

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 30/1/'12	Starts 6/2/12	Starts 13/2/12	Starts 20/2/12	Starts 27/2/12	Starts 5/3/12	Starts 12/3/12	Starts 19/3/12	Starts 26/3/12	Starts 2/4/12	Starts 9/4/12
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 13th April '12 and *Melbourne* Hands-on Workshop 27th April '12)

- Week 1 Mon. 30th Jan. '12: Start Workbook 1 (W/B 1) – 'Introduction and 3 Stage CK™ Process'
Sat. 4th Feb. '12: **Worksheet 1 (W/S 1) due**
Start W/B 2 – 'Duty of Care'
- Week 2 Wed. 8th Feb. '12: **W/S 2 due**
Start W/B 3 pt.1 – 'Stage 1 CK™ Talk Therapy'
- Week 3 Wed. 15th Feb. '12: **W/S 3 pt.1 due**
Start W/B 4 – 'The Developmental Directory™ & Grief Gauge™'
- Week 4 Continue W/B 4
- Week 5 Fri. 2nd Mar. '12: **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. 13th Mar. '12: **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 13th Apr. '12: **W/S 6 pt.1 due**
Friday 13th Apr. '12: Commence Sunshine Coast Hands-on Workshop (3 days 9am-6.30pm)
Friday 27th Apr. '12: 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 13th – 15th April '12)

Wk 12 4hrs Starts 16/4/12	Wk 13 4hrs Starts 23/4/12	Wk 14 4hrs Starts 30/4/12	Wk 15 4hrs Starts 7/5/12	Wk 16 4hrs Starts 14/5/12	Wk 17 4hrs Starts 21/5/12	Wk 18 4hrs Starts 28/5/12	Wk 19 4hrs Starts 4/6/12	Wk 20 4hrs Starts 11/6/12	Wk. 21 4hrs Starts 18/6/12	Wk 22 1.5 Starts 25/6/12
W/B 3 Pt.2 2.5 hrs	W/B 5 Pt.2 10.5 hrs		W/B 6 Pt. 2A, B (reading) & C (reading) 16 hrs				W/B 7 Pt.1 8.5 hrs		W/B 7 Pt. 2 (reading) 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 (continued)	Wk 23 4hrs Starts 2/7/12	Wk 24 4hrs Starts 9/7/12	Wk 25 4hrs Starts 16/7/12	Wk 26 4hrs Starts 23/7/12
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 30/7/12	Wk 28 4hrs Starts 6/8/12
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 13th – 15th April '12)

Week 12	Mon. 16 th Apr. '12: Sat. 21 st 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. 9 th May '12:	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. 6 th Jun. '12:	W/S 6 pt. 2A due & W/B 6 pt 2B & 2C completed reading Start W/B 7 pt. 1 – CK™ Life Enhancing Exercises: PP & Coaching
Week 20		Continue W/B 7 pt. 1
Week 21	Thur. 21 st Jun. '12:	W/S 7 pt. 1 due Start W/B 7 pt. 2 – CK™ Life Enhancing Exercises: PP & Coaching
Week 22	Thur. 28 th Jun. '12	W/B 7 pt. 2 completed reading Start Case Studies (if not before)
Week 23-26		Continue Case Studies (see timings on chart)
Week 27	Mon. 30 th July '12:	Case Studies Due
Week 28	Mon. 6 th Aug. '12: Fri. 10 th Aug. '12:	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* 27th – 30th April '12)

Wk 12 4hrs Starts 30/4/12	Wk 13 4hrs Starts 7/5/12	Wk 14 4hrs Starts 14/5/12	Wk 15 4hrs Starts 21/5/12	Wk .16 4hrs Starts 28/5/12	Wk .17 4hrs Starts 4/6/12	Wk .18 4hrs Starts 11/6/12	Wk 19 4hrs Starts 18/6/12	Wk 20 4hrs Starts 25/6/12	Wk. 21 4hrs Starts 2/7/12	Wk 22 1.5 Starts 9/7/12
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 (continued)	Wk 23 4hrs Starts 16/7/12	Wk 24 4hrs Starts 23/7/12	Wk 25 4hrs Starts 30/8/12	Wk 26 4hrs Starts 6/8/12
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 13/8/12	Wk 28 4hrs Starts 20/8/12
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* 27th – 29th April '12)

Week 12	Mon. 30 th April '12: Sat. 5 th May '12:	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. 23 rd May '12:	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. 20 th Jun. '12:	W/S 6 pt. 2A due & <u>W/B</u> 6 pt 2B & 2C completed reading Start W/B 7 pt. 1 – CK™ Life Enhancing Exercises: PP & Coaching
Week 20		Continue W/B 7 pt. 1
Week 21	Thur. 5 th Jul. '12:	W/S 7 pt. 1 due Start W/B 7 pt. 2 – CK™ Life Enhancing Exercises: PP & Coaching
Week 22	Thur. 12 th Jul. '12	<u>W/B</u> 7 pt. 2 completed reading Start Case Studies (if not before)
Week 23-26		Continue Case Studies (see timings on chart)
Week 27	Mon. 13 th Aug. '12:	2 Case Studies Due
Week 28	Mon. 20 th Aug. '12: Fri. 24 th Aug. '12	Written Theory Assessment (multiple choice) Oral assessment