**The Realization Process Therapy**

**Certification Training**

Realization Process Therapy is a method for facilitating embodied psychological health and nondual spiritual awakening. It is a uniquely transformational, comprehensive approach to psychological and relational healing that builds on and includes the meditation, embodiment and trauma release practices of the Realization Process. In this approach, the direction of healing is viewed as the ability to feel fully alive within one’s body, to experience deep contact with oneself and others, and to be open in one’s body, heart and mind to the underlying oneness of all life.

This training is for those who want to use the Realization Process specifically for helping people heal psychological wounding. The training can help both experienced and aspiring psychotherapists to meet with clients in the pervasive space of fundamental consciousness, and to trust the spontaneous emergence of the healing process from this undivided ground. The stable attunement to fundamental consciousness can help you contact your clients from the innermost core of your being, remain grounded and embodied as a support for your clients’ most intense emotions, and refine your perception so that you can see the patterns of openness and constriction within their bodies without leaving your own body. It can help free the natural upwelling of your empathy and compassion.

The training will be taught online, in a small group format. It will provide detailed information about the process of embodied, nondual spiritual psychotherapy, many hours of practice listening and responding while attuned to the pervasive space of fundamental consciousness, as well as supervised sessions, feedback and guidance. Classes will be provided by Judith Blackstone, the founder of the Realization Process, along with experienced senior Realization Process teacher trainers, Marcia Haarer, Christi Bemister and Cindy Cunningham. Supervision will be provided by Marcia Haarer, Christi Bemister and Cindy Cunningham.

**Format**

* Eight three-hour live classes via Zoom. Classes include theory, practice, supervision and discussion. All classes are on Thursdays, 12:00-3:15 PM Eastern.
* Two weekends with Judith Blackstone – in October and March
* Three private 90 minute sessions with your assigned supervisor. Two sessions will consist of you and your supervisor watching a fifty minute video of your work with a client, and then 40 minutes of discussion with your supervisor.  Your third supervisory session will consist of your supervisor sitting in on a live fifty minute session of you working with a client, and then forty minutes of discussion with your supervisor.
* Practice sessions with your assigned partner from within the training group, and with your own clients.
* A written diary about your practice sessions and your own process as a Realization Process therapist, and a monthly 200 word summary of your diary entrees, and any questions that have come up during your practice sessions, to be sent to your supervisor.
* Required reading: Trauma and the Unbound Body, by Judith Blackstone.

**Requirements to Register:**

In order to be eligible for the Realization Process Therapy Training, you need to have completed the Meditation, Embodiment and Healing Ground trainings. You can take those three trainings in any order. You also need to have done at least two years of your personal psychotherapy and at least five private sessions with a senior Realization Process teacher.

**Certification:**

Your certification, at the completion of the training, will be Realization Process Therapist.

Note: The purpose of the Realization Process Therapy Training is to teach the application of fundamental consciousness to psychotherapy. It does not teach psychotherapy as a whole or fulfill the qualifications of a professional discipline. If this is the first step in your therapeutic training, and you wish to practice as a psychotherapist or professional counselor, you will need to follow the laws of your state (or country) regarding graduate degrees, additional training required for licensure, and use of the psychotherapist title.

**Cost**:

$2550

Payment Schedule:

$360 when accepted into the program

$1390 by October 5

$800 by January 1

**Registration Process:**

To register, complete this application and email it to Judith Blackstone at [judithblackstone@gmail.com](mailto:judithblackstone@gmail.com).

**Application for Realization Process Therapy Certification Training**

Name:

Occupation:

Birth Date:

Address (Street, City, State, Country):

Email:

Best Phone #:

1. What drew you to this training at this time? What are your hopes and expectations for the certification training?

2. What is your personal background in psychotherapy, meditation, and/or embodiment modalities?

3. How many years of your own psychotherapy have you experienced? How long ago? What type of psychotherapy? List years of experience and psychotherapeutic modalities that you have experienced for your own personal growth.

4. What is your professional experience in psychotherapy, meditation, and/or embodiment modalities? What modalities have you practiced professionally, and for how long?

5. What is your previous experience with the Realization Process? Please list dates, source (private sessions, classes, workshops, the names of teachers you studied with) and hours of experience.

6. How will you use Realization Process Therapy professionally? If you plan to combine Realization Process Therapy with other modalities, list those modalities along with the length and type of your training in those methods and the length and type of your professional experience with them.

7. The nature of this work sometimes puts us in touch with challenging memories and emotions. Is there anything in your personal history that might be helpful for us to know?

8. Please add anything else that you feel is relevant to your participation in the training.

**Our Privacy Policy:**

Your privacy is important to us. We will not share your personal information with anyone.

**Main Principles of the Realization Process:**

* The Realization Process is a direct path to embodied nondual awakening.
* Nonduality is the realization of our own nature as the undivided expanse of fundamental consciousness pervading our body and environment as whole.
* Nondual realization is an actual transformation of our being, not just a change in our beliefs. It's not that we *know* nonduality. It is that we *are* nonduality.
* Embodiment is the realization of fundamental consciousness pervading our whole body.
* Chronic fragmentations within one’s own being and between oneself and one’s environment can be healed by realizing fundamental consciousness.
* We can experience oneness with other people without being entangled with them, and without losing inward contact with ourselves.
* The fundamental ground of our being has never been injured.
* We can find within our body an innate, ever-present source of equanimity and happiness.
* Even after we have stabilized in non-dual reality, we can continue to become increasingly open to the unity and transparency of our body and environment.

**Ethics:**

* Treat colleagues, clients, and students with respect and consideration at all times.
* Do not behave in any manner that may bring the Realization Process, its members, or the tradition or practice of the Realization Process into disrepute.
* Observe confidentiality of student/client information at all times.
* Do not harm or manipulate the student/client in any way or take advantage of them for the purpose of personal, monetary, social or sexual exploitation.

**Policies – Please Read Carefully**

* All personal information revealed by participants during the training is confidential and not to be shared outside of the group, including participants' contact information.
* You must obtain permission from Judith Blackstone if you wish to include any part of the Realization Process practices in any published written materials, website text or audio or video recordings, or scientific research.
* Authorization to give teacher trainings or to certify anyone in the Realization Process is restricted to Judith Blackstone and the Senior Teachers she designates.

**Consent Agreement and Waiver of Liability:**

By typing my name below and submitting this application for the Realization Process Therapy Certification Training, I affirm that I am of sound mind and body. I take full responsibility for my participation in the training. I hereby release and waive Realization Process, LLC, Judith Blackstone, Marcia Haarer, Christi Bemister and Cindy Cunningham from any liability, claims and actions arising out of or related to loss, damage, injury, or psychological distress that may be sustained by me while participating in the Realization Process Therapy Certification Training.

I have read and agree to abide by the statements above.

Name:

Date: