

Mentorship - Integrating Advanced Techniques for Holistic Therapeutic Outcomes

This mentorship consists of a series of four experiential courses designed to explore the interplay between body, mind, and spirit with advanced therapeutic interventions. Participants will:

- Integrate a variety of techniques primarily myo/neuro/fascial, visceral, unwinding, craniosacral, structural decompression and energetic techniques with the intention of achieving holistic therapeutic outcomes.
- Advance their palpation and observation skills being attentive to the body's communications.
- Explore bio-psycho-social concepts of pain, perceptions of intuition, how to work smart not hard and much more.
- Address somato-emotional, energetic and ethical issues that arise
- Apply critical thinking skills coupled with thoughtful curiosity throughout the courses.

Each course will focus on a particular region of the body. Small class size (minimum 3 students - maximum 4 students) ensures high level of instructional support. Layout of course hours is intended to:

- Support focused learning in manageable segments
- Provide opportunity for integration and application of learned skills into daily practice between class meetings
- Time to share/discuss experiences and address questions with the instructor and peers
- Encourage curiosity and respectful exploration in a minimally stressful learning environment

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Currently I am planning two morning class groups (#1 & #2).

Space is limited. To enroll, complete the application and send it along with the non-refundable deposit to hold your space. Copies of required documents must be received no later than a week before the first class. The deposit is applied towards payment of series fee. Applications are prioritized first for those enrolling in the entire series of courses. After that, individual course enrollment on a first come first serve basis.

Please note: Schedule may be subject to change.

Should changes be necessary they will be negotiated with enrolled students to minimize adverse impact.

Each course includes 1.5 hours of Ethics addressing roles, boundaries and other practice considerations relative to the topics and body region related issues. These hours are applicable to meet Washington State ethics continuing education requirements for license renewal.

Certificate of Participation will be issued upon completion of enrolled courses. All participants will also receive a transcript identifying all completed courses, delineating and totaling the distribution of hands on, lecture and ethics hours. After completing the Head, Neck, Face and Intraoral course, documentation will be provided for participants to obtain their state license endorsement for Intraoral work.

Make-ups for excessive absences may be arranged with the instructor. The make up fee is \$20 per hour. Shared make-up time is allowable for the same fee.

Pelvis to Toes - 24 hours (Lecture Hours – 4 and Hands-On hours – 20) 1-8 hour + 4 - 4 hour class meetings

Participants will explore the relationship between the pelvis, hip, thigh, knee, leg, and feet. These structures provide stabilization as well as forceful movement for overcoming inertia. Impacted by gravity, body weight and the constant compression as well as shearing forces based on our movement patterns. Students will explore ways to mobilize, stabilize, energize and decompress these structures engaging superficial to deep fascia, muscles, tendons, ligaments, joints and interosseous membranes. We will also discuss commonly encountered injuries and conditions. Additionally, we will address safety, hygiene, ethics and informed consent issues.

Group 1 meets Saturday, Oct. 16, 2021 (9am–6pm) then Tuesday mornings (9am-1pm) Oct. 19 – Nov. 9, 2021

Group 2 meets Sunday, Oct. 17, 2021 (9am–6pm) then Wednesday mornings (9am-1pm) Oct. 20 – Nov. 10, 2021

**The Trunk - Spine, Thoracic Cage and Abdomen - 24 hours (Lecture Hours - 4 and Hands-On hours - 20)
1 -8 hour + 4 - 4 hour class meetings**

Participants will examine and engage the dynamic relationship between the spine, thoracic cage and abdomen. Students will discover ways to access, align, mobilize, stabilize and decompress bony and soft tissue structures of the trunk to enhance function. Students will explore the spine, diaphragm, sternum and ribs, enhancing breath and related organ function. Abdominal work will include some visceral techniques intended to enhance organ and structural function. Additionally, we will address safety, hygiene, ethics and informed consent issues.

Group 1 meets Saturday, Jan. 8, 2022 (9am–6pm) then Tuesday mornings (9am-1pm) Jan. 11– Feb. 1, 2022

Group 2 meets Sunday, Jan. 9, 2022 (9am–6pm) then Wednesday mornings (9am-1pm) Jan. 12 – Feb. 2, 2022

**Shoulders to Fingers – 24 hours (Lecture Hours - 4 and Hands-On hours - 20)
1 - 8 hour + 4 - 4 hour class meetings**

Participants will investigate the dynamic arms including specifics of the shoulder, axilla, upper arm, elbow, forearm, wrist, hand and digits. These highly mobile and expressive structures present a variety of treatment opportunities. These active structures commonly experience stress, pain and dysfunction “forcing our hand” to seek treatment. In this segment, we will bring forward techniques introduced in earlier segments while expanding engagement through mobilization, structural decompression and unwinding techniques. Additionally, we will address safety, hygiene, ethics and informed consent issues.

Group 1 meets Saturday, Mar. 5, 2022 (9am–6pm) then Tuesday mornings (9am-1pm) Mar. 8 – Mar. 29, 2021

Group 2 meets Sunday, Mar. 6, 2022 (9am–6pm) then Wednesday mornings (9am-1pm) Mar. 9 – Mar. 30, 2021

**Head, Neck, Face and Intra-oral (meets state requirements for intra-oral endorsement) -
24 hours (Lecture Hours – 6 and Hands-On hours – 18) 1 X 8 hour + 4 x 4 hour class meetings****PARTICIPATION IN THIS SEGMENT IS SUBJECT TO DEMONSTRATING FULLY VACCINATED STATUS
FOR THE PROTECTION OF ALL.**

This course focuses on the Head, Neck, Face and Intra-oral structures as they relate to each other and the function of the whole body. It addresses the requirements necessary to obtain your Washington state intra-oral endorsement. Students will explore structures, function and dynamics of the neck, head, face and mouth using both external and intra-oral treatment applications. The head, neck and face have the greatest number of fine motor muscles. They are very involved in emotional expression, thought and the cognitive processes all of which provide exciting treatment opportunities. We will also address concerns and considerations relating to intraoral and anterior neck work. Additionally, we will address safety, hygiene, ethics and informed consent issues.

Group 1 meets Saturday, April 30, 2022 (9am–6pm) then Tuesday mornings (9am-1pm) May 3 – May 24, 2022

Group 2 meets Sunday, May 1, 2022 (9am–6pm) then Wednesday mornings (9am-1pm) May 4– May 25, 2022

Minimum of three enrollees are necessary for the group to go forward.