

MOMENTUM PSYCHOLOGY APPRENTICESHIP AND APPLICATION FORM

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Setting the Social Context

The majority of people will be aware of the rising volume and intensity of mental health 'issues'. The media regularly provide statistical data on the plight of different sections of the community impacted by what's happening in their minds. Numerous celebrities have suggested that the solution is to get together and talk about our problems. Doing so can serve a useful purpose as conversation tends to de-stigmatise a range of psychological phenomena.

But whilst raising awareness and understanding is helpful, too much 'talk' tends to focus people on the problem rather than the solution.

Would we be better off deepening our understanding about how to provide fundamental relief for many of the psychological conditions which debilitate our energy and productivity?

Current NHS waiting times may involve people waiting months for assistance. During these months a disturbance in the mind has time to escalate and stabilise so making relief more difficult when the assistance eventually arrives. This raises the question *"how can we provide a system which generates access to more immediate relief?"*

A popular assumption is that it is the government's responsibility to provide a greater volume of mental health services but feelings of dependency tend to undermine our mental health. Instead, we could learn to strengthen our own minds and make them less vulnerable to disturbance. Unsurprisingly there is little sign on the horizon of comprehensive mental health solution being offered by the government.

Would we be better off if more people were willing to collaborate and equip themselves to de-escalate the suboptimal mental health trends currently prevalent in our society?

Differentiating Optimising Your Own Performance from Other Talking Therapies

Traditional Talking Therapies

The underlying assumption behind many approaches to mental health is that a client or patient presents with symptoms of 'a mental health problem'. A 'therapist' is trained to diagnose the issue or to provide therapeutic intervention to relieve the symptoms. Success is often achieved when the symptoms have been relieved, or when the person feels they have coping strategies to help them manage their illness.

Working with these assumptions can have implications:

1. the person is likely to be encouraged to 'understand their symptoms'
2. having symptoms means that they must have a psychological 'condition' or problem
3. there is something wrong with what is happening in their mind and so possibly with 'them'
4. psychological flaws often referred to as 'issues' need to be worked on or worked through

The underlying cause of psychological disturbance can often be traced to poor self-esteem or a sense of personal inadequacy. All the assumptions above can exacerbate any tendency to poor self-esteem. In

many cases the patient or client is shown how to develop a greater sense of self-awareness but this in turn often causes them to become more aware of their problems so they become self-absorbed and often more inclined to focus on their problems.

Optimising Your Own Performance Coaching

OYOP coaching has been developed by Ashley Bookman through 30+ years of practical experience of thousands of coaching conversations to facilitate tangible change in individual paradigms. The practice has developed a deep understanding of how paradigms function and has opened the door to liberating people from long-standing psychological conditions. Examples include:

1. A woman has cut herself over a 15-year period from the age of 15 to 30. Several attempts at a range of 'therapies' had failed to change her paradigm in such a way that she decides that cutting herself is no longer necessary. The combination of the Optimising Your Own Performance Programme and OYOP coaching meant that she felt able to stop the habit.
2. A man has experienced 15 years of chronic anxiety and reports that he considers he has had a good day if he does not think of suicide. His experience remains stable despite the use of several types of therapy. Several OYOP coaching sessions enable him to report that he doesn't feel anxious anymore.
3. A man who explains that despite the 'mind neutralising drugs' he spends much of his time thinking about whether it is best for him to cut himself or stab someone else. A few weeks later he reports that he can't really see why he got into such a state in the first place.

OYOP coaches are shown how the majority of psychological tension is caused by 'paradigm confusions', many of which are imported by the absorption of societal / educational myths, and peer group or parental comment. Entertaining these myths increases the probability that a person will develop poor self-esteem and thinking habits which predominantly serve to maintain their initial paradigm confusions.

OYOP coaching clarifies a more stable paradigm for each individual and enables them to discover thinking habits which will not only relieve them of distress but also set them on a path to increasing and more pervasive mental fitness.

In much the same way that insight and practice initiated by Joseph Pilates strengthens the body and develop greater physical flexibility, OYOP coaching strengthens the mind, increases psychological flexibility and provides a more stable and sustainable mental capability.

Introducing a Different Style of Apprenticeship with Momentum

A psychological apprenticeship with Momentum will appeal to those who are both altruistically minded and willing to put consistent focus into developing a 'best possible skill set' to maximise the contribution they can make to others. The Momentum Apprenticeship Scheme is underpinned by the following principles:

1. Training is given and supervised in exchange for tangible contributions in society

2. the programme of development is offered on the understanding that all participants work and contribute responsibly to the efficiency of the programme and the benefit of other delegates
3. collaboration of all participants is required to establish the answer to the question "how can I contribute to this situation?"
4. ongoing supervision is supplied to ensure that participants reach a high standard of coaching skill

As with other Momentum programmes, once successfully completed, participants have ongoing access to pro bono coaching/problem-solving throughout the lifetime of the participant.

Prerequisite experience required of Momentum Psychological Apprentices

Typically apprentices will have attended the Optimising Your Own Performance Programme and have made further personal progress through several OYOP coaching sessions. These prerequisites will enable apprentices to have relatable experiences to use during their coaching sessions with others.

What's on Offer - The Structure of the Developmental Programme

Developing the OYOP coaching skill set

The OYOP coaching skill set is developed by progressively deepening a technical understanding of how paradigms are constructed and function. Coaches discover how to facilitate the liberation of paradigm constraints and providing more realistic perspectives which lead to greater self-esteem and a more grounded approach to life. They learn to predict which thinking habits can be adapted to bring about the greatest volume of personal progress for the coachee.

As their insight and capability deepens coaches will grasp the systemic nature of paradigms and be able to contribute to a more systemic and pervasive psychological change. Over time they will also contribute to a wider understanding of benefits to be gained from making a transition from the 'therapeutic paradigm' which implies people must resolve their issues to facilitating improved mental fitness.

Establishing A Technical Knowledge Base

A component of the 1st year of apprenticeship is the demonstration of a solid understanding of the various components of paradigm construction and the language skills to facilitate paradigm adjustment. In order to facilitate the absorption the technical information apprentices will be required to demonstrate 100% accuracy on an on-line self-directed learning system.

Contact Time Throughout the Apprenticeship Programme

The apprenticeship group will meet face-to-face quarterly and will attend online coaching and practice days monthly. As skills build apprentices will work in the following coaching environments:

Year 1 - apprentices will work using their own content, the coaching of people imported to the programme for the development of all.

Year 1 / 2 - apprentices will have small group of Optimising Your Own Performance programme attendees and will provide supervised coaching

Year 3 - apprentices can choose specialist subject areas in which to offer coaching e.g. parenting, business or individual mental fitness themes for their work, or they can continue on a generalised coaching trajectory. A consistent demonstration of a high standard will enable people to achieve their 'OYOP Coach' qualification.

The Momentum Psychological Apprenticeship Facilitator

The programme and supervision of individual coaching sessions will be provided by Ashley Bookman, Momentum's CEO and the originator of Optimising Your Own Performance.

Momentum's Expectations from Participants

The programme will be delivered on top of Ashley Bookman's full-time work and his own personal OYOP coaching commitments. There is no ambition to invest time in unnecessary programme administration. In order to maintain a place on the programme apprentices will be expected to attend all training, be responsive to all communication and where necessary be proactive to make a success of the programme for all.

Psychological Apprenticeship Application Form

If you would like to apply for a place, please fill out the short [Psychological Apprenticeship Programme form](#).
