

LIFE ENERGY INSTITUTE PRESENTS

Polarity Healing Arts of California



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A red rectangular box with a white border, containing the text "Polarity Healing Arts of California" in a white, cursive font. The box is positioned in the upper left corner of the page.

Polarity Healing Arts of California

Thank you for your interest in Polarity Healing Arts of CA. As a prospective student you are encouraged to review this catalogue prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

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What Is Polarity Therapy?

Polarity Therapy works with life energy in all of its forms, using a comprehensive system of bodywork, exercise, nutritional guidance, and verbal counseling to bring body, mind, emotions, and spirit into a state of balance, harmony, and vibrant health.

Developed by Dr. Randolph Stone (1890-1981), an osteopath, chiropractor, and naturopath who sought to integrate Eastern and Western approaches to healing (such as reflexology, acupuncture, craniosacral balancing, yoga, and ayurveda), Polarity Therapy is more than just a collection of techniques. At its heart, it is a set of principles about the balance and flow of life energy, which Dr. Stone believed to be the underlying essence of all healing arts. This is attested to by the growing number of healthcare professionals (such as nurses, chiropractors, physical therapists, creative arts therapists, and massage practitioners) who are successfully incorporating Polarity Therapy into their work.

When we are truly well, our bodies vibrate vitality, and our thoughts and emotions are in alignment with our soul's truth. The polarity model of healing sees the body's imbalances as the final "printout" of information entered long ago. Polarity Therapy serves as the key that can unlock the door to the source, thereby allowing for genuinely new choices. Utilizing hands-on contacts, toning, breathing, and gentle counseling techniques, this work embodies a full holistic healthcare system and can be used to empower other modalities as well.

What is Integrative Craniosacral Unwinding?

Integrative Craniosacral Unwinding is a therapeutic modality that offers a specialty training for the body worker, massage therapist, chiropractor, physical therapist, anyone working in the healing arts with the body. It teaches the practitioner how to use their palpation skills (to become present in their hands) to get into harmony, resonance and rapport with the fluidic nature of the body. It also teaches a thorough treatment of the connective tissue system throughout the body, from the tip of the toes to the top of the head.

Students learn how to approach the client with healthy boundaries, honor the person and their innate healing process, and create a relationship that is noninvasive and client centered. Upon completion of this program students receive a certificate that acknowledges that they have met a basic competency in classical and contemporary craniosacral techniques.

Integrative Craniosacral Unwinding is process work which speaks the language of cellular reality. The focus of this system is on garnering the healing energy within the body, which jump starts the person's own healing ability and process. Integrative Craniosacral Unwinding is complimentary adjunctive therapy to any other modality, on the tissue or energetic level, and makes a significant contribution.

Philosophy and Vision

The purpose of Polarity Healing Arts of California is to provide educational classes and programs to individuals desiring healing and self-awareness for themselves and others. We offer education for the advancement of Life Energy-based healing skills. Our educational programs are intended for those who wish to practice the natural hands-on healing techniques of Polarity Therapy and Integrative Craniosacral Unwinding.

Our classes are open to all who are beginning their journey into the healing arts as well as those who are currently practicing body-mind-spirit healing arts, such as massage therapists, bodyworkers, chiropractors, doctors, nurses, and acupuncturists.

Our mission is to teach individuals how to maximize their efficiency in the practice of Life Energy healing skills, how to respect the boundaries of their clients, and how to provide an optimal healing environment by learning how to work with Life Energy.

Polarity Healing Arts of California is approved by:

- The American Polarity Therapy Association [APTA].
- The National Certification Board for Therapeutic and Massage Bodywork [NCBTMB]— Category "A" approved.
- The California Bureau for Private Postsecondary Education [BPPE]— in accordance with the provisions of California Education Code 94900 and/or 94915. [Approval to operate means compliance with the minimum state standards and does not imply any endorsement or recommendation by the state or by the council.]
- State of California Board of Registered Nursing
- State of California Acupuncture Board
- National Certification Commission for Acupuncture and Oriental Medicine



Polarity Healing Arts of California

Program Overview

All trainings at Polarity Healing Arts of California are designed to meet the requirements for professional practice as determined by the American Polarity Therapy Association. In some instances we have added hours that are not required by APTA, to meet the needs that we believe are necessary for professional practice. Our curriculum has been developed over the past thirty years and is based on the life work of Dr. Randolph Stone and the Polarity Wellness Network.

Polarity Healing Arts of CA offers the following programs:

* Associate Polarity Practitioner (APP) Program	139 hours
* Registered Polarity Practitioner (RPP) Program	438 hours
* Integrative Craniosacral Unwinding (ICSU) Program	216 hours
* Complementary Healing Techniques (CHT) Program	270 hours

Graduates of our APP program are eligible to join APTA* as Associate Polarity Practitioners and can continue on for advanced Polarity Therapy training at Polarity Healing Arts of California or any of the many Polarity Wellness Network schools throughout the U.S. and Europe.

Graduates of our RPP program are eligible to join APTA as Registered Polarity Practitioners.

Graduates of our programs may receive a certificate which is approved by the following associations: NCBTMB, ABMP, California BPPE, and APTA.

