Aquatic Integration for the Clinical Professional: Course A

Aquatic Integration (AI): is a holistic, therapeutic approach combining clinical with complimentary concepts in warm water. AI works to achieve optimal constructive rest for the patient/client utilizing the properties of water and the practical application of float placement. AI calms the nervous system and assists with bringing the patient/client into a safe place for containment and empowerment. AI facilitates release from emotional and/or physical trauma in the safety of a fluid environment. AI can be used as a technique for a full treatment or portions can be incorporated within another aquatic modality or treatment.

Course Description: This course is designed to introduce the student to the theory, practice and benefits of Aquatic Integration. The course focuses on enhancing aquatic techniques to facilitate core stabilization, postural alignment, symmetry, mobility and movement awareness through a framework developed to bridge clinical skills with a complimentary therapeutic approach. Completing this course is the first step toward becoming an Aquatic Practitioner. Prerequisite: Current and approved certification/license to touch

Heather Wuolle, COTA, CLT: works at Vernon Memorial Healthcare in southwestern Wisconsin. She is a certified lymphedema specialist, who personally developed specific lymphedema aquatic programs. She enjoys everything to do with water, from boating, canoeing to relaxing by the view.

Sarah Olson, PTA, Retired ATC: works at Vernon Memorial Healthcare in southwestern Wisconsin. She has over 20 years’ experience in water including aerobics instructor at a military base. She keeps busy raising twin daughters, growing blueberries and working with her hands (crochet, quilting and spinning yarn).

When: Friday, March 27, 2020. 8:30 a.m. - 5:30 p.m.
Saturday March 28, 2020. 8:30 a.m. - 5:30 p.m.
Sunday March 29, 2020. 8:30 a.m. – 5:30 p.m.

Continuing Education Units/Hours: 24 CEUs
Cost: $600.00 per student
Class size: 6 students

Where: Vernon Memorial Healthcare – Aquatic Therapy Pool
507 South Main Street, Viroqua, WI 54665

To Register: Contact Heather Wuolle at Hwuolle@vmh.org or Sarah Olson at Solson@vmh.org

Accommodations: Students are responsible for their own transportation, lodging and meals/snacks. Towels provided. Student housing may be available on a first come first serve basis.