



Foundation Certificate Program Application - Exam Form

January 2021

Welcome to the application process for Foundation Certificate program. Please read the program requirements thoroughly before completing this application form. (They are found in the Foundation Certificate Program Overview document on SLI website under Foundation Certificate.)

Note: You may use extra pages where needed. Please PRINT legibly.

Name: _____ **Age:** _____ **Gender:** _____

Home Address:

City: _____ **State:** _____ **Country:** _____ **Zip:** _____

Home Phone: _____ **Cell:** _____

Home E-mail: _____

Office Address (if applicable):

City: _____ **State:** _____ **Country:** _____ **Zip:** _____

Phone: _____

Professional E-mail: _____

Please indicate your preferred address, email and phone number for SLI records, including mailing list and referrals:

____ Home Address OR ____ Office Address

____ Home Phone OR ____ Cell Phone OR ____ Office Phone

____ Personal Email OR ____ Professional Email

What attracts you to this program?

Present Occupation & Credentials

Previous Study of Other Healing Arts (indicate significant programs & length of study)

Is your involvement in the “healing world” ___ Full Time; ___ Part Time; ___ Other.

If other, please briefly explain.

List current licenses or certificates in the Healing Arts from State, Federal or other agencies:

<u>Title</u>	<u>Issuing Agency</u>	<u>License Number</u>	<u>Issuing Date</u>	<u>Expiration Date</u>
--------------	-----------------------	-----------------------	---------------------	------------------------

Please complete the 40 multiple choice tests below. You must get 35 correct to pass the exam. You may reapply to take the exam if you score less than 35 for an additional fee.

Please spell how would you like your name printed on the certificate and listed on the website?

Revised/Effective 1/1/2021

Foundation Certificate Program Statements of Understanding

___ I have read and understood the requirements of the program and am ready to embark on this journey. (Foundation Certificate Overview Doc is on SLI website under Foundation Certificate)

___ As part of the enrollment process, I agree to the policy of not teaching Foundation Acupressure without formal teacher training and certificate from SLI.

___ I understand that the program is for professional health and/or psychological practitioners who wish to label themselves or advertise as Foundation Acupressure practitioners.

___ I understand that Foundation certificate does not represent a legal status to practice.

___ I understand that it is my responsibility to satisfy any state or local requirements to practice hands-on professional work.

Please read and then initial each of the above statements. Then date & sign this application form and mail it, along with your check for the certificate fee (\$25.00) to:

Soul Lightening International, P.O. Box 339, Greensboro, MD 21639

Please make your check payable to: Soul Lightening International

Date: _____

Signature: _____

Acceptance by Director of Certification

Date: _____

Signature: _____

Soul Lightening Foundation Certificate Program Exam

instructions: This is an open-book multiple-choice exam that is intended to demonstrate your comprehension of the foundations of Soul Lightening Acupressure.

You may take this exam while you are at a PA1 or CA1 workshop or at home. Please mail the exam with the administrative fee of \$25.00 to address listed in this form.

What happens next? On receipt of your exam and fee, the exam will be reviewed for correctness, and the fee processed. If you score 35 or more, your certificate will be mailed. If the score is less than 35, you will be notified, and you may resubmit another exam and fee.

Please Begin.. Circle the best answer

1. The originator of Soul Lightening Acupressure is
 - a. Fritz Smith
 - b. John Upledger
 - c. Aminah Raheem
 - d. Arnold Mindell

2. The foundation of Soul Lightening Acupressure is comprised of two inter-related and mutually supportive components. These are
 - a. Process Acupressure & Clinical Acupressure
 - b. Inner Child Healing and Ancestral Healing
 - c. Meridians and Pulses
 - d. Extraordinary Vessels and Chakras

3. The principal purpose of Soul Lightening Acupressure is
 - a. To fix symptoms
 - b. To transport the client to a state of pure bliss
 - c. To give the client an accurate psychic reading
 - d. To empower the inherent healing wisdom of every client

4. Energy flow in the body
 - a. Promotes wellness and opens new awareness
 - b. Heals any illness
 - c. Is dangerous and should be addressed with caution
 - d. Can be seen with the naked eye

5. Soul Lightening Acupressure aims to cultivate a
 - a. Higher consciousness in the world
 - b. Soul consciousness in individuals
 - c. Harmony, balance, and health
 - d. All of the above

6. Clinical Acupressure promotes wellness and rejuvenation by
 - a. Accessing and addressing the vital energies of the body
 - b. Using touch on specific points in specific combinations
 - c. Bringing a clearer stronger field of energy through the whole being
 - d. All of the above

