

CZP COURSE ROADMAP + SYLLABUS

How to move through ZENYA Practitioner Training from prerequisites to demonstrated readiness.

COURSE RULE

This is not a watch-the-deck-and-get-a-certificate course. Completion is based on demonstrated competency, participant-centered facilitation, scope judgment, six Section 4.2 tool demonstrations, original experience design, practicum, and final readiness.

Required prerequisites

STEP	PREREQUISITE	WHY IT MATTERS
1	ZENYA Foundations	Complete before Practitioner core. Establishes JUST BE, SHAKEN, ZENYA, low-bandwidth experimentation and participant authorship.
2	Ebb N Flow Workshop 01 - Energy Balancing Behaviors	Complete before Practitioner core. Establishes energy as information, early signals, balancing behaviors and real-life adaptation.

Presentation path

Core Practitioner Genially: open the core Practitioner presentation. The current 29-page core presentation stays intact.

Section 4.2 Skills Lab Genially: open the Section 4.2 presentation. Use this after the core foundation/facilitation block and before the six demonstrations.

Trainer curriculum companion - Ebb N Flow: open the alternate Ebb N Flow Genially. Trainer reference/companion only; it does not replace the public Energy Balancing Behaviors workshop.

THE LEARNER PATH

The order matters because each block becomes evidence for the next.

STAGE	BLOCK	WHAT MUST HAPPEN
STAGE 1	Prerequisite gate	Complete ZENYA Foundations and Ebb N Flow: Energy Balancing Behaviors. Arrive able to use SHAKEN as a lens and ZENYA as an adaptable action method.
STAGE 2	Core Practitioner Training - Modules 1-4	JUST BE + All Inclusive foundation; SHAKEN six-room lens; ZENYA action method; facilitation craft + participant authorship. Complete workbook labs and core competency review.
STAGE 3	Section 4.2 - Modules 5-6	Use the standalone Genially Skills Lab plus Tool Lab handouts. Learn and practice all six required families: self-talk/reflection; meditation/breathing; grounding/nature/basic needs; chakra/energy; exercise/yoga; sound/light.
STAGE 4	Six required demonstrations	For EACH family demonstrate: EXPLAIN → CONNECT → CHOICE → FACILITATE → ADAPT → SCOPE → DEBRIEF. All six must be MET before moving to final practicum readiness.
STAGE 5	Module 7 - Safety, Scope + Inclusive Adaptation	Demonstrate FACILITATE / ADAPT / PAUSE / REFER / STAY OUT. Protect choice, privacy, accessibility, spiritual optionality, and appropriate referral.
STAGE 6	Module 8 - Original Experience Design	Build an original 20-minute ZENYA experience. It must create fresh participant experience, not narrate a Resource Library worksheet.
STAGE 7	Module 9 - Practicum + Feedback	Deliver a 20-30 minute original ZENYA experience. Complete observer feedback, participant feedback, self-debrief, and targeted re-practice when needed.
STAGE 8	Module 10 - Integration + Readiness	Complete final live case, plain-language scope statement, training-wide competency map, and practitioner commitment.
STAGE 9	CZP decision	READY / CONDITIONALLY READY / NOT YET READY. Certified ZENYA Practitioner status is awarded only after required competency evidence is complete.

WHAT COUNTS AS COMPLETION

Attendance and presentation viewing are inputs, not the credential.

REQUIREMENT	STANDARD
Core competency	Modules 1-4 evidence shows philosophy, SHAKEN, ZENYA matching, facilitation and authorship.
Section 4.2	All six tool-family demonstrations are MET.
Scope + Safety	Module 7 scenario judgment shows the trainee can facilitate, adapt, pause, refer and stay out.
Experience Design	Module 8 original ZENYA experience is approved for practicum.
Practicum	Module 9 observed delivery passes; any required targeted re-practice is complete.
Final Integration	Module 10 live case, scope statement and training-wide competency map are MET.
Readiness	Final status is READY. Conditionally Ready requires remaining evidence before credential authorization.

CREDENTIAL CLARITY

Certified ZENYA Practitioner (CZP) is a private professional certification issued by Creating Hope. It is not a state occupational license and does not authorize diagnosis, treatment, psychotherapy, medical care, nutrition prescription, fitness prescription, or other regulated professional practice.

