



KINESIOLOGYZONE

THE INTEGRATED WAY

TO HEALTH & VITALITY

Balanced Health Courses | Diploma in Advanced Systematic Kinesiology | In-Class Training and Online tutorials

This document has been created to cover as much detail as possible regarding some of the questions we regularly get from prospective students. That being said we are more than happy to answer your questions specifically.

To arrange a time to discover if the Balanced Health Course is for you, simply copy and paste the link below and book a 30 minute discovery call with TASK Principal Siobhan Guthrie.

www.kinesiologyzone.com/bh-discovery

FREQUENTLY ASKED QUESTIONS ABOUT TRAINING WITH TASK and KINESIOLOGYZONE

Do I have to start with the Balanced Health Course – I'm already trained as a nurse, or I'm a fully qualified practitioner of another therapy?

If you have already trained in muscle testing (at least 20 muscles) then it may be possible to skip the first course. However, if you have no previous training in Kinesiology muscle testing, then the Balanced Health Foundation Course is the perfect start, regardless of experience. All our classes have students who have no previous experience in training, are fully qualified, or even part qualified in other therapies. It's a wonderful mix and everyone learns from each other. This course is about using a new language to communicate with the body – muscle testing – and therefore this is where everyone starts.

What will I be able to do once I complete the Balanced Health Foundation Course?

A lot of what you've probably heard about Kinesiology is covered in the BH Foundation Course. The full list is in the Course Prospectus, and a quick overview of some of what you learn is:

- How to test and release emotional stresses,
- Food sensitivity testing
- Improve energy levels
- Clear fears and phobias and balance for goals
- Give you a great understanding about how to protect your health
- Muscle testing the body's systems
- Balance the body's auric energy and meridian energy
- Improve reading, writing and comprehension
- Improve digestion and elimination

How much time will I need to dedicate to the training?

The Balanced Health Foundation Course takes place over 3 months and consists of 2 live weekends (9.30 to 5pm each day). Each week of the 8 week online course you will have some videos and practice assignments to do which will take in the region of 2 hours per week. There are three 45 minute masterclass/Q&A calls over the whole course, and your practise sessions, as you begin to practice what you've learned on your family and friends. How much time you wish to dedicate to that will depend on you. The more you put into it the more you will get out of the course. We encourage students to meet up with each other for information practise session in between the two live weekend too.

The Diploma takes place over 16 months. First year is 6 weekends in Dublin and a 4-5 day residential workshop in Westport, Co Mayo; while dates differ each year, it is approximately June to January. As you are now preparing to work in a professional capacity, you can start to charge a small case study fee while you are training, so long as you are a student member of the Association and have appropriate insurance. The Diploma 2nd year consists of 5 weekends from March to September, research projects, case studies and setting up your practice.

How do I apply for the Diploma Course?

Once you know that the Diploma Course is for you, please ask for our Diploma Application Pack. We open up application interviews once you are about half way through the foundation course, that's when most people start to enquire about continuing their Kinesiology journey.

1st year fees before early bird discounts in 2015 were €4,997; 2nd year €2,797.

There is an instalment plan option, and further discounts for paying your fees in full. During the interview process we can discuss how to structure the instalment plan to suit you.

The fees include all materials, handouts, test kits, stated equipment, access to online content, monthly Q&A calls, First Aid course and exam fees. Full details are in the Diploma Application Pack.

Who recognises the training?

The Academy of Systematic Kinesiology are an approved training provider by the Association of Systematic Kinesiology (ASK) in Ireland – www.kinesiology.ie

Do I need A&P?

Anatomy and Physiology is not currently provided, since many of our students will already have received training. This is not required at Balanced Health level, but something to consider if the Diploma interests you. You can usually do A&P in your local area to an ITEC or similar level.

Where do the courses take place?

Balanced Health Foundation Courses run in various locations, during the Autumn and Spring. Diploma is currently only run in Dublin [City North Hotel, near the airport] and starts once a year in June or July. It is open to those who have completed the Balanced Health Course from any location.

Is Applied Kinesiology and Systematic Kinesiology the same thing?

Please see the next page, which details the history of AK and Dr George Goodheart, the founder of AK.

The History of Kinesiology – Applied and Systematic Kinesiology

In 1964, Dr. George Joseph Goodheart Jr made the first correlation between finding a weak muscle using manual muscle testing and then employing chiropractic therapy to make it stronger.