The CHT program contains a multitude of applications and techniques to complement many forms of therapies, including but not limited to Polarity Therapy, Integrative Craniosacral Unwinding, psychotherapy, massage therapy, sound therapy, acupuncture, and physical therapy. Students who complete all of the courses in the CHT Program will receive a certificate from PHA honoring this achievement. This program is approved by California BPPE.

For more information on our programs see Program Requirements, Fees, and Course Descriptions.

Personnel

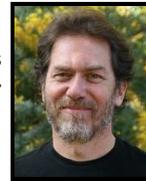
Executive Director & Senior Instructor Gary B. Strauss, RPP, PWE, MS

Gary B. Strauss founded Polarity Healing Arts in 1986 and is dedicated to its ongoing evolution and success. He is the founder and executive director of the Polarity Therapy and Integrative Craniosacral Unwinding programs offered through the Institute of Psycho-Structural Balancing [IPSB] in Culver City, California, the Southwest Institute of Healing Arts [SWIHA] in Tempe, Arizona, The Open Center in NYC and is the senior instructor for the Polarity Wellness Network.

Gary brings over 30 years of training and practice to the teaching of Polarity and Integrative Craniosacral Unwinding and has trained thousands of students in the U.S. and Europe. He facilitates retreat-style intensive trainings in Hawaii, Switzerland, and California, and maintains an active private practice in Los Angeles, Arizona, and New York.

His intention is to activate the astounding nature of the elements in a way that expands freedom to fulfill one's highest potential.

Currently, Gary is creating a sanctuary in the Santa Monica mountains for people to unwind the stresses of civilized living, thereby deepening their relationship and connection with their inner wisdom and true nature.



Tracy Griffiths, RPP, PWE, CMT

Tracy is the program director for Polarity Healing Arts and has been practicing in the healing arts since 1988. She is a graduate of the Institute of Psycho Structural Balancing, where she also teaches the APP program. Tracy utilizes and weaves her training in the martial arts, massage therapy, yoga and essential oils into her classes, offering diverse, integrative and practical approach to this work. Tracy is greatly devoted to sharing her knowledge with others for the purpose of personal deepening and connection to their own inner wisdom. As the program director she works with Strauss to create and implement curriculum for students to explore the diversities of the healing arts. She is dedicated to bringing this work out into the world and provides the environment to assist others in their personal quest for growth and healing.



Instructional Staff

James Arena, RPP, CPE

James Arena has been practicing Polarity Therapy since 1979. He began his search for alternative and deeper healing when challenged with his own health issues and found Polarity Therapy to be the most effective method of self healing. His studies have included Emotional Anatomy, Polarity Cranial-Sacral Therapy and specialize in “voice-dialogue”, which reaches interior conflicts to create resolution and natural harmony. James has been featured on several health talk radio programs nation wide and his special and unique approach to this healing art spans to over 25 years of service.



John Beaulieu, N.D., Ph.D

John Beaulieu is one of the foremost philosophers and major innovators in the area of sound healing therapies. A world-renowned speaker, composer, pianist, and naturopathic doctor, Dr. Beaulieu has pioneered a technique called BioSonic Repatterning™. Dr. Beaulieu's career spans thirty years of arts, healing arts, and martial arts. He is a graduate of Purdue University (B.A. 1970), Indiana University (M.S., A.B.D. 1973), International College of Naturopathic Medicine / Santa Fe College of Natural Healing (1977), and Westbrook University (Ph.D. 1994). He is a Board Certified member of the American Naturopathic Medical Association and a Registered Polarity Practitioner member of the American Polarity Therapy Association.



Pat Brown, RPP, CPE, CMT

Pat Brown is a graduate of Polarity Healing Arts and practitioner in bodywork since 1990. She has been teaching Massage, Craniosacral, and Polarity therapies in a multitude of institutes since 1998 and is dedicated to providing a safe learning space for people to come and experience energy, personal growth, and their inner truth. It is her love of the work and deep respect for the healing process that she brings to the classroom to share. In addition to teaching the basic CranioSacral Unwinding Program at PHA, Pat maintains a private practice of an array of therapies at The Oasis Healing Center, a Holistic Healing center in the Los Angeles area.



Lynn Dennison, MA, MBA, RPP, PWE, RPE,

Lynn has studied Life Energy, Polarity, and Craniosacral Unwinding intensively since 1997. She has assisted hundreds of students in Craniosacral Unwinding classes and retreats in Los Angeles and Hawaii, and she has actively participated as a teaching assistant in every advanced polarity program and intensive held by Polarity Healing Arts since 1999, in Los Angeles, Hawaii, British Columbia, and Switzerland. More recently, she has been co-teaching the Teacher Training programs offered by Polarity Healing Arts, in Los Angeles and Arizona.



Dina Fraboni, RPP, CPE, LMT

Dina is a certified Polarity Educator through the American Polarity Therapy Association, certified Advanced Thai Yoga Therapist, licensed massage therapist, and ordained minister. Currently as a member of the teaching staff at Polarity Healing Arts she co-facilitates the 178hr Associate Polarity Therapy program, and is a contributing teacher in the 500hr advanced Polarity, Craniosacral and Teacher Training programs. Dina has also served as guest teacher in the APP program at The Southwest Institute of Healing Arts in Tempe AZ, and been a part of the teaching team of Polarity In Paradise a retreat intensive in Hawaii for 3 years.



