

In Motion 4 Life Policies

Initial _____ Cancellation/Transfer Policy

If you cancel or transfer for any reason, please contact us in writing/email a minimum of 30 days prior to the date of the event. Your registration fee will be refunded, minus a \$100. Processing fee.

No refund will be made after 30 days of the event date.

INITIAL _____ CONFIDENTIALITY POLICY

- Everything discussed within the confines of the time of our work shall remain confidential and shall not be divulged to any third party.
- If participating in group session, class, workshop or training, no identifying material will be divulged outside of the group.
- Non-identifying case material may be discussed during supervision with a designated supervisor and/or for medical purposes.

Initial _____ Ethics and Anti-Discrimination Policy

One needs to be aware and acknowledge that any time inner bodywork of the modalities taught at In Motion 4 Life begins, those participating will be delving deep within their self. The release of past traumas, tensions, and stress that has been held is not easy; but this is a huge goal and starting place in the work.

The deep nature of the work is difficult and takes time and strong effort on your part. It can be tough to face what we have buried in our held tension and muscles, what we have put under the armor that has protected us and kept us going through life for so long. But to help others, we must first help ourselves.

In both Yoga and TRE this process generally begins. Whether taking a private session, group class or you sign up for the TRE Global Provider Certification Program (GCTP). It is during Module 1 that is a requirement for certification and

can be a one time personal workshop that this occurs or and be anytime during a yoga session.

A purpose or goal we don't often consider is the deep inner work. However in TRE, the purpose of Module 1 is to learn to work on ourselves, learn about our own bodies and how we regulate (or don't) our nervous system during times of stress and rest. Emotional releases and dysregulation (resistance, sadness, anger, frustration, etc.) are often common to start. Working with and through this release is all part of your personal process and an integral part of the training. Knowing this, support is a huge part of our GCTP. You will not be alone in this process. We will be right there with you. We will be cheering you on, supporting you when you need it and guiding you when we feel you need direction.

While no requirement is made that you share your history or story, you must be willing to share and discuss your emotional, physical, and mental journey as it pertains to your TRE personal practice and process. This knowledge is vital for us to know where you are and how you are progressing in your personal growth for your safety and for the safety of *all* participants in the training program. We may encourage you to reach out to a counselor should we feel, that would be of benefit to your process.

You will also gain valuable support and encouragement from your peers that will be in class with you. We may come into this class for different reasons, from different backgrounds and fields of study; we encourage you to take advantage of this diversity and learn from one another. Listen and hear what each has to say. There is much to learn from others' experiences in life and in their own TRE journey.

Taking full opportunity of an open learning environment, we do so with the agreement to keep things that happen in our class, our sessions (both supervisions and peer session), private and confidential. Participants must feel free to share about themselves and their TRE experience. We also agree to *not* tolerate any form of discrimination based on race, creed, religion, color, age, disability, pregnancy, marital status, parental status, veteran/military status, national origin, political affiliation, sex, sexual orientation, or predisposing genetic characteristics. This list is not exhaustive. TRE is a global organization and as such embraces all cultures and beliefs. All are welcome to join. TRE is for ALL.

By signing this document, I understand the personal work that I will be required to do with the guidance of my instructors. I also agree to keep all things confidential that are shared in classes and sessions with me by peers and my instructors. I further pledge to abide by the anti-discrimination policy and understand that my failure to do so, may result in my being asked to leave the program.

“Our certification program will prepare you to teach TRE safely, responsibly, and professionally. Additionally, we require that our trainees experience the depth of personal healing, re-balancing and tension releasing that is possible through this somatic process”.

~Dr. David Berceci, from the letter to those interested in the TRE Certification Program on the TFA website.

Initial _____ Teaching or Leading Others thru Yoga, Pilates, TRE or any Functional Movement Policy

TEACHING OR LEADING OTHERS IN EXERCISES/MOVEMENT WHEN NOT CERTIFIED OR LICENSED IN MODALITIES STUDIED AND LEARNED IN MOTION 4 LIFE AND DP MATWORKS, INC.

I acknowledge and accept that I am NOT qualified to lead others through this exercise and that I will only use what I have learned for myself.

If I successfully completion certification any of the modalities taught and learned at In Motion 4 Life, then I can study and teach from the training portal.

In respect for everyone involved, both participants and instructors, all policies listed above must be initialed and participants signature signed below acknowledging they have agreed to and will abide by the policies of DP Matworks, Inc and In Motion 4 Life.

Participant Print: _____ Date: _____

Participant Signature: _____