ORTHO-BIONOMY®
Association of Canada

Class Descriptions

The following courses are part of the Practitioner Training Program and are open to students of Ortho-Bionomy, as well as to anyone who has an interest in learning more about Ortho-Bionomy; some classes do require prerequisites. Ortho-Bionomy is complimentary to other modalities of client-care and offers those who are taking it for their own interest, valuable tools for self-care and self-awareness.

Phase Four
This foundation class covers the history, philosophy and concepts of Ortho-Bionomy, and provides a basic understanding of the release techniques for each major joint in the body. The techniques are comfortable for the client and easy for the practitioner. They stimulate the inherent self-corrective reflexes of the body through the proprioceptors, resulting in the release of muscular tension, a reduction in overall stress, normalization of structural alignment, and a new sense of internal balance for the client.

Phase Five
The focus of Phase Five, using the principles of Ortho-Bionomy, is to increase the participant's understanding of the adaptive movements and postures presented by the client. Through the practice of observing, following and supporting movement patterns, the student gains an increased awareness of the tensions held within the body's tissues, and learns how to connect to these areas on a more subtle level.

Phase Six
Designed to help participants discover the electro-chemical and electro-magnetic energy in themselves and others. Students will learn how to access and track energetic sensations and observe how energetic patterns may influence physical patterns. Techniques will be presented on how to connect to and offer support without necessarily engaging physically.

Phase Seven
Expanding on the techniques learned in Phase Six, participants learn that the energetic, emotional, physical and environmental systems are universally linked. Phase Seven demonstrates the universal interaction of all things and is more about our being 'with' than 'doing to'.

Anatomy and Physiology
The anatomical structures and physiological functions relevant to the practice of Ortho-Bionomy are covered. To facilitate the use and enhance the understanding of the positional release techniques that are the core of Ortho-Bionomy, hands-on palpation of structure and land-marking ability are emphasized. The focus of the classes will be more general for the Practitioner level of training and will cover specific bodily systems for the Advanced Practitioners.

Chapman's Neurolymphatic Reflexes
This system of working the Neurolymphatic Reflexes was developed by Frank Chapman, a Doctor of Osteopathy. He discovered, through clinical observation and practice, that treating these reflex points facilitated lymphatic drainage in the viscera, and that they could be used to help balance the endocrine

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system. Applying the gentle Ortho-Bionomy techniques to the reflexes has also been shown to affect structural balance, and the physical and emotional well-being of the client.

Cranial
In this class you will experience the Ortho-Bionomy approach to the cranium. Explore the cranial connection to the body's structure, deepen the sensitivity of palpation and discover the specific hand positions created by Dr. A.L. Pauls. Options to expand your understanding of the cranial layers in advanced classes.

Demonstration Skills
Participants learn how to demonstrate, present and describe Ortho-Bionomy to the public, friends and family in a clear and concise manner. They are encouraged to find creative ways to present Ortho-Bionomy in a group setting. Participants learn and practice techniques that will help build their confidence, communication and presentation skills.

Electives
Ortho-Bionomy principles and techniques can be applied to many different conditions. The elective courses provide more specialized techniques to work with specific conditions that relate to disease. Topics include Approaches to Whiplash, Temporomandibular joint Dysfunction (TMD), Carpal Tunnel Syndrome, Women's Care, Men's Care, Shock and Trauma, and others.

Elements of Successful Practice
The business aspects of having an Ortho-Bionomy practice are addressed in this class. Issues that are covered include developing a business plan; setting up an office; advertising and marketing; attending to insurance, legal and tax issues; setting fee structures; record-keeping and staying within one's scope of practice.

Ethics and Emotional Issues
Participants discuss guidelines for professional conduct and review the Ortho-Bionomy Association of Canada's Code of Ethics. Through a variety of teaching methods, they learn how to maintain a healthy relationship with clients by using effective communication skills and managing boundaries, as well as how to address emotional responses that may arise during a session.

Exploration of Movement Patterns
An experiential class that adds a dynamic dimension to the Ortho-Bionomy release techniques. Focusing on the range of motion through the joints, the participants explore and support preferred patterns of movement or non-movement. By gently exploring and supporting these patterns, and with the active participation of the client, the range of motion in the joint is increased, and muscular joint and pain are diminished.

Isometrics
Using the principles of Ortho-Bionomy, participants in this class learn Isometric and Isotonic techniques for working with muscle tension patterns and underdeveloped muscle tone. Using resistance while the muscle is engaged, proprioceptors are stimulated. This allows habitual holding patterns to rebalance and results in greater flexibility and mobility.

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Overview and Integration of Phases
This advanced class is a review of the interconnection of all the Phases and aspects of the Ortho-Bionomy curriculum and how they are influenced by the principles and concepts of Ortho-Bionomy. Through discussion and practice, we will experience the integration of all Phases of Ortho-Bionomy and how they flow in a session

Postural Re-education and Post Techniques
Participants learn to recognize, evaluate and address their own postural habits, and those of others. The techniques presented help to re-pattern abnormal spinal curvatures and scoliosis. Post techniques include simple neuro-muscular exercises that are taught to the client to facilitate their ability to maintain and integrate the re-educated posture.

Practitioner Training Seminar
This class assists personal growth, allowing the participant to integrate all their training to date. The class format covers issues and questions that come up during sessions; provides a chance for feedback and supervision of difficult situations; suggests ways to structure a session effectively, to set fees, and to be able to converse clearly with clients. Overall, it assists the practitioner to move from being a student to becoming a professional member of the community.

Residential
The residential training program allows for five or more days of uninterrupted study in the concepts, principles and techniques of Ortho-Bionomy. The Residential serves to broaden and deepen the participant's understanding of this modality, as well as providing an avenue for personal growth, development and relaxation.

Self-Care Class
In this class we will explore the many ways to apply the Ortho-Bionomy self-care positions for yourself and your clients. This class will include experiencing the positions of comfort to release of pain and tension, exaggeration of the structural pattern to re-educate postures, and exploring movement and isometric exercises for increased mobility and flexibility.

Study Groups
Led by a Registered Instructor, the focus of each Study Group depends upon the needs and interests of the students. Participants may wish to receive clarification about Ortho-Bionomy techniques and principles, review techniques already learned, discuss specific client cases, and to air any concerns or present any ideas that they may have. Study groups give Ortho-Bionomy students an opportunity to interact with and develop on-going relationships with like-minded individuals; this will support them in their future roles as healthcare professionals.

Visceral
This class will explore the anatomy, physiology, function and interconnection of the internal organs with supporting tissues and structures and experience the Ortho-Bionomy respectful approach to the organs. Several class options may explore different systems such as digestion, respiration, urinary, etc.