Alaskan Flower Essence Project
Certification Program

Introduction

Our certification program has two main goals. The first one is to offer the highest quality of education and support to those interested in using the Alaskan essences in a professional context. The second is to increase public participation in our research program, which employs case studies as a primary tool for understanding the healing potential that each Alaskan flower, gem, and environmental essence holds.

By successfully completing all of the requirements of our certification program, you will firmly anchor a foundation for your work as a practitioner of vibrational healing. The time and focus required to complete the program is considerable, but we feel that the benefits are worth the effort, as they will lead you to a deeper understanding of yourself, the Alaskan essences, and the process and potential of vibrational essence therapy.

Requirements for Practitioner Certification

1: Successful completion of our seven-day summer training program, Exploring the Frontiers of Vibrational Healing. In certain cases, taking a combination of other courses taught by us around the world may fulfill this requirement. Please contact us if you live outside the United States and wish to discuss how you may fulfill this requirement without coming to Alaska.

2: Completion of three in-depth case histories. You are required to work with three people a minimum of four times over a six-month period. Guidelines for the submission of these case histories are given below.

3: Submission of a profile of one Alaskan flower essence, one Alaskan environmental essence, and one Alaskan gem elixir, in which you discuss your insights and uses of each. Guidelines for the submission of essences profiles are also given below.

What Certification Means

Upon successful completion all of the requirements of this program, we will certify that you have:

1: Completed the required training course(s).

2: Demonstrated a high level of understanding of the Alaskan Flower, Gem, and Environmental essences.

3: Demonstrated the ability to establish, work towards, and attain goals that you and your client have established.

4: Demonstrated the ability to recognize and document your client's growth and experience through observation and attention in the interview, selection, and evaluation phases of the work.

Guidelines for Submission of Case Histories

1: The deadline for submitting case histories is nine months after completion of our summer training program or equivalent. If you need additional time, please request a new due date in writing, explaining your reasons for needing an extension.

2: All case histories should be submitted in the English language.

3: Three case histories are required for certification. We prefer that these be done after the completion of our training program(s); however, if you are

already a practicing essence therapist, you may submit cases before completing the educational requirements. You can work with friends, family or clients, as long as you can maintain professional objectivity and conduct full interviews, evaluations and documentation. Cases involving children and animals are also acceptable. Please do not use yourself for a case history.

4: Which essences to use: although we use essences from many systems in our work, and value the contributions of our colleagues, our certification program is oriented towards the use of essences prepared by the Alaskan Flower Essence Project. We request that you focus on the Alaskan essences for your casework, with additional documentation if you do use other essences in your dosage combinations.

5: Number of essences to use: limiting the number of essences in a dosage combination leads to greater clarity about the role and effect of each essence involved. We suggest including no more than seven essences per formula. Using a single essence can be quite effective and will give a very clear picture of the quality of the essence!

6: Criteria for evaluating case histories: cases will be evaluated primarily on the quality of the work rather than on the outcome. We will be looking for a sense of the developmental process, and how you worked towards goals that you and your client established. We will also look at your ability to recognize and document your client's experience through observation and attention in the interview, selection, and follow-up phases of the work.

7: Cases must be written in a concise and objective manner. Strive for clarity, not quantity, in your written documentation.

8: All information in your case studies will be held in full confidence. Should any of your information be chosen for publication, we will contact you for permission to use it.

9: We prefer that your cases be prepared on a computer, laser printed, and bound together. Please make copies of all work that you submit, as we will keep what you send for our files.

10: A reading and processing fee of $100.00 (US) is due at the time of submission. If further work is required we will contact you, and additional fees may be charged.

Case History Guidelines

Materials required for each of the case histories:

1: Client Intake Form: This should be filled out by your client, in their own words, describing impressions and interpretations of their situation and their goals for using the essences, before the start of the first dosage cycle. If you are working with children, animals, or someone unable to write, you can record the information yourself, or have the client's parent, guardian, or relative complete the form. Feel free to attach additional background information that is not included on the form.

2: Practitioner Case Evaluation Form: For each case history submitted you will need to consult with your client a minimum of four times. Use this form to document your observations at the conclusion of each dosage cycle. Please attach any additional notes that support the ongoing assessment of your work with each client.

3: Client Self-Evaluation Form: This form is to be filled out by the client, after each dosage cycle has been completed, recording their impressions and understanding of how each essence cycle worked for them. For animals and small children, this form may be filled out by the parent or guardian.

4: Summary Report for each client. This report should be written in a narrative style and should summarize the experience you had with each client during the six months that you worked together. It should include your overall impressions on the following subjects:

A. Goals and Objectives—discuss how you and your client arrived at goals and objectives for the essence work, and how they were met or changed during your work together.

B. The Therapeutic Process—discuss the process of working with your client over the entire period of time. Describe the changes you observed in your client during this period and how the essences that were chosen may have initiated or catalyzed these changes. Include your observations in the following areas:

(1) What were the initial problems or issues that brought your client to you in the first place and how did those problems or issues change during the work? Were they resolved and/or did they lead to something else?

