

## **IMHU PREPARATION TO BECOME A SPIRITUAL EMERGENCE COACH POLICIES, PROCEDURES & REQUIREMENTS--Version 11.25.2015**

**Rationale:** Integrative Mental Health for You (IMHU) acknowledges that the spiritual needs of many of those who have had spiritually transformative experiences (STERs) are often profound. Those needs can often be best addressed by people who share similar experiences, spiritual paths, faiths or religions and who can assist STERs with questions related to integrating their experiences, helping them with insights and referrals, and directing them to resources. Obtaining IMHU preparatory coursework to become a Spiritual Emergence Coach (SEC) demonstrates to an STER that, among other things:

- (1.) the SEC is better equipped to understand and provide guidance for his or her spiritual needs
- (2.) their experiences won't be invalidated
- (3.) new found perspectives will be explored in a way that honors the individual's experiences
- (4.) the experiencer will be assumed to be on a spiritual path and not be subjected to pressure to convert to a given faith (proselytizing on the side of the SE coach) in order to adequately deal with any given experience.

IMHU acknowledges that the needs of many STERs are distinct and generally go unmet. Currently, there is no mainstream or required training to effectively attend to this population, resulting in potentially ineffective or harmful treatment for STERs. IMHU's preparatory coursework for SEC is both a means to provide this training as well as an assurance to STERs that his or her needs will be addressed appropriately, competently and effectively.

**Purpose of IMHU Program for SEC:** To provide the highest possible standard of care, based on best known practices and research for STERs dealing with issues that require the best personal empowerment that peer support and/or high quality coaching can provide. Those who prove proficiency as SECs will be considered for future Certification after at least one year of activity successfully following these requirements as a SEC.

**Activities We Endorse:** Those who apply to be an SEC who do not have a license to practice psychotherapy from an officially recognized licensing board will be able to gather and focalize groups to share experiences and resources. We understand that those who apply to be an SEC who are already licensed to practice psychotherapy will continue to practice under the authorization of their state-recognized license and may want to display their certificate of course completion to signify their special education as an SEC.

**Values:** An IMHU-prepared SEC is committed to an ethical, high standard of care. Compassion, competency and a personal respect for the diversity of spiritual perspectives are qualities IMHU-prepared SECs will be expected to adhere to.

**Prerequisites:** Applicant must demonstrate previous work experience in an official, coaching, mental health, spiritual guidance or cleric capacity with an established faith or religion OR – if non-denominational or not associated with an established faith or religion – be a member of Spiritual Directors International or is a licensed Pastoral Counselor – OR applicant can otherwise demonstrate experience in working with personally supporting individuals or groups. Prior supervised practicum as a coach, mental health professional or spiritual director is highly recommended. Documentation of previous experience is to be submitted during the application process via a bio in narrative form or a CV.

Those who want to become qualified SECs may include: previously licensed Psychologists, Psychological Assistants, Psychiatrists, Psychotherapists, Clinical Social Workers, Marriage and Family Therapists, Licensed Professional Counselors, Addiction Counselors, Spiritual Directors or Guides, Chaplains, Ministers, Rabbis, Priests, Imams of all religious traditions, Spiritual Teachers, Theologians, Deacons, Spiritual Life Coaches, Pastoral Counselors, Life Coaches, Spiritual Coaches and Peer Specialists/ Peer Counselors.

**BENEFITS** to those who become SECs:

- Course work completion and acceptance of application provides a listing in the IMHU directory and access to various forms of networking within those affiliated in the worldwide community of those committed to supporting spiritual emergence. We are currently in dialogue with an international networking organization that also wants to list those in our directory; and the benefits of that listing would pass on to SECs.
- IMHU directory listing will include SEC's contact information and website. This will empower self-referral by STers seeking either live or online help and for referral by agencies and other healthcare providers.
- SEC's also receive recognition and satisfaction of knowing they are serving in a unique and specialized field and better able to meet the needs of their clientele who are STers;
- SECs belong to a unique and supportive team of peers in this area of specialization;
- SECs experience personal and spiritual growth through working with this population and within the IMHU network of SECs;
- SECs add their perspective to the growing knowledge base of this new field;
- SECs become an active part of the network supporting spiritual emergence worldwide;
- SECs have access to IMHU's support system via monthly teleconferences and continuing education.
- SECs may apply for IMHU's future Certification after completion of the required coursework and subsequently one year of successful involvement following our policies, procedures and requirements.
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**REQUIREMENTS:** Candidates must have completed the following steps and procedures.

1. APPLICATION
2. TRAINING: Theoretical and Practicum
3. FEES
4. CONFIRMATION OF COMPLETION
5. INTERVIEW & EVALUATION
6. ACKNOWLEDGEMENT OF SEC STATUS
7. REFERRAL DIRECTORY
8. PROBATION PERIOD
9. DURATION
10. CONTINUING EDUCATION and PEER CONSULTATIONS
11. SUMMARY REPORT
12. RENEWAL
13. CAUSES FOR DE-CERTIFICATION

1. APPLICATION: Candidates must complete the attached application. Please return by signing, scanning and emailing it with supporting documentation to [info@IMHU.org](mailto:info@IMHU.org). Along with your application, please provide a copy of your licensure document or equivalent documentation indicating legal ability to practice psychotherapy, if you have one. Becoming an SEC is not designed at this time to serve as any kind of license to practice.