How to use the files

Participant Workbook: use for learning blocks, reflection, case work and module-level evidence.

Activities & Handouts: use the printable cards, trackers, lab sheets, maps, scorecards, design builders and practicum forms as you move through the presentations.

Assessment + Practicum Readiness: trainer/assessor record. It documents what is MET, what needs targeted re-practice, and the final readiness decision.

LEARNER CHECKLIST

Check the path as it is actually completed.

- ZENYA Foundations completed
- Ebb N Flow: Energy Balancing Behaviors completed
- Core Practitioner Genially completed
- Modules 1-4 workbook/labs completed
- Core competency check reviewed
- Section 4.2 Skills Lab Genially completed
- Tool 1 demonstration MET - Positive Self Talk / Self Reflection
- Tool 2 demonstration MET - Meditation / Breathing
- Tool 3 demonstration MET - Grounding / Nature / Bodily Nutritional Needs
- Tool 4 demonstration MET - Chakra / Energy Balancing
- Tool 5 demonstration MET - Exercise / Yoga
- Tool 6 demonstration MET - Sound / Light
- Module 7 Safety + Scope completed
- Module 8 original experience approved
- Module 9 practicum completed
- Targeted re-practice completed, if required
- Module 10 final live case completed
- Plain-language scope statement accepted
- Training-wide competency map complete
- Final readiness decision = READY
- Certified ZENYA Practitioner credential issued

My next required step:

Questions / notes for trainer:

CZP PARTICIPANT WORKBOOK

Core learning, reflection, module evidence and readiness preparation.

PRACTITIONER STANDARD

SEE → ASK → MATCH → ADAPT → RETURN

How to use this workbook

This is not a note-taking companion to a lecture. Work through it alongside the Practitioner presentations. Your written answers, demonstrations and practicum evidence become part of competency review. Private reflection counts; passing on personal disclosure is always allowed.

Prerequisite confirmation

■ ZENYA Foundations complete ■ Ebb N Flow: Energy Balancing Behaviors complete

Core Practitioner Genially

<https://view.genially.com/6aa0cdaf221c11a211119632>

Section 4.2 Skills Lab Genially

<https://view.genially.com/6aa1f34d0fd3b0aa6843503a>

MODULE 1 - JUST BE + ALL INCLUSIVIST FOUNDATION

I can explain and facilitate the foundation without turning acceptance into passivity, approval of harm, or a required spiritual belief.

In my own words, JUST BE means...

Acceptance is NOT...

Nonjudgment is NOT...

Spiritual openness is NOT...

One phrase I need to stop using as a practitioner

MODULE 2 - SHAKEN AS THE SIX-ROOM LENS

SHAKEN tells us where to LOOK. It does not tell us what is wrong with a person.

Which room got louder?

Which room was not the problem I expected?

Which two rooms may be connected?

How I will handle a pass or private answer

How I will close without prescribing

MODULE 3 - ZENYA AS THE ACTION METHOD

Match the doorway to the signal. Do not reward doing all five.

CUE - What tells the participant it may be useful?

DOORWAY - Which ZENYA lens fits?

TINY ACTION - What can happen in five minutes or less?

LOW-BANDWIDTH EDIT - What survives a bad Tuesday?

RE-ENTRY - What does the participant return to?

MODULE 4 - FACILITATION CRAFT + PARTICIPANT AUTHORSHIP

Am I helping this person hear themselves more clearly - or hear me more loudly?

My opening frame - purpose, choice, pass/private participation

Three questions that create noticing instead of steering

A redirect for: 'Just tell me what I should do.'

A debrief question that does not assign meaning

How I return the participant to authorship

MODULES 5-6 - SECTION 4.2 REQUIRED MINDFUL-TOOLS LABS

LEARN IT → EXPERIENCE IT → FACILITATE IT → ADAPT IT → SCOPE IT

Every family uses the same competency loop:

EXPLAIN → CONNECT → CHOICE → FACILITATE → ADAPT → SCOPE → DEBRIEF

All six families must be demonstrated. Familiarity or quiz completion alone is not enough.