Denyce Giannioses, RPP, CPE

Denyce Giannioses is a healer and teacher who support people to experience their true potential in life and relationships. A Registered Polarity Practitioner and Polarity Wellness Educator, she has been studying vibrational medicine, trauma release, and the healing arts for over 19 years. Her unique approach to healing is holistic, creative, and draws from a wealth of techniques, including energy and bodywork, counseling, prenatal/birth therapy, movement, and meditation. Denyce holds her healing practice in Redondo Beach, CA and teaches Polarity Therapy, Craniosacral Balancing and Pure Expression workshops in the Los Angeles and Orange County areas.



Mary Hardin, RPP, PWE, CPE, CMT

Mary Hardin first came to Polarity and Craniosacral Unwinding as a client in the early '90s. After experiencing a particularly transformative session, she enrolled in her first Polarity class in 1998 "to find out what this was all about..." She continues to study, explore and witness the power of this work to change her life and that of others. Now, a graduate of Polarity Healing Arts and the Institute of Psycho Structural Balancing, she maintains a private practice in Polarity and Craniosacral Unwinding and teaches introductory Polarity classes at Polarity Healing Arts of California and the Massage School of Santa Monica



Pamela Mc Bride, RPP, PWE, CMT

For the last 20 years Pamela's studies in the healing arts have included, acupressure, homeopathy, nutrition, mind-body therapies, as well as Hatha and Tantric yoga. Since 1999 she has made an intensive study of Polarity Therapy, CranioSacral Therapy, Reflexology, Lymphatic, Visceral, Therapeutic Circulatory and Thai Yoga Massage. Pamela graduated the Teacher Training Program offered by Polarity Healing Arts. She has dedicated her life to a Buddhist spiritual practice since the age of 19.





Polarity Healing Arts of California

Locations and Facilities

Class Locations

Polarity Healing Arts holds classes at the following locations:

Temescal Canyon Gateway Park, Conference and Retreat Center
15601 Sunset Blvd.
Pacific Palisades, CA 90272

Institute of Psycho-Structural Balancing [IPSB]
5817 Uplander Way
Culver City, CA 90230
Free parking is available at this location.

For classes, massage tables are provided for students. Students are required to bring their own sheets (twin-size with pillowcase) and a hand towel, for hygienic reasons.

Required and recommended books are NOT included in tuition fees.

Both classroom locations and the equipment utilized fully comply with any and all federal, state, and local ordinances and regulations including fire and building safety requirements and health codes.

Administrative Office

Polarity Healing Arts Administrative Office
19600 Cave Way
Topanga, CA 90290

Students may visit the administrative office *by appointment only*, to purchase books or to register for classes.

Class Schedule

Polarity Healing Arts offers year-round programs including daytime, evening, and weekend classes to accommodate students with diverse schedules. Current schedules are inserted into this catalog.

For more information, contact Polarity Healing Arts Administrative Office at (310) 455-7873 or visit us on the web at www.polarityhealingarts.com/calendar.htm

Admission Information

Free Introductory Workshops

Polarity Healing Arts holds free introductory classes for Polarity Therapy and Integrative Craniosacral Unwinding every spring and fall. [See insert for times, dates, and locations or contact the school.] Instructors demonstrate techniques and introduce the philosophy of our training and our school. Attendees may also participate in simple energy exercises and perform basic moves with each other. These orientations are very helpful in presenting the basic principles of the work in a welcoming, creative, and fun atmosphere.

Admission Requirements

Admission is based upon a student's character and intentions for being a healing arts practitioner, ability to satisfy financial commitments, and the ability to complete the course work as determined by submission of a completed application. In addition, the applicant must:

- Be a high school graduate or equivalent.
- Be at least 18 years of age.
- Be physically fit enough to perform bodywork.
- Have a serious intention to help others.
- Have reasonable command of the English language.

Polarity Healing Arts accepts applicants without regard to age, sex, race, or personal beliefs. The school may refuse applicants who it deems are not suited or qualified for this field or for the style of education of our institution.

Enrollment Procedures

Students may enroll any time prior to the start of a class. Applicants are encouraged to enroll at least two weeks before the starting date in order to guarantee a place in class. Registration can be done by mail or by phone.

Enrollment is limited to 20 students per class at the Temescal Canyon and IPSB locations and to 10 students at the Polarity Healing Arts location.

Payment Options

Payment in full for each class should be made at the time of registration. However, installment arrangements can be made through the administrative office for any of the courses or programs offered. Visa, MasterCard, Discover, and American Express are accepted. Call our administrative office to inquire about a payment plan to fit your financial needs. For registration in an entire program, we offer payment plans from 6-18 months with no interest, only to students in good standing with the school.

Deposit Fees

A \$50 deposit is required to hold your space for all classes offered by Polarity Healing Arts. **Deposits for class are non-refundable.** Deposit is due with class registration.

Financial Aid

Polarity Healing Arts of CA does not participate in federal or state financial aid programs.

General Policies

Attendance

Students are expected to attend all scheduled classes. The instructor of each class will record absences and tardiness. If a scheduled class is missed, the student must complete classroom hours and instructional material at a later time. Make-up sessions may be personally arranged with individual instructors.

