**W****ell Balanced Healthcare Co,.Ltd.**

**高雄市左營區自由二路230號3樓台灣**

**3F., No. 230, Ziyou 2nd Rd., Zuoying Dist., Kaohsiung City 813, Taiwan (R.O.C.)**)

**Tel : 886 75581026**

**UI 顱薦椎療法 第一階段(CS1)**

**CRANIOSACRAL THERAPYI WORKSHOP**

**日期：2024/07/27~2024/07/30**

**語言：中英文講義、英文演講、中文口譯**

**總上課時數:** 30 hrs

**課程預訂計畫:** 9:00 a.m. to 5:00 p.m. Days 1-3 (可能因為翻譯延後至p.m.6:00下課)

9:00 a.m. to 3:30 p.m. Day 4 (可能因為翻譯延後至p.m.4:30下課)

1. **課程簡介 Course Description :**

本入門課程將詳細介紹顱薦椎系統相關的解剖學與生理學知識及其與疾病、疼痛和功能失調之間的關係。學員將在課程中學習到一種觸感輕柔的肌筋膜釋放技術，藉以評估和改善疼痛與功能障礙。本次課程內容包括了講課、示範，並介紹每種技巧的臨床實踐方法。

This introductory workshop details the physiology and anatomy of the craniosacral system its function in health and its relationship to disease process. Participants will learn hands-on, fascial-release techniques to evaluate and affect pain and dysfunction. It includes lecture, demonstration, and practice for each technique presented.

**■學習目標LEARNER OBJECTIVES:**

* 解釋顱薦椎系統和學習此種技術所能帶來的變化

Explain the craniosacral system and study techniques to effect change

* 描述顱薦椎系統的解剖與生理學知識，及其與疾病、疼痛何功能障礙之間的關係

Describe the anatomy and physiology of the craniosacral system and its relationship to illness, pain and dysfunction

* 開發和提升您對顱骨、薦椎、顱薦節律與相關軟組織在體內的細微受限之輕柔觸診技術Develop and refine your light-touch palpation skills to access subtle restrictions in the body by focusing on the cranium, sacrum, craniosacral rhythm and related soft tissue
* 使用幻燈片介紹顱骨、顱縫、顱內膜處理前後之差異，以及硬腦膜系統及其相關的骨骼、解剖與神經系統

Describe a comparative-anatomy slide presentation focusing on cranial bones, their related sutures, and the difference between treated and untreated intracranial membranes, the dural membrane system and it’s relationship to the skeletal/anatomy & neurological

* 練習顱薦椎療法十步曲，你將可以輕易的將其融入你現有的治療手法中

Practice a concise 10-step evaluation and procedure protocol you can easily integrate into your existing practice

**◆講師介紹Instructor: Mariann Sisco ,PT,CST-D**

**Mariann Sisco**於1978年畢業於美國科羅拉多大學獲得物理治療與心理學學位，接觸顱薦椎治療之後，許多年的時間便一直在Dr.Upledger 身邊學習並擔任助教。

Mariann善用顱薦椎療法、內臟筋膜鬆動術(VM)與Mechanical Link等等治療方法並熱衷於幫人們解決最為困擾的問題，1988年新墨西哥大學給了他們第一個”年度臨床教育家”的獎項給Mariann以表彰她在臨床的貢獻，2000年成為Upledger Institute的講師後便活耀於世界各地進行教學。

**課前參考資料Required Advance Reading:**

1.*CranioSacral Therapy, chapters 1­6, by John E. Upledger, DO, OMM, and Jon D. Vredevoogd, MFA*;

2.*Your Inner Physician and You by Dr. John E. Upledger*

(以上書籍現場均有販售)

