



Melbourne Lymph Drainage Centre

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

Program 2011/2012

Manual Lymph Drainage Level I (MLD) 5 Days

MLD 0141 Wed 9 - Sun 13 November 2011 Melbourne

MLD 0142 March 2012

MLD & Decongestive Complex Physical Therapy 5 Days

MLD/DCPT 0162 Tues 15 - Sat 19 November 11 Melbourne

MLD/DCPT 0163 May 2012

Foot Reflex Zone Therapy (FRT) 3 Days

FR 0629 Fri 25 - Sun 27 November 2011 Melbourne

FR 0630 May 2012

MLD I / MLD II Refresher 6 Hours

Wed 2/11/11@ 11-5pm, March, July 2012

Therapy Stretches and Mobilization 1 Day

TS 0155 Sun 6 November 2011 9-5 pm Melbourne

TS 0156 April 2012

Therapeutic Hot Stone Therapy 2 Days

HS 006 Sat 15 - Sun 16 October 2011 Melbourne

HS 007 March 2012

Melbourne Lymph Drainage Centre

Postal address:

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

Course venue and enquiries:

POND Massage Water Wellness

124-130 Langridge St. Collingwood Vic 3066

Phone/Fax:

+61 3 9486 0070

Email:

info@pond.com.au

Website:

www.pond.com.au



THE PRESENTER

Astrid Diercks holds a Diploma in Remedial Massage and Hydrotherapy, and she is a certified Lymph Drainage Therapist and Reflexologist. In 1978 Astrid qualified in Germany as a Physiotherapist and Clinical Massage Therapist. This is when she had a personal introduction to Dr. Vodder and Manual Lymph drainage. In 1990 Astrid obtained her full qualification in Manual Lymph Drainage/Complex Decongestive Therapies at the Damp Institute of Lymphology in Germany.

With over 30 years of professional practice and lecturing experience Astrid 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 the Hanne Marquardt Institute.

Astrid and her team of therapists run 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) and NRLP/ALA (Nat. Lymph Practitioners). All her courses are accepted and endorsed with AAMT and participants gain professional education point.

About the COURSE PROGRAM 2011/ 2012

Manual Lymph Drainage (MLD) & Decongestive Physical Therapy (MLD/DPT) was 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 countries for over 40 years. It is a gentle non-intrusive, non-mechanic, manual technique. Applications range from sports injuries, migraine, primary and secondary Lymphoedema, autoimmune deficient illness to fluid retention during pregnancy.

In Australia MLD therapy is continuously 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.

GENERAL INFORMATION General Course Fees 2011 (incl GST) Fees for 2012 increase by 3%.

MLD Level I 40 Hours	\$ 1180.00
MLD Level II 40 Hours	\$ 1180.00
MLD Refresher 6 Hours	\$ 180.00
Therapeutic Stretching Workshop 8 Hours	\$ 240.00
Hot Stone Therapy 16 Hours	\$ 480.00
Foot Reflex Zone Therapy 24 Hours.	\$ 720.00
Deposit for enrolment is	\$ 120.00

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. to have receipt sent.



The Essentials of Manual Lymph Drainage (MLD Level I)

5 Days

The five-days 40 hour course is conducted over consecutive days and comprising of theory and intensive practice. It includes:

- *Anatomy / physiology of lymph system including ultrafiltration, interstitial lymph
- *Code of Ethics in MLD practice, professional etiquette
- *Practice and theory of MLD, type of oedemas, sports MLD
- *Application techniques, equipment, treatment time factors
- *Indications / Contraindications / Pathologies
- *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.

Demonstrate detailed knowledge of lymph physiology and pathologies.

Ability to deliver a treatment plan including scar therapy and sports MLD.

MLD & Decongestive Physical Therapy (Level II)

5 Days

The Advanced MLD Course - Level II consists of further 40 hours of theory study and practice of MLD in a remedial treatment program. It includes:

- * Lymphoedema - primary, secondary, physiology and stages
- * Lymphoedema diagnosis, classification, cellulitis, other oedemas
- * MLD practice, stroke techniques, special applications, measuring
- * CPT, Compression therapy – theory, AV demonstration, product display
- * Remedial exercises and client management, skin care, support system
- * Lifestyle program for lymphoedema conditions
- * Real life patient case study and treatment demonstration, discussion
- * Treatment routines for lymphoedema conditions, theory and practise
- * Case studies and practical application including garments, diet advice
- * Post operative/trauma/scar/ injury treatment/ongoing client management

The learning outcomes are: Ability to demonstrate a lymphoedema treatment with supporting CPT techniques, To perform patient assessment including measuring and classification of L'o., To plan client self management, networking guides within MLD industry. Demonstrate knowledge of variety of lymphoedemas and "difficult" patient management.

Refresher Program for MLD

6 Hours

Refresher programs are offered throughout the year to enable practitioners who have previously completed MLD I or MLD/CPT 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/CPT if some time has elapsed since completing MLD I.

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.

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



REGISTRATION FORM

To register interest or be added to the mailing list just return the 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 booking choice and enter requested course code

- "Essentials of Manual Lymph Drainage" Level I MLD 0141 9/11– 13/11/2011
- "Essentials of Manual Lymph Drainage" Level I MLD 0142 March 2012

- MLD & Decongestive Physical Therapy, MLD/DPT 0162 15/11 -19/11/11 Melb
- MLD & Decongestive Physical Therapy MLD/DPT 0163 May 2012

- Therapeutic Stretching & Soft Tissue Mobilizing TS 0155 Sun 6/11/2011 Melb
- Therapeutic Stretching & Soft Tissue Mobilizing TS 0156 April 2012

- MLD I/MLD II Refresher Seminar Wed 2/11@ 11-5pm,pm, March,July 2012

- HOT STONE Therapy course HS 006 Sat 15 -Sun16 October 2011 Melb
- HOT STONE Therapy course HS 007 March 2012

- Foot Reflex Zone Therapy FR0629 Fri 25/11 –Sun 29/11/11 Melb
- Foot Reflex Zone Therapy FR0630 May 2012

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03 9486 0070

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