



# 2011 Post Conference Workshops

AAMT is excited to announce the Post Conference Workshop series for 2011. Places are limited and therefore AAMT suggests registering now to avoid disappointment. Workshops will be held on Monday 9th and Tuesday 10th May, 2011 and are open to both delegates attending the conference and non-delegates.



## Introduction to Craniosacral and Multi-Dimensional Assessment

Cranio-sacral therapy expands on traditional assessment methods to assess the whole being, using the inner life rhythms as diagnostic tools.

This takes assessment and treatment to a much deeper level utilizing the inherent self-healing potential and life energies within in order to help restore health and function to the whole person.

### Topics include:

- How to assess and treat multi-dimensionally using the mind as a tool
- Identifying areas of health and A.R.T./patterns of dysfunction within the whole being
- Listening to the body's self-healing mechanisms and treating from health
- Using Cranio-Sacral Therapy as a tool to treat holistically
- Self-healing through awareness and visualization

**DAY 1:** Begins with an introduction to the different modalities of healing. We then explore wholistic concepts, the energy centres and their influence on the physical mechanism and the use of our major diagnostic tools (the mind and the senses) in order to uncover bio-dynamic/multidimensional areas of health and of A.R.T. We then discuss the principles of cranio-sacral therapy and its traditional application to human anatomy and physiology. The day finishes with a practical session on feeling inherent motion and treating from health. We also explore the concept of treating in the moment and self-healing while we treat.

**DAY 2:** Continues our exploration of the energy centres, self-healing and the practical application of cranio-sacral theory to the cranial base and sacrum. Again we finish with a practical session on treating our findings from health.

**When:** Monday 9th May – Tuesday 10th May

**Where:** Cairns CBD – specific address TBA

**Times:** 9.00am – 5.00pm each day

### About the Presenter – Paul Turner

Paul is an Osteopath who has had many years of experience in teaching manual therapists the principles and practice of Wholistic Integrated Assessment and treatment. Paul graduated as an Osteopath in 1993 and has had many years of experience in Cranio-sacral and Biodynamic Osteopathy. From his early years in practice he spent many years studying many texts on healing, self development, spiritual wisdom, philosophy and yoga. He would meditate and contemplate the ideas expressed in these works and then find ways to test and then integrate this information into his personal life as well as his osteopathic studies and practice. His teaching and publications are designed to help practitioners assess and treat with a deeper understanding of the whole and the interrelatedness of its parts.





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## What is Watsu®

Watsu® is a form developed by Harold Dull in the 1980's by floating his Zen Shiatsu students in the warm pool at Harbin Hot Springs by applying its stretches and moves; and further developed in clinics and spas globally.

Watsu® is a gentle form of bodywork therapy performed in warm water. It combines elements of massage, joint mobilisation, muscle stretching and dance. The deeply relaxing effects of warm water and nurturing support combine with Watsu® movements, stretches, massage and meridian point work to create therapeutic benefits and potential healing.

There are documented benefits in decreasing pain and improving quality of movement for people with; traumatic brain injury, spinal cord injury, stroke, arthritis, cancer survivors, Fibromyalgia, Cerebral Palsy, Parkinsons' Disease, anxiety, and chronic pain.

As well, Watsu® is great for able bodied people wanting to release tension, relax, and have an experience that is often described as "bliss". Unlike Physiotherapy in the water, the Watsu® Therapist supports the receivers head and neck so that they can completely relax, letting go of physical restraints, and the mental impediment of "mind chatter".

It has also been adapted for clients with special needs, for those with neurologically and orthopedically involved.

### Course Description

This course focuses on the Basics of Watsu, on how, like in Tai Chi, you can stay grounded in your stance while you float and stretch someone to the rhythm of your connected breath. You will be led through a simple but complete form.

You can take this course to deepen your meditation, your relationship to water and your connection to others. There will be no pressure to 'learn' the form, but those who choose to, can follow this with the Transition Flow that expands this Basic Flow to complete a Watsu 1.

As in each stage of our program, the form learned has its own organic unity and can be repeated over and over without losing

its freshness or benefits for both giver and receiver. There is a total of 10 hours in a warm pool and 6 hours on land where you will explore further the different levels of your being that the Watsu is helping you access.

**When:** Monday 9th May – Tuesday 10th May

**Where:** 158 McManus Street Whitfield, Cairns

**Times:** 9.00am – 5.00pm each day

### About the Presenter – Kevin English

Since moving to Cairns in 2003, Kevin English established his first Massage Centre. Initially with 5 other treatment rooms and therapists, quickly relinquished role of bringing together therapists to concentrate exclusively on the therapies. To retain the name, and its suggestion of multiple therapies available, he began some intensive further education to extend the range of therapies. A typical year still includes some 500 hours of courses.



Before entering the world of Natural Therapies, Kevin enjoyed a successful career as a dancer/ mime/ actor/ singer. Performing with the world renowned Lindsay Kemp Company between 1975 and 1989. For Kevin, it seemed a logical progression to work in Natural Therapies, for that is what sustained such an arduous lifestyle for so many years.

A return to the normal world, working and studying, Kevin attained Diploma of Advanced Remedial Massage and Diploma of Medicinal Aromatherapy in Cairns from the Northern School of Traditional Therapy. Kevin has extended into studying the Upledger Curriculum in Craniosacral Therapy (CST) and applies his unique CST skills to his water therapies.

## REGISTRATION FORM

ALL Registrations and Enquiries should be directed to Emma or Brendan at AAMT by Phone: 1300 138 872 Email: [cpe@aamt.com.au](mailto:cpe@aamt.com.au) Fax: 03 9602 3088 or Post: Level 6, 85 Queen St Melbourne VIC 3000 AUSTRALIA

Surname: \_\_\_\_\_ Given Name: \_\_\_\_\_ Title (Mr/Mrs/Ms/Dr): \_\_\_\_\_

Postal Address: \_\_\_\_\_

Suburb/Town: \_\_\_\_\_ State: \_\_\_\_\_ Country: \_\_\_\_\_ Postcode: \_\_\_\_\_

Telephone: (work) \_\_\_\_\_ Telephone: (home) \_\_\_\_\_

Email: \_\_\_\_\_

Please tick:

Presenter	Workshop	Date	AAMT Early Bird	AAMT Member Fee	Non Member Fee
Paul Turner	Cranial-sacral therapy	9-10 May	<input type="checkbox"/> \$365	<input type="checkbox"/> \$395	<input type="checkbox"/> \$410
Kevin English	Watsu	9-10 May	<input type="checkbox"/> \$365	<input type="checkbox"/> \$395	<input type="checkbox"/> \$410

**Total: \$** \_\_\_\_\_

### Cheque

Please make cheques payable to AAMT. International delegates wishing to pay by cheque must provide an international bank draft, in Australian Dollars and drawn on an Australian Bank and Branch.

### Credit Card

Please debit my credit card for the above total Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Type of Card:  Mastercard  Visa Cardholder's Name: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_