



PROFESSIONAL CERTIFICATION TRAINING CATALOG

388 Colusa Ave., Kensington, CA 94707
www.hendricksonmethod.com
510-524-3107

Transformation Through Touch 2017–2018 Hendrickson Method Training Information

Prospective students should review this catalog prior to enrolling in classes.

Hendrickson Method® was developed by Dr. Tom Hendrickson. He has tested and refined this advanced treatment system through 40 years of clinical practice and teaching. Hendrickson Method® combines the most advanced and effective modalities in manual therapy, including a unique style of soft tissue mobilization created by Dr. Hendrickson called *wave mobilization*®, as well as joint mobilization, and muscle energy technique.

The Hendrickson Method Institute offers transformative workshops in advanced manual therapy for qualified practitioners. The training is offered as a series of 6, 4-day workshops, which can be taken in succession or as stand-alone modules. Successful completion of all six classes allows the student to sit for the Hendrickson Method practical exam.

Hendrickson Method students learn to:

- Effectively reduce pain and restore function using Hendrickson Method
- Stay relaxed during treatments and efficiently use their bodies so they remain healthy and feel energized after every session
- Perform manual therapy as a moving meditation that allows them to be a vehicle for the healing energy of the universe

As school members of the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB), Associated Bodywork & Massage Professionals (ABMP) and the American Massage Therapy Association (AMTA), the Hendrickson Method Institute is committed to advancing the field of massage and bodywork through expertly crafted training courses that skillfully combine state-of-the-art technical developments in the field of orthopedic manual therapy with energy healing. Students can earn continuing education hours for each module of training.

Please contact us with any questions or comments. We look forward to being of service and to having you in our training program.

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▪ Pathology	8 hours
▪ Ethics	2 hours
▪ Energy Healing and Self Care	6 hours
▪ Contraindications, Communicating with Allied Professionals	<u>3 hours</u>
Total Hours	84 hours

In addition to meeting attendance requirements, Hendrickson Method Certification students are required to:

1. Document 25 hours of Hendrickson Method sessions, per year of study, with accompanying clinical notes.
 2. Maintain a minimum cumulative score of 75% on quizzes.
 3. Pass a hands-on final exam after completing all Practitioner Level 1 and Practitioner Level 2 modules.
 4. Complete a written evaluation at the end of class.
- Required reading: *Massage and Manual Therapy for Orthopedic Conditions* (LWW, 2009), by Dr. Thomas Hendrickson
 - Recommended reading: *Color Atlas and Textbook of Human Anatomy*, by Werner Platzer
 - Strongly Recommended: *Massage and Manual Therapy with Dr. Tom Hendrickson. DVD*. Tom Hendrickson. 2011.

Hendrickson Method® Training: Practitioner Level 2
(84 Total Clock Hours)

Hendrickson Method Certification Title: Hendrickson Method Practitioner
Instructor: Inbar Sarig

General Description:

The course is 3, 4-day modules. Three modules are available each academic year, with certification training spanning a twenty-four month period. This training is a continuation of Hendrickson Method Training: Practitioner Level 2 and focuses on helping students deepen their knowledge of the science of orthopedic therapy and clinical assessment. Practitioner Level 2 students are given additional study guide items that cover new material beyond that from the Level 1 course. Students attend the same lectures as the Level 1 students but are responsible for having an advanced level of understanding of both the science and practice of Hendrickson Method. Lectures include: a review of the anatomy and physiology of joints and soft tissue of a particular region of the body, the neurological effects of joint dysfunction; the patterns of soft tissue dysfunction, including the concepts of Vladimir Janda M.D., a pioneer in manual medicine. Table work includes assessment skills, including differential assessment, and how to communicate with other health care providers. Two-thirds of classroom hours are devoted to learning specific treatment protocols in manual therapy, joint mobilization, and muscle energy technique. Advanced levels of muscle energy technique are presented. Students are also instructed in how to deepen their internal energy. Inbar Sarig will teach all

classes. Graduates who successfully meet all course requirements will receive professional certification and the right to use the title: Hendrickson Method *Practitioner*.

