

**DR VODDER METHOD
MANUAL LYMPH DRAINAGE
COURSE INFORMATION
(BASIC AND THERAPY 1)
LUDLOW - 2019**

TUTOR

DEBORAH BERRY

01584 874681/ 07562 986 580

[info@dlb11.plus.com/](mailto:info@dlb11.plus.com) www.deborahberry.co.uk

**TUTOR AND COURSE CONTENT
AUTHORISED
BY
DR VODDER ACADEMY INTERNATIONAL**

Dr Vodder's MLD Course(s) (Basic & Therapy 1) 2019 – LUDLOW, SHROPSHIRE

Thank you for your enquiry about these courses. This pack (9 x A4 sides) is designed to provide information to help you decide whether to undertake this training with me in **Ludlow, Shropshire**. **Note that the booking form and fees enclosed with this pack relate only to Ludlow** and the course dates are;

2019 Basic and Therapy 1 Intensive: April 1st – 5th and April 8th – 12th
Basic: September 23rd to 27th
Therapy 1: November 4th to 8th

To reserve your place on **Ludlow courses** complete & return the enclosed booking form with copies of your registration or qualifications (whichever is relevant to you) and the appropriate deposit – **see Page 9 which includes Early Bird discounts**. Upon receipt your place is confirmed. Preferred payment method is by direct credit – details on Page 8.

If, having read the information, you wish to discuss any aspect of the training or **Ludlow** venue do contact me again.

I hope to hear from you soon.

Yours truly,

Deborah

I am also returning to Sheffield in 2019. The content and qualifications are the same but this course is administered by Eva Weltermann, who should be contacted direct for the relevant information.

FORMAT: Basic and Therapy 1 Intensive
DATES: August 12th – 16th and August 19th – 23rd 2019
LOCATION: Sheffield Centre for Massage Training, Sheffield, South Yorkshire
FOR INFORMATION CONTACT THE HOST/ORGANISER; Eva Weltermann, Sheffield Centre for Massage Training, 25 Montgomery Road, Sheffield S7 1LN. eva@therapyroomsheffield.co.uk Phone: 07749224262

DANISH THERAPIST DR EMIL VODDER created Manual Lymph Drainage (MLD) in the 1930's. The treatment is popular in many European and Australian hospitals and clinics and here, as evidence grows, the benefits of MLD are increasingly widely recognised.

The lymphatic system has no pump of its own (in the way that the circulatory system has the heart) and yet all of the body's net ultra-filtrate at the capillary bed has to be removed via this system. When challenged by infection or trauma (whether that is physical damage or stress, which impacts on us physically) the lymphatic system sometimes needs a helping hand. MLD provides that help. By applying a range of specialised, rhythmic & extremely gentle pumping techniques directly to the skin by hand the lymphatic system & therefore the movement of lymph fluid are stimulated. Lymph is encouraged to move through nodes which act as filter stations, breaking down bacteria & infectious organisms before they are carried away & out of the body. Increased lymph flow helps the body deal with the aftermath of infections and damage more effectively.

As well as having a decongestive effect the movements are shown to calm the nervous system & help inhibit the passage of pain.

WHAT SORT OF CONDITIONS MAY BENEFIT FROM THERAPY 1 LEVEL MLD? MLD has decongestive, relaxing and pain relieving effects and as such is useful in reducing tissue oedema (including pre and post-operative) and stress or anxiety related tensions. Conditions I regularly employed MLD for included; headache, migraine, tinnitus, pre-post dental work, pre-menstrual syndrome, rheumatoid arthritis, pre-post joint replacement, pre-post liposuction and other aesthetic procedures, constipation, improvement of scar tissue and other skin complaints, pain relief, shoulder and groin tensions, assisting healing of strains, sprains and fractures, post respiratory complaints, asthma, bronchitis, sinusitis, bruising. These are just some examples of conditions which benefit from MLDs primary umbrella effects of decongestion, sympatholysis and pain relief. With such a valuable tool to enhance your existing practice the possibilities to make an enormous difference are virtually endless.

