

# InterPlay

unlock the wisdom of your body

## The InterPlay Leader Training Program

.....

**Change Your Life! Change Your World!**

*Learn how to share the tools of the InterPlay system to create ease and transformation in many different settings.*

**510/465-2797**  
**[www.interplay.org](http://www.interplay.org)**

10/1/19



## overview

*What is the underlying structure and philosophy behind the InterPlay system?*

*How are the forms and tools organized and presented?*

*What do they accomplish and create?*

*What is the ultimate outcome of using InterPlay forms and tools?*

*How do you determine which form or tool to teach?*

**These are a few of the questions that will be answered in the InterPlay Leader Training Program.** This Program will provide you with skills to effectively lead InterPlay forms and tools in a variety of settings. It includes presentation, self-study, interaction, play and practice teaching.

You will learn how to create a welcoming and affirming atmosphere, present InterPlay forms and principles clearly, take incremental steps, attend to the energy and pacing of the group, elicit noticings of body data, knowledge, and wisdom, deal with resistance, and take care of yourself emotionally and physically.

InterPlay Leader Training includes:

- a multiple-day retreat called “The Secrets of Leading InterPlay” which will provide an overview of the InterPlay system and how it works
- acquiring and demonstrating a basic understanding of the core set of InterPlay forms and tools in a self-study format
- a multiple-day event called “The InterPlay Teaching Practicum” providing practice teaching opportunities and direct reflection on teaching skills
- mentored teaching where participants lead a number of InterPlay events, receive feedback on their leading, complete self-evaluations and reflect on their experience with an assigned mentor who is an experienced InterPlay leader.
- training to lead in ways that effectively reflect InterPlay’s commitment to racial equity and transformation through practices that promote diversity and equity.

An additional component of Leader Training is to accumulate 50 hours of InterPlay® experience, including at least one “Untensive” (a multiple-day retreat.) These hours are not included in the program tuition. This requirement can be satisfied by experience accumulated before enrolling in the Leader Training Program.



**Program elements will be offered  
in several locations!**

*A prerequisite for participating in the InterPlay Leader Training Program is to take the InterPlay Life Practice Program. It is possible to begin the Leader Training Program while you are still in the Life Practice Program.*

To become a certified InterPlay leader, one completes both of these Programs and joins the InterPlay Leaders Circle.

## program elements

### Secrets of Leading InterPlay

Secrets of Leading InterPlay is a multi-day workshop that covers the underlying structure and philosophy behind the InterPlay system. How are the forms structured? How do they work together? What is the ultimate outcome or effect of using InterPlay forms? How do you figure out which forms to do at what time? What is the nature of the relationship between leader and participant? How do you deal with people you find challenging? The workshop includes presentation, interaction, and play. Secrets of Leading InterPlay is offered several times a year in various locations around the country.

You must be enrolled in the Leader Training Program in order to attend The Secrets of Leading.

### Knowing the InterPlay forms

Participants in the InterPlay Leader Training Program will demonstrate an understanding of and ability to reproduce the steps involved in teaching the core set of InterPlay forms and tools. The only way to get the forms “in your body” is through repetition.

Participants will be responsible for this process assisted by the Core Elements Self-Study workbook that Body Wisdom, Inc. will provide when you enroll in the Leader Training Program. At least 8 of the Self Study core elements are to be completed before attending a Teaching Practicum and 8 more core elements are to be completed before practice teaching begins in the Mentored Teaching component.

The entire Core Elements Self Study is to be completed within 18 months of attending the Teaching Practicum. If this deadline is not met, the leader-in-training must attend another Teaching Practicum.

### Teaching Practicum

The Teaching Practicum is a multi-day workshop that includes practice teaching with self-evaluation and feedback from leaders and other participants, information on best practices in designing and leading InterPlay events and teaching resources such as sample class outlines. The Teaching Practicum will be offered in different locations at least two times a year.

*Can you  
imagine where  
you might  
share  
InterPlay?*



**Who knew that changing the world could be this much fun?**

### **Mentored Teaching**

Leaders-in-training will arrange five practice teaching situations, where they will receive feedback from a participant/observer of their choosing and also complete self-evaluations. Participants will share the feedback and self-evaluations and reflect on their teaching experiences with an assigned mentor who is an experienced InterPlay leader. Three of the events must be at least 20 minutes in length. One must be at least an hour, and one must be at least two hours in length. Any of these events can be a piece of another workshop. For example, you could teach for 20 minutes as part of someone else's class or you could teach for two hours during an Untensive that someone else is leading. The leader-in-training's assigned mentor should be present for either the one-hour or two-hour teaching event. If this is not possible, the videotape of one of those sessions should be supplied to the mentor.