General Course Composition and Hourly Breakdown:

▪ Anatomy, Physiology, Kinesiology	15 hours
▪ Orthopedic Assessment, Scientific Foundations of Manual Therapy, Application of Techniques	50 hours
▪ Pathology	8 hours
▪ Ethics	2 hours
▪ Energy Healing and Self Care	6 hours
▪ Contraindications, Communicating with Allied Professionals	<u>3 hours</u>
Total Hours	84 hours

In addition to meeting attendance requirements, Hendrickson Method Certification students are required to:

1. Document 25 hours of Hendrickson Method sessions, per year of study, with accompanying clinical notes.
2. Maintain a minimum cumulative score of 75% on quizzes.
3. Pass a hands-on final exam after completing all Practitioner Level 1 and Practitioner Level 2 modules.
4. Complete a written evaluation at the end of class.

- Required reading: *Massage and Manual Therapy for Orthopedic Conditions* (LWW, 2009), by Dr. Thomas Hendrickson
- Recommended reading: *Color Atlas and Textbook of Human Anatomy*, by Werner Platzer
- Strongly Recommended: *Massage and Manual Therapy with Dr. Tom Hendrickson. DVD*. Tom Hendrickson. 2011.

Hendrickson Method® Training: Individual Workshops (Modules)

(28 Clock Hours Each)

Instructor: Inbar Sarig

General Description:

Students seeking advanced knowledge in manual therapy without the desire to become certified in Hendrickson Method, or students seeking self-paced Hendrickson Method certification, as well as graduates from Hendrickson Method Institute who wish to deepen their skills in a particular area have the option to take individual workshops as stand-alone modules, beginning with the first module, “Manual Therapy for the Spine”.

Each module is a 4-day class. Three modules are held per academic year, with the full series spanning a twenty-four month period. Students learn the science of massage therapy, clinical assessment, contraindications for massage and manual therapy, and are supervised in the practice of Hendrickson Method for a specific body region. Each lecture includes clinical anatomy, physiology, kinesiology, the patterns of soft tissue dysfunction, and the science of

injury and repair of soft tissue and joints. In addition, lectures will incorporate the concepts of Lauren Berry, P.T., a legendary healer, and Dr. Hendrickson's mentor. Two-thirds of the class is table work and includes specific treatment protocols in manual therapy, joint mobilization, and muscle energy technique for common orthopedic conditions. Students are introduced to *wave mobilization*[®], a unique massage stroke developed by Dr. Hendrickson. Modeled after ocean waves, this stroke mobilizes the soft tissue as well as the joints using a gentle oscillating rhythm. Dr. Tom Hendrickson will teach all classes. Students of all levels attend class together.

Module students who successfully meet all of the course requirements of Hendrickson Method Training: Practitioner Level 1 and Practitioner Level 2 will receive Hendrickson Method Institute certification and the right to use the title: Hendrickson Method *Practitioner*. Students who repeat the course requirements and take the six modules a second time will receive Hendrickson Method Institute certification and the right to use the title: Hendrickson Method *Therapist*.

- Required reading: *Massage and Manual Therapy for Orthopedic Conditions* (LWW, 2009), by Dr. Thomas Hendrickson
- Recommended reading: *Color Atlas and Textbook of Human Anatomy*, by Werner Platzer
- Strongly Recommended: *Massage and Manual Therapy with Dr. Tom Hendrickson. DVD*. Tom Hendrickson. 2011.

General Course Composition and Hourly Breakdown:

▪ Anatomy, Physiology, Kinesiology	6 hours
▪ Orthopedic Assessment, Scientific Foundations of Massage and Manual Therapy, Application of Techniques	15 hours
▪ Pathology	3 hours
▪ Ethics	.50 hours
▪ Energy Healing and Self Care	2 hours
▪ Contraindications, Communicating with Allied Professionals	<u>1.50 hours</u>
Total Hours	28 hours

In addition to meeting attendance requirements, Module students seeking Hendrickson Method *certification* are required to:

1. Document 25 total hours of Hendrickson Method sessions, per year of study, with accompanying clinical notes.
2. Maintain a minimum cumulative score of 75% on quizzes.
3. Pass a hands-on final exam after completing all Practitioner Level 1 and Practitioner Level 2 modules.
4. Complete a written evaluation at the end of each class.

