

Information for Applicants: This list below is not intended to be exhaustive nor express absolute requirements. It is intended as a guideline on which new applicants are considered for the apprenticeship. Applicants should be able to recognise and reflect on their own strong / weak areas. This document is in a continual process of evolution and feedback is actively invited.

Personal and professional skills

- **Sufficiently stable in own life to extend reliable, professional care to others:**

- Emotional stability - familiar with working with own process and able to find support when needed
- Self care (healthy eating etc) - able to take charge of and look after one's own health and wellbeing
- Additional therapeutic support must be in place for those with *serious* anxiety, depressive or psychotic mental health conditions. I would define *serious* as any condition that has significant impact on your day to day wellbeing and your ability to function / work / study. The nature of this work is that it can trigger personal process and as such you will need to have a sufficient support network / stability / roots to be able to work with this constructively.

- **Reliable, trustworthy and consistent** with commitments, times, dates and money.

- **Self motivated with regard to intention and study** - able to set own intentions, own outcomes and ask or support when needed (in the case of the apprenticeship this is particularly relevant since there is *no set outcome* - each individual has to be willing and able to find their own path of learning).

- Willing to accept **critical feedback** and engage with it in a positive and forward looking way.

- Able to **ask for support** when needed and be willing to recognise and find additional support (e.g. Counselling/Psychotherapy) if this is needed / suggested.

- Able to **work harmoniously with peer group** to facilitate autonomous peer learning. This included familiarity with non-violent communication (or equivalent) and willingness to engage with and navigate disputes.

- Able to **express oneself** in a group setting, or willingness to develop this skill.

- **Demonstrable ability to be in a professional role**, holding a safe and stable place for others. Ideally this is in some sort of therapeutic setting, but may also be educational or group holding. The key thing is that you have experience of being autonomous and responsible in a professional capacity.

- **Honesty** in self reflection (recognising one's own part in life struggles) and willingness to be challenged.

- Willingness / ability to **learn from difficult times** and challenges in life and use them as 'grist to the mill'.

- Willingness / ability to engage with **academic rigour** - this is only 25% of the Apprenticeship and this is intentionally not an academically focused program, but it is important in particular with regard to safety, drug interactions, research, clinical red flags and basic differential diagnosis. Apprentices should be able to engage with a minimum of Level 3 (A Level) quality of work and be willing to work towards Level 4 to 6 (half degree level to MSc/MA level) depending on your prior experience.

- An intention to **share this work with others**. The form of this is up to the apprentice. Examples would be to share it in a therapeutic, educational, artistic or research capacities.

Personal therapeutic skills

None of the below need to be developed to a high level, but the process of self-awareness practice with regard to these should be well underway.

- **Somatic awareness practise** - be in the process of improving ability to listen to one's own body's intelligence.
- **Spiritual practice** - willingness to find and engage with a robust, personal spiritual practice.
- **Reflective practice** - engagement with self awareness work, counselling or psychotherapy.
- **Receive own treatments** - to be receiving professional treatment/advice at least four times a year.
- Basic familiarity with one's own ... relationship with **empathy, projection** and **transference**.
patterns of **addiction** and **co-dependency**.
patterns of **denial**.
relationship and expression of key emotions: **anger - fear - joy - sorrow**.
relationship with shame, guilt and disgust
'**teacher**' dynamics / projections, particularly regarding **mother / father** projections.

Herbal and medical skills

- A demonstrable history of plants being an important part of your life for many years.
- Personal experience of learning from / being taught by / being changed by plants.
- History of attending classes / active and committed learning.
- Basic herbal knowledge base (Home herbal type of level - suitable level would be '*Holistic Herbal*' - *David Hoffmann*).
- Completion of the *Foundation Year* or equivalent in the form of tutorials and immersions.

- Willingness to complete or completion of **Level 3 Anatomy and Physiology** class (the normal standard for many therapeutic trainings such as massage, reflexology etc)

- A **pre-existing qualification** in some form of therapeutic modality or **the willingness to train in one**. Examples would be massage, shiatsu, reflexology, counselling or psychotherapy. Bodywork focused skills are especially useful. Ideally you are actively engaged in offering your skills, even if only in an occasional and voluntary way.