

# Ortho-Bionomy®



## **Ortho-Bionomy Australia Training Program Handbook for Associate Practitioner and Practitioner Accreditation**

Ortho-Bionomy Australia Ltd (OBA)

ACN 152 298 005

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The founder of Ortho-Bionomy, Arthur Lincoln Pauls, defined Ortho-Bionomy as *the Evolvement of the Original Concept*. He saw the Ortho-Bionomy training journey as an *Evolvement*.

In this training you will learn powerful life Principles and Ortho-Bionomy Techniques, which will enable you to effectively interact with the self-correcting nervous system, and apply it to restore balance in the joints, tissues, and organs of family, friends, and clients.

As these abilities run deeper than the intellect alone, the Ortho-Bionomy training involves personal self-development, which we call *Evolvement*.

The Evolvement journey to Practitioner status includes 505 hours of Ortho-Bionomy training; 312 hours of which is class attendance and 193 hours of other requirements.

When you begin your training you are welcome to join Ortho-Bionomy Australia, the professional organisation overseeing Ortho-Bionomy training throughout Australia. After completing 142 hours, you will be able to apply for the first recognised achievement level: *Associate Practitioner*. This status is granted in recognition of the training you have already completed and it enables you to start seeing clients, because this is where the real learning occurs.

Some students will prefer to remain Associate Practitioners while others will proceed through the training program to graduate and become Registered Practitioners, and some will proceed to become Advanced Practitioners and later Instructors. Regardless of the training level you choose, we welcome you to the Ortho-Bionomy community in Australia and look forward to supporting you on your journey.

In addition to your instructors and fellow students, the OBA Board of Directors is here to help you while you're a student and after you become a practitioner or instructor. OBA is a non-profit organisation established to manage Ortho-Bionomy training, provide professional support to its members and promote Ortho-Bionomy Australia-wide and internationally. Our members are governed by our Code of Ethics, Code of Conduct for Instructors and our Constitution. Contact OBA on [oba@ortho-bionomy.org.au](mailto:oba@ortho-bionomy.org.au) if you need help with anything during or after your training process.

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# Practitioner Training Program Overview

Ortho-Bionomy Australia oversees three professional training programs: the **Practitioner Training Program**, the **Advanced Practitioner Training Program** and the **Instructor Training Program**. There is also the interim qualification level of **Associate Practitioner**, which is awarded when a student has completed 142 units of the Practitioner Training Program, and the Associate Instructor, awarded when an instructor trainee is approved to co-teach classes and progress towards Instructor involvement.

The Practitioner and Advanced Practitioner Training programs are designed to give students a thorough understanding of the principles, philosophy, art and practice of Ortho-Bionomy, providing extensive hands-on experience in both course work and supervised practice. Students also learn to present and demonstrate Ortho-Bionomy in their own practice and community.

After completing the Advanced Practitioner Training Program, those who are drawn to teaching Ortho-Bionomy are eligible to enrol in the Instructor Training program.

Enrolment in Training Programs helps students to create a space to develop relationships with peers and professional colleagues. They gain a sense of community, belonging and support from other students in the program which helps them stay connected between classes.

## Where to begin and how to complete your Practitioner training journey:

1. First, **join OBA** as an Affiliate member by visiting our website at <https://www.ortho-bionomy.org.au/>

2. Next, download and **print the Practitioner Program Record Form** (find it below, and on our website under [Resources - Documents](#)). Begin to attend classes, mark each one in the Record Form and have it signed by the instructor(s) as proof of your attendance. Take your program record form with you to your classes, study sessions and advisor meetings to keep your Record Form up to date, and keep your class certificates with your Record Form.

If you miss having a class signed off by the instructor, another instructor can review your attendance certificate and sign on behalf of the first instructor. Please be diligent about completing your forms. Ortho-Bionomy Australia does not keep a record of students' attendance at classes.

3. **Aim to study with different instructors** to experience their different perspectives and teaching styles. Identify one whom you'd like to ask to be your Advisor. Your Advisor will guide you through the training program and answer questions along the way. You should choose your Advisor early in your training. (See Choosing your Advisor below.)

4. At the same time as you mark the classes you have attended in the Program Record Form, also mark them in the **Associate Practitioner Evolvement Application Form** (find it below and on our website under [Resources - Documents](#)).

Once you have completed 142 specified training units of the 505 unit/hours training program you are eligible to apply for registration as an **Associate Practitioner**, the first training achievement level in the Practitioner Training Program. It marks your progress through the training program and recognises that while you haven't yet reached Practitioner level, you have attained a high level of competence with the basic elements of Ortho-Bionomy and can offer Ortho-Bionomy sessions to private clients, be listed on OBA's website for potential clients to find you, and use the term Ortho-Bionomy in your business promotions. At this point you progress from Affiliate member to Associate Practitioner member of OBA.

5. Continue working through the Practitioner Training Program until you have completed all the requirements including your demonstration, essay and final evaluation session with your Advisor or another instructor.

6. Meet with your Advisor to review all your program records including your 20 documented sessions (with clients or family and friends) and have them sign the Advisor confirmation at the end of the Record Form. Use the Practitioner Portfolio Submission Checklist below to ensure you have gathered all necessary documents.

7. Complete the Practitioner Evolvement Application Form (find it below and on our website) and pay your graduation fee (details on the form). Send all your documents to OBA by the submission deadline (see form for details).

# Choosing Your Advisor

An integral part of the Registered Practitioner Training is the guidance, support, and feedback received from an advisor. While we recommended you work with as many of OBA's instructors as possible, the relationship you have with your advisor is unique. They will be working specifically with you as you progress in your training. You will get the most benefit by choosing your advisor before completing your first 75 hours of the program.

Guidelines and questions for selecting and working with an advisor:

- Can the instructor clearly articulate what they require from advisees?
- Can the instructor talk in detail about how they view their role as advisor?
- Do you feel that you will get the time and attention that you need from the instructor?
- What are the instructor's fees for Feedback Sessions, Private Discussions, and Evaluation Sessions? These are all components of the Practitioner Training Program.
- Does the instructor have a written contract for advising? Not all instructors have a contract, but they should be able to talk in detail about what they expect from a student. Talk with several instructors before choosing an advisor. This is a relationship in which you, as the student, will need to feel supported and guided. Find an instructor who can meet your needs and at the same time will challenge you to continue to grow.