Please note: Module students seeking Hendrickson Method certification must meet the same requirements as Practitioner Level 1 and Practitioner Level 2 module students. Those *not* opting to pursue certification are not required to take quizzes, tests, or document Hendrickson Method sessions with clinical notes. Module students that wish to receive continuing education

units must meet attendance requirements and complete a written evaluation at the end of each module.

Summary of Costs and Payment Options

Hendrickson Method Institute's Practitioner Level 1 and Practitioner Level 2 programs are comprised of six modules held over a twenty-four month period. Students have the option to pay per module or for a package of three modules at a time. We do not offer institutional loan funding. It is the student's responsibility to make payments if they are financing their training privately.

Cost For Three-Module Package:

Deposit (non-refundable)	150.00
Tuition	<u>2025.00</u>
Subtotal	\$2175.00

Required Reading: <i>Massage and Manual Therapy for Orthopedic Conditions</i>	65.00
Total	\$2240.00

HMA Members only:	
Deposit (non-refundable)	150.00
Tuition	<u>1875.00</u>
Total	\$2025.00

- Practitioner Level 1 and Practitioner Level 2 courses each consist of 3, 4-day modules
- Hendrickson Method Practitioner certification requires taking all 6, 4-day modules
- The non-refundable deposit is due with the submission of the student's application and reserves the student's seat in class
- The tuition balance must be paid in full before the first day of class

Summary of Costs for Individual Modules:

Deposit (non refundable)	150.00
Tuition	<u>645.00</u>
Subtotal:	\$795.00

Required Reading: <i>Massage and Manual Therapy for Orthopedic Conditions</i>	65.00
Total	\$860.00

HMA Members only:	
Deposit (non refundable)	150.00
HMA Member Tuition	<u>595.00</u>
Total	\$745.00

- The non-refundable deposit is due with the submission of the student's application and reserves the student's seat in class
- The tuition balance must be paid in full before the first day of the Module

Disclosure Statement

Hendrickson Method Institute does not assist in the job placement of its graduates nor does it purport to train students for a specific profession or license. However, our classes contain content that may assist students in building a private practice or becoming more attractive, via their new skills, to prospective employers.

ADMISSIONS

Admissions Policy

Applicants must be 18 years or older and have completed high school or equivalency. They must demonstrate proficiency in speaking and writing English. Prospective students from foreign countries are responsible for any visa protocols and applicable charges. Students must also have met specific prerequisites for each class in which they enroll. Potential students are invited to call our administrative offices and meet with school representatives to discuss their goals and the requirements of Hendrickson Method classes. We reserve the right to refuse enrollment to anyone.

Due to the unique nature of Hendrickson Method Trainings, we do not accept transfer credits from any other educational institution.

Please note: It is Hendrickson Method Institute's policy that we shall not compensate an employee involved in recruitment, enrollment, admissions, student attendance, or sales of educational materials to students on the basis of a commission draw, bonus, quota, or other similar method related to the recruitment, enrollment, admissions, student attendance, or sales of educational materials to students.

Prerequisites

Hendrickson Method Training: Practitioner Level 1

1. California Massage Practitioner, Certified Massage Therapist, or Licensed Massage Therapist. We also suggest 25 hours of anatomy and physiology training, and one year experience in the field, ***or***
2. Health care license (D.C., P.T., etc.), ***or***
3. Students who do not meet the above criteria but feel they have equivalent knowledge and experience are invited to request an exception from Hendrickson Method Institute or may take the course on an experiential basis.

*Note: In order to gauge the level of prior knowledge needed to be successful in class, students uncertain of their proficiency in anatomy are encouraged to read the first two chapters of *Massage and Manual Therapy for Orthopedic Conditions* by Thomas Hendrickson and take the "Anatomy Self-Assessment" found on our website.*

Hendrickson Method Training: Practitioner Level 2

- Successful completion of Hendrickson Method Training: Practitioner Level 1

Hendrickson Method Training: Modules

1. CA Massage Practitioner, Certified Massage Therapist, or Licensed Massage Therapist. We also suggest 25 hours of anatomy and physiology training, and one year experience in the field, ***or***
2. Health care license (D.C., P.T., etc.), ***or***
3. Students who do not meet the above criteria but feel they have equivalent knowledge and experience are invited to request an exception from Hendrickson Method Institute or may take the course on an experiential basis.
4. Module 1 (Manual Therapy for the Spine, Practitioner Level 1) is required prior to all other modules
5. The appropriate Level 1 module must be completed before any corresponding Level 2 module

Leave of Absence

Hendrickson Method Institute has no leave of absence policy.

