

ATEP
Association of Transpersonal and Experiential Psychotherapists Inc.

**Application Process to join ATEP for non-TEP trained applicants.**

**(A) Information to join ATEP for non-TEP trained applicants.**

ATEP training has experiential, personal growth and journeywork components which include experience of and with the Transpersonal realms.

ATEP training includes training in and experience with **all of the following modalities and integrative practices**:

*Core Modalities:*

* Breathwork based on the Holotropic Breathwork model
* Psychology of the Selves/Voice Dialogue
* Sandplay
* Dreamwork
* Body-focused work
* Emotional Processing work &
* Meditation

*Integrative Practices:*

* Art work
* Journalling
* Sharing circles
* Mindfulness
* Ritual
* Transpersonal Practices

These modalities may not be in line with your previous training and therefore ATEP requires that a thorough training and experience in these modalities be a prerequisite for becoming a member of ATEP.

You can proceed with the application if you have had training in most of the modalities and can demonstrate your alignment with TEP philosophy and principles.

*See supporting documentation pertaining to TEP Philosophy Index 1 and ATEP Principles Index 2 at end of document*. In this case, if successful, membership may be provisional pending the completion of additional requirements.

On completion, your application is to be forwarded to the Membership Officer (email listed below) who will pass this on to the Management Committee for its initial approval prior to being forward to the ATEP National Body of Trainers for the second stage of the approval process which includes an interview and assessment of skills process with ATEP Trainers.

 **(B) The procedure to continue the process of joining ATEP for non-TEP trained applicants after meeting the requirements in Section A.**

Please provide evidence of thorough training and experience in:

1. **Training in ATEP modalities:** Provide detailed descriptions of courses completed and include certified copies of qualifications and the related academic records/academic transcript/history of studies for each of these modalities:
* Breathwork based on the Holotropic Breathwork model
* Psychology of the Selves/Voice Dialogue
* Sandplay
* Dreamwork
* Body-focused work
* Integrative techniques that include: Meditation, Journalling, Mandala Drawing
1. **Training in other related modalities**: Provide detailed descriptions of courses completed and include certified copies of qualifications and the related academic records/academic transcript/history of other studies.
2. **Client hours and supervision**:
3. Describe your experience in **the modalities** listed in B.1. and provide evidence of client hours and supervision. We require a minimum of 200 hours of client contact and 50 hours of related supervision. We also require an accompanying supervisor’s report. (See Supervisor's Report Index 3)
4. Describe your experience in **other related modalities** and provide evidence of your client hours and related supervision.
5. **Philosophy and Principles**: Describe the extent of your personal growth, journeywork and transpersonal experience. Make a statement about the philosophy and principles that underlie your body of work.
6. **Skills Assessment & Interview:** Applicants that successfully complete points 1 to 4 will need to participate in an interview and skills’ assessment process with ATEP trainers. You will be required to travel to the trainers for these.
7. **Application Fee:** There is an application fee of $500.00. Further costs will be negotiated according to requirements that may need to be met to reach an acceptable ATEP entry level.

**Time-frame for applications**

ATEP is a small organisation and thus it will take considerable time to process such applications. Currently non-TEP trained applications may take approximately 6 months to process.

**Index 1:**

**The Philosophy of Transpersonal and Experiential Psychotherapist (TEP) Training**

* Within the individual psyche there is an inbuilt movement towards growth, healing & wholeness.
* The movement towards wholeness, healing and growth engages both the inner and outer life of an individual and manifests itself as:
* A creative relationship to self, other people and the environment;
* Being engaged with the physical, mental, emotional and energetic dimensions of personal healing and growth;
* A relationship to archetypal and collective unconscious energies;
* Living life directed by one’s egoic strength in conscious relationship with one’s deeper self:
* Personal expansion activated by the intrinsic need for and interest in, self-discovery.
* Within the psyche of each person, soul & spirit dimensions interact intimately with body, mind and feelings.
* TEP requires modalities and approaches that provide a full and rich experience of the inner world, energetically engaging feelings, emotions, mind and body, soul and spirit.
* TEP supports the trainee, practitioner and client to move towards self-direction, trust in the inner life, and self-empowerment in the healing journey.
* Access to both the conscious and unconscious realms is necessary for healing and growth.
* Access to both personal and transpersonal realms is integral to deep healing and growth.