7. Process Acupressure was developed as a way to work simultaneously with the body, mind, emotions and soul in order to
 - a. Get the client to work on emotional issues
 - b. Facilitate the client in coming to a clearer awareness of their own unique essence
 - c. Give the practitioner a better handle on underlying psycho-spiritual issues
 - d. Make people cry

8. A strict contraindication for Soul Lightening Acupressure is
 - a. A client who is actively exhibiting signs of severe mental illness (active psychosis, schizophrenia, etc.)
 - b. Pregnancy
 - c. Cancer
 - d. There are no contraindications

9. Clinical Acupressure can address
 - a. The biochemical, Musculo-skeletal, circulatory and nervous systems
 - b. Pain, tension, stress, anxiety, digestive issues, insomnia
 - c. The balance and flow of energy throughout the whole system
 - d. All of the above

10. Process Acupressure can address
 - a. The whole being simultaneously---body, mind, emotions & spirit
 - b. The natural, unfolding process of self-discovery
 - c. The guiding wisdom of individual Soul consciousness
 - d. All of the above

11. Which of the following statements is false?
 - a. Soul Lightening Acupressure is a safe and effective way to enhance health and wellness
 - b. Soul Lightening Acupressure replaces the need for traditional medical attention and treatment
 - c. Soul Lightening Acupressure is an excellent adjunctive therapy within a clinical or in-patient setting
 - d. Soul Lightening Acupressure is beginning to be integrated at the bedside for symptom relief in hospitals.

12. At a home office, or outpatient clinic setting a Soul Lightening Acupressure client will usually
 - a. Lie face down on the table, fully clothed
 - b. Sit in a chair or lie down on the table, facing upward, fully clothed

- c. Lie on the table, face up, unclothed
- d. Sit in a chair, unclothed

13. When performing the curved leg stretch the practitioner will
- a. Exert a very firm, steady downward stretch of the legs for 3 minutes
 - b. Scoop up the legs by grasping under the heels and then gently leaning backwards. Exert this stretch to the point of interface, where both the energy and structure of the person are engaged. Release the legs straight down onto the table
 - c. Lift the legs high in the air, pull until the client takes a deep breath, and then reverse the procedure by pressing the legs back toward the hips as the stretch is released
 - d. Pick up the legs at the ankles, hold for a moment and put them back down.

14. Our focus during the neck pull is to
- a. Bring a clearer field of energy through the neck and head
 - b. Work out muscular knots and tension
 - c. Achieve a still point
 - d. Engage the bones of the cervical spine and cranium

15. When holding an acupressure point you may feel
- a. Pulsing or buzzing sensation
 - b. Release of tension
 - c. Nothing at all
 - d. All of the above

16. The term that best describes the style of touch used in Soul Lightening Acupressure is
- a. Blending
 - b. Interface
 - c. Streaming
 - d. Channeling

17. The depth of touch used in Soul Lightening Acupressure
- a. Is as deep as you can press
 - b. Is very light, almost no pressure at all
 - c. Often changes, depending on where energy meets structure in the body
 - d. None of the above

18. Soul Lightening Acupressure is based on the ancient teachings of Chinese Medicine and also includes principles and/or techniques from which of the following modalities?
- a. Jin Shin Jyutsu
 - b. Zero Balancing
 - c. Process Oriented Psychology
 - d. All of the Above

19. If Primary Process reflects what the client knows about him/herself then Secondary Process is
- a. What the practitioner knows about the client

