

Polarity Therapy

APP Certification

5 Elements Series Classes

Individual CE Classes

2017 Student Handbook

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Overview

The purpose of this handbook is to give an overview of the classes and certification requirements for the Associate Polarity Practitioner (APP) status with American Polarity Therapy Association (APTA). **Any class can be taken individually for continuing education purposes**, but all nine must be completed to apply for certification. In addition, several other outside assignments must be completed for certification purposes. Integrity Energetics with Kathryn Bromley as the RPE (Registered Polarity Educator) and program manager is approved by APTA to offer the APP level certification. This means that when a student completes the requirements and obtains the program manager's signature, they can apply directly to APTA for certification if that is a goal. The guidelines in this manual will help the student track the requirements to pursue certification at the APP level. The handbook has been created to make certification information easily accessible. The APP level certification is designed to give students a solid background in Polarity Therapy theory, anatomy knowledge (both orthodox and energetic), assessment, tracking tools and a solid base of bodywork to share with clients/patients.

Admission to the APP Certification Program

- Though the American Polarity Therapy Association does not specify that APP level candidates hold a healthcare license, anyone enrolling who is not licensed to "touch" (massage, physical therapy, occupational therapy, nursing, etc) and who does not have a previous background of anatomy and kinesiology will need to do more individual study in those areas before enrolling. The courses in this program assume that students have a basic knowledge of the body systems, muscles and bones. If you are interested in the APP Certification Program, but are not licensed, please contact the Therapeutic Training Center for further details on how to enroll.
- Since receiving sessions is part of the training and the effects of Polarity Therapy can be varied and profound, it is recommended that students have resources available should they need therapeutic support outside of class hours.
- It is recommended that the 5 Elements classes be taken together and in sequence if possible.
- Students may take most of their classes in any order. The Earth Element Class can only be taken by APP students or those students who register for all 5 Elements classes. The Nervous System and Stars Class is open only to those who are in the certification process. A student may also take either class with instructor's approval.

Overview of the APP Certification Program

The classes in the APP Certification program are the foundation of Polarity Therapy work. They introduce the student to basic Polarity concepts and theory, energy anatomy, APTA ethics, communication and facilitation skills, assessment, goal setting and documentation and core Polarity bodywork protocols. Students practice their skills in class and complete assignments outside of class with phone or e-mail support from instructor. Once students complete all of the classes, they will complete a written test with the instructor and will receive a certificate which allows them to apply for APP Certification from the APTA if certification is the goal.

The breakdown of class-time hours is:

Polarity General Session	14 hours
Revitalizing Energy Session	16 hours
5 Elements (5 class series)	70 hours (Ether, Air, Fire, Water, Earth – each 14 hrs)
Nervous System and Stars	16 hours
Polarity Structural Session	16 hours
Written exam & review	<u>2 hours</u>
Total Classroom Clock Hours	134 hours
5 sessions received	5 hours
Individual Guided Feedback	4 hours
Practice sessions (outside class)	<u>57 hours</u>
Total Program Clock Hours	200 hours

The APP Certification requirements are:

- Completion of 9 classes and written exam for a total of 134 classroom hours
- Receive 5 Professional Polarity Therapy sessions from preapproved Polarity Therapists following APTA guidelines (5-7.5 hours)
- Must complete a minimum of 57 hours of practice outside of class to review each of the protocols learned in class at least once. These hours should also include documentation for 5 clients for health intakes, goal setting and assessment and a series of 10 sessions on one client. Each Polarity bodywork protocol learned in class must be practiced at least one time and tracked on tracking sheet. There are 41 protocols.
- Required readings
- Study time
- Total hours submitted for APP Certification will be 200.

For optimum learning, students are asked to complete APP Certification within 24 months of starting the program.

Reasons for APP Certification

Certification gives practitioners added credibility and confidence with their clients and engages them in the APTA Polarity community. Students completing APP Certification will be listed on the APTA website as an APP practitioner so that clients can find you. Certification is designed for students who want to pursue a deeper understanding of the Polarity principles and application through bodywork. Other practitioners may pursue aspects of Polarity allowed by their license (nutritional counseling, energy exercises, and process work). Classes follow a progression that allows the students to learn in a safe environment, get feedback about presence and stillness, receive and give sessions to classmates with in-depth feedback and understand how to integrate Polarity protocols into their current practice or use them as taught. Since Polarity is about listening deeply and following the energy flow of the sessions, students will develop a more intuitive approach to the work as they progress in their practice.

