

Internship Training Programme

The training works on two levels, one is to train you to become a Kairos therapist and the other level is to further your own personal development by receiving Kairos therapy for yourself throughout the period of your training. Some aspects of the training are structured in groups, other parts are personally arranged. There are 7 main components, fuller details of each of these components are given below.

1. **Professional Development Lab** involving 8 days of group work
2. Working as a therapist under the direct supervision of a tutor at a **Public Clinic Day**. We highly recommended that you do this in the early stages of your internship.
3. **Practicing Kairos** for 200 supervised sessions with a varied range of clients.
4. Monthly supervision with your tutor in person or by tel/fax/email. This will be more frequent at the start of your internship.
5. Your own personal process. This can be by fortnightly swaps with another intern or sessions with a Kairos therapist. When ongoing therapy is not possible intensive work can be arranged at regular intervals though attending additional Public Days as a client or by receiving an intensive series of Kairos from your tutor or therapist appointed by them.
6. Towards the end of your training as evidence of your developed skills we require attendance at a Training Clinic, a two day supervised clinic setting only for interns. At the discretion of your tutor this may be replaced by assisting at a Self Development Lab or Consolidation and Development Lab or by retaking the Professional Development Lab.
7. You are required to give your tutor six sessions of Kairos, spaced throughout your training.

Once all of these requirements are met and with the recommendation of your tutor you can then apply to the International Certification Committee to become a fully qualified Kairos therapist. Details of what this involves are given below.

EXPLANATORY DETAILS

Preparatory Steps

Self Development Lab 1 and 2 - some 28 hours each

These will give you theoretical and experiential training in the underlying concepts and basic hand positions, together with practical application through giving and receiving 8

sessions on each of these courses. This is done in a group setting with group sharing. Most people find this a very powerful and rewarding experience as well as a thorough training.

Following on from these courses you will be able to use some of the techniques learned to help your friends and family with simple problems. You will also learn how to use the techniques on yourself.

If you are a health care professional you may use the techniques adjunctively with their main therapy to provide some additional assistance to your clients.

Internship training is required before you can take paying clients for Kairos Therapy.

Consolidation and Development Lab – 35hrs

This involves practical work to ensure that you are confident of your hand positions and the basic theory. Some new techniques will be taught. At the end of this course you should be ready to practice without following charts and should be able to conduct full Kairos sessions with some degree of confidence.

Acceptance onto the internship

Before accepting you onto the internship we require you to fulfill each of the following conditions:-

- a) You have successfully completed the Self Development Lab 1 and 2 and the Consolidation and **Development Lab**.
- b) You are clear about the hand positions.
- c) You have the recommendation of a Kairos Therapy instructor.
- d) You have no behaviour patterns or substance addictions which we would consider would make you unsuitable to work with clients.
- e) You are willing to seek Kairos Therapy sessions for yourself when emotional or physio-emotional issues are present.
- e) You have signed the internship agreement and have read and accepted the Code of Conduct and the Disciplinary and Complaints procedure
- f) You have joined the International Association for Kairos Therapy as full members and paid all fees.

On acceptance onto the internship, you will be sent a starter pack and will be allocated a tutor. You can then begin to work with clients but cannot charge for this work until after you have taken the Professional Development Lab. The level you can charge during your training will be guided by your tutor and is likely to increase during your training but cannot exceed 2/3rds of the rate of local qualified practitioners.

Components of the internship training

Professional Development Lab (8 days)

This covers the range of skills that you will need to develop for your work with Kairos clients. This will include history taking, interviewing clients, working safely, interpretation of the Code of Conduct, how to assist clients to release their emotions, how to find clients, interactions between yourself and your clients and much more. There will be substantial experiential and table work elements and the development of skills to enable

you to work intensively with your clients.

Public Clinic Day

For interns and practitioners, this provides a wonderful experience to work on the same person over several sessions under the close supervision of an instructor/tutor at minimum cost. Many interns and perhaps qualified therapists will want to do a number of these during their training. You are required to work in the role of therapist at one of these days.

These days provide an opportunity for clients to experience intensive Kairos Therapy work in a small group setting. This is a special therapeutic opportunity in a safe and supportive environment.

Supervised sessions

Supervised work with a range of clients, including longer and short term work, with varying conditions until an appropriate level of competence and experience is attained. This usually requires at least 200 sessions with clients but the tutor can vary this as required.

Unless the tutor lives close, most supervision is done by a combination of phone/fax/email/post with a few face to face sessions. Supervision sessions will be much more closely spaced in the early stages of internship – perhaps weekly (depending on the number of client sessions you are doing) and towards the end monthly sessions are usually adequate.

Your own personal process:-

- 1) A 10 session intensive with your tutor
- 2) You will be required to get regular Kairos Therapy sessions. An average of two Kairos sessions per month is essential and more if feasible. These can be through trades with another Kairos intern or a Kairos therapist and must be under the supervision of your tutor. Where geographical considerations make this impractical, then attendance at Training Clinics as client and/or additional intensives with a recommended therapist or instructor may replace the regular trades.
- 3) While not a requirement many interns and qualified therapists like to retake the Professional Development Lab which can be done at a substantial reduction.

The above is the minimum requirement, but depending on the abilities and progress of the intern, the tutor may need to add additional elements.

Practical assessment

There are several ways that a tutor can assess progress and readiness to prepare for application for certification. Different approaches may work better for different people so the following are possibilities and discussion with your tutor nearer the time can guide your choice. These would take place in the last 6 months of training

One two day Training Clinic as practitioner.

In these clinics interns/therapists work on each other with the supervision of a tutor or instructor

OR

if acceptable to tutor, Assisting at a Self Development Lab or Consolidation Development Lab.

Assisting will involve table work with either the clients or with other interns and supervision of this work

OR

Retake of Professional Development Lab

During a retake for assessment purposes interns would be expected to be working at a level appropriate to their stage in the training and would be supervised at that level.

They would also be able to continue their own personal process through receiving Kairos sessions for themselves.

Application to and acceptance by the Certification Committee

By submitting a short written report on one's own process with Kairos therapy and evaluation of one's strengths and weaknesses as a therapist and two series of approximately 10 sessions each for two different clients, together with a recommendation from one's tutor.