give at least six SHEN sessions to your Mentor, three near the beginning and three near the end of the Internship.

Your Mentor may require additional SHEN sessions to complete any issues that become identified prior to or during your Internship.

PARTICIPATION

Your pace through Internship is necessarily determined by your available time and your Mentor's timetable, scheduling of the two Clinical Skills Seminars, and availability of the necessary clients.

Minimum time allowed for completion is 18 months and the maximum is 36 months. Extensions will be granted for Interns who can show good cause. The majority of Interns complete their Internship within the 24 months. You will be expected to maintain reasonably consistent progress during your Internship. Interns repeatedly taking long gaps will be consulted as to their future intentions and appropriate decisions will be made.

Reporting: You are required to consult with your Mentor at least once a month, if only to discuss your personal growth process.

Lack of progress without due cause: Your Mentor will counsel you and if the situation does not improve or if you have no clear plan to resume when progress has entirely halted, your Mentor will notify ISTA and you will be placed on the Inactive List. If you do not resume within six months you will be dropped from the program. The Institute reviews all reinstatement requests.

Inactive status: You may request to be placed on the List of Inactives for a maximum of 12 months, if your situation requires.

If you are placed on the Inactive List you must advise your clients that you are not currently being supervised. You are not allowed to give SHEN to clients or to charge for sessions until you resume active status.

When you are Inactive you must keep your ISTA dues current; you will continue to receive ISTA mailings.

You may apply for reinstatement without prejudice when your circumstances have changed.

Dismissal for cause: You will be suspended or dropped from the program if:

1. You engage in incidents of gross misconduct.
2. You show consistently poor performance.
3. Overwhelming emotional difficulties arise.
4. Other issues emerge that interfere with your ability to give and receive SHEN appropriately or to complete the curriculum.

Appeal process: Interns who have been suspended, or asked to resign for cause, have the right to appeal to the ISTA Board. The Intern will suspend all Internship activities while the appeal is considered. The Board will consider the Appeal in a timely fashion.

FOLLOWING CERTIFICATION

PROFESSIONAL PRACTICE

CSTs may incorporate SHEN into their present healthcare practice as they see fit. CST Certificates remain in force as long as the CST is not under suspension by the Ethics and Standards of Practice Committee, maintains ISTA membership, refrains from activities that are harmful to SHEN or to the SHEN community and fulfills ISTA's Continuing Education Requirements,

CONTINUING EDUCATION

CSTs are required to participate in a CEER (*Continuing Experiential Education & Renewal*) refresher course once every two years. CEERs include Accelerated SHEN Intensives and practice in the latest SHEN techniques in the company of their fellows who come together to renew their spirits while renewing the depth and

spirit of their work. In addition, CSTs are required to keep their biofields clear by receiving on-going SHEN on a periodic basis.

THE SHEN® SERVICE MARK

CSTs may use the SHEN® Service Mark on their stationery, business signs, etc. Use of SHEN in website addresses is restricted. Please contact the Institute when planning your site.

TEACHING SHEN

Only Certified SHEN Instructors may publicly teach SHEN, but CSTs may teach relaxation flows to their partner or children. CSTs may apply to begin Instructor training after becoming a CST.

SHEN IS NOT REGULATED BY ANY GOVERNMENTAL LICENSING BOARD

The SHEN Certification Program is conducted under the auspices of The International SHEN Therapy Association, Registered Corporate Office at 3213 West Wheeler Street, Suite 202, Seattle, WA 98199.

(The ISTA Operations and Member Services Offices are at 20 Yellow Ferry Harbor, Sausalito, CA, 94965-1326
Phone 415/332-2593, fax 415/331-2455 or email: SHEN_ISTA@hotmail.com)

For information on SHEN and for schedules of Workshops & Clinical Skills Seminars, please check our website: shentherapy.net

Job Description for a

SHEN Physio-Emotional Release Therapist

"Ascertains bodily locations of somatically held emotions in order to design and execute an appropriate physio-emotional release plan according to knowledge and techniques of physio-emotional release therapy: Questions client as to current emotional state and bodily feeling states, including pain, tension and other physio-emotional sensations and complaints, emotionality in dreams and history of emotionally painful events. Directs client to lie on treatment couch (*cradle*) and places client's extremities in relaxed position to facilitate observation and application of appropriate techniques. Observes client's breathing patterns, torso, facial, and extremity tensions. Places both hands on the client's body in a series of planned, paired positions, directing Qi or heat energy between the hands into and through the client's body in precise ways according to observations, knowledge and techniques of physio-emotional release therapy. Additionally may direct the client to breathe in specific ways, may apply gentle pressure or rocking to accelerate the release process and may question the client as to the nature of any emotionality that occurs. Proceeds in this fashion to discharge debilitating emotions such as anger, fear, and shame, which contribute to stress, pain and poor health and then to access and release dormant, empowering emotions of confidence, serenity and love which contribute to good health. Discusses findings with client and explains relationship of emotions to health. Outlines appropriate physio-emotional release program, advises client as to breathing patterns, postures, movements and expressions that enhance the emotional state."

From the U.S. Department of Labor Occupational Code 076.264-640