Classes

The General Session, Revitalizing Energy Sessions and Structural Session classes can be taken as stand-alone CE classes or as part of the APP Certification Program. When students take classes on a stand-alone basis, they will receive a certificate of attendance for each class. If students would like to retake any of the classes, the student may do so at a reviewer's rate, see page 15 "Tuition" for details. Students can decide to certify for APP at any point, regardless of how many classes they have taken. Just contact the Therapeutic Training Center to initiate the process.

APP Certification Program Classes that Can Also be Completed as Individual CE Classes

Polarity Therapy General Session

14 hours

This class introduces concepts of energy medicine through Polarity Therapy. Learn about the chakra system and how it corresponds to our physical, psychological and emotional bodies. Discuss how to explain "energy work" in western terminology. The Polarity General Session can be used as a whole session to balance the entire body or parts or it can easily be integrated into any health care practice. Learn how to use affirmations and practice Polarity energy exercises. Enhance your massage practice or health care practice with these effective and powerful techniques.

Polarity Therapy Revitalizing Energy Session

16 hours

This class begins the APP certification study of Polarity Therapy theory. It also includes some wonderful energy sessions that are easy to add into your practice and combine with other types of bodywork. We will review chakras, 5 elements, body zones and relationships, the five and six pointed stars and the three principles of Air, Fire and Water. Bodywork sessions include the Posterior Chakra Balance, the Chakra Connecting Session, the Oval Balance, the Immune Booster and Air, Fire and Water Principle Sessions. Come prepared to give and receive some very interesting and effective Polarity bodywork protocols.

Polarity Therapy Structural Session

16 hours

The Structural Session begins with the Back Balancing and Back Soft Tissue Sessions which are easily incorporated into other types of bodywork and incorporate the various types of Polarity touch ranging from light to deep to meet the client's needs. We will practice specific spinal vertebrae palpation, moving into the Spinal Reflex Triads and the Back Triune Reflex Balancing sessions. We will also explore the Structural Star and the Lumbosacral Session for releasing tension along contracted lines of force and the anterior inferior sacral base. The weekend focuses on sessions for the back and the spine.

APP Certification Program Classes that are Taken Together as a Group

The 5 Elements classes are a group of classes that are recommended to be taken together, but can be taken individually--except for the Earth Element class. Earth Element can only be taken if a student is taking all 5 Element classes together, or has taken the other 4 previously.

If a student has previously taken an Elements class(es), the student may sign up for just the individual Elements classes not previously attended.

For those students, taking the 5 Elements as a Group of classes, journaling the element studied after each class taken is required. Students should be prepared to share their experiences at the next Elements class.

Ether Element (Throat Chakra) Space and Resonance

14 hours

Ether Element is associated with the throat center and the energy of the higher chakras. It represents the field in which all other elements function. This class begins an in-depth exploration of the 5 Elements

and polarity theory by focusing first on the therapist and how we develop the essential skills for this work. What do you resonate with? How do you create the space for your clients/patients to do healing work? Sessions include Ether Balance, General X-Technique and Variations, Spinal X-Techniques and Ear/Hip Sequence.

Air Element (Heart Chakra) The Heart of Movement

14 hours

The Air Element governs the movement in a person's emotional life and their internal physiology. This class begins with the introduction of the Element Triads as well as a journey into the various manifestations of the Air Element in our lives. We will begin to use the Polarity health history form to determine what our clients need in the sessions we offer. The bodywork and energy exercises focus on the Air Element. Sessions include the Air Triad and Extended Air Triad, the Cardiac Regulator, and the Scapula Lift. We will review the Diaphragm Press from General Session.

Fire Element (Solar Plexus Chakra) Power and Vitality

14 hours

The Fire Element is the positive power behind the movement governed by the Air Element and is the driving force behind bodily functions. It is the energy behind digestion, produces the clarity of insight, the fire of intelligence and is the warmth of the body and healing. We will review the digestive processes of the body and continue with the Health History for Polarity sessions. The bodywork and energy exercises will focus on the Fire Element. Sessions include the Fire Triad, the Path of Fire and the Umbilical Spiral for digestion.

