



THE CENTER FOR BODY-UP CO-REGULATION

Nourish Yourself While Nurturing Others!

www.WeCoregulate.com 413-313-6192

Application for Level I Certification Body Up Co-Regulation (BCR) Peer Teacher

NAME: _____ **DATE:** _____

EMAIL: _____ **PHONE:** _____

A. Training Class Completed. Note program name and date here:

B. I have completed and logged 12 BCR peer sessions (35-60 min each).

6 of the sessions with someone not trained in BCR.

(Indicate date and peer buddy's initials below. Include the session logs in your GoogleDrive folder).

1	7
2	8
3	9
4	10
5	11
6	12

Note: The exercise requirements below are to ensure you have experience with each of the 4 regulatory categories. You are required to practice teaching one regulatory exercise from each category. In your 12 sessions, I suggest you take one session to explore each category and then explore some teaching. You could do an arrival exercise at the beginning of each session rather than a whole session on arrival - not that getting present is unimportant!

C. I have practiced these exercises with explicit regulatory intent:

(Highlight two per category)

For Embodied Presence/Arrival: Sitz Bones Rock, Back Stack, Piezoelectric Arms, Hands Show Breath, Partner Stretches, Sitting with Self and Other.

For Up-Regulation: Breath Wings, Prayer Push, Spinal Flexes, Proud Duck, Washing Machine.

For Down-Regulation: Sitz Bones Rock, Back Stack, Reach for the Earth, Hands Show Breath, Partner Stretches, I Stand Guard While You Rest.

For Connection: Hands Show Breath, Pinky Paws, Heart Circles, Connected 8s, Proud Duck, Pick Me Up and Hug, Prayer Sweep, Turn Away and Come Back, My Safe Bubble.

D. I have practiced teaching these four practices to a buddy: Underline or list one exercise from each regulatory category in **section C.** above.

E. I have practiced these exercises with a peer/buddy (preferably 2 times). (You probably already practiced these as part of your regulatory explorations, if not, make sure you try them each once.) Indicate dates.

Sitz Bones	_____	_____
Back Stack	_____	_____
Partner Stretches	_____	_____
Hands Show Breath	_____	_____
Prayer Push	_____	_____
My Safe Bubble	_____	_____
Up and Down with the Voice	_____	_____
Sitting with Self and Other	_____	_____

F. Written Reflection Questions (Type your reply to each of these.):

1. What are your goals in using Body Up Co-Regulation? For yourself and for future co-regulation buddies? (Type your reply here.)
2. Which exercises do you find especially useful and how are they useful for you personally? (Type your reply here.)
3. Which exercises have others told you they find useful? (Type your reply here.)
4. Do you use a timer to track equal time? If not, how do you ensure fairness re time? (Type your reply here.)
5. What is the difference between using these exercises for regulation rather than for therapy?(Type your reply here.)
6. Please reflect on one particularly meaningful session and what stayed with you. (Type your reply here.)
7. Please reflect and write about your strengths and weaknesses (learning edges?) as a peer co-regulator? (Type your reply here.)
8. What will be important for you in selecting buddies in the future? (reply here.)

G. Please fill out this form and place it in your application folder on Google docs, along with your Session logs.

H. When your application and logs are complete and uploaded into your GoogleDocs folder, submit your application fee of \$50 USD [Here](#).

I. Your application fee covers 2 (½ hour) feedback sessions with Beth, one before and one after the application is complete.

Indicate session dates: _____, _____

Competency Areas (to address with Beth in feedback sessions):

Peer Relating

Attend to and respect boundaries, needs, and nervous system of both people
Keeping equal time
Ability to TALK (Share about your body up experience)
Invitational language and Inclusive language
How is it for you to invite buddies to do BCR with you?
Comfort in teaching

Cultivating Safety

Minimizing shame
Noticing when to encourage a partner to speak up about needs or discomfort (Tracking triggers and dissociation)
Reregulating after triggers and dissociation

Self-Reflection

Awareness of personal strengths and challenges with knowing when you need regulation, what works and asking for it
Awareness of your indicators for high and low arousal edges
Awareness of personal strengths and challenges with the 4 skills

Level I Requirements for BCR Peer Teacher Certification:

An 8-10 week class in BCR

12 logged BCR sessions with a peer (Section B), or more, if needed to include:

8 regulatory exercises, (Section C)

4 exercises you practiced teaching to a buddy (Section D)

8 basic exercises to be sure you practice at least once (Section E) in case you did not practice them as part of C and D

Completed application, including written questions

Commit to abide by the BCR *Core Values and Code of Ethics*
2 feedback sessions with Beth (30 min each)
\$50 Application Fee

Level One Forms:

Level 1 BCR Peer Session Logs
Level 1 BCR Application