



Thank you for your enquiry regarding the Kinesiology Practitioner Training programme.

The training includes a comprehensive fourteen module kinesiology programme. The kinesiology programme specialises in two modalities, Touch for Health and Neuro-Linguistic Kinesiology. Add to this Case Studies, Anatomy and Physiology and a First Aid Certificate, and you become eligible for a Certificate with the Kinesiology Assn of NZ and Chartering with the New Zealand Charter of Health Practitioners. Students need to allow for self-directed study time approximately equal to workshop time

**Touch For Health** is internationally recognised as the foundation training for kinesiology and aims to create better health. It utilises Chinese meridian theory and uses acupressure and lymphatic and neurovascular reflexes to improve health and combat disease.

**Neuro-Linguistic Kinesiology** is unique in its adaptation of Neuro-Linguistic Programming techniques, for counselling and change work, and kinesiology. As well as looking at brain integration NLK also incorporates some of the most innovated developments in kinesiology related to testing the primitive and postural reflexes recognised by paediatricians and occupational therapist as crucial in the development of good learning behaviours.

NLK offers dynamic mental fitness exercises that can easily and effectively used in the classroom. NLK is designed to achieve improvement in a wide range of stress and health related problem. It also develops excellence in learning and performance skills.

The cost of the kinesiology component of the training is \$5,215. This is \$380 for thirteen modules, and \$275 marking and supervision fees. GST may be added depending on instructor.

You will need to purchase your own massage table. The Anatomy and Physiology and First Aid courses can be completed at any approved training establishment and the cost of these is not included.

Please register your interest by contacting your local Instructor or me.

Warm regards,

Marion Miller  
New Zealand Faculty

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## AIMS AND OBJECTIVES OF THE COURSE

**A:** The aims and objectives of the course are twofold. Firstly to introduce you to kinesiology as a tool for your own personal development and health building. Secondly to provide a training programme for people who intend to set up in business as kinesiology practitioners or who wish to use kinesiology as an adjunct to other healing modalities.

**B:** At the completion of the training you will be competent to set up your own business as a kinesiology practitioner, join a practice of other natural therapists, act in a consultant capacity in sporting clubs and schools and maintain your own wellness and the wellness of your family and friends.

**C:** At the completion of the training you will be competent to work with any person on issues such as learning and performance improvement, vision improvement, general, and specific health issues, stress and pain management and personal development.

## LEARNING OUTCOMES FOR EACH LEVEL

### **NLK 1**

- To understand the overall concept of kinesiology with a brief knowledge of its development and history
- To understand the concept of the brain and body as an interactive and connected unit that affect one another
- To understand muscle testing as a multi-faceted tool which can communicate with the body/brain system, know how to monitor a muscle and teach someone to be testable
- To test activities and do corrections which facilitate a change in energy, muscle tension and neurological function
- To personally experience the fact that improving brain integration can improve performance
- To gain an awareness of the meridian energy system, the use of acupressure and some basic applications

### **NLK 2**

- To expand upon the understanding of brain function and its relationship to body function and performance
- To use NLP Meta Model language for asking specific questions which assist a client to discover their desired outcomes

- To use the kinesiology database as an efficient and effective system which allows the client to select and prioritise those corrections which will serve them best
- To understand the concept that the kinesiology database can be used to encompass any techniques used in natural healing
- To use finger modes as a fast and accurate method of establishing the correction to be used
- To use emotional stress release past balancing techniques

### **NLK 3**

- To develop a strong sense of personal worth using the techniques and procedures taught and practised in this workshop
- To understand the concept of unconscious and subconscious emotional/mental attitudes which can block us from achieving our goals using the acupressure points as a guide
- To use a combination of in-depth techniques which facilitate the release of emotional stress
- To use a combination of techniques which balance the electrical/meridian system
- To use a combination of techniques which cover nutrition, lifestyle, environment and other ecological issues
- To demonstrate the behaviours of a practitioner who is professional and caring

### **NLK 4**

- To demonstrate specific skills in rapport building
- To have an awareness of co-dependant and addictive behaviours to more effectively assist clients
- To instil the value of achieving excellence in professional development by assisting the student to address their own personal issues with a particular focus on addressing co-dependency
- To understand the concept of co-dependency and its relationship to addictive patterns
- To use the NLP concept of future pacing outcomes

### **NLK 5**

- To have awareness of vision and its implications on behaviour
- To use specific testing procedures related to vision imbalances
- To use specific corrective techniques to improve vision

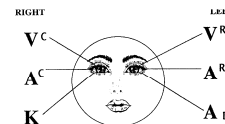
### **NLK 6**

- To gain a basic awareness of the skeletal and muscular systems
- To use specific testing procedures related to hypertonic and hypotonic muscles
- To use specific corrective procedures to improve muscle facilitation and inhibition
- To gain proficiency in a comprehensive bodywork technique

## **TOPICS INCLUDED IN EACH LEVEL**

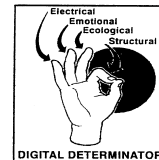
### **Neuro-Linguistic Kinesiology 1**

Physiology and Neurology of the Brain  
 Split Brain Model  
 Triune Brain Model  
 VAK System  
 Visualisation  
 Repatterning Technique  
 Brain Integration Exercises  
 Testing Hemispheric Function



