

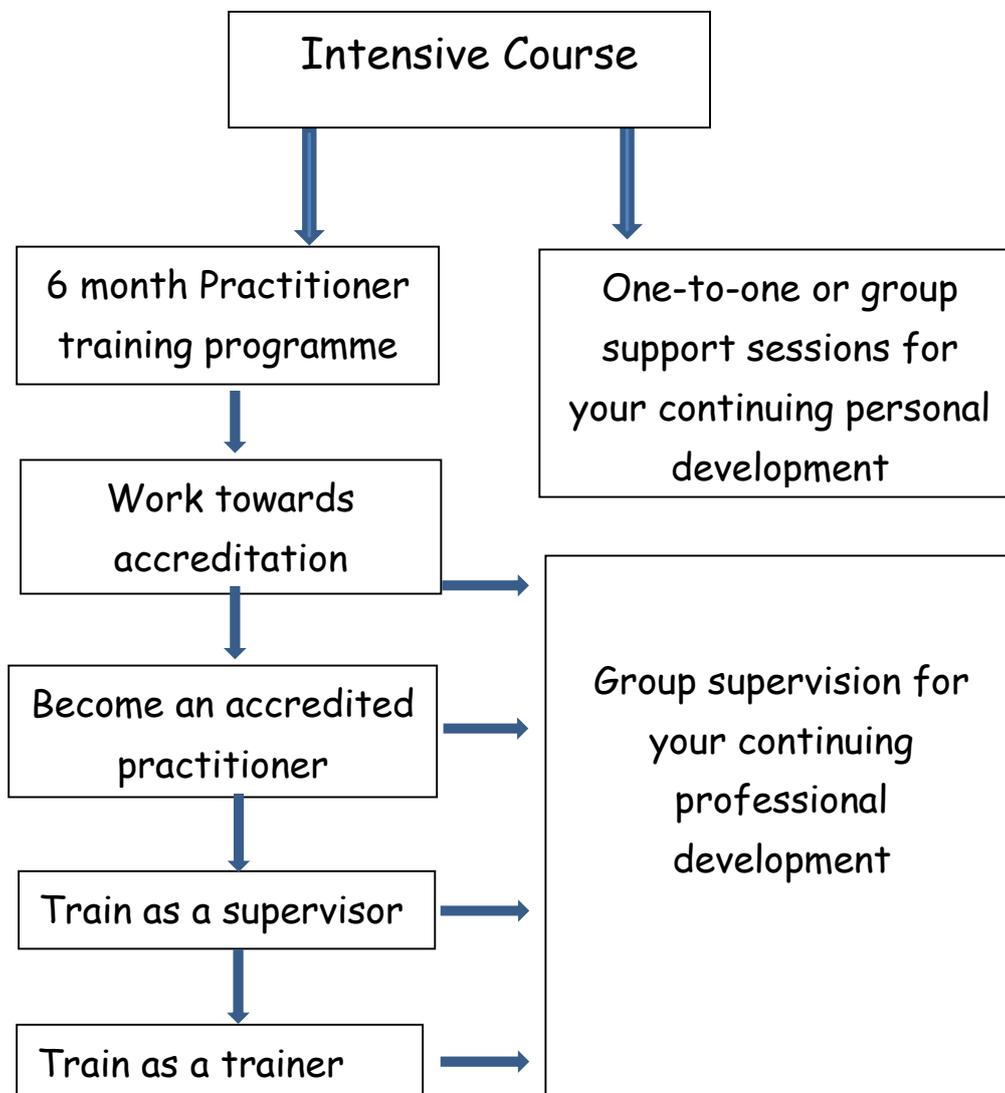


Focussed Mindfulness© Training.

What next after the intensive course?

Once you have completed the intensive course you may wish to continue with your Focussed Mindfulness© practice and receive support and training through Absolute Specialists.

There are a number of options: have person-centred supervision, join the practitioner programme, become an accredited practitioner, become an Absolute Supervisor and possibly become an Absolute trainer.



Person-centred supervision

You can access occasional or regular supervision to give you bespoke guidance and support on your personal journey.

Occasional supervision will be on a one to one basis. You can do this with an accredited supervisor at a rate of £70 a session or with Clare at £100 a session. You will also be able to re-sit the intensive at a reduced rate.

The duration of regular one-to-one supervision is negotiable, but usually it is for a year. This will give you 10 sessions and the rate for this is £600 a year with an Absolute Supervisor or £840 for the year with Clare. Included in this fee is an invitation to re-sit the intensive for a nominal charge when space is available, attend other workshops we hold at a reduced rate and become part of the Absolute community.

Or you can attend group supervision. This will be with a stable group, 10 sessions over the year. This will be £600 for the year. Included in this fee is an invitation to re-sit the intensive for a nominal charge when space is available, attend other workshops we hold at a reduced rate and become part of the Absolute community. This is a very potent way to experience Focussed Mindfulness and challenge yourself to work deeply.

Practitioner programme

Once you have completed the intensive you can attend a six month programme to deepen your understanding of the practices. This involves monthly workshops, peer group practice, recommended reading, ongoing support from the trainers and a personalised daily practice which will support your growth.

- Month 1: Three day enneagram workshop. This explores our core fears and the strategies we use to cope with them. There will be teaching sessions, discussions and triad work to address and let go of these strategies.
- Month 2: One day revision of the questioning judgements process
- Month 3: One day revision of the wounded child process
- Month 4: One day revision of the pain release process
- Month 5: Three day practitioner intensive (by invitation)

The fee for this course is between £900 and £1100 depending on the location.

Accreditation training

Once you have completed the practitioner course and have got to grips with the techniques you can begin to work towards gaining your licence to practise and accreditation as an Absolute Specialist. This will involve monthly supervision within a stable group. Working in triads you will be practising, experiencing and gaining confidence in using the techniques. You will

be supported to begin to practise with clients and encouraged to reflect on your confidence in working in an appropriate and creative way and critically appraise the results achieved and how you might have improved on the process. You will be working under supervision and under Clare's insurance, you will need to make this arrangement clear to your clients.

In discussions with your supervisor you will be encouraged to reflect on your own spiritual journey thus far and your CPD needs in the future, and you will agree at what point you are ready to begin independent practice as a licenced practitioner.

The fee will be £70 a month. The length of time it will take you to reach the point where you are ready to become accredited is very individual, so the duration of this phase must be discussed with your supervisor. It is likely to be a minimum of 6 months. Included is an invitation to re-sit workshops when space is available for a nominal fee; attendance at other workshops we hold at a reduced rate and, once you gain your licence, your registration fee, entry on the website and use of the Absolute brand on your promotional material.

If you decide to commit to a year's training: practitioner training followed by 6 month's supervision as you work towards accreditation group you can arrange a monthly payment scheme.

Register as an accredited practitioner

Licensed practitioners can gain accreditation through Absolute Specialists by agreeing to abide by our code of practice and ethics and complaints procedure and have suitable insurance cover. You will be in ongoing person-centred supervision with someone who will support you to: practice with integrity, work according to Absolute Specialist's code of ethics and continue to develop personally and professionally.

The registration fee is £120 a year which covers presence on the website, invitation to re-sit workshops at a nominal fee, and new workshops at a reduced rate and membership of the Absolute Community.

Once accredited you can play a full part in the Absolute community. We are drawn together by a common ethos, helping others to find freedom from their mental, emotional and physical pain. This is a wonderfully supportive and warm community, we aim to help each member to fulfil their calling. Currently we are working together to reach out to people suffering from ill health including cancer; teachers, people working in the NHS and others in the caring professions as well as disaffected youngsters in schools, hostels and on probation.

Most recently we are forming a business development group to support each other to grow our private practices.

Become an Absolute Supervisor

When you are close to gaining your licence to practise (discuss this with your supervisor!) you may be invited to train to become a supervisor yourself. It is possible to do this alongside your work towards accreditation.

Absolute Specialists Ltd. 65 Jackroyd Lane, Mirfield WF14 8HS
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Company registered in England No. 7288166

This qualification is already accepted by the Society of Homeopaths and the School of Homeopathy, during the year I will be approaching the ARH, counselling organisations and anywhere else I can think of to get us recognised.

The training is experiential: you will need to start to practice at some stage during the year – either with supervisees or Focussed Mindfulness clients. You will be able to charge these clients in full once you gain your practitioner licence.

You will be asked to consider your role, your style as a practitioner in the context of theoretical models, the contract that you will draw up with your supervisees, safety issues, legal issues and the skills you will need to develop to become an effective supervisor.

You will be expected to read and reflect on some key texts during the year.

These are:

Freedom to Practise Volumes I and II

Inspiring Creative Supervision. Wood and Schuck.

Vital Practise. Ryan.

You will attend 10 group supervision sessions with fellow trainee supervisors facilitated by Clare who will guide and support you in your work with supervisees and supervise group supervision sessions. These sessions will be somewhere you can be facilitated to become more gnostic, reflect more deeply on your own spiritual journey and learn from the challenges that arise in your practice as a practitioner and supervisor.

There will be 10 theory sessions where we explore the role of a supervisor and the various models of supervision – held on the same day.

There will also be a requirement to re-sit and offer support at some of the foundation year courses.

The fee will be £1100 for the year. Included in this fee is supervision for you as you begin to see supervisees and clients, free re-sits on the foundation year workshops, attendance at other workshops we hold at a reduced rate and, once you gain your licence, your entry on the website and use the Absolute brand on your promotional material and your registration as a supervisor.

Become an Absolute trainer

Support and, when you are ready, run your own workshops and courses under the Absolute brand. Please discuss this with Clare.

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