

## Upgrades to PMA Coach and PMA Senior Coach.

### Upgrading from PMA Practitioner to PMA Coach.

Once you have successfully completed the online PMA Practitioner training, you will obtain the title of PMA Practitioner. If you aspire to further advance and become a PMA Coach, you can do so by fulfilling the following requirements:

- In order to qualify for an upgrade to PMA Coach, it is required that you have coached a minimum of five clients within the 12 months leading up to the upgrade application.  
Each client should have completed the PMA Intake form once before the first session, followed by completing the PMA Growth form twice.  
*Note: The document "Application Growth Form" about the application of the PMA Intake and Growth Forms can be found at the top right of the homepage of our website: <https://www.pmainstitute.com/> under "Login for PMA Coaches".*
- The PMA Intake form should be submitted before the first coaching session.
- The first PMA Growth form should be sent one day after the initial session.
- The second PMA Growth form should be sent six weeks after the first coaching session.
- To be considered for the upgrade, there must be a minimum of four weeks between the submission of the first PMA Growth form and the second PMA Growth form.
- If you meet these requirements, we will send you a Coach Knowledge Assessment. This form consists of multiple-choice questions assessing your understanding of the fundamental requirements for applying the PMA method at the level of PMA Coach.
- The upgrade fee from PMA Practitioner to PMA Coach is \$295.
- If you meet the conditions stated above, we will issue you a Certificate of Participation, confirming your successful completion of the PMA Coach Knowledge Assessment test.

### Upgrading from PMA Coach to PMA Senior Coach.

If you have the ambition to progress further and attain the position of PMA Senior Coach, you can do so by fulfilling the following criteria:

- To qualify for the upgrade to PMA Senior Coach, it is necessary to have a minimum of 2 years of experience working as a PMA Coach.
- It is required that you have coached a minimum of ten clients within the 12 months leading up to the upgrade application. Each client should have completed the PMA Intake form once before the first session, followed by completing the PMA Growth form twice.

*If a client has received treatment in previous years, either from you or another PMA colleague, and they have taken 3 sessions with you in the new year, and after each of the 3 sessions, they fill out the Personal Growth Document, then these sessions will also be taken into account.*

**Note:** Please consult the "Application Growth Form" document, available on the coach download page of our website:

<https://www.pmainstitute.com/>

- The PMA Intake form should be submitted before the first coaching session.
- The first PMA Growth form should be sent one day after the initial session.
- The second PMA Growth form should be sent six weeks after the first coaching session.
- To be considered for the upgrade, there must be a minimum of four weeks between the submission of the first PMA Growth form and the second PMA Growth form.
- To qualify for the upgrade, it is required to participate in a minimum of 4 PMA Coaching Supervision Sessions in groups of 3-4 PMA Practitioners, along with 1 individual PMA Coaching Supervision Session.
- The Coaching Supervision Sessions are designed to provide a supportive and collaborative environment for PMA Coaches to enhance their skills and self-awareness.
- PMA Coaching Supervision Sessions will be led by PMA Master Coach Ingrid Korthuis-Schabbing. She guides you to become a more effective PMA Coach while increasing your self-awareness regarding your own personal growth journey and identifying any potential obstacles that may be holding you back.
- Each PMA Coaching Supervision Session has a duration of 2.5 hours, with a cost of \$250 per hour, resulting in a total cost of \$675. These expenses will be divided among the participants in the group.

- To facilitate group appointments, designate a coordinator within each group who will be responsible for arranging the appointments with Ingrid. The coordinator can contact Ingrid at: [ingrid@pmainstitute.com](mailto:ingrid@pmainstitute.com) to make the necessary arrangements.
- Ingrid's expertise and insights on the application of PMA will be taken into consideration during the final evaluation.
- If you meet the requirements above, we will send you a Coach Knowledge Assessment Form. This form consists of multiple-choice questions assessing your understanding of the fundamental requirements for applying the PMA method at the level of PMA Senior Coach.
- The upgrade fee from PMA Coach to PMA Senior Coach is \$295.
- If you meet the conditions stated above, we will issue you a Certificate of Participation, confirming your successful completion of the PMA Senior Coach Knowledge Assessment test.

### **To enroll in a PMA Coaching Supervision**

- **Step 1:** Form a group with 3 other PMA colleagues.
- **Step 2:** To facilitate group appointments, designate a coordinator within each group who will be responsible for arranging the appointments with Ingrid. The coordinator can contact Ingrid at: [ingrid@pmainstitute.com](mailto:ingrid@pmainstitute.com) to make the necessary arrangements.

**Important Notice:** Ingrid has a very busy schedule, so we recommend scheduling a date with her well in advance to avoid extended waiting times before you can participate in a PMA Coaching Supervision Session.

### **A PMA Senior Coach must have a comprehensive understanding and expertise in the following areas:**

Determining 'Homebase'. This term refers to:

- Homebase entails establishing a recent activation.
- Homebase is determined during an initial conversation at the start of a session before the client closes their eyes.
- Identifying and isolating the triggers within that recent event.
- Taking note of this information in a manner that enables the coach to refer back to it later in the session, thereby increasing the client's awareness of the present moment.

- Effectively isolating triggers from the Homebase and connecting with the sensory details of the underlying activated Bad cluster.
- The ability to effortlessly execute the 5 steps Event - Moment - Detail - Feeling - Next event.
- The coach must be aware of where they are in the 5 steps.
- Asking the right questions at the right moment.
- Being able to empathize with the experiences described by the client. This is evident through the coach's questioning style.
- Asking targeted questions based on the observation of how the client responds (emotions, voice, physical expressions, etc.), without delving into irrelevant information or going off on tangents that distract the client from the process of re-living.
- Utilizing the PMA Intake and Growth forms

**Note:** While it is not mandatory for coaches to undergo PMA sessions themselves, based on our experience, we know that the coach's personal growth and development directly reflect in the quality of their coaching. Therefore, we strongly recommend that coaches continue to invest in their personal development as well.

**To apply for an upgrade to become a PMA Coach or PMA Senior Coach, you will need to sent the following information:**

To register for the upgrades, please send an email to:  
[support@pmainstitute.com](mailto:support@pmainstitute.com)

**Note:** To apply for the **upgrade to PMA Coach**, please **ensure** that your message includes the following details:

- The date stated on your Certificate of Participation as a PMA Practitioner.
- Submit the Codes of five clients who have undergone sessions within the 12 months preceding the upgrade application.
- Each client should have filled out the PMA Intake form once prior to the first session, followed by completing the PMA Growth form twice. (Refer to the requirements outlined in this document)

**Note:** To apply for the **upgrade to PMA Senior Coach**, please **ensure** that your message includes the following details:

- The date stated on your Certificate of Participation as a PMA Coach.

- Submit the Codes of ten clients who have undergone sessions within the 12 months preceding the upgrade application.
- Each client should have filled out the PMA Intake form once prior to the first session, followed by completing the PMA Growth form twice. (Refer to the requirements outlined in this document)
- Dates of at least four completed PMA Coaching Supervision Sessions in groups of 3-4 PMA Coaches and 1 individual PMA Coaching Supervision Session with PMA Master Coach Ingrid Korthuis-Schabbing.

If you have any additional questions regarding the upgrade from PMA Practitioner to PMA Coach, or from PMA Coach to PMA Senior Coach please feel free to reach out to us at: [support@pmainstitute.com](mailto:support@pmainstitute.com)

For any inquiries or questions regarding a PMA Coaching Supervision Session, feel free to reach out to Ingrid at: [ingrid@pmainstitute.com](mailto:ingrid@pmainstitute.com).