Failure to complete the hours of classroom attendance required for a course will result in an "incomplete" assessment by Polarity Healing Arts, and any Certificate of Completion will be withheld until all required hours are completed. Students who are absent more than twenty percent of a course will be required to repeat the course.

Leave of Absence Policy

If a student needs to take a leave of absence from the program, the student may request a refund for classes not yet taken, less a \$50.00 deposit.

Student Conduct

At the discretion of the instructor, a student may be dismissed from class for serious or repeated incidents of intoxication or drug use. Possession of drugs, alcohol, or a weapon, exhibiting behavior that creates a safety hazard to others, or disobedient or disrespectful behavior toward a student, teacher, or administrator are also grounds for dismissal.

Graduation/Course Evaluation Requirements

The following criteria may be used to evaluate a student's mastery of the theory and techniques presented within the program:

- *Attendance
- *Punctuality
- *Class participation, attentiveness, cooperation, and enthusiasm
- *Theoretical application
- *Practical application of techniques, including sensitivity, concentration, and relatedness.

Students will graduate only if all monies are paid, all evaluations are passed, and all assignments and hours are completed. Missing hours, evaluations, and assignments must be made up within a three (3)-month period from the graduation date. Make-ups after that date will not be accepted, and the class will be considered failed.

Record Retention

Student records are retained for a period of no less than five (5) years.

Withdrawal, Refund and Cancellation Policies

Students have the right to cancel the enrollment agreement and obtain a refund of charges. Any cancellation must be given in writing either in person or by mail. Students shall be given until midnight following the first day of instruction to withdraw from a course and to receive a refund of all tuition paid less a \$50 deposit. Refunds for cancellation after that period are based on a pro rata calculation. Students will be charged for the hours of instruction received up to the date the student formally cancels his/her enrollment. Any refunds due will be made within thirty (30) days of the formal cancellation date. Refunds are based on the following formulas and on advanced payment in full.

10% Hours of Instruction	90% Refund
25% Hours of Instruction	75% Refund
50% Hours of Instruction	50% Refund
60% Hours of Instruction	40% Refund
75% Hours of Instruction	25% Refund
100% Hours of Instruction	No Refund

Each: **Less the \$50 deposit and a \$10 processing fee.**

* PHAC reserves the right to cancel any class within 3 days of the class start date. If a class is cancelled, the student will receive a full refund within 7 days of the scheduled start date for the class.

Clock Hour Definition

One clock hour is defined as 56.5 minutes of lecture or practical and 3.5 minutes of rest time. All classes are calculated based upon a 60-minute clock hour. One hundred and fifty clock hours are equivalent to 139.60-minute hours.

Licensing Requirements

There is no specific license required to practice Polarity Therapy or Integrative Craniosacral Unwinding in California. For practitioners intending to practice Polarity Therapy and CranioSacral Unwinding in California, it is recommended that you obtain a massage license for the city or county you wish to practice in or obtain a California State Massage License through the California Massage Therapy Council in Sacramento. We recommend getting your massage training at the Institute of Psycho-Structural Balancing [IPSB], in Culver City, California, at (310) 342-7130. Polarity Healing Arts does not teach massage therapy.

California presently offers a voluntary statewide licensing program for bodywork therapists. All state approved massage/bodywork schools offer certification for the state of California. Certification is not to be confused with licensing. Most cities and counties in California require a valid massage certificate prior to granting a license to practice. Polarity Healing Arts of CA classes are applicable to the voluntary state licensing program for massage therapists.

Discounts

Polarity Healing Arts offers the following discounts in any program. There are no double discounts applied to the same invoice.

Re-Take Discount – 50% off any class that is a repeat course previously attended at PHA.

Paid-in-Full Discount – 10% off 3 or more classes that are fully paid in advance.

Transcript Fee

Transcripts are prepared at a student's request. The student must allow 15 days to receive the transcript either by mail or fax. There is \$10 charge payable at the time the request is made.

Materials and Equipment

All materials necessary for completion of the APP, RPP, ICSU, and CHT programs are provided, with the exceptions of books and sheets, or as otherwise indicated.

Transferring Credits

Due to the unique nature of our curriculum, PHAC generally does not accept credits from other healing arts institutions.

Notice concerning transferability of credits and credentials earned at our institution.

The transferability of credits you earn at PHAC is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in Polarity Healing Arts educational program is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending PHAC to determine if your certificate will transfer.

Please note: All classes are taught in English unless otherwise specified. We do not provide English language services.

Program Requirements, Fees, and Course Descriptions

Associate Polarity Practitioner (APP) Program

The Associate Polarity Practitioner program is the first step on the journey of exploring Life Energy at Polarity Healing Arts of California. The five core classes (described below) are designed to help the student explore, discover, and uncover their own skills and talents while learning the fundamental techniques of Polarity Therapy. In addition, the APP program can stimulate and support a student's self-healing process and help them begin or deepen their own spiritual journey.

The following course work is required to complete the APP program:

Polarity Therapy Basic One	17 hours
Polarity Therapy Basic Two	42 hours
Communication for Bodyworkers 1	42 hours
Evaluation	17 hours
Study Group	21 hours
Total	139 hours

In addition to these class requirements, to be eligible to register as an Associate Polarity Practitioner with the American Polarity Therapy Association, a student must also:

- Receive 5 polarity sessions from a Registered Polarity Practitioner [RPP] approved by the school.
- Complete 30 written case studies that are reviewed by an RPP from the Polarity Healing Arts Mentorship Program. [These 30 case studies are applicable toward the 100 case studies required for RPP eligibility.]

