

Crossfields Institute

Qualification Specification

Crossfields Institute Level 3 Diploma in Mindfulness for People
with their Animals: Trust Technique Practitioner



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Qualification reference number: 603/1196/4

Crossfields Institute Level 3 Diploma in Mindfulness for People with their Animals: Trust Technique Practitioner

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Introduction

This Crossfields Institute Level 3 Diploma in Mindfulness for People with their Animals: Trust Technique Practitioner is an Ofqual regulated qualification.

About Crossfields Institute

Crossfields Institute is an awarding organisation and educational charity specialising in holistic and integrative education and research. The Institute develops specialist qualifications which aim to support the development of autonomous learners with the intellectual rigour, practical skills, social responsibility and ability to think creatively and act decisively. The Institute is also a higher education institute (HEI) and works in partnerships with universities in the UK and overseas.

Guide to the Specification

We aim to support centres in providing a high quality educational experience. We also believe that for learners to get the most out of this qualification they should be encouraged to be autonomous and responsible in their approach to their studies. A clear, accessible qualification specification is key to this. This specification gives details about the qualification, explains how it is assessed and outlines important policies which support its delivery. It is an essential document for learners, centres and assessors, and has been written with all these audiences in mind.

The specification should be used as a reference source both before and during delivery of the qualification and also signposts where further advice and support may be found.

Key Facts

Qualification Title	Crossfields Institute Level 3 Diploma in Mindfulness for People with their Animals: Trust Technique Practitioner	
Qualification Number	603/1196/4	
Rules of Combination	All modules are compulsory except Module 5A and 5B where learners can choose to study either one or both	
Total Qualification Time	460	
Credits	46	
Guided Learning Hours	Min: 250	Max: 285
Minimum age of Learners	18	
Assessment Methods	Portfolio of evidence	
Grading System	Pass / Fail	
How long will it take to complete?	Two years part time	
Developed by	The qualification has been developed by Crossfields Institute with subject specific expertise provided by The Trust Technique	

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Section 1: About this Qualification

1.1 Qualification Objective

The objectives of this qualification are:

- giving learners personal growth and engagement in learning
- preparing learners to progress to a qualification in the same subject at a higher level
- preparing learners for employment

It enables learners to:

- benefit from the mindfulness techniques learnt
- develop their own skills, experience and knowledge in the use of the Trust Technique
- give a clear explanation of the Trust Technique to range of audiences
- offer support to individuals in using the Trust Technique to help people and animals resolve problems
- establish a good level of public professional practice, demonstrating an awareness of the legal and ethical context of their practice

1.2 Qualification Rationale

Animals are becoming a more recognised part of therapy programs worldwide and animal assisted therapy is becoming an increasingly well-known form of treatment. Whilst there is currently no scientific basis for these methods, the scientific community is working to provide a deeper understanding of the connection between animals' thinking, feeling and communication, and in particular how this relates to our ways of thinking and being.

The Trust Technique is based on the theory that deepening the connection between people and their animals can transform the lives of both. It uses mindfulness as a basis for aiming to resolve problems for the individual and also for the animal. Although an individual may initially seek help for a problem with their animal, they often also benefit personally from using the technique. A Trust Technique Practitioner holds a space of supporting people to work with an animal that they are responsible for.

As awareness of the technique has grown, there has been an increased interest in developing a professional qualification in becoming a Trust Technique Practitioner. This qualification aims to ensure that those wishing to demonstrate the technique to others will be able to do so effectively, safely and within the law, whilst retaining the original essence of the technique for the ultimate benefit of people and their animals.

The Trust Technique method is based on the premise that animal behaviour can be observed, understood and described in terms of 'mind', 'emotion' and 'feelings'. To our knowledge there is no recognised scientific evidence that underpins the theory of the Trust Technique and the qualification is therefore not making any scientific claims about animal behaviour but rather proposing a language in which this can be observed, understood and described.

1.3 Overview of the Qualification

1.3.1 Overview of knowledge, understanding and skills

This qualification consists of seven modules:

1. THE TRUST TECHNIQUE IN CONTEXT

Introduces learners to the history and essence of The Trust Technique and develops the learner's knowledge of the context of animal-assisted healing within the UK.

2. PRINCIPLES OF THE TRUST TECHNIQUE

Learners explore the principles of the Trust Technique and develop their own understanding of the principles. The key principles underpinning this qualification are:

- Creative Reaction – this involves the learner coming into the Present Moment with an animal, creating a mindful state of being, which the animal reacts to
- Realisation Learning – this is a process by which response to a certain situation can be changed over time, altering patterns of behaviour for the person and the animal
- Trusted Cooperation – this principle entails building trust and confidence between the individual and the animal

3. GAINING OWN EXPERIENCE IN USE OF THE TRUST TECHNIQUE WITH ANIMALS

Supports the learner in gaining their own experience of the Trust Technique whilst working with different animals. Learners will work with a range of animals and reflect on their experiences. In this module they will begin working with the following concepts:

- Present Moment – this is a mindfulness practice whereby the learner becomes only aware of the Present Moment and thereby enters a mindful state of being.
- Mindful Regard – this is the pacing and leading of the process of Creative Reaction, working at the animal's pace.

4. THE TRUST TECHNIQUE CONSULTATION STRUCTURE

Introduces the different stages in conducting a Trust Technique consultation. It explains necessary paperwork and considers the steps the learner should take in order to conduct a consultation safely, effectively and professionally.

5. THE TRUST TECHNIQUE IN PRACTICE – DOMESTIC ANIMALS (MODULE 5A)/ LARGE ANIMALS (MODULE 5B)

Guides the learner through the practicalities of conducting a Trust Technique consultation. Gives them the opportunity to develop their own competence by completing a number of case studies with a range of people and their animals.

