



Healing Dance[®] Logbook

Practitioner Certification

Underwater Practitioner Certification

Healing Dance Session Log Form

Healing Dance Session Feedback Form

Healing Dance Code of Ethics

This logbook belongs to _____

If found please contact me by email _____ or phone _____



Healing Dance Practitioner Certification



Water Courses and Sessions	Pre-requisites	Hours
1. a) Introduction to Healing Dance b) Aquatic Basics c) Watsu I d) AQUATHERICS® class AQUATERNATIVES® foundation e) Supervision with Senior HD Instructor	none	16 or 50
2. Healing Dance I	any of the entry level courses	50
3. Integration Day	Healing Dance I	8
4. Healing Dance II	Integration Day	50
5. Integration Weekend	Healing Dance II	16
6. Relating & Mirroring (required for students taking HDI from November 2021 onward)	Healing Dance II	20
7. Final Supervision	Integration Weekend and 30 logged sessions	2
8. Scan copies of course, Integration and Supervision certificates, as well as session log forms to Alexander (healingdance@hotmail.com).	Successful Final Supervision and an additional 50 hours of WABA approved water elective	Total: maximum 246

Additional Requirements:

- a) 100 hours of any type of massage (not limited to, but could include Shiatsu)
- b) 100 hours of Anatomy/Physiology courses
- c) 50 hours of experience in any type of BODY/MIND work such as Hakomi, Bio-energetics, Pre-natal Journey, Peter Levine's Somatic Experiencing, Presence of Being or psychotherapy experience
- d) 16 hours of ethics

Additional Explanation:

Passing on to the next stage of the training track is dependent on a successful outcome of the previous stage. You may be asked to audit a course, do a supervision or do extra sessions before continuing, if the instructor feels it is necessary.

Those who audit Healing Dance I are not required to take the Integration Day. In the same way, all or a portion of Healing Dance II may serve as the Integration Weekend. The Integration Day and Integration Weekend may also be done privately or semi-privately in shorter formats. They are taught by Inika Spence-Whaley, Alexander George, Mary Thomas, Ashaman Gray, Ahara Vatter, Michael Hallock and Kathrin George. The Final Supervision may be done with the same teachers. Please refer to the official website, www.healingdance.org, selecting Our Team and then Teachers to contact them through their emails.

The requirement to take Relating & Mirroring applies to students taking Healing Dance I from November 2021 onwards. Those who began their training before this may complete their certification without Relating & Mirroring, although we encourage taking this course as the skills and experience it provides are essential. Relating & Mirroring may be taken any time following Healing Dance I.

Regarding the 30 logged sessions: 10 are received, 20 are given. Of those received, up to 4 may be from peers, at least 6 must be from HD Practitioners; up to 2 may be underwater. All received sessions must be of Healing Dance. Sessions of Healing Dance received before beginning this training may be included.

Before certification students may use the techniques in unpaid practice sessions, but not say or advertise that they do sessions of Healing Dance. For instance, it would be quite okay to say, "I am studying Healing Dance." "I am on my way toward becoming a Practitioner of Healing Dance." "I use techniques of Healing Dance in my sessions."

On the other hand, if you are already an aquatic professional, for example a Watsu or WaterDance Practitioner, you may of course integrate Healing Dance into your paid sessions before becoming a Healing Dance Practitioner.

Practitioner status gives you a certificate, a listing on the Healing Dance website, the right to use the Healing Dance logo and to say and advertise that you practice Healing

Dance. For instance, "I am a Healing Dance Practitioner." "I give sessions of Healing Dance."

Kindly be mindful that in your promotional materials such as flyers, social media postings, YouTube videos and websites that you correctly label any images or videos of Healing Dance. Please refrain from using the beauty and grace of Healing Dance to promote other techniques. The Vortex and Matador, for example, are often incorrectly attributed to Watsu.

On another ethical note, taking Healing Dance trainings and becoming a Practitioner of Healing Dance does not give you the right to teach any of its principles or moves in any form, separately or integrated into a modality of your own invention. If you are interested in teaching Healing Dance, contact Alexander to learn about the teacher training track.

For those living in the US and Canada to stay current on the WABR registry as a Healing Dance Practitioner, one pays a \$50 fee for a two year listing, thereafter \$25 per annum. For those living in Europe there is a one-time \$50 fee for a permanent listing.

You may study Healing Dance wherever you wish, but to work as a Practitioner we ask you to follow the Healing Dance guidelines established in the country in which you live. At most, this means logging in a few extra hours of training and sessions should you move to a country with a more rigorous program than the one in which you qualified.

When you qualify as a Healing Dance Practitioner it is permanent, but we strongly recommend that you audit further Healing Dance trainings to keep your skills fresh.

Please read the attached Code of Ethics. We invite you to join us in supporting these values on behalf of the reputation of the technique and the safety of our clients.

