

WORK-RATE CALENDAR

COUNSELLING KINESIOLOGY™ 1 TRAINING

PRE-WORKSHOP WORKBOOKS – 10.5 weeks @ 4 hours/week (42.5 hours over 11 weeks)

Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11
4hrs	4hrs	4hrs	4hrs	4hrs	4hrs	4hrs	4hrs	4hrs	4hrs	2.5
Starts 1/2/'10	Starts 8/2/11	Starts 15/2/11	Starts 22/2/11	Starts 1/3/11	Starts 8/3/11	Starts 15/3/11	Starts 22/3/11	Starts 29/3/11	Starts 5/4/11	Starts 12/4/11
W/B 1	W/B 2	W/B 3 Pt. 1	W/B 4	W/B 5 Pt. 1	W/B 6 Pt. 1			W o r k s h o p		
3 hrs	2.5 hrs	3.5 hrs	9 hrs	6.5 hrs	18 hrs					

Work-rate Calendar Dates

(for the Hands-on Workshop on the *Sunshine Coast* commencing Friday 15th April '11 and *Melbourne* Hands-on Workshop 29th April '11)

- Week 1 Mon 29th Jan. '11: Start Workbook 1 (W/B 1) – 'Introduction and 3 Stage CK™ Process'
Sat. 5th Feb. '11: **Worksheet 1 (W/S 1) due**
Start W/B 2 – 'Duty of Care'
- Week 2 Wed. 9th Feb. '11: **W/S 2 due**
Start W/B 3 pt.1 – 'Stage 1 CK™ Talk Therapy'
- Week 3 Wed. 16th Feb. '11: **W/S 3 pt.1 due**
Start W/B 4 – 'The Developmental Directory™ & Grief Gauge™'
- Week 4 Continue W/B 4
- Week 5 Fri. 4th Mar. '11: **W/S 4 due**
Start W/B 5 pt.1 – 'Stage 2 CK™ Emotional Stress Circuit'
- Week 6 Continue W/B 5 pt.1
- Week 7 Tue. 15th Mar. '11: **W/S 5 pt.1 due**
Start W/B 6 pt.1 – 'Stage 3 CK™ Integrative Exercises & Applicat. of CK™'
- Week 8-10 Continue W/S 6 pt.1
- Week 11 Friday 15th Apr. '11: **W/S 6 pt.1 due**
Friday 15th Apr. '11: Commence Sunshine Coast Hands-on Workshop (3 days 9am-6.30pm)
Friday 29th Apr. '11: Commence Melbourne Hands-on Workshop (3 days 9am-6.30pm)
(24 hours of hands-on training)

(continued)

POST-WORKSHOP WORKBOOKS – 10.5 weeks @ 4 hours/week (41.5 hours over 11 weeks)

Work-rate Calendar Dates – Post Sunshine Coast Hands-on workshop

(The following dates apply to the Hands-on Workshop on the *Sunshine Coast* Friday 15th – 17th April '11)

Wk 12 4hrs Starts 19/4/11	Wk 13 4hrs Starts 26/4/11	Wk 14 4hrs Starts 3/5/11	Wk 15 4hrs Starts 10/5/11	Wk 16 4hrs Starts 17/5/11	Wk 17 4hrs Starts 24/5/11	Wk 18 4hrs Starts 31/5/11	Wk 19 4hrs Starts 7/6/11	Wk 20 4hrs Starts 14/6/11	Wk. 21 4hrs Starts 21/6/11	Wk 22 1.5 Starts 28/6/11
W/B 3 Pt.2 2.5 hrs	W/B 5 Pt.2 10.5 hrs		W/B 6 Pt. 2 16 hrs			W/B 7 Pt.1 8.5 hrs		W/B 7 Pt. 2 4 hrs	C a s e S t u d i e s	

Case Studies - 4.5 weeks @ 4 hours/week (18 hours over 4½ weeks)

Wk 22 2.5hrs	Wk 23 4hrs Starts 5/7/11	Wk 24 4hrs Starts 12/7/11	Wk 25 4hrs Starts 19/7/11	Wk 26 4hrs Starts 26/7/11
Case Study 1 Talk Therapy Session 1hr Case Study 1 Talk Therapy Write up 1.5hr Case Study 1 ESC Session 2hr	Case Study 1 ESC Write up 2hr	Case Study 1 Stage 3 Session 1hr Case Study 1 Stage 3 Write up 1.5hr	Case Study 2 Talk Therapy Session 1hr Case Study 2 Talk Therapy Write up 1.5hr Case Study 2 ESC Session 2hr	Case Study 2 ESC Write up 2hr Case Study 2 Stage 3 1hr Case Study 2 Stage 3. Write up.1.5hr

Final Assessments

Wk 27 4hrs Starts 2/8/11	Wk 28 4hrs Starts 9/8/11
Prepare for Written and Oral Assessments	Written and Oral Assessments

(continued)

Work-rate Calendar Dates – Post Sunshine Coast Hands-on workshop

(The following dates apply to the Hands-on Workshop on the *Sunshine Coast* Friday 15th – 17th April '11)

