



Self-Guided Diploma Learning Path – Expectation Guide

The following estimates provide a guide to the level of training, supervision, therapy, peer group work and internship practice that is typically required to reach the International Association of Process Oriented Psychology (IAPOP) Diploma standard for Processwork skills and personal development.

This guide is intended to help Self-Guided Diploma Learning Path students and study committees create practical and effective learning agreements.

To prepare for Diplomate level final exams over the course of four years, the following activities, or the equivalent, are recommended:

Study Committee Meetings	8 Meetings (2 per year)
Individual supervision or open-space learning sessions	90 hours (~2 per month)
Training Therapy	120 hours (~monthly)
Experiential training seminars	840 hours (140 days) - 120 days on core subjects and 20 days electives
Theoretical training (topic focus)	80 hours
Peer Group Study	40 hours (~monthly meetings)
Clinical Internship	254 hours minimum - 160 direct client hours - Group supervision, and other activities - 10 hours individual supervision
Worldwork Internship	Flexible hours

Effective October, 2023