

Level 1 Mentorship Frequently Asked Questions

Will there be any hands-on treatment involved?

The Level 1 Mentorship program does not include hands-on treatment, but rather is a combination of didactic lecture sessions by STAR Institute faculty and daily treatment session observation. The Level 2 Mentorship program includes hands-on advanced treatment of a STAR client with faculty supervision and mentoring (previous completion of a Level 1 Intensive Mentorship is required).

What hotels/lodging do you recommend?

Please [visit our website](#) for lodging options and details on pricing. Hyatt House and TownePlace Suites both offer a free shuttle service within 5 miles of the hotel, which will get you to and from our offices each day.

What airport will I fly into and how far away are you?

You will fly into Denver International Airport (DIA), which is located about 30 minutes north of our offices. If you are not renting a car, you can arrange to take a taxi or make a reservation with [SuperShuttle](#). Some hotels also offer airport transportation, however Hyatt House and TownePlace Suites currently do not.

Do I need to rent a car?

It all depends on how you like to travel and what else you have planned for your visit! Hyatt House and TownePlace Suites both offer a free shuttle service within 5 miles of the hotel, which will get you to and from our offices each day and to other local restaurants/amenities. We are also located 1 mile from an [RTD Light Rail](#) station, which has lines going to Downtown Denver and other areas of the city. Of course, there are also several taxi services available if needed.

Where can I go to eat during lunch or for dinner each night?

There are several options for lunch and dinner at the [Village Shops at the Landmark](#), which is within walking distance from our offices. Many other options are available near our location and the recommended hotels – everything from fast food to fine dining. An optional boxed lunch will also be available for purchase on the last day of the program.

What do I wear?

We ask that you dress comfortably but professionally. Please do not wear scrubs. You will be spending time around clients and their families, so please keep covered up as you would at your workplace. We also recommend bringing an extra sweater or light jacket with you as well, as some find our conference room a bit chilly at times.