**Advisor Eligibility:** Only Associate Instructors, Instructors and Advanced Instructors who are registered members of OBA can act as advisors for students in our Practitioner Training Program. An advisor must be actively involved with Ortho-Bionomy through teaching and seeing clients. Choose the person who will provide you with the best guidance in your training.

**Agreement:** Talk with the advisor of your choice to discuss expectations. Specify what you expect from an advisor and hear what they expect their role to be. When you come to an understanding that is clear for both of you, put your agreement in writing. You will have your agreement to refer back to if necessary.

**On-going Relationship:** Becoming a Registered Practitioner of Ortho-Bionomy is an on-going process. It involves both personal development and a process of coming to understand the work and how to utilise it. Maintaining on-going communication with your advisor is an invaluable aid to making progress. Together you can establish your own mixture of pre-arranged meetings/sessions and more informal talks and ways to check in.

Doing sessions for feedback with your advisor, having them observe your work with clients, having one-on-one discussions in person, by phone or online meeting are all excellent ways for your advisor to get a sense of where you are in your training and to provide support. It is a good idea to plan together how and when you will stay in contact as part of your initial agreements. Be clear with your advisor if and where a fee is appropriate in exchange for their time.

# Becoming an Associate Practitioner

Once you have completed the first 142 units/hours of the Practitioner Training Program, you can apply to become a Registered Associate Practitioner. At this level you are eligible to be included in the "Find a Practitioner" section of OBA's website for potential clients to locate you, and to use the term Ortho-Bionomy in your business promotions as one of the services you offer.

## Requirements to become an Associate Practitioner (142 total units):

1. **Choose your Advisor (see above)** before completing your first 75 units of training.
2. **Complete 112 units of Ortho-Bionomy classes** consisting of a minimum of 32 units of Phase 4, 16 units of Phase 5, and 16 units of Phase 6 (or see 3. below) and either 16 units of Ethics & Emotions or 3hr Ethics study group (see 4. below). The remaining class units up to 112 hrs/units can be any classes from the Practitioner Training Program.
3. **Equivalent training option for Phase 6:** OBA Ltd acknowledges that occasionally the Phase 6 class is not offered in some areas for an extended period, which may result in a long delay before a student may evolve to Associate Practitioner. In such cases it is possible for the student to apply to evolve to Associate Practitioner if the following conditions are met:
  - a. The student attends an Ortho-Bionomy Residential program conducted by a Registered Advanced Instructor, and advises the Instructor they seek to be considered in regard to proficiency in Phase 6 Ortho-Bionomy practice.
  - b. The Residential Instructor observes the student's proficiency in Phase 6 during the Residential and, if he/she considers such, writes a letter to the OBA Board of Directors (BOD) recommending the student be allowed to credit the Residential class work in place of the Phase 6 class and documents the Phase 6 class work completed during the Residential.
  - c. The Residential Instructor indicates the replacement of the Phase 6 class by the Residential coursework on the student's AP application form
  - d. The student submits a copy of the Instructor's letter with their Associate Practitioner application form
  - e. Please note: if you choose this option, **you must still attend the required total hours of Phase 6 class(es) to complete the Practitioner Training Program**

**4. Equivalent Training Option for Ethics and Emotional Issues Class:** There are two options to meet the Ethics requirement to evolve to Associate Practitioner :

**Ethics Study Group:** Attend a 3-hour Ethics study group with an Ortho-Bionomy Instructor or Associate Instructor. (Please note: if you choose this option you must still attend a 16 unit Ethics class to complete the Practitioner Training Program.)

**OR:**

**Ethics and Emotions Class:** Attend an Ethics and Emotions class of 8 or 16 units with an Advanced Instructor.

**5. Complete 30 units of non-class/tutorial training** including receiving 2 Ortho-Bionomy sessions from an OBA practitioner, advanced practitioner, associate instructor or instructor; give 1 Feedback Session and 1 Evaluation Session to an OBA associate instructor or instructor; attend 2 study groups (3 hours/units each, 6 in total) with an OBA associate instructor or instructor; and present 20 documented sessions with clients (can be family or friends) to your advisor for review. You must include the instructor's written evaluation from your Evaluation Session and have your advisor sign your application form. See the **Associate Practitioner Evolvement Application Form** below for full details and on our website under [Resources - Documents](#).

*Continued from previous page.....*

**6. Pay Associate Practitioner Enrolment Fee** (see form): \$100

**7. Pay Associate Practitioner membership fee** - \$65 if you didn't join at Affiliate level, \$20 for existing Affiliate members to upgrade to Associate Practitioner membership

**8. Email** one CLEARLY LEGIBLE copy (preferably typed) of your completed Associate Practitioner Evolvement Application Form (in pdf, word .doc or jpg format) to [oba@ortho-bionomy.org.au](mailto:oba@ortho-bionomy.org.au). Keep your originals for your own records. Illegible forms won't be approved for evolvement.

**Continuing Education Requirements:**

Associate Practitioner Members must complete 8 units of continuing education in Ortho-Bionomy every year and submit scans or photos of certificates or other evidence of this training with their renewal fees to maintain their membership status.

# Ortho-Bionomy Australia Ltd

ACN 152 298 005

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## Associate Practitioner Evolvement Application Form (page 1 of 3)

Please Type or Print Clearly

Name: \_\_\_\_\_ Year of birth: \_\_\_\_\_

Address: \_\_\_\_\_ State: \_\_\_\_\_

City: \_\_\_\_\_ Postcode: \_\_\_\_\_

Email: \_\_\_\_\_

Mobile: \_\_\_\_\_ Other phone no.: \_\_\_\_\_

### Preferred address for listing on OBA's website (optional)

Suburb/town	Postcode:
Mobile (or landline if no mobile):	Email address:
Website:	Social network URL (can be multiple):

By indicating here, I declare that I have read, and commit to comply with, the Ortho-Bionomy Code of Ethics (see website)

All Associate and Practitioner members are listed on the website unless you indicate here

Your quarterly OBA Ltd Newsletter will be emailed unless you do not have an email address, or you request a hard copy. In this case an extra charge of \$25 per annum will be required for postage. Please complete that section below when completing your membership fee.

