



PRACTITIONER REGISTRATION: RELAXATION

Application Form

Full Name: _____

Address: _____

Phone: _____

Email: _____

Becoming registered is a 2 yearly cycle, which involves submitting evidence of your qualifications and experience, professional development, a current First Aid Certificate, a reflective practice statement, and feedback from your supervisor, or a peer.

I am a current member of the Holistic Pulsing Guild (annual subscription \$25).

I wish to apply for Practitioner Registration (Relaxation) and have paid or included the appropriate fee (\$50).

Payment by Internet Banking: Holistic Pulsing Guild 38 9018 0720832 01

OR

Payment by cash (at retreat or workshop)

- I agree to abide by the Guild Code of Ethics and Standards of Practice
- I agree that my name, guild email address (with private divert) and telephone number may be used for the purposes of networking Holistic Pulsing on the website or in 'Ripples'.

YES / NO

- I have included all relevant documents (see checklist below) for my application.

Signed: _____

Date: _____

CHECKLIST

Make sure you have included all of the following:

1. Current First Aid Certificate
2. Application form including:
 - Qualifications and experience
 - Professional development hours
 - Reflective Practice statement
 - Self and peer feedback (Template 1)
 - OR
 - Supervisor feedback (Template 2)

Please feel free to email us on admin@holisticpulsing.org.nz if you have any queries.

**Please send to: Holistic Pulsing Guild (NZ) Inc
5 Havelock Street
Mornington
Wellington 6021**

**Or email (with scanned or photo copies of relevant documents) to
admin@holisticpulsing.org.nz**

QUALIFICATIONS AND EXPERIENCE

You must have completed Module 2 of the Holistic Health Training NZQA Holistic Pulsing Certificate or old Guild Diploma equivalent to qualify for Relaxation Practitioner Registration.

Please outline your relevant qualifications below.

Holistic Pulsing training.

Date completed

Do you have qualifications and experience in other relevant modalities?

PROFESSIONAL DEVELOPMENT

You are required to undertake a minimum of 20 hours of professional development every two - year cycle.

The professional development hours may consist of:

- Training to update your skills and knowledge in Holistic Pulsing or related areas (for example other body therapies, practitioner skills, bodymind or psychotherapeutic skills).
- Coaching/Mentoring or peer sessions that emphasise specific skill development or reflective practice.
- Engaging in the community of practice of Holistic Pulsing by participating in retreats, workshops, health expos, events or training offered by the Holistic Pulsing Guild or its members.

Please outline here your 20 hours of professional development. Include the activity, dates and hours completed.

REFLECTIVE PRACTICE STATEMENT

We invite you to reflect on your professional development. Please comment on the questions below.

Where am I in my professional journey with Holistic Pulsing?

What are my goals?

Where are my strengths?

What are my learning edges?

My professional development plan:

SELF AND PEER OR SUPERVISOR FEEDBACK

Please fill in and submit either Template 1 or 2 which give feedback on your competencies and any areas for further development. You can either give a session to a peer (someone who is a Guild member who has the same or higher level of qualification to you) or, if you have supervision or are part of a peer supervision group, get them to fill out Template 2 below.

SELF AND PEER FEEDBACK TEMPLATE 1

Use Template 1 when you have given a peer a contracted Holistic Pulsing session for this purpose. Write your own self feedback after the session, and ask your pulsee to write your feedback using this template as a guide. You can then report the feedback to each other (self first then peer) and ask for clarification if necessary.

Template 1 Self and peer feedback

Pulser _____

Pulsee _____

Date of Session: _____

Technical and emotional competence:

(Delivers rocking movements and stretching techniques according to Holistic Pulsing Relaxation Scope of Practice and Principles, including safe touch appropriate to the clients' needs. Offers a range of Holistic Pulsing options for relaxation in the context of client self-awareness, self-acceptance, and self-responsibility. Demonstrates respect, attention, acceptance and confidentiality. Provides a physically, emotionally and culturally safe environment.).

Communication and facilitative skills:

(Attention to the clients' experience including observation of verbal and non-verbal cues, range of movement and comfort. Encourages client self-reflection. Offers relaxing interventions that encompass a holistic perspective, including considerations of mental, physical, emotional and spiritual states in the context of the session).

Management of the professional environment, including the therapeutic cycle:

(Shows ability to gather relevant client history and information, including; client focus, intention, preferences and expectations, and relevant medical conditions.

Stays within the agreed client/practitioner contract and time frame.

Shows ability to contract a care plan with the client including: (may demonstrate some or all of the following within the session)

- information about Holistic Pulsing, explanation of possible side-effects, client self-management and after-care
- demonstrates knowledge of any safety aspects, cautions, contra-indications or when medical clearance is advisable.
- demonstrates knowledge of when it is appropriate to refer a client to other health professionals where the needs of the client fall outside the practitioner Scope of Practice or competency, or where Holistic Pulsing is contra-indicated).

