

## MELBOURNE LYMPH DRAINAGE CENTRE

Astrid Diercks – experience and practise for 40 years  
Member M&MA, ALA, LAV



### COURSES 2021

**All practical hands-on training sessions will be run in a COVID safe and strictly hygienic environment. Mask wearing during all sessions is required and finer details will be confirmed with participants before course commencement.**

Manual Lymph Drainage Level I  
Monday 22/3 – Saturday 27/3/2021  
Monday 13/9 – Saturday 18/9/2021

MLD & Decongestive Physical Therapy, Level II  
Monday 17/5 – Saturday 22/5/2021  
Monday 18/10 – Saturday 23/10/2021

MLD I & II Refresher  
Sunday 21/3/2021 9.30 am – 2.30pm  
Sunday 16/5/2021 9.30am – 2.30pm

All detailed course information @ [www.pond.com.au](http://www.pond.com.au) /training courses  
Clinic @ 124-130 Langridge St. Collingwood, p/ 94860070 or info@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 completed her qualification in Manual Lymph Drainage/ Complex Decongestive Therapies at the Damp Institute of Lymphology in Germany.

With 40 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 therapists team 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 post-graduate courses for massage practitioners. She served on the committee for many years and has been a member of the professional Massage & Myotherapy Association Australia since 1986. Astrid also belongs to LAV (Lymphoedema Association of Victoria) and ALA (Aust LymphologyAss). All her courses are accepted and endorsed with M&MA and participants gain professional education points.



### About the COURSES

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 50 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 & Course Fees 2020 (Inc. GST)

MLD Level I	54 Hours	\$ 1600.00
MLD Level II	54 Hours	\$ 1600.00
MLD Refresher	5 Hours	\$ 190.00
Deposit for enrolment is		\$ 200.00

Payment of deposit is essential for reserving a space.

All course fees are due prior to commencement of course and confirmation.

Courses are designed for a maximum of ten participants to ensure effective training. Cost includes training notes, treatment table and linen, refreshments and snacks. Please bring BYO lunch to share.

Enrolment can be by phone or e-mail.

All details will be confirmed with you 8 days before commencement. In the event of cancellation of course due to lack of numbers all monies will be refunded or student can use deposit for next course.

In case of short notice cancellation by student (less than 3 days), 20% of fee will be retained by training organisation.

All reasonable and compassionate circumstances will be considered by course organisation.

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

Please make cheque payable to: 'A. Diercks' or 'Pond Massage'. Class will only commence with a minimum of five registered participants.



### **Manual Lymph Drainage Level I                      6 Days**

The six-day - 54 hour post graduate training is conducted over consecutive days and comprises of theory and intensive practice. It includes:

- Anatomy / physiology of lymph system including ultra filtration, 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. The therapist is expected to deliver a treatment plan including scar therapy and sports MLD.

### **MLD & Decongestive Physical Therapy Level II                      6 Days**

The Advanced MLD Course - Level II consists of further 54 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 and decongestive therapy – theory, practical demonstration, product display, discussion of various treatment options.
- Remedial exercises and client management, skin care, support system
- Introduction of lymph taping and other Up-to-date decongestion treatments
- 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'0, To plan client self-management, networking guides within MLD industry. Demonstrate knowledge of variety of lymphoedemas and "difficult" patient management.

### **Refresher Program for MLD 5 Hours**

Refresher programs are offered throughout the year to enable practitioners who have previously completed MLD I or MLD/DPT 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/DPT if some time has elapsed since completing MLD I. Astrid's training DVD is a supportive tool for practise review. Enquire via email or call the office.