Entry Level Course (IHD, Aquatic Basics, Watsu I, AQUATERNATIVES) 16 or 50 hours

Course Description	Place/Date	Name of Teacher	Signature of Teacher

Healing Dance I 50 hours

Course Description	Place/Date	Name of Teacher	Signature of Teacher

Integration Day 8 hours

Course Description	Place/Date	Name of Teacher	Signature of Teacher

Healing Dance II 50 hours

Course Description	Place/Date	Name of Teacher	Signature of Teacher

Integration Weekend 16 hours

Course Description	Place/Date	Name of Teacher	Signature of Teacher

Relating & Mirroring (for those taking HDI in November 2021 or later) 20 hours

Course Description	Place/Date	Name of Teacher	Signature of Teacher

WABA Elective 50 hours

Course Description	Place/Date	Name of Teacher	Signature of Teacher

Final Supervision 2 hours

Course Description	Place/Date	Name of Teacher	Signature of Teacher

Healing Dance Logged Sessions

10 Received (at least 6 from Healing Dance Practitioners)

Nº	Date	Name of Giver	Signature
1			
2			
3			
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20 Given (emphasis on sequence, technique, receiving informed feedback)

Nº	Date	Name of Receiver	Signature
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Healing Dance Underwater Practitioner Certification



Water Courses and Sessions	Prerequisites	Hours
1. Healing Dance Underwater Basics (HDUB) or WaterDance I or OBA	Healing Dance I or Watsu I for HDUB	38 or 50
2. Above & Below	Healing Dance I and either WaterDance I or HDUB or AQUATHERICS® class AQUATERNATIVES® foundation or Supervision with Senior HD Instructor	50
3. Shape & Space	WaterDance I or HDUB or AQUATHERICS® class AQUATERNATIVES® foundation or Supervision with Senior HD Instructor	50
4. Integration Weekend	both Healing Dance underwater courses and 40 logged sessions	16
5. Final Supervision	Integration Weekend	2
6. Scan copies of course, Integration and Supervision certificates, as well as session log forms to Alexander (healingdance@hotmail.com).	Successful Final Supervision	Total: 168

The Healing Dance Underwater Practitioner Certification is an advanced certification including one of the entry level courses (see above) followed by Above & Below and Shape & Space.

It is not necessary to first become a Healing Dance Practitioner before becoming a Healing Dance Underwater Practitioner.

You may take the Healing Dance Underwater Basics or WaterDance I anytime after completing Watsu I or Introduction to Healing Dance.

Above & Below and Shape & Space may be taken in either order.

Healing Dance I is a prerequisite to taking Above & Below.

Additional Requirements:

The same land courses required to become a Healing Dance Practitioner plus 16 hours of dance /movement courses, such as Continuum, Contact Improvisation, Authentic Movement, etc.

Additional Explanation:

Passing on to the next stage of the training track is dependent on a successful outcome of the previous stage. You may be asked to audit a course, do a supervision or do extra sessions before continuing, if the instructor feels it is necessary.

40 sessions altogether are required, in a ratio of 30 given to 10 received. These sessions are to be completed and logged before the final supervision. Up to 10 sessions may be given in other underwater modalities studied. The received sessions are all be of Healing Dance, up to four received from peers and a minimum of six from Practitioners.

After taking both Above & Below and Shape & Space, an audit of either course may take the place of the Integration Weekend. The Final Supervision may be done with Inika Spence-Whaley, Alexander George, Mary Thomas and Kathrin George. Underwater Practitioner status gives you a certificate, a listing on the Healing Dance website, the right to use the logo and the right to say and advertise that you are a Healing Dance Underwater Practitioner. For instance, "I am a Healing Dance Underwater Practitioner."

If you are already an aquatic professional, for example a Watsu or WaterDance Practitioner, you may of course integrate Healing Dance into your paid sessions before becoming an Underwater Practitioner.

Kindly be mindful that in your promotional materials such as flyers, social media postings, YouTube videos and websites that you correctly label any images or videos of Healing Dance. Please refrain from using the beauty and grace of Healing Dance to promote other techniques. For instance, if you are also WaterDance Practitioner and have a video showing both techniques in a session, please clarify that.

Taking Healing Dance trainings and becoming an Underwater Practitioner of Healing Dance does not give you the right to teach any of its principles or moves in any form, separately or integrated into a modality of your own invention. If you are interested in teaching Healing Dance underwater trainings, contact Alexander to learn about the teacher training track for them.

For those living in the US and Canada to stay current on the WABR registry as a Healing Dance Underwater Practitioner, one would pay a \$50 fee for a two year listing, thereafter \$25 per annum. For those living in Europe there is a one-time \$50 fee for a permanent listing.

You may study Healing Dance wherever you wish, but to work as a Practitioner or Underwater Practitioner we ask you to follow the Healing Dance guidelines established in the country in which you live. At most, this means logging in a few extra hours of training and sessions should you move to a country with a more rigorous program than the one in which you qualified.

When you qualify as a Healing Dance Underwater Practitioner it is permanent, but we strongly recommend that you audit further Healing Dance trainings to keep your skills fresh.

Please read the attached Code of Ethics. We invite you to join us in supporting these values on behalf of the reputation of the technique and the safety of our clients.

