

# International Distance Mentorship Program Application and Registration

## Personal Information:

Full Name: \_\_\_\_\_ Gender: Male \_\_\_ Female: \_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Province/State: \_\_\_\_\_  
Country: \_\_\_\_\_ Postal/Zip Code: \_\_\_\_\_  
Email: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Website: \_\_\_\_\_

## Additional Professional Information: Please check all appropriate credentials

Regulated Health Professional (please specify) \_\_\_\_\_  
Other movement professional (please specify) \_\_\_\_\_  
RYT500 \_\_\_  
C-IAYT \_\_\_  
  
I have completed the Pain Care Yoga certificate \_\_\_  
I have completed Pain Care Yoga training module \_\_\_  
I have completed Overcome Pain Gentle Yoga module \_\_\_  
IAYT accredited program and Year \_\_\_\_\_  
  
PCY online course \_\_\_

Please provide a brief summary of past and current work with people living with chronic pain:

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# International Distance Mentorship Program Costs:

September 9, 2020 thru June 2021

CAD \$3900 plus GST (tax)

Deposit and 3 instalment payment plan available upon request

Receive distance education and mentorship to enhance your therapeutic outcomes when working with people living in pain in while participating in 300 hours of continuing education.

Explore a broad range of scientific and clinical perspectives on pain and pain care, while gaining personal experience and instructing your clients in evidence-based pain care techniques. Grading/Completion Requirements:

- : personal and client worksheets – monthly
- : on-time completion of worksheets, reviews, ...
- : evaluation of final case study presentation
- : final essay on personal practice of Pain Care principles and techniques
- : evaluation of education video and MP3 recording
- : on-time receipt of course fees

Monthly live webinars and one-one feedback calls guide your deep exploration of current understanding of pain, of people living in pain, and of providing effective pain management, whether you are working as a private practitioner or within a pain care team.

Your commitment ... approx. 7 hours per week of study, and completion of monthly reports (e.g., book reviews, case studies, personal insights with pain care techniques, research paper reviews). Explore new ways of helping people in pain while improving your therapeutic outcomes, and decreasing the stress of working with people with this most-difficult and often long-lasting condition.

Monthly 3 hour webinars, 1-1 phone call, and feedback on homework reports

Approximately 7 hours of study and practicum work each week

Become up to date on current research

Gain insights from peer professionals enrolled in the mentorship program cohort

Learn how to use current clinical resources including Life Is Now Pain Care

Learn how to organize and guide group pain education sessions

Receive distance mentorship in clinical diagnosis, treatment planning and outcome measures Join the Life Is Now Pain Care community.

After completing this mentorship and fulfilling all of the coursework requirements you will receive:

- : "Pain Care Professional" Certificate
- : completion of a step toward becoming a Pain Care Teacher, offering community pain education courses
- : practical clinical benefits ...
- : mentorship through conference calls, monthly 1-1 calls with Neil, home study, personal practice, case studies (2) and group education
- : personal access to Pain Care for Life and Pain Care Provider resources
- : four additional logins for Pain Care for Life (to offer to case study patients/clients)
- : graduates can list their name, profile, therapeutic Pain Care classes and one-one offerings on the new PainCareU.com website
- : graduates can apply to complete the process of becoming a Pain Care trainer (dependent on non-compete with other PCY trainers)

## Mentee Agreement

I will cultivate curiosity to my views and beliefs, and remain committed to continuing my education so that what I offer clinically and therapeutically is safe, appropriate and based on current understanding.

I will endeavor to be the first to challenge my current beliefs and attitudes towards pain, people living with pain, and pain care.

I will learn and practice pain self care techniques and skills in order to improve my effectiveness in instructing, convincing and guiding my clients. I will remain aware of personal differences in responses to pain self care, inclusive of my own experiences.

I will listen to my clients with care, compassion and wisdom, realizing that their stories and experiences can be my greatest teachers.

I will develop language of safety, hope and clear direction with my clients, avoiding words, phrases and language that unnecessarily foster helplessness, fragility and danger.

I will not provide advice or instruction outside of my skillset.

I will keep safe and confidential the personal information of my clients, specifically when I discuss their case with others in this mentorship program.

I will treat everyone with respect and loving kindness regardless of race, age, ethnicity, gender, sexual orientation, physical ability, religion, and political views.

I am committed to professional and ethical business practices including delivering on my promises to my clients and colleagues, using mindful and compassionate speech, and not presenting others' ideas and methods as my own.

I agree to complete all mentorship work by stated due date, and understand that receiving the certificate requires on-time completion of work and on-time payment of fees.

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I have read the content of the mentee agreement and I acknowledge and understand the commitment in using this agreement as a guiding principle in pain care practices and throughout this mentorship process.