

# ActionTypes<sup>®</sup> Approach (ATA) Practitioner and Certified Practitioner Charter

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## Introduction

The foundation of the ActionTypes<sup>®</sup> Approach (below ATA) dates back to 1989 and today, when this charter was drafted, the Approach is the result of more than 30 years of development. These are perpetuated thanks to the continuous improvement initiated by founders Ralph Hippolyte and Bertrand Théraulaz. The operational implementation carried out by the community and by each practitioner, their professionalization dynamics and their personal development guarantee the quality, sustainability and notoriety of the Approach. As such, being an ActionTypes<sup>®</sup> Practitioner (below AP) or Certified ActionTypes<sup>®</sup> Practitioner (below CAP) and signing this charter commits to ensuring continuity that is true to the original spirit of the Approach while remaining free to combine it with any other professional practice.

To be officially listed as AP or CAP within the community of practitioners on [www.actiontypes.org](http://www.actiontypes.org), it is mandatory for any AP/CAP to initial on each page, enter the full name in manuscript on page 7 and then sign this charter with the handwritten notation “Read and approved”

## Freedom, creativity and skills<sup>1</sup>

### *Remaining free in practice*

The AP/CAP will also need a large part of its skills to all clients and relatives who have trusted it and have allowed it to continually refine the correctness of its Approach. *Thanks to him, clients and relatives will have received meaningful support, but also the practitioner. He owes them a share of his skills.*

### **The ActionTypes<sup>®</sup> Practitioner (AP)**

- Is someone who has decided to advance by developing a deeper knowledge of himself, through the validation of the dynamic of expression of his action profile. In doing so, he is increasingly able to accompany others on this path.
- Acquires knowledge through a minimum amount of training and teaching summarized below
  1. *ActionTypes<sup>®</sup> Introductory Day (ATID, optional)*
  2. *Basic Practitioner Course (ATBC, min. 2 x 3 days)*  
→ *ActionTypes<sup>®</sup> (AP) practitioner*
  3. *Improvements: 1 to 2 days every two years for specialized modules and up to 3 days for participation in the annual international exchange platform or ATEP*

*Note: 1-day modules can be delivered by Certified ActionTypes<sup>®</sup> Practitioners (CAPs) who have developed specific skills in a specific area and then announced their intent to and received approval from the parent company. The 2-day modules can only be delivered by individuals or organizations who have been qualified as an approved ActionTypes<sup>®2</sup> Trainer. As for the organization of the 3-day modules, it is strictly reserved for the parent company.*

- The first objective of the AP is primarily personal since, as an AP, he is not allowed to monetize what he learned during his basic training. Even if it is strongly encouraged to rely on the principles while applying the methods and tools of the Approach over the others, it will therefore be primarily the subject of its own practice. In doing so, he ensures that he has lived, understood and integrated the implications of the Approach for his own present and future global personal development. In this sense, he is already actively preparing for a possible certification as a practitioner, which is oriented towards the accompaniment of other people.
- In this sense, following profiling, **it is strictly discouraged to take a position of**

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<sup>1</sup> Text drawn and adapted from the implementation sheet N°15 published by Thierry Tournebise in "Le grand livre du psychothérapeute", Eyrolles, Paris, 2011, pp.261-262.

<sup>2</sup> Rules specific to these modules may apply on a case-by-case basis.

**power over the other by telling him who she/he is!** All that an AP can say is related to what she/he felt during this profiling. So the AP will be extremely careful that the individual doesn't take that at face value. There is always a significant risk that the other will consciously or unconsciously comply with what the AP will announce. If the AP is responsible for what he perceives, he is also responsible for what he says to the other: **I never say who the other is but what I have perceived;** it's fundamentally different in terms of the implications for the person. The validation of the profile will be the subject of a process that will be accompanied by the AP and that must last a minimum of 15 days. During this period, the person will learn to self-observe in order to cross-check the data related to his posture with those related to his state of form, fatigue and mood. Observation grids have been designed for this purpose and are made available to APs.

From the outset, the AP will already be committed to upholding this Charter and demonstrating intellectual integrity by mentioning its sources and explicitly citing the ActionTypes<sup>®</sup> Approach and its authors when publicly referring to original elements (information, profiling situations, etc.).