APP Program Course Descriptions

Energy One: "The General Session"

17 hours

This class sets the foundation for all the other classes in the Polarity programs and introduces the basic principles of how energy flows in the body. Students learn the Polarity General Session, a complete bodywork protocol for aligning and balancing Life Energy. Emphasis is placed on developing the art of touch and understanding the relationship between body, mind, and spirit in the healing process. Using hands-on contacts, toning, breathing, and gentle counseling techniques, Polarity Therapy embodies a complete holistic health care approach that can be used with many other bodywork modalities.

Energy Two: "The Elements"

42 hours

Polarity Therapy is based on five elements [Ether, Air, Fire, Water, and Earth] and understanding how those elements are expressed energetically in the body. This class offers an in-depth exploration of the elemental qualities of energy. Students learn bodywork protocols and basic Polarity exercises for balancing each element. Emphasis is placed on understanding how the elements are moving in our own lives and bodies, so that we can work with these energies in others. This class often includes excursions to experience the elements in nature.

Communication for Bodyworkers I

42 hours

This class focuses on verbal and non-verbal communication skills to help establish healthy boundaries between practitioner and client. The class facilitates finding rapport and understanding during a session. This class, while not a substitute for psychological training, explores the relationship between mind and body with an emphasis on integrating verbal work with bodywork. Students learn to talk to the energy of the system, to help guide their clients to resolution without getting too caught up in the content of someone's story.

Evaluation

17 hours

This class helps students integrate their polarity skills to create balanced sessions, time management skills, and appropriate boundaries. The class also helps prepare students to begin their practice. It focuses on integrating verbal and non-verbal techniques and helps the student learn to focus on the issue and to get to the point with each client they work with. The student also learns how to write up case studies using evaluative and management skills.

Study Group/Student Clinic

21 hours

Study Group provides students with an opportunity to do an entire session on a client they do not know and to receive reflection and feedback from their instructors and peers. Each practitioner is encouraged to embrace personal strengths and to meet challenges that unfold during an actual session that is witnessed by others.

Registered Polarity Practitioner (RPP) Program

The Registered Polarity Practitioner program is an advanced training in Polarity Therapy that provides students with an in-depth exploration of the Life Energy healing protocols developed by Dr. Randolph Stone.

The following course work is required to complete the RPP program:

Advanced Elements	36 hours
Advanced Study Group/Student Clinic	16 hours
Advanced Supervision	16 hours
Autonomic Nervous System	24 hours
Business & Professional Ethics	32 hours
Cleanse Group	21 hours
Communication for Bodyworkers II	32 hours
Energetic Nutrition	16 hours
Five-Pointed Star & Lymphatic System	16 hours
Integration of RPP Skills	8 hours
Internship/Practicum	45 hours
Polarity Exercise	14 hours
Six-Pointed Star & Colon	16 hours
Spinal Balancing	<u>24 hours</u>
SubTotal	316 hours
Craniosacral Unwinding Classes I, II, & III	72 hours
Additional electives are also required	50 hours
**Total	438 hours

In addition to these class requirements, to be eligible to register as a Registered Polarity Practitioner with the American Polarity Therapy Association, a student must also:

- Complete the requirements for the APP program.
- Provide transcript showing the completion of 100 hours of Human Anatomy
- Receive 10 polarity sessions from an Registered Polarity Practitioner approved by PHAC.
- Complete 70 additional written case studies [for a total of 100 case studies] that are reviewed by an RPP from the Polarity Healing Arts Mentorship Program.

RPP Program Course Descriptions

Advanced Elements

36 hours

This class helps students gain a deeper relationship with the five elements. It explores the physical anatomy of Dr. Stone's oval fields and looks at how the chakras shape and are shaped by our experiences. How behavior and culture impact those experiences and the psychological and spiritual implications of trauma and abuse are also discussed. Students learn to develop clinical applications of Polarity Therapy to assist clients facing specific physical conditions.

Advanced Study Group/Student Clinic

16 hours

This class provides an opportunity to work with clients under direct clinical supervision. The practitioner becomes empowered through self-reflection and peer/instructor feedback in the clinical setting.

Advanced Supervision

16 hours

Students bring examples of specific case studies they have done that have been personally challenging. These examples are examined and reflected in such a way that helps students explore their personal process and practice, especially concerning transference and counter-transference issues. Supervision work is essential to keep the client/practitioner relationship clean, clear, and healthy.

Autonomic Nervous System

24 hours

The autonomic nervous system is the interface between mind and body. Students learn advanced techniques to release holding patterns in the spine, brachial plexus, perineum, and coccyx that bring balance to the parasympathetic/sympathetic nervous system and help to integrate mind, body, and spirit.

Business & Professional Ethics

32 hours

This class gives students a foundation in professional ethics and helps strengthen their business and boundary skills. The intention is to empower, prepare, and motivate students to become successful financially, emotionally, consciously, and spiritually while honoring their work in life.

