

Sensorimotor Psychotherapy Institute

Alumni Team Program Overview

INTRODUCTION

The Alumni Team Program is designed for graduates of Sensorimotor Psychotherapy trainings to offer opportunities to refine their SP skills, keep updated with new material, and build connections through shared experiences. Trainers support Alumni Team Members (ATMs) in continuing their SP learning within a collaborative team environment that includes opportunities for mentorship, professional development, and relationship-building.

BENEFITS OF PARTICIPATION

ATMs receive the following benefits:

- Free participation in the SPI training in which they serve as an ATM
- Continuing Education (CE) credits at no cost for the training in which they serve as an ATM
- Mentorship from Trainers on approaches that support student learning, group cohesion, facilitation, and other teambuilding skills
- Access to updated SPI training materials
- Access to select SPI webinars that address specific topics on Alumni SPILO page
- Opportunity to strengthen affiliation with SPI community
- Annual drop-in consultation sessions with SPI training staff
- Discounted future trainings:
 - Level 1 and Level 2 alumni who participate in two trainings as ATMs with 80% attendance are eligible for a 10% discount on their next level of training.
 - Certified alumni who participate in two trainings as ATMs with 80% attendance are eligible for a 20% discount on specialty alumni trainings.

ELIGIBILITY CRITERIA

Prerequisites to be considered for the Alumni Team Program include:

- Qualified to practice psychotherapy legally in their area of residence
- Completed the level of SPI training for which they are applying
- Maintains professional boundaries (time, confidentiality, etc.)
- Demonstrates cultural sensitivity and strong interpersonal skills

Other Considerations

Specific educational backgrounds, skill sets, experience with special populations, ability to speak foreign languages, and cultural factors (such as social location or knowledge of issues important to a particular training group or region) may be prioritized if they directly relate to the training for which a prospective ATM is applying.

Note: Participation is not compensated financially but is designed to support professional and educational enrichment.

PARTICIPATION GUIDELINES

ATMS are expected to:

- Uphold the ethical standards of their licensing/regulatory body
- Attend all training modules (barring extenuating circumstances)

- Support and uphold SPI's curriculum, policies, and group agreements

With support and guidance from Trainers, ATMs participate in the following learning activities to enhance their SP and group facilitation skills:

- Participate in preparation and debrief sessions with Trainers
- Practice coaching students on SP skills
- Share encouragement and feedback to students aligned with SPI principles
- Offer support on logistics (ex: take attendance, prepare the learning space, monitor time boundaries during transitions and breaks) when appropriate
- Reflect on module feedback, group cohesion and student learning
- Practice implementing feedback from students and Trainers
- Engage in training exercises or demonstrations
- Bring questions about the SP model to Trainers for clarification
- Alert Trainers to student concerns or challenges

Level 3 Trainings Only

Participation includes more advanced opportunities for supported learning. Guided by Trainers, ATMs:

- Learn about and practice monitoring group dynamics (ex: transference, countertransference, enactments, or individual challenges)
- Use SPI's Module Assessment Forms to reflect on student strengths and growth areas and submit forms to Trainers and Certification Coaches for review and discussion
- Provide feedback to students as guided and supervised by Trainers
- Support students in completing their assignments
- Practice facilitating experiential exercises (ex: fishbowls or demonstrations), as appropriate
- Assist Trainers in tracking student challenges and monitoring their progress
- Participate in Certification Training planning and reflection sessions

CONSULTATION

Only ATMs who are also SPI Approved Consultants or Consultants-in-Training may offer formal SP consultation. Other ATMs may not engage in consultation roles.

Note: ATMs acknowledge that their participation in the program is educational in nature and that they are not serving as a volunteer, employee, or independent contractor.