### **The Certified ActionTypes<sup>®</sup> Practitioner (CAP)**

- Is a AP who has decided to perfect himself by continuing to develop a deeper knowledge of himself, thanks to the professional guidance of others.
- Acquires knowledge during the AP curriculum and then the CAP curriculum summarized below
  1. *Preparation for the Certification (ATCC, min. 2 x 3 days)*  
→ ActionTypes<sup>®</sup> Practitioner in Validation (APV)
  2. *Validation of practitioner certification (min. 2 days)*  
→ Certified ActionTypes<sup>®</sup> Practitioner (CAP)
  3. *Supervision and continuing education for AP, APV, CAP*
  4. *Establishment of levels: junior, senior, master, etc.*
- Develops skills through implementation, ideally accompanied by a qualified supervisor in the practices that have been taught to him;
- Leads a personal journey within his own identity which he differentiates and enriches on a daily basis, thus allowing him to have a meaningful experience concerning the universe of what he claims to accompany in others; **at the same time that he is never supposed to know in the place of the other, he is however supposed to have frequented such nuances in himself; This is an important source of her competence as a practitioner.**
- Will also guarantee the development of the identity and thus the reputation of the ATA<sup>®</sup> :
  - Thanks to the journey undertaken «around his being» allows him to relativize his appearance: to be more in order to feel less need to appear!

- By developing its quality of listening and therefore of respect for the feelings of the interlocutor
- By ensuring a careful greet of the other, characterized by non-judgment, not imposing its point of view, etc.

As a Practitioner in Validation (APV) or Certified Practitioner (CAP) in his field, he is also supposed to dispense what his teachers or trainers have taught him, without betraying their Approaches, or practices. However, he will be competent only if he remains free and does not confine himself to any definitive theory. The strengths of his competence are also his creativity, his freedom and his spontaneity.

## **The practices of the ActionTypes<sup>®</sup> Approach cannot only be “mechanically applied” or they will lose their original intent and effectiveness**

The foundation of the ATA is primarily human and therefore respectful of the underlying complexity. The actions taken with the persons accompanied must not be reduced to the cold application of techniques. This would create a mechanical connotation that is unsuited to the field of expertise in human expression.

### *Skills and creativity*

The practitioner is not supposed to misrepresent the Approach he is taking... But this one will find its full potential only if she/he allows her/himself to be creative! The challenge is precisely to allow oneself this creativity, without however betraying the Approach that it is supposed to provide.

With experience, practitioners find their mark, take liberties, adjust and improvise. Rich in this dexterity, they can sometimes bring together practices that are intended to be distant: as "a little more" cognitive, behavioural, analytical, focusing, counselling, mindfulness, coaching... Etc. In the end, all this only reflects the personality of the practitioner who integrates and appropriates the contents in his own way.

If he wants to develop his competence, it is difficult for a practitioner to remain a purist of the Approach he has been taught. All those who were at the origin of an Approach that marked their time dared differences at one point... Not all remained in the "conforming" model of those who taught them. As founders and/or trainers of the ATA<sup>®</sup>, we were the first to go through this! The situation is delicate because it would not be fair to encourage all kinds of excesses that distort the founders' original intention, as well as not to mention their work.

## The eight missions of the ActionTypes<sup>®</sup> Approach

1. Help the individual to express her/himself constructively, to flourish, to thrive and to be recognized within her/his own identity.
2. Promote expression by generating confidence from the individual natural movement.
3. Allow the development of a level of relaxation and relaxation conducive to availability and individual performance (2-3RDP).
4. Give priority to the individual for whom she/he is and becomes, for her/his uniqueness and originality.
5. Develop and support processes for the constructive expression of individual singularity.
6. Contribute to the autonomy of individuals in order to make them more available and creative when they face individual or/and collective projects in which they are involved.
7. Support groups and teams so that they give themselves the means to bring out the individual potentials at the service of the collective.
8. Encourage groups and teams to build on individual strengths by providing the appropriate context for their expression.

A minimum framework is required. However, the practitioner's competence will not be manifested if his freedom is taken away. The tricky point for any practitioner is to have enough framework and benchmarks (so that clients or prescribers know what they are implementing, so that they know whom to turn to), while remaining sufficiently free of their own Approach (in order to keep the creativity that gives the dimension and nuances of its competence). This is a tricky equation to solve in a certified practitioner and practitioner training.

It should be noted that the teaching of the ATA<sup>®</sup> does not purport to restrict in any way anything from the experience of the practitioners but represents an invitation to respectful synthesis. It is in addition to what we already have, but it is not supposed to replace it. When disagreements arise between different Approaches, it is because they deserve to be approached more precisely, so that the justesses of each one are revealed to one another.

Many people need quality support. It is up to all of us, practitioners, to work towards this quality. In advance, a big thank you and our gratitude to all those who play the game respecting what has been put in place during all these years of development.

Text drawn and adapted from the implementation sheet N°15 published by Thierry Tournebise in "Le grand livre du psychothérapeute", Eyrolles, Paris, 2011, pp.261-262.