 **Index 2:**

**The Principles of the TEP training**:

* **Are a deep reverence and respect for the autonomous tendency for the psyche**, when given the proper conditions, to heal itself. The role of the therapist is to support and not to direct the client.
* **Offer an experience and environment of trust, acceptance and safety** to support a person to:
* grow towards a non-judgmental acceptance of themselves,
* access the unconscious,
* develop the capacity to revisit places of vulnerability for completion & healing: &
* trust in their own healing process.
* **Allow for the psyche’s own timing and logic** for its healing process. Emotional healing takes time just as physical healing does. Growth towards wholeness is a gradual journey involving experiences of light and shadow at personal, collective and archetypal levels. The journey has its times of flow, breakthrough and change along with times of resistance, defensiveness and statis. TEP looks to companion people in all of these experiences.
* **Support the development of the witnessing capacity** of the client/ trainee necessary to:
* enable a simultaneous observing and full experience of energetic phenomena;
* to support appropriate identification with and dis-identification from energy clusters of the psyche;
* to hold in consciousness the truths and understandings of the self that are accessed from the unconscious.
* **Honour the client’s spirituality** and support the client in finding ways that assist their own unique spiritual journey.
* **Move holistically** as they acknowledge that within the individual there is an energetic interplay between the many aspects of:
* body, emotions, mind, soul and spirit;
* personal dimensions and transpersonal dimensions; &
* relationships at personal, societal and environmental levels.
* **Move experientially** as they address the *conscious* levels and contents of a person’s psyche as well as the *unconscious* levels and its contents, supporting a new consciousness to emerge with energy and understanding, calling the client to relate this new energetic understanding to living in the world.

The unconscious levels hold unresolved trauma, undeveloped gifts and inner guidance as well as other material of personal and trans-personal dimensions. This unconscious material is accessed through the modalities of ERC.

* **Modalities** address the expression and release of repressed emotions, feelings and body energy in a supportive environment to support a healthy life flow. The physical body is the vessel and vehicle for the flow of life energy. It registers and holds trauma which can restrict the flow of life energy.   That which we suppress can have a powerful effect on the way we make choices, live our lives and, holds much of our potential: our aliveness, strength, authority, assertiveness and sense of self.
* **Support the connection between breath and energy.** Breath has the capacity to awaken, stimulate, expand and focus energy. Breath can enable access to non-ordinary states of consciousness (NOSC). Held or restricted breath can indicate a not yet released energy block. Generous breath with sound and movement can release long held emotions, words, energy.
* **Support the experience of energetic connection.** Emotional release, sound, movement, imagery, affective memory and stillness support energetic connection. Energetic connection allows:
* the release of hurts held in the conscious and the unconscious;
* the release and transformation of energy;
* the accessing of personal, collective and archetypal dimensions of the unconscious;
* the accessing of peri-natal, pre-egoic, egoic and trans-egoic experiences.
* **Create a space to hold and work with unresolved child / perinatal hurts.** Perinatal and childhood experiences impact on the adult life of individuals and groups. Unfinished or not integrated experiences – with their feelings, body sensations, belief systems, pain, are pushed beneath ordinary consciousness because of the level of vulnerability involved. This impacts at all levels of relating to: oneself, the divine, relating personally, in a group, to the environment. The impact can be turned inwards: self-depreciating, self-destructive or turned outwards onto others as projection.
* **Use the energy of group work** to create a respectfully confidential environment is supportive of people surrendering to their process and coming to a deeper understanding of their own journeys. The experience of others can serve as a mirror for oneself.
* **Support the integration process** which is a significant part of a person’s process.
* **Follow an ethics of caring as well as a code of ethics**. These ethics:
* *Focus on empowerment of the client*, an invitation to the client to pursue a journey of self-discovery in a supportive, safe, companioned, non-interpretative environment. It looks to support the inner guidance and healing mechanism within the client.
* *Require TEP Counsellors to practice self-awareness*. When we are in touch with our own process the more we will be able to support a client. Unexplained issues within ourselves can become pitfalls and make us vulnerable to unethical behaviour. We need to tune into our own motivation to be alert to appropriate and best practice.
* *Encourage TEP Counsellors to participate in regular self-care* to prevent burn-out and, supervision to develop an awareness of their own capacities and limitations. They need to seek support and supervision when difficulties occur or when they are uncertain about what is needed.
* *Requires the practitioner to maintain personal development, professional training* and skill in the TEP modalities, supervision when in practice and ongoing refinement as a practitioner.

