



Practitioner Training Programme  
Pioneering M.E, CFS, Fibromyalgia Recovery



# The Chrysalis Effect Foundation Level Practitioner Training



The Chrysalis Effect

W: [www.thechrysaliseffect.com/foundationlevelcept](http://www.thechrysaliseffect.com/foundationlevelcept) T: 01883 712555



## The Chrysalis Effect Foundation Level Specialist Practitioner Training

There are 2 pathways of learning with The Chrysalis Effect.

1. The Chrysalis Effect Accredited Specialist Practitioner
2. The Chrysalis Effect Foundation Level Practitioner Training.

The Foundation Level Practitioner Training is a 4 week informative course which provides you as a practitioner with a solid knowledge of the process of ME, CFS and Fibromyalgia Recovery.

It will enable you to gain valuable learning and explain the multi-faceted symptoms that prove so debilitating for clients.

It is the ideal starting point for those planning to specialise in this field as it incorporates business training that can profoundly impact the results and income success in your practice.

Easy Access - Train from the comfort of your own Home

What You Will Receive:

- 4 x Modules of Online Training
- 1 x One to one follow up session with Elaine
- Access to The Practitioner and Recovery Facebook forums

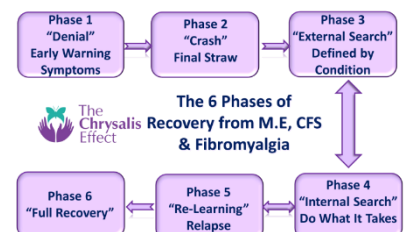


### Module 1- How Chronic Exhaustive Conditions Develop –

- ✓ What is ME, CFS and Fibromyalgia?
- ✓ Identify the Pre- dispositions and Triggers of phase 1
- ✓ The Symptoms and Domino Effect on the physical Body
- ✓ Prevention and interception
- ✓ Early Warning checklist to use with clients

### Module 2 – Over Coming the Obstacles to Recovery

- ✓ Understanding the 6 Phases of Recovery
- ✓ The 8 Areas Essential for Long Term Recovery and Wellbeing
- ✓ Where to Begin with Recovery





The  
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- ✓ The Anxiety Loop
- ✓ Case Study 1. Health Profile

### **Module 3 – Getting Underneath The Symptoms**

- ✓ Case Study 1. Learning Review
- ✓ Building Your Business- Working with the 'Cross Referral Team Approach'
- ✓ Wellbeing Coaching and The Iceberg
- ✓ Case Study 2.

### **Module 4 – ME, CFS and Fibromyalgia Recovery and Your Business**

- ✓ Case Study 2 Learning Review
- ✓ SIQR – Tracking Recovery Progress
- ✓ The 'How To' of Niche and Specialist Approach
- ✓ How to raise your profile in the Chrysalis Effect Practitioner Team
- ✓ Q and A -

### **Next Steps -**

- Book Your 1 to 1 Completion Session
- Receive your Certificate
- Your business Listed in Chrysalis Effect Complementary Practitioners

Modules 1 – 4 can be worked through online, once you have completed module 3 please contact us to arrange your follow up 1 to 1 completion session with Elaine.

Book Here: <http://www.thechrysaliseffect.com/foundationlevelcept>

Email: [info@thechrysaliseffect.com](mailto:info@thechrysaliseffect.com) Or call the office 01883 712555

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## What Do Our Practitioners Say?



### Patricia Worby – CE Specialist

Before I did Chrysalis Effect training I was confused and uncertain. My treatments (massage) seemed to make them worse! I now have an understanding of what works when and how to counter the negative beliefs they have and am able to explain the symptoms clearly. My clients commit to working with me on their long term recovery



### Su Winsbury – CE Specialist

Prior to becoming a CE practitioner I just gave one-off therapy treatments to clients with ME / Fibro - I guess I was just part of the practitioner hopping trail!