### Class Attendance

Include details of the location, date & no. of units/hours for each class attended:

#### Phase 4 (32 units)

Location	Date	Units	Instructor Signature
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#### Phase 5 (16 units)

Location	Date	Units	Instructor Signature
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## Associate Practitioner Evolvement Application Form (page 2 of 3)

**Phase 6 (16 units) or Residential Phase 6 Option (see 'Becoming an Associate Practitioner in the Practitioner Training Program handbook) *Please Note: if Residential option is selected, a letter from the residential instructor must be attached to this form, as described in the handbook.***

Location Date Units Instructor Signature

**Ethics and Emotions (16 units) or Equivalent Training Option for PIT (see details in the handbook)**

Location Date Units Instructor Signature

### Non-Class/Tutorial Training

**2 Ortho-Bionomy Sessions Received (2 units):**

Date: \_\_\_\_\_ Practitioner/Instructor Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Practitioner/Instructor Signature: \_\_\_\_\_

**1 Feedback Session (1 unit):**

Date: \_\_\_\_\_ Instructor Signature: \_\_\_\_\_

**1 Evaluation Session (1 unit): (attach instructor's evaluation)**

Date: \_\_\_\_\_ Instructor Signature: \_\_\_\_\_

**2 Study Groups (6 units):**

Date: \_\_\_\_\_ Instructor Signature: \_\_\_\_\_

Topic: \_\_\_\_\_

Date: \_\_\_\_\_ Instructor Signature: \_\_\_\_\_

Topic: \_\_\_\_\_

**20 Documented Sessions discussed with your Advisor (20 units):**

Date: \_\_\_\_\_ Advisor Signature: \_\_\_\_\_

**Other Elective units from the Practitioner Training Program to a total of 142 units**

Class or training name: \_\_\_\_\_ Location: \_\_\_\_\_

Date: \_\_\_\_\_ Instructor signature: \_\_\_\_\_

Class or training name: \_\_\_\_\_ Location: \_\_\_\_\_

Date: \_\_\_\_\_ Instructor signature: \_\_\_\_\_

**If more classes were attended, attach another page to show the details.**

## Associate Practitioner Evolvement Application Form (page 3 of 3)

### Advisor's Recommendation

I, \_\_\_\_\_ (Print Advisor's Name)

Confirm that \_\_\_\_\_ (Print Student's name)

has completed the 142 hours of training as shown above and on their practitioner training program record form and I recommend they be approved to evolve to Associate Practitioner of Ortho-Bionomy.

Advisor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

#### Submission Instructions:

Once you've completed all details above, **email one copy of PAGES 1, 2 and 3 of this Application Form** with any additional documents to [oba@ortho-bionomy.org.au](mailto:oba@ortho-bionomy.org.au) and pay your application fee and membership fee either by supplying your credit card details below or by transferring your payment to our bank account, shown below.

<b>New Associate Practitioner membership fee (if not already an Affiliate member)</b>	\$65
<b>OR Upgrade from Affiliate member to Associate Practitioner member</b>	\$20
<b>PLUS Associate Practitioner application fee</b>	\$100
<b>Total</b>	_____

<b>Payment method:</b>	Cheque/Money Order <input type="checkbox"/> (enclosed)	Credit Card <input type="checkbox"/> (complete below)	Direct Deposit <input type="checkbox"/> (see details below)
<b>Credit Card Details</b>		<b>Direct Deposit Details</b>	
Type of Card:	Visa    MasterCard	Account name: Ortho-Bionomy Australia Ltd  BSB: 064-124  Account Number: 10374292  Your Reference: Name and OBA member no. (if known)	
Name on Card:			
Card Number:			
Expiry Date:			
Signature:			
<b>OFFICE USE ONLY</b>	Date received	Date entered	Receipt No

**You will be notified within 4 weeks of the OBA office receiving your completed Associate Practitioner Membership and Enrolment Form and payment.**

**Ortho-Bionomy Australia Ltd**  
 Email [oba@ortho-bionomy.org.au](mailto:oba@ortho-bionomy.org.au)

# Becoming a Registered Practitioner

Once you have completed the 505 units/hours of the Practitioner Training Program (which includes your first 142 units to reach Associate Practitioner level), you can apply to become a Registered Ortho-Bionomy Practitioner. At this level you can be listed as a fully-qualified Practitioner in the “Find a Practitioner” section of OBA’s website for potential clients to locate you. You are also entitled to use the Ortho-Bionomy and Sand Dollar registered trademarks as logos and receive digital versions of the trademarks to use for promoting your practice, (see below for details of OBA’s Trademark use) and use the title Practitioner of Ortho-Bionomy or Registered Practitioner.

## Requirements to become a Registered Practitioner (505 total units):

1. Be approved as an Associate Practitioner and maintain your Associate membership with OBA.
2. Complete the remainder of the Practitioner Training Program, recording all the training in your Program Record Form and having your instructors sign each item as you complete them.
3. Give two more evaluation sessions to Registered Instructors. At least one evaluation must be with the your advisor and at least one must be with another instructor, and each instructor must provide a written evaluation to be submitted with your application form.
4. Give a demonstration of Ortho-Bionomy as an introduction to your practice, to a minimum of four people, observed by an Instructor either in person or via video.
5. Write a short essay (approx. 250-300 words) discussing what the philosophy and principles of Ortho-Bionomy mean to you personally and professionally.
6. Your Advisor must review all pages of your Record Form (and any additional documents) and sign your completed forms to confirm that you have completed all the requirements.

## Practitioner Portfolio Submission Checklist

When you have completed all the requirements of the Practitioner Training Program, email your application portfolio to the OBA office at [oba@ortho-bionomy.org.au](mailto:oba@ortho-bionomy.org.au) **ideally two weeks** prior to the next PRC deadlines. Deadlines are February 1, May 1, August 1, and November 1.