- b. Unconscious material that is unknown or less familiar to the client
 - c. Material provided to the practitioner from someone else
 - d. What the client says at the end of the session
20. The phrase that best describes the way we hold acupoints in Soul Lightening Acupressure is
- a. Deep Point Compression
 - b. Hooking the energy
 - c. Curved Fulcrum
 - d. Touching the aura
21. In Soul Lightening Acupressure we almost always
- a. Hold two points at once
 - b. Achieve a complete resolution or healing in the first session
 - c. Get the client to experience a full emotional release
 - d. Give our professional opinion about what the client should do
22. The Soul Lightening Acupressure method utilizes
- a. 36 bilateral meridian points
 - b. Points on the Governing Vessel and Conception Vessel (along the spine & midline of torso)
 - c. The Chakras
 - d. All of the above
23. Interface means to engage with the client and
- a. Advise them about what they should do next
 - b. Use your sensitivity to support them and become deeply enmeshed with their process
 - c. Stay grounded, present and respectful of their process at all times
 - d. Tell them your own stories
24. After a thorough intake, a complete Clinical Acupressure session could be comprised of
- a. The Seva Stress Release, immune lymph Booster, Chakra Balancing & Grounding
 - b. The Basic Protocol, Central Channel Release, Chakra Balancing & Grounding
 - c. The Seva Stress Release
 - d. Any of the above
25. When working at the "edge" during a PA session the practitioner should
- a. Debate with the client about taking a leap of faith
 - b. Remain compassionate, engaged, and alert for any secondary process signals
 - c. Give the client a little push
 - d. Do everything possible to ease the tension
26. A technique for working with the leading growth shoot is
- a. Amplify the signal
 - b. Mirror or have the client repeat the signal
 - c. Inhibit or forbid the signal
 - d. Any of the above
27. If the client reaches an impasse during a PA session---in other words they really don't know what to do next---the practitioner should

- a. Bring the session to a graceful conclusion
 - b. Give advice or suggestions for what the client should do
 - c. invite the client to ask their own highest wisdom or Soul wisdom for guidance in the situation
 - d. Do nothing and stay silent.
28. During a PA session a client is unaware that she purses her lips tightly together every time the discussion comes to speaking up for herself in her marriage. This could indicate that she is "unoccupied" in which channel?
- a. The movement channel
 - b. The emotional channel
 - c. The relationship channel
 - d. It could be any of the above
29. During a session if the client is silent, breathing deeply, and relaxed the practitioner should
- a. Continue to actively engage them in dialogue
 - b. Continue with the bodywork but do not disturb them by saying anything
 - c. Continue with the bodywork, continue watching for signals, and check in with them once or twice
 - d. Discontinue the bodywork and let them sleep on the table until their appointment time is up
30. If the client is very tall or very large and it is difficult to reach certain points, it is best for the practitioner to
- a. Skip those points altogether
 - b. Strain to reach the points, but not hold them for as long
 - c. Adapt hand positions, adapt the protocol, or ask the client to move
 - d. Refer the client to a different practitioner
31. The Soul Lightening Acupressure points 1- 10 are all found
- a. On the lower legs &, feet
 - b. On the arms and shoulders
 - c. On the back of the body
 - d. On the front of the body
32. The Soul Lightening Acupressure points 13-18 are all found
- a. On the lower legs & feet
 - b. On the arms and shoulders
 - c. On the back of the body
 - d. On the front of the body
33. The Soul Lightening Acupressure points 19-22 are all found
- a. On the lower legs & feet
 - b. On the arms and shoulders
 - c. On the back of the body
 - d. On the front of the body
34. The Soul Lightening Acupressure points 28-36 are all found
- a. On the lower legs & feet

- b. On the hands, arms and shoulders
 - c. On the back of the body
 - d. On the front of the body
35. When designing a Clinical Acupressure session for a client the practitioner must
- a. Make a formal diagnosis of the presenting problem
 - b. Never involve the client in the process
 - c. Take into account the whole person-body, mind, emotions and soul
 - d. Be certain to get it right because there is only one correct solution
36. The Soul Lightening Acupressure point "Excess Baggage" is located
- a. On the top of the trapezius, near the base of the neck
 - b. In the crease behind the knees
 - c. On the back between the shoulder blades
 - d. At the base of the ribcage
37. The Soul Lightening Acupressure point "Gate of Hope" is located
- a. On the top of the trapezius, near the base of the neck
 - b. In the crease behind the knees
 - c. On the back between the shoulder blades
 - d. At the base of the ribcage
38. Soul Lightening Acupressure views body symptoms as
- Unrelated to the thinking mind, the emotions or the spirit
 - Problems that must be fixed
 - Signals that indicate the need for greater balance
 - Indication of a character flaw in the client
39. It is recommended that Soul Lightening Acupressure practitioners
- a. Practice the work on themselves for self-care
 - b. Practice as often as possible after each training workshop to more deeply integrate the work
 - c. Follow the scope of practice guidance of their own profession in the state where they work,
 - d. All of the above
40. When choosing whether to give a Process Acupressure session or a Clinical Acupressure session the seasoned practitioner
- a. Decides between PA and CA during the intake portion of the session
 - b. Incorporates both PA and CA in the moment, as the session unfolds
 - c. Decides between PA and CA before the client arrives
 - d. Asks the client to choose between PA and CA when they make their appointment