LSR Facilitator Certification/Accreditation Application Page 1 of 5



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## LIFE STRESS REDUCTION FACILITATOR CERTIFICATION/ACCREDITATION APPLICATION

## INITIALS

ethod of Payment Visa MasterCard <u>Discover</u> Chec	k in US dollars, drawn on US bank, payable to <u>AMI</u>
Certification/Accreditation Application Fee:	\$ 125.00
gnature:	Date:
N₩) I enclose the Certification/Accreditation application	n fee and also my membership application, if necessary.
the validity of my Certification/Accreditation. <b>KLJ</b> I understand that my certificate is valid for a period three years I will need to apply for Re-Certification/Accre education in the field. I understand that I will only need the <b>MLK</b> I understand that if allow my Certification/Acc supervision will be needed to the satisfaction of the AMI able to re-certify at this level, and that I may be required with my application will be accepted.	to renew my highest level of Certification/Accreditation. reditation to lapse for a year or more that further training and <u>Certification/Accreditation Committee my trainer</u> for me to be will need to <u>submit send in a new tape recorded session before</u>
<b>KI</b> ) I have a current AMI/TIRA membership, or I am re	newing my membership application along with this
JH) I enclose my completed written exam for this level	
IG) I have personally received at least minimum of -10	
of session" and end point as well as the facilitator's ackn training level, for review by the AMI Certification/Accred Certification/Accreditation is contingent on an audio, or Committee. If the tape enclosed with this application is extended the opportunity to submit another tape (please of committee members reviewing your recording are unable The maximum number of tapes that will be reviewed by	video, tape being accepted by the Certification/Accreditation not accepted, I will be informed as to what is unacceptable and ensure that the sound quality of the recording is good – if the 2 to hear all parts of the session another tape will be requested) the Certification/Accreditation Committee is three. If all three pplication process, which includes paying another application
	olution of these client's issues, completing at least one person
<b>DC</b> ) I have delivered a minimum of 50 successful hours	of viewing sessions, on a good sampling of the techniques nder the supervision of an AMI Certified/Accredited <u>LSR</u>
C) I attest that I have successfully completed an Internsl as covered be	nip covering the materials of these workshops with Trainer(s)
on (date) with Trainer(s)	duction <u> — Techniques and</u> Case Planning <del>Workshop Workshop</del>

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## APPLICANT: PLEASE SEND YOUR COMPLETED APPLICATION & FEE(S) TO YOUR TRAINER.

TRAINER: Please send Certification/Accreditation application, <u>session recording</u>, and fee(s) to-<u>AMITHRA</u> <u>5145 Pontiac Trail, Ann Arbor MI 48105, USA</u>, along with your letter of recommendation for <u>Certification/Accreditation</u>, <u>when once</u> you have accepted <u>applicant's</u> <u>Facilitator's</u> session<u>-recording</u> and the completed Certification/Accreditation application.

## Release

, do hereby I, consent to and authorize the use of any audio or audio-visual tape recording of me made during the course of my counseling or viewing sessions solely for the purpose of furthering professional education, training, and competence. Accordingly, I hereby grant \_(facilitator), Applied Metapsychology International, and their agents and professional associates the right to use all or parts of such recordings for the purpose of review for supervision and Certification/Accreditation of the aforementioned facilitator, and I release them and their colleagues from any and all actions, suits, and claims of damage based on their use of such recordings for these purposes. In providing this consent and release, I affirm that my only consideration and compensation is the personal satisfaction of knowing that I shall have contributed to enhancing the training and competence of helping professionals.

SIGNATURE:\_\_\_\_\_ DATE:\_\_\_\_



Written Exam for LSRF Certification/Accreditation

1. The purpose of Life Stress Reduction is:

2. A client has had a very upsetting performance review with his/her boss resulting in the client feeling stunned and invalidated. Name at least three ways you could address this situation (extra credit for more).

3. What are the advantages of a written case plan?

4. What strategy would you use to address a complicated bereavement (complicated bereavement is the state of being overwhelmed by grief and loss)?

LSR Facilitator Certification/Accreditation Application Page 4 of 5 5. Why do we have a great array of short Unlayering? What is their function? Formatted: Normal, Space After: 0 pt, Numbered + Level: 1 + Numbering Style: 1, 2, 6. Explain how you would address the situation of a viewer having a long term, very difficult relationship with his/her parents. 3, ... + Start at: 1 + Alignment: Left + Aligned at: 0.25" + Indent at: 0.5" Formatted: Normal, Indent: Left: 0.5", Space After: 0 pt, No bullets or numbering Formatted: Normal, Space After: 0 pt, No bullets or numbering Give 3 examples of how your training in Communication Exercises (CEs) has paid off in +--Formatted: Normal, Space After: 0 pt, Numbered + Level: 1 + Numbering Style: 1, 2, actual sessions with specific clients (to protect t client confidentiality do not include 3, ... + Start at: 1 + Alignment: Left + Aligned client names) at this level. at: 0.25" + Indent at: 0.5" 6. Formatted: No bullets or numbering 8. Attach a case plan for the following client (Please note, this is a composite case and does -Formatted: List Paragraph, Numbered + Level: 1 + Numbering Style: 1, 2, 3, ... + Start at: 1 + not consist of the issues of any one real viewer.) "D" = the viewer's distress rating for Alignment: Left + Aligned at: 0.25" + Indent this issue; "I" = the viewer's interest rating. It is fine to use any style of case planning, as at: 0.5" long as it is clear and easy to understand the plan. Basic information: Female, 25 years old, currently single, divorced, no children Recent car accident D = 8B I = 6 resulting in: Fear of driving (she still drives, but is very anxious) D = 9A I = 8A Serious damage to her foot. It had several bones broken and she now walks with a limp D = 10 C I = 5Has had one operation so far attempting to correct this D = 8C I = 7 May have future operations but is very afraid of experiencing this D = 10A I = 9B ©Copyright September 26, 2010 September 21, 2011 Applied Metapsychology International. All Rights Reserved.

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 Difficult relationship with father, who is controlling and critical. D = 10 B I = 8A

 "I'll never be able to please him, yet I keep trying" D = 9B I = 9A

 Feels she is "going nowhere" in her career. Had idealistic ideas of what she would be able to accomplish as a social worker, but is now feeling disillusioned. D = 7 I = 8C

 "I feel like a failure in life - have felt that way for a long time" D = 8 A I = 3

 "A lack of love in my life" D = 6 I = 4

 The divorce D = 5 I = 2

 Loves to cook - "A bright spot in my life" D = 0 I = 9 C