Prior to sending it, check that you have included the following:

- Email letter announcing your request to be approved as a Practitioner, with all the documents listed below attached to the email. Documents may be scanned (preferred) or photographed if scanning is unavailable.
- Completed Practitioner Evolvement Application Form (below and on the website under Resources-Documents)
- Essay (Typed)
- Copy of waiver letters from OBA’s PRC for the Anatomy or Elements of Successful Practice classes, if applicable. If eligible for a waiver you must apply and receive approval before applying to graduate to Practitioner level (see waiver instructions below).
- Letters of Recommendation (typed) from Advisor/Instructors including documentation of evaluation sessions
- Copy of your Associate Practitioner approval letter and certificate. (Please note: you must be a registered Associate Practitioner before you can graduate to Practitioner level. Only one evolvement level can be reviewed per cycle per applicant. If you have not first evolved to Associate Practitioner level, the PRC will consider your application for this level first and you will need to apply to evolve to Practitioner level at the next review cycle.)
- Letter of recommendation from the OBA Instructor who observed your demonstration (Typed)
- Advisor Signature confirming completion of program and completion of evolvement portfolio

- Copies (scans or photos) of all Program Record Form pages showing all classes and trainings attended, with each instructor's signature. If you submit any pages with missing signatures you will be asked to collect the signatures and re-submit the pages, possibly delaying your application until the next review cycle. \* **Please keep your original completed Practitioner program handbook pages for your records**
- Email a copy of your entire completed portfolio to your Advisor
- Pay your \$150 Evolvement Fee and \$25 to upgrade your membership level from Associate to Practitioner (details on the Practitioner Evolvement Application Form).

You will receive notice from the OBA office when your portfolio has been received. The office will contact you if there are any questions regarding your completed Practitioner portfolio, so please send it in early so there is time to add materials and still make the deadline.

**Please check that your whole application is clearly readable, attached in logical sequence or page order and that you have included all required documents before you submit to OBA. If pages are missing or illegible the OBA office may charge \$25 for additional administrative expenses. Applications received after the submission deadlines will be held until the next cycle.**

The PRC will verify the completeness of the application and conduct a qualitative examination of the documentation to assess your readiness to become a Registered Practitioner. The PRC may approve your application or request some clarification or additional work for you to qualify. The PRC may also contact your advisor for clarification.

The Ortho-Bionomy Australia office receives notice of decisions from the PRC before the next submission deadline. As soon as notice is received from the PRC, the OBA office will email or mail you the results of your submission. Once you have been approved by the PRC as a Practitioner, you will receive correspondence from Ortho-Bionomy Australia welcoming you as a Registered Practitioner member, along with your Practitioner Certificate. The OBA Board of Directors must also approve your evolvement at the next board meeting. Please remember, you must sign OBA's Code of Ethics and be a member in good standing with OBA to receive your certificate.

**Please note it may take approximately 4 weeks from notice of your evolvement for your certificate to be mailed.**

### **Continuing Education Requirements:**

Eight (8) units of continuing education are due every year, along with the annual payment of membership dues and continue to abide by our Code of Ethics to maintain active status as a Registered Practitioner. All Continuing Education must be taken with a Registered Ortho-Bionomy Instructor in good standing.

*Congratulations on your decision to begin the Practitioner Training Program! We hope you enjoy your Ortho-Bionomy journey. Contact us at [oba@ortho-bionomy.org.au](mailto:oba@ortho-bionomy.org.au) if you need any support.*

## Practitioner Training Program Checklist

(Units are approximately equal to one hour, 16 units per weekend)

As you complete each class or requirement, check the appropriate box below to track your progress.

<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	64 Units	Phase IV
<input type="checkbox"/>	16	Phase V
<input type="checkbox"/>	16	Phase VI
<input type="checkbox"/>	16	Postural Re-education & Post Techniques
<input type="checkbox"/>	16	Isometrics
<input type="checkbox"/>	16	Exploration of Movement Patterns
<input type="checkbox"/>	16	Chapman's Reflexes
<input type="checkbox"/>	16	Ethics & Emotional Issues
<input type="checkbox"/>	16	Demonstration Skills
<input type="checkbox"/>	16	Elements of a Successful Practice
<input type="checkbox"/> <input type="checkbox"/>	32	Anatomy & Physiology
<input type="checkbox"/>	16	Elective(s)
<input type="checkbox"/>	40	Residential (5 day minimum)
<input type="checkbox"/>	16	Practitioner Training Seminar
<input type="checkbox"/>	18	Study Group (six 3/hour minimum)
<input type="checkbox"/>	8	Sessions Received
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	3	Feedback Sessions
<input type="checkbox"/>	9	Consultations (formerly Private Discussions)
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	3	Evaluation Sessions
<input type="checkbox"/>	1	Supervised Demonstration (one)
<input type="checkbox"/>	1	Essay
<input type="checkbox"/>	150	Documented Sessions
	<b>505 Units</b>	
	<b>Total</b>	

# Ortho-Bionomy Australia Ltd

ACN 152 298 005

Phone: 03 8679 3355 Email: oba@ortho-bionomy.org.au

Postal address: Suite 313, 585 Little Collins St, Melbourne 3000



## Practitioner Evolvement Application Form

Please Type or Print Clearly

<b>Name</b>	_____	<b>Year of Birth</b>	_____
<b>Address</b>	_____	<b>State</b>	_____
<b>City</b>	_____	<b>Postcode</b>	_____
<b>Email</b>	_____		
<b>Phone</b>	_____	<b>Mobile</b>	_____

Date approved as Associate Practitioner \_\_\_\_\_

### Advisor Information:

Advisor Name (Please print legibly) \_\_\_\_\_

Advisor Signature \_\_\_\_\_ Date: \_\_\_\_\_

Please complete this payment section prior to sending in your completed program record forms

<b>Change from Associate Practitioner member to Practitioner member</b>	<b>\$25</b>
<b>Practitioner Training Program Matriculation Fee</b>	<b>\$150</b>
<b>Total</b>	<b>\$175</b>

<b>Payment method:</b>	Cheque/Money Order <input type="checkbox"/> (enclosed)	Credit Card <input type="checkbox"/> (complete below)	Direct Deposit <input type="checkbox"/> (see details below)
<b>Credit Card Details</b>		<b>Direct Deposit Details</b>	
Type of Card:	Visa    MasterCard	Account name: Ortho-Bionomy Australia Ltd BSB: 064-124 Account Number: 10374292 Your Reference: Name and OBA member no. (if known)	
Name on Card:			
Card Number:			
Expiry Date:			
Signature:			
<b>OFFICE USE ONLY</b>	Date received	Date entered	Receipt No

**You will be notified within 4 weeks of the OBA office receiving your completed Practitioner Membership and Enrolment Form and payment.**

# Practitioner Training Program Curriculum

OBA's training program consists of 505 hours/units of classes, sessions received, study groups, consultations with instructors, a lecture/demonstration of Ortho-Bionomy, documentation of sessions with clients, and feedback and evaluation sessions with instructors. A complete list of the curriculum requirements is given below, with detailed descriptions of each component. If you have any questions, please ask any instructor for clarification during classes or you may e-mail the Ortho-Bionomy Australia office at [oba@ortho-bionomy.org.au](mailto:oba@ortho-bionomy.org.au)

Ortho-Bionomy Australia does not have a physical school where our training programs are conducted. Instead our team of Registered Instructors is accredited to teach the classes to their own schedules in their chosen venues and locations around Australia. You are encouraged to take classes with multiple instructors to experience the variety and diversity of their perspectives and teaching styles. Instructors list their classes on their own websites and on the Ortho-Bionomy Australia website: [www.ortho-bionomy.org.au](http://www.ortho-bionomy.org.au).

