



wholebody VIEW

Professional's Certification Program

overview

The WholeBody View Professional's Certification Program trains bodyworkers and other health professionals to integrate fully the principles and practices of the WholeBody View as they pertain to the student's profession and practice. Four hands-on Intensives are presented over the course of a twelve month period. That first year of intensives is followed by two Review Programs which will be scheduled during the second year. The WholeBody View Professional's Certification Program will allow all Florida State LMTs to fulfill 4 years (or two complete cycles) of their CE requirements.

year one

level 1 intensive: a three-day workshop (24 ce hours)

During this first Intensive, participants will begin the process of learning the basic principles and techniques of the WholeBody View. This will include what many have considered a paradigm shift concerning hand and body use, as well as the overall approach to therapeutic bodywork. At the conclusion of this 3-day Intensive participants will have a working understanding of the theory and structure of a basic hands-on, flow through WholeBody View session. In addition, this Intensive will address the application and immediate integration of all new material and techniques into the participant's current professional bodywork practice. Participants will explore self-care WholeBody View movement routines developed specifically for changing habitual, inefficient and stressful movement styles that are the genesis of most neuromuscular dysfunction. Through the establishment of a WholeBody View movement approach, practitioners initiate and engage in the profound process of change, leading to a more positive and pleasurable experience of their body in motion. This WholeBody movement approach will become an integral aspect in working professionally with their clients.

level 2 intensive: a three-day workshop (24 ce hours)

The Level 2 Intensive builds on the concepts and practices from Level 1, deepening and refining the understanding and practice of the WholeBody View. Level 2 additionally focuses on the following: Further exploration and development of safe and effective hand use: hands as sensory organs. Appropriate hand use leads to a less stressful, more efficient and effective body use as table mechanics for professional bodyworkers. Mastery of these techniques enables the practitioner to engage the client both locally and globally, simultaneously. This Level systematically approaches the development of the personal and professional skills which utilizing both passive and active movement routines (Movement Resonance Imaging: MRI) for freeing the body from restrictive, habitual movement patterns. This system and practice will begin to immediately diminish and even dissolve those neuromuscular stresses and efforts typically borne by the practitioner and therefore experienced by the client. Developing a body position of ease and effortlessness, the practitioner experiences a free flowing perspective of beginner's mind. This state enables the practitioner to address him/herself as well as their client from the creative wellspring of presence. The practice of WholeBody View Movement routines leads the practitioner to a fuller understanding of segmenting (or anything less than WholeBody Movement), which is at the root of dysfunctional movement patterns that lead to neuromuscular preexisting conditioning. This long term conditioning often results in dissociation and dysfunction leading potentially to neuromuscular trauma. The practitioner will continue to focus on immediately and seamlessly integrating the WholeBody View material and process into their current practice. This includes developing necessary language skills for discussing and describing the essence of this profound and "cutting edge" approach to well being through hands-on bodywork.

level 3 intensive: a three-day workshop (24 ce hours)

The Level 3 Intensive builds on concepts and practices from Levels 1 and 2, deepening the understanding and practice of WholeBody View. Level 3 focuses on the following: The Level 3 Intensive will begin with a review of all previous material, and will refine practitioners' work based upon individual competencies and areas of need. Once participants have achieved the appropriate skill level, they will begin to layer into their repertoire more complex techniques and body use to address more challenging and specific

neuromuscular conditioning. The specific issues addressed will be determined by the particular professional and personal experiences and needs of the participants.

At this point of the program participants are now routinely finding the ease and effortlessness in their work. This practitioner first, self-care approach must be an integral element of any effective, long-term, professional bodywork practice. Participants will continue to develop the ability to be completely focused and connected while working. It is from this perspective that the practitioner can truly be with their client during a professional bodywork session, which is a crucial factor for a client to be able to let go and consider profound and essential change to their habitual neuromuscular dysfunction.

levels 1-3 fieldwork

To develop their skills more effectively, participants will keep a journal that documents a minimum of twenty professional, including 5 practice sessions with other WholeBody View students after each of the Levels 1- 3. The purpose of the journal is to document; (1) their developing abilities, (2) questions about WholeBody View principles and/or techniques as they apply to their current professional practice, and (3) areas where the practitioner feels challenged and needs assistance. The participation in, and journaling of five peer trade sessions is a highly advantageous aspect of the learning process and is required. Along with journaling, each participant is required to develop and integrate a self-care movement practice that addresses their personal neuromuscular holdings. Through this process the practitioner will develop further understanding and insight into their clients' needs. Participants will discuss and share their movement routines in the Level 2 Intensive. A bibliography for participants' professional and personal growth will be offered as a suggestion for voluntary reading.

level 4 intensive: a three-day workshop (24 ce hours)

Our individual perspective is subjective, therefore the Level 4 Intensive curriculum is primarily designed as a three-day refinement for each participant. During this section individual issues will be addressed and shared as a group. To develop presentation skills, each member will take part in leading the group in a Movement Resonance

Imaging sequence. This will further develop participants' class leadership, language skills, and overall confidence. The Level 4 Intensive will focus on individual skill levels and needs for integrating all material into their current and newly reinvigorated professional bodywork practice. Instructor(s) will work with each individual practitioner's level of growth and skill set.

year two

review program: 4 days of practitioner integration (36 ce hours)

This Review Program will serve as day long group tutorials that addresses individual practitioner needs and challenges. Exploring group feedback involving field experience, specific practitioner and client issues will be supported and encouraged. These sessions will provide refinement based upon each practitioner's experience and their client's needs. Review Program can also be held in two day format to facilitate individual and group needs.

general

All phases (Intensives and Reviews) may be repeated as a student during subsequent group trainings at 1/2 fee, provided space is available. Participants who have completed the full training may also participate as logistics assistants during any training, provided space is available.

summary

Program Hours & Fees*

Level 1 Intensive 24 Hours \$375.00

Level 2 Intensive 24 Hours \$375.00

Level 3 Intensive 24 Hours \$375.00

Level 4 Intensive 24 Hours \$375.00

Review Program 36 Hours \$400.00

TOTAL HOURS AND COSTS: 132 Hours \$1,900.00

Register by contacting: Dan McGovern
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" We communicate with our body-vehicle through the universal human language of movement..."

* Class Fees are due just prior to each Intensive or Review Session