

Pre and Perinatal Professional Training November 2018

Overview of Application Process

Contacting Us

Let us know if you are planning to apply. Please let Myrna know by email if you are (a) planning to apply, (b) considering it or (c) won't be applying for this training. If yes, tell us when you expect we will receive the application.

E Mail application to: Myrna Martin, myrna@myrnamartin.net. Applications will be accepted as complete when it arrives and a photo is received. The letters of recommendation should be emailed by the recommender directly to the above email address, not returned to the applicant.

Questions: For all logistical or content questions contact Myrna via email.

Prerequisites to Applying

- A minimum of one Process Workshop.
- A commitment to abstain from alcohol, nicotine and any other recreational drugs the day before and during all workshops and training modules including breaks & evenings is required.
- Anyone who uses nicotine must have a commitment to themselves and the people they work with that they will be nicotine free from the time of application through completion of the Professional Training and must have the intention to abstain after the training ends. One exception is the use of tobacco in sacred ceremonies.

The Professional Training Program Includes

(These are also graduation requirements):

1. Ten Training Modules: We ask for a clear commitment to attending all five days of all ten modules.
2. Attend a total of 4 Process Workshops with Myrna, or another certified process workshop leader. We will give you a list of those certified to offer Process Workshops:
 - Three of these Process Workshops must be with Myrna.
 - The Process workshops you took within three years prior of the Professional Training beginning count towards the total of four Process Workshops required.
 - At least one Process Workshop must be taken after Module One.

3. Completion of Creative Home Projects between modules.
4. Communicating with other trainees between modules for peer support.
5. A minimum of a 5-day introduction to cranial sacral work as taught by an approved teacher of the BCST-NA, or another Cranialsacral course approved by Myrna; or SE Training or Somatic Trauma Resolution Training. (It is recommended that you do this BEFORE starting the Professional Training. Please inquire if you need a list of approved teachers or courses available.)

Application to the Pre and Perinatal Professional Training

Applications will be considered when all of the following have been received. If you have not taken your first process workshop, you can send the application information now. We may give provisional acceptances based on your application. Final decision will be made after you've taken a process workshop.

- 1) Photo [image of just you preferred, can include other people] with your name and date.
- 2) \$500 application fee (\$100 is non refundable, if you are accepted and decide not to attend. If you are not accepted the entire fee will be returned.)
- 3) Contact Information Sheet and Questionnaire: Fill in sheet with contact information including permission from you for Myrna to talk with your pre requisite teacher and the person(s) you ask to write a letter of recommendation. (see separate sheet).
- 4) "Recommendation Form" from a biodynamic or other c/s teacher, or SE etc. teacher emailed directly to us. In lieu of an attached letter, they may talk with Myrna by phone. If you have not yet taken a required pre requisite course when applying, then send TWO letters of recommendation plus give permission to talk to the teacher if you have scheduled a workshop.
- 5) "Recommendation Form" and attached Letter of recommendation from a teacher or colleague who is a professional in the healing arts or in the field of children and families. Give the recommender the enclosed form to be returned directly to us via email with cover letter outlining the relationship with you.

- 6) If you are taking your first process workshop AFTER applying, please send 2 letters of recommendations AND sign the form giving us permission to talk with your references and your “pre requisite” teacher if applicable.

Location

The 10 5-day modules of the training will be held at the Subud Center in Soquel, California near Santa Cruz. Directions will be given out when you are accepted.

Tuition & Explanation of Payment Options for 10 Modules of the Professional Training

- **Total Cost:** U.S. \$10,000
(plus \$200: this will be used for a cloth doll and pelvis, given to you at Module One)
- First submit your application with a \$500 Application Fee

Once your application is accepted you will be sent a trainee contract to sign. When this signed contract is returned you will use one of the following payment options:

- **Pay in Full Option** (Save \$1000): U.S.\$8,700 (Includes cost of doll/pelvis)
- **Two Installments** (Save \$500): \$4950 (Includes doll/pelvis), \$4750 (due at Module 5)
- **Payment Plan:** \$1500 due with signed contract to secure your place (non-refundable) plus \$200 for cost of doll and pelvis
- (8) Payments of \$1000 due one month before each of the following eight modules
 - No payment will be due at Module 10

E-CHECK PAYMENT IS RECOMMENDED

All PayPal payments will be subject to a 3% Service Fee

- **It is very important that payments are sent to: myrnalifeshapes@gmail.com**

Accommodations and Food:

Each participant will be responsible for this. If you are from out of town please contact Myrna for information.

Cost for Process Workshops and Craniosacral/SE Introduction Course are not included in the tuition for the 10 modules of the Professional Training.

Attendance to Upcoming Process Workshops: Priority will be given to students applying for this training.

Dates and Deadlines

With November 2018 fast approaching, I'm hoping those of you who want to apply will be able to do it shortly, as there is a maximum of 18 spaces, and to also enjoy the process. It is your opportunity to tell us more about yourself.

We encourage you to apply as soon as you know you are interested. If you are planning to apply but don't have everything together to send in the application, please contact Myrna and let us know where you are in the process.

Your final acceptance is dependent on when you complete the prerequisite process workshop. **We will take applications now both from those who have completed a process workshop and from those who have not yet done so but are scheduling to take one before the training.** If you have not taken a process workshop, we may give you provisional acceptance and hold a place for you until 2 days after your process workshop to give both you and Myrna time to make a final decision. We will accept people until we have a full class. If you are committed to taking a process workshop and are sure you want to take the training, please apply now.

Applications will be processed once all documents/photo/references/permission to talk to your "pre requisite" teacher, or other references and recommendation form(s) and letters have been received AND reviewed by Myrna.

Applications will be processed as they arrive, so we welcome their arrival ASAP

Daily Schedule for the 10 ~ 5 Day Modules (Thursday - Monday)

Day One - Thursday:

8:30 a.m. check-in with other students

9:00 a.m.: Be seated, ready to start

Approx. Noon – 1:30 p.m.: Lunch

5:30pm: End of day's training

Days Two - Five: Friday - Monday:

8:45 am: arrive in seminar room for informal connection

9:00 a.m.: be seated, ready to start seminar

approximate Noon – 1:30 p.m.: Lunch

5:30pm: End of day's training

On Friday evening occasionally we will have a film night, 7-9 pm where we will relax and watch related films (optional, except in Module 1).

Commitment to Arriving on Time and Staying Until the End

The training is designed so that each module has a distinct beginning, middle and ending. Each part of the training is designed to develop important practitioner skills in connecting with health and resource and healing adverse early imprint sequences.

The beginning of each module sets the tone. The ending period is designed as an integration time. Myrna therefore asks that participants commit to being present for all classes.

This means arranging transportation to arrive by the early evening before the training starts if you are traveling from afar, or by 8:30 am the morning of the first day and leaving after 5:30 p.m. on the last day. During the workshop this means arriving in the seminar room at the designated time in the morning and after lunch and staying each day until the lunch break or end of the day. Your presence supports everyone and we appreciate your tracking the time and making the commitment.

Making up Missed Training due to Emergencies

We have a plan detailed in the contract that involves reviewing the material of the module before returning to class, writing up an assignment on the missed material, and arranging to do the practice exercises with support of a TA or other trainee.

This possibility is only for unforeseen emergencies. We cannot accept anyone who knows that they will miss any training time, unless this is approved by Myrna before the training begins. If someone needs to miss a module or part of a module due to an emergency there is a maximum number of 5 days missed in total if you are to graduate. Please discuss this with Myrna if you have any questions.