You may take classes in any order but most instructors advise beginning with the 'Phase 4' Fundamentals class as it presents the principles, philosophy and standard releases on which all other classes are based. Some Instructors also set Phase 4 as the prerequisite for some of their other classes. Phase 4, Phase 5 and Phase 6 are the prerequisites for the Residential class.

To register for any class contact the Instructor or Coordinator listed for the class you wish to attend. Only classes taught by Registered Instructors who are members in good standing with Ortho-Bionomy Australia will gain credit towards completion of your Training Program.

## **Classes:** (312 units)

**Phase 4/Fundamentals:** This foundation class covers the history, philosophy and concepts of Ortho-Bionomy and provides an overview of the basic release techniques and anatomy for each major joint in the body. Movements and positions of comfort are demonstrated to facilitate the release of muscular tension and overall stress by stimulating the inherent, self-corrective reflexes of the body which help the body create structural alignment and balance from within. This class is a pre-requisite for many other classes, at the instructor's discretion. It is required before attending a Residential class.

**Phase 5:** The focus of the Phase 5 class is to move to a more subtle level of awareness of the practice and principles of Ortho-Bionomy. Specific techniques develop and increase the student's understanding and proprioceptive sensitivity to the self-corrective reflexes initiated by the client. Through the practice of observing, following and supporting subtle movement patterns, muscular tension is released, range of motion is increased, and pain is reduced. In Phase Five, students are encouraged to do less and let the client be the guide for his/her exploration of change. This class is required before attending a Residential class.

**Phase 6:** This class is designed to help participants access and track sensation and energetic perception in themselves and in their clients, and to learn how to make contact without necessarily engaging physically. Techniques will be presented that monitor and acknowledge the inter-relationship between energetic, emotional and physical levels and that demonstrate how energetic shifts can affect changes in physical patterns. This class is required before attending a Residential class.

**Phase 7:** This class demonstrates the principles and applications of the Phase Seven pattern to assist with self-correction. The pattern addresses all levels of human experience and teaches participants a non-forceful, elegant way to approach problems of many kinds.

**Exploration of Movement Patterns:** this class adds a dynamic dimension to the positional release techniques. Participants learn to recognise and palpate patterns of joint and muscle movement in order to facilitate increased range of motion to promote a general sense of well-being in the body. By gently exploring and supporting preferred patterns of movement or stillness, the client is invited to actively participate and recognise their patterns. Functional anatomy will also be discussed.

**Postural Re-Education and Post Techniques:** In this class participants learn to evaluate and address inefficient postural habits through accurate observation and simple exercises. Techniques to work with spinal curvatures and scoliosis are presented and practised, including related anatomy. Post

Techniques focus on assessing and releasing areas of tension as well as integrating the work done in a session. In addition, self-care exercises are taught to facilitate the client's ability to maintain balance through the neuro-muscular re-education of postural habits.

**Isometrics:** Isometric and isotonic techniques for working with inefficient muscular tension patterns as well as underdeveloped muscle tone are presented and practised, including related anatomy. Through the use of restraining movement while the muscle is engaged, self-correcting reflexes are stimulated, and habitual holding patterns can be released. Participants learn how the conscious use of resistance can help promote change from rigid physical patterns to greater mobility and allow the client to actively participate in the session.

**Chapman's Reflexes:** This class presents the Chapman's Neurolymphatic Reflexes system of identifying and stimulating reflex points to facilitate lymphatic drainage and the balancing of the organs. The class also focuses on the relationship between the neurolymphatic reflexes and the endocrine system and its effect on structural balance as well as the individual's physical and emotional well-being.

**Ethics and Emotional Issues:** Participants learn skills for addressing emotional responses that may arise during a session in an appropriate and professional manner. In addition, participants discuss the guidelines for professional conduct and review Ortho-Bionomy Australia's Code of Ethics.

**Elements of a Successful Practice:** This class addresses the business side of having an Ortho-Bionomy practice. Participants learn about issues such as marketing and advertising, developing a business plan, setting up an office, setting fees, and attending to tax and legal issues. The class also covers communication with clients, record keeping and staying within the scope of practice.

**Demonstration Skills:** In this class participants learn how to describe and present Ortho-Bionomy to family, friends, potential clients and the public in general. Participants are encouraged to find ways to communicate the "unexplainable" and practise presenting Ortho-Bionomy in a clear and accurate way. Techniques for building confidence and improving public speaking and presentation are included. Online course options are available for courses approved by Ortho-Bionomy Australia Ltd.

**Residential:** Residential training programs provide participants with the opportunity to broaden and deepen their understanding of Ortho-Bionomy techniques and principles through an in-depth immersion for five or more days of uninterrupted study. Residentials allow time for learning and personal growth as well as relaxation to facilitate the integration of technique, philosophy and the qualities of "being" rather than "doing". Phase 4, Phase 5 and Phase 6 are prerequisites for this class.

**Practitioner Training Seminar:** This seminar addresses issues and questions that arise for individuals completing the Practitioner Training Programs and helps participants synthesise their entire training experience. The class format includes time to discuss questions or problems that arise during a session, an opportunity to receive feedback and supervision about difficult cases, and information on how to best structure a session, set fees, and communicate with clients. Participants can also discuss their changing role in the community as they move from being a student to becoming a professional in the healthcare field.

**Anatomy and Physiology:** Anatomical and physiological structures and functions relevant to the practice of Ortho-Bionomy are presented in this class. Both general classes as well as classes which focus on specific systems or body parts are available. Additionally, functional anatomy plays an integral role in many of the classes in the training program.

**Study Groups:** Study groups are tailored to the participants needs and give students a chance to review techniques, receive clarification about the application and principles of Ortho-Bionomy and to gain insight about specific client cases or situations that concern them.