Water Element (Sacral Chakra) Emotions and Fluidity

14 hours

The Water Element is the center of expression of the primal emotions (the here and now) and is located in the pelvic area of the body. It is about procreation, sexuality, renewal, regeneration and healing. It expresses the nurturing aspects of water that help clean and renew us. We will review the lymphatic system of the body and look at emotions and fears. The bodywork and energy exercises focus on the Water Element. Sessions include the Water Triad and the Extended Water Triad, the Breast Sequence and the Lymph Session.

Earth Element (Base Chakra) Structure and Stability

14 hours

The Earth Element is located in the perineal area of the body and is the energy of foundation, organization and support. It governs elimination (with the Air Element) and structure in the body. We will review the structure of the large intestine and discuss the characteristics of Earth Element. In addition we will learn about the Polarity system of nutrition and detoxification and prepare our lunch meals together and make Polarity tea. The bodywork and exercises focus on the Earth Element. Sessions include the Earth Triad and Colon Sequence. We will also do a review of the 5 elements and their relationship to one another. We will discuss and explore our interaction with our food.

APP Certification Program Class that Can Be Taken ONLY as Part of The Certification Program

Nervous System and Stars

16 hours

This weekend will include a review of the nervous system and its divisions as well as parts of the brain and their functions. The Polarity star and triangle sessions have many cross over contacts that help in left brain right brain integration, left/right body balancing and nervous system problems such as head injuries and dyslexia. The bodywork sessions include the Interlaced Triangles (anterior and posterior) the Five Pointed Star (anterior and posterior) and the Parasympathetic and Sympathetic sessions. We will also start to review previously covered theory.

APP Certification Program Only -- Written Final and Documentation Review 2 hours

To be scheduled with instructor when written exam is completed and all documentation is ready for review.

APP Certification Program Information

Required Textbooks:

- Sher Smith, Lynn Walden, *Polarity Therapy Training Manual 1* -- this book is included in the cost of General Session and is used in this class. All students who take this class will receive this book on the first day of class.
- Sher Smith, *Polarity Therapy Training Manual 2* -- this book is used in all classes except for the General Session, it is a one-time purchase. The cost of this book is separate and will be purchased at the beginning of the first class a student takes that requires it.
- Franklin Sills, *The Polarity Process, Energy as a Healing Art* -- required for the APP Certification and can be purchased from www.amazon.com or www.polaritytherapy.org.
- John Chitty, Mary Louise Muller, *Energy Exercises* -- required for the APP Certification and can be purchased from www.amazon.com or www.polaritytherapy.org.

Recommended Additional Texts (not required):

- Dr. Randolph Stone, *Polarity Therapy, Volume One*
- Dr. Randolph Stone, *Polarity Therapy, Volume Two*
- Dr. Randolph Stone, *Health Building*
- James Oschman, *Energy Medicine, The Scientific Basis*
- Amadea Morningstar, *The Ayurvedic Guide to Polarity Therapy: Hands-on Healing*
- Anodea Judith, *Eastern Body Western Mind*
- Joel and Michelle Levey, *Luminous Mind – Meditation and Mind Fitness*

Books in the recommended reading list enrich the student's understanding of Polarity Therapy and are referred to in class.

Polarity Therapy Volume One and *Two* will be available at every class and are referenced in the required Franklin Sills, *The Polarity Process, Energy as a Healing Art*. Dr. Stone's *Health Building* is written to help the lay person understand some of the basic concepts of Polarity Therapy.

Meditations used in class come primarily from the *Luminous Mind – Meditation and Mind Fitness* book by Joel and Michelle Levey.

Anyone wanting to be able to discuss the application of energy work with their clients will want to read *Energy Medicine* by James Oschman. Several copies of this book will be available for use during class.

Anodea Judith, though not a Polarity Therapist has written two books with excellent information about the chakra system, easily utilized by Polarity therapists. Those books are *Eastern Body Western Mind* and *Wheels of Life*.

Amadea Morningstar has written several cookbooks and the suggested *Ayurvedic Guide to Polarity Therapy*. Her books are suggested for those coming to Polarity Therapy with previous Ayurvedic