

## Course 201 – Advanced Clinical Track

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Certified Imago Therapists who wish to be known and recognized for their study, practice and expertise in Imago Relationship Therapy are eligible to apply to the Certified Advanced Clinician Track.

### **Goal:**

This certification track is designed to prepare the Certified Imago Therapist to be publicly known and recognized in the field of Imago Relationship Therapy and the general field of couples therapy and to be acknowledged in the Resource Directory as Certified Advanced Clinician which may attract more referrals.

### **Certification Permissions:**

Graduates of this track are eligible to represent themselves as Certified Advanced Imago Clinicians®. The Institute will designate them as such in the resource directory. They may use this designation for speaking engagements and will be referred to as Certified Advanced Clinicians® during speaking engagements conducted by the Institute.

## **Certification Requirements**

*Certification Requirement: Two years certification as an IRT*

*Course Requirements: 84 CEUs of Approved Advanced Clinical Training\* (not to include hours awarded for supervision/ consultation) Including: Course 501: Singles Clinical Training and Course 504: Characterological Growth. (In future we may add: Receiving Love)*

*Supervision Requirement: Either 12 hours of individual or 24 group supervision with a Clinical Instructor or Certified Supervisor/Consultant. Hours must be completed after Certification as an Imago Therapist*

*Tape (DVD) Assessment: One DVD showing a seamless flow used to help the couple make a request for change. Please see the guidelines and scoring sheet provided.*

*This DVD should be submitted with a self-evaluation using the standard scoring sheet for the relevant process, showing a total over 80%. We will assign a Clinical Instructor to review your self-evaluation, and provide feedback. The reviewer is likely to be someone who did not review your Basic Clinical tape. See Appendix A for more details of how to prepare and score your tape.*

### **Note**

Approved Advanced Clinical Training must be provided by the Imago Faculty. A list of available course will be made available. Eligible training does not include retaking an Imago Weekend Workshop, retaking a clinical training, or many Imago conference sessions. (Most eligible trainings are presented as a pre-conference option)

### **Existing Certified Advanced Clinicians**

All who were certified as Advanced Clinicians before 1 May 2009 maintain their Advanced Clinician Certification status unchanged, and under the terms in effect when their Advanced Clinician Certificate was awarded.

### **Application Procedure for Advanced Clinician Status**

In order to apply to be for Advanced Clinician Status please follow this procedure

1. Complete the attached form and send it to [training@imagorelationships.org](mailto:training@imagorelationships.org) or fax to 212 240 7435. Attention: Training Coordinator
2. The training coordinator will contact you to confirm that you meet the requirements, and to let you know who to send your DVD to for review, and the scoring sheet. Please send the DVD and your completed self assessment using the scoring sheet to the Clinical Instructor designated, together with the fee. In the USA this will be \$195 per DVD. Prices may vary locally.
3. The Clinical Instructor will contact you for a telephone consultation of your tape, or face-to-face if convenient. This will focus on reviewing your self-assessment using the Imago supervision model, and providing feedback. Providing the Clinical Instructor agrees with your self-assessment that the tape has passed, they will notify the Training Coordinator to issue a certificate.
4. If the Clinical Instructor does not agree with your self-assessment to the extent that the DVD is deemed not to pass you have two choices:
  - a) Accept their feedback, make a new tape, and resubmit it with a second review fee.
  - b) Ask the Training Coordinator for another Clinical Instructor to review the tape – go back to step 2.

### **Continuing Education**

All Certified Advanced Clinicians must accrue 15 hours of Imago CEUs every two years. The Continuing Education requirements will be re-evaluated from year to year and may be changed in future catalogs.

Please see procedure 8.5 for the many ways you can gain Imago CEU credits.

### **Clinical Membership in IRI**

All Certified Advanced Clinicians must a member in good standing with IRI. Should membership lapse, the Advanced Clinician Status will be reinstated with your renewed membership.

**Application – Course 201 Advanced Clinical Track**

**Step 1: Please send this completed form to: Imago Training Coordinator**

Fax to: 212 240 7435 or email: [training@imagorelationships.org](mailto:training@imagorelationships.org)

**Step 2:** Once we receive this form we will confirm that you are eligible, and send you information about where to send your DVD and self-evaluation together with the appropriate fee. Please allow 5 working days for a response.

**Step 3:** You will hear from the Clinical Instructors to arrange for the evaluations of your DVD

<b>Name</b>	
<b>Email</b>	
<b>Phone #</b>	
<b>Fax #</b>	

<b>Advanced training hours</b>			
Course	Date	Instructor	Hours
501 Singles Training			
504 Characterological Growth			
<b>Total hours - 84 required - not to include supervision/consultation</b>			

<b>Consultation/ Supervision hours</b>			
Consultant / supervisor	Dates	Location	Hours
Consultant/supervisor's signature			
Consultant/supervisor's signature			
Consultant/supervisor's signature			
<b>Total hours - 12 individual or 24 group required</b>			

Note these hours must be after completing your Basic Clinical Training

## **Video requirements to become an Advanced Clinician**

### **A. Introduction**

The last requirement for a candidate to receive the title of “Advanced Clinician” is to send in a video for evaluation. This needs to be a video of a full session to be sent to the Training Coordinator who will manage the evaluation and scoring process (ie: sending it to the appropriate faculty member). This tape will need a score of 80 or above to pass. The scoring sheet for this video is attached to this document.

