

# MATES Deep Dive Course – Policies and Guidelines

Mates Deep Dive Course has healthcare professionals as its target audience.

The in-person course has 2 and ½ days of duration and the online course has synchronous and asynchronous classes. Both modalities, in person and online, has a total duration of 21 hours.

Health professional participant of the course will learn how to teach his clients (children or adults):

- The defense mechanism: fight, flight, freeze, collapse, self-abandonment;
- 5 (five) simple brain self-regulation strategies: The MATES keys;
- The use of MATES Program material to increase the capacity of developing resilience through simple and effective metaphors.

Additionally, the professional will increase his capability of:

- Bolster active presence;
- Prevent vicarious trauma;
- Safely tune in to customers;
- Identify states and needs of customers, without pathologizing.

## 1 – Participant Pre-requisites & Training Safety

**MATES Deep Dive** training aims to teach the use of **MATES – Brain Regulation Program** to healthcare professionals, in practice with their respective clients individually.

This course provides a basic training in Trauma. **Mates Program** is not a psychotherapeutic method but a psychoeducation program that can be used along with other therapies.

It is mandatory that professionals always use **MATES – Brain Regulation Program**, for their existing area of competence and specialty.

In order to achieve a satisfactory outcome of the course, it is essential that participants have a mature level of interpersonal competency and good communications skills.

During **MATES – Brain Regulation Program** course, we will not open any place for personal therapy, not even for detailed academic debate.

Experiential exercises are part of **MATES – Brain Regulation Program** course. Your participation in these training exercises will help you to understand and apply **MATES – Brain Regulation Program**.

We rely on the participant to take care of his own safety by knowing when to stop or continue during any individual or group activity, or demonstration that he is not comfortable.

It is presumed that participants have regular supervision and prompt access to therapeutic support, in case it is needed, after training for processing personal matters that may emerge during course training exercises.

If any personal issue emerges, causing a difficulty, during the training, we advise you to speak with the trainer.

Participants must demonstrate a mature level of interpersonal competency, good communication skills, practical knowledge of counselling framework and ample self-regulation skills to manage their own needs while attending the course.

## 2 – MATES Deep Dive Course format

The course is a combination of the following:

- Lectures with PowerPoint;
- Live demonstrations to highlight teaching points;
- Individual, in pairs and group practices;

- Debrief, comments and questions

### **3 – Practices and Demonstrations**

These are exclusively to highlight the teaching points you will practice.

Demonstrations are not a full therapy session.

Since we are a professional group, we gently ask to everyone to maintain the confidentiality of the entire private material shared by participants during the training.

During clarification periods, we ask you to limit your questions and comments to your own process as client and as therapist. Please, respect the confidentiality of practice partners' sharing during debriefing sessions.

### **4- Volunteering for teaching demonstrations**

In case two or more people volunteer to be in the "client role" during live demonstrations, we will choose the person with the issue that best associate with the taught point.

### **5 - Confidentiality**

We strive to keep the confidentiality of all information, but we need you to do your part too. We advise you to take care of accesses on your computer, including accesses of family, coworkers and friends. We recommend the use of a safe computer that makes it possible to guarantee the confidentiality. In order to achieve a satisfactory outcome of **MATES** online course, it will be necessary that participants have patience and determination to use the platform. Our team will be always available for any needed support.

### **6 - Participants behavioral policies**

The guarantee of continuing technical and professional quality are authors' and trainers' responsibility whose own the right to suspend or remove any participant deemed inappropriate or in discordance of the above and following terms:

- a) Act offensively against the image or honor of trainers' team, its components and **MATES** collaborators, or of another participant;
- b) Express or promote any type of sexual, religious, racial discrimination or any other violation of fundamental rights, of human person's dignity, recognized and accepted in our legal system and principles that regulate it, or that violate professional conduct and ethical principles;
- c) Use vocabulary that mentions or refers to above items or that may be considered inappropriate during the training;
- d) Encourage or incite participants to commit illegal or unlawful acts or activities contrary to morals, public order or the safe of themselves or others;
- e) Induce participants to incorrect conclusions due to or because of erroneous, ambiguous, distorted, incomplete or any other information, that makes course's content useless as well as disseminating false, inaccurate or not updated information;
- f) Encourage or incite participants to be part of dangerous or risky practices that threaten the health or psycho emotional balance of the individual or others;
- g) Demonstrate yourself as not able of adequate self-regulation or present excessive distraction during the training;
- h) Violate legal or regulatory rules of personal data and privacy as well as intellectual property of training's authors.

### **8. Software and Hardware**

It is, solely, participant's responsibility to ensure proper hardware and software requirements and to solve eventual failures in relation to the ability of access the course. It is recommended the use of a personal computer and Wi-Fi in order to attend the course with superior quality.

Your full name and e-mail address will be forwarded to **MATES** Company.