1. Positive Self Talk / Self Reflection

VERDICT → OBSERVATION → POSSIBILITY → BELIEVABLE PHRASE

Believability before positivity. Reflection can be written, spoken, typed, drawn, voice-noted or private.

My 3-5 minute demonstration plan

Adaptation / alternative

Scope boundary

Debrief questions

2. Meditation / Breathing

NOTICE → ANCHOR → WANDER → RETURN

Attention is the skill. Breath is one possible anchor, never a requirement. Offer eyes-open, sound, object, feet or movement options.

My 3-5 minute demonstration plan

Adaptation / alternative

Scope boundary

Debrief questions

3. Grounding / Nature / Bodily Nutritional Needs

GROUND + CHECK → CHOOSE ONE ORDINARY NEED

Notice sensory information and basic needs without moralizing or prescribing.

My 3-5 minute demonstration plan

Adaptation / alternative

Scope boundary

Debrief questions

4. Chakra / Energy Balancing

CHOOSE FOCUS → NOTICE → SYMBOLIZE → CHOOSE

Optional spiritual/energetic framework. Participant owns meaning. Never diagnose a blocked chakra.

My 3-5 minute demonstration plan

Adaptation / alternative

Scope boundary

Debrief questions

5. Exercise / Yoga

NOTICE CAPACITY → CHOOSE MOVEMENT OR REST → RECHECK

Movement can be seated, standing, tiny, walking or no movement. Function before fitness.

My 3-5 minute demonstration plan

Adaptation / alternative

Scope boundary

Debrief questions

6. Sound / Light

PREFERENCE CHECK → ONE SMALL CHANGE → NOTICE → RETURN

Use ordinary sensory/environmental choices. Preference first; no universal calming or treatment claims.

My 3-5 minute demonstration plan

Adaptation / alternative

Scope boundary

Debrief questions

MODULE 7 - SAFETY, SCOPE + INCLUSIVE ADAPTATION

FACILITATE • ADAPT • PAUSE • REFER • STAY OUT

What is being asked - reflection, education, wellness experiment, diagnosis, treatment, prescription, spiritual interpretation or crisis support?

What role am I in?

What claim would I be making?

What is the least intrusive useful response?

My plain-language scope statement

MODULE 8 - DESIGNING A ZENYA EXPERIENCE

Fresh participant experience before worksheet, lecture or resource.

The ordinary-life moment I want to help with

The key distinction / tension

What participants will DO - not just hear

Which SHAKEN room(s) help them LOOK?

Which ZENYA doorway helps them DO something?

My low-bandwidth / bad-Tuesday version

Experiment + re-entry

MODULE 9 - PRACTICUM + FEEDBACK

Teach it. Be observed. Learn from it. Re-deliver when needed.

Experience title + human moment

Participant promise

Signature activity

Scope / safety consideration

Low-bandwidth adaptation

What I learned from observer/participant feedback

My targeted re-practice commitment, if any

MODULE 10 - INTEGRATION + PRACTITIONER READINESS

Know the method. Know your role. Know what you still need to learn.

The qualities I naturally bring to facilitation

The parts of my style that could overpower participant agency

My 30-second ZENYA practitioner scope statement

Where I need deeper education beyond basic 4.2 literacy

The practitioner commitment I am making to protect participant authorship

FINAL READINESS SELF-CHECK

Use this before the formal assessor decision.

- I can explain JUST BE / All Inclusivist without imposing belief.
- I can use SHAKEN as a lens without scoring or diagnosing.
- I can match a ZENYA doorway to a real signal and context.
- I can shrink or replace a tool when it does not fit.
- I can facilitate all six Section 4.2 families at a basic, in-scope level.
- I can distinguish facilitate, adapt, pause, refer and stay out.
- I can design a fresh ZENYA experience rather than narrate a worksheet.
- I can facilitate a 20-30 minute practicum with participant authorship.
- I can debrief without assigning meaning.
- I can state scope plainly and accurately.
- I can receive feedback and complete targeted re-practice.
- I can return participants to ordinary life with agency rather than dependency.

The skill I still need to practice deliberately:

My next evidence step: