



Vernon Memorial
Healthcare

"So Much Care, So Close"

Aquatic Integration for the Clinical Professional

COURSE B

Aquatic Integration (AI) is a holistic approach combining clinical with complimentary concepts in warm water. AI utilizes the principles of Watsu® (water shiatsu) with the practical application of float placement to achieve optimal constructive rest for the client. AI works on calming the nervous system and assisting the client to bring themselves into a place of safety, containment & empowerment. AI is well suited for the physical therapist & assistant; occupational therapists & assistant, massage therapist, adaptive physical educators, kinesiologists & somatic therapists working with neurological or musculoskeletal pathologies and rehabilitation. Aquatic Integration can be utilized as a technique for full treatment or portions can be utilized within another aquatic modality or treatment.

Course Description: This course is designed to learn new holding techniques and positions for clients in the water using various floats and movement patterns. Land and water time to incorporate Course A concepts/moves and learn additional moves to invite change through AI concepts and Principles.

Prerequisite: Aquatic Integration for the Clinical Professional Course A

Course Objectives: Understand and utilize the value and principles of water and float placement to learn new holding techniques and positions for clients in the water using various floats and movement patterns. Understand how to establish connection in water with client through verbal, visual and touch. Assess through the art of presence, sensory system, intuition, alignment and education. Learn to invite change through mirroring, bridging, weighting/waiting and the use of therapeutic chaos. Utilize the framework to allow the giver to respond in a fluid and continually adaptive way to any situation or condition, with an increasing alertness, awareness, ease and poise.

Heather Wuolle, COTA & Aquatic Bodywork Practitioner 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 & Aquatic Bodywork Practitioner works at Vernon Memorial Healthcare in southwestern Wisconsin. She has over 20 years' experience in water including aerobics instructor at a military base. She enjoys raising twin daughters, growing blueberries and CrossFit.

Both Heather and Sarah are Aquatic Integration™ and Watsu® Practitioners. They work together to incorporate these techniques into medical practice thru Occupational and Physical Therapy.

Nov 2-4, 2018

8:30-5:30

24 credit hours

\$600.00

Early bird registration by
October 1, 2018: \$500.00

**Vernon Memorial Healthcare
507 South Main Street
Viroqua, WI 54665**

To
register: [https://conta.cc/2k6r5
lu](https://conta.cc/2k6r5lu)

Registration fee is forfeited for cancellations less than 10 days before class.

Accommodations: Students are responsible for their own transportation, lodging and meals/snacks.

Please bring comfortable casual clothes, 2-3 swimming suits, flip flops, toiletries, water bottle; ear plugs/ear solution (if you are prone to ear infections)

FYI: Towels provided.

Majority of the class time is spent in the water learning specific techniques. Please bring extra moisturizers and hair products to offset the chlorine.

For additional information:

Vernon Memorial
Therapy Department
(608) 637-4385

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Sarah at solson@vmh.org



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