



# STRUCTURAL RELEASE TECHNIQUE

A one day workshop for professional body workers (reflexologists, massage therapist and others).

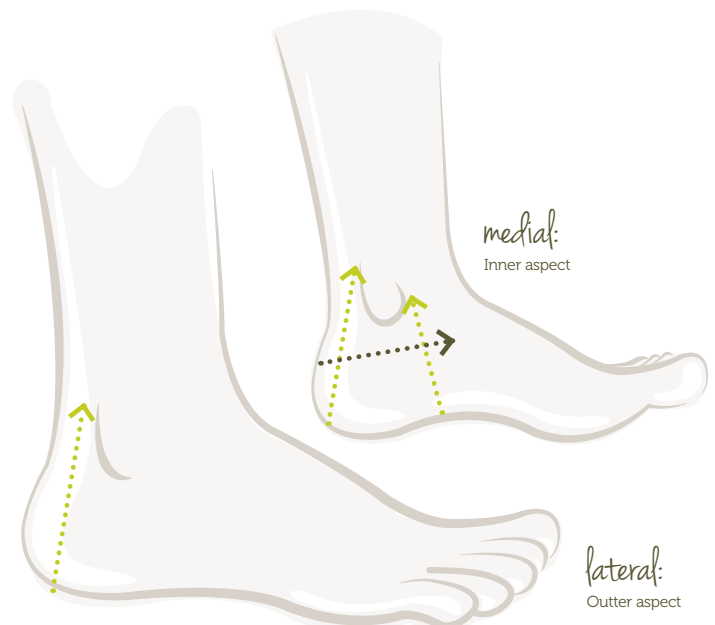
## Why practitioners & clients benefit?

This Reflexology based workshop is designed to help practitioners demonstrate a result within the first 10 minutes of a session, and build a clinical practice based on achieving client outcomes. In my own clinic setting, I have seen the benefits of being able to show results to clients within the first 10 minutes, which then sets the rest of the session up for success. Structural Release Technique has a primary impact on musculoskeletal treatments, with secondary and ancillary body system results.

## Learning Outcomes

Participants will learn the following:

- The benefits of SRT and its physical impacts
- Potential adverse effects and precautionary positions
- Gain an understanding about postural assessment
- Specific applied reflex areas for effective release
- Incorporating acupuncture and energetic components (optional)
- Following a systematic procedure or an individualised approach as required.



## Approach – Learning Module Components and Resources

This workshop consists of the following learning delivery components:

- Technique theory and development history
- Key learning by visual presentation (PowerPoint presentation slides and video)
- Individual support materials (a detailed printed workbook)
- Practical hands-on learning through partnered participant activity
- Post-learning support materials

## Participant Activities

1. Presentation directed learning. Participants will be paired together for shared technique learning in a simulated clinic setting. They will follow workbook diagrams and be assisted by the facilitator.
2. Participants will role play in postural assessment learning and practice.
3. Step by step identification and reflexing approach for all applicable reflex areas.
4. Identify and apply appropriate pressure to all relevant acupressure points.
5. Deliver a fully sequenced SRT treatment within a simulated clinic setting.

## Success Criteria

Each participant will be capable of delivering a complete SRT adjustment sequence.

Plus participant training assessment measures (materials and training quality).

## Duration

This is a one day workshop, for a total of 7 hours. This includes 1 hour for morning and afternoon tea, and lunch, for a total of 6 hours of training.

## Costs/Budget

- Professionally printed workbook (valued at \$55 included on the price)
- Facilitator hourly rate



I look forward to answering any questions you may have, or to booking in this workshop for your organisation soon.

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