

Rickie Moore, Ph.D. & Henry Marshall, Ph.D.

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**Date:       October 2004**

**Re:         Professional Counselling Credentials**

This is an updated summary of how the requirements of the Tri-Energetic Counsellor Training can be translated into categories used by professional associations such as the Netherlands Associatie voor Counselling (NAC) and the European Association for Counselling (EAC). Please use these guidelines instead of earlier versions.

The NAC is a very good entrance point for all graduates to enter the world of professional counselling. Membership in NAC as a basic counsellor or accredited counsellor automatically gives membership in EAC. At present this approach allows any of our students to have a professional counselling credential, even if there is no professional counselling association in their home country.

We intend for this document to help graduates connect the rich experiences in the Tri-Energetic Counsellor Training with the formal requirements of counsellor credentials. We welcome feedback and are happy to assist in clarifying the credentialing process. We are also very interested in learning about other approaches to credentialing that graduates may discover.

Professionally Speaking...

- I. Tri-Energetics is a broad-based integral system designed to help people satisfy needs, simplify wants, and clarify intentions. Rickie Moore, Ph.D. developed it over years of working with clients in therapy and counselling, and refined it with the help of Henry Marshall, Ph.D. It is the therapeutic system they use in all aspects of their work, including Playshops (adult play-therapy groups Rickie Moore began conducting in 1982).
- II. Rickie Moore received a Ph.D in Counselling Psychology in 1981, and became a Licensed Professional Counsellor in the State of Texas in 1983. Henry Marshall received a Ph.D. in Clinical Psychology in 1976, and became a Licensed Psychologist in the State of Texas in 1977. Both continue these credentials in USA through the present time. Both hold the following credentials in Europe: 1997, Accredited Counsellor, Netherlands Association for

Counselling (NAC) and European Association for Counselling (EAC); 1999, Counsellor – Supervisor / Educator, NAC; and 2000, Healthcare Psychologist, Netherlands Institute for Psychology (NIP). Both received training in psychotherapy and counselling as part of their doctoral training in psychology.

III. Tri-Energetic Counsellor Training was begun in 1988. Its intention is to train talented individuals to integrate counselling skills and the practice of Tri-Energetics into their personal and professional lives. It is conducted over a two-and-a-half year period, in six training sessions of six days each.

(1) During the six training sessions

(i) Every graduate of the Tri-Energetic Counsellor Training completes the course's "fixed requirements":

1. Participation in the six training sessions
2. Completion of a paper at the end of the course

(ii) In credentialing language, what students do in the six training weeks is called "theoretical-technical training in counselling that includes practical training experiences under supervision."

1. "Theoretical-technical training" means instruction in counselling methods and techniques, ethics and multi-cultural issues, as well as focus on each trainee's personal development as a counsellor.
2. "Practical training experiences" means exercises during the training weeks in how-to counsel, practice-counselling sessions with fellow students, and feedback from fellow students and teachers about these sessions.
3. We calculate that each 10-hour day of "theoretical-technical training" in a training session includes at least 2 hours of "practical training experiences."
4. Therefore upon completing 6 training sessions x 6 days each session x 10 hours each day, graduates have 360 hours of theoretical-technical training of which at least 72 hours are practical training experiences under our guidance.

(2) Outside the six training sessions

(i) Every graduate completes the "flexible requirements" of the Tri-Energetic Counsellor Training for personal work and for assisting in Playshops / groups.

1. Usually (not always) most of the personal work is completed before beginning the training; the amount is flexible.
2. Most graduates assist in more than one group, although our working minimum requirement is at least 5 days assisting experience.

(ii) “Personal work” in credentialing language is sometimes called personal development or training therapy. This includes all the experiences you have had as a client in counselling or psychotherapy with a professional accredited counsellor, psychotherapist, psychologist, as well as being a participant in any of our groups (Inner Peace, Nature Healing, Mantras & Healings, Partner Playshops, Women’s Weekends, etc.).

1. Each full day in a group counts as 10 hours of group personal work.
2. Note: two hours group personal work equals one-hour individual personal work.

(iii) “Work experience as a counsellor and supervision” in credentialing language means working as a counsellor with real clients and getting supervision from someone who has been accredited as a supervisor or is an accredited counsellor, psychotherapist, psychologist, etc.

1. “Intervision” is the term used if you discuss your work with someone with less experience, such as fellow students or an advanced trainee.
2. “Work experience as a counsellor and supervision” includes assisting us at groups (Inner Peace, Nature Healing, Mantras & Healings, Partner Playshops, Women’s Weekends, etc.) after you began the counsellor training.
3. “Assisting” means working as a counsellor by generally supporting participants’ development, directly counselling individuals or groups, and receiving supervision from us.
4. We calculate that each day in a residential group (2,3,4, or 5 days) consists of:
  - a. 5 hours work experience related to counselling
  - b. 4 hours of direct counselling either “1 on 1” or “1 on group,” and
  - c. 1 hour of group supervision.
    - i. Note: three hours group supervision equals one hour of individual supervision.
    - ii. Note: we have an extra hour of group supervision because we meet on the opening evening and on the last day. Therefore we subtract one hour away from “work experience related to counselling” to account for this extra hour of group supervision (as listed following).
5. Each 5-day group of 50 hours assisting can be counted as:

- a. 24 hours work experience related to counselling,
  - b. 20 hours of direct counselling 1-on-1 or 1-on-group, and
  - c. 6 hours group supervision.
6. Each 4-day group of 40 hours assisting can be counted as:
- a. 19 hours work experience related to counselling,
  - b. 16 hours of direct counselling 1-on-1 or 1-on-group, and
  - c. 5 hours group supervision.
7. Each 3-day group of 30 hours assisting can be counted as:
- a. 14 hours work experience related to counselling,
  - b. 12 hours of direct counselling 1-on-1 or 1-on-group, and
  - c. 4 hours group supervision.
8. Each 2-day Weekend group of 20 hours assisting can be counted as:
- a. 9 hours work experience related to counselling,
  - b. 8 hours of direct counselling 1-on-1 or 1-on-group, and
  - c. 3 hours group supervision.
9. Each 1-day group of 6 hours assisting can be counted as:
- a. 3 hours work experience related to counselling,
  - b. 2 hours of direct counselling 1-on-1 or 1-on-group, and
  - c. 1 hour group supervision.