

Emotion Release® Institute

Practitioner Certification Requirements

Purpose

Certification recognizes that a student has successfully completed the Emotion Release® Practitioner Training Program and has demonstrated competency in applying the Emotion Release® process.

Certification confirms completion of training requirements and readiness to facilitate Emotion Release® sessions within the approved Scope of Practice.

Certification is earned through participation, practice, competency, and professional conduct.

Certification Requirements

To become a Certified Emotion Release® Practitioner, students must complete the following requirements:

Training Completion

- ✓ Attend the 12-Week Practitioner Training Program
 - ✓ Complete all required training modules
 - ✓ Review assigned lesson materials
 - ✓ Participate in group discussions and learning activities
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Practice Session Requirements

- ✓ Complete a minimum of 24 practice sessions during training

Recommended:

- 12 sessions as Practitioner
- 12 sessions as Client

Students should demonstrate increasing confidence and competency throughout the training process.

Homework Completion

- ✓ Complete weekly homework assignments
 - ✓ Complete weekly reflection exercises
 - ✓ Complete all assigned hypnosis exercises
 - ✓ Review required training materials
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Practitioner Competency

Students must demonstrate the ability to:

- ✓ Follow the Practitioner Blueprint
 - ✓ Follow the Regulation Flow™
 - ✓ Maintain practitioner neutrality
 - ✓ Guide body awareness
 - ✓ Recognize activation
 - ✓ Recognize stabilization
 - ✓ Use appropriate practitioner language
 - ✓ Remain within Scope of Practice
 - ✓ Maintain professional boundaries
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Practitioner Standards

To qualify for certification, students must demonstrate the ability to:

Stay With the Body

Redirect awareness to sensations rather than stories.

Trust Silence

Allow space for the body to communicate.

Trust the Process

Avoid forcing, fixing, rescuing, or interpreting.

Maintain Neutrality

Observe without judgment or personal agenda.

Follow Structure

Apply the Emotion Release® process consistently and professionally.

Scope of Practice Compliance

Students must demonstrate understanding of the Emotion Release® Scope of Practice.

Certified Practitioners agree not to:

- Diagnose medical conditions
 - Diagnose mental health conditions
 - Prescribe treatment
 - Provide psychotherapy
 - Practice outside their level of training
 - Make claims beyond the Scope of Practice
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Professional Conduct

Certification requires professional behavior throughout training.

Students must:

- ✓ Maintain confidentiality
 - ✓ Respect personal boundaries
 - ✓ Demonstrate professionalism
 - ✓ Participate respectfully
 - ✓ Follow Institute policies
 - ✓ Maintain ethical conduct
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Final Reflection Requirement

Prior to certification, students must complete a written reflection addressing:

- What have I learned during this training?
 - What have I learned about emotional activation?
 - What have I learned about nervous system regulation?
 - How has my confidence changed?
 - What kind of practitioner do I intend to become?
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Certification Review

Certification is based on:

- Training participation
- Practice completion

- Practitioner competency
- Professional conduct
- Adherence to Institute standards

Certification is granted at the discretion of Emotion Release® Institute.

Completion of training alone does not automatically guarantee certification.

Certification Acknowledgment

By accepting certification, practitioners agree to:

- Practice within the Scope of Practice
 - Maintain professional standards
 - Continue developing practitioner skills
 - Represent Emotion Release® professionally
 - Uphold the principles of the Emotion Release® Institute
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Certified Emotion Release® Practitioner

A Certified Emotion Release® Practitioner demonstrates the ability to:

Observe.

Guide awareness.

Follow the Regulation Flow™.

Recognize stabilization.

Trust the process.

Remain present.

Honor the body's wisdom.

Certification Statement

Certification signifies that the practitioner has successfully completed the Emotion Release® Practitioner Training Program and has demonstrated competency in the application of the Emotion Release® system.

The practitioner has fulfilled the training requirements established by the Emotion Release® Institute and is authorized to represent themselves as a:

Certified Emotion Release® Practitioner

Emotion Release® Institute

Founder & Director

Cynthia St. Pierre

“Trust the body. Trust the process. Trust your observation.”