**Electives:** The principles and techniques of Ortho-Bionomy can be applied in many different circumstances and situations. Elective classes provide participants with more specialised techniques and applications. Elective topics include: Advanced Phase 4, Self Care, Cranial, Ortho-Bionomy Approach to Whiplash, TMJ and Carpal Tunnel Syndrome, Visceral Work, Women's Care, Men's Care, Shock and Trauma Resolution. OBA must approve a new elective class before it can be included in this list.

**Cranial:** This seminar applies the principles of Ortho-Bionomy energy work to the function of the cranial system. Participants are encouraged to feel the energetic patterns existing in the cranial system and allow the recipient to find a better balance through the self-correcting reflexes.

**Self-Care:** The Self Care class will demonstrate specific exercises that clients and practitioners can do

to facilitate release of structural imbalances and discomfort within themselves, as well as providing clients with exercises that they can do after the session to integrate the changes experienced within the session itself.

**Conference attendance:** Full attendance at a 2-day OBA Ltd Conference will be accepted as 16 units of elective learning in the Practitioner or Advanced Practitioner Training Program. The signature of an OBA Ltd Instructor is required as proof of attendance.

### **Tutorials** (23 units):

Tutorial time is time spent with your advisor or instructor one-to-one or in small groups outside of classes and deepens your study of Ortho-Bionomy. A unit is equal to approximately one hour but individual segment length of tutorial time is at the discretion of the advisor.

The 23 units required include:

**1) Sessions Received** (8 units): As part of your tutorials, sessions received from a Registered Instructor or Registered Practitioner during the course of your training help you to understand and integrate what you have learned in class and what happens with the client (on the table and the follow-on).

**2) Sessions for Feedback** (3 units): Feedback sessions (initiated by you, the student) are required with a Registered Instructor qualified to be an Advisor (see Advisor Eligibility page 5). These sessions allow you to receive feedback on your work, separate from evaluation. It is helpful to have a session for feedback from more than one individual and useful to have one of those individuals be your advisor. The program highly recommends that you complete a minimum of one session for feedback during each 100-unit period of training.

**3) Sessions for Evaluation** (3 units): These are sessions that you, the applicant give to a Registered Instructor or Associate Instructor in good standing to demonstrate your Ortho-Bionomy skills. The recipient provides feedback and documentation (letter) of the evaluation. At least one of the evaluations must be from the student's advisor.

**4) Consultations** (9 units): As part of your tutorials, this is one-to-one time that you arrange to spend with a Registered Instructor or Associate Instructor to discuss your own questions and concerns about any aspect of Ortho-Bionomy. Not all of the private discussions need to be with your advisor.

Be sure to document your tutorial time in your training handbook. Include time, date and Instructor comments. At the end of your program, your advisor will check your documentation and sign an acknowledgement of the fulfilment of requirements. Fees for tutorial time are arranged by the individual instructors.

### **Study Groups** (Minimum of six 3-hour sessions):

A group led by a Registered Instructor or Associate Instructor that meets to address the interests of participating students, i.e. review class material, practise techniques, questions concerning ethical and emotional issues, approaches to issues that have come up with clients etc.

**Peer Practice Sessions** (*Recommended, optional, not for program credit*): Students are encouraged to meet with their peers to review and practise Ortho-Bionomy. Such meetings can greatly enhance learning and embodying the work. They are particularly helpful where there is not regular, easy access to an Instructor. Unresolved questions arising from these sessions make excellent tutorial topics with your advisor.

**Documented Sessions** (Supervised Practice): The 150 documented session hours with clients must be with a minimum of 20 different people. Each session must be a minimum of 30 minutes (even if the session extends beyond one hour it will still count as one) and must consist entirely of Ortho-Bionomy. We recommend that you begin documenting sessions given outside of class immediately upon your entrance into the program.

Make notes of your client sessions including the history of the client's presenting symptoms, any diagnoses they have received, the techniques you used and any client comments. A sample form for documenting sessions is available in this handbook but you can use any format. The first 20 sessions

will be reviewed by your advisor as part of your application to evolve to Associate Practitioner level. At the completion of each 50 sessions set up an appointment with your advisor to discuss the sessions and initial the program record form. It is helpful to submit the documented sessions in advance of the tutorial so that your advisor can prepare for the meeting.

## Waivers:

If you can demonstrate your previous equivalent training in some classes of the Practitioner Training Program you may apply for a waiver for those classes. You may not use the same class for both the Practitioner and Advanced Practitioner Training Program unless the training included enough hours to meet the total requirements for both parts of the Registered Programs. The following classes may be waived and the criteria for waiving these classes are as follows:

- **Elements of a Successful Practice** – (Replaces Business & Marketing) Business management and public relations experience and/or class(es) taken at college or in work related training
- **Anatomy & Physiology** – Course taken at a local college, professional training in the medical field, or training in massage school with an equivalent number of hours.

After discussion with your advisor regarding the classes you wish to have waived, you must submit the following to OBA by email at [oba@ortho-bionomy.org.au](mailto:oba@ortho-bionomy.org.au) :

- 1) the waiver form (see below) signed by your advisor,
- 2) your letter requesting your waiver,
- 3) appropriate documentation which indicates why the class should be waived (such as a school transcript from an accredited institution and/or your résumé documenting your relevant experience) and
- 4) letter of support from your advisor describing why they believe you have the competence to waive the class.

This should be done as early in your Program as possible, as the Practitioner Review Committee only meets four times a year and your waiver must be approved by that committee before you can submit your completed application to become a Practitioner. If the Committee approves your waiver request, indicate on your Program Record Form that the class is waived and **be sure to submit the approval letter along with your application** at the completion of your training.

# Ortho-Bionomy Australia Ltd

ACN 152 298 005

Phone: 03 8679 3355 Email: oba@ortho-bionomy.org.au

Postal address: Suite 313, 585 Little Collins St, Melbourne 3000



## Class Waiver Request

<b>Name</b>	
<b>Address</b>	<b>City</b>
<b>State</b>	<b>Postcode</b>
<b>Email</b>	
<b>Phone</b>	<b>Mobile</b>

I \_\_\_\_\_ request a waiver for the following Practitioner Training Program requirements of:

\_\_\_\_\_ (Mark X) **Elements of a Successful Practice** – Business management and public relations experience and/or class(es) taken at college or in work related training.