### **Neuro-Linguistic Kinesiology 2**

Aspects of Neurological Function  
 Meta Model Language  
 Primitive & Postural Reflexes  
 Digital Determinators  
 Affirmations  
 Goal Balancing  
 Diet, Food and Supplements  
 Past Emotional Stress Release



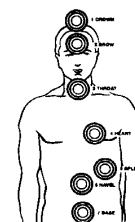
### **Neuro-Linguistic Kinesiology 3**

Learning Strategies  
 Emotional Sabotages  
 Chakra Balancing  
 Phobia Balancing  
 Allergies and Sensitivities  
 Overgrowths  
 Miasms  
 Bodywork  
 Six Step Reframe



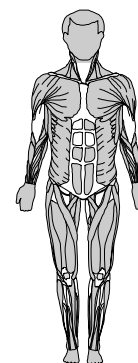
### **Neuro-Linguistic Kinesiology 4**

Practitioner Development  
 Rapport Building  
 Co-dependency  
 Survival Roles  
 Aura Balancing  
 Mantras  
 Future Pacing  
 Inner Child



### **Neuro-Linguistic Kinesiology 5**

Vision Awareness  
 Structure of Vision  
 Vision Testing  
 Vision Exercises  
 Vision Acupressure  
 Colour Balancing  
 Mandalas

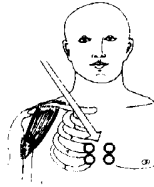


### **Neuro-Linguistic Kinesiology 6**

Primitive Reflexes  
 Bodywork In-depth  
 Muscle Awareness  
 Pelvic Correction  
 Fascia Release  
 Skeletal System

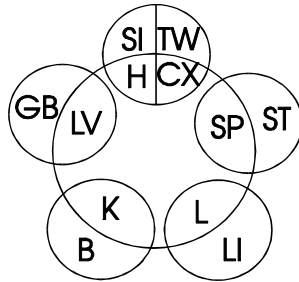
### Touch For Health 1

Muscle Testing  
 Spinal Reflex Points  
 Neurolymphatic System  
 Neurovascular System  
 Meridian System  
 Muscle Balancing  
 Food Testing  
 Emotional Stress Release  
 Pain Relief Techniques



### Touch For Health 2

Acupressure Holding Points  
 Cerebrospinal Techniques  
 Acu-Alarm Points  
 Food Sensitivity Balancing  
 Yin Yang Theory  
 Five Element Theory

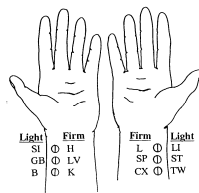


### Touch For Health 3

5 Element Emotions  
 Reactive Muscles  
 Gait Reflexes  
 Pulses  
 Circuit Retaining Mode  
 Pain Tapping for Chronic Pain

### Touch For Health 4

5 Element Emotions  
 5 Element Sounds  
 Luo Points  
 Postural Stress Release  
 Figure Eight Energy  
 42 Muscles  
 Neurolymphatic Release



### SOME LOGISTICS

You will need to bring an A4 size unlined notebook and a packet of fine point coloured felt pens. We use superlearning techniques to facilitate your learning. It is best to wear comfortable clothing because some of the techniques we use are done lying down.

Teas and coffee are provided and bring your own lunch with you.

The workshop hours are Sat and Sun 9am - 5.00pm. Please come fifteen minutes early on the first day so you can register.

### PRIVATE CONSULTATIONS

Private consultations are available from registered Practitioners.

### DEFINITION OF REGISTERED NLK PRACTITIONER

A Registered NLK Practitioner is a person who has satisfactorily completed the following requirements:

- Nine modules of NLK with the associated assignments, exams, and case studies (NLK 3,5 & 6 consisting of two modules each).  
 There will be a competency assessment of the NLK balance and correction procedure. This may be assessed by the Instructor during NLK 6 but the Instructor has the right to ask the student to complete further assessment balances if the Instructor feels that it could not be adequately assessed during the class. The student needs to demonstrate competency to their Advanced Instructor of a closed book TFH 14 muscle fix as you go balance.
- TFH 1 to 4, the associated workbook and have completed TFH Proficiency.
- The practical component of a block of 30 case studies (10 people x 3 times). This is to be completed following the guide lines as set out in NLK 3 and will be assessed in the first instance by the students local Instructor then by an Advanced Instructor.
- Completed an approved basic Anatomy & Physiology course of at least 100 hours at an approved Technical Institute or similar.  
 Students are to check with the Society prior to starting the course as to whether the course fulfils the Society's requirements.
- To have completed and maintain current registration of an OSH approved First Aid course.
- Every two years accumulate 28 hours of professional development in related subjects

I have been facilitating kinesiology practitioner training since 1985. My initial introduction to kinesiology was using Educational Kinesiology at Goodwood High School and I was one of the founding members of the E.K. Learning Centre. This centre was instrumental in introducing Brain Gym to many schools throughout Australia.

After qualifying as a Neuro-Linguistic Programming practitioner in 1990, I began combining the two modalities successfully in my practice. This led me to develop a specialised form of kinesiology which I named Neuro-Linguistic Kinesiology.

My primary concern is that the students are successful and I have use a combination of kinesiology and NLP techniques to ensure learning is easy, effective and enjoyable.

I believe that learning kinesiology is an experiential process and although the main focus is to train students in becoming competent practitioners, the training is also an excellent opportunity for personal development.

Warm regards,

**Wendy Bennett**  
 Head of Faculty  
 Neuro-Linguistic Kinesiology

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