Cleanse Group: “Dr. Stone’s Health Building”

21 hours

As one makes the commitment to cleanse and the old debris falls away, our life energy becomes lighter and clearer. Cleansing can be an extremely insightful and inspirational process as it helps us create the space in our lives to become more vibrant and stronger. Using Dr. Stone’s Health Building techniques as our guideline, this class includes concepts of cleansing through a self-exploratory process. Students work at their own pace and learn to and principles for spiritual, mental, emotional, and physical rejuvenation.

Communication for Bodyworkers II

32 hours

This class offers an opportunity to review and master the skills learned in Communication for Bodyworkers I. It explores new ways of speaking directly to the cause of a client’s distress and crisis. It helps students strengthen their boundaries and develop skills in pattern interruption, metaphors, and future pacing. Student will receive direct coaching in evaluating their own patterns of communication and will be supported in finding ways to break those patterns.

Energetic Nutrition

16 hours

Students learn to recognize the elemental qualities of food. Students explore tools like food diaries to help them honor their clients’ relationships and patterns with food. This class integrates esoteric, energetic, traditional, and scientific understanding of nutrition. It provides experience and awareness that help students guide their clients toward a balanced and holistic relationship with food.

Five-Pointed Star & Lymphatic System

16 hours

The five-pointed star in the body can reveal how we experience life. This class involves recognizing this image in our clients and learning techniques for bringing the system into balance. It also focuses on cleansing and fortifying the body’s energetic lymphatic system by understanding its anatomy and physiology and using energetic lymphatic massage. Students learn which herbs, essential oils, and food facilitate keeping the system clean and healthy.

Integration of RPP Skills

8 hours

This class explores ways for students to incorporate all of the skills and tools they've learned and to use them in a polarity session.

Internship/Practicum

45 hours

This is the final classroom experience for students who have completed all the other RPP classes. Each student gives a session to a client in front of the entire class and then receives feedback from teachers and classmates. It is an empowering experience and a rite of passage into private practice.

Polarity Exercise

14 hours

In this class students explore stretching postures, breathing, and sound as a way of increasing vitality and flexibility and to balance each of the five elements within the body. Students learn ways of using Dr. Stone's exercises with their clients to help continue on their own the work that begins during a polarity session. Polarity exercise is easy and fun and can be done by almost anyone regardless of age or physical condition.

Six-Pointed Star & Colon

16 hours

The six-pointed star has two triangles, one facing up and the other down. Dr. Stone said, "As above, so below. What goes on in the earth also goes on in heaven." Students learn to integrate these fields by balancing the highest frequencies of the spine with the lowest frequencies of the colon.

Spinal Balancing

24 hours

This class explores Dr. Stone's techniques of balancing the sacrum and aligning the spine. The spine is the tree of life, which rests on the sacrum or "sacred bone". When the sacrum and spine are aligned, the cranium opens like a flower. Students learn muscle and vertebrae releases, stretch releases, spinal harmonics, and evaluation skills, and practice energetic clearing of the spinal cord, vertebrae, nerve pathways, and the ultrasonic core.

Integrative Craniosacral Unwinding™ (ICSU) Program

At the completion of this program, a certificate is granted. The following course work is required to complete the Integrative Craniosacral Unwinding™ program:

Craniosacral Unwinding I	24 hours
Craniosacral Unwinding II	24 hours
Craniosacral Unwinding III	24 hours
Craniosacral Anatomy & Listening Skills I	16 hours
Craniosacral Anatomy & Listening Skills II	16 hours
Craniosacral Unwinding IV	16 hours
Craniosacral Unwinding V	16 hours
Communication for Bodyworkers I	42 hours
Evaluation	17 hours
Study Group	21 hours
Total	216 hours

In addition to these class requirements, a student must also:

- Receive 5 cranial sessions from a Registered Polarity Practitioner [RPP] approved by the school.
- Complete 30 written cranial case studies that are reviewed by an RPP from the Polarity Healing Arts Mentorship Program. [These 30 case studies are applicable toward the 100 case studies required for RPP eligibility.]

ICSU Program Course Descriptions

Craniosacral Unwinding I

24 hours

This class sets the foundation for the Integrative Craniosacral Unwinding program. It explores the concepts of the Craniosacral rhythm, fluid tides and the connective tissue system of the body. The focus of the class is on developing palpation skills or cranial touch. The way we touch the body in cranial work is unique and it allows students to listen to the client's system in a deeper way. Students are also introduced to the concept of holding space for the client so that the internal intelligence of the system can be contacted. In addition, this class also explores finding and having boundaries between practitioner and client and unwinding tissue by tracking the inherent movements in the body.

Craniosacral Unwinding II

24 hours

This class focuses on physical and energetic techniques for working with the bones of the cranium and their relationship to the body through the connective tissue system. Students learn to unwind facial bones and explore techniques for working in the mouth and unwinding teeth. This class also looks at classic and energetic stillpoint induction techniques that can be done at both the occiput and the sacrum.

Craniosacral Unwinding III

24 hours

This class integrates all previous work and provides a deeper understanding of full body unwinding. It supports students in finding their "way" with this work by learning to relate to and move with their client's process. Students also learn basic verbal counseling skills to help support the client's process by talking to the system.

Craniosacral Anatomy & Listening Skills I

16 hours

This class is about deepening your palpation skills as a practitioner. It explores the physical and energetic anatomy of the cranial system and helps students learn to listen to the client's system through their hands and through space they are holding for the client. Students learn to palpate the energetic, fluid and physical levels of the client's system.