Then he looked beyond the chiropractic profession to the fields of biomedicine, osteopathy, acupuncture, dentistry, nutrition, biochemistry, and others for methods to increase the health and well-being of patients based on using the body itself as a diagnostic tool. Lymphatic (Chapman) reflexes and Vascular (Bennett) reflexes are one of the main tools of muscle strengthening, discovered in the 1930s. In 1966 the "acupuncture system" was, for the first time, incorporated into and made an integral part of a "western medicine" system of analysis and treatment. And In 1974, an extremely important and dramatic observation was made. The ability to identify the need for a specific area or "factor" to be addressed was soon to be called "**therapy localization**".

Dr. Goodheart had a unique way of looking at a patient's problem and asking, "Why is that?" This allowed him to correlate many different types of examination and treatment procedures into a unified method of examining and then treating many difficult patients.

Dr. Goodheart wrote many works on Applied Kinesiology, and lectured on the topic often. Among his many professional honours, he was the first chiropractor to serve on the U. S. Olympic Medical Team in 1980.

As Goodheart's research proceeded, he observed that there were five factors or systems to consider in the evaluation of body function. He observed that dysfunction anywhere in the body may be caused by a failure of any of these systems and that the manual muscle testing response provided important clues regarding same.

Knowing that the body heals itself, he observed that it also "speaks" through its muscles. That is, through the manual muscle testing response, the body communicates balance or imbalance, function or dysfunction. It became apparent to Goodheart that muscle weakness, as observed by manual muscle testing, is an expression of the needs of a body dissatisfied with anything short of optimum function. As Goodheart often remarked, referring to the use of manual muscle testing as a diagnostic tool, "body language never lies" and "find the need, supply the need, observe the result".

The International College of Applied Kinesiology (ICAK), a research based organization, consisting of health care practitioner's dedicated to the advancement of AK, was founded on Goodheart's vision in 1973 and is now well established internationally with chapters in the United States, Canada, Europe, Japan, Russia and Australasia.

So what's the difference between AK and Systematic Kinesiology?

There seems an almost infinite number of "Kinesiologies" around and it may seem confusing to those new to the field. Here's a little history about Applied and Systematic Kinesiology.



Applied Kinesiology was first discovered in 1964 and developed by **Dr George Goodheart** and a group of enlightened Chiropractors including Dr John Thie, Dr John Blossom and Dr Sheldon Deal. Although AK's components are ancient in origin, it is an entirely new concept. AK uses muscle testing as a diagnostic tool and uses reflexes to stimulate the lymphatic and vascular systems to help bring balance to the body. AK is a term that can only be used by graduates of the International College of Applied Kinesiology (set up in 1974).



Brian H Butler first discovered AK and TFH through Dr John Blossom in the 1970s. Brian Butler was first person to bring Kinesiology in the form of TFH to Europe. However as more and more modifications came into TFH over the years, he took the decision to stay true to the original teachings of authentic Applied Kinesiology by founding "Systematic Kinesiology" and the Balanced Health Course in 1980. SK is not based on Brian Butler's own ideas or beliefs, but on the sound principles and thorough research of Applied Kinesiology.



Dr Sheldon Deal runs a busy clinic in Tucson Arizona. Dr Sheldon Deal as Chairman of ICAK each year for over 20 years presented the latest research and updates in London to TASK graduates, and therefore instrumental in the developing, updating and growing of Systematic Kinesiology. Many of these powerful techniques are part of the TASK Diploma Course.



Siobhan Guthrie was taught directly by Brian Butler and attended many of Dr Sheldon Deal's seminars in London. She graduated in 1998 and founded TASK Ireland in 2000. On moving to the West of Ireland in 2001, Balanced Health Courses started to be organised in many different locations, and she now has a team of instructors to support TASK's mission. With the course now being run with a mix of live workshops & online learning, less travel is required, giving students the flexibility and better support to build confidence.

"I have learned so many amazing techniques to help people who are in genuine pain and discomfort. By practising what I have learn in the Kinesiology Course I have cemented my beliefs that Kinesiology is amazing and the results I have gotten personally continually surprise and delight me. I have found a way I can help people, change lives and improve their quality of life.

A paragraph is not enough space for me to explain how life changing Kinesiology has been to me"



Sheila O'Hanlon

Foundation Course, and current 1st year Diploma student