

Want to Get the Most from Your Class Experience?

Expected from a student transitioning from CS2 to SER1:

- Continue practicing 10-step protocols
 - Give 20-25 full mouth work protocols (reviewed briefly in SER1 but the expectation is that you are very familiar with all the techniques.)
 - Receive 6-8 full mouth work protocol sessions from someone skilled at the techniques (receiving is a great way to learn)
 - Practice arcing for energy cysts with your clients. Arc at the beginning of every session! Learn to describe how you found the active lesion from a physical perspective, and use this evaluation tool for every patient you treat.
 - Practice regional tissue release treatment of energy cysts, along with the Significance Detector (expanding and deepening further with the SD in SER1) and be able to describe SD.
 - Use whole body evaluation and treatment (including working with facilitated segments) in your treatment sessions. Be familiar with the benefits and drawbacks of all of the other whole body evaluation techniques.
 - Integrate CST into your treatment sessions wherever possible so that you may gain more confidence with all the techniques of CS1 and CS2—even if you are using a different treatment approach.

Expected from a student transitioning from SER1 to SER2:

- Continue practicing 10-step protocols
 - Practice the CS2 mouth work as much as possible, and incorporate the Avenue of Expression into your protocol. It was reviewed and consolidated at SER1; but in SER2 you will be expected to know the mouth techniques and protocols very well. In SER2, you will incorporate them into the first day's practice, but without extensive review. **Find an experienced CS therapist** in your region who is comfortable with mouth work and get treated.
- Practice arcing. Use arcing at the beginning of every session to locate energy cysts, which are the primary lesions for your patients.
- In your treatments, use the Significance Detector and the varying quality changes within the Significance Detector to track and follow the treatment plan of the client's Inner Physician.
- Practice dialogue with your clients. Whenever you notice the Significance Detector deepening or changing in some way, ask "What are you noticing right now?" This is not dialogue, but can help you bridge into dialogue.
- Review over and over the information in your SER1 study guide on pages 38-40. This will help you to begin to develop an approach to dialogue. You will receive a lot more information in SER2, but to best utilize that information, you need to have experimented with dialogue beforehand.
- Practice, practice, practice!
- And get treated! It is not possible to treat at this level without doing our own work! Find an experienced CS therapist in your area who practices at this level and get on the table as much as possible. If you cannot find such a person in your area, good CST is worth traveling for!