\_\_\_\_\_ **Anatomy & Physiology** – Course taken at a local college, professional training in the medical field, or training in massage school or similar with an equivalent number of hours.

Please attach documentation supporting your application and follow the instructions for submitting a waiver request in the Practitioner Training Handbook. All letters must be typed, not handwritten.

Applicant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Advisor Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Committee Use Only

<input type="checkbox"/> Request Granted (PRC Chairperson)	<input type="checkbox"/> Request Not Granted (Explanation Attached)
--	---

Signed (PRC Committee member): \_\_\_\_\_  
(Electronic signature is acceptable)

Date: \_\_\_\_\_

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## Practitioner Training Program Record Form (page 1 of 6)

### Classes (312 units)

#### Phase IV (64 units)

Location	Date	Units	Instructor Signature
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#### Phase V (16 units)

Location	Date	Units	Instructor Signature
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#### Phase VI (16 units)

Location	Date	Units	Instructor Signature
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#### Postural Re-education & Post Techniques (16 units)

Location	Date	Units	Instructor Signature
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#### Isometrics (16 units)

Location	Date	Units	Instructor Signature
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#### Exploration of Movement Patterns (16 units)

Location	Date	Units	Instructor Signature
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## Program Record Form (2 of 6)

### Chapman's Reflexes (16 units)

Location	Date	Units	Instructor Signature
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### Ethics & Emotional Issues (16 units)

Location	Date	Units	Instructor Signature
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### Demonstration Skills (16 units)

Location or Online Option	Date	Units	Instructor Signature
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### Elements of a Successful Practice (16 Units)

Location	Date	Units	Instructor Signature
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### Anatomy & Physiology (32 units)

Location	Date	Units	Instructor Signature
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### Residential (40 units – 5 day minimum)

Location	Date	Units	Instructor Signature
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### Practitioner Training Seminar (16 units)

Location	Date	Units	Instructor Signature
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### Elective (16 units)

Location	Date	Units	Instructor Signature
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**Program Record Form (3 of 6)**  
**Study Groups (18 units – six 3 hour minimum)**

**1. Study Group**

Date \_\_\_\_\_

Instructor Name \_\_\_\_\_ Signature \_\_\_\_\_

Topics \_\_\_\_\_

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**2. Study Group**

Date \_\_\_\_\_

Instructor Name \_\_\_\_\_ Signature \_\_\_\_\_

Topics \_\_\_\_\_

---

**3. Study Group**

Date \_\_\_\_\_

Instructor Name \_\_\_\_\_ Signature \_\_\_\_\_

Topics \_\_\_\_\_

---

**4. Study Group**

Date \_\_\_\_\_

Instructor Name \_\_\_\_\_ Signature \_\_\_\_\_

Topics \_\_\_\_\_

---

**5. Study Group**

Date \_\_\_\_\_

Instructor Name \_\_\_\_\_ Signature \_\_\_\_\_

Topics \_\_\_\_\_

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## Program Record Form (4 of 6)

### 6. Study Group

Date \_\_\_\_\_

Instructor Name \_\_\_\_\_ Signature \_\_\_\_\_

Topics \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

### Tutorials

It is recommended that for every 100 classroom units you complete, you receive 3 sessions, do 1 session for feedback and participate in 3 private discussions/consultations. Tutorials include 8 units of sessions received, 3 sessions given for feedback, 3 documented evaluation sessions, and 9 units of consultations.

#### Sessions Received (8 units)

Instructor/Practitioner Signature & Date of sessions:

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

5. \_\_\_\_\_ 6. \_\_\_\_\_

7. \_\_\_\_\_ 8. \_\_\_\_\_

#### Consultations (9 Units)

1. Date: \_\_\_\_\_ Instructor Signature: \_\_\_\_\_  
Topic: \_\_\_\_\_

2. Date: \_\_\_\_\_ Instructor Signature: \_\_\_\_\_  
Topic: \_\_\_\_\_

3. Date: \_\_\_\_\_ Instructor Signature: \_\_\_\_\_  
Topic: \_\_\_\_\_

4. Date: \_\_\_\_\_ Instructor Signature: \_\_\_\_\_  
Topic: \_\_\_\_\_

5. Date: \_\_\_\_\_ Instructor Signature: \_\_\_\_\_  
Topic: \_\_\_\_\_

**Program Record Form (5 of 6)**

- 6. Date: \_\_\_\_\_ Instructor Signature: \_\_\_\_\_  
Topic: \_\_\_\_\_
  
- 7. Date: \_\_\_\_\_ Instructor Signature: \_\_\_\_\_  
Topic: \_\_\_\_\_
  
- 8. Date: \_\_\_\_\_ Instructor Signature: \_\_\_\_\_  
Topic: \_\_\_\_\_
  
- 9. Date: \_\_\_\_\_ Instructor Signature: \_\_\_\_\_  
Topic: \_\_\_\_\_

**Sessions for Feedback (3 units)**

**1. Session for Feedback**

Date \_\_\_\_\_ Instructor Signature \_\_\_\_\_  
Focus of session, Instructor comments and recommendations \_\_\_\_\_  
\_\_\_\_\_

**2. Session for Feedback**

Date \_\_\_\_\_ Instructor Signature \_\_\_\_\_  
Focus of session, Instructor comments and recommendations \_\_\_\_\_  
\_\_\_\_\_

**3. Session for Feedback**

Date \_\_\_\_\_ Instructor Signature \_\_\_\_\_  
Focus of session, Instructor comments and recommendations \_\_\_\_\_  
\_\_\_\_\_

**Program Record Form (6 of 6)**

**Evaluation Sessions (3 Units)**

Date \_\_\_\_\_ Instructor Signature \_\_\_\_\_

Documentation of Session Attached \_\_\_\_\_

Documentation of Session Attached \_\_\_\_\_

Documentation of Session Attached \_\_\_\_\_

**Supervised Demonstration (1 Unit)**

Documentation of Demonstration Attached

Date \_\_\_\_\_ Instructor Signature \_\_\_\_\_

**Documented Sessions (150 Units)**

	Date	Units	Instructor Signature
Reviewed	_____	50	_____
Reviewed	_____	50	_____
Reviewed	_____	50	_____

**Essay (1 Unit)**

Typed Essay – Attached

**Additional Classes (add another page if needed)**

Class	Location	Date	Units	Instructor Signature
-------	----------	------	-------	----------------------

**Advisor Signature**

Confirming Completion of Program (Advisor/Instructor Name Printed):

I \_\_\_\_\_ have reviewed the completed Record form and supporting documentation of

Student's Name: \_\_\_\_\_

and I confirm that they have completed and documented the required elements to satisfactorily evolve to Practitioner. I therefore recommend that they be accepted as a Practitioner of Ortho-Bionomy.