## THE VARIOUS STATUTES OF CERTIFIED PRACTITIONERS

### A Certified ActionTypes<sup>®</sup>Practitioner or CAP

- May apply for the Human by ActionTypes<sup>®</sup> (HAT<sup>®</sup>) Quality Label if it meets its criteria.
- Has a duty to use the ActionTypes<sup>®</sup> brand and openly publish its certified status. It can explicitly charge its customers for an official ActionTypes<sup>®</sup> service based on current rates.
- Has the right to organize ActionTypes<sup>®</sup> Introductory Days (ATID), as well as to charge for such a service. The maximum duration of a ATID module is 1 day. The organizational conditions are described separately under an arrangement with ATS.
- Has access to the material available in different languages (PPT presentations, brochures, etc.) that it can obtain on simple request by paying the corresponding amount. These introductory modules will in no way be training or transfers of skills but rather impulses allowing people in the presence to become aware of the differences that surround them and through which they express themselves day after day. No! "One size doesn't fit all!"
- Is not an ActionTypes<sup>®</sup> Trainer, and therefore does not have the right to train. It can become so if it announces itself to the parent company ATS and fulfils the conditions after having followed and passed the course of Accredited Trainer. Therefore, he has no right to pass on profiling skills. He just gives an opening to the official training course, even if he does demonstrations of profiling techniques during that day and makes people try them out.
- Identifies its sources and commits to never integrate and/or modify elements of the ATA into a new Approach (commercial or not) without the written permission of ATS.

**It is therefore very important to be explicit to the participants by warning them about this: it is not possible to become competent in one day of introduction (even in several days of introduction elsewhere). It requires a lot more experience and even supervision to get there reliably and professionally.**

This introductory day does not give any special rights to the participants present, other than that of being part of the Introductory Groups created on the MyActionTypes<sup>®</sup> Community Platform. To do this, we always need an Excel file with the contact details (first name, last name, e-mail) of the participants, which will also be automatically associated with the name of the certified person who provides them. They may subsequently be sponsored by the certified practitioner in question, which may provide them with certain benefits under current arrangements, currently, we return 5% of the educational fees paid by the applicant to the sponsor officially announced by the applicant in the form of services.<sup>3</sup>

- Maintains the CAP status as an integral part of the MyActionTypes online community. He pays his monthly or annual contributions according to the proposed services and levels.

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<sup>3</sup> We reserve the right to amend/adapt this Charter at any time.

Every two years, he also carries out his duty of continuing education in order to maintain his qualification and his HAT<sup>®</sup> quality label, if he has it.

**The Certified ActionTypes<sup>®</sup> Pro Practitioner (below CAPP)**

- Possesses all the benefits and rights of the CAP as well as privileged access to the various resources made available by the CAPP.
- Is actively supported by ATS which provides the CAPP with all possible assistance in the development of her/his business.
- Maintains its CAPP status, also as an integral part of the MyActionTypes online community. It pays monthly or annual contributions according to the services and levels proposed for the CAPP. Every two years, he carries out his duty of continuing education in order to maintain his qualification and his HAT<sup>®</sup> quality label.

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ActionTypes Swiss Sàrl is the company holding the trademark rights and is also responsible for the quality of the teachings delivered under the trademark and with the ActionTypes<sup>®</sup> logo

## ADDITIONAL INFORMATION

In order to maintain the freshness, accuracy and quality of the interventions of the ACANs of the ActionTypes® Approach which constitutes the HAT® label, we adopt a rule of continuous improvement/training of one to two days on the year in question, every two years. This can be achieved, for example, by attending two days of basic course modules or preparation for certification, or at the annual ATEP event (ActionTypes® Exchange Platform), or on a course with complementary themes to validate (specific discipline, archaic reflexes, Neuro-harmonisation, Moo'vie, etc.).

The ATEP or ActionTypes Exchange Platform is a non-profit grouping of AP and CAP. Organized annually since 2015, it usually takes place over 3 days in mid-June and each time in a different country (2 days in Holland in 2015, 2 days in Finland in 2016, 3 days in Paris in 2017, 3 days in Berlin in 2018, 3 days in Morges/Switzerland in 2019, and idem in 2021 (cancelled in 2020). **The 8<sup>th</sup> edition will take place at the Puy du Fou in Vendée, France, from June 16 to 18, 2023 on the theme: Develop our DNA with ActionTypes!** The primary intentions of this annual platform revolve around sharing, transferring, exchanging experiences and good practices, generating common ideas and projects within the MyActionTypes® community, etc. The main interventions are translated into English and French.

Thanks to different times and themes (plenum and specialized workshops), it is possible for everyone to create a particular trajectory within the ATEP itself. While you may not be able to attend, please be aware that these moments are filmed on video and become available on our online MyActionTypes platform. in exchange for an amount that helps cover the always high costs of shooting and editing multiple cameras.

*The videos of all past events are always accessible with the payment on the platform for an amount of € 295. Information for the current year will not be included until the following year.*

## ATTENTION

**Third parties are no longer permitted to film presentations during the ATEP without written permission from ATS. This is to protect the investments and rights in the proposed content that remain the property of ActionTypes® Swiss and their authors.**