In addition to the five practice teaching situations described above, you will complete an additional 10 hours of InterPlay leading and document that experience by completing a self evaluation form for each event. These forms will also be submitted to your mentor.

The Mentored Teaching component is to be completed within 18 months of having completed the Teaching Practicum. If this deadline is not met, the leader-in-training must attend another Teaching Practicum.

### **Racial Equity & Transformation**

In August 2017, the Body Wisdom Board of Directors adopted an official statement expressing their commitment to Racial Equity and Transformation in all aspects of its culture, leadership, and organizational development. InterPlay is committed to sewing cultural competency into the fabric of its teaching, training, communications, and outreach, based in an inherent belief in the wisdom of the body. InterPlay Leader Training Program participants will receive training and resources to effectively promote diversity and equity in all of their InterPlay leading. This training will come in a variety of forms. It will be woven into the program elements described above as well as in additional training modules as they are developed in the future.

## **program costs**

The tuition for the InterPlay Leader Training Program is \$1600. A \$100 deposit is required at the time of enrollment. Also, tuition payments will be due at the time you take the Secrets of Leading (\$400) and the Teaching Practicum (\$400).



*InterPlay is spreading in amazing and exciting ways into all sorts of settings: educational institutions, healthcare settings, prisons, faith communities and organizations of all shapes and sizes.*

A payment plan for the balance of the program tuition must be in place by the time you take the Teaching Practicum. Automatic monthly payments can be set up by credit card through the Body Wisdom office or you can arrange that automatic checks be sent by your bank.

An additional charge for room and board (if an event is residential) and any supplied meal costs (if an event is non-residential) may apply at the time of registering for either the Secrets of Leading InterPlay or the Teaching Practicum. This amount may vary in different locations depending on local arrangements.

**A deposit of  
\$100 will  
reserve your  
spot in the  
program.  
Charge by  
phone:  
510/465-2797**

## enrollment

To enroll in the InterPlay Leader Training Program, send \$100 to Body Wisdom, Inc. at 2273 Telegraph Avenue, Oakland, CA 94612. Checks can be made out to Body Wisdom, Inc. You may also call the office at 510/465-2797 to **charge your enrollment fee by phone** using Visa, MasterCard, Discover or American Express.

You will also need to register separately for the specific Secrets of Leading and Teaching Practicum that you choose to take. The cost of both of these multiple-day events is included in the program tuition. See above for how payment for the program works.

When you enroll you will also be invited to the **Leaders Circle**. This will give you access to a special section of the InterPlay website where you can track your progress on the Core Elements Self-Study. The regular \$75/year Leaders Circle dues are waived for the calendar year in which you enroll.



## special deal for certified leaders

We have a special tuition rate for anyone who is already certified as an InterPlay leader regardless of the version of the program you went through. We have new information and resources that will enhance your teaching. If you have not taught much InterPlay or have not taught recently, you may appreciate this way of bringing your skills up to date.

You will also receive information and resources related to the **Racial Equity and Transformation Initiative** that is being brought into all aspects of InterPlay life and practice.

The cost to enroll in the Leader Training Program for previously certified leaders is \$1000 and includes tuition for the Secrets of Leading InterPlay and the Teaching Practicum, the Mentored Teaching experience and a copy of the InterPlay Core Elements Self-Study. Cost of attending either the Secrets of Leading InterPlay or the Teaching Practicum is \$350 per event. Cost of doing the Mentored Teaching component is \$350.



# Sign me up for the Leader Training Program!

---

NAME

---

ADDRESS

---

CITY/STATE/ZIP

---

EMAIL

---

AREA CODE/PHONE

I am enclosing a check for my deposit of \$100 made out to "Body Wisdom." Please send to 2273 Telegraph Ave, Oakland, CA 94612. (Payments for all programs regardless of their location in the country go to this address.)

Please charge my credit card. We accept Visa, MasterCard, Discover and American Express. You may also register by phone at 510/465-2797.

---

CARD #

EXP DATE

---

SIGNATURE