**Now I attract more clients with ME / Fibro** and I provide them with a cohesive plan for recovery. I integrate with other practitioners and give my clients a clear programme. They no longer practitioner hop and we generally have a close and supportive relationship.

**Prior to working this way** I would usually only see these clients perhaps a couple of times before they moved on to someone else in search of the miracle to 'fix' them. As I now work with my clients on a long term basis we are both able to see positive results and changes - both in their physical and emotional wellbeing. I also use several recording methods to review their progress (i.e., revisiting their Wheel, SIQR etc.)

**From a Business Perspective-** I have seen a huge shift in my business through becoming a specialist. My clients commit to a minimum of six months with me and I now work with many ME/Fibro recoverers. Other practitioners also refer their clients to me as a specialist in this area. I still see other clients as well but have adjusted the way I treat them to offer a much broader and more holistic approach. I frequently incorporate coaching into sessions and I am not afraid to refer to other therapists if I think my clients will benefit. I also tend to create packages of care for many of my clients.



### **Jackie Webster – CE Specialist and Mentor**

As a massage therapist I quite regularly treated clients struggling with fibromyalgia. My treatments were effective for pain relief and emotional support, but only on a short term basis as the effects would wear off fairly soon. I often felt quite frustrated that I couldn't be more effective, or know more. I also had plenty of Practitioner Hopping clients.

The difference is phenomenal. The extensive knowledge that TCE has shared with me gives me the confidence that I can answer all the questions, and if I can't one of my team can!!! It has propelled me up Status level within the therapist genre :)

I keep my clients. They have confidence in me and my ability to support their recovery. It has made an incredible difference, not just the confidence clients have in me but also the confidence I have in myself.

I'm getting the results I've always wanted.

Business wise I am now getting great job satisfaction. I'm inspired and excited by my business. I feel I am getting paid my true worth. And it can only get better. By working with packages of care I am sending out a strong message in my value and standing.

Becoming a Specialist rather than a Generalist makes a sensational difference. Being specific. Knowing exactly who you are treating, condition wise. I am now reducing my massage work as I am completely committed to my C. E. work. Best decision I ever made.



### **Liz Dyde - CE Specialist and Trainer**

I knew a lot about Fibro because I had it myself but I didn't have ME or CFS so for me it was the additional expert knowledge I gained. It has become apparent to me that no one knows more about the illness than Chrysalis Effect

My clients are usually shocked at the amount of knowledge I have. A recent client came to me for the complimentary session and immediately booked ten sessions and paid for them. He could hardly get up the stairs and didn't know if he would last the whole session. He started to improve within days and says he thinks it was because he found someone on his wavelength. His wife is shocked at his progress as he's not been out for 6 months. So for me the expert knowledge adds great value to the therapeutic relationship.





## Susan Gardner – CE Specialist



### How did you treat fatigue / Fibro clients before you did CE training?

Actually I had no structured approach as I had never thought about targeting a health condition in this way before I became educated and informed by the Chrysalis Effect.

### What is different now?

By using a 'step by step' proven system to first build rapport with specialist understanding and to be able to offer a 'plan of action' which has worked for so many already (instils confidence) ensures a greater success rate which ultimately is all that a client is looking for – to get them to a place of health, wellness and happiness.

### How has this changed your results?

What is most noticeable, is that I have clients keen to sign up for a programme which offers them the opportunity to engage with something unique, something which is new and different – then, they are in it for the 'long haul' which is absolutely what is required for anyone to make lasting permanent changes.

### Business perspective- What positive impact has this had on your business?

Financially it means that there is a regular income which is important from a 'cash-flow' point of view and massively impacts on my business. It has provided me with more professional credibility as I have become known for successful outcomes in this area of health; helping people to overcome their CFS related issues which have been known within their 'circles' of family and friends, consequently benefitting from more referrals and therefore more clients. Overall this has helped my 'Wellbeing Specialist' reputation within the local centre where I operate from and the local community as a whole, which has altogether continued to build upon the services that I offer on a 1 to 1 basis and within the corporate sector too.