



*MASTERING THE THERAPEUTIC PROCESS™*

## **Student Log & Journal – Characterological Specialty**

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## INSTRUCTIONS

### 1. Overview

- a. These are an important monitor of your progress You will turn-in the Class Record and Logs as proof for certification
- b. Feel free to print these out or use them electronically
- c. Make additional copies as needed

### 2. Individual Student Class Record

- a. Record self-study activity
- b. Record classroom attendance
- c. Becomes part of the Student's permanent record

### 3. Exercise and Guided Meditation Sessions

- a. Record all Exercise and Guided Meditation MP3 recordings you listen to
- b. Becomes part of the Student's permanent record

### 4. Characterological Resourcing Sessions

- a. Record all sessions done with others – in class and most importantly those done as homework.
- b. This becomes part of the Student's permanent record

### 5. Core Insights

- a. The Core Insights Pages are for any AHA moments you've received during your training experience. Write them down to remember them!
  - i. Self- Hypnosis Insights
  - ii. Characterological Resourcing Session Insights
  - iii. Class & Study Insights

6. It is recommended that you make your own copy of this document if you are doing it by hand. It can be very interesting to look back at what you accomplished and how much you learned.

## INDIVIDUAL STUDENT CLASS RECORD – CHARACTEROLOGICAL SPECIALTY



# New Vistas International Student Log & Journal – Characterological Specialty

<b>Name</b>
<b>Email</b>
<b>Phone</b>

	<b>CLASS NAME (Level, Class)</b>	<b>ATTENDANCE DATE</b>	<b>HOURS ATTENDED</b>	<b>CUMULATIVE HOURS TO DATE</b>	<b>COMMENTS</b>
1	Class One				
2	Class Two				
3	Class Three				
4	Class Four				
5	Class Five				

Date Reviewed:
By:

**EXERCISE & GUIDED MEDITATION SESSIONS LOG**

**Name**

**Email**

**Phone**

	<b>EX / Guided Meditation Name</b>	<b>Date</b>	<b>Comments</b>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Date Reviewed:

By:

**EXERCISE & GUIDED MEDITATION SESSIONS LOG**

**Name**

**Email**

**Phone**

	<b>EX / Guided Meditation Name</b>	<b>Date</b>	<b>Comments</b>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Date Reviewed:

By:

**EXERCISE & GUIDED MEDITATION SESSIONS LOG**

**Name**

**Email**

**Phone**

	<b>EX / Guided Meditation Name</b>	<b>Date</b>	<b>Comments</b>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Date Reviewed:

By:



**INSIGHTS FROM EXERCISES AND GUIDED MEDITATION**



CHARACTEROLOGICAL RESOURCING SESSION LOG
<b>Name</b>
<b>Email</b>
<b>Phone</b>

	Type / Exercise Name	Date	Total Time	Client	Comments
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Date Reviewed:
By:

CHARACTEROLOGICAL RESOURCING SESSION LOG
<b>Name</b>
<b>Email</b>
<b>Phone</b>

	Type / Exercise Name	Date	Total Time	Client	Comments
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Date Reviewed:
By:



**INSIGHTS FROM CHARACTEROLOGICAL RESOURCING SESSIONS**



**OVERALL COMMENTS ABOUT THE CLASS**