**Index 3:**

**Supervisor’s Report**

**1. The Applicant**

Full Name: ……………………………………………………………………

**2. The Supervisor**

Full Name: ……………………………………………………………………

Address: …………………………………………………………………………………………………… …………………………………………………………………………………………………………………

Phone: ……………………

Email: ……………………………………………………………………

Qualifications (supervisory and clinical)

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**3. Details of supervision arrangements**

How long have you been familiar with the applicant’s clinical work as a counsellor?

a) Frequency ……………………………………………………………………

b) Length of supervision ……………………………………………………………………

c) Group or Individual Supervision ……………………………………………………………………

d) If supervision occurred in a group, please state the number of group members ……………………………………………………………………

**4. Nature of the Applicant’s work**

How much of the applicant’s work is relevant to the application of Counselling in the Transpersonal, Somatic, and experiential field?

☐ Substantial ☐ Moderate ☐ Minimal

Give a brief description of the context in which you understand the applicant to practice counselling:

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**5. Professional competence of the Applicant**

a) Please substantiate how well the applicant understands counselling theory, particularly in relation to Transpersonal, Somatic, Jungian theory.

☐ Substantial ☐ Moderate ☐ Minimal

Comments

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b) Please substantiate the level of the applicant’s counselling skills particularly in relation to deep experiential and transpersonal work.

☐ Substantial ☐ Moderate ☐ Minimal

Comments:

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c) Please substantiate how well the applicant is able to critically evaluate her/his own practice.

☐ Substantial ☐Moderate ☐Minimal

Comments:

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d) Please describe how the applicant responded to the supervision process

☐ Substantial ☐ Moderate ☐ Minimal

Comments:

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e) Please substantiate the applicant’s level of awareness of ethics (such as confidentiality, responsibility to clients, setting up practice, therapeutic integrity)

☐ Substantial ☐ Moderate ☐ Minimal

Comments

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f) Any other comments

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**6. Requirements**

Has the supervisee completed all the requirements below:

2. Experience: min 200 hours of counselling practice

Yes ☐ No ☐

3. Supervision: minimum 50 hours,

Yes ☐ No ☐

**7. Declaration**

I as the Principal Supervisor for (name of applicant) …………………………………………………………

I consider that he/she is a competent counsellor who is committed to professional development and ethical practice.

**Please tick one of the following:**

☐ I give my support to this application in an unqualified way

☐ I am prepared to support this application with the following qualification

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**Please circle where appropriate:**

**I have/have not** discussed this reference with the applicant.

**I am/am not** willing for details of my report to be discussed with the applicant.

Signature: …………………………………………………………

Date: ……/……./…………

Please email the current Membership Officer to find out their address for the return of this form: membership@atep.com

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| **Admin only:**Membership officer to forward to NBT |

Document finalised by the National Body of Trainers (NBT) December 2015 and endorsed by Management Committee on February 2016