FINANCIAL INFORMATION

Reserving Space in Class

In order to be assured of having a space in class, students must complete and sign an application and submit it with the \$150.00 deposit. The balance of the tuition is due before the first day of class. Please note that deposits are non-refundable. See page 7 for payment options.

Making Class Payments

Please call the Hendrickson Method Institute with a credit card, hand deliver or mail in your payments so that they arrive **on or before** the due date. Students may also pay with PayPal by using the link on the Hendrickson Method website. Include your name, phone number, and the title of the class in which you are enrolling with your payment. **Students may not attend classes for which they have not paid.**

Financial Aid

Hendrickson Method Institute does not participate in any state or federal financial aid programs. If you obtain a loan to pay for an educational program, you will have the responsibility to repay the full amount of the loan plus interest.

Cancellation and Refund Policies for Individual Modules

Module students cancelling enrollment more than 2 days (48 hours) before the class start-date will receive a full refund, minus the \$150 administration fee. Cancellations made less than 2 days prior to the class start-date will be refunded 50% of the class cost, minus the \$150 administration fee. There are no refunds on or after the first day of class.

Cancellation and Refund Policies for Module Packages

Students who have registered for a module package may cancel the enrollment 2 days (48

hours) before the first class start-date and receive a full refund minus the \$150 administration fee. Cancellations made 2 or fewer days prior to the start-date of the first class will be refunded at 50% of one full-price module, with the remainder of the amount paid fully refunded, minus the \$150 administration fee. There are no refunds for a module on or after the first day of class. If a student cancels after the series of modules has begun the remaining modules will be refunded minus the full-price of the completed/started modules. For example: A student who has paid for three modules and takes the first module but cancels three weeks prior to the start for the second module, is eligible for a refund, minus the full price for the first module and the \$150 administration fee. The cost for the three-modules package is \$2175. The refund amount would be \$1230 ($\$2175 - \$795 = \1380, $\$1380 - \$150 = \$1230$). No refund is available for any module that has begun.

Requests for cancellation must be made in writing. The date of cancellation is the date the written note is received by Hendrickson Method Institute. Students do not have the right to cancel by telephoning the school or by not coming to class.

Class Cancellation by Hendrickson Method Institute

If Hendrickson Method Institute is forced to cancel a course for any reason students will receive a refund of any enrollment fees paid.

FACILITIES

Administrative Office

Hendrickson Method Institute's administrative office is located at 388 Colusa Circle, in Kensington, California – on the border of Berkeley. It is approximately 25 minutes from San Francisco, 45 minutes from San Francisco International Airport, and 30 minutes from Oakland, CA International Airport.

Office Hours

School office hours vary according to course schedules but average 20 open hours per week, Monday-Friday. Messages may be left 24 hours a day, 7 days a week at 510-524-3107 or school@hendricksonmethod.com.

Student Housing

It is the responsibility of the student to arrange housing. Students are welcome to contact the School Administrator, Jeanette, for suggestions on hotel accommodations near Rudramandir Yoga Center.

Class Location

Rudramandir Center, 830 Bancroft Way, Berkeley, CA 94710. Parking is available nearby.

Message Tables

Please check with administration at the time you enroll to confirm if tables will be provided or if you will need to bring your own table to class.

CLASSROOM POLICIES

Completion Requirements

Students will receive a Hendrickson Method certificate when they have met the following completion requirements:

1. 90% attendance (make-ups permitted)
2. Completion of required reading
3. Passing a hands-on final
4. Completion of all homework assignments
5. Completion of the financial agreement
6. Minimum cumulative score of 75% on quizzes
7. Completion of any required practice massages
8. Completion of course evaluation

Students enrolled in Hendrickson Method certification courses must fulfill all completion requirements within 3 months of the class ending date. If course requirements change during the student's time frame for completion, the most current requirements will be used in determining pass/fail status. Financial obligations must be completed by payment due dates.