**■課程表 Class Outline:**

**第一天Day One**

9:00 - 10:30 Introductions: Self, Study Guide, Participants

Teaching Assistants and Facilitator

History

10:30-10:45 Break

10:45-11:30 Discussion of palpation and Therapeutic Presence

Palpable Physiologic Motions

11:30 - 12:30 Lecture,Demonstration and Practice of CranioSacral palpation and

evaluation techniques

12:30 – 1:15 Lunch

1:30– 2:30 Fascia as a Body System

2:30-2:45 Break

2:45-5:30 Release of Fascial Restrictions

Demonstration and Practice

Question and Answer Period

**第二天Day Two**

9:00 - 9:30 Question and Answer Session on Day 1& Preview Day 2

9:30 - 10:15 Lecture on Cranial Base Release

10:15– 10:30 Break

10:30-11:15 Demonstration and Practice of Cranial Base Release

11:15 – 11:45 Lecture, Demonstration and Practice Sacral Techniques

11:45-12:45 Lecture, Demo and Practice of Dural Tube Rock and Glide

12:45 – 2:00 Lunch

2:00 – 2:30 Pressurestat

2:30- 3:00 Lecture, StillPoint/CV-4/ Cranial Pumping

3:00 – 3:15 Break

3:15 - 3:45 Demo & Practice, StillPoint/CV-4/ Cranial Pumping

4:00 - 5:00 Lecture on Direction of Energy/V-Spread technique

Demonstration and Practice Direction of Energy/V-Spread

**第三天Day Three**

9:00 - 9:30 Question and Answer Session on Day 2 / Preview Day 3

9:30 - 10:20 Lecture - Model C/S System, Overview of Cranial Bones and sutures and Slides

10:20 – 10:35 Break

10:35–10:45 Types of Restrictions and how to free them

10:45- 11:30 Frontal Lift Lecture, Demo and Practice

11:30 – 12:30 Parietal Lift: Lecture, Demo and Practice

12:30-2:00 Lunch

2:00 - 3:15 Sphenoid Lecture, Demo and Practice

3:15 – 3:30 Break

3:30- 4:45 Temporal Techniques: Lecture, Demo and Practice

4:45- 5:30 TMJ: Lecture, Demo and Practice

**第四天Day Four**

8:00 - 8:30 Question and Answer Session on Day 3 Preview Day 4

8:30 – 9:45 Closing Thoughts

9:45 – 10:00 Break

10:00 – 10:30 CranioSacral Therapy II Discussion

Clinical Considerations, Mini Session discussion

10:30-11:00 Demo 10 Step

11:00-12:00 10 Step Talk through

12:00 – 1:30 Lunch

1:30 – 2:30 10-Step Walk through

2:30 – 3:30 Closing

1. **主辦單位 :**

嘉衡健康事業股份有限公司 Well Balanced Healthcare Co,.Ltd.

**三、協辦單位 :** 嘉衡健康研究中心

**四、上課地點:** 高雄市左營區自由二路230號3樓 (嘉衡健康研究中心)

3F., No. 230, Ziyou 2nd Rd., Zuoying Dist., Kaohsiung City 813, Taiwan (R.O.C.))

**五、上課人數限制: 30人(含複訓2名)**

**本課程一般人可報名、同時歡迎所有相關醫事人員、身體工作者參與報名。**

**※複訓者：請填寫資料在備註欄裡註明<複訓,以及第一次上課的年月份>。**

## 六、報名方式與費用Course Fee－Regulations and Preferential Programs ：

**■課程費用32000元**＊費用不包括午餐，課間休息時間提供茶水飲料及小點心。

(The fee does not include lunch. Tea drinks and snacks are available during breaks, and lunch can be ordered on the spot.)

\*報名流程:

**登入報名連結系統並完成填寫資料**

→稍後名字納入錄取名單並寄發**匯款資料**至電子信箱Email

→完成匯款，經系統確認入帳後，名字轉入已匯款名單即完成報名程序。

-如報名額滿，系統會從候補名單中通知，若有其它事項將公告在臉書<WB學苑>

( <https://www.facebook.com/wellbalanced01> )