### **B. Video Requirements - called the “Seamless Flow”**

1. The video needs to include a full session. Do not edit!
2. The Seamless Flow video will include various elements with each being labeled with a title and time tag (so that the evaluator can skip around easily). See examples below.
3. The session needs to show your ability to move seamlessly from one Imago process to another, AND to include the following important elements of the BCR-D
  - a. Movement from the present pain to the childhood wound
  - b. Deepening into the childhood wound
  - c. Clear statement of the unmet need
  - d. Ability to coach SMART BCRs
  - e. Self reflection by partner concerning the stretch needed
4. Example #1 (ID / Par-Ch D / BCR-D)
  - a. Appointment (00:07:20)
  - b. Initial send which includes the present pain (00:07:45)
  - c. Transition to the Parent/Child Dialogue(00:17:30)
  - d. De-role (00:25:00)
  - e. Summary of the entire send so far (00:26:10)
  - f. Need statement (00:30:20)
  - g. Three BCRs (00:31:10)
  - h. Statement of stretch (00:41:25)
  - i. Response: “What touched me about your send was . . . (00:45:11)
  - j. Summary (00:52:33)
  - k. Final hug (00:56:10)
5. Example #2 (ID / Holding / BCR-D)
  - a. Appointment (00:07:20)
  - b. Initial send which includes the present pain (00:07:45)

- c. "Fearing abandonment by you reminds me of . . . (00:17:30)
- d. Deepening childhood wound (00:18:00)
- e. Holding (00:22:10)
- f. Summary of the entire send so far (00:32:10)
- g. Need statement (00:36:20)
- h. Three BCRs (00:37:10)
- i. Statement of stretch (00:47:25)
- j. Response: "What touched me about your send was . . . (00:51:11)
- k. Summary (00:58:33)
- l. End (00:62:10)

### **C. Commentary on the "Seamless Flow" Dialogue**

We often say in the Basic Clinical Training that there are three levels of Imago therapists.

1. Technician
2. Craftsman
3. Artist

At first when you become a Certified Imago Therapist, hopefully you are a good technician. You have become familiar with the theory and structure of the following dialogues.

1. Imago Dialogue
2. Parent/Child Dialogue
3. Holding Exercise
4. Behavior Change Request Dialogue
5. Giving and receiving appreciations
6. Flooding of Admiration

A Certified Imago Therapist brings these techniques into their clinical practice and gradually becomes more and more comfortable using them in their work. Over time, Imago therapists learn how to mix and match the various techniques to work appropriately with their clients. Eventually, they become "craftsmen". The goal of the Advanced Clinician Certification is to let the public know whom they can call to operate at a craftsman level.

This video called the "Seamless Flow" will show that the Imago therapist has reached this "craftsman" level of expertise.

Because the institute believes that being especially familiar with the BCR-D is so important, we would like to see its basic elements demonstrated in the "Seamless Flow" video.

To pass the Basic Clinical Training video, one needs to pass with a score of 70 (a good technician).

To pass the Advanced Clinician video, one needs to pass with a score of 80 (a craftsman).

This video needs to show good ability at deepening affect, both around deepening the present pain (fear of abandonment, feeling unimportant, not feeling heard, etc), and around accessing the pain from the childhood wound that is behind the present pain. The goal is to get to the grief of not getting basic needs met.

There are two goals of the childhood wound piece. First, it is important to arouse the empathy of the partner. Second, it is designed to help the sender get in touch with the unmet need (often very repressed).

The statement of need must be a clear, one sentence statement of the need, for example, "What I need from you is to feel like the most important person in your life." Or, "What I need from you is to always give me space to be myself."

The reason why this is so important is that most of us were not given permission to state our needs when we were children. Our needs were what got in our parents' way and therefore we tended to repress them. Most of us clearly got the message that our needs were unwelcomed by our parents, so in our desire to please them, we lost connection with our needs. Part of our task as Imago facilitators is to train our couples to get in touch with those repressed needs, and verbalize them positively.

Because the statement of need is broad and very general, it cannot readily be implemented. Therefore, three very specific requests are made. After mirroring the statement of need, the receiver states, "What can I specifically do that will help meet your need?" The requests need to be positive and SMART. Use the acronym SMART to help you evaluate and shape your clients' requests. Be especially attentive that they be positively stated. It is so seductive to let negativity creep in. But the brain cannot respond to a negatively stated request, such as, "Stop being so critical" or "Don't work so much." The acronym SMART means:

- Specific** (a behavior)
- Measurable** (frequency-ie: 2x/wk)
- Achievable** (a small step)
- Relevant** (related to either the frustration or the need)
- Time-limited** (ie: for 1 or 2 wks)

Two examples of positive, SMART requests are, "Three times for the next 2 weeks, I would like you to give me a 10 second hug when you get home from work." Or, "For the next week, I'd like you to tell me three times, 'I love you and you have contributed deeply to my life.' "

The acronym SMART is only a guide for the therapist and blocks the flow of the BCR-D if taught to the client. Coach your client into SMART requests rather than teach it to them.

