

# 2018 Body Up Co-Regulation Training Agreement and Completion Requirements

I \_\_\_\_\_, of: (address) \_\_\_\_\_

**Agree to uphold and abide by the below-listed program agreements and requirements and hereby request application to the 2018 Body Up Co-Regulation Ambassadors Training:**

- I agree to the total financial commitment \$850 (\_\_\_\_) whether or not I attend all the events.
- I agree to fully participate in the program activities according to the instructions of the trainer, not to exceed personal safety, integrity and self-responsibility.

## **Requirements for Completion**

- **15 Body Up Co-Regulation Sessions** (20 - 40 min) - Documented (Using the Body Up Co-Regulation Session Notes form, and submitted electronically), with **3-4** co-regulators, through approximately **4** sessions each, preferably before the final weekend of the training. **2** of the people may be classmates, at least one must be new to Body Up Co-Regulation.
- **Ambassador Evaluation Form** to be submitted by **3** of the above co-regulators.
- **Participation in a Buddy Support System**, including **3** exchanges, documented using the Body Up Co-Regulation Session Notes form.
- **1 hour long Personal session** required during the training months (fee included in cost of the training)
- **Attendance at 3 scheduled video conferences** during the course of the training. The fourth call TBA after the training is available, but not required. (Additional individual supervision calls are possible for a separate fee)
- **Completion of 3 short Harvest Forms**, feedback to be emailed *within one week* following each of the trainings (total of **3** - none for the final weekend).
- **Maintenance of a Program Transcript** for tracking these requirements.
- **Completion of a short written competency** exam and a body up co-regulation competency demo, during the final weekend.
- **Electronic Submission of the Program Transcript** at the end of the training

Signed \_\_\_\_\_ Date: \_\_\_\_\_