

# Aquatic Integration for the Clinical Professional

## Class A

**Aquatic Integration (AI)** is a holistic approach combining clinical with complimentary concepts in warm water. Aquatic Integration 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 Objectives

- Definitions of aquatic bodywork, aquatic integration, healing touch and conscious breath.
- Understand AI concepts, principles and establish connection through verbal, visual and touch; while discovering the rhythm of the body.
- Incorporate vertical and horizontal orientations into an aquatic bodywork sessions.
- Learn to utilize functional application of float placement to achieve optimal constructive rest for the patient/client.
- Develop basic positioning and clinical application for reducing muscle guarding, reducing stress from pain and to draw a patient/client into a holistic sense of well-being from a meditative quality of relaxation.

### 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). Towels are 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.

### Vernon Memorial Therapy Department

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### Course Description

This course is designed to introduce therapists to the theory, practice and benefits of AI. The workshop 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 approach.

### The Instructors

**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.

📅 May 4 - 6, 2018

🕒 8:30-5:30

24 credit hours  
\$600.00

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

To register: [www.vmh.org](http://www.vmh.org)  
Click on Services: then Aquatics  
Look for link: <https://goo.gl/iLfHmx>

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