Ability to work with the essentials and principles of Holistic Pulsing:

(Demonstrates an ability to work within the essentials of Holistic Pulsing: Awareness, Acceptance and Re-empowerment and the principles: Movement Everywhere, Connecting, No Force, Healing Not Fixing and Empowerment)

Is the Pulser's Professional presentation and behaviour in accordance with the Holistic Pulsing Guild Code of Ethics and Standards of Practice? (See below).

SUPERVISOR FEEDBACK: TEMPLATE 2

Name of Applicant _____

Name of Supervisor (or members of peer supervision group)

Relevant qualifications, experience and training, membership of professional association of supervisor or peer group

Type of supervision individual joint group peer

Frequency of supervision monthly fortnightly weekly other

How long has the supervision contract been in place? _____

Please comment on:

- The applicants' practitioner skills such as being with and fully present to the client, contracting, technical and facilitative skills, time management and practice management

- The applicants' practitioner/client issues – for example themes that emerge from working with clients, issues such as transference, projection and counter transference

- The applicants' emotional competence – for example their awareness of and ability to process their own emotions.

- The applicants' boundary issues such as appropriate relationships with clients, maintaining an appropriate and safe physical, cultural and emotional space (including safe and appropriate touch, self-care, confidentiality, awareness of practitioner limits and referral).

- Any ethical, legal or standards of practice issues

- Any other comments you wish to make

Signed: _____ Date: _____

HOLISTIC PULSING RELAXATION PRACTITIONER COMPETENCIES AND SCOPE OF PRACTICE

A Holistic Pulsing Guild Registered Practitioner Relaxation will be able to demonstrate competency in the following areas:

- Ability to work within the Principles and Essentials of Holistic Pulsing.
- Gather relevant client history and information, including: client focus, intention, preferences and expectations, and relevant medical conditions. Keep clear and confidential client records of each session.
- Contract with the client a care plan including:
 - information about Holistic Pulsing, explanation of possible side-effects, client self-management and after-care
 - knowledge of any safety aspects, cautions, contra-indications or when medical clearance is advisable.
 - knowledge of when it is appropriate to refer a client to other health professionals where the needs of the client fall outside the practitioner Scope of Practice or competency, or where Holistic Pulsing is contra-indicated).
- Offers a range of Holistic Pulsing options for relaxation in the context of client self-awareness, self-acceptance, and self-responsibility.
- Delivery of rocking movement and stretching techniques according to Holistic Pulsing Scope of Practice and Principles, including safe touch appropriate to the clients' needs.
- Facilitating the client/practitioner relationship with respect, attention, acceptance and confidentiality. Providing a physically, emotionally and culturally safe environment.
- Facilitating a Holistic Pulsing session within the agreed client/practitioner contract and time frame.
- Offering relaxing interventions that encompass a holistic perspective, including considerations of a mental, physical, emotional, spiritual and contextual/environmental nature.
- Attention to the clients' experience including observation of verbal and non-verbal cues, range of movement, comfort and facilitating client self-reflection.
- Ability to apply Holistic Pulsing in a range of situations such as pregnancy, the elderly, people with disability and special needs groups.
- Referring a client to the appropriate health professionals where the needs of the client fall outside the Holistic Pulsing Guild Scope of Practice, or the practitioners' range of competency, or where Holistic Pulsing is contra-indicated.
- Professional presentation and behaviour according to the Holistic Pulsing Guild Standards of Practice and Code of Ethics.

**STANDARDS OF PRACTICE
and
CODE OF ETHICS**

The Holistic Pulsing practitioner or teacher agrees to:

- respect the dignity and worth of the client or student and their right to self-determination.
- provide adequate information for the client or student to make informed choices
- respect and maintain awareness of individual values, beliefs and cultural differences (including ethnicity, disability, gender, class, sexual orientation, age, religious or political beliefs).
- endeavor to keep the best interests of the client or student's health and wellbeing a priority at all times, and if these are in conflict with their own ethics, make that explicit.
- be responsible for keeping the professional and ethical boundaries between practitioner and client or teacher and student clear and raising awareness of these issues with the client or student.
- maintain client confidentiality at all times unless legal duty of disclosure applies and to abide by the terms of any legal requirements and client codes of rights including the Health and Disability Commissioner Act (1994) (www.hdc.org.nz), the Health Practitioners Competency Assurance Act (2004), and the Privacy Act (1993) (www.moh.org.nz) and OSH (www.dol.govt.nz)
- work within the limits of their expertise, and Scope of Practice and make the appropriate referrals where they do not have the necessary expertise.
- be committed to their own personal and professional development and self-care through regular ongoing professional development, supervision and peer supervision.

- behave in a professional manner and uphold the professional integrity of Holistic Pulsing and the Holistic Pulsing Guild (NZ) Inc.
- to provide an environment that is safe, with a high standard of hygiene, that meets the needs of the Provider, Client and meets OSH regulations.
- maintain records accurately and store securely.
- enter into a clear contract of service with the client, where payment, timing and intention of service is agreed to.
- display the Rights of the Health and Disability Commissioner and Practitioner Registration Certificate.
- in the event of a complaint, or unethical practice, refer the client to the complaints procedure of the Holistic Pulsing Guild, or the student to the complaints procedure of the educational institution concerned