

# Healing Dance Practitioner Requirements

All core and elective units/courses must be completed to obtain a Healing Dance Practitioner certificate.

## Stage I

	Description	Method	Assessment	Hours
<b>One of These:</b>	Aquatic Basics	Face to face	During course	50
	Introduction to Healing Dance	Face to face	During course	25
	Watsu I	Face to face	During course	50
	Jahara Basics	Face to face	During course	50
	Supervision with Senior HD Instructor	Face to face	During course	8
Total Hours: (*Note that this stage allows different pathways)				25-50

## Stage II

Pre-requisite: Successfully completing Stage I

Description	Method	Assessment	Hours
Healing Dance I	Face to face	During course	50
<b>Healing Dance I Integration Day</b> (may be taken before or after completing the 10 sessions)	Face to face		8
Total Hours:			58

## Stage III

Pre-requisite: Successfully completing Stage II

Description	Method	Assessment	Hours
Healing Dance II	Face to face	During course	50
Healing Dance II Integration Day	Face to face Course		16
A 50 hour WABA approved water elective	Face to face Course Can be completed at any point in the training	On the course	50
Total Hours:			116

## Additional

The below can be completed at any point in the training:

Description	Method	Assessment	Hours
Bodywork	Blended- face to face and correspondence	Blended – on the job and written assignment	100
Physiology and Anatomy	Blended (Face to Face and correspondence)	Written assignment	100
Body Mind			50
Aquatic elective I (any from the WABA approved list)	Face to face	During course	50
Relating & Mirroring	Face to face		25
Give minimum of 20 documented HD II sessions	Practice	Recorded and detailed	20
Receive minimum of 10 sessions from a certified HD practitioner	Experience	Recorded and detailed	10
Total Hours:			355

The total hours required for Healing Dance practitioner certification is between 554 to 579 hours.

## Further information:

A variety of entry level courses can serve as the *prerequisite* for taking Healing Dance I. This "multiple entry" philosophy allows students from other aquatic disciplines to easily cross over into studying Healing Dance.

- *Healing Dance I* (HDI) is a paradigm shift for many students of aquatic bodywork. It introduces travelling hydrodynamic waves and various body mechanics to support them.
- The *Integration Day* is a complete review of the HDI sequence, brushing up on skills and sharing experiences.
- *Healing Dance II* (HDII) introduces spirals, spiral-eights and figure eights, with an emphasis on integrating massage and stretching into the techniques.
- The *Integration is done over 2 full days* reviews the HDII material, fine-tuning skills and sharing experiences.
- *Relating & Mirroring* is a 25 hour course providing the essential principles and experience of supporting the movement impulses of receivers.
- The *Final Supervision* is a one on one coaching session with an instructor, demonstrating competency in the material from HDI and HDII.
- A total of *30 sessions* are required, 20 given and 10 received, confirming and growing the skills learned in the training.
- Another 50 hours of aquatic training, a *WABA approved elective*, or supplemental course/s as approved by the Healing Dance Institute provide additional experience.
- The *land courses* total 266 hours, for which previous training are given credit.
- As a *Practitioner* you receive a diploma, a free listing on [www.healingdance.org](http://www.healingdance.org), the right to use the logo and to advertise that you practice Healing Dance. For a yearly fee you may choose to also be listed on the Worldwide Aquatic Bodywork Registry [watsu.com](http://watsu.com) (WABR).
- This is the "surface" certification, in which neither of the two underwater training of Healing Dance are involved.
- This certification is designed for Australia and New Zealand and is recognised by WABA.
- Before certification students may of course use the techniques in sessions, but may not say or advertise that they do sessions of Healing Dance. For instance, it would be quite okay to say, "*I am studying Healing Dance.*" "*I am on my way toward becoming a Practitioner of Healing Dance.*" "*I use techniques of Healing Dance in my sessions.*"
- Practitioner status lasts for 3 years. In order to extend it, one must either audit or assist a HD course during the 3 year period of status.

- Practitioner status gives you a certificate, a posting on the Healing Dance website, the right to use the Healing Dance logo and the right to say and advertise that you practice Healing Dance. For instance, *"I am a Healing Dance Practitioner."* *"I give sessions of Healing Dance."*
- If you move outside of Australia or New Zealand to a country where another Healing Dance Practitioner Certification program is in effect, you will need to comply with those requirements.
- Classes taken by other Healing Dance authorised training providers will be taken into account subject to presenting documents or other required evidence.
- Qualifications, training and certificates obtained from other training organisations (not WABA or the AIAB) will have to be assessed and approved according to the WABA policies: [www.waba.pro](http://www.waba.pro)
- Assessment of the skills and knowledge can include presentation of documents and certificates and practical demonstrations. To apply for recognition please contact us.
- To be listed on the international Healing Dance organisation you will need to send copies of course and supervision certificates, as well as session log form (30 completed sessions) with a €40 bank transfer to:

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72147 Nehren, Germany