



WORLDWIDE AQUATIC BODYWORK REGISTRY



# Healing Dance® Logbook for the United States

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 \_\_\_\_\_

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# Healing Dance® Practitioner Certification for the United States



| Water Courses and Sessions  | Pre-requisites   | Hours                 |
|---|--|-----------------------|
| 1. a) Introduction to Healing Dance<br>b) Aquatic Basics<br>c) Watsu I<br>d) AQUATHERICS® class AQUATERNATIVES®<br>foundation<br>e) Supervision with Senior HD Instructor | none   | 16 or 50              |
| 2. Healing Dance I  | any of the entry<br>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. Final Supervision  | Integration<br>Weekend and 30<br>logged sessions   | 2                     |
| 7. Send copies of course, Integration and<br>Supervision certificates, as well as session log form<br>to WABR.  | Successful<br>Final Supervision<br>and an additional<br>50 hours of<br>WABA approved<br>water elective | Total:<br>maximum 226 |

## **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. It may also be done privately or semi-privately in a shorter format of 6 hours. It is taught by Inika Spence, Alexander George, Mary Thomas, Ashaman Gray, Ahara Vatter and Kathrin George. The Final Supervision may be done with the same teachers.

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 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."

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."

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 |
|--------------------|------------|-----------------|----------------------|
|                    |            |                 |                      |
|                    |            |                 |                      |

**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  |      |               |           |
| 4  |      |               |           |
| 5  |      |               |           |
| 6  |      |               |           |
| 7  |      |               |           |
| 8  |      |               |           |
| 9  |      |               |           |
| 10 |      |               |           |

## 20 Given (emphasis on sequence, technique, receiving informed feedback)

| Nº | Date | Name of Receiver | Signature |
|----|------|------------------|-----------|
| 1  |      |                  |           |
| 2  |      |                  |           |
| 3  |      |                  |           |
| 4  |      |                  |           |
| 5  |      |                  |           |
| 6  |      |                  |           |
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| 9  |      |                  |           |
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| 12 |      |                  |           |
| 13 |      |                  |           |
| 14 |      |                  |           |
| 15 |      |                  |           |
| 16 |      |                  |           |
| 17 |      |                  |           |
| 18 |      |                  |           |
| 19 |      |                  |           |
| 20 |      |                  |           |



# Healing Dance® Underwater Practitioner Certification for the United States



| Water Courses and Sessions   | Prerequisites  | Hours      |
|--|--|------------|
| 1. Healing Dance Underwater Basics or WaterDance I   | Watsu I or Healing Dance Introductory Weekend  | 28 or 50   |
| 2. Above and Below   | Healing Dance I and either WaterDance I or HDUB or AQUATHERICS® class<br>AQUATERNATIVES® foundation or Supervision with Senior HD Instructor | 50         |
| 3. Shape and Space   | WaterDance I or HDUB or AQUATHERICS® class<br>AQUATERNATIVES® foundation or Supervision with Senior HD Instructor                            | 50         |
| 4. Integration Weekend   | both Healing Dance underwater courses and 30 logged sessions   | 16         |
| 5. Final Supervision   | Integration Weekend  | 2          |
| 6. Send copies of course, integration and supervision certificates, as well as session log form to WABA with \$50. | Successful Final Supervision and being a Healing Dance Practitioner  | 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 necessary to first become a Healing Dance Practitioner before becoming a Healing Dance Underwater Practitioner.

You may take 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.

**Additional Requirements:**

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.

The Final Supervision may be done with Inika Spence, 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."

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 AQUATERNATIVES®**

38 to 50 hours

| Course Description | Place/Date | Name of Teacher | Signature of Teacher |
|--------------------|------------|-----------------|----------------------|
|                    |            |                 |                      |
|                    |            |                 |                      |

**Shape and Space**

50 hours

| Course Description | Place/Date | Name of Teacher | Signature of Teacher |
|--------------------|------------|-----------------|----------------------|
|                    |            |                 |                      |
|                    |            |                 |                      |

**Above and 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  |      |               |           |
| 2  |      |               |           |
| 3  |      |               |           |
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| 8  |      |               |           |
| 9  |      |               |           |
| 10 |      |               |           |

## 30 Given (emphasis on sequence, technique, receiving informed feedback)

| Nº | Date | Name of Receiver | Signature |
|----|------|------------------|-----------|
| 1  |      |                  |           |
| 2  |      |                  |           |
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| 23 |      |                  |           |

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| 24 |  |  |  |
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| 27 |  |  |  |
| 28 |  |  |  |
| 29 |  |  |  |
| 30 |  |  |  |



## 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.