



RCST[®] Self-Awareness/Self-Care Record JUNE 1, _____ - MAY 31, _____

Your Name: *(please print)* _____ **RCST #** _____

The BCTA/NA values self-awareness and self-care in relationship to professional therapeutic practices. Yearly, the Records of, but not limited to, four (4) sessions are required and must meet at least one (1) of the Intentions listed below. In addition to meeting one of the Intentions, each session can be satisfied by one of the Session Options listed below.

Self-Awareness/ Self-Care Intentions:

- To Support and strengthen the practitioner in developing a presence that is clear, loving, and compassionate.
- To Enhance the self-awareness of personal issues that may interfere with holding the field with a client.
- To Create a safe environment for personal reflection and professional inquiry.
- To Support the practitioner with his/her personal process of inquiry.
- To Strengthen the professional's ability to generate a holding field that creates a healing opportunity for the client.

Self-Awareness/Self-Care Session Options:

- One (1) hour of Individual consultation with an individual skilled in shadow and reflection work.
- One day (7 hours) of continuing education that meets one (1) intention listed above.
- Three (3) hours of group discussion (no more than 6 participants) with an individual skilled in shadow and reflection work.

Record of Self-Awareness/ Self-Care Sessions *(Please include type of session, location, and date)*

1. _____
2. _____
3. _____
4. _____

If necessary, please continue on the back side or an additional sheet of paper.

Member Signature

Date

**Please provide this Record of "Self-Awareness/Self-Care Sessions" with your yearly membership renewal.
*This record must be postmarked by June 1st to avoid late fees.***

Mail this Record to:
BCTA/NA
2501 Blue Ridge Road, Suite 250
Raleigh, NC 27607
Fax (919) 863-4101