AM I SUFFICIENTLY QUALIFIED TO ENROL? The Board of Directors of Dr Vodder Academy International (DVAI) stipulate the following minimum standards to access the Basic (Foundation) course;

Medical People with medical training such as doctor, nurse, chiropractor, osteopath and physiotherapist. Countries with a state registered massage therapist occupation (requiring a minimum of 2,200 hours training) falls in this category. Evidence of your qualification and/or medical registration number need to be submitted with your completed application. Photocopies/ scans are acceptable.

Non-Medical People with other massage therapist training and qualification(s) with a minimum of 344 hours training and exam success.

The practical (hands on) element totalling 250 hours minimum will ideally have been in the classroom or otherwise supervised. Home study and/ or case histories etc. which formed part of the course can be included providing they have been documented and assessed by the course provider. The exams must have been taken in person (and, if on-line, at a supervised examination centre) and passed.

The theory elements (anatomy, physiology & pathology) totalling 94 hours minimum may have been be in the classroom or home study (including on-line). The exams must have been taken in person (and, if on-line, at a supervised examination centre) and passed.

If evidence of the hours in each of these 2 elements is not included on your qualification certificate(s) **you must also submit documents which contain these details.** Photocopies/ scans are acceptable. If you do not have documentary evidence for course duration (hours) and delivery methods then your course provider(s) and/ or awarding body may be able to supply you with a copy or letter of confirmation. Or you may find the information related to your qualification/ course code online. **Teachers are unable to carry out enquiries or research on your behalf. To avoid frustration and delay make sure you submit copies of all the necessary documentary evidence with your booking.**

Note – Aromatherapists who have also achieved the above minimum massage therapist practical and theory standards are accepted.

If this is in any way unclear you're welcome to get in touch.

THE TRAINING REQUIREMENT is 40 hours per course; we start at 8.30am prompt (check you can get breakfast early enough to arrive on time) and end at approximately 5.45pm daily, with about 1¼ hour for lunch. Please arrive in time to start each session on time and, as 100% attendance is required by Dr Vodder Academy International, do not arrange to leave early or skip any sessions. Couches are provided but you need to bring 2 large and 1 small items to cover yourself and something to lie on (extra towel or couch roll). You may wish to bring supports for under your body when lying down. Dress is casual; wear something you're comfortable in.

Certain medical conditions are contra-indicated or precautions for receipt of MLD. Students practise on each other during the course. A pre-course medical questionnaire/ access form is sent upon receipt of bookings and submitted to me before the course. However if you have an existing medical condition I encourage you to contact me before you book.

Basic course content and format: Over 40 hours you will be introduced to the structure & function of the Lymphatic System and its importance in decongestion, relaxation, pain reduction and immunity. You will learn the individual hand movements and sequences which, when applied correctly, stimulate the rate of lymph flow.

Each day will start with theory which but most of every day will be hands on – practising the individual movements and learning and applying the sequences for neck, face, legs, arms, back, nape, abdomen, chest (including breasts) and buttocks. You will practise on other course participants, which provides excellent opportunity for you to feel how different tissues respond. You are advised to inform your insurers of your participation in this training.

The Basic course is the first stage of MLD training, there are no exams on its conclusion and it entitles you to practice your new skills only on friends or family members with a healthy lymphatic system. You will be required to sign a declaration that you will not use MLD to treat people for payment in cash or kind and will not teach MLD. To be able to incorporate MLD into clinical practice it is necessary to complete a Therapy 1 course and pass the exams associated with it. This enables you to work with people with a healthy lymphatic system. To treat lymphoedema and related conditions further training and examination success at Therapies 2&3 is required.

Previous participants' comments: "I felt supported, encouraged and inspired" "It has been fun"
"You handled us brilliantly" "The course was presented in a very gentle, calm and relaxed way"
"The tutor was motivational, inspirational, tolerant, patient and respectful of all equally in the group"

Therapy 1 course content and format (accessible only with a