



## **Certified APT™-Core Training Trainee Contract**

1. Please complete all homework assignments and fill out the entire Certified APT™-Consultation Form before each training weekend.
2. Prepare your audio video presentations as recommended and receive written and verbal permission from your client and/or affiliated institute to present your work. All video segments must be subtitled and no longer than 20 minutes.
3. Attendance is mandatory to maintain group cohesion. Plan to arrive on time and stay for the duration of the day.
4. We try to start each consultation on time and end on time. It is important that you use the consultation time that has been given to you although sometimes changes need to take place. Plan to prepare your material a week ahead of time so to cut down on any last minute technological problems. If for some reason you are not presenting clinical material then plan to communicate to the leader of your group and your peers how you would like to use your consultation time.
5. Each consultation is structured in the following way: you present your work and your trainer/supervisor offers verbal and written feedback. If your trainer/supervisor suggests an interactive exercise to adjunct your consultation, you may choose whether or not to participate. Toward the end of your consultation, your trainer/supervisor will ask whether or not you would like to receive positive and supportive feedback from your peers. It is strongly recommended that you video record your consultation to review in-between training weekends. We also recommend that all trainees are engaged in weekly psychotherapy so to address affect phobias that arise in this type of intensive clinical training.
6. Please turn off your cellphone during training periods. If you have a personal or professional emergency and need access to your phone, please inform the whole group at the beginning of the day and keep your ringer on silence and quietly leave the room when answering a phone call or text. If trainees are unable to conform to this rule then phones will need to be collected at the beginning and end of each day.



7. Maintain confidentiality of patients and fellow trainees. Do not post any photographs, audio-visual recordings or notes on social media or in an email without permission.
8. Express your concerns directly with one another and try not to triangulate or gossip. If a concern is unresolvable, alert your trainer/supervisor verbally and in writing to request support.
9. Be mindful of our own projections. Use 'I' statements and consciously try to not make assumptions when referring to a fellow trainee and their work.
10. Attempt to offer positive and supportive feedback unless there is a specific request for constructive feedback. We aim to create a compassionate culture.
11. Be mindful when watching audio-recordings that you are only looking at a short segment of treatment. Ask clarifying questions instead of making assumptions so you can more fully understand the patient, the process of treatment and the interventions used in treatment.
12. Provide written and verbal communication to Kristin Osborn if you plan to take a break from core training and be prepared to process with the group during the upcoming weekend.
13. Personal therapy and individual consultation and/or coaching is strongly recommended for your personal and professional development. We recommend that you hire someone outside of the APT community for individual therapy.
14. Certified APT™-Core Training will elicit anxiety and defenses and sometimes painful and traumatic memories. Please be open to receiving feedback and be curious as to why you may be reacting in an emotional way that is surprising to you.



15. Keep in mind that the focus of Certified APT™-Core Training is to help you develop the necessary skills to become a Certified APT™-Therapist.
16. For additional training, contact a Certified APT™- Supervisor at least 2 weeks in advance to book a face-to-face or on-line consultation. Each trainee is eligible for a discounted trainee rate with Kristin Osborn for up to one year after completing the training program. Please contact Kristin Osborn to make arrangements for a consultation or to receive a list of consultants who are currently available.
17. Licensed clinicians are required to follow the regulations of their state and country. Please notify Kristin Osborn in writing if you are under investigation or probation. Students may be placed on leave, terminated from the program or recommended to obtain additional supervision or personal therapy depending on the situation.
18. It is important to maintain healthy boundaries as we engage in training with one another. If a relationship between yourself and another trainee becomes more intimate, please inform the group. It is inappropriate for a Certified APT™-Trainer or Supervisor to engage in sexual relationship with a trainee.
19. Be mindful of personal physical and emotional boundaries and refrain from intrusive behavior that is un-welcomed by your colleagues.
20. Keep in mind that core training is intended for training purposes only and is not a substitute for personal therapy.



I have read and fully understand the Certified APT™- Core Trainee Contract and believe that I can abide by them. If I have any questions, I will arrange to meet with my group leader to discuss them during my consultation hour.

I understand that I am committing to a full year of core training and am required to pay my non-refundable annual fee.

First and Last Name:

Date:

Signature:

License #:

Business Address:

Email:

Phone:

Name of on-site or local supervisor:

Certified APT™-Trainer/Supervisor

First and Last Name:

Signature:

Date: