

IMHU PREPARATION TO BECOME A *SPIRITUAL EMERGENCE COACH*® (SEC):

POLICIES, PROCEDURES & REQUIREMENTS--Version 6.5.2018

Rationale: Integrative Mental Health for You (IMHU) acknowledges that the spiritual and psychological 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 have had similar experiences, or share similar spiritual paths, faiths or religions. These are the people who can best assist STErS with integrating their experiences. We believe this takes place in a supportive environment when people share perspectives, insights, referrals, and resources.

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 or the specific circumstance of spiritual emergence phenomena. Unfortunately, this lack of training results in potentially ineffective or harmful treatment for STErS. IMHU's preparatory coursework for becoming a Spiritual Emergence Coach (SEC) is both a means to provide this training and a method to help SECs address the unique needs of STErS.

Obtaining IMHU preparatory coursework to become a Spiritual Emergence Coach® 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
- (5.) the person having the experience will not be subjected to pressure to convert to a given faith (via proselytizing from the SE coach) in order to adequately deal with any given experience.

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

Activities We Endorse: The SEC Practicum includes training in how to gather and focalize support groups to share experiences and resources with those seeking to integrate spiritually transformative experiences. We understand that those who apply to be a 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 as an SEC to signify their education in this area of special focus. Those without such appropriate state federal licensure may not use SEC certification to hold themselves out as a healthcare or mental healthcare practitioner—however display of the certification will show the public that the SEC has received training to facilitate group support .

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. IMHU does not condone or encourage any activity that is illegal in the jurisdiction in which the Spiritual Emergence Coach lives or works. Evidence of such activity during preparatory work will disqualify an applicant from gaining certification.

Prerequisites: Applicant must complete the online webinar series given by IMHU titled "How to Effectively Support People in Spiritual Emergency" prior to taking the Practicum.

Applicant must also document previous work experience in one of three roles:

- 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
- working with personally supporting individuals or groups who represent a vulnerable population or those seeking to optimize wellness. This includes peer specialists, yoga teachers, and specialists in various forms of alternative, holistic or integrative health.

Prior supervised practical experience as a certified life coach, mental health professional or spiritual director is highly recommended. Documentation of previous experience is requested during the application process via a bio in narrative form or a CV.

Those who are qualified to become 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:

1. Continuing Education credit, when applied for before the Practicum (request via info@IMHU.org)
2. Certificate documenting Course Completion
3. A listing in the IMHU international [Directory](#)
4. Promotions IMHU does via Google Adwords, Linked In, Instagram, Facebook and Twitter to bring awareness to the public of this resource.
5. IMHU Directory listing includes each SEC’s contact information and website. This empowers self-referral by STers seeking either live or online help as well as referral by agencies and other healthcare providers.
6. Increasing numbers are now Linking to the IMHU Directory of SECs. Amongst them are Crazywise Film Resource Guide, Shades of Awakening on Facebook, AlternativeMentalHealth.com, DisclosureSupport.org, and spiritualemergence.org/
7. SECs belong to a unique and supportive team of peers in this area of specialization;
8. Inclusion in various forms of networking internationally with those in the Directory—all of whom are committed to supporting spiritual emergence in their communities and in the world at large.
9. SECs have access to IMHU’s support system via monthly teleconferences & supervision with Emma Bragdon, PhD, and continuing education courses and presentations with IMHU faculty and guest presenters.
10. 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;
11. SECs receive inspiration for personal and spiritual as well as professional growth through working with this population and within the IMHU network of SECs;
12. SECs add their perspective to the growing knowledge base of this new field through their own presentations, publications, and sharing in their communities;
13. 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.

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 with your legal handwritten signature (not typed), scanning and emailing the completed application with supporting documentation to info@IMHU.org. Along with your application, please provide a copy of your licensure document or equivalent documentation indicating legal ability to practice psychotherapy, or other healthcare or mental health practice if you have one. (Reminder: Becoming an SEC does not serve as any type of license to practice counseling or psychotherapy in a group or one to one.)

2. **TRAINING:** Both theoretical education and Practicum are involved.

A. **Theoretical Education** is available through the IMHU Course (online or live), titled “How to Effectively Support Someone in Spiritual Emergency”. This theoretical education is available to anyone including licensed healthcare providers and those who are not licensed healthcare providers. Continuing Education Credits are available to Medical doctors, licensed psychologists, MFTs, social workers, counselors, and nurses.

B. **Practicum:** In addition to the above webinar series: A live Practicum on location (not online) authorized by IMHU must be attended if SEC status is sought. 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.

C. **Highly Recommended:** 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. This 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 while relating to others who might be in extreme states can be challenging—but it is also necessary for anyone interested in helping people in spiritual emergency. Training in “[Open Dialogue](#)” with Mary Olson, MSW, PhD or trainers she has authorized is also highly recommended for licensed healthcare providers, www.dialogicpractice.net

3. **FEES:** Attending the Webinar series and the Practicum is available to all interested parties. However, fees and attendance are not a guarantee of being certified as an SEC, nor are the fees refundable. In cases of financial constraint, we will do our best to provide a partial scholarship.

4. **CONFIRMATION OF COMPLETION** Candidate must show confirmation of having fully attended the IMHU-webinar series on spiritual emergency and a live Practicum in order to receive their certificate of completion of all phases of becoming an SEC.

5. **INTERVIEW & EVALUATION** Finally, an IMHU authorized representative will conduct a phone, Skype, Zoom 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, social media sites, and business cards.

7. **REFERRAL DIRECTORY** In addition to IMHU’s international Directory, SECs may be included in other international organization’s online referral directory.

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’s SEC 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 Institute, American Center for Spiritually Transformative Experience (ACISTE.org), or Spiritual Competency Resource Center (SpiritualCompetency.com). Attendance (in person or online via live-stream) at an annual conference of the International Spiritual Emergence Network or similar conference that focuses on phenomena of Spiritual Emergence can replace the need to do a course. Documentation of such attendance in a course or conference needs to be sent into IMHU each year.

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 authorized facilitator. The purpose of the general teleconference meetings is to share personal and professional experiences about spiritual emergence processes, and provide or request feedback (peer consultations). Fee for each meeting is \$20.USD. Those SECs who have been authorized by their state or federal authority to do one to one coaching or counseling can alternatively attend group supervision given online once a month by Emma Bragdon, PhD, or someone authorized by IMHU to lead this group. A letter recording such attendance needs to be sent into IMHU each year, as well.

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

Include, but is not limited to:

- Failure to meet above requirements, or
- Any evidence of illegal activity after certification will result in loss of SEC certification.
- 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.

IMHU acknowledges ACISTE.org for permission to use the template it created for its Policies, Procedures and Regulations related to its trainings.

V-June5, 2018