6. THE TRUST TECHNIQUE IN PUBLIC PRACTICE

Introduces the learner to some of the issues they will need to be familiar with as they become a Trust Technique Practitioner. This includes the legal framework for working in this area, as well as the need to promote their own practice.

7. SELF-DEVELOPMENT IN THE ROLE OF TRUST TECHNIQUE PRACTITIONER

Guides the learner through planning how they can continue to develop in the role of Trust Technique Practitioner. They will consider how to support themselves and look for opportunities to improve their practice.

1.3.2 Rules of Combination

All modules are at level 3. Modules 1, 2, 3, 4, 6 & 7 are mandatory. Learners can choose to study either 5A, 5B or both. This is to enable learners to choose whether to work with domestic animals, large animals or both.

The total qualification time is 460 hours, some of which is guided learning hours. The amount of GLH allocated to each module is specified in the module descriptors. Nevertheless, learners should bear in mind that these hours are given for guidance only and the amount of time required by individual learners will vary.

Learners will be expected to complete the course in two years, although this can be extended if there are exceptional circumstances.

1.3.3 Requirements for real work environments

All learners are required to complete ten filmed consultations, with a client and an animal in their client's care. Learners are required to arrange these consultations, perhaps using friends, family, rescue centres they may have association with, other members via online groups or memberships or students of same program. Each consultation should be an hour long,

1.3.4 Progression opportunities

This qualification prepares learners to:

- Become part of a professional community of Trust Technique Practitioners
- Develop their own professional offer, supporting the health and well-being of people with their animals, counselling, or in a direction that is more explicitly mindfulness led.
- Utilise The Trust Technique in their own work place and professional practice as part of their Continued Professional Development (CPD).
- Progress to further qualifications in The Trust Technique.

Note: This qualification **does not** equip learners to teach the Trust Technique to groups of people, or to work in animal assisted therapy. It **only** enables the learner to work with individual clients and animals the client is responsible for.

1.3.5 Delivery requirements

A full explanation of the delivery requirements for this qualification are included in section three. This explains the delivery requirements for all modules, but where a module has specific delivery instructions these are included in the module.

The qualification can be delivered as an on-line distance learning course. To support this centres will ensure that

- a culture of safety and trust are fully embedded as a foundation for the learning process.
- teaching and assessment teams are proficient in facilitating a culture of peer support and learning.

1.3.6 Assessment overview

Learners are required to submit a portfolio of evidence for this qualification. This portfolio is internally assessed against each module's learning outcomes on a pass or refer basis by assessors.

The portfolio of evidence may include:

- Consultation forms (pre, actual and post consultation) from case studies
- Videos of consultations
- Examples of professional correspondence
- Self-assessment and reflective activities
- Professional discussion, tutor observation and witness testimony

Full information about the assessment process is included in Section 4, and assessment exemplars are included in Appendix 1.

1.4 Expectations of Learners

The entry requirements for learners are that they:

- are over 18
- have a reasonable standard of written English. i.e. an IELTS score of 5 where English is not their first language (or equivalent)
- have completed the Trust Technique Video membership Foundation Programme, including a final Q&As covering all sections
- have an appropriate amount of experience with animals
- have completed Trust Technique recruitment processes

Centres must follow their access and recruitment policy, in accordance with Crossfields Institute's requirements, to ensure equality and diversity in recruitment for this qualification.

Recognition of prior learning (RPL) will not form part of the recruitment process.

1.5 Requirements for Centres

To offer this qualification, centres must be approved by Crossfields Institute. For more information about this process, please contact us via email on: qualityassurance@crossfieldsinstitute.com or call 01453 808 118.

In order to be approved to offer this qualification, centres must have:

- adequate resources to meet the delivery and assessment requirements for this qualification. Please contact Crossfields Institute for further information regarding this
- tutors and assessors who have current and relevant understanding of the subject matter. Assessors will need to be both occupationally knowledgeable and qualified to make assessment decisions
- at least 2 Trust Technique practitioners and be approved by the Trust Technique (ACT Ltd)
- access to Trust Technique videos and other materials

- Internal Quality Assurers who are both occupationally knowledgeable and qualified to make quality assurance decisions
- skills and infrastructure to use IT systems in support of their delivery. This may include an appropriate virtual learning environment and use of Crossfields Institute's centre management software

1.6 Role of the Centre and Crossfields Institute

Each centre is required to work in partnership with Crossfields Institute to ensure that all learners have the best possible experience whilst taking this qualification and are treated fairly. Our commitment to this is supported by our Centre Handbook, which all centres should become familiar with. The handbook also includes a range of mandatory policies which are explained in Section 5.

If you have any queries or concerns about this qualification, or if you would like to suggest improvements to this specification or the qualification itself, please contact us by email info@crossfieldsinstitute.com or phone 01453 808 118.

Section 2: Modules

2.1 Module List

	Module reference	Ofqual Reference	Total Qualification Time (TQT)
Module 1 THE TRUST TECHNIQUE IN CONTEXT	TTP-L3-M1	H/615/5525	55
Module 2 PRINCIPLES OF THE TRUST TECHNIQUE	TTP-L3-M2	K/615/5526	85
Module 3 GAINING OWN EXPERIENCE IN USE OF THE TRUST TECHNIQUE WITH ANIMALS	TTP-L3-M3	M/615/5527	65
Module 4 THE TRUST TECHNIQUE CONSULTATION STRUCTURE	TTP-L3-M4	T/615/5528	65
Module 5A THE TRUST TECHNIQUE IN PRACTICE – DOMESTIC ANIMALS	TTP-L3-M5A	A/615/5529	110
Module 5B THE TRUST TECHNIQUE IN PRACTICE – LARGE ANIMALS	TTP-L3-M5B	M/615/5530	110
Module 6 THE TRUST TECHNIQUE IN PUBLIC PRACTICE	TTP-L3-M6	T/615/5531	40
Module 7 SELF-DEVELOPMENT IN THE ROLE OF TRUST TECHNIQUE PRACTITIONER	TTP-L3-M7	A/615/5532	40

2.2 Guide to the Modules

The qualification is split into modules, which specify what knowledge and skills the learner must demonstrate in their assessments. Each module covers one area of the qualification and includes:

Module Code	a unique code assigned by Crossfields Institute
Module Level	gives the level of demand placed upon learners in line with level descriptors published by the regulator
Module Aims and Rationale	explains what is covered in the module and how the module fits into the qualification as a whole
Total Qualification Time (TQT)	total hours required to complete the module – including independent study and assessment
Guided Learning Hours (GLH)	total hours of face to face time, which includes classroom, lectures, seminars, mentoring, and tutor facilitated webinars
Learning Outcomes	tell learners what they will be expected to know and be able to do upon successful completion of the module
Indicative Content	gives an indication of the material that may be covered as part of the module

There is also a section where additional requirements for assessment and delivery are explained.

TTP-L3-M1

THE TRUST TECHNIQUE IN CONTEXT

Aims and Rationale

This module introduces the learner to the history and essence of The Trust Technique and develops the learner's knowledge of the context of animal-assisted healing within the UK. This is essential to their development as a Trust Technique practitioner, as they must be able to explain the technique, and its context, to a range of audiences.

Details

Guided Learning Hours (GLH)	35	Total Qualification Time (TQT)	55	Level	3
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Learning Outcomes - on successful module completion learners will be able to:

1	Explain the Trust Technique to an individual client
2	Outline the Trust Technique, including its history and context, to a group of potential clients

Indicative Content

This module provides an introduction to the Trust Technique, to the role of the practitioner and to the context in which a Trust Technique practitioner operates.

Initially there will be a detailed explanation of the Trust Technique. This will include:

- What is the Trust Technique?
- History of the Trust Technique

The module will also consider the role of the Trust Technique practitioner and how the learner can develop into this role. The main areas covered are:

- What is a practitioner?
- Benefits of the qualification
- Learner outcomes

Finally there will be an exploration of the context in which the practitioner will operate. This will include a consideration of the growth of animal-assisted therapy in the UK, and relevant academic studies. This is covered in a section entitled:

- The Broader Context of the Trust Technique

Each section is designed to lead the learner into a deeper understanding of the Trust Technique and enable them to explain it to a range of audiences.

Additional requirements for Assessment and Delivery

Learners may be required to video themselves delivering a talk to potential clients, so will require access to appropriate video equipment. For more information about assessment and delivery, please refer to the relevant sections.

Reading and Resources List

There is a Reading and Resources list included at the end of this document.

TTP-L3-M2

PRINCIPLES OF THE TRUST TECHNIQUE

Aims and Rationale

This module introduces the learner to the principles that underpin the Trust Technique. They will explore the principles of Creative Reaction, Realisation Learning and Trusted Cooperation, thereby developing their own understanding. The ability to explain all three principles is crucial, as a Trust Technique practitioner will have to describe them to a range of audiences. They will also be demonstrating their own use of Creative Reaction in their practice of the Trust Technique.

Details

Guided Learning Hours (GLH)	55	Total Qualification Time (TQT)	85	Level	3
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Learning Outcomes - on successful module completion learners will be able to:

1	Reflect on own understanding of the principles of Creative Reaction, Realisation Learning and Trusted Cooperation
2	Describe the principles of Creative Reaction, Realisation Learning and Trusted Cooperation to a group of potential clients
3	Demonstrate own use of Creative Reaction with an animal

Indicative Content

Learners will be introduced to the Principles that underpin the Trust Technique. Each of the core principles will be explained in detail and learners will be encouraged to develop their own understanding of the principles.

In this module, the core principles are:

- Creative Reaction – this involves the learner coming into the Present Moment with an animal, creating a mindful state of being, which the animal reacts to
- Realisation Learning – this is a process by which response to a certain situation can be changed over time, altering patterns of behaviour for the person and the animal
- Trusted Cooperation – this principle entails building trust and confidence between the individual and the animal

In the course of the module, the learner will develop their understanding of these Trust Technique principles. This will enable them to explain the principles to a range of audiences, although they will only be required to demonstrate their own use of Present Moment and Creative Reaction.

Additional requirements for Assessment and Delivery

Learners will be required to video themselves delivering a talk to potential clients and conducting a Trust Technique consultation, so will require access to appropriate video equipment. For more information about assessment and delivery, please refer to the relevant sections.

Reading and Resources List

There is a Reading and Resources list included at the end of this document.

TTP-L3-M3

GAINING OWN EXPERIENCE IN USE OF THE TRUST TECHNIQUE WITH ANIMALS

Aims and Rationale

This module supports the learner in gaining their own experience of the Trust Technique whilst working with different animals. They will be expected to work with a range of animals, appropriate to their chosen pathway, and reflect on their experiences. It is essential that learners gain experience in this way so that they have the depth of understanding to work with clients and their animals.

Details

Guided Learning Hours (GLH)	30	Total Qualification Time (TQT)	65	Level	3
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Learning Outcomes - on successful module completion learners will be able to:

1	Assess whether using the Trust Technique is safe and appropriate in a given situation
2	Stay in the Present Moment when working with different animals
3	Describe how own ability to work at the animal's pace, through use of Mindful Regard, has developed
4	Reflect on own experience of working with different animals

Indicative Content

Learners will be guided in gaining their own experience of putting the principle of Creative Reaction into practice whilst working with different animals. This will be through developing their own use of the Present Moment and Mindful Regard, thus helping themselves and the animal find peace.