，若有任何疑問，可留訊息在臉書<WB學苑>或電洽07-5581026。

**七、住宿資訊 Hotel Information：**

**1. 世奇商旅：**[地址](https://www.google.com.tw/search?q=%E4%B8%96%E5%A5%87%E5%95%86%E6%97%85+%E5%9C%B0%E5%9D%80&stick=H4sIAAAAAAAAAOPgE-LRT9c3LDQzsjRNTjbWks1OttLPyU9OLMnMz4MzrBJTUopSi4sBYbQyBS8AAAA&ludocid=4271091172090042158&sa=X&ved=2ahUKEwih_fath6veAhXMTrwKHaVVDrIQ6BMwEHoECAsQMA)：高雄市左營區裕誠路450號 / [電話](https://www.google.com.tw/search?q=%E4%B8%96%E5%A5%87%E5%95%86%E6%97%85+%E9%9B%BB%E8%A9%B1&ludocid=4271091172090042158&sa=X&ved=2ahUKEwih_fath6veAhXMTrwKHaVVDrIQ6BMwEXoECAsQMw)： [07 557 2299](https://www.google.com.tw/search?q=%E4%B8%96%E5%A5%87%E5%95%86%E6%97%85&oq=%E4%B8%96%E5%A5%87&aqs=chrome.1.69i57j35i39j0l4.13339j0j8&sourceid=chrome&ie=UTF-8)，**步行500公尺**。

(Shi Chi Hotel : No.450, Yucheng Rd., Zuoying Dist., Kaohsiung City 813, Taiwan (R.O.C.) / +886 7 5572299)

**2. 理歐111計時空間：**[地址](https://www.google.com.tw/search?q=%E7%90%86%E6%AD%90111%E8%A8%88%E6%99%82%E7%A9%BA%E9%96%93+%E5%9C%B0%E5%9D%80&stick=H4sIAAAAAAAAAOPgE-LVT9c3NEwys0w3zKpM15LNTrbSz8lPTizJzM-DM6wSU1KKUouLAaz7pZcwAAAA&ludocid=7354157466936074386&sa=X&ved=2ahUKEwiV3I-niKveAhWExrwKHfMCCpUQ6BMwFHoECAsQLQ)： 高雄市左營區立信路111號/ [電話](https://www.google.com.tw/search?q=%E7%90%86%E6%AD%90111%E8%A8%88%E6%99%82%E7%A9%BA%E9%96%93+%E9%9B%BB%E8%A9%B1&ludocid=7354157466936074386&sa=X&ved=2ahUKEwiV3I-niKveAhWExrwKHfMCCpUQ6BMwFXoECAsQMA)： [0982 170 885](https://www.google.com.tw/search?ei=S63WW-ErzJ3xBaWruZAL&hotel_occupancy=&q=%E9%AB%98%E9%9B%84%E9%87%8C%E6%AD%90111&oq=%E9%AB%98%E9%9B%84%E9%87%8C%E6%AD%90&gs_l=psy-ab.3.2.0l10.244726.250422.0.252490.26.19.5.1.1.0.139.1545.9j7.17.0....0...1c.1j4.64.psy-ab..3.20.1401.6..38j35i39k1j0i67k1j0i131i67k1j0i131k1.106.b8xnQc47FMg" \o "透過 Hangouts 通話)，**步行500公尺**。

**3. 帕可麗酒店：**[地址](https://www.google.com.tw/search?hl=zh-TW&hotel_dates=2018-11-26,2018-11-27&site=async/lcl_akp&q=%E5%B8%95%E5%8F%AF%E9%BA%97%E9%85%92%E5%BA%97+%E5%9C%B0%E5%9D%80&stick=H4sIAAAAAAAAAOPgE-LVT9c3NEyJt8wuiy8s0pLNTrbSz8lPTizJzM-DM6wSU1KKUouLAVe421wwAAAA&ludocid=12013694650433789017&sa=X&ved=2ahUKEwjCpaXmjKveAhWJWbwKHZm4BKUQ6BMwBHoECAEQJQ)：高雄市鼓山區文信路192號/[電話](https://www.google.com.tw/search?hl=zh-TW&hotel_dates=2018-11-26,2018-11-27&site=async/lcl_akp&q=%E5%B8%95%E5%8F%AF%E9%BA%97%E9%85%92%E5%BA%97+%E9%9B%BB%E8%A9%B1&ludocid=12013694650433789017&sa=X&ved=2ahUKEwjCpaXmjKveAhWJWbwKHZm4BKUQ6BMwBXoECAEQKA)： [07 962 8800](https://www.google.com.tw/search?hl=zh-TW&rlla=0&hotel_dates=2018-11-26%2C2018-11-27&tbm=lcl&ei=OrLWW6XtA43K8wW5ubX4Bg&hotel_occupancy=&q=%E5%B8%95%E5%8F%AF%E9%BA%97&oq=%E6%80%95%E5%8F%AF%E5%88%A9&gs_l=psy-ab.3.0.0i10k1.192275.193480.0.195438.9.9.0.0.0.0.128.921.4j5.9.0....0...1c.1j4.64.psy-ab..0.5.486...0j0i30k1j0i131k1j35i39k1.0.J6TvTrfk0hM" \o "透過 Hangouts 通話)，**步行750公尺**。

