

PA Mentoring Statement and Info from Cathy Miller

I fell in love with Process Acupressure first as a receiver of the work, and am infinitely grateful for the personal growth that has happened because of it. Now, as a practitioner, teacher and mentor for PA certification candidates I feel very blessed to accompany others on their individual Soul journeys. I feel there is no higher calling, and I deeply enjoy being with new practitioners as they explore what this means for themselves, and for their clients throughout the PA certification process.

On a practical note: because I am immersed in so many aspects of the Soul Lightening organization, it's very important for those who mentor with me to be good "self-starters" and be motivated to stay in touch with me. One of my strong qualities is the ability to be very present with you while we are together in person, or on the phone. One of my challenges is to remember and keep track of the details of your progress. If we work together, I will count on you to check in with me regularly.

How will you keep track of my progress? My preference is to have a monthly check-in with you via email and/or by phone, if necessary. This connection lets me know what you are working on, and if you have any questions. I do my best to answer questions via email, but periodically it becomes necessary to have a phone consultation. I keep any written papers you send me in your file here in my office. I keep your e-mailed session write-ups and other documents in a file on my computer.

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. If/when we make an appointment to have a 1-hour phone consultation or an in-person consultation/session there will be a \$65 fee. 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 has different needs, and the number of meetings, consultations, and/or sessions will be tailored individually. This will become clear to both of us as we work together. Typically we will discuss 10-15 session write-ups in a one-hour phone consultation.

What are your current fees for acupressure sessions in person or on the phone? Although my private practice fee is \$100 per hour, I will charge PA or CA certification candidates \$65 per hour for private sessions (phone or in person).

Do you offer PA Certification Study Groups and if so, is there a fee charged and how much? I have not been hosting study groups due to my travel schedule.

How do you want case studies submitted and how many can be submitted at one time? It is easiest for me if you submit your case studies via email, however, you may also mail copies to me. It works best if you also have a copy so we can discuss each report in detail. I suggest sending reports regularly throughout the certification process so we can discuss how to refine and deepen your practice, and so we can discuss your personal process progressions. You can submit as many case studies as you wish at one time, however we will likely only be able to discuss 10-15 reports during a one-hour phone consultation.

How do you want me to prepare for the three pre-final check out sessions? You should be prepared to conduct a complete PA session, using the materials you have learned so far in your classes. For example, after you've taken PA2, you should be able to effectively incorporate the CA1 protocols along with processing any body or personality parts that emerge during the session. After you taken Inner Child Healing you should be able to recognize and facilitate an inner child process. From the beginning of your journey, you should work toward having the Basic Protocol and Central Channel Release mostly memorized so you can really focus on process signals as they arise.

How will I know when I'm ready for my final check out for PA Certification? This will be determined, to a great extent, by when you complete your coursework and all of your session write-ups. It will also be determined by the date and location where you can meet up with a PA faculty member. More important than any of these considerations, however, will be your own sense of confidence and competence to use your acquired PA practitioner skills effectively. If I am your mentor, this will be a clear focus of our work together. I look forward to supporting you on that journey so that by the time you are ready for your final check-out you will have no doubts about your ability to give a good session.