Progress and Grading System

All courses at Hendrickson Method Institute are pass/fail. Students must successfully meet all completion requirements to become certified.

Notice of Transferability of Credits Earned at Hendrickson Method Institute

The transferability of credits you earn at Hendrickson Method Institute is at the complete discretion of the institution to which you seek to transfer. Acceptance of the certificate you earn in Hendrickson Method Practitioner Level 1 or Practitioner Level 2 Training is also at the complete discretion of the institution to which you seek to transfer. If the certificates that you earn at Hendrickson Method Institute are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at Hendrickson Method Institute will meet your educational goals. This may include contacting the institution to which you seek to transfer to determine if your certificate will transfer.

Student Conduct

We encourage and expect students to behave respectfully toward other students, faculty, and clients, and to help create an emotionally and physically safe environment for everyone in our learning community. Any student who experiences a problem with any other student, faculty, school personnel, client or with any other aspect of the school program, is encouraged to bring this to the attention of their instructor or the Hendrickson Method Institute administration. A written complaint log will be maintained. At the discretion of the Institute, a student may be dismissed from class for unsatisfactory progress, late financial payments, disrespectful or lascivious behavior, for incidents of an intoxicated or drugged state of behavior, for behavior creating a safety hazard to other persons at the school, for ethical infractions, or any determined disruption, or infraction of conduct, as solely determined by the Institute. Students dismissed at the discretion of the Institute are not eligible for refunds of tuition or fees.

Please note that:

- Sexually charged or inappropriate language or actions are not permitted at any time.
- When students are working on one another in class, their peer relationship

transitions into a therapist/client relationship and it is the later role that should guide behavior. The NCBTMB Code of Ethics states this as follows: Therapists will “refrain, under all circumstances, from initiating or engaging in any sexual conduct, sexual activities, or sexualizing behavior involving a client, even if the client attempts to sexualize the relationship.”

Inappropriate behavior should be reported to the instructor or to the school administrator at the administrative office (510-524-3107 or school@hendricksonmethod.com). If you have any questions regarding the above policies, please ask your instructor to discuss them with you.

Attendance Requirements, Tardiness and Leave of Absence

Hendrickson Method Certification students must attend at least 80% of the originally scheduled classes and make up enough of the missed classes to meet the 90% attendance requirement. Students who are more than 30 minutes late to class are considered tardy. Three tardy marks will be considered one absence. Students missing more than 20% of class time will not receive credit for the class. If a student is required to take a leave of absence from the training program under extenuating circumstances, refunds will be given according to school policy unless a mutually agreed upon plan to continue training at a different time is determined and an addendum to the enrollment agreement is signed.

Students must attend 100% of the 4-day module to receive continuing education hours. Tardiness or leaving early by more than 15 minutes equals an absence.

Making Up Classes

Hendrickson Method Certification students must make up all missed classes within 1 month of the end of the school year (by July 16, 2017). Make up classes must be for the specific class topic originally missed according to these rules:

1. Students may make up missed classes by scheduling a private tutorial with one of the designated instructors.
2. A one-hour tutorial is equivalent to 3 1/2 hours of class time.
3. Tutorials are considered extra-curricular and are not included in the tuition. Fees range depending on the number of students attending and the instructor's fee. 24-hour cancellation notification is required in order to avoid a cancellation fee.
4. Each student must arrange tutorial appointments with the instructor directly and make payments directly to them.
5. Students must return a tutorial form signed by the make-up teacher to the current instructor in order to get attendance credit.

Please bring any questions to the attention of the school administration.

RECORDS

Records Retention

State law requires Hendrickson Method Institute to maintain student records for a minimum five-year period at its principal place of business.

Transcripts

Requests for transcripts are to be made in writing and include your name, address, phone number, and the class title and year in which you were enrolled. There is a \$20 transcript fee.

LEGAL NOTICES

Compliance

This institution, the facilities it occupies, and the equipment it utilizes fully complies with any and all federal, state, and local ordinances and regulations, including those requirements as to fire safety, building safety, and health.

ESL Programs & Class Language

The Institute does not offer an ESL program. Classes are taught in English only.

