



Certified APT™-Core Training Trainee Contract

Certified APT™-Core Training Consultation Preparation

1. Receive written and verbal permission from your client and/or affiliated institute to video record and present your work.
2. Select a 20 minute video segment and subtitle.
3. Store video segment on a password protected flash drive.
4. Complete the Certified APT™-Consultation Form.
5. If you do not show a video-segment during your consultation, arrange to show your video-segment to a Certified APT™-Supervisor before your next training weekend.
6. Video-record consultation.
7. Begin consultation on time.
8. Identify what type of feedback you would like to receive during your consultation.
9. If the trainer/supervisor suggest an interactive exercise, you may choose whether or not you want to participate.
10. The trainer/supervisor will offer you feedback initially and then ask if you would like feedback from your peers toward the end of your consultation.
11. The trainer/supervisor will provide you with written and verbal feedback.

Certified APT™-Core Training Group Rules

12. Attendance is mandatory to maintain group cohesion. Plan to arrive on time and stay for the duration of each day.



13. Turn off cellphones during training periods. If you have an emergency and need access to your phone, notify the group at the beginning of the day, keep your ringer on silent and quietly leave the room if you need to answer a phone call or text.
14. Do not post any photographs, audio-visual recordings or notes on social media or in an email without permission.
15. Only discuss what happens in core training with current members of your group and in confidential settings.
16. 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.
17. Be mindful of your own projections. Use 'I' statements and consciously try not to make assumptions when referring to a fellow trainee and their work.
18. Attempt to offer positive and supportive feedback unless there is a specific request for constructive feedback.
19. Be mindful when watching audio visual-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.
20. 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.
21. Keep in mind that the focus of core training is to help you develop the necessary skills to become a Certified APT™-Therapist.
22. Be mindful of personal physical and emotional boundaries and refrain from intrusive behavior that is un-welcomed by your colleagues.
23. If a relationship between yourself and another trainee becomes more intimate, please inform the group.



24. Certified APT™-Trainers or Supervisors may not be intimately involved with a trainee.
25. 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.
26. 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.

Certified APT™-Core Training Trainee Recommendations

27. Personal therapy and individual consultation and/or coaching is strongly recommended for your personal and professional development.
28. Complete preparation for your consultation one week before your training weekend.
29. Watch your consultation between training weekends.
30. You are eligible for a discounted rate for consultations with Kristin Osborn up to one year after completing core training.
31. Arrange to consult with a Certified APT™-Supervisor, all are listed on the www.affectphobiatherapy.com website.
32. Stay in safe, clean, and comfortable accommodation.
33. Eat healthy meals and drink a lot of water.
34. Focus on processing unconscious emotions by yourself and with others.
35. Commit to protecting your time whether you enjoy sharing it with others or on your own.



I have read and fully understand the Certified APT™- CoreTrainee Contract and believe that I can abide by them. If I have any questions, I will ask them during my consultation.

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:

Signature & date:

License #:

Business address:

Email:

Phone:

Name of on-site or local supervisor:

First and last name:

Signature & date