

## **PA Mentor Statement & Info from Gina Rosenthal**

I feel blessed to be part of the Soul Lightening family. I discovered Process Acupressure and the work of Aminah Raheem, PhD, after working as a physical therapist for 15 years. I was fascinated by how well clients fared using integrative practices I had studied, but felt there still was something missing. Looking back now, after 30 years of practice, I realize that PA practitioner and advanced certifications added a dimension I had never considered -- they brought me "home" through self-awareness and whole being healing I never imagined possible. The journey has benefitted my personal and professional growth and development, and continues to do so with each session given and received, each self-care session I make time for, and each Seva and PA workshop I present. As a practitioner, teacher, and mentor I continue learning and deepening awareness, and am honored to walk beside others as they discover the beauty of their authentic Self again and again through their PA certification process, and as they, too, learn how to support others in their process with unconditional positive regard.

As a mentor I work on a very practical, grounded, and heart-centered interactive basis. At the beginning I ask mentees what their intentions and goals are for their certification process, and how I can support them in a way that best serves their process and learning styles. I believe this gives each of us a route to follow and adapt, as needed, during the certification process.

**How will you keep track of my progress:** My preference is to have a regular check-in via email or phone every 4-6 weeks, to center and ground each mentees process and intentions. This gives us an opportunity to track how things are progressing, address questions and issues that arise, and notice where guidance is needed from within and/or through others/other means.

Mentees will keep track of mentoring sessions with me, as a means to ground, practically apply, and build upon new learning and insights received during self-sessions given and received, as well as those given to others during workshops or in private sessions (clients, family, colleagues, etc.). Remember that each four-day workshop you attend provides an opportunity to write-up eight sessions -- four given and four received.

**When will I need to pay the \$65 an hour mentoring fee and when is support no charge?** The \$65 fee for one-hour phone and/or in person consultation sessions is paid at the time of the session or mailed to me after phone consultations. There is no charge for brief email or phone calls under 10-15 minutes. Sessions are tailored to individual needs, time, and travel/geographic location considerations, which become clear as the certification process continues. Typically, this can involve a minimum of 5 in-person meetings with me, which can occur either at my home or during a class which we are both attending. I am available for more than 5 sessions, based upon what each mentee expresses a need for. Touch feedback regarding interface and points is one factor I believe is essential for practitioner certification. This can be received through mentor sessions and with other faculty members at workshops. Stabilizing and advancing personal process is also an essential part of deepening awareness and presence with during practitioner and advanced certification.

**What are your current fees for acupressure sessions in person or on the phone?** My current fee is \$100 / hour. However, PA certification candidates will be charged \$65 / hour for private or phone sessions.

**Do you offer PA Certification Study Groups and if so is there a fee charged and how much?** I do not currently host study groups, but may do so at a future time.

**How do you want case studies submitted and how many can be submitted at one time?** My preference is to receive case studies by email, but session write-ups can also be mailed to me. Reports are usually submitted in groups of 5-10 session write-ups, which can be reviewed in a 60-90 minute phone session. All reports are kept in your file in my office, along with notes from phone and/or in person mentor sessions. Mentees will keep copies of all write-ups emailed or mailed to me, which will work best when we review these.

**How do you want me to prepare for the three pre-final check out sessions?** Each step of your journey will prepare you for the next one. Familiarity with signals, channels, edges, and primary and secondary process grows with each session given, received, and reviewed, and will be a journey of continuous learning, that will continue through and beyond certification. From the beginning practice the Basic Protocol and Central Channel Release so you know it "by heart." This will make it easier for you to develop your non-judgmental witness, who can notice and be present with interface and process, as needed, by individuals receiving sessions (including yourself).

Workshops you take will give you a deeper presence with and understanding of process, your own and those who receive sessions from you. Workshops you take will broaden your awareness and include being present with body and/or personality parts (PA 2), and inner child healing (Inner Child Healing workshop). Remembering your commitment to interface with yourself and others with unconditional positive regard and compassion will bring heart-and-soul insights to your certification journey and prepare you for all final check outs. As we work together during your certification process, you will develop and build an inner sense of preparedness from each session.

**How will I know when I'm ready for my final check out for PA certification?** When you feel ready for your final check out, you will need to arrange a date and location for meeting up with faculty for this. The most significant "signal" that you are ready will come from within yourself after you complete the required workshops and session write-ups. One of the greatest challenges faced by myself and those I have mentored is getting the sessions written, and then reviewed with your mentor, in a timely fashion. Every session write-up and review will build your competence, confidence, and readiness to use PA practitioner skills learned during your certification process. I look forward to being a part of your certification process and an amazing journey of personal growth and development.