

Certification readiness – Indicators of a solid enough core – July 2017

| | 1) Unmet/ Inconsistent | 2) Met/ Frequent | 3) Exceptional/ Consistent |
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| | 1-3 Many more sessions will be needed, and it is not guaranteed that client will meet solid enough requirements. | 4-7 A few more sessions will be needed; therapist feels confident client will get there. | 8-10 No more sessions are needed as Candidate clearly has a solid core self. |
| Acceptance and compassion for all parts of self | Candidate continues to hate younger parts of themselves with no improvement. | Compassion is emerging, but is not consistent/only for certain ages. | Candidate expressly loves and accepts themselves in all parts throughout their timeline. |
| Able to recognize one’s own difficulties and ability to be vulnerable | Candidate will frequently “hold back” with emotions and not admit to doing so. | Candidate will only be partially vulnerable and not fully express difficult emotions coming up. | Candidate is fully vulnerable with therapist, expressing a full and appropriate range of emotion. |
| Ability to fluidly transition between self-states (back & forth from adult self to infant or child self) | Extremely difficult – Candidate often gets “stuck” in one state. At the end of session additional grounding work is needed. Candidate experience dysregulation between sessions. | Candidate can do it, but it takes a great deal of energy. No grounding is needed at the end of the session. | Candidate can effortlessly transition and understands that they can “be” both at the same time. |
| Coherence between nonverbal (what therapist sees in client’s body and expression) and what the person is saying | Little to no coherence – Therapist feels almost the opposite of what candidate is reporting. (i.e. therapist sees a great deal of bodily distress, but client reports that they are at peace) | Some coherence – Much of the time what the candidate reports matches what the therapist sees in nonverbal cues, but this does not happen consistently. | Full coherence – Therapist sees and feels bodily activation from the candidate that is consistent with what they report. |
| A coherent timeline of chronological memory cues without gaps. | Candidate has great difficulty experiencing memories: A. Cannot “be” the child self. B. Only sees pictures of memories, no sensory experiencing. C. Only same details and events on the timeline are remembered – nothing new shows up. D. Significant gaps in memory cues remain. | Candidate has some difficulty experiencing memories: A. Some difficulty “being” in the body of the child. B. Some sensory experiencing of memories, but some difficulty to access. C. Only a few new details and memories emerge with repetitions. No significant gaps in timeline remain. | Candidate easily experiences memories: A. From the body and perspective of child self – easy to “be” child self. B. Including sensory memories: smells, sound, touch C. More details of memories and more memories emerge with repetition. No gaps on timeline. |

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| Flexibility - Ability to accept one's difficulties, ask for help, and to accept feedback from LI therapist. | Candidate never to rarely asks for help or admits difficulties to therapist. Often presents as "having it all together". Feedback is often taken as an insult. Candidate has a hard time staying within their WOT when receiving feedback. | Candidate can sometimes ask for help, however it is hard to do so and holding back seems evident to consultant. | Candidate is openly vulnerable with consultant about challenges and areas of growth they face. Candidate welcomes feedback from therapist |
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