



Kinesiology College of Ireland

Changing Lives

The following are brief descriptions of each module. The principal and staff of the college will be happy to answer any further questions, which you may have.

Touch for Health 1:

Learn how to use muscle testing to determine physical and energy imbalances in the body. Learn techniques drawn from chiropractic, osteopathy and oriental medicine to balance 14 major muscles, to balance the meridians, improve posture, enhance vitality, and alleviate tension and pain. Learn simple emotional stress release techniques. Learn Switching-On corrections, Central Meridian Check, Permission to test, Self-Responsibility Model, Inhibited Muscles, Neuro Lymphatics, Neuro Vasculars, and Meridians, Origin/Insertion of Muscles, Spinal Reflexes and Challenge technique. Also learn the 14 Muscle balance with a goal.

Touch for Health 2:

This module expands the material of Touch for Health 1. It includes circuit locating, Cross Crawl for integration, balancing with over energy. Alarm Points, Balancing using the Wheel, Midnight/Midday Law, Triangles & Squares, Golgi Tendon and Spindle Cell correction procedures, Cerebra-Spinal Technique, Neuro-Lymphatic Release, Biogenic, Biocide, Biostatic foods, Gait testing, Emotional Stress Release (E.S.R.) for past and future events, The Law of the Five Element theory, Simple pain Release Techniques, Meridian Walking, Meridian Massage, and 14 Additional muscle tests.

Touch for Health 3:

The main teaching concept is Reactive Muscle theory. Five Element review, Goal balance with the Five Elements, Five Elements basic emotions, Five element Balance with color & Sound, Pulses, Pain taping for Chronic Pain, Gait Testing, Circuit Retaining Mode, Facilitation/Inhibition, E.S.R. for defusing Past stress and Trauma, Balancing using Food as a Correction, Sedation Techniques and 14 additional muscle tests.

Touch for Health 4:

Review of Touch for Health 1, 2, and 3. 42 Muscle Balance Head to toe, Five Elements Meridian Review, Five Element Emotions, Postural Analysis and Balancing, Figure Eight Energy, Balancing with Sound, Acupressure Holding point theory, Luo Points, Time of day Balance, Neuro Lymphatic Release, Reactive Muscle Review, Deep Muscles of the body, Superficial Muscles of the body, Postural Stress Release, Posture Principals and Standards, Know your Muscles, Muscle Sports & Exercise, The Skeleton.

Stress Release 1: Success over Distress

Learn how to use muscle testing as a biofeedback instrument both to determine when something is stressful to the body/mind and later to verify that the stress has been defused. The techniques we will cover, are relatively simple to learn and apply, yet can help bring about really significant changes for yourself, family, friends and clients

Stress Release 2: Success over Distress

Decrease stress by giving your life direction. Combines the best of orthodox stress management – goal setting, time management, overcoming procrastination – with muscle testing biofeedback and Stress Release 1 correction procedures, temporal tap, anchoring, the nature of change, the nature of stress “hardiness” and more.

Stress Release 3: Defusing Stuck Emotions

While emotions such as fear, grief, and anger are appropriate, sometimes they become stuck, giving rise to conditions such as phobias, anxiety, depression and hostility. We begin by looking at the Callahan model and how it addresses phobias, anxiety and addictions. We will show how it relates to the Law of Five Elements, and then we will expand the model to cover other stuck emotional states such as temper, rage, hostility, embarrassment, mournfulness, grief, loneliness and depression.

Stress Release 4: Working with Emotions

Discover the positive and negative emotions that relate to the 20 major meridians. Balance the body through the emotions. Prioritizing the emotions and organ reflex. Eliminate pain by working with the emotions. Learn gamma-1 and gamma-2 muscle monitoring and its corrections.

Energy Centers:

What are energy centers? They are symptomology. Learn how to identify and balance energy centers with emotions, Acupressure point's foot reflexes, head massage, and auricular reflexes.