(Park Lees Hotel : No.192, Wenxin Rd., Gushan Dist., Kaohsiung City 804, Taiwan (R.O.C.) / +886 7 962 8800)

**4. 巨蛋旅店：**[地址](https://www.google.com.tw/search?hl=zh-TW&hotel_dates=2018-11-26,2018-11-27&site=async/lcl_akp&q=r14+%E5%B7%A8%E8%9B%8B%E6%97%85%E5%BA%97+%E5%9C%B0%E5%9D%80&stick=H4sIAAAAAAAAAOPgE-LVT9c3NEwyN8spL6g00JLNTrbSz8lPTizJzM-DM6wSU1KKUouLAceWzo0wAAAA&ludocid=8203703382044264497&sa=X&ved=2ahUKEwjYk6GKjaveAhVJ6LwKHeGBBGoQ6BMwBHoECAEQJQ)：高雄市鼓山區文忠路1號 / [電話](https://www.google.com.tw/search?hl=zh-TW&hotel_dates=2018-11-26,2018-11-27&site=async/lcl_akp&q=r14+%E5%B7%A8%E8%9B%8B%E6%97%85%E5%BA%97+%E9%9B%BB%E8%A9%B1&ludocid=8203703382044264497&sa=X&ved=2ahUKEwjYk6GKjaveAhVJ6LwKHeGBBGoQ6BMwBXoECAEQKA)： [07 586 8388](https://www.google.com.tw/search?hl=zh-TW&rlla=0&hotel_dates=2018-11-26%2C2018-11-27&tbm=lcl&ei=_rLWW7W5DYbg8wXJqrPoAg&hotel_occupancy=&q=%E5%B7%A8%E8%9B%8B%E6%97%85%E5%BA%97&oq=%E5%B7%A8%E8%9B%8B&gs_l=psy-ab.3.3.35i39k1l2j0i67k1l2j0i131k1l2j0i67k1j0l3.70081.70742.0.74727.6.6.0.0.0.0.125.454.1j3.4.0....0...1c.1j4.64.psy-ab..2.2.241....0.mACptR4kotk" \o "透過 Hangouts 通話)，**步行800公尺**。

**5.單人房高雄站前館：**[地址](https://www.google.com.tw/search?hl=zh-TW&q=single+inn+%E5%96%AE%E4%BA%BA%E6%88%BF%E9%AB%98%E9%9B%84%E7%AB%99%E5%89%8D%E9%A4%A8%E9%A3%AF%E5%BA%97%E6%97%85%E9%A4%A8+%E5%9C%B0%E5%9D%80&stick=H4sIAAAAAAAAAOPgE-LVT9c3NExJM0uvsMjI0pLNTrbSz8lPTizJzM-DM6wSU1KKUouLAdbwyJowAAAA&ludocid=10151517148533788450&sa=X&ved=2ahUKEwiLvK7eiaveAhXJTrwKHZCEBOYQ6BMwEHoECAsQMA)：高雄市新興區八德一路392號 / [電話](https://www.google.com.tw/search?hl=zh-TW&q=single+inn+%E5%96%AE%E4%BA%BA%E6%88%BF%E9%AB%98%E9%9B%84%E7%AB%99%E5%89%8D%E9%A4%A8%E9%A3%AF%E5%BA%97%E6%97%85%E9%A4%A8+%E9%9B%BB%E8%A9%B1&ludocid=10151517148533788450&sa=X&ved=2ahUKEwiLvK7eiaveAhXJTrwKHZCEBOYQ6BMwEXoECAsQMw)： [07 236 3256](https://www.google.com.tw/search?hl=zh-TW&ei=Q6_WW57AOoGi8QWV-7bgDA&q=%E5%96%AE%E4%BA%BA%E6%88%BF%E9%AB%98%E9%9B%84%E7%AB%99%E5%89%8D%E9%A4%A8&oq=%E5%96%AE%E4%BA%BA%E6%88%BF&gs_l=psy-ab.1.1.0i71k1l8.0.0.0.7849.0.0.0.0.0.0.0.0..0.0....0...1c..64.psy-ab..0.0.0....0.S9obM3DOYOg" \o "透過 Hangouts 通話)，**千元有找**，**需坐捷運**。

