



THE CENTER FOR BODY-UP CO-REGULATION

*Nourish Yourself While Nurturing Others!*

[www.WeCoregulate.com](http://www.WeCoregulate.com) 413-313-6192

**Application for Level IV Certification  
Body Up Co-Regulation (BCR) Certified Therapeutic  
Practitioner**

**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

- - - - -  
Completed Level One class: Program Names and Dates Type Here

Masters level therapeutic training or license: Degree and School

Completed supervision group, class, or individual supervision: Program Names and Dates Type Here

**A.** I have completed and logged 20 (45-60 min) client sessions that include BCR with therapeutic intent. Be sure to complete a session log form for each of these sessions and file it in the Google Drive folder for your certification.

- |    |                                    |    |
|----|------------------------------------|----|
| 1  | Indicate date and client Initials. | 11 |
| 2  |                                    | 12 |
| 3  |                                    | 13 |
| 4  |                                    | 14 |
| 5  |                                    | 15 |
| 6  |                                    | 16 |
| 7  |                                    | 17 |
| 8  |                                    | 18 |
| 9  |                                    | 19 |
| 10 |                                    | 20 |

**B.** I have practiced these exercises with clients at least 2 times, with the indicated therapeutic intent. Indicate dates.

Back Stack \_\_\_\_\_, \_\_\_\_\_  
*For deepening embodiment around another.*

My Safe Bubble \_\_\_\_\_, \_\_\_\_\_  
*For boundary work, and for noticing how the leader's boundaries affect the mirror*

Embodied Beginnings \_\_\_\_\_, \_\_\_\_\_  
*For building embodiment, safety, and agency early on in the coregulation work, or as an assessment tool.*

Up and Down with the Voice \_\_\_\_\_, \_\_\_\_\_  
*For accessing and exiting activated states.*

Turn Away and Come Back \_\_\_\_\_, \_\_\_\_\_  
*For exploring attachment issues.*

Mentored Rest \_\_\_\_\_, \_\_\_\_\_  
*For exploring and expressing needs and for taking in support on returning to intentional, eyes-open connection.*

Sitting with Self and Other \_\_\_\_\_, \_\_\_\_\_  
*For noticing habits as well as NS preferences regarding attention to self and other (eg. 90/10)*

Heart Circles \_\_\_\_\_, \_\_\_\_\_  
*For dropping into our hearts and getting more connected.*

The 4-Phase Sequence \_\_\_\_\_, \_\_\_\_\_  
*For building capacity (for intensity and complexity) via up-regulation (include your choice of Breath Wings, Prayer Push, Chicken Wings, Propellor, Washing Machine, Spinal Flexes).*

### **C. Written Questions:**

1. What are your goals in using Body Up Co-Regulation? For yourself and for clients? (Type your reflections here)
2. For you personally, which exercises do you find especially useful and how are they useful? (Type your reflections here)
3. Which 3 exercises do you find especially useful with clients and how are they useful? (Type your reflections here)
4. How do you assess if and when BCR will be useful with a given client? (Type your reflections here)
5. What cautions and concerns do you consider before introducing BCR exercises? (Type your reflections here)
6. Please reflect on one particularly meaningful session and what stayed with you. (Type your reflections here)
7. Please reflect and write about your strengths, weaknesses, and your learning edge as a BCR Certified Therapeutic Practitioner (Type your reflections here)
8. The hat/role slide: Please describe how you assess when it is appropriate to shift from an expert role to a peer role. (Type your reflections here)
9. Please describe what you say and do to shift into and out of a peer role. (Type your reflections here)
10. How do you maintain the framework for the therapeutic relationship given the intimacy generated by BCR and peer roles? (Type your reflections here)

**D.** List two exercises from each category of the Skills Pie that you feel comfortable using with clients.

Find Home in our Core:  
Exploring Boundaries:  
Give the Body a Voice:  
Track Self and Other:  
Arrival:  
Regulate for Connection:  
Up-Regulation:  
Down-Regulation:

**E.** Please fill out this form and place it in your application folder on GoogleDrive, along with your Session logs.

**F.** When your application and logs are complete and uploaded into your Google Docs folder, submit your application fee of \$100 [HERE](#).

**G.** Your application fee covers 2 (1-hour) sessions with Beth, one during your second class series or supervision and one after your application is complete. Indicate session dates: \_\_\_\_\_,  
\_\_\_\_\_

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

**Peer/ Professional Relating: Power Dynamics and Authenticity**

Peer/professional relating  
Hat/role slide  
Healthy boundaries  
Nervous system lens on self and client  
Assessment regarding equal time  
TALK with clinician filters  
Invitational language and inclusive language

**Cultivating Safety**

Attend to and reduce shame  
Titration Skills, stop and adjust  
Track triggers and dissociation  
Reregulation skills  
Scaffolding practice: in and out  
Framework skills

**On-going Self-Reflection**

On strengths/challenges with the 4 skills.  
On strengths/challenges in your regulation:  
    When you need regulation, what works, and asking for it.  
On your vulnerable areas:  
    Where are you reactive: Freezy, activated, or judgemental?  
    Where do you need positive feedback?  
On inviting clients to do BCR with you  
On sliding into power struggles

### **Addressing Burnout Issues**

Maintain choices re: 90% - 10% attention

Distinguish *being with* vs. *being there for*

Assess radiating presence vs. extending yourself

### **Competency in BCR Case Construction**

Embodiment capacity

Nervous system lens: habits and capacities

Attachment patterns

Integrate client goals with regulation and embodied relating skills

Assessing and utilizing client resources

Engineers - Empaths scale

### **Repair**

Humility, willingness to be wrong

Transparency when useful

Being nimble rather than defensive - use everything

Looking for mistakes

Repair is evidence of hope - use it

### **Level IV Requirements:**

Completed Level I Certification

A Second Class Series or Supervision

20 Level IV Session Logs (BCR with Clients)

Level IV Application Form and Fee

2 hour-long sessions with Beth

### **Level IV Forms:**

BCR Level IV Session Logs

BCR Level IV Application