



Refresher Program for MLD 4 Hours

Refresher programs are offered throughout the year to enable practitioners who have previously completed MLD I or MLD II and who want to consolidate their skills. The supervised class will enable you to revise techniques, answer questions and will give you a chance to meet and practice with other "Lymphies". A refresher is also recommended prior to undertaking MLD II if some time has elapsed since completing MLD I. Duration of course - 4 hours

Therapeutic Hot Stone Training 2 Days

A new tool as a therapy on its own or in conjunction with deep tissue treatments, this course teaches you the theory and plenty of practical work with a full set of basalt stones. The course covers all aspects, indications and contraindications, treatment plans, hygiene, placing stones and massaging with hot stones, equipment and product information. Duration of course: 16 hours

" Head to Toe " _Lecture and open class - practise for massage therapists of all levels. Every first Wednesday from February to November.

"How did that stretch go again?" "What's best to do with this client?"

This workshop will help you to clarify, improve practise and address client issues. It is designed to help you gain more skills in your everyday massage and bodywork. Bring your list of concerns and questions. Contact hours: 2

GENERAL INFORMATION General Course Fees (includes GST)

MLD Level I 36 Hrs.	\$ 930.00
MLD Level II 32 Hrs.	\$ 860.00
MLD Refresher 4 Hrs.	\$ 110.00
"Head to Toe" class 2 Hrs.	\$ 55.00
Stretching Workshop 8 Hrs.	\$ 220.00
Hot Stone therapy 16 Hrs	\$ 420.00
Foot Reflex Zone Therapy 24 Hrs.	\$ 610.00
Deposit for enrolment is	\$ 100.00

Payment of deposit is essential for reserving a space. Balance of course fee is due prior to commencement of course and confirmation.

Courses are designed for a maximum of twelve participants to ensure effective training. Cost includes workshop manuals, tables and linen, refreshments and snacks. Please bring BYO lunch to share.

Enrolment can be by phone, fax or e-mail. All details will be confirmed with you approx. 8 days before commencement.

Method of payment: cheque, cash, Internet transfer or card (no Diners and Amex)

Please make cheque payable to: 'A. Diercks' or 'Pond Massage Water Wellness'.

Class will only commence with a minimum of six registered participants.

Please enclose an S.A.E. if a receipt is required.



REGISTRATION FORM

To register interest or be added to mailing list just return completed form.
To secure a space, please complete form, attach deposit/full fee cheque and send to:
Melbourne Lymph Drainage Centre, A.Diercks, PO Box 9, East Melbourne, VIC 8002

For Internet banking or Credit card payment please contact our office.

Name:

Address:

Post code:

Phone/s:

Fax:

E-mail:

Practicing as:

Please tick your choice booking and enter requested course code

- "Essentials of Manual Lymph Drainage" Level I MLD 0133 25/2 – 1/3 /09 Melbourne
- "Essentials of Manual Lymph Drainage" Level I MLD 0134,17/6- 21/6/09 Melbourne
- "Essentials of Manual Lymph Drainage" Level I MLD 0135 9/9- 15/9/09 Melbourne

- MLD & Decongestive Physical Therapy, MLD/DPT 0157 7/5-10/5/09 Melbourne
- MLD & Decongestive Physical Therapy MLD/DPT 0158 13/11-16/11/ 09 Melbourne

- Therapeutic Stretching & Soft Tissue Mobilizing TS 0149, Sun 15/5/09 Melbourne
- Therapeutic Stretching & Soft Tissue Mobilizing TS 0150, Sun 19/7/09 Melbourne

- MLD I/MLD II Refresher Seminar Wed 6/5/09, 9am-1pm Melbourne
- MLD I/MLD II Refresher Seminar Fri 31/7/09 10 2-6pm, early Nov date t.b.c.

- HOT STONE Therapy course HS 003 Sat 23/5- Sun 24/5/09 Melbourne
- HOT STONE Therapy course HS 004 Sat 7/11- Sun 8/11/09 Melbourne

- Foot Reflex Zone Therapy FRT 0627 27/3. - 29/3/09 Melbourne
- Foot Reflex Zone Therapy FRT 0628 14/8- 16/8//09 Melbourne

"Head to Toe" lecture and practice for Massage therapists and -students
Every 1st Wednesday of the month, small group, booking essential – 03 94860070

Melbourne Lymph Drainage Centre

Postal address:

Course venue and enquiries:

Phone/Fax:

email and website:

P.O. Box 9, East Melbourne, VIC 8002

POND Massage Water Wellness

124-130 Langridge St. Collingwood Vic 3066

03 9486 0070

info@pond.com.au, www.pond.com.au



THE PRESENTER

Astrid Diercks holds a Diploma in Remedial Massage and is a certified Lymph Drainage Therapist and Reflexologist. In 1978 Astrid qualified in Germany as a Physiotherapist and Clinical Massage Therapist. In 1990 she obtained her qualification in Manual Lymph Drainage/ Complex Decongestive Therapies at the Damp Institute of Lymphology in Germany.

She has 30 years of professional practice and lecturing experience and is passionate about her work. Her original training was highly complimented being taught by or exposed to some prominent masters of today's massage knowledge. They were Emil Vodder, Prof. Marnitz, Dwight Byers and Hanne Marquardt.

Astrid runs a busy clinic in Collingwood, Melbourne called "POND Massage Water Wellness". She holds a Cert. IV in Training & assessment, lectures at Massage Schools and conducts upgrading courses for Massage practitioners. She is a long-standing member of the professional Massage Association, AAMT (Australian Association of Massage Therapists) and LAV (Lymphoedema Association of Victoria). All her courses are accepted and endorsed with AAMT and participants gain professional education points.