These core concepts are defined as:

- Present Moment – this is a mindfulness practice whereby the learner becomes only aware of the Present Moment and thereby enters a mindful state of being.
- Mindful Regard – this is the pacing and leading of the process of Creative Reaction, working at the animal's pace.

Learners will be introduced to the process of establishing whether it is safe and appropriate to work on the Trust Technique with an animal. They will also be given advice on how to reduce risks and maximise the potential for a successful session.

They will be required to conduct at least 6 sessions with 4 different animals. The animals should be either domestic pets or large animals, or both depending on which pathway the learner wishes to take.

For each session the learner will be required to complete a self-evaluation, designed to support them in improving their practice. They will also undertake a self-reflective task to establish whether they are ready to start working with clients and their animals.

Additional requirements for Assessment and Delivery

Learners will be required to work with 4 different animals for each pathway they are following. This means that if they wish to work with just domestic animals, they should work with 4 domestic animals. If they wish to work with large animals, they should work with 4 large animals. If they wish to work with both types of animal, then 4 of each type would be required.

It is their responsibility to find opportunities to work with appropriate animals and ensure they have a range of experiences. They will need to arrange at least 6 sessions with each animal. For more information about assessment and delivery, please refer to the relevant sections.

Reading and Resources List

There is a Reading and Resources list included at the end of this document

TTP-L3-M4

THE TRUST TECHNIQUE CONSULTATION STRUCTURE

Aims and Rationale

This module introduces the different stages in conducting a Trust Technique consultation. It explains the necessary paperwork and considers the steps the learner should take in order to conduct a consultation safely, effectively and professionally. This is central to the role of a Trust Technique practitioner because it will provide a clear structure to follow, thus assuring the quality of the consultation and the safety of the practitioner and the client. It also provides opportunities for the practitioner to receive feedback on their work, reflect on their own competence and plan further development activities.

Details

Guided Learning Hours (GLH)	45	Total Qualification Time (TQT)	65	Level	3
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Learning Outcomes - on successful module completion learners will be able to:

1	Assess a consultation situation to ensure that it is safe, putting extra controls in place if necessary
2	Assess whether the environment is conducive to the successful use of the Trust Technique, making adjustment to timing and environment if necessary
3	Keep appropriate records of the consultation including client details and feedback forms

Indicative Content

Learners will be introduced to the different stages of conducting a Trust Technique consultation. They will become familiar with the necessary paperwork and consider the steps they should take in order to conduct a consultation safely, effectively and professionally. The main elements are:

- Pre Session Assessment – this involves assessing the individual client and the animal in the consultation situation to ensure that it is safe to proceed. Where there are potential risks (such as other animals approaching, if the animal may bite or kick, or if the animal has any skin conditions, lice or ticks), the learner will be supported in putting extra controls in place. The learner will also be guided in assessing whether the environment is conducive to the successful use of the Trust Technique, as well as how to make adjustments to timing and environment if necessary
- During the Session – the learner will be introduced to the consultation paperwork and will become familiar with following the steps within a Trust Technique session
- Post session – the learner will become familiar with how to follow up a Trust Technique session. This would be through gathering client feedback and offering further sessions where the client can begin to work on Realisation Learning
- Working on Skype – there will be an exploration of when it is appropriate to use Skype for a consultation, as well as the potential challenges

Additional requirements for Assessment and Delivery

Learners will be required to access consultation documentation online as well as using and storing it appropriately. They will therefore need access to relevant ICT equipment. For more information about assessment and delivery, please refer to the relevant sections.

Reading and Resources List

There is a Reading and Resources list included at the end of this document.

TTP-L3-M5A

THE TRUST TECHNIQUE IN PRACTICE – DOMESTIC ANIMALS

Aims and Rationale

This module guides the learner through the practicalities of conducting a Trust Technique consultation. It gives them the opportunity to develop their own competence by completing a number of case studies with a range of people and their animals. This is the central part of a Trust Technique practitioner's work and it is essential that the learners become confident and competent in all aspects of the consultation. For the purposes of this qualification, small animals include goats, dogs, cats, rabbits, guinea pigs, hamsters and reptiles.

Details

Guided Learning Hours (GLH)	35	Total Qualification Time (TQT)	110	Level	3
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Learning Outcomes - on successful module completion learners will be able to:

1	Demonstrate impact on the animal's behaviour using the Present Moment
2	Explain observed responses of the animal during an intervention using the Present Moment
3	Support a client in entering and staying in the Present Moment
4	Support a client to understand and apply the Present Moment at their animals pace using Mindful Regard
5	Follow up a consultation appropriately, with a call or a follow up session

Indicative Content

In this module learners will be guided through the process of conducting a Trust Technique consultation. The first stage of this is their own preparation for the session, which is covered in:

- Pre session – explores what preparations the learner must make before the consultation

The next stage is for learners to understand the initial elements of the consultation. These include:

- Assessment of the situation, to establish whether it is safe and the Trust Technique is appropriate.
- Description of the Trust Technique, related to the client's current situation

The learners will also be introduced to the main part of the consultation where they demonstrate the Trust Technique and support the client in working with their animal. This includes:

- Demonstration of the Trust Technique with the client's animal
- Supporting the client in entering the Present Moment and staying in the Present Moment
- Supporting the client to work at their animal's pace using Mindful Regard

Finally, they will gain an understanding of the importance of providing continued support to the client after the session. This may include the possibility of delivering Realisation Learning.

Additional requirements for Assessment and Delivery

To complete this module, learners must undertake 10 case studies of working with a client and their domestic animals. They should video all of these consultations and submit one for assessment. This requires them to have video equipment and access to ICT. They may also consider working on Skype. For more information about assessment and delivery, please refer to the relevant sections.

