



Body Harmony Association Incorporated Practitioner Training Modules

We appreciate your interest in what it means to become a practitioner of Body Harmony. The Body Harmony Association Inc's (BHA) desire is to contribute to the growth of coherent, skilled bodywork worldwide through delivery of the Practitioner Training Modules.

The BHA's seven (7) Practitioner Training Modules (PTM) offer a balanced foundation for your personal transformation and those you work with. It is the intention of the BHA that all individuals have their uniqueness respected and supported in their desire for transformation and to become successful practitioners.

The PTM have been created with intentional transformation in mind. In these modules you are welcomed to explore and engage in the path of becoming a certified Body Harmony Practitioner.

This document provides a summary of the content of the PTM. However, the way the content is delivered may vary according to the teaching preferences of the presenting teacher(s) and the needs of the participants. BHA certified Teachers offer these PTM along with other Body Harmony classes, events and seminars which may also contribute to your unique pathway to practitioner certification.

Each module involves a minimum of 32.5 hours of class time which counts towards meeting the 250 hour requirement for certification as a Body Harmony Practitioner. Further information on the requirements for BHA certification as a Body Harmony Practitioner is available here:

[<Link to practitioner certification requirements document.>](#)

<https://bodyharmonyassociation.com/become-a-body-harmony-practitioner/>

If you have any questions about the PTM and other Body Harmony opportunities please contact us at info@bodyharmonyassociation.com

Module 1: Setting the Stage for Transformation

“Out beyond ideas of wrong doing and right doing there is a field. I'll meet you there.” Rumi

In this module you will explore what Body Harmony sees as the ‘Fundamental Components’ for transformation. This includes breathing, consent, intention, environmental influences, awareness and alignment.

You will engage in exercises to become acquainted with your personal body stories and how to recognise the kind of atmosphere that sets the stage for transformation. Developing a relationship to your own goals and intentions is central to the learning process.

Upon completion of this module students will have greater capacity to:

- ❖ touch from a connected perspective, understanding there is no separation
- ❖ understand intention, collaboration and its purpose
- ❖ value sensory messages and learn to connect with healing possibilities
- ❖ understand the importance of your own experience being central to Body Harmon

Module 2: Creating a Conscious and Accurate Touch

“Often the hands will solve a mystery that the intellect has struggled with in vain.” Carl G. Jung

This module introduces you to the development of a conscious and functional touch. During the module there is a focus on working with consent and learning to communicate in a functional, present and responsible way. Experiential learning will be used to explore the unique qualities of each engagement and your own personal embodiment. This module will equip you with the ability to follow the somatic intelligence of the body.

A truly client centred approach is fostered through all communication and interactions. You will learn to support your client to find and express their intention for transformation. You will identify the subtle effects a practitioner can unconsciously introduce to their work. This will help you discover the qualities that are important to being a successful Body Harmony practitioner.

Upon completion of this module students will have greater capacity to:

- ❖ create a conscious touch that can support your client’s natural healing abilities and use consent in a number of different ways
- ❖ gain confidence in your ability to work within a specific area while engaging the whole body
- ❖ create a supportive collaboration between client and practitioner through functional, present and responsible communication skills
- ❖ recognise and work with energy fields when applicable

Module 3: The Art of Embodiment

"There is more wisdom in your body than in your deepest philosophies."

Friedrich Nietzsche

The first focus of this module explores your ability to create embodiment through intention. Within this you will explore how to optimise your session potential as a client and become more aware of your physiological state. The second focus will be having access to more choice in any circumstance through enhanced sensory connection. We will also emphasise how cultivating appreciation is key to understanding that all human experience be it mental, emotional or spiritual is physically present in the body.

Like any other discipline, in order to practice Body Harmony we have to first learn it ourselves. This is the art of embodiment. You will be encouraged to trust yourself as your practice deepens. This module will explore the potential of bodywork to transform the way we relate to our inner life, to others and to our world. This is the essence of what we can offer as practitioners of Body Harmony.

Upon completion of this module students will have greater capacity to:

- ❖ develop observation, communication and touch skills
- ❖ gain understandings of how your own posture, projections, breathing, tone of voice and choice of words contribute to a client's level of participation
- ❖ understand the uniqueness of each person's session and have skills to support and allow that individuality to unfold
- ❖ employ greater self-direction
- ❖ engage with confidence in the transformational process

Module 4: Intention and Manifestation Sessions

"Absolutely everything works better when a body is in harmony with itself and its environment." Don McFarland

In this module you will learn the ability to sustain a 'listening touch' within the systematic approach of the 10 session Intention and Manifestation program. This sequence was evolved primarily by Body Harmony's founder Dr Don McFarland based on his experience through working with Dr Ida Rolf. This series of sessions opens the doorway to an expanded range of treatment options. You will increase your confidence, listening and communication skills. We also look at the inevitable challenges and issues that arise in the practitioner-client professional relationship.

Upon completion of this module students will have greater capacity to:

- ❖ learn to follow a sequence without sacrificing the fundamental qualities of the Body Harmony touch
- ❖ gain skills in giving ongoing suggestions for your clients to take away for home based practice
- ❖ demonstrate acceptance, non judgement and accurate and compassionate understanding
- ❖ gain an understanding of 'movement therapeutics' as exploration tools

Module 5: The Science of Embodiment

“There is deep wisdom within our very flesh, if we can only come to our senses and feel it.” Elizabeth A. Reich

This module focuses on bringing awareness to how and what you embody. You will review the current scientific understandings supporting greater conscious awareness of self. You will be learning how to apply the Science of Embodiment to all areas of life.

Upon completion of this module students will have greater capacity to:

- ❖ experience an embodied understanding of the presented science
- ❖ appreciate your personal embodiment history
- ❖ understand it is unnecessary to relive a traumatic or unpleasant experience in order to release it from your tissue
- ❖ positively influence the processes of embodiment

Module 6: The Session Solution

“An effective human being is a whole that is greater than the sum of its parts.”

Ida Rolf

Module six focuses on deepening therapeutic basics. You will be given opportunity to integrate your learning by doing complete Body Harmony sessions and engage in collaborative partnering to develop your session from beginning to end. You will refine your ability to support your client and to identify the dynamics of the client/practitioner relationship. This module develops and strengthens your own style, a necessary component for becoming a practitioner yourself.

Upon completion of this module students will have greater capacity to:

- ❖ refine communication skills
- ❖ develop the confidence to fulfil the Body Harmony Association professional requirements
- ❖ mediate dynamics between client and practitioner
- ❖ develop more of a professional practitioner’s mind-set

Module 7: Face to The World

“You were never alone. You were always part of a greater whole.” Lynne McTaggart

This module will integrate your newly acquired Body Harmony skills, including a review of ethics and scope of practice. You will explore your relationship to being seen, heard and acknowledged in your community. This training will include sessions with the public to gain confidence in working with people who may be new to Body Harmony.

Upon completion of this module students will have greater capacity to:

- ❖ gain a professional attitude of openness, curiosity and an understanding of the client being the expert
- ❖ understand the cost and required documentation for certification with the Body Harmony Association
- ❖ teach clients to trust the value of a more deeply embodied sensory connection