

CK™ NEWS – No. 1 Dec. '04

*The Official Newsletter for Counselling Kinesiology™ Training,
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WELCOME to the first CK™ Newsletter! We will be sending out periodic Newsletters letting you know what is happening in CK™.

If you are receiving this by mail, perhaps you might send us your **email address** so we can save some trees. We only use our database to promote CK™ so your address will be safe with us. Just send an email to ckt@ckt.com.au requesting the Newsletter by email. If you don't wish to receive it (or our mail outs) let us know and we will take you off the database – we all dislike spam.

2004 has been a very busy year for us with major house renovations (which we are loving), 2 sudden hard disk crashes (one after only six months) and rewriting of much of the course material. It has been a very satisfying year with firm foundations being established for the future. I have also started playing keyboards with an aging Rock Band for some balance!

CHAT SITE

In 2005 we will be starting a weekly supervised chat room to discuss “things CK™” - your questions, wins, challenges and/or support with getting those assessments completed. It will be a bit like a weekly tutorial that I will be supervising, and a place to connect with other people interested in working with emotional issues using kinesiology. Even if you miss the chat nights, the issues raised will become part of the Frequently Asked Questions (FAQ) section of the website, making it a valuable resource for new and past students.

There are various possible chatroom formats, from restricting it to current and past students, to opening it up to anyone who wants to join in. I am starting it as a restricted site with public guests and we will see where it goes. It can be anonymous, if there are difficult issues to discuss, but it would be great for all the students from different workshops to get to know each other better.

We are really looking forward to catching up with past students, finding out what they have been up to and sharing information and ideas. We can talk about interesting books, movies, research or about people with different approaches to working with emotional issues. We love new ideas and integrating them into the CK™ model – and we really enjoy sharing them.

If you have any suggestions please let us know.

The general consensus is that Wednesday evening would be good, say from 8 to 9.30 pm (after recovering from work and when little kids are hopefully in bed and dinner is out of the way).

The chat site will be “ckchat” and accessed through the “Past and Current” student pages of the website. I have been practicing with my daughter who has much more experience in these things.

PAST AND CURRENT STUDENT PAGES

In 2004, I added assessment assistance and printable pdf files of the CK1 and CK2 Client Information forms to these pages.

In 2005, you will need a login number to enter the CK past student area of the website. In this area, you will be able to access course updates, client information forms and to enter the chat room. You will be able to enter areas of the site relating to the CK courses you have done (i.e. separate past CK1 student, CK2 student and CK3 student areas) with course updates, assessment assistance and FAQ's relating to each workshop.

You can obtain a login number by emailing us at ckt@ckt.com.au with your name and the date of the last CK course you have done. The login numbers relate to the CK levels to which you will have access.

At this stage, there will be no additional charge for this service and we are planning to keep it free for 6 months after any future courses. In the future, we will be introducing a small annual service fee after the free six-month trial period. It will be a very economical way of keeping up with the latest CK material.

CASE STUDIES ON LINE

I will have a fully written up case study for CK1 and CK2 on line in the “Past and Present Student” area to assist you in completing your case study assessments. It will give you an example of what I expect for these assessments.

I will also include interesting case studies in this area and in the Newsletter, and would encourage you to supply some too. We can all learn from each other's experiences. Don't feel you have to write up just the successes, we can all learn as much, if not more, from the challenging ones.

NEW WORKBOOKS AND WORKSHEETS

We have received overwhelming support from our students for the preparatory workbooks and worksheets. It helps to focus on the essential points and provide a useful summary when reviewing the material. We have also noticed a big leap in the ability of the students to grasp the large amount of information in CK™, after they have done the preparatory workbooks. On the other hand, the use of the workbooks and worksheets during the workshops has been less useful.

It seems clear that we have found a great way of solving the three often conflicting needs of mastering the theoretical material, learning how to apply it and processing your own emotional issues during the one workshop.

The preparatory workbooks and worksheets also tie in with our plans of flexible delivery / distance education, allowing more of the workshop contact time to be devoted to covering the practical material, and more time for practice.

In 2005, we will be moving more of the information from the workshops to pre-reading preparatory workbooks and worksheets. We will be starting with the new CK1 Talk Therapy Workbook for the next workshop on the Sunshine Coast in January.

The last phase will be adding video clips demonstrating the practical techniques, so that you can review them at your own pace. Often people are so engrossed in the story during live demonstrations that they miss the actual techniques being used!

In this way, we will be able to increase the length and ease of mastering CK™ without needing to increase the face-to-face contact hours. We plan that the chat site will make up for lack of face-to-face contact and it will be regular and ongoing (unlike a once-off workshop).

WORKSHOP PRICES AND INITIAL PAYMENTS

There will be no price increases for workshops in Sydney and Melbourne for the next six months. The Sunshine Coast courses will be offered at a 10% discount.

The initial \$75 deposit is to be replaced by a \$150 initial payment which will cover supply and review of workbooks and worksheets, and secures your place in the workshop.

Since the initial payment covers the cost of the workbooks and worksheets (three substantial books for CK1), it is non-refundable but can be transferred to any later workshop if we receive adequate notice of cancellation.

In effect, you are paying for the distance education components separately and this will continue as we roll out more of our distance education plans. It will also assist with self-paced learning, as there is no obligation to do workbooks and workshops close together (although we would encourage it while it is fresh in your mind). You will need to complete CK1 before you can commence the CK2 or CK3 workbooks.

ASSESSMENTS

We have updated the assessments. There will still be case studies, a theory assessment and oral but they will be more streamlined. The case studies will be assisted by an on-line example, the theoretical assessment will be solely multi-choice and the oral will be more of an overall review. Proper completion of the worksheets will also be included as part of the assessments.

NEW EMAIL AND WEB ADDRESS

We have registered another web and email address for simplicity. It will get around the difficulty of spelling counsellingkinesiology each time and avoid the problems with the American spellings of "counseling" and "counselor".

They are www.ckt.com.au and ckt@ckt.com.au. The old ones still work too counsellingkinesiology@bigpond.com www.counsellingkinesiology.com.au

DATES FOR 2005

Introduction to Counselling Kinesiology™ (1 day 9.30am-5.30pm)

Sunshine Coast Sat. 8 January 2005
Sunshine Coast Sat. 9 July 2005

Counselling Kinesiology™ 1 - "Resolving Emotional Stress"

(3 days – 9 am-5.30 pm)

Sunshine Coast 14-16 January 2005
Melbourne 10-12 June 2005
Sunshine Coast 15-17 July 2005
Sydney 22-24 July 2005

Counselling Kinesiology™ 2 - "Empowering Relationships"

(3 days 9 am - 5.30 pm)

Sydney	26-28 February 2005
Sunshine Coast	4-6 March 2005
Melbourne	19-21 August 2005
Sunshine Coast	7-9 October 2005
Sydney	21-23 October 2005

Counselling Kinesiology™ 3 - "Parenting Issues & Working with Children"(3 days 9 am-5.30 pm)

Sunshine Coast	13-15 May 2005
Sunshine Coast	2-4 December 2005

We take this opportunity to wish all our past and present students a Merry Christmas & all the best for 2005, warm regards, Gordon & Deb.