Reading and Resources List

There is a Reading and Resources list included at the end of this document.

TTP-L3-M5B

THE TRUST TECHNIQUE IN PRACTICE – LARGE ANIMALS

Aims and Rationale

This module guides the learner through the practicalities of conducting a Trust Technique consultation. It gives them the opportunity to develop their own competence by completing a number of case studies with a range of people and their animals. This is the central part of a Trust Technique practitioner's work and it is essential that the learners become confident and competent in all aspects of the consultation. For the purposes of this qualification, large animals include donkeys, cows, large goats, horses, elephants and bears.

Details

Guided Learning Hours (GLH)	35	Total Qualification Time (TQT)	110	Level	3
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Learning Outcomes - on successful module completion learners will be able to:

1	Demonstrate impact on the animal's behaviour using the Present Moment
2	Explain observed responses of the animal during an intervention using the Present Moment
3	Support a client in entering and staying in the Present Moment
4	Support a client to understand and apply the Present Moment at their animals pace using Mindful Regard
5	Follow up a consultation appropriately, with a call or a follow up session

Indicative Content

In this module learners will be guided through the process of conducting a Trust Technique consultation. The first stage of this is their own preparation for the session, which is covered in:

- Pre session – explores what preparations the learner must make before the consultation

The next stage is for learners to understand the initial elements of the consultation. These include:

- Assessment of the situation, to establish whether it is safe and the Trust Technique is appropriate.
- Description of the Trust Technique, related to the client's current situation

The learners will also be introduced to the main part of the consultation where they demonstrate the Trust Technique and support the client in working with their animal. This includes:

- Demonstration of the Trust Technique with the client's animal
- Supporting the client in entering the Present Moment and staying in the Present Moment
- Supporting the client to work at their animals pace using Mindful Regard

Finally, they will gain an understanding of the importance of continued support after the session. This may include the possibility of delivering Realisation Learning.

Additional requirements for Assessment and Delivery

To complete this module, learners must undertake 10 case studies of working with a client and their large animals. They should video all of these consultations and submit one for assessment. This requires them to have video equipment and access to ICT. They may also consider working on Skype. For more information about assessment and delivery, please refer to the relevant sections.

Reading and Resources List

There is a Reading and Resources list included at the end of this document.

TTP-L3-M6

THE TRUST TECHNIQUE IN PUBLIC PRACTICE

Aims and Rationale

This module introduces the learner to some of the issues they will need to be familiar with as they become a Trust Technique Practitioner. This includes the legal framework for working in this area, as well as the best ways to promote their own practice. These matters are critical to the success of Trust Technique practitioners, as they must ensure that they are operating safely, legally and effectively.

Details

Guided Learning Hours (GLH)	25	Total Qualification Time (TQT)	40	Level	3
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Learning Outcomes - on successful module completion learners will be able to:

1	Conduct a Trust Technique consultation safely and within the legal framework of the UK
2	Communicate with other professionals within the legal framework of the UK
3	Explain the requirements of the Welfare Act as relevant to the practice of the Trust Technique
4	Promote own practice professionally and effectively in line with Trust Technique guidance

Indicative Content

In this module learners will explore the realities of becoming a Trust Technique Practitioner. The following areas will be covered:

- Practicing safely – including consideration of the relevant legal requirements in the UK
- Code of conduct – as provided by the Trust Technique to ensure that all of its practitioners are acting ethically and professionally
- Insurance – the requirements for each practitioner to consider their own insurance position and ensure they are adequately covered
- Marketing – practitioners must be able to promote their practice effectively, using a range of techniques

Additional requirements for Assessment and Delivery

None. For more information about assessment and delivery, please refer to the relevant sections.

Reading and Resources List

There is a Reading and Resources list included at the end of this document.

TTP-L3-M7

SELF-DEVELOPMENT IN THE ROLE OF TRUST TECHNIQUE PRACTITIONER

Aims and Rationale

This module guides the learner through planning how they can continue to develop in the role of Trust Technique Practitioner. They will consider how to support themselves and identify opportunities to improve their practice.

Details

Guided Learning Hours (GLH)	25	Total Qualification Time (TQT)	40	Level	3
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Learning Outcomes - on successful module completion learners will be able to:

1	Give an account of managing own self-care, seeking support and guidance as necessary
2	Explain how to work with others to develop as a Trust Technique practitioner
3	Describe how to maintain own knowledge of relevant current developments in the Trust Technique and its context
4	Show how feedback has been used to support the development of own professional practice

Indicative Content

This module guides the learner through the processes a Trust Technique Practitioner must go through in order to sustain themselves and maintain their effectiveness over time. This includes:

- Your career path – looking at alternative ways to develop as a Trust Technique Practitioner
- Developing yourself - this could be through increasing understanding through broader reading list or engaging in CPD
- Practice on yourself – sustaining yourself by continuing own personal practice of mindfulness

There is also a broader consideration of the need for a Trust Technique Practitioner to support themselves and look for support from others. This may include:

- Support yourself – ideas about how to look after yourself over time
- Support from others within the Trust Technique community – the importance of staying in touch with other practitioners locally and nationally

Additional requirements for Assessment and Delivery

None. For more information about assessment and delivery, please refer to the relevant sections.

Reading and Resources List

There is a Reading and Resources list included at the end of this document.

Section 3: Delivery Requirements

This qualification is mainly vocational and practice based and thus the educational experience:

- Facilitates action learning
- Encourages self-direction
- Provides opportunity for learners to reflect on the knowledge base and the skills in practice

Learners will be supported by qualified and experienced educators and assessors. All seven modules should be delivered using a balance of methods that encourage and ensure active learner participation.

