

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 \$700 (____) 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

- **20 Body Up Co-Regulation Sessions** (20 - 40 min) - Documented (Using the Body Up Co-Regulation Session Notes form, and submitted electronically), with **4-5** co-regulators, through approximately five **5** sessions each, preferably before the final weekend of the training. **2** of the people may be classmates, at least two must be new to Body Up Co-Regulation.
- **Ambassador Evaluation Form** to be submitted by **4** 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 (separate charge \$50)
- **Attendance at 4 scheduled video conferences** during the course of the training. (Additional individual supervision calls are possible for a separate fee)
- **Completion of a short Harvest Form**, 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: _____