(2) The type remedy—were you and your client able to identify one or more type remedies during your work together (it is possible to have a "type" flower essence, gem elixir and environmental essence). If so, describe your client's experience with the type remedy(s).

(3) Healing crisis—did your client come to you in a healing or awareness crisis, or encounter one during your work together?

(4) What was the most important or special aspect of this work for your client and for yourself?

(5) How did you feel about your work with this client? Were there any significant challenges or breakthroughs in your development as a practitioner?

C. Describe how you selected the essences for this client and how your method or approach changed or evolved during your work together.

Guidelines for Submission of Essence Profiles:

The purpose of requiring you to submit essence profiles is to give you the opportunity to create and enjoy an intimate and in-depth connection with a particular flower, gem, and elemental quality of the Alaskan environment. These profiles should include the following:

1: A short paper describing your understanding of the essence. This should include: (a) information on the "signature" of the essence plant, gem, or element, and (b) examples from your own experience or the experiences of clients or friends that serve to illustrate the relationship between the healing pattern that the essence embodies and its therapeutic application in the world.

2: An illustration of the flower, gem, and elemental quality that you are profiling. These illustrations can be done in the style or medium of your choice. The purpose of each illustration should be to convey in a non-intellectual way your impressions of what each flower, gem, and elemental quality has to offer.

Developing Research Skills

The research of vibrational essences is a living, ongoing process that is ultimately linked to the growth of the collective consciousness of all living beings on the planet. The vibrational healing potential that nature holds is just beginning to be discovered, and as we increase our contact with her through the use of essences and other natural systems of healing, our understanding of this potential and our ability to apply it to our lives will grow.

The process of researching an essence can be compared to creating a work of art, such as a painting. The individual who co-creates an essence begins the work by making a sketch of information gained during the preparation process and from a series of attunements with the devic and elemental beings that surround and work with the essence plant. Insight from an objective observation of the plant's physical form and growth habitat and a study of the plant's history of herbal use, where applicable, will contribute further to the underlying form of the piece, but it will still lack texture and dimension.

It is the practitioners who work with the essence and the people who take it that will ultimately complete this painting, by providing the color and depth of practical information taken from actual experience with the essence in the real world of personal challenge and transformation.

The Importance of Case History Development

The main requirement of our certification program is the collection and submission of three case histories. There are several reasons for this.

1: If flower essences and other vibrational remedies are to gain the attention and respect they deserve, their value as therapeutic agents must be carefully documented. Each time you collect a case, you are benefiting the larger public by building a more extensive body of information on which the responsible and accurate use of essences can be based. Each practitioner has the opportunity to contribute to a collective body of healing work that extends beyond his or her practice. Vibrational essence therapy is in its infancy and the information collected by practitioners actively working with the essences now will form the basis of this therapy for future generations.

2: Taking the time and effort to keep detailed records of your work sharpens your perceptive skills and objectivity, contributes to your understanding of each essence you use, and adds depth and accuracy to your practice as a therapist.

3: Through the collection of a number of case reports on a single essence it is possible to develop a more thorough understanding of the healing qualities of that essence. Each case serves as the foundation for further understanding and research. It is also important to understand that each essence is multi-faceted and requires a variety of therapeutic settings to bring out the full range of its possible applications.

4: Most educational and scientific communities recognize carefully developed case histories as a viable form of research. Case histories can also serve as the starting point for other research projects, such as doctoral dissertations and double-blind studies.

Case Taking Skills

The process of developing a well-documented case history on a client is like learning to play the piano, or any other musical instrument. It requires discipline and practice. And, just like learning the piano, the most important part is taking the time to do it. Once you get started, your enthusiasm will build along with the case.

The secret to keeping good client records is to schedule your practice so that you have time to document your impressions while they are still fresh in your mind. The best time to do this is right after you have seen each client.

The use of evaluation forms to record your information will enable you to organize your thoughts in a consistent way with each client. If you are

currently not using such forms, we will gladly provide you with copies of ours, or you can create your own using ours as templates.

Another key to keeping careful and accurate records is to let the client do their share of the work. The client, not the therapist, should fill out client intake and client self-evaluation forms unless there are extenuating circumstances. One way to encourage this is each time you work with a client, give them a self-evaluation form and ask that they fill it out at the end of their dosage cycle. Ask them to submit this form to you even if they decide to no longer work with you. If you are working with people at a distance, send the form along with the dosage bottles, and indicate the date by which it should be submitted back to you.

Most importantly, stress research as an important part of your practice. Make agreements with clients that you will do this work together for your mutual benefit. Let clients know what you expect from them in this regard when you first begin to work with them.

Practitioner Referral Network and Discount Program

Once you become certified you will have the option of being included in our **Practitioner Referral Network**. When someone contacts us looking for a vibrational essence therapist in your area, we will refer him or her to you.

We have also established a **Practitioner Discount Program** for those who have attended our summer course and have completed the Certification Program. For the first year after your certification, you will receive a 20% discount on all products. You may continue to receive this discount on a yearly basis if you submit one (1) case study to us within each 12-month period.