

PA Mentor Statement & Info from Laurie Cahoon

Statement about myself and mentoring style: I am deeply committed to Soul Lightening Acupressure. As an acupuncturist and Zero Balancer since 1984, both Clinical Acupressure (CA) and Process Acupressure (PA) have been wonderful additions to my healing practice and to my ability to address my clients' whole being healing and growth needs. I first fell in love with PA, both as a client and student. I was a wounded healer and although I had been on a healing journey for decades, I needed (and received!) the integration and maturation that PA encourages us to cultivate.

As a PA teacher and mentor, I am devoted to supporting our students and practitioners in their certification, in their own personal development as whole beings and in integrating PA into their professional practices.

As a mentor, my style is a combination of "orderly structure" and "casual, whole being, follow the process" styles. I honor people's personal styles and rhythms, while at the same time, requesting personal responsibility on your part to move forward, track your own progressions and stay in communication. I believe that doing our own PA process work is one of the best ways to learn and integrate what we're learning in classes, in life and in the sessions we are giving.

How will you track my progress? I suggest a monthly check in:

- by email to update me or ask questions, share insights and successes and to submit session reports.
- phone conversations are good when you have questions or confusion about how to progress with process work with clients, to review your session write ups and when your own process (in life or as a student/practitioner) needs support. I will keep a file of your PA session write ups and would like you to keep copies as well.

When will I need to pay the \$65 an hour mentoring fee and when is support no charge? There is no charge for email correspondence or brief phone calls of 10-15 minutes. When we make an appointment for an hour call or in person meeting there will be a \$65 fee. As stated in our certification literature, there is also a charge of \$65 an hour for my time spent on reviewing session write ups. For PA certification you can expect to meet with me at least 6-10 times, but perhaps more often if you want/need extra support for your session write-ups or if your personal process requires it. Every student/person has different needs, and this is a golden opportunity to become aware of those needs and have them met.

What are your current fees for acupressure sessions in person or on the phone?

My regular fees for sessions are \$100 an hour/\$125 for 1.5 hours, but for PA students I charge \$80/hour and \$100/ for 1.5 hours.

Do you offer PA Certification Study Groups and if so, is there a fee charged and how much? Not at this time. I am open to hosting a study group when there are enough local students to support it.

How do you want case studies submitted and how many can be submitted at one time? Ideally typed and emailed. I am open to handwritten and mailed, as long as they are legible. Make sure you have a copy on hand for when we discuss your session reports. I suggest sending reports regularly throughout the certification process so we can discuss how to refine and deepen your awareness and skills, and so we can discuss your personal process progressions. My experience is that it is good to begin with 3-5 sessions at a time initially and then as students gain more confidence they can increase to sending 5-10 sessions at a time.

How do you want me to prepare for the three pre-final check out sessions? This preparation is an organic process which unfolds over time through attending classes, giving and receiving sessions, learning from your own experience and from mentoring feedback and consultations.

Skill Development

You will have the Basic Protocol and Great Central Channel Release memorized so that you can really focus on process signals that arise and follow them, while continuing the protocol. After taking PA1 and Adv.PA1 you will be getting used to noticing signals, observing what channel they are in, developing awareness of occupied and unoccupied channels and primary and secondary process, etc. You'll be learning a whole new perspective and language for giving sessions and for writing them up. After taking PA2 you will have some competency with adding in CA1 protocols and processing signals that emerge from body and personality parts during the session. After taking Inner Child Healing and doing some practice sessions, you will have competency in recognizing and processing inner child parts that arise during a session.

Confidence and Competence

Have faith in yourself, your own growth and skill development. Really use our mentoring relationship to support you in your growth and development as a person and as a practitioner. You will be giving and receiving many sessions in classes and in your own private sessions that you are writing up. You will be learning and growing through your own experience and through our mentoring consultations. Together we will be deeply tracking your sense of competency and confidence in giving PA sessions and support you wherever you need it.

How will I know when I'm ready for my final check out for PA Certification?

You will have completed all your course work, your session write ups and your 3 pre-final check out sessions. You will know when you are ready because you will feel confident in your skills and competency. You will have done so much work/processing with yourself and will have given so many varied and good PA sessions already that you will trust yourself and know when you are ready. The PA certification and mentoring program is specifically and thoroughly designed to support practitioners in being ready and trusting themselves.