

Receiving your Teacher Certificate from Integrative Learning Center of Mid-America (ILCMA)

Per the Bones for Life® certification guidelines, after completing all three segments once, you are eligible to enter the teacher track. The first step is locating a trainer that will help you complete your Mentoring and Practice teaching requirements. ILCMA has three trainers to choose from: Cynthia Allen, Denise Deig, or Carol Montgomery. Contact one of these trainers by email or telephone to inquire as to their willingness to be your mentor. If both you and the trainer consent to this, the process has begun.

Required Practice Teaching hours: 35 hours minimum with a record/journal

What to record/journal:

- Indicate the date range, number of sessions, frequency, and amount of time devoted to each session
- Provide a series or class outline of processes taught
- Indicate the number of students and note any unusual or special needs within the group (i.e. one student unable to get up and down from the floor, knee replacement, etc.)
- Record actual experience and observations of teaching with the provided Journal/Process Reporting form. This can be handwritten or done via computer entry.

Required Mentoring hours: 35 hours minimum with a certified trainer

This program can be tailored between the student and the trainer. It can include individual reading, research, and writing. Hours may be spent with the mentor individually or in a trainer-led mentoring group. For either, when working with an ILCMA trainer, we will use your Practice Teaching as an integral part of the mentoring. When possible, we prefer you make an arrangement with one of the ILCMA trainers prior to beginning your Practice Teaching so that we can partner with you in your development as a teacher from the beginning.

Mentoring Fees: Since the mentoring program is individualized according to your needs, the fee structure is variable. We offer a Mentoring Weekend which at current rates is \$225 with early registration, which will fulfill 12 of the 35 minimum mentoring hours. Additional personal time with your mentor will be charged on an hourly rate and paid directly to the instructor.