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## NAIO™ Practitioner Pathway Overview

The NAIO™ Practitioner Certification Training is a 900-hour formation pathway integrating somatic awareness, ecological philosophy, and relational embodiment. It cultivates presence, depth, and ethical maturity—preparing practitioners to facilitate awareness-based learning, movement education, and somatic inquiry grounded in trauma-informed, ecological, and cosmological understanding.

**Duration:** 18 months – 4 years

**Format:** Hybrid (in-person immersives + live online learning + asynchronous study + salons + independent practice)

### Program Composition & Hour Breakdown

| <u>Learning Mode / Requirement</u>                | <u>Hours</u> | <u>Description</u>                                                                                                                   |
|---------------------------------------------------|--------------|--------------------------------------------------------------------------------------------------------------------------------------|
| <b>Residential Immersives</b>                     | 240          | Three 72-hour immersives + Introductory Workshop (24 hours). Trauma-informed, experiential, and somatically grounded.                |
| <b>Guided Online Learning &amp; Mentorship</b>    | 270          | 150 hours synchronous (live) + 120 hours asynchronous (self-paced) learning, including readings, lectures, and reflective mentoring. |
| <b>Salons – Reflective Integration Gatherings</b> | 30           | Twelve facilitated salons (six × 2 hrs in-person + six × 3 hrs online). Group reflection, supervision, and ethical dialogue.         |
| <b>Independent Client Practice</b>                | 150          | Documented practice sessions (minimum 1 hour each) with peers or clients; reflective learning and practitioner skill development.    |

|                               |     |                                                                              |
|-------------------------------|-----|------------------------------------------------------------------------------|
| <b>Integration Components</b> | 210 | Home study, somatic practice, personal sessions, and final capstone project. |
|-------------------------------|-----|------------------------------------------------------------------------------|

|                                   |                   |
|-----------------------------------|-------------------|
| <b><u>Total Program Hours</u></b> | <b><u>900</u></b> |
|-----------------------------------|-------------------|

## **Detailed Structure of the 900 Hours**

### **Residential Immersives – 240 Hours**

| <b><u>Immersive</u></b>                                                            | <b><u>Focus</u></b>                                                                                                                                                                                       | <b><u>Hours</u></b>     |
|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|
| <b><u>Introductory Workshop – Foundations &amp; Trauma-Informed Principles</u></b> | Orientation to the NAIO™ process.<br>Foundational somatic and perceptual skills, trauma-informed awareness, consent, and ethical grounding for relational practice.                                       | 24                      |
| <b><u>Immersive I – Basis-Primordia: Embodied Awareness</u></b>                    | Entering the primordial ground of perception and being. Grounding, sensory ecology, relational field, touch, and presence.<br>Cultivating direct somatic literacy and attunement with the natural matrix. | 72                      |
| <b><u>Immersive II – Bios-Physis: Relational Practice</u></b>                      | Working within the living field of relationship. Dialogue, movement integration, and embodied communication. Exploring organismic intelligence, life systems, and intersubjective flow.                   | 72                      |
| <b><u>Immersive III – Matrix-Cosmos: Practitioner Integration</u></b>              | Integration of the full training arc. Ethical application, scope of practice, and practitioner embodiment. Readiness evaluation and the practitioner's relation to larger ecological and cosmic contexts. | 72                      |
| <b><u>Total</u></b>                                                                |                                                                                                                                                                                                           | <b><u>240 Hours</u></b> |

**Format:**

Residential retreat environments with experiential group learning, guided dyadic practice, and faculty mentoring. Each immersive builds upon the previous—moving from foundational trauma-informed awareness (*Basis–Primordia*), through relational dynamics (*Bios–Physis*), to cosmological and practitioner integration (*Matrix–Cosmos*).