(SingleInn - Kaohsiung Station : No.392, Bade 1st Rd., Xinxing Dist., Kaohsiung City 800, Taiwan (R.O.C.)/ +886 7 236 3256)

**八、注意事項**

1. 主辦單位提供茶水及小點心，請自備環保杯；若遇天災達停課標準，以網站公告及Line臨時群組為主，不另行個別通知。主辦單位電話:07-5581026

2. **轉班**機制：於**開課日前一個月**提出，並說明原因，只有**重大變故因素**方可申請轉班。

3. **退款**機制:繳費後因故離班者，退費規定如下:

(轉班再退款者依申請轉班日時間進行退款)

(一)開課60日前提出退費申請者，酌收行政作業費用2000元。

(二)開課前第59日至30日提出退費申請者，退還當期開班約定繳納費用總額百分之80。

(三)開課前第30日至第7日提出退費申請者，退還當期開班約定繳納費用總額百分之50。

(四)開課前第6天到前1天提出退費申請者，退還當期開班約定繳納費用總額百分之30。

(五)實際開課第1日（包含第1日）後，恕不退費。

若有疑問，可留訊息至WB學苑網站( <https://www.facebook.com/wellbalanced01> )

4. 錄取名單中，如遇取消報名者，則由候補名單者中依順序遞補。

5. 為避免觸犯UI總部著作權之規定，上課中請勿拍照及錄影。

6. 上課時間、地點如有更改，將另行通知，請務必填寫相關聯絡資訊。

7. **請著舒適、寬鬆的衣服，便於課程中的操作練習。**

**Supplementary notes:**

1. If the natural disaster reaches the suspension criteria, we will notify you by SMS and e-mail.Phone number: +886-7-5581026. Email: wellbalanced0001＠gmail.com

2. **Cancellation and Refund Policy :**

**Class Transfer:**

Transfer can be proposed 30 days before the commence date.

NT$2000 administrative fee will be charged if the transfer is applied 30 ~ 7 day before the commencement. NT$10000 administrative fee will be charged if the transfer is applied 6 ~ 1 day before the commencement. We refund the overcharge and demand payment of the shortage. Class Transfer can only be issued once. Once the course stars, no transfer could be made.

**Reservation:**Same condition with Class Transfer, but no course specified temporarily.

**Refund-Refund rate depends on the date of proposal:**

1. 60 days before the commencement, NT$2000 administrative fee will be charged.
2. 59~30 days before the commencement, 80% of the tuition fee can be refund.
3. 30~7 days before the commencement, 50% of the tuition fee can be refund.
4. 6~1 day before the commencement, 30% of the tuition fee can be refund.
5. Once the course starts, the intuition fee is nonrefundable.
6. Only with full attendance will the apprentice be certificated.

3. If there is a participant canceling the registration, it will be supplemented by the order in the list.

4. In order to avoid breaking the BI headquarters copyright regulations, please do not take pictures and video during the class.

5. The time and place of the class will be changed if there is any change. Please be sure to fill in the contact information in the registration form.

6. This course is signed and signed four times a day. Please do not sign the agent, go back early and leave early. After the discovery, BI certification and education credits will be cancelled.

7. Wear loose, comfortable clothing (preferably no jeans.) A light jacket is recommended because temperature can be difficult to control.

8. The organizer provides tea and snacks, please bring your own cup.