This includes:

- Learning through formal teaching, via on-line video presentations, conducted by an experienced educator in The Trust Technique
- Learning through self-exploration and discovery
- Learner evaluation through online assessment
- Learner participation, practising the skills in case studies
- Learner reflection and self-evaluation

Learners will take responsibility for establishing and developing their own learning process.

The modules have been structured so as to enable a learner-centred approach, encouraging proactive learner investigation, enquiry and reflection, alongside teacher-led learning, and the online video course.

The approach to the delivery is holistic and recognises diverse approaches to learning. Learning material and activities will be designed to appeal to all learning styles.

Learners will be supported by their assessor from the earliest stages of the qualification. This will enable the assessor to monitor the learner's progress as they begin to self-manage and develop their understanding and practice.

Section 4: Assessment & Quality Assurance

4.1 Our Approach

The Crossfields Institute approach to quality assurance is underpinned by educational values which address the development and transformation of the whole human being. In this qualification teaching, learning and assessment should be interconnected in order to support each individual to reach his or her full potential.

This guidance is provided to support centres and learners in understanding this qualification's requirements for assessment and how the assessment processes will be monitored.

4.2 Assessment Requirements

This qualification is assessed through a portfolio of evidence. The learner must meet all learning outcomes in the module before they can be awarded that module. We encourage a holistic approach to assessment where appropriate, this means using assessment tasks which cover elements of more than one module.

Assessment methods for this qualification include:

- Case studies
- Question and answer
- Professional discussion
- Observation
- Witness testimony
- Product evidence

This qualification uses a Centre Based Assessment approach to assessment – see section 4.4 for further details, assessment tasks that may be used include: .

- Consultation forms (pre, actual and post consultation)
- Videos of consultations
- Examples of professional correspondence
- Self-assessment and reflective activities

Exemplars of assessment tasks are included in Appendix 1.

Assessors for this qualification will write a summative assessment for each learner, relating to the learning outcomes, based on their observation and engagement with the learner and the learner's own self-assessment., Assessors must participate in regular moderation (standardisation) meetings to ensure that their assessment judgements are valid. Summative (final) assessment will only be accepted as final, once agreed by the centre's moderation group.

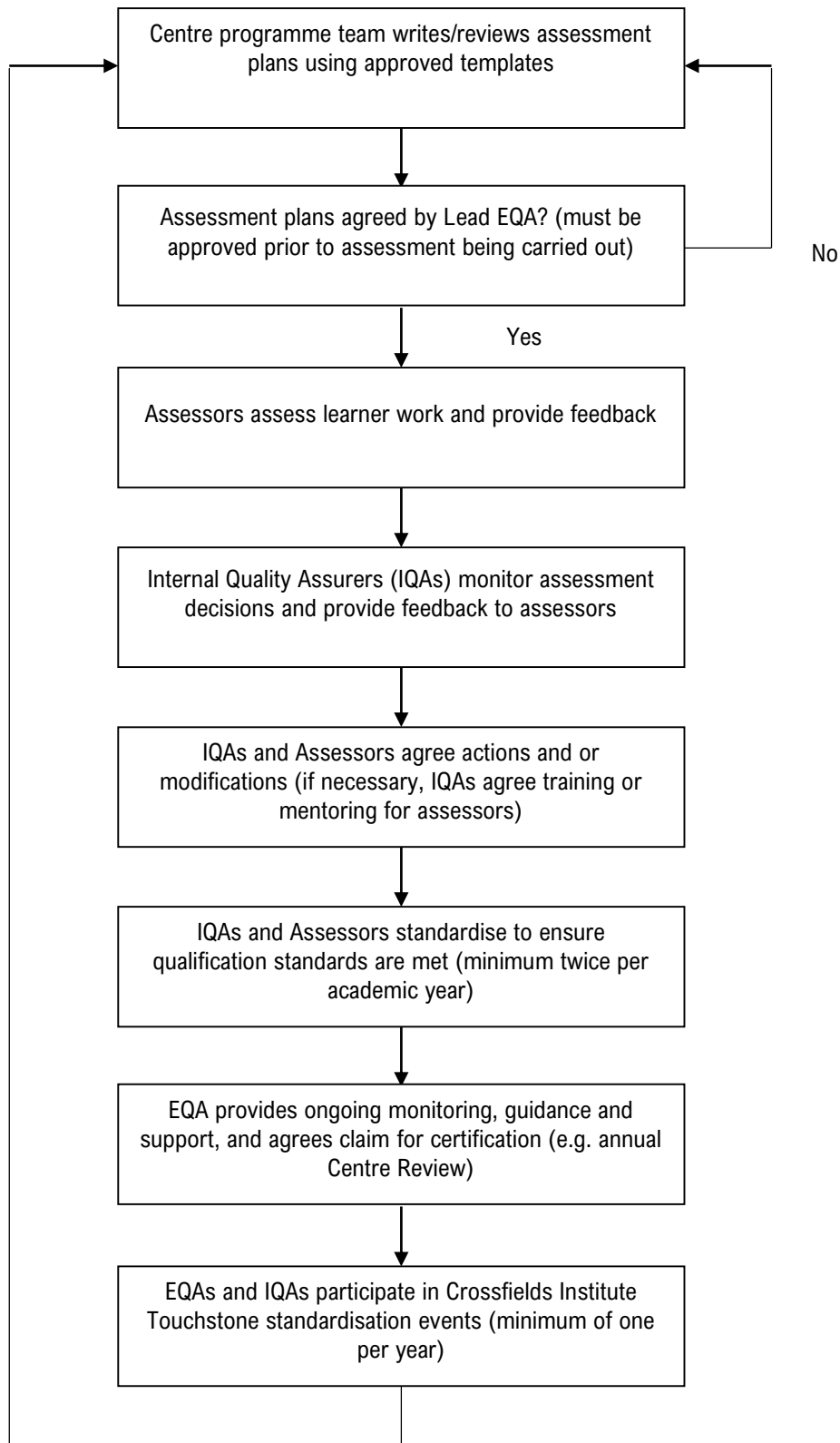
N.B Confidentiality - Some of the portfolio content may be personal either in relation to the learner's own process or the client's process. In the event of any external Quality Assurance inspections, learners should be given the opportunity to redact any such personal material.

