

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

	1) Unmet/ Inconsistent	2) Met/ Frequent	3) Exceptional/ Consistent
	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 confidant 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.

Flexibility - Ability to accept one's difficulties, ask for help, and to accept feedback from LI therapist.	<p>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.</p>	<p>Candidate can sometimes ask for help, however it is hard to do so and holding back seems evident to consultant.</p>	<p>Candidate is openly vulnerable with consultant about challenges and areas of growth they face. Candidate welcomes feedback from therapist</p>
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