Biokinetic Exercise:

Discover the power of easily learned Biokinetic exercises to balance hypotonic or hypertonic muscles. Biokinetic exercises to address low back pain and neck and shoulder tension. Biokinetic exercises for 16 indicator muscles used in Touch for Health. Using muscle testing to identify optimal positions and optimum time to use each exercise

Nutritional Testing:

Learn how to determine which nutrients your body needs generally and specifically, and whether your body can handle those nutrients. How to prioritise your nutritional needs. Testing for air quality, Toxicity and more.

Allergies:

Learn different causes for multiple allergies or sensitivities and what to do about them. How to use the Brain Response Test to identify which foods, nutrients and environmental factors you are sensitive to. Identifying the tissue that is related to the allergy and how to balance it with emotions, nutrition and Biokinetic exercises to eliminate the allergy.

Colour for Health:

Discover the power of colour and how it affects us in our daily life. Learn how to colour spectrum vibrates in wavelengths and frequencies. How we are affected by the clothes we wear and the room we live in. Find out about the seven major charkas of the body and how we can balance them using colour, food gems, flower essences and sound. Find out the history of the use of colour for healing. Discover the human aura and the different levels involved. Look at the scientific research on the human energy fields. Learn how to work with the subtle bodies to bring about balance at all levels.

Nutrition Theory:

Nutrition modules provide discussion on the function, structure and sources of carbohydrates, lipids, proteins, minerals their sources and uses, effects of excess and deficiency. Water and fat soluble vitamins their sources uses and function in the body. It looks at different types of diet, the super foods, foods that heal and food that harm. It looks at blood group and how different people relate to different foods. Learn the difference between allergies and sensitivities in the body.

Anatomy & Physiology:

Anatomy modules explore the structure and function of the ten main body systems, e.g. endocrine, digestion, muscular skeletal, reparation, nervous system, vascular and cardiac, lymphatic system, renal system, hepatic system, reproductive system etc.

Personality Traits:

Find out 7 major ways people acquire limiting beliefs (or “personality traits”). Learn how certain of these beliefs can make you more susceptible to migraines, learning difficulties, cancer, alcoholism and rheumatoid arthritis. Learn how to determine what your limiting beliefs are, and how to dismantle them.

Practice Management:

This module looks at how to set up and run a successful practice. It includes choice of premises, clinical environment and type of practice, dress code, ethics, taking clients history and keeping records appointment management, business planning and finance, insurance, professional fees, and other aspects of management.

All students spend five days in the Freedom Holistic Centre Clinic as part of their practice management. Students will sit in on actual client sessions, and take notes etc., always with prior permission of the client. Every effort will be made to make this possible, if however you get a day, when no clients are in agreement to having a student present, another day will be arranged for you. The clients needs will always take priority during these days, and if for any reason a client gets emotional or uncomfortable during a session, having someone other than their therapist present, please do not take offence.

Pathology:

Pathology brings together the knowledge from Anatomy and Physiology and Nutrition. It looks at the pathology of disease in all 10 of the body's systems and the natural remedies, lifestyle changes and diet that is required to make life changes.

First Aid:

A nationally recognized First Aid Certification taught by The Irish Red Cross Society or equivalent is required to complete your studies. It is the Students responsibility to get their certification in First Aid outside of the college. You will need to sit this module every two years to keep your insurance company and the Kinesiology Association of Ireland happy that you are up to date.

Clinical Methodology

This is a Collection of advanced techniques that have been put together. These techniques have been researched by many Kinesiologists over many years. We look at the Neuro-Lymphatic, Neuro-Vascular System and Balancing Charts. We look at Skeletal System, Cranial Faults, Inferior Occiput, Temporo-Mandibular Joint (TMJ), Fixations, Hiatal Hernia and Shock Absorbers. We look at injury recall techniques to remove old injury memories from the body, and Lymphatic Retrograde which will help with Breast soreness, lumps, insomnia, nightmares and hyperactivity

Nutritionally we look at Adrenal Stress, Dr. Riddlers Nutritional reflexes, ACES and CATS, Addictions and Allergies, Arginex and Nitrous Oxide, Arthritis, Caffeine challenges, Silver Colloid and Super Oxide Dismutase.