2. TRAINING: Both theoretical education and practicum are involved.

A. **Theoretical Education** is available through an SEC Course (online or live), titled "Effective Help for Someone in Spiritual Emergency" and delivered by IMHU. This theoretical education is available to anyone including licensed healthcare providers and those who are not licensed healthcare providers, whom we group as "peer counselors". Continuing Education Credits are available to licensed psychologists, MFTs, social workers and nurses.

B. **Practicum:** In addition to the live 2-day or online workshop on theory: A practicum authorized by IMHU must be attended if SEC status is sought. If the online webinars are completed instead of the live 2 day workshop: A two day-long practicum must be attended. These will be held at least bi-annually and on

each coast of the USA as well as in Europe with an IMHU authorized teacher/trainer. In some cases a one-day practicum will also be available directly after the live 2 day workshop is given.

**C. Highly Recommended:** IMHU intends to soon offer a series of online webinars called “Culture, Spirituality and Mental Health” with a medical anthropologist or trans-cultural psychiatrist. These webinars will assist SECs to become more sensitive to culture-related issues that often emerge in spiritual emergence phenomena. Particularly today when there are mass emigrations necessitating rapid integration we are called on to appreciate diverse perspectives. See [IMHU.org/courses](http://IMHU.org/courses) for more information.

If you are interested in becoming a peer specialist or improving your skills in peer support-- We highly recommend the training offered through “Intentional Peer Support”: [www.intentionalpeersupport.org](http://www.intentionalpeersupport.org). The 5-day basic training is given in various parts of the world throughout the year. It requires on-site personal participation. We understand that learning how to be fully present can be challenging—but it is also necessary for anyone interested in helping people in spiritual emergency. Training for “[Open Dialogue](#)” with Mary Olson, MSW, PhD is also highly recommended for licensed healthcare providers.

3. FEES: Attending the workshop and practicum is available to all interested parties. However, fees and attendance are not a guarantee of being accepted as an SEC, nor are the fees refundable. In cases of financial constraint, we will do our best to offer partial scholarship.

4. CONFIRMATION OF COMPLETION Candidate must show confirmation of attending IMHU-endorsed workshops and practicum in order to receive their certificate of completion of all phases of becoming an SEC.

5. INTERVIEW & EVALUATION An IMHU representative will conduct a phone, Skype or in-person interview and evaluation upon completion of the above steps.

6. ACKNOWLEDGEMENT OF SEC STATUS Upon satisfactory completion of all of the above, candidates are acknowledged as IMHU authorized SEC. They receive a digital certificate of course completion and digital badge with IMHU-specific logos to display on their own websites.

7. REFERRAL DIRECTORY In addition to IMHU’s directory, SECs will be included in another international org’s online referral directory that will include name, city, state, country, email, phone, licensure, and one website URL. As of 11/25/2015 the details of this Directory are being finalized.

8. PROBATION PERIOD Upon becoming an SEC, the candidate begins a 6-month temporary or probationary period. Candidate must complete this period in a satisfactory way to maintain inclusion in IMHU directory. “Satisfactory” means that IMHU has received no valid complaints that violate the values and standards IMHU represents OR if there are valid complaints those complaints appear to be resolvable after an IMHU representative has talked with the candidate.

9. DURATION If requirements are maintained, your status as an SEC is valid for 3 years and can be revalidated after 3 years.

10. CONTINUING EDUCATION and PEER CONSULTATIONS In order to keep current with new research and information, all SECs are required to participate in a minimum of one annual workshop offered by IMHU in our roster of courses on Spiritual Emergency or complete a CE course in a related area from the Grof Foundation, American Center for Spiritually Transformative Experience, or Spiritual Competency Resource Center, as well as attend (in person or online via live-stream) the annual conference of the International Spiritual Emergence Network.

All SECs are further required to participate in a minimum of three teleconference meetings per year (held monthly) with other SEC’s and an IMHU qualified facilitator. The purpose of the teleconference meetings is to share “cases”, and provide or request feedback (peer consultations). Fee for this meeting is \$20.USD each and will be billed on registration for each teleconference. Healthcare providers who want to earn CE credit will have to be “supervised” by a qualified IMHU facilitator who is also a healthcare provider. Training to facilitate these teleconferences will be provided in future practicums.

11. SUMMARY REPORT After three years of satisfactory participation, SECs must complete a summary report that can provide information on case examples that might serve to improve and augment IMHU's training in the future.

12. RENEWAL IMHU may renew SEC's status after the three year period for an annual fee of \$75. Required participation in SEC teleconference consultations is then reduced to once per year. The requirement for continuing education presentations is maintained at a minimum of one per year.

13. CAUSES FOR REMOVAL OF SEC STATUS

- Failure to meet above requirements, or
- A valid complaint is filed with IMHU by a client of an SEC and after consultation with the coach, the grievance was not able to be satisfactorily resolved.

Please be sure you have read and agree to our Policies, Procedures and Requirements before completing the application.