Student Complaint Procedure and Conflict Resolution

Students may submit an oral or written complaint to any teacher, assistant, or school employee. All complaints will be referred to the school administrator, and will be addressed within 10 days of receipt of the complaint. Persons seeking to resolve problems or complaints should first contact the class instructor.

Proprietary Information

Hendrickson Method Institute owns and retains proprietary rights of the copyrighted material, trademarks, course design, and other information pertaining to all Hendrickson Method courses and those held by its licensees. Except for that information which is in the public domain or for which you have been given specific written permission, students may not copy, modify, publish, transmit, distribute, teach, display, or sell any such proprietary information.

Hendrickson Method[®] and *wave mobilization*[®] are registered trademarks belonging to the Hendrickson Method Institute, Inc. You may use the trademarks only according to the normal rules of usage which can be found in detail on our website or upon request from administration.

Indemnification

By registering for class, each student hereby agrees to indemnify Hendrickson Method[®] Institute (Hendrickson Method Institute), and its officers, agents, employees and consultants and hold them harmless from any costs, liabilities, or losses they incur as a result of any claim, penalty, demand for compensation or lawsuit which may arise from the student's participation in any Hendrickson Method Class, or which may be asserted by a third party which occurs (whether directly or indirectly) because of anything the student does or fails to do in the course of his or her training and practice of Hendrickson Method, or after the student is certified as a result of the use of Hendrickson Method in his or her practice. The student agrees that any attorney's fees incurred by Hendrickson Method Institute in enforcing this agreement to indemnify shall be included in expenses paid to Hendrickson Method Institute in any related legal action.

State Certification

Hendrickson Method Institute classes do not confer state or local certification of any kind. The classes provide education for established massage therapists and healthcare professionals seeking to learn the techniques of Hendrickson Method.

Policy for Promotional Use of Photographs

From time to time, promotional photographs are taken inside or around classrooms while class is in session, but never when students are disrobed. By registering for class, the student agrees to allow Hendrickson Method Institute to use without limit any promotional photographs taken which may contain the student's image.

ADDITIONAL INFORMATION

Hendrickson Method Association

The Hendrickson Method graduate's professional status is protected and supported through the Hendrickson Method Association (HMA). HMA provides members with discounts on C.E. classes, access to members-only classes with Dr. Tom Hendrickson, provides exposure to clients and employers via a locator referral service, protects the trademark, publishes an informative newsletter, and is required membership for anyone wishing to use the Hendrickson Method trademark as part of their professional title or designation.

Lost & Found

Hendrickson Method Institute is not responsible for lost or stolen items. Please check with your instructor or call the school office at 510-524-3107 to see if lost items have been found.

Teaching Staff

Inbar Sarig

Inbar Sarig completed CA Massage Therapy Certification at the San Francisco School of Massage in 2000. After graduating, she started her private practice and began studying at the Chi Nei Tsang Institute in Berkeley. She worked at a chiropractic clinic and spa, accumulating eight years of experience. At this time she was ready for a new approach. Hendrickson Method introduced a unique way of thinking about, practicing, and treating the body. She completed her teaching certification in 2012 and has been practicing Hendrickson Method for nine years. She maintains a private practice in San Francisco.

Certified Hendrickson Method Teaching Assistants

Each class includes Hendrickson Method Teaching Assistants. Teaching Assistants work closely with students to help them understand and perform Hendrickson Method correctly. They are also responsible for presenting lecture material and demonstrating strokes from time to time under direct supervision of a certified teacher.

Faculty Requirements

Hendrickson Method Institute faculty members are required to be certified in massage therapy or possess a health care license. They must complete 400 hours of Hendrickson Method

training and 400 hours as a Teaching Assistant. Students who have graduated with a total of 800 hours of training and assisting may be invited to become Teachers under Dr. Tom Hendrickson's supervision. They maintain their status as Teachers by completing 7 CE hours a year, or 14 CE hours every two years. They accomplish this by taking classes offered by the Hendrickson Method Association.

Teachers and Teaching Assistants must be Active Members in the Hendrickson Method Association. All participate in an annual review where Dr. Hendrickson critiques their presentation, technical knowledge of Hendrickson Method, and communication skills. Teachers also sign a document that explains classroom ethics to foster a comfortable and appropriate bodywork-learning environment.