Advisor Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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### Code of Ethics

1. As a registered member of Ortho-Bionomy Australia Ltd I agree to uphold the highest standards of professional behaviour, guided by the Code of Ethics stated below.
2. The philosophy and concepts of Ortho-Bionomy shall be the guiding principles in my work with clients.
3. I will at all times render the highest quality of services possible for the wellbeing and benefit of my client.
4. I will only offer skills or services in which I have specifically been trained. For issues that fall beyond the scope of my practice, I will refer clients to other qualified professionals.
5. To protect the privacy of my clients, I will keep all communications, clients' records and client identity confidential.
6. Recognising the vulnerability of the client in a therapeutic relationship, I will maintain the highest standard of professional conduct. I will show regard for common legal, moral and ethical standards.
7. To preserve the integrity of Ortho-Bionomy, I will make a clear distinction between Ortho-Bionomy and other modalities that I use.
8. I will bring to the note of OBA Ltd any action of another member that appears to be ethically inappropriate or contrary to standards set by OBA Ltd/SOBI.
9. I will use all OBA Ltd's trademarks only in accordance with the current established guidelines. Failure to follow guidelines will lead to suspension of said trademark use.
10. I will endeavour to improve my technical skills and professional standards through continuing educational training.
11. I will uphold professional relationships, never slandering a member of the Ortho-Bionomy community or the allied professional community.
12. Anyone in my employment will abide by the policies and trademark regulations set by OBA Ltd and SOBI.
13. I will display a copy of this code of ethics in my work area where it is clearly visible.
14. I understand that transgression of the Codes of Ethics may result in the surrender of my membership.

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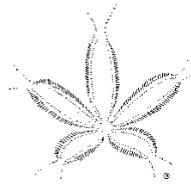
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### Ortho-Bionomy Australia Trademark Guidelines

Ortho-Bionomy Australia owns these registered trademarks:

OrthoBionomy



Ortho-Bionomy Australia encourages its members to promote their individual Ortho-Bionomy practices in ways that maintain the integrity and reputation of OBA's programs and services.

#### Affiliate Members:

1. Affiliate Members **cannot** use any of OBA's trademarks in any promotional materials.
2. Can state that they are members of Ortho-Bionomy Australia.
3. Can share posts on social media from people suitably qualified including trademarked terms e.g. Facebook post, videos etc

#### Associate Practitioner Members:

1. Can use the Ortho-Bionomy trademarks on a business card or brochure, website, social media or any other promotional material when listing Ortho-Bionomy among the bodywork modalities that they practise.
2. Can state that they are members of Ortho-Bionomy Australia.
3. Can use the term "Registered Associate Practitioner" when referring to their level of qualification.
4. Must not use wording that in any way suggests, or misleads the public to believe, they have completed the OBA Ltd 505-hour Practitioner training Program.

#### Practitioner and Instructor Members:

1. Practitioners, Advanced Practitioners and all levels of Instructors can use the trademarks to promote their Ortho-Bionomy practice, or teaching in the case of Instructors. The trademarks may be used on a business card, website, Facebook page or other social media platforms, brochures and other print and digital promotional materials.
2. Can use the phrase "Registered Practitioner of Ortho-Bionomy" in promotional literature. Instructor Members can use the phrase "Registered Instructor of Ortho-Bionomy"

# Documented Session Form

(This format is optional - you may create your own format for recording the information)

*Student Name*

*Date*

*Client Name*

*Address*

*City*

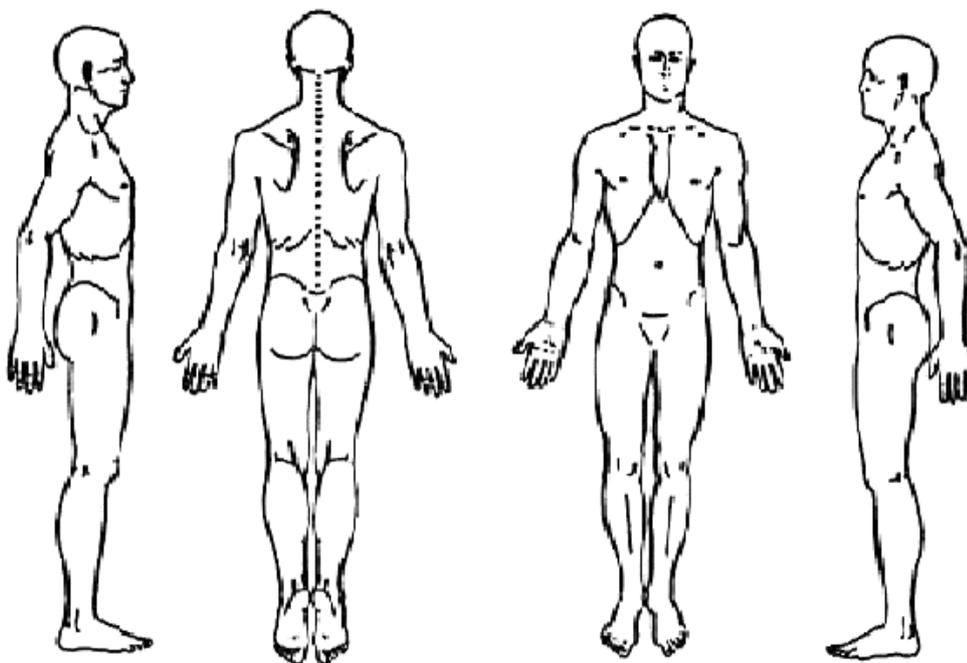
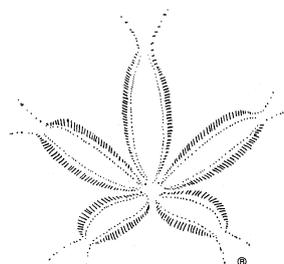
*State*

*Postcode*

*Country*

*Mobile*

Length of  
Session



Focus of Session

Client Response:

Client Signature:

Advisor:

