

## Sensorimotor Psychotherapy Institute

### **Alumni Learner Program**

#### DESCRIPTION

#### **PURPOSE**

The Alumni Learner Program is designed to offer graduates of the Sensorimotor Psychotherapy Trainings opportunities to refine their SP skills and continue their education in SP.

#### **BENEFITS**

- CEs at no cost
- Participation in training courses at no cost
- Access to the most up to date training materials
- A manual for Alumni Learners that covers topics like:
  - How to recognize and negotiate enactments
  - How to help when you don't know how to help
  - How to give feedback
  - Adaptive strategies
  - And more!
- Instruction in coaching students in SP skills and approach
- Mentorship by your Trainer
- Access to an advanced BIPOC Webinar for Alumni Learners
- Access to SPI webinars that address topics not covered in trainings

#### **PREREQUISITES**

- Practiced legally for at least 3 years as a mental health professional
- Completed the level of training for which you are applying
- Is able to maintain appropriate professional boundaries (time, confidentiality, etc.)
- Is sensitive to the dynamics of privilege and oppression
- Works effectively as a member of a team

#### **OTHER CONSIDERATIONS**

Additional factors may be considered, including specific educational backgrounds, skill sets, experience with special populations, ability to speak foreign languages, and other cultural factors (such as belonging to a marginalized group) or experience in decolonizing and anti-oppression work.

#### **AGREEMENTS**

This section delineates the responsibilities associated with joining a Level 1, Level 2, or Level 3 training course as an Alumni Learner.

## Professional & Ethical Agreements

Alumni Learners agree to:

- Attend every module of training.
- Attend staff meetings (usually scheduled just before, during, or after the training, during lunch, or both).
- Follow the ethical guidelines of their regulatory or licensing body.
- Adhere to the Intellectual Property, Confidentiality, and Informed Consent agreements.
- As representatives of SPI, model professional behavior, appearance, and the foundational principles of SP during the training blocks and out-of-training contact with students.
- Endorse and express support for decisions, curriculum, procedures, and policies of SPI, as well as for trainers, other staff members, and the SPI office, both during and outside of class.
- Support trainer decisions, even when their opinions may differ.
- Report any issues or grievances to the trainer, training lead, or SPI Administration.

*NOTE: It is never appropriate to discuss issues that may arise from negative feedback or criticism with students, in or outside of class.*

## Training Venue & Catering Responsibilities for Live, In-person Trainings in a Physical Location

Alumni Learners agree to:

- Prepare the training space at the beginning of a module (including but not limited to setting up chairs, trainer tables, assisting with electronic and video equipment)
- Maintain an orderly and aesthetically pleasing space throughout each day
- Disassemble the training space at the end of the module (including but not limited to breaking down chairs and tables, assisting in disconnecting and returning electronic or video equipment, cleaning space according to venue contract)
- Purchase supplies (snacks, water and tea, Kleenex, etc.) according to budget, if needed, or support the work-study student in doing this task
- Set up snacks each day of the training if needed
- Enlist help from students as needed for maintaining the above tasks

## Training Logistics & Support

Alumni Learners agree to:

- Help take attendance as directed by the trainer.
- Manage continuing education sign in and sign out sheets to ensure students sign in and out for CEs.
- Take a leadership role in maintaining the time schedule, starting on time, returning from lunch, completing breaks and exercises on time and encouraging students to refocus on the training at transitions.
- Support the trainers by tracking the group's dynamics and process, making sure that breaks are taken and ended as needed, clarifying significant confusion or conflict in the group, and attending to any other needs the trainers might have pertaining to the

student body.

- Do we want to say something about affinity groups here? If so, what?

### **Student Support**

Alumni Leaders agree to:

- Support students by answering logistical questions, trouble shooting and reassuring about learning challenges, helping students get comfortable in the space, and other as directed by the trainer.
- Partner with students in practices or exercises as needed.
- Coach exercise and practice sessions as directed by the trainer, utilizing the “Guidelines for Alumni Learners” (included in this document).
- Alert trainers if any student is seriously behind on requirements or is having difficulty in any other way with the training.

## **SPECIAL AGREEMENTS FOR CERTIFICATION TRAINING**

In Certification Training, Alumni Learners agree to:

- Monitor transference, countertransference, group dynamics, and individual upset and report to the Training Lead
- Complete requests from trainers as they arise
- Assist with set up and breakdown (including technical), paperwork, and training logistics
- Assist with food service duties as needed
- Teach students how to assess their own and their peer’s skills themselves utilizing worksheets as directed by trainer
- Supervise students in filling out worksheets accurately during transcript/video review as needed per training guidelines
- Run fishbowl exercises and supervise group worksheet completion per training guidelines
- Keep homework and video logs for each module of the training
- Be available to interpret from English to another language and vice-versa for the large group as well as for small video practice groups as needed by trainers
- Support students in completing their requirements
- Alert trainers if any student is seriously behind on requirements or is having difficulty in any other way with the training
- Supervise students’ filling out the Skill Assessment Form for every practice observed and every transcript reviewed
- Monitor, detail, and tabulate student progress under the trainer’s direction
- Assist with transcripts and transcript analysis as directed by the trainer
- Keep a log of date and stage of the process of transcripts/videos reviewed
- Track, collect, and review make up assignments as directed by the trainer

Due to the evaluative nature of the Certification Training and thus the complex transference/countertransference dynamics, Alumni Learners are not sanctioned to provide

consultation or educational Sensorimotor Psychotherapy education therapy sessions to enrolled students.

### **ADDITIONAL NOTES**

According to SPI policy, an Alumni Learner can do 1-3 SP sessions with a student expressly for educational purposes. Usually, we prefer that Alumni Learners who offer such sessions be certified. If no available Alumni Learner is certified, then students must be informed of the level of training attained by the Alumni Learner.

Alumni Learners may not offer paid consultation to students in a training unless the Alumni Learner is an SPI Approved Consultant.