HDUB or WATA I or OBA or AQUATERNATIVES®

38 to 50 hours

Course Description	Place/Date	Name of Teacher	Signature of Teacher

Shape & Space

50 hours

Course Description	Place/Date	Name of Teacher	Signature of Teacher

Above & Below

50 hours

Course Description	Place/Date	Name of Teacher	Signature of Teacher

Underwater Integration

16 hours

Course Description	Place/Date	Name of Teacher	Signature of Teacher

Final Supervision

2 hours

Course Description	Place/Date	Name of Teacher	Signature of Teacher

Underwater Healing Dance Logged Sessions

10 Received (at least 6 from Healing Dance Practitioners)

Nº	Date	Name of Giver	Signature
1			
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30 Given (emphasis on sequence, technique, receiving informed feedback)

Nº	Date	Name of Receiver	Signature
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Healing Dance Session Log



This Session Log is for your own use. Reflecting on these questions and taking the time to write out your understandings can accelerate your growth as a practitioner, bringing continuity and awareness to your development.

What were you aware of before the session? What impressions did you gather of the receiver?

How were you influenced to adopt an approach?

What happened during the session? What were you aware of in yourself and in the client?

What happened after the session? What feedback did you receive?

What do you feel you learned from this session?



Healing Dance Session Feedback



This questionnaire can be filled out by your receivers with the aim of aiding them in self-reflection and helping you to understand how your work is landing. Feel free to print it out and request your receivers to fill it out (especially those to whom you have donated the session).

What difference in your body and yourself do you notice between before the session and afterward?

What is your main impression from the session?

Was there any movement, position or hold that stands out for you?

Was anything uncomfortable?

How would you change or fine-tune a next session?

Is there anything else you would like to add?



Healing Dance Code of Ethics

adapted from the WABA and NCBTMB Code of Ethics

In our water profession it is particularly important to be guided by ethics. We are coming very close to our receivers as we accompany them through states of great openness and vulnerability. In the context of aquatic bodywork, ethics are those rules or agreements that support a sacred healing space for the benefit of clients, as well as preserve the good reputation of the profession. We see ethics in terms of appropriate practitioner and instructor behavior in relation to clients, course participants and colleagues. Ethics also extend to the rights of practitioners and instructors as they interact with clients and course participants.

Being a Healing Dance professional means that you...

1. conduct your professional activities with integrity, honesty, respect and compassion.
2. demonstrate a sincere commitment to provide the highest quality professional service, including a safe, healthy and appropriate environment. This includes respecting the client's beliefs, privacy, emotional expression and reasonable expectations of professional behavior.
3. accurately provide information to clients and the public on the scope and limitations of your disciplines, and represent your qualifications honestly, including your educational achievements and professional affiliations.
4. provide only those services which you are authorized and qualified to perform.
5. recognize the limitations and contraindications of your particular form of bodywork, and refer clients appropriately to other health professionals.
6. respect the rights of clients and other health professionals without discrimination based on race, color, religion, creed, gender, sexual orientation, political affiliation or anything else.
7. safeguard the confidentiality of all client information.
8. respect the client's right to autonomy and informed consent, including the right to refuse, modify or terminate treatment regardless of prior consent.
9. refrain, under all circumstances from initiating or engaging in any sexual behavior or activity in a professional session, even if the client attempts to sexualize the relationship.
10. maintain and improve professional knowledge, competence, and excellence through continuing education and training.

11. refrain from practicing under the influence of alcohol, drugs, or any illegal substances (with the exceptions of prescribed dosage of prescription medication which does not significantly impair the practitioner).

12. be aware of your right to refuse and/or terminate the service to a client who is abusive or under the influence of alcohol, drugs, or any illegal substance.

13. acknowledge the client's right to choose their apparel for a session such that their safety, comfort and privacy is respected, within the requirements of the facility and practitioner's comfort.

14. be aware of your right, with just and reasonable cause, to refuse treatment to anyone or any part of the body.

15. refuse gifts or compensation from any client that may promote any treatment or activity that is not in the client's best interest.

16. avoid entering into significant dual relationships with clients or students for a reasonable amount of time (for example, 30 - 60 days) after terminating the professional relationship. "Significant" is defined as any other relationship in which the personal motives, desires and longings of the therapist/instructor can interfere with or exploit the therapeutic/educational relationship. When a second relationship is considered, therapists/instructors are advised to seek supervision from someone skilled in helping them determine if they can:

A. determine the balance of power that exists between them and avoid entering into a personal or business relationship where there is a significant imbalance between them in areas of money, power, sex, emotional or spiritual maturity and development;

B. achieve clarity of intention and motivation for the new relationship and whether the Healing Dance professional is exploiting the therapeutic relationship for personal gain;

C. assess their ability and that of the client to maintain confidentiality about what happens in the therapeutic sessions while engaged in a second relationship.

17. follow all policies, procedures, guidelines, regulations, codes and requirements promulgated by the WABA Board of Directors.

18. will not teach any principle or move that you learn in Healing Dance trainings without authorization.

19. will represent Healing Dance accurately in promotional materials such as flyers, social media postings, YouTube videos and websites and correctly label any images or videos of Healing Dance.