

# **CA Certification Mentoring Guidelines from Alvina Quatrano**

October 5, 2015

## **Alvina Quatrano's Personal Statement as a CA Certification Mentor:**

I have been with SLI since 1998. Teaching was always a natural progression for me as I was once a Montessori Teacher and I teach Reflexology and an Introduction to The Enneagram and The Art of Holistic Massage beside the SLI classes CA 1, CA 2, CA Practica, SEVA, Acupressure for Anyone, Women's Health Protocol, Introduction to PA, Immune Booster Protocol, Aminah Raheem's Chakra Tai Chi and more.

I am honored to be asked to usher a student of Clinical Acupressure through to a higher understanding of the work and of themselves and their goals in the process. If my mentee lives near me in Naples FL or the places that I visit regularly, Connecticut, New Jersey, PA, NYC, MA, RI, GA, or any of the points in between it is likely that we will have an in-person meeting or two. I can work with you via email or skype or Facetime too. You will find me a strong advocate of pretty much anything you want to do to better your understanding of SLA and bring it out into the world. I am an enthusiastic supporter and idea person if you need nudging or motivation. Ultimately though it is you who are growing and developing something that is part of your repertoire. That in itself is exciting!!

**How I keep track of your progress:** I will keep a folder for each student that I'm mentoring and accumulate your sessions, etc. and to mark your completion of requirements form.

## **How much does the student pay as a mentoring fee to Alvina Quatrano?**

- 1) SLI has set a rate of \$65 per hour for mentoring services. You can anticipate meeting approximately 4 to 6 times.
- 2) See info about when the student pays and when support is no charge.

## **When do students pay a mentoring fee to Alvina Quatrano and when is support no charge?**

- 1) There will be a charge for reviewing and a consultation, if needed, connected to any item on the completion of requirements list.

- 2) Generally brief emails and phone calls are no charge. You are asked to email your mentor once a month to check in and share what's new and any questions.
- 3) You are not required to have acupressure sessions in person or on the phone but when the student requests them, you will pay the usual fee for that session.

### **What are the current fee for acupressure sessions with Alvina Quatrano?**

Alvina's normal session fees are \$80 Hr \$120 1 1/2 Hr

### **CA Certification Study Groups and other support offered by Alvina Quatrano.**

- 1) Alvina offers study groups usually by request or before an advanced class. You are encouraged to attend these. A nominal fee is requested usually \$25
- 2) Webinars will be offered periodically so students can receive support as a group.
- 3) You are also encouraged to do acupressure exchanges with other CA students, if possible. At times, I would be available for acupressure exchanges as my schedule allows.

### **How to submit your case studies?**

- 1) Please gather 3 to 5 sessions for one person and submit them together as a case study and write up a paragraph or two as a summary of any insights, etc. that you had as a practitioner. Use the 2 page CA Session Worksheet that was provided with your CA Certification Packet or whatever form that you have designed. I prefer that you type the report if that works well for you. Also, keep a copy of everything that you to send me.
- 2) You may submit one case study at a time, especially the first time you submit one to Alvina. You may email it as an attachment to [alvinaq@me.com](mailto:alvinaq@me.com) or mail it to 3323 Olympic Dr #721, Naples, FL 34105.
- 3) One of the 10 case studies will be on yourself alone. I would encourage you to consider doing sessions for each pair of meridians which would be six sessions. It would be like giving yourself a tune-up and you would gain so much self-knowledge. These sessions can even help you answer one of the essay questions: Self-evaluation based on 5 elements. Identify and reflect on your primary element and how the other elements show up in you.

### **Community Service & Special Project:**

- 1) If we haven't discussed it in person please email or call me to discuss your community service and your special project choices so you can receive approval.
- 2) After you have completed the community service project, then send me a write up about the project and your experiences around it. Then I'll sign off on it.
- 3) After you have completed the special project, then send it to me with a write up about your project. Then I'll sign off on it.

### **Essay Questions:**

- 1) You may submit your typed answers to the essay questions to [alvinaq@me.com](mailto:alvinaq@me.com) as an attachment or mail them to 3323 Olympic Dr #721 Naples FL 34105
- 2) If writing out the answers is challenging, please let me know. You can do them orally or even do an audio recording and send that to me.

### **Practical Skills Evaluation:**

- 1) One part of this evaluation is related to our 36 points and our style of touch. (see next page, too)
  - a. Locate all 36 points without notes and demonstrate our style of touch on the points.
  - b. You may have notes available for the following but I would encourage you to remember as much as possible but you may look at your notes if you get stuck.
    - i. SLI name for the point such as Bubbling Spring
    - ii. Point number such as K 1
    - iii. Is the point a source, 5 element, junction, entry, exit, C/I in pregnancy, etc.
- 2) The other part is to do an intake, design and do a CA session on your mentor. You may have notes available but I want you to be able to do Basic, Great Central Channel, & Basic Neck Release protocols without notes.
- 3) Required: Share the SL name of the point and the meridian letter(s) and number of the point. You can refer to your book charts if necessary.
- 4) It is suggested that you know some info about each of the points ie:source, junction, entry, exit, 5 element, contra-indicated for pregnancy plus 1 to 3 things about the point. For example: Our point 1: Bubbling Spring, K1, Entry, Wood, C.I. pregnancy, grounds energy, calms spirit, revives consciousness. Our point 2: Connector, Sp4, Junction Point with Stomach Meridian; Indigestion, stomach aches; Poor circulation and cold feet, large toe pain

The degree to which you research the points will be the degree which calls to you in the work and to which you can answer.