4.3 Quality Assurance Process

The primary aim of the Crossfields Institute Quality Team is to support centres in delivering the best possible learning experience and high levels of achievement for learners.

Centres will be allocated an External Quality Assurer (EQA) by the Crossfields Institute Quality Team. The Lead EQA for this curriculum area will also be involved in reviewing assessment plans.

Centres delivering this qualification are required to follow this Crossfields Institute Quality Assurance process:



4.4 Assessment Planning Guidance

This qualification uses a centre devised approach to assessment. In planning their assessments, centres should ensure that assessment activities:

- are fit for purpose
- can be delivered efficiently
- allow the learners to demonstrate meeting the learning outcomes
- permit Reasonable Adjustments to be made, while minimising the need for them
- allow each learner to generate evidence which can be authenticated
- allow the specified level of attainment detailed in this specification to be reached by a learner who has attained the required level of knowledge, skills and understanding
- allow assessors to be able to differentiate accurately and consistently between a range of attainments by learners

They should also ensure that:

- sufficient time is allowed for assessment planning
- assessment tasks do not produce unreasonably adverse outcomes for learners who share a common attribute
- methods of assessment are in line with the assessment requirements in this specification
- reasonable timescales for assessment and feedback are given to learners
- a timely quality assurance process is conducted

4.5 Training and Support

To support centres in carrying out high quality assessment and quality assurance practice, the following training and support measures have been put in place for this qualification:

- All centre assessors and quality assurance staff for this qualification are required to meet National Occupational Standards for assessors and IQAs. National qualifications (NVQs) are available for these roles. Crossfields Institute can also provide customised assessor and IQA education as well as review of assessor and IQA practice.
- Assessors and IQAs must keep an up to date CPD log and be able to demonstrate the relevance of their CPD to this qualification and their role.
- Handbooks, exemplars and templates are available from the Crossfields Institute Quality Team.
- Where required, a customised Quality Assurance Action and Development Plan will be provided by Crossfields Institute for centres.

Section 5: Policies and Procedures

Crossfields Institute has policies and procedures in place to support centres and learners. All centres must also implement their own policies, which comply with Crossfields Institute's requirements – these will be checked during centre approval and in subsequent centre monitoring activities. It is the centre's responsibility to make relevant policies available to learners.

Relevant policies include:

- Learner Complaints and Appeals Policy: which allows learners to take action if they feel they have been treated unfairly.
- Reasonable Adjustments and Special Considerations Policy: which allows centres to make any necessary adjustments to assessments in the light of learners' individual circumstances.
- Malpractice and Maladministration Policy: which gives a framework through which concerns about the delivery and assessment of the qualification can be addressed.
- Equality and Diversity Policies: which ensures centres treat learners fairly and without any bias.

Crossfields Institute Policies, and other key documents, are available on our website at www.crossfieldsinstitute.com. Learners should ensure they also refer to the policies and procedures of the centre with which they are registered.

Section 6: Reading and Resources List

REQUIRED READING:

The Power of Now, Eckhart Tolle, 2005, Hodder & Stoughton, ISBN - 978 - 0 - 340 - 73350 - 9

Jonathan Livingston Seagull, Richard Bach, 2015, Harper Thorstons, ISBN - 978 - 0 - 00 - 649034 - 0

The Way of the Wizard, Dr Deepak Chopra, 1995, Harmony, ISBN - 051 - 770 - 434 - X

Waking the Tiger- healing Trauma, Peter A Levine, 1997, North Atlantic Books, ISBN - 1 - 55643 - 233 - X

Reason for Hope: A Spiritual Journey, Jane Goodall, 2000, Warner Books Inc, ISBN - 0 - 446 - 5222 - 2

RECOMMENDED READING AND RESOURCES:

The Dalai Lama's Book of Wisdom, His Holiness the Dalai Lama, 1999, Thorstons, ISBN - 07225 - 3955 - X

The Elephant Whisperer, Lawrence Anthony, 2010, Pan, ISBN-10: 0330506684

ACT 1 Animal communication training (audio set), James French, 2002, [link](#)

The life in my years, Virginia McKenna, 2009, Oberon Books, ISBN-10: 184002898X

Appendix 1: Exemplar Assessment Plan

The following table gives examples of tasks which could be used to meet each of the learning outcomes.