**Guided Online Learning & Mentorship – 270 Hours**

| <b><u>Mode</u></b>                        | <b><u>Hours</u></b>     | <b><u>Description</u></b>                                                              |
|-------------------------------------------|-------------------------|----------------------------------------------------------------------------------------|
| <b>Synchronous (Live Online Sessions)</b> | 150                     | Real-time interactive learning: live classes, mentoring circles, and peer supervision. |
| <b>Asynchronous (Self-Paced Study)</b>    | 120                     | Recorded lectures, readings, assignments, and reflective journaling.                   |
| <b><u>Total</u></b>                       | <b><u>270 Hours</u></b> |                                                                                        |

**Salons – Reflective Integration Gatherings – 30 Hours****Purpose:**

Facilitated group dialogues and reflective circles supporting integration, ethical inquiry, and practitioner embodiment. Salons provide a structured container for synthesis and community reflection between immersives.

| <b><u>Format</u></b>       | <b><u>Quantity</u></b> | <b><u>Hours Each</u></b> | <b><u>Total Hours</u></b> | <b><u>Description</u></b>                                                     |
|----------------------------|------------------------|--------------------------|---------------------------|-------------------------------------------------------------------------------|
| <b>In-Person Salons</b>    | 6                      | 2 hrs                    | 12                        | Integration gatherings held during or around immersives.                      |
| <b>Online Group Salons</b> | 6                      | 3 hrs                    | 18                        | Extended reflective dialogues on ethics, group dynamics, and practice review. |
| <b><u>Total</u></b>        |                        |                          | <b><u>30 Hours</u></b>    | Required participation; flexible scheduling supports cohort rhythm.           |

## **Independent Client Practice – 150 Hours**

Students complete 150 hours of documented client practice sessions, conducted with peers, volunteers, or community participants.

Guidelines:

- Each session must be a minimum of 1 hour
- Informed consent required (forms provided)
- Maintain confidentiality; omit identifying content
- Record date, duration, and session focus

### **Purpose:**

To develop practitioner competence, relational skill, and the applied embodiment of NAIOTM principles. Logs are reviewed for verification and ethical compliance.

## **Integration Components – 210 Hours**

*(Embedded within the 900 total hours)*

| <b><u>Component</u></b>                      | <b><u>Hours</u></b> | <b><u>Description</u></b>                                                                              |
|----------------------------------------------|---------------------|--------------------------------------------------------------------------------------------------------|
| <b>Home Study &amp; Independent Learning</b> | 150                 | Assigned readings, journaling, creative inquiry, and research.                                         |
| <b>Personal NAIOTM Sessions</b>              | 20 (≈10 sessions)   | Receiving sessions from certified practitioners or approved faculty to deepen experiential embodiment. |
| <b>Somatic Practice</b>                      | 30                  | Documented awareness or movement practice integrating NAIOTM principles.                               |
| <b>Capstone Project</b>                      | 10                  | Final synthesis demonstrating applied understanding, ethical development, and practitioner readiness.  |
| <b><u>Total</u></b>                          |                     | <b><u>210 Hours</u></b>                                                                                |

## **Certification Requirements**

To qualify as a **Certified NAIO™ Practitioner**, students must:

- Complete all 900 hours of required training.
- Fulfill 30 hours of therapy with a licensed professional during training.
- Maintain 2 years sobriety (if applicable); abstain from psychoactive or plant-medicine use during training.
- Submit verified Practice Logs, Home Study, and Session Logs.
- Complete the Capstone Project (10 hrs).
- Attend all required salons and immersives.
- Demonstrate ethical maturity, embodied presence, practitioner competence, mind-body integration and competent articulation of NAIO™ Principles..

## **Re-Certification Requirements**

Certified NAIO™ Practitioners must complete re-certification every two (2) years prior to their renewal date.

### **Required Components**

1. Twenty (20) hours of continuing education, which may include therapy, somatic education, or approved movement practices.
2. Attendance at one NAIO™ Advanced Workshop.
3. Attendance at one NAIO™ Practitioner Gathering.
4. Ten (10) hours of NAIO™ sessions or personal salon participation directly with the Licenser, Founder or an approved Educator.

### **Submission**

Proof of completion must be submitted to NAIO™ International no later than seven (7) days before the renewal date.

Accepted proof includes certificates, signed verification letters, receipts, or verified session logs.

## **Scope & Practitioner Responsibility**

NAIO™ Practitioners are educators and facilitators, not licensed medical or psychological professionals (unless separately credentialed).

Graduates must:

- Work within educational and ethical scope.
- Maintain professional insurance.
- Adhere to NAIO™ Ethical and Trademark Use Agreements.

## **Governance & Trademark**

NAIO™ is a registered trademark of Prue Jeffries, licensed to Dione Endeavours LLC, and administered by NAIO™ International.

Certification represents successful completion of the practitioner formation pathway and ongoing adherence to NAIO™'s ethical and relational standards.

## **Contact**

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