COURSE PROGRAM 2009

Manual Lymph Drainage (MLD) & Decongestive Physical Therapy (MLD/DPT)

Originally developed in Europe by Vodder in the 1930's, the technique has been researched and refined to offer help for specific disorders of the human lymphatic system.

MLD has been successfully applied in Germany and other European countries for over 30 years. It is a gentle non-intrusive, non-mechanic, manual healing technique. Applications range from sports injuries, migraine, primary and secondary Lymphoedema, autoimmune deficient illness to fluid retention during pregnancy.

In Australia MLD therapy is gaining increased acceptance in hospitals and private clinics for the treatment of Lymphoedema conditions and post-operative and preventative health. At Pond Massage Water Wellness & Melbourne Lymph Drainage Centre clients can book a hydrotherapy underwater lymphatic massage treatment, which supports the soft tissue, deep muscular and lymphatic recovery and circulation.

The Essentials of Manual Lymph Drainage (MLD Level I)

NEW! 5 Days

The full day 36-hour course is conducted over five consecutive days and comprising of theory and intensive practice. It includes:

- *Anatomy / physiology of lymph system
- *Code of Ethics
- *Practice and theory of MLD
- *Application techniques
- *Indications / Contraindications
- *Demonstration and practice of full body MLD
- *Various treatment routines
- *Guidelines for therapists and patients
- *Client management and support

The learning outcomes are: Demonstrate understanding of the principles of MLD method, Ability to deliver a practical demonstration of a MLD full body treatment for the intact lymph system.



MLD & Decongestive Physical Therapy (Level II) 4 Days

The Advanced MLD Course - Level II consists of further 32 hours of theory study and practice of MLD in a remedial treatment program. It includes:

- * Lymphoedema - physiology and stages
- * MLD practice, stroke techniques
- * Compression therapy - theory and practice
- * Remedial exercise instructions and client management
- * Lifestyle program for lymphoedema conditions
- * Treatment routines for lymphoedema conditions
- * Case studies and practical analysis
- * Post operative/trauma/sports injury treatment

The learning outcomes are: Ability to demonstrate a lymphoedema treatment with supporting techniques, To perform patient assessment, To plan the treatment routine and discuss client management and maintenance.

Foot Reflex Zone Therapy (FRT)

3 Days

The 25-hour course involves far more than a classic foot massage. FRT is a science and healing technique, deriving from ancient Chinese and Egyptian health. Through manual work on various parts of the foot the therapist can stimulate muscles, organs, glands and nerves via 'reflex' points. The effects of FRT are manifold, including relief of pain, balance of metabolic and organic function, an increased sense of wellbeing and tension release. The course content covers:

- * Anatomy and structure of feet
- * Mapping of foot reflex zones
- * Demonstration and practice of treatment sequence
- * Foot exercises
- * Indications/contraindications/ case studies
- * Guidelines for therapists

The learning outcome is: To understand the principle, theory and practice of FRT and the ability to perform a complete FRT treatment sequence.

Therapy Stretches and Soft tissue mobilising

1 Day

Stretching has always been a natural habit of the human race (and for cats). This one day practical workshop is for practitioners and students who wish to expand and compliment their massage treatment. The course encompasses:

- * Active and passive stretches
- * PNF stretches
- * Remedial stretching (on and off treatment table)
- * Partner stretches
- * Practitioner injury prevention program
- * Homework program for clients

Learning outcomes of this 8- hour course is: Demonstrate comprehension of the theory behind stretching, Ability to tailor a mixed program of stretches for clients and specific conditions, Demonstration of stretch moves for self-preservation as a therapist.



Melbourne Lymph Drainage Centres

Vol. I & II /2009

Astrid Diercks, Director, Lecturer, Cert IV Trainer
Industry- based training and ppostgraduate courses for
Massage practitioners, nurses and allied health professions.

Manual Lymph Drainage, MLD I NEW! 5 Days

MLD 0133 Wed 25 -Sun 1 March 2009 Melbourne

MLD 0134 Wed 17- Sun 21 June 2009 Melbourne

MLD 0135 Wed 9 - Sun 13 Sept 2009 Melbourne

Other interstate dates are in planning.

MLD&Decongestive Physical Therapy MLD II 4 Days

MLD/DPT 0157 Thurs 7- Sun 10 May 2009 Melbourne

MLD/DPT 0158 Thurs 13 - Sun 16 Nov 2009 Melbourne

Foot Reflex Zone Therapy (FRT) 3 Days

FR 0627 Fri 27 - Sun 29 March 2009 Melbourne

FR 0628 Fri 14 - Sun 16 Aug 2009 Melbourne

MLD I / MLD II Refresher Melbourne 4 Hours

Wed 6May@9-1pm, Fri 31July@2-6 pm and early Nov 09

Therapy Stretches and Mobilization 1 Day

TS 0149 Sun 15 May 2009 9am- 5pm Melbourne

TS 0150 Sun 19 July 2009 9am- 5pm Melbourne

NEW* Therapeutic Hot Stone Therapy Melbourne 2 Days

HS 003 Sat 23 - Sun24 May 2009 Melbourne

HS 004 Sat 7 - Sun 8 Nov 2009 Melbourne

“Head to Toe” lecture & hands-on for massage practitioners @

all levels, Pond Massage Water Wellness, Melbourne 2Hrs

The 1st Wednesday of every month March to Nov. 7- 9 pm

Melbourne Lymph Drainage Centre

Postal address:

P.O. Box 9, East Melbourne, VIC 8002

Course venue and enquiries:

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124-130 Langridge St. Collingwood Vic 3066

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+61 3 9486 0070

Email:

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Website:

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