

Frequently Asked Questions

1. **ARE LODGING AND TRAVEL COSTS INCLUDED IN THE TUITION?** No, the cost of lodging and travel is up to the individual participant. Some local hotels will negotiate with enrollees and provide a lower rate for stays in Napa. Also, some past graduates living in or near the Napa area offer rooms in their home for Fellows. If you are accepted into the training program, information on local lodging options will be sent to you.
2. **HOW WILL I KNOW IF THIS KIND OF TRAINING IS RIGHT FOR ME?** The UCDE Napa IPMHF is a very intense training program that may work extremely well for learners who thrive on 3-day immersion sessions with intense exposure to new material followed by an extended period of time for incorporation and consolidation. Such a format may not work well for learners who thrive on a typical college-type schedule of shorter sessions of exposure to new material with small breaks for incorporation and consolidation (e.g. 3 class hours per week). The class sessions consist of didactic presentations and extended sessions of processing and discussing material. Potential applicants may want to consider their comfort level related to process-oriented learning, talking in a class setting, and thoughtfully considering the ideas of others in a non-competitive environment. Also, potential applicants should consider that this type of learning consists of long hours of sitting, listening, and discussing in an indoor conference room setting, and Fellows are expected to be seated with the group throughout the training sessions.
3. **CAN I AUDIO OR VIDEO TAPE THE SESSIONS?** There is no audio and/or videotaping, digital/electronic recording of any kind allowed in the sessions, and live sessions are not broadcast. Participants may not take notes on laptops, PDAs, or other electronic devices, or photograph PowerPoint slides during lectures and discussions. These policies are in place to preserve the privacy of individuals in case presentations, and to protect copyrights, intellectual property rights, and proprietary agreements related to the materials being used in trainings, and promote engaged interaction among faculty and Fellows. In addition, this supports the privacy, safety, and comfort of the learners and faculty, fosters discussion, and assures that the program meets the safety requests of the agencies and establishments hosting training sessions. Finally, since the nature of the program is relationship-based and intended to support Fellows in enhancing therapeutic interactions with infants, children, parents, caregivers, and colleagues, the program is designed to promote group interaction, mindful presence, and self and mutual regulation, with active consideration of thoughts and ideas.
4. **IS THERE SCHOLARSHIP MONEY AVAILABLE FROM THE UCDE NAPA IPMHF OR ANY OF ITS SPONSORS?** No, the sponsors and faculty do not have scholarship funds available. Potential applicants are encouraged to explore scholarship opportunities with their employers, professional organizations, local hospitals, and local philanthropic organizations. California residents may want to contact their county First 5 Commission and/or their Mental Health Services Act County Coordinator to determine if their local entities offer any tuition or scholarship options.
5. **HOW IS SEATING ARRANGED FOR THE CLASS SESSIONS?** Each faculty is asked how s/he would like the room arranged. For most sessions, either a “U-shaped” or a “classroom” style arrangement with tables and chairs is used, but occasionally a theater-style (chairs only, no tables) arrangement is used.
6. **WHAT ARE THE ATTENDANCE REQUIREMENTS?** In order to receive a Certificate of Completion, participants cannot miss more than 24 hours of didactic class time, and cannot miss more than 8 RSCF hours. ***Applicants should carefully review the training schedule to assure that they can attend all scheduled training dates. Potential conflicts may include family or personal obligations, graduation dates, birthdays, religious observances, weddings, anniversaries, business commitments, etc. Those missing more than 24 hours of classroom (didactic) training and/or not completing at least 50 RSCF hours with a Napa RSCF Mentor will not be eligible to receive a Certificate of Completion, but will receive a Letter of Conferral documenting the hours they completed.***
7. **WHAT ARE THE 2018-2019 UCDE NAPA IPMHF TRAINING DATES IN NAPA, CA?** The Fellowship will meet in Napa, CA on:

January 19-21, 2018*	February 9-11, 2018*	March 23-25, 2018*	April 20-22, 2018
May 18-20, 2018*	June 22-24, 2018*	July 20-22, 2018	August 10-12, 2018
September 7-9, 2018	October 3-5, 2018/ZTT (Denver, CO)**		November 3-5, 2018
Nov 30-Dec 2, 2018	January 11-13, 2019*	April 4-6, 2019***	(DETAILED SCHEDULE ON PAGE 9)

* Mandatory Session **Not required ***Thursday-Saturday session mandatory
8. **WHAT AIRPORTS SERVE THE NAPA AREA AND HOW DO I GET AROUND IN NAPA?** Sacramento International Airport (SMF) is 60 miles east of Napa, San Francisco Airport (SFO) is 60 miles southwest of Napa, and Oakland International Airport is 50 miles south. Due to heavy traffic patterns in the Bay Area, Sacramento is almost always the most convenient airport to get to and from the Napa area with a driving time of about 1 hour. There are scheduled shuttles from Napa to SFO and OAK. There are no regular shuttles to SMF. While in Napa, be advised that Napa has on-call taxis, but no circulating taxis to hail from the street. Parking is free at all hotel and training locations. A rental or personal car is highly recommended.
9. **ARE BREAKFASTS AND LUNCHESES PROVIDED?** No. Meals are typically on your own.