Module	Learning Outcomes <i>On successful completion, the learner will be able to:</i>	Example Assessment Tasks <i>Whether the learner has met the Learning Outcome may be assessed using:</i>	Date due for Completion
Module 1 - The Trust Technique in Context	Explain the Trust Technique to an individual client	Extract of video consultation with a client where you explain the Trust Technique to an individual client	
	Outline the Trust Technique, including its history and context, to a group of potential clients	Video presentation outlining the Trust Technique, to be no less than 15 minutes.	
Module 2 - Principles of the Trust Technique	Reflect on own understanding of the principles of Creative Reaction, Realisation Learning and Trusted Cooperation	Extract of video presentation, no less than 15 minutes where you reflect on your own understanding of the principles of Creative Reaction, Realisation Learning and Trusted Cooperation	
	Describe the principles of Creative Reaction, Realisation Learning and Trusted Cooperation to a group of potential clients	Video presentation describing the principles, to be no less than 15 minutes.	
	Demonstrate own use of Creative Reaction with an animal	Extract of video of consultation where you demonstrate the use of Creative Reaction with an animal	
Module 3 - Gaining Own Experience in Use of the	Assess whether using the Trust Technique is safe and	Completion of self-assessment forms reflecting on whether the Trust Technique is safe and appropriate, for at least four	

Trust Technique with Animals	appropriate in a given situation	sessions with six different animals	
	Stay in the Present Moment when working with different animals	Completion of self-assessment forms reflecting on own competence in staying in the Present Moment, for at least four sessions with six different animals	
	Describe how own ability to work at the animal's pace, through use of Mindful Regard, has developed	Completion of self-assessment forms describing how own ability to work at the animal's pace, through use of Mindful Regard, has developed, for at least four sessions with six different animals	
	Reflect on own experience of working with different animals	Completion of self-assessment forms reflecting on own use of the Trust Technique, for at least four sessions with six different animals	
Module 4 - The Trust Technique consultation Structure	Assess a consultation situation to ensure that it is safe putting extra controls in place if necessary	Accurately complete 10 sets of full consultation paperwork, including risk assessments	
	Assess whether the environment is conducive to the successful use of the Trust Technique, making adjustment to timing and environment if necessary	10 sets of full consultation paperwork, accurately and fully completed, including risk assessments	
	Keep appropriate records of the consultation including client details and feedback forms	10 sets of full consultation paperwork, accurately and fully completed, including risk assessments	
Module 5a - The Trust Technique In Practice –	Demonstrate impact on the animal's behaviour using the Present Moment	One videoed consultation with a client, of at least an hour, which clearly demonstrates impact on the animal's behaviour using the Present Moment	

		Accurately complete 10 sets of full consultation paperwork	
	Explain observed responses of the animal during an intervention using the Present Moment	One videoed consultation with a client, of at least an hour, in which you explain observed responses of the animal during an intervention using the Present Moment Accurately complete 10 sets of full consultation paperwork	
	Support a client in entering and staying in the Present Moment	One videoed consultation with a client, of at least an hour, in which you support a client in entering and staying in the Present Moment Accurately complete 10 sets of full consultation paperwork	
	Support a client to understand and apply the Present Moment at their animals pace using Mindful Regard	One videoed consultation with a client of at least an hour, in which you support a client to understand and apply the Present Moment at their animals pace using Mindful Regard, Accurately complete 10 sets of full consultation paperwork	
	Follow up a consultation appropriately, with a call or a follow up session	Accurately complete 10 sets of full consultation paperwork clearly indicating how the consultation has been followed up	
Module 5b - The Trust Technique In Practice – Large Animals	Demonstrate impact on the animal's behaviour using the Present Moment	One videoed consultation with a client, of at least an hour, which clearly demonstrates impact on the animal's behaviour using the Present Moment Accurately complete 10 sets of full consultation paperwork	
	Explain observed responses of the animal	One videoed consultation with a client, of at least an hour, in which you explain observed responses of the animal during	

	during an intervention using the Present Moment	an intervention using the Present Moment Accurately complete 10 sets of full consultation paperwork	
	Support a client in entering and staying in the Present Moment	One videoed consultation with a client, of at least an hour, in which you support a client in entering and staying in the Present Moment Accurately complete 10 sets of full consultation paperwork	
	Support a client to understand and apply the Present Moment at their animals pace using Mindful Regard	One videoed consultation with a client of at least an hour, in which you support a client to understand and apply the Present Moment at their animals pace using Mindful Regard, Accurately complete 10 sets of full consultation paperwork	
	Follow up a consultation appropriately, with a call or a follow up session	Accurately complete 10 sets of full consultation paperwork clearly indicating how the consultation has been followed up	
Module 6 - The Trust Technique in Public Practice	Conduct a Trust Technique consultation safely and within the legal framework of the UK	Accurately complete 10 sets of full consultation paperwork clearly indicating how the consultation has been conducted safely and within the legal framework of the UK	
	Communicate with other professionals within the legal framework of the UK	Compose a letter to vet introducing yourself and the Trust Technique within the legal framework of the UK	
	Explain the requirements of the Welfare Act as relevant to the practice of the Trust Technique	Compose a letter to a rescue centre explaining the requirements of the Welfare Act as relevant to the Trust Technique	

	Promote own practice professionally and effectively in line with Trust Technique guidance	Create an action plan for promoting practice	
Module 7 - Self-Development In The Role Of Trust Technique Practitioner	Give an account of managing own self-care, seeking support and guidance as necessary	Complete a self-assessment questionnaire online giving an account of how you have managed own self-care	
	Explain how to work with others to develop as a Trust Technique practitioner	Complete a self-assessment questionnaire online explaining how you will work with others to develop as a Trust Technique practitioner	
	Describe how to maintain own knowledge of relevant current developments in the Trust Technique and its context	Create a CPD plan, including detail of how you plan to maintain your knowledge of relevant current developments in the Trust Technique and its context	
	Show how feedback has been used to support the development of own professional practice	Reflect on how client feedback from case studies has been used to support the development of own professional practice	

Declaration (statement of authenticity)

Name:	
Start Date:	
Date of Submission:	
Module Name:	
Module Code:	
Level:	

For learner to complete:

I confirm the evidence I have produced is all my own work and I am satisfied with the way the assessment was conducted and with its outcome.

	Name (BLOCK CAPITALS)	Signature	Date
Learner			

For assessor to complete:

I confirm that the evidence produced and my assessment decisions are authentic.

	Name (BLOCK CAPITALS)	Signature	Date
Assessor			