Electrically we look at advanced correction procedures such as, Ions and Ionization, Electromagnetic (whether a person is centered or not), Hyoids, Gaits and Cloacals. We are also looking at Switching at a deep level, Blood Chemistry and Heart valve Integration

Practices:

Practice days are arranged for the students and are included on the schedule and are credited in your final diploma qualification. This enables the students to become more proficient in each discipline that they are studying, while at the same time being supervised and being able to give feed back and have questions answered.

End of Year Assessments:

The examinations will take place in Anner Hotel for all practical and written papers.

Touch For Health:

TFH exams consist of written paper for about 40 minutes. This is a multi choice paper and open book. The practical examination that the Student must demonstrate the ability to do a Touch for Health Synthesis balance. Students will have to complete a Touch for Health work book in conjunction with the above.

Stress Release 1, 2, 3, & 4, Nutritional testing, Energy Centre's, Allergies and Biokinetic exercises:

These exams consist of Oral, Written and Practical Sections. Students will have to submit 5 balances for each day of the course.

It is advised that, where balances are required, you take 5 people and do one balance on each of them. This will give you follow up knowledge on how your balances are working on your client. Balances should include how the person feels at the beginning of the balance, what their presentation problems are, (if any) and how they felt after the balance. On subsequent balances, there should be a follow up of any improvements they have had since their last balance, and what changes or differences they have experienced.

Nutrition, Anatomy & Physiology:

There is no exam in these subjects, however, there are written assignments students will do at home and submit before the examinations at year end. They will consist of written questions that the students will have to research and complete in their own words on these subjects

Student Responsibilities

Attendance:

Students are required to attend all weekend sessions, and submit their balances in order to graduate. Failure to attend any of the sessions or absence from part of any session will need to be made up with an agreed tutor. Any expenses involved will be the responsibility of the student.

If a day is missed, and not made up in good time, the student will not be able to graduate until it is completed. The student will be required to attend that part of the course on the following year, and re-sit the exam in order to graduate.

Class Etiquette:

Clothing

Please wear clothes that are loose and comfortable, and which will not cause any embarrassment when work shopping in various positions.

Punctuality

In order to get the best value from your course, it is important that classes start on time as we have a lot of material to cover on each weekend. We would appreciate if you could arrange to be on time, so that we can start on time. Morning classes start at 9.30a.m. Please keep break times on the time allotted, and be back in your seat when required.

Personal responsibility

You are encouraged to take care of your own needs. If you are too hot or too cold, or need air, or are uncomfortable or cannot hear, please change your position. The tutor will always facilitate whatever needs to be done for everyone's comfort, if they are aware of the problem. If you need to visit the toilet, please go whenever you feel the need without waiting for a break.

Personal Hygiene When work shopping up close with people; please make every effort to make sure that you've taken care of your body and oral hygiene. This is a very sensitive topic, and although individuals may take every care, the effort involved in the work shopping and nervousness may

mean that additional thought has to be given to this subject in order to avoid any embarrassment.

Food & Drink

It would be appreciated if students do not eat in class during lectures. People chewing on nuts and seeds etc. can be distracting for others. If you cannot wait for a break, please leave the room briefly. We do understand that people with hypoglycemia do need to snack often. Breaks are set out accordingly.

Mobile Phones

Please make sure your mobile phones are turned off or on silent during class times.

Classroom Environment

We endeavour at all times to conduct our classes in a loving, caring, non judgemental way. You are asked to respect this ethos. Everybody learns differently. Some people are visual, some are audial and some kinaesthetic. While every effort will be made to teach each course in all three ways, if your needs are not being met, please let your tutor know, so that other arrangements can be made for you. You are asked to respect other peoples learning skills, as they may be different from your own. We all learn differently, this is what makes us all individual wonderful people.

It helps greatly to workshop with different partners, as some people's muscles feel different to others. When you have the opportunity to workshop, look for a different partner each time; so that you will benefit more.