

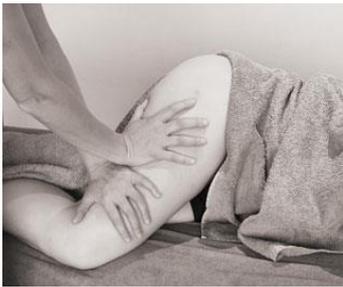


School of Bodywork

Professional training in the heart of the city

Advanced Myofascial Release Diploma

This amazingly effective bodywork technique equips you, the therapist to deal with chronic injuries at their root; often dealing with the physical and emotional component of an injury. This diploma gives you a thorough understanding of the importance of full body treatment. You will learn a multitude of techniques that cannot fail to enhance your current working practice, bringing faster and long lasting results to your patients.



"Thank you so much for teaching the Myofascial Release Course. All three levels were amazing and you are a fabulous teacher! I learnt so much and released so much!! I love your style of teaching and look forward to doing more courses with you." Gail G

"It totally transformed my practice with an abundance of clients from the Foundation Level onwards" Helen W

14 Day Diploma

Comprises of 3 Levels: Foundation, Intermediate and Accomplished. Each Level takes place over 3 consecutive days.

To complete the Diploma: you will need to attend all 3 levels, plus you will need to attend 5 days of advanced training, chosen from the 8 days listed below.

Case studies: 6 people to be treated with pure MFR 4 times, to be written up and presented to examiner. Must include at least 1 patient to have their pelvis balanced as part of a series of treatment. To be completed *within* 6 months of the exam day; although it is preferred if these can be presented on exam day.

MFR diary: keep a brief record of anyone you treat with MFR, initials, date, what did you learn? What might you do differently next time? How did they react? How did you feel? Minimum 60 entries.

The final exam: will consist of a 1hr 15 minute practical assessment to include postural observation and a relevant treatment plan, where you treat what you see by confidently applying of a variety of appropriate techniques.

Relevant home care advice for your patient should also be given. **Exam Fee:** £120 **APNT Fee:** £15 for non-members.

Additional: in order to show a full understanding of fascia, we would like you to develop a leaflet that could be presented to your patients. This need to show a full understanding of fascia; its components PLUS both the physical and emotional components of MFR and what a client could expect from a treatment. Mention of a healing crisis would also be useful. This should be informative and accessible to your clients; presented on the exam day.

A personal profile: would also be useful, what drew you to MFR and your current practice (max 1 sheet A4).

We look forward to welcoming you on this exciting journey into the invaluable world of MFR, you will leave with the confidence to successfully treat at a much deeper level, gaining exceptional results with your patients.



School of Bodywork

Professional training in the heart of the city

Foundation Level: a comprehensive introduction to hands on myofascial release techniques. Acquired skills can be immediately and easily incorporated into your current practice. Learn how to free up restrictions effectively throughout the whole body using both direct & indirect techniques. 3 days £320

Intermediate Level: Learn body reading and discuss which technique may be appropriate to apply to areas of the body to free up restrictions. Learn advanced hands on techniques for neck and shoulder; also covered are home care advice for the patient and self-treatment for the therapist. 3 days £320

Accomplished Level: Invaluable techniques to balance the pelvis to give you a better insight into other imbalances within the body, learn how the sacrum mirrors the occiput, the sphenoid mirrors the pelvis. Apply learned techniques to the pelvis, sacrum and cranium. 3 days £320

Advanced training: you are required to attend a minimum of 5 days to complete the diploma

Cranial & Intraoral: Learn advanced techniques to bring space into the cranium and allow for self-correction. These techniques may be useful to treat migraine headaches, TMJD, birth trauma and other conditions. Intraoral work will be carried out with latex gloves. 1 day. £110

Spine, Sacrum & Coccyx: Learn how to effectively balance the pelvic girdle and release the Erector Spinae, effectively treat lateral shifts, increase rotation of the torso and decompress the sacro-lumbar junction. 2 days. £220

Rebounding: Learn how to rhythmically rock the whole body or individual body part to allow the body to spontaneously release holding patterns. These techniques can be used by all bodywork therapists. Patients can be clothed for these treatments. 1 day. £110

Scar Tissue Release: Learn to explore beyond the scar itself to palpate the damaged tissue. As a result of this course you will be able to reduce pain and improve function. Specific techniques release adhesions and scarring. Day 2 we will work on members of the public with surgical scars. We commonly treat scars from: Caesarean Section, hysterectomy, appendicitis, heart surgery & mastectomy. 2 days. £220

Unwinding 2 days: Learn how to facilitate and experience myofascial unwinding, the spontaneous movement of the body or body part during an MFR treatment. This is a safe and effective way of releasing restrictions and emotional holding patterns from the subconscious. 2 days. £220

Additional study days: This is an advanced diploma and additional study days can be put in place to support your learning, ie if you are not familiar or confident with doing postural observation, taking a full consultation or if you need revision on specific techniques we can arrange small group study days to support your learning. This can be discussed and arranged along the way. Charged at £50 per hour

Student support group: You will be given a student contact sheet and we strongly encourage you to meet up with your peers to support each other along the way, you can access a room at Exeter Natural Health Centre free of charge unless you are using heating, when Ali will charge a nominal amount to cover costs: Book a Room: Ali: 01392 422 555 OR info@enhc.org

We look forward to welcoming you on this exciting journey into the invaluable world of MFR, you will leave with the confidence to successfully treat at a much deeper level, gaining exceptional results with your patients.