

## PROCESS ORIENTED COACHING PROGRAM OUTLINE 2018

The Process Oriented Coaching Program brings together the Processwork model with coaching, the art of formulating and achieving goals, with a unique range of coaching tools that are used in a sequential manner to first help clients develop deeply congruent goals, and then to stay close to this congruence as they put these goals into action.

The framework puts the coaching relationship at the centre of the process and provides a sophisticated analysis and understanding of this relationship.

First developed and taught by Processwork Diplomates Joanna Dulińska and Michał Duda from the Institute of Process Psychology in Poland in 2011, it is now offered by Australia and New Zealand Process Oriented Psychology (ANZPOP) in collaboration with Melbourne Processwork Centre (MPWC) practitioners trained in this approach.

### THE LEARNING PROCESS

The Process Oriented Coaching Program (POCP) is a combination of group workshop days, individual supervision, and experiential learning, whereby you learn not only about coaching, but about yourself as an emerging coach.

#### **Workshop Days**

There are nine workshop days, conducted over a nine-month period. Workshop days will focus on knowledge delivery, and after the first session, will also draw from the supervision learnings from students as they move through the coaching process with their practice clients.

Attendance at all workshop days is mandatory.

#### **Experiential Learning**

The program is structured such that you not only learn how to coach, but have an authentic experience of being coached. Over the course of the program you will coach and be coached.

You will also work with one practice client who is not in the course and who has no prior knowledge of Processwork. All of these sessions need to be videoed for presentation in supervision.

## Supervision

Individual supervision is a central part of the learning process, where students can reflect on and present issues that arose in their practice coaching sessions and work on skill areas specific to their learning progress.

After the initial workshop day, each subsequent workshop day will begin with sharing learnings from the supervision sessions undertaken between the workshop days.

A minimum of eight individual supervision sessions are required and are part of the course fees.

## Assessment

Student learning in the program is assessed in the final workshop day via a case presentation to the group, and what the student has achieved as a coaching client.

## Client Hours

A minimum of 150 client hours is required to complete the course.

Approximately 50 of these will be completed during the nine-month program. These sessions must be video recorded and students cannot take any form of payment (including barter exchanges) for these sessions.

Once the nine-month training period is completed, another 100 hours of supervised client hours is required to gain final certification. These sessions do not need to be video recorded and fees can be charged.

Students may choose to take on additional practice clients during the nine-month program to complete client hours sooner. These do not need to be video recorded but fees cannot be charged for these sessions.

After the nine-month training period the supervision ratio is negotiated between the student coach and supervisor.

## COURSE PREREQUISITES

There is pre-requisite knowledge of Process Oriented Psychology required for the POCP, which can be demonstrated in a variety of ways:

- successful completion of the ANZPOP Professional Training Course in Process Oriented Counselling and Facilitation OR
- successful completion of the MPWC Processwork Intensive OR
- successful completion of Phase I exams in an IAPOP recognised Diploma program not more than five years ago OR
- completion of Diploma program in an IAPOP recognised Diploma program OR
- completion of the Process Oriented Masters of Conflict Facilitation program OR
- in the past three years, have completed 120 hours of Processwork training and 12 hours individual therapy with an IAPOP recognised Diplomate.

Evidence (attendance certificates, email proof etc.) of attendance/completion are required.

## COMPLETION REQUIREMENTS

To be awarded the Professional Training in Process Oriented Coaching, students must complete the following:

- Attendance at all nine workshop days
- Satisfactory completion of a minimum of eight supervision sessions
- Satisfactory completion of final exam presentation
- A minimum of 150 hours supervised coaching hours.

Completion of this program qualifies graduates to work as a coach for individuals only. It is not for use with relationships, groups, nor for therapeutic purposes.

## COURSE DATES

2018: June 8, July 6, August 3 & 31, September 28, October 26, November 23, December 14

2019: January 11

## TIMES

Fridays: 10am to 6pm (1.5-hour lunch break)

## COURSE FEES AND PAYMENT DATES

The course fees include:

- nine days of group training including training materials
- eight individual supervision sessions (additional sessions are \$130 each)
- all assessments
- graduation certificate upon completion.

There are three fee options:

- Early bird: \$3,300 paid in full by March 9 (direct debit or credit card)
- Standard fee: \$3670 paid in full after May 4 but before June 1 (direct debit or credit card)
- Payment plan: \$3770 paid in four monthly credit card payments of \$942,50 on 1 June, 29 June, 27 July, 24 August.

## APPLICATION PROCESS

Application to the POCP involves:

1. Submission of completed application form (including proof of pre-requisite knowledge and brief CV).
2. Application interview in **person or via Skype**.
3. Application decision.