Craniosacral Anatomy & Listening Skills II

16 hours

Expanding on the topics of Anatomy Listening 1, this class is intended to empower the student/practitioner in their ability to palpate and work with potent aspects of the CranioSacral system.

Craniosacral Unwinding IV

16 hours

This class is an in-depth exploration of the concept of vector axis alignment within the Craniosacral system. Students learn about the anatomy of vectors, how to recognize and palpate them, and techniques for aligning the vectors at all levels of the system.

Craniosacral Unwinding V

16 hours

This class is an in-depth exploration of the concept of the point of balance tension within the Craniosacral system. Students learn to identify and release places of tension within the client's system. This class explores ways of holding one point within the Craniosacral system that allows a client's entire system to come into balance.

Communication for Bodyworkers I

42 hours

This class focuses on verbal and non-verbal communication skills to help establish healthy boundaries between practitioner and client. The class facilitates finding rapport and understanding during a session. This class, while not a substitute for psychological training, explores the relationship between mind and body with an emphasis on integrating verbal work with bodywork. Students learn to talk to the energy of the system, to help guide their clients to resolution without getting too caught up in the content of someone's story.

Evaluation

17 hours

This class helps students integrate their polarity/cranial skills to create balanced sessions, time management skills, and appropriate boundaries. The class also helps prepare students to begin their practice. It focuses on integrating verbal and non-verbal techniques and helps the student learn to focus on the issue and to get to the point with each client they work with. The student also learns how to write up case studies using evaluative and management skills.

Study Group

21 hours

Study Group provides students with an opportunity to do an entire session on a client they do not know and to receive reflection and feedback from their instructors and peers. Each practitioner is encouraged to embrace personal strengths and to meet challenges that unfold during an actual session that is witnessed by others.

Complementary Healing Techniques (CHT) Program

The Complementary Healing Techniques program offers students the opportunity to learn various modalities and techniques in the healing arts, designed to support and enrich the practitioner's skill set. Students who complete all of the courses in the CHT Program will receive a certificate from Polarity Healing Arts honoring this achievement. Courses in this program are also approved as elective credits toward completion of the RPP program, and in many cases can be applied for continuing education. This program is approved by California BPPE.

CHT Program Course Descriptions

Introduction to Craniosacral Biodynamics

16 Hours

In this course students will sit with the slower, deeper tides, rhythms, and stillness of cranial work and learn how to apply these therapeutically, including going back and forth between Long Tide (once every 2-1/2 minutes) and Mid Tide (2-1/2 times a minute). We will then apply this approach to the ethmoid-sphenoid-frontal area, incorporating states of consciousness as well as perceptual skills.

Trauma Resolution Therapy

136 Hours

Trauma Resolution Therapy (TRT) is based on Somatic Experiencing, Peter Levine's groundbreaking work with how to re-regulate our physiology and nervous system when it has been traumatized. TRT teaches the client to become curious about bodily sensations in a way that opens neural pathways and allows trauma-bound energy to discharge safely. You will learn principles of the link between sensations and discharge, the importance of carefully controlling the level of activation, and how this system is so precise and reliably effective in building resiliency for future events as well as healing the effects of overwhelm from the past. The work is usually done as an adjunct to psychotherapeutic, allopathic, energy healing, and bodywork modalities, and for those who work with traumatized people. With sufficient experience, some will do TRT as a stand-alone therapy. Many experienced practitioners have called it the "missing link" in healing because of the grace and ease with which it effectively addresses a difficult area of healing.

Thai Yoga Therapy

48 hours (or portions there of)

Thai Yoga Therapy (or Thai Massage) integrates the art of traditional Thai massage with other techniques and practices of Yoga Therapy. This deeply therapeutic modality is a combination of rhythmic massage, acupressure, assisted stretching, breath work, and energy balancing. Thai Yoga Therapy has been described as assisted Hatha Yoga and becomes a beautiful and graceful dance between giver and receiver. Students learn the history and theory of Thai Yoga, its relationship to Buddhism, Ayurveda, and Polarity Therapy, body mechanics and yoga stretches for the practitioner, a complete 2-hour full-body Thai Yoga Therapy session including gentle polarity energy holds and deep restorative poses.

Thai Yoga for Partners

2.5 hours

Students will be guided in a Thai Yoga exchange applying a combination of yoga stretches, rhythmic massage, acupressure, breath work, and energy balancing.

The Raindrop Experience

8 hours

In this workshop you will be learning which essential oils assist the electrical energies of the body, raise the energetic frequencies, balance the central nervous system, release dormant viruses that hibernate along the spine and highly oxygenate the cells of all the systems. This treatment can be integrated with all types of emotional and physical therapies. This class requires that you bring towels and a set of sheets to class.

Kinesiology 101

8 hours

Tuning in to the wisdom of your body/energy system in this class, you will learn the fundamentals of kinesiology, or muscle testing. You will be empowered to access the wisdom of your energy system—body, mind and spirit— to discern what is life-supportive so that you can make the best choices in regard to physical substances like foods, supplements, and herbs, and also thoughts, actions, and emotions. Learn how to tune your energy system to higher frequencies physically and energetically and have an experience with different forms of muscle testing for yourself and others.