We recommend that BCRs are written down and rated E for "Easy", C for "Challenging", and N for "not for now." Because the requests are probably the very thing that the partner is defended against, we recommend that the partner choose only one to grant (even if all are rated "Easy"). Then facilitate the receiver into getting in touch with the growth stretch that will be called for.

You may want to encourage the receiver to respond. Have the response start with, “What touched me about your send was . . .” Then have the response continue with exploring the stretch that will be called for to meet the need of the sender.

Then you may want to have the sender respond, starting with, “What touches me about your send is . . .” and then move the sender into exploring the resistance that may come up to receiving the gift of love if the partner were to give it.

**Scoring System For Advanced Clinician Certification The Seamless Flow Video**

**Trainees Name:** Print: \_\_\_\_\_ Sign: \_\_\_\_\_ **Score:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Supervisor's Name:** Print: \_\_\_\_\_ Sign: \_\_\_\_\_ **Score:** \_\_\_\_\_ **Date of evaluation:** \_\_\_\_\_

Below are general and specific clinical skills to look for. Score each item from 0 to the amount allotted and put your score in the "Points Scored" column. Make sure your comments are very specific. Sign your name above and have the trainee sign below. Pass rate is 80%

<u><b>Section A: The evaluator's general experience of the video – 20 point</b></u>	<b>Value</b> 0 to 20	<b>Points Scored</b>	<u><b>What I liked</b></u>	<u><b>Technical Suggestions</b></u>
1. My general impression of this work. (There must be at least two Imago processes to pass.)	0 to 20			
<u><b>Section B: Therapist Qualities – 10 Possible Points</b></u>				
1. The clinician is warm, present, at ease and looks professional	0 to 4			
2. The clinician is neutral for the good of the relationship	0 to 2			
3. The clinician is in control as a coach, but is not controlling	0 to 2			
4. The clinician intervenes appropriately.	0 to 2			
<u><b>Section C: Maintaining the structure of the dialogue - 20 Possible Points</b></u>				
1. Couples face each other and an appointment is made.	0 to 2			
2. The clinician has the couple deal with specifics (topic is not vague)	0 to 2			
3. The receiver is invitational in style. (This may include: "Did I get it?" and/or "Is there more about that?", but only when needed.)	0 to 2			
4. The clinician coaches <b>an appropriate</b> back and forth flow between the couple, where both have a chance to send and receive.	0 to 2			
5. 90% of the session is between the couple.	0 to 2			
6. The clinician coaches rather than teaches.	0 to 2			
7. Mirroring - the receiver mirrors accurately and contains reactivity.	0 to 2			
8. Summary - the summaries are accurate and not interpretive.	0 to 2			
9. A clear validation section.	0 to 2			
10. A clear empathy section.	0 to 2			

<b><u>Section D: The Seamless Flow – 30 Possible Points</u></b>	<b>Value</b>	<b>Points</b>	<b>What I liked</b>	<b>Technical Suggestions</b>
1. At least parts of two of the following Imago processes are recognizable and used effectively. a) ID; b) BCR-D; c) P/C-D; d) Holding Ex. Circle those used.	0 to 6			
2. The flow from one Imago process to another is seamless.	0 to 4			
3. The decision to shift from one Imago process to another is appropriate.	0 to 3			
4. BCR-D section:				
a. Appropriate movement from the present pain to the childhood wound	0 to 2			
b. Deepening of the childhood wound	0 to 4			
c. Clear statement of the unmet need	0 to 4			
d. Ability to coach SMART BCRs	0 to 5			
e. Self-reflection by the partner concerning the stretch needed	0 to 2			
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<b><u>Section D: Therapist facilitation of deepening – 20 Possible Points</u></b>				
1. The clinician uses the skills of attuned listening and good tracking.	0 to 3			
2. The clinician deepens the work through the use of lead lines, doubling, instructions (such as “Tell him more about that.”), and appropriate silences to help clients get in touch with their emotions (eg: pain, sadness, joy), vulnerability and needs.	0 to 3			
3. We observe safety, self-disclosure, vulnerability. (We don’t see blaming, shaming or criticism.)	0 to 5			
4. The couple is attuned to each other and there is an empathic connection.	0 to 3			
5. The clinician coaches the receiver to respond in a way that owns “their stuff”, deepens connection, and enhances differentiation.	0 to 3			
6. The receiver is non-reactive, has good presence, and is attuned to and curious about the sender.	0 to 3			
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<b><u>Growth Gift and General Comments</u></b>				