Aquatic Integration for the Clinical Professional: Course D

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 continues to expand on the framework of moves, philosophy and concepts of aquatic integration. Students will continue to deepen their skill of listening and translating the language of the body. Students will learn to invite change through mirroring, bridging, weighting/waiting, and the use of therapeutic chaos. Students will be able to respond in a fluid, continuous way adapting to situations/conditions with an increasing awareness, alertness, ease and poise. This course includes two hours of study group time.

Prerequisite:
1. Successful completion of AI4CP – Course A & B or AI – Course 1
2. Successful completion of AI4CP – Course C
3. Completed 15 practice sessions
4. Received 3 or more personal sessions

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 26, 2021. 8:30 a.m. - 5:30 p.m.
Saturday March 27, 2021. 8:30 a.m. - 5:30 p.m.
Sunday March 28, 2021. 8:30 a.m. – 5:30 p.m.

Continuing Education Units/Hours: 24 CEUs
Cost: $600.00 per student
Class size: 9 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.