Sound Healing with Tuning Forks

16 Hours

(Dr. John Beaulieu)

Sound Healing with Tuning Forks uses a BioSonic energy medicine approach, developed by Dr. John Beaulieu, which integrates spiritual wisdom, energy healing, systems science, and molecular research. Students learn practical methods of using tuning forks to tune the nervous system, stimulate trigger points, and align posture. Special emphasis is given to developing systematic evaluation methods based on energy field evaluation. Evaluation methods include postural analysis related to sonic intervals and five element evaluation, which emphasizes voice and movement. The material is supported by clinical examples and stories based on Dr. Beaulieu's 33 years of practice. BioSonic Sound methods will include the use of Pythagorean Tuning Forks, Otto (osteophonic) Tuning Forks, Music, and Voice.

The Seven Levels of a Still Point

16 Hours

(Dr. John Beaulieu)

This class follows different cranial rhythms through seven energetic levels into the heart of stillness. Images, sensations, emotions, thoughts, undulations, and oceanic perceptions are discussed in the context of "veils of stillness". Anatomical and physiological changes are connected with a larger continuum of energetic transformation. Discussions are supported by special pictures drawn by patients as part of their stillpoint process.

Reading Dr. Stone

3.5 hours

(Dr. John Beaulieu)

Reading Dr. Stone focuses on learning a special system developed by Dr. John Beaulieu for understanding Dr. Stone's text and charts. The class focuses on Dr. Stone's model of "mind" and uses readings from Book One, Volume I and Charts 9 and 10 from Book Two, Volume I to illustrate his creative process. We then apply the "Dr. Stone reading key" to many other charts to build our confidence and anchor our new ability to understand and appreciate Dr. Stone and what he has given us.

Sound, Consciousness, and Tuning Forks

8 Hours

(Dr. John Beaulieu)

Sound and Consciousness focuses on the relationship of consciousness and healing. The class utilizes individual and group experiences using special BioSonic tuning forks, which include overtone tuning forks, Fibonacci tuning forks, brain tuning forks, and body tuning forks to teach the ascent of consciousness. Lectures focus on an energy medicine model of consciousness and healing, the history and science of understanding consciousness, and the anatomical mapping of the ascent of consciousness based on sound. Special emphasis is given to molecular research related to the experience of "spirit molecules" activated by sound. Special methods of using his Sound and Consciousness tuning forks for working with pain reduction, dreaming, vision states, and addictions will be introduced.

Voice Process and Awareness Counseling

8 Hours

(James Arena)

Voice Process and Awareness Counseling is a Gestalt therapy that blends and unites the discords of our personal and daily conflicts. Witness is a powerful healing tool. This class is a healthy and simple way to process these conflicts in the group setting. We will practice facilitating with each other and learn the tools of keeping boundaries clear, respectful, and sacred during this processing time. Learn the invaluable tools of 'listening' and pro-active participation with all the voices of the internal self.

Polarity Healing Arts of California

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Approval Disclosure Statement
(to Comply with the State of California Education Code)

Polarity Healing Arts of California is approved by the Department of Consumer Affairs, Bureau of Private Postsecondary Education pursuant to California Code Section 94311. The Council's approval means that the institution and its operation comply with the standards established under the law for occupational instruction by private postsecondary educational institutions. Institutional approval must be reviewed annually and is subject to continuing review.

Approval for the Following Courses:
Associate Polarity Practitioner - 139 hours
Registered Polarity Practitioner - 438 hours
Integrative Craniosacral Unwinding Practitioner - 216 hours
Complimentary Healing Techniques—270 Hours

Instruction is in residence with both facilities occupancy level accommodating 30 students at one time. California statute requires that a student, who successfully completes a course of study, be awarded a diploma or certificate verifying the fact. A Certificate of Completion is awarded upon satisfactory completion of the offered programs.

Polarity Healing Arts of California does not currently have available sponsored programs, government or otherwise, to provide grants or to pay for portions of tuition fees. Person seeking to resolve problems or complaints should first contact the instructor in charge. Requests for further action may be made to the Executive Director, Gary Strauss.

A student of any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling 888-370-7589 toll free or by completing a complaint form which can be obtained on the Bureau's internet website at www.bppe.ca.gov.

All information in the content of this catalog is current and correct and is so certified by Gary Strauss, Exec. Director.

State of California Student Tuition Recovery Fund

California law requires that upon enrollment, a fee be assessed by the institution in relation to the cost of the tuition (Education Code Section 94343) These fees support the Student Tuition Recovery Fund (STRF), a special fund established by the California Legislature to reimburse students who might otherwise experience financial loss as a result of (a) the closure of the institution, (b) the institution's anticipatory breach of the agreement for the course of instruction, or (c) a decline in the quality and value of the course instruction within the 30-day period before the institution's closure. The Fund protects only California students. Institutional participation is mandatory.

It is important that enrollee keep a copy of any enrollment agreement, contract, or application to document enrollment, and tuition receipts or canceled checks to document the total amount of tuition paid. Such information may substantiate a claim for reimbursement from the STRF, which must be filed within one year of the Council's service on the student of his/her rights under the STRF, if no notice of rights is served to the student, within four years of institution's closure. For further information or instruction contact:

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