



Clinical Acupressure Practitioner Certification Program

May 2021

Enrollment in the Certification Program is not required to take classes. However, the Clinical Acupressure (CA) Certification Program is a wonderful opportunity to learn acupressure skills under the personal guidance of a qualified Clinical Acupressure instructor or a Certified Practitioner. When you sign up for the program, you may request a specific mentor, or the Director of Certification will assign one. Your mentor will guide you through the program and provide feedback on your sessions and paperwork. You will have four years to complete all requirements. The process will include applying your Clinical Acupressure skills in client sessions, and examination by your mentor. These sessions may include hands on and remote sessions as per Guidelines attached.

Steps of Clinical Acupressure Practitioner Certification

Eligibility and Scope:

Any interested student may join the CA Practitioner Certification program. The program is for professional health and/or psychological practitioners who wish to label themselves or advertise as *Clinical Acupressure* practitioners. **Clinical Acupressure certification does not represent a legal status to practice.** It is your responsibility to satisfy any state or local requirements to practice hands-on professional work.

Enrollment Process:

Join the Certification Program by completing an enrollment form. There is a Word Doc & a PDF version that you can download from our website. Or request the Word doc by email from our Certification Director at (certification@soullightening.com) Your Certification program does not start until your enrollment form has been received, your certification fee has been paid. The certification fee is \$150.00. Please include your check along with your application and mail to **Registrar Soul Lightening, P.O. Box 339, Greensboro, MD 21639**

Length of Program:

You will have four years to complete the requirements of this program. The four-year timeframe begins when you have completed the enrollment form and sent in your \$150 certification fee. Once everything has been received by the Certification Director you will be notified of your acceptance and receive confirmation of the mentor you have chosen.

Extension of Program:

With good cause you may request an extension of your four-year program. If you need an extension, please contact our Director of Certification for the Request for Extension form. Additional payments will be required as follows: a maximum of two 1-year extensions may be granted for a \$75 fee per extension.

Training:

- 1) Clinical Acupressure 1: Basic Applications
- 2) Process Acupressure 1A: Foundations
- 3) Clinical Acupressure 2: Meridians
- 4) Seasonal CA Practicum Series (5 two-day workshops)

Practice:

- 1) **Case Reports:** Submit 10 case reports (3 to 5 sessions each) using the CA Session Report Worksheet provided in class or be downloaded from SLI website. One case report must be based on 3 to 5 self-sessions. One case report must be on yourself. Please refer to Remote Session Guidelines if choosing to complete sessions remotely
- 2) **Session Log:** Keep a log of all the sessions that you do, including in class sessions (minimum of 50 sessions). This information will include client initials, date, CA protocol(s) used & was CA combined with another modality. Please note Remote Sessions as "R" The log sheet will be provided in class or can be downloaded from SLI website.
- 3) **Practical Skills Evaluation:** Hold a one-hour, or more, practical session with a Clinical Acupressure Instructor to demonstrate proficiency with hands on touch, point location (including 36 primary points and organ meridian source, junction, entry and exit points), pulses and application of protocols to address specific conditions. You may bring notes.
- 4) **Essay Questions:** Answer a series of 12 questions orally, or in written form, which address the principles of acupressure and specifically Clinical Acupressure. The questions will be taken from CA1 and CA2 course material and will be sent to you upon enrollment. Study Groups via conference calls can be arranged for students to support in completing these questions.
- 5) **Community Service:** Give 4 hours of community service with Clinical Acupressure. These could be in one session or several. Examples are a public talk and/or demonstration about Clinical Acupressure; giving 4 sessions for a particular population, e.g. elders, children, homeless, etc.; giving an in-service time to colleagues, an organization, a school, a hospital, etc. Be creative and gain approval from your mentor.
- 6) **Special Project:** Create a special project based on your skills and interests. This could be something that you use to advance your private practice once you are certified. Suggestions include an article for possible publication, brochure, informational letter or study tool (example: web-based point guide). Another example might be to design or

participate in an existing research project. Be creative and gain approval from your mentor.

Mentorship for CA Certification Candidates:

Each student in the certification program will have a mentor to support, assist, and guide them through the process. The certification director will assist candidates with finding an approved mentor and/or any situations that cannot be addressed with mentor.

Choosing a Mentor:

All of the CA mentors have different training and unique styles of teaching/mentoring. We encourage you to discuss this with your proposed mentor during your mentor selection process so you can match with one who most closely meets your needs. Later, during the certification program, if you or your mentor feel that your process might be better served by study with another mentor, either of you may contact the Director of Certification to request a change.

Meeting with your Mentor:

During your program you will meet periodically with your mentor, either by phone or in person. You can anticipate meeting an average of 4 to 6 times. Your mentor will review your case reports and be available to provide support and answer questions throughout the certification process.

You will be including 3 to 5 sessions in each of the 10 case reports. Check in with your mentor to see if you should send all the session write-ups for each case report at the same time. Your mentor may request that you write a brief summary with each case report. Check with your mentor to find out how many case reports, with the session write-ups, you should send at once.

Most mentors prefer that you send your reports, marked “case reports,” via email or by snail mail on a consistent, agreed upon schedule. They will review the reports and either send you their responses or connect with you by phone to discuss. You should work out these details with your mentor at the beginning of your program, so you and they know what to expect. For these mentoring meetings/consultations you will pay your mentor the standard SLI mentoring fee of \$65 per hour.

Hourly Rates for Mentoring & Check-out Sessions:

There is a standard \$65 per hour fee for case review meetings and mentoring consultations. You should expect to schedule between 4 to 6 mentoring sessions during your CA certification program. Additionally, you are required to schedule one final check out session with a CA faculty member. The fee for this final session is based on the hourly rate for the instructor’s private practice. Please inquire about this fee when you schedule your session.

Final Check-out Session:

For your final CA certification check-out session, you must schedule a 60–90-minute session with a CA faculty member. At this session you will go over all of your written pieces, discuss your progression through the program, and your plans for using CA in your practice. You will demonstrate a leg-pull and neck pull, and locate all 36 points on the instructor, at interface. You will also give 3-4 associations/functions/facts about each of the points. Finally, you will be asked to design a session for the practitioner based on their current health, including a 5-element assessment, and which protocols you would use to address any symptoms they have. If time allows, you will deliver the session.

If your skills are developed to the satisfaction of the practitioner, they will approve the session. If you have not yet attained the appropriate skill level, the practitioner may request another session or suggest another class for you to take before they will give approval. For this final check-out session, you will pay the practitioner their usual hourly session rate.

Final approval of practitioner proficiency and graduation:

Your mentor and the Certification Director will give final approval for certification according to demonstrated successful proficiency, and completion of required classes, documents and approvals. After receiving this approval, you will be awarded a Professional Certificate.

Maintaining Professional Status:

As a certification candidate, actively engaged in your certification program, you will receive the benefit of discounted membership fee of \$75 until your completion of the certification program.

Once you are a Certified Practitioner of Clinical Acupressure with Soul Lightening, please stay current with paying your \$125 annual membership fee to Soul Lightening International.

Continuation of Personal Development and Refining Professional Skills:

As a CA Certified Practitioner, the SLI faculty encourages you to take or repeat at least one Process Acupressure or Clinical Acupressure class each year to continue your personal development and to refine your professional skills. You are also invited to enroll in PA Certification if you are not already PA Certified. Or your next step may be the Advanced Soul Lightening Practitioner Certification.