

PACIFIC CENTER FOR AWARENESS AND BODYWORK  
PARTICIPANT AGREEMENT

**I understand all of the following:**

- PCAB’s Affective Bodywork Program has a dual focus as a personal growth and professional development program. Both aspects of the program focus on the healing of the body, mind, and heart through a biopsychosocial approach. The program offers training in several bodywork modalities and also incorporates many opportunities for deep personal exploration of feelings, beliefs, patterns, communication strategies, and the nature of the Self.
- The program proceeds from basic skills to advanced skills at an **accelerated** pace. Both the content and the pace of the course can be physically and emotionally challenging at times for some.
- Each participant will be a unique and integral part of a unique whole. Reliable attendance and timeliness are important because they both affect the total number of hours that one will graduate with, and one must graduate with 776 hours in order to ensure that one has all necessary hours to qualify for licensing in every state. More importantly, reliable attendance and timeliness also affects the quality of the classroom experience for everyone.
- We will be practicing various biopsychosocial therapies/modalities with each other. Though the class and the staff provide a supportive environment for personal growth, the consciousness sessions in class are not a replacement for sessions with a professional counselor or psychotherapist. It is recommended that every student consider finding extra psychological support outside the program during the program to get the most out of the program possible.
- The latter half of the bodywork portion of the course provides an extensive **introduction** to Structural Integration (SI). It does not constitute a comprehensive training in this modality. One should seek further education after graduation in order to ethically market oneself as an SI practitioner.
- PCAB is a school, first and foremost, and while the process of going through the PCAB program often results in a strong feeling of community amongst students, “community” is not the goal and we do not function like a community.

**As a participant, I commit to all of the following:**

- Giving my utmost to both the personal and professional aspects of the program.
- Showing up to ALL classes daily and on time (unless prevented from doing so by illness or emergency, or previously excused by the Director).
- Participating in both the physical and consciousness-oriented therapies.
- Studying/practicing outside of class and completing all assignments.
- Behaving in a way that does not jeopardize the physical or psychological safety (conscious or non-conscious) of fellow classmates.
- Being as authentic and compassionate with myself and others as I’m able.
- Being a full participant in all of the above, and supporting other classmates in doing the same.

**I understand that as part of my commitment to all of the above, I welcome staff to engage me in a compassionate discussion if I am failing to uphold any part of this agreement, and I understand that continued failure in this regard may be grounds for dismissal from the program.**

Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_