

# SUPPORT FOR YOU!

Throughout the Programme cycle you will be undergoing some major shifts, changes, learning and deepening. To support you for the duration of the Programme there follows some requirements which will ensure that you get the most from The Journey Accredited® Practitioner Programme.

## BUDDY GROUPS

As a part of the Practitioners' Programme we ask that you create a Buddy group. Your Buddy group should be 3-5 of your fellow Training Journey Practitioners (TJPs) who you will meet as you progress with the modules OR from the lists we will provide of all the others on the same Programme as you.

Your Buddy group will:

- \* Support each other during the advanced level retreats and between seminars.
- \* Be people you can turn to at any time to share experiences, swap processes, and/or call on for support as you progress through your case studies

## MENTORS

In addition to your Buddy group you will also be required to select a Mentor for yourself to support you throughout The Journey Practitioners Programme. **We will provide you with a list of selected Mentors** and ask you to contact them directly to establish your Mentoring relationship. Your choice of Mentor is entirely personal. You may opt for the same Mentor as the other members of your Buddy group or you may wish to have a different Mentor. The Mentor will provide you with support in relation to the case study process and in your own personal development, clearing and deepening.

Your Mentor will:

- \* Keep in regular contact
- \* Be available for you to call for advice on anything to do with your own personal processes and your case study processes.
- \* Have regular meetings to provide further opportunities to swap processes and to share anything that is arising for you.
- \* Arrange for you to give them a process so they can give you helpful feedback on his or her experience.

## SUPPORTING YOURSELF PHYSICALLY

As you know the Programme is designed to give you a very deep opening into Grace and to strip away anything which has been holding you back from living in complete, unbounded freedom. Clearing occurs at both an energetic level and cellular level; therefore it is important that you support your physical being in this process. In particular:

- ♥ As people strip away years of old baggage, there is a lightness of being which can be experienced. There is also a way in which, when you are sated by Grace, hunger may not arise. If this occurs for you during the advanced level retreats, please be sure to eat at least three meals each day, even if they are light meals.
- ♥ Please also ensure that you drink lots of water at the retreats and at any time when you are processing, to help flush the toxins from your body.
- ♥ It is also very important that you sleep at the advanced level retreats. It is possible that more energy will be experienced in the physical form as old cell memories are cleared out. Even with this new energy, it is critical that the body rests so that it is well supported to undergo healing.

## What about my case studies.....?

Your case studies can be started once you have completed the following modules – Trainers Training; Advanced Skills; Liberating Kids; Healing with Conscious Communication; Life's Purpose & final Practitioners' training week – plus you've to receive 3 No Ego processes, after the No Ego retreat, to be written up & submitted with your other case studies.

You will be asked to 'write' up what the process was about, the outcome, feedback from follow-up calls after the process and your own assessment of how you processed your client.

### Where, when and how do I submit my case studies?

You should submit your case studies *only* when you feel that they all really reflect your own development and represent your highest work.

Please submit all your case studies together & although not essential, it is easier if you type your case studies and then send them either by email or by post once they are all completed. It really does speed up the review process.

**It's a good idea to complete all the written case studies before the next module. The main purpose of working with people and clients is for you to become proficient in the tools so that when you get to the final week you will feel confident in your skills. Whilst there is no time limit on when you need to hand them in, we strongly recommend that you complete your case studies within six months of completing the Programme.**

### Can I write case studies in my own language?

We are happy to let you know that we are able to accept case studies in English, Dutch, German, Hebrew, Italian and Swedish.

### Other helpful hints and recommendations.....

**For you to gain the most experience, we recommend that you work with as many different and diverse people as possible and limit your case studies to a maximum of 3 for any one person. It's also really good experience to work with some people who have never done any Journeywork!**

You will receive self-evaluation forms for each case study with 1 - 9 guidelines, with check boxes which are simply a prompt to help you remember what you did and didn't do.

We strongly advise that after you have taken a client through a process, you write up your evaluation form straight away. This will save you a lot of time when you are preparing to finalise your case studies and submit them for assessment.

Remember also, that there's no 'right' way to do this, every completed set of case studies is unique. One of the main ways we have of assessing and experiencing how you are growing as a Journey Practitioner is through your write ups, so please put as much love and Grace into your write ups, as you do your processes.

**We ask that you explain to your client that they are a case study for your learning and as such, it is a requirement that this is a free service. Of course once you are a Journey Accredited® Practitioner you can charge accordingly.**

**Whether or not it is your intent to become an Accredited® Practitioner, the learning that comes through doing processes is an essential part of your growth and required learning for the Journey Accredited® Practitioner Program.**