



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 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 \$5,420. This is \$380 for thirteen modules and \$100 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,

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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 acupuncture 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 access spiritual assistance for healing
- To use specific testing procedures related the immune system
- To use kinesiology corrective procedures to balance the 12 body systems
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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

NLK 6 Links to Spiritual Healing

Past-Life Balancing
 Immune System Clearing
 Generation Tracking
 Free Radical Clearing
 Spiritual Assistance
 Forgiveness Technique
 Body System Balancing

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 Friday 7pm - 10pm (20hr modules only) and Saturday and Sunday 9am - 5.30pm. 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

Message from NLK International

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 Kinesiology 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 Brooks
Head of Faculty

Neuro-Linguistic Kinesiology International

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