Week 12	Mon. 18 th Apr. '11: Sat. 23 rd Apr.	Start W/B 3 pt.2 - 'Stage 1 CK™ Talk Therapy' W/S 3 pt.2 due Start W/B 5 pt. 2 - 'Stage 2 CK™ Emotional Stress Circuit'
Week 13-14		Continue W/B 5 pt. 2
Week 15	Wed. 11 th May '11:	W/S 5 pt.2 due Start W/B 6 pt. 2 - 'Stage 3 CK™ Integrative Exer. & Applic. of CK™'
Week 16-18:		Continue W/B 6 pt. 2
Week 19	Wed. 8 th Jun. '11:	W/S 6 pt. 2 due Start W/B 7 pt. 1 – CK™ Life Enhancing Exercises: PP & Coaching
Week 20		Continue W/B 7 pt. 1
Week 21	Thur. 23 rd Jun. '11:	W/S 7 pt. 1 due Start W/B 7 pt. 2 – CK™ Life Enhancing Exercises: PP & Coaching
Week 22	Thur. 30 th Jun. '11	W/S 7 pt. 2 due Start Case Studies (if not before)
Week 23-26		Continue Case Studies (see timings on chart)
Week 27	Mon. 1 st Aug. '11:	Case Studies Due
Week 28	Mon. 8 th Aug. '11: Fri. 12 th Aug. '11:	Written Theory Assessment (multiple choice) Oral assessment

(continued)

POST-WORKSHOP WORKBOOKS – 10.5 weeks @ 4 hours/week (41.5 hours over 11 weeks)

Work-rate Calendar Dates – Post Melbourne Hands-on workshop

(The following dates apply to the Hands-on Workshop in *Melbourne* 29th April – 1st May '11)

Wk 12 4hrs Starts 3/5/11	Wk 13 4hrs Starts 10/5/11	Wk 14 4hrs Starts 17/5/11	Wk 15 4hrs Starts 24/5/11	Wk .16 4hrs Starts 31/5/11	Wk .17 4hrs Starts 7/6/11	Wk .18 4hrs Starts 14/6/11	Wk 19 4hrs Starts 21/6/11	Wk 20 4hrs Starts 28/6/11	Wk. 21 4hrs Starts 5/7/11	Wk 22 1.5 Starts 12/7/11
W/B 3 Pt.2 2.5 hrs	W/B 5 Pt.2 10.5 hrs		W/B 6 Pt. 2 16 hrs			W/B 7 Pt.1 8.5 hrs		W/B 7 Pt. 2 4 hrs	C a s e S t u d i e s	

Case Studies - 4.5 weeks @ 4 hours/week (18½ hours over 4½ weeks)

Wk 22 2.5hrs	Wk 23 4hrs Starts 19/7/11	Wk 24 4hrs Starts 26/7/11	Wk 25 4hrs Starts 2/8/11	Wk 26 4hrs Starts 9/8/11
Case Study 1 Talk Therapy Session 1hr Case Study 1 Talk Therapy Write up 1.5hr Case Study 1 ESC Session 2hr	Case Study 1 ESC Write up 2hr	Case Study 1 Stage 3 Session 1hr Case Study 1 Stage 3 Write up 1.5hr	Case Study 2 Talk Therapy Session 1hr Case Study 2 Talk Therapy Write up 1.5hr Case Study 2 ESC Session 2hr	Case Study 2 ESC Write up 2hr Case Study 2 Stage 3 1hr Case Study 2 Stage 3. Write up.1.5hr

Final Assessments

Wk 27 4hrs Starts 16/8/11	Wk 28 4hrs Starts 23/8/11
Prepare for Written and Oral Assessments	Written and Oral Assessments

(continued)

Work-rate Calendar Dates – Post Melbourne Hands-on workshop

(The following dates apply to the Hands-on Workshop in *Melbourne* 29th April – 1st May '11)

Week 12	Mon. 2 nd May '11: Sat. 7 th May '11:	Start W/B 3 pt.2 - 'Stage 1 CK™ Talk Therapy' W/S 3 pt.2 due Start W/B 5 pt. 2 - 'Stage 2 CK™ Emotional Stress Circuit'
Week 13-14		Continue W/B 5 pt. 2
Week 15	Wed. 25 th May '11:	W/S 5 pt.2 due Start W/B 6 pt. 2 - 'Stage 3 CK™ Integrative Exer. & Applic. of CK™'
Week 16-18:		Continue W/B 6 pt. 2
Week 19	Wed. 22 nd Jun. '11:	W/S 6 pt. 2 due Start W/B 7 pt. 1 – CK™ Life Enhancing Exercises: PP & Coaching
Week 20		Continue W/B 7 pt. 1
Week 21	Thur. 7 th Jul. '11:	W/S 7 pt. 1 due Start W/B 7 pt. 2 – CK™ Life Enhancing Exercises: PP & Coaching
Week 22	Thur. 14 th Jul. '11	W/S 7 pt. 2 due Start Case Studies (if not before)
Week 23-26		Continue Case Studies (see timings on chart)
Week 27	Mon. 15 th Aug. '11:	2 Case Studies Due
Week 28	Mon. 22 nd Aug. '11: Fri. 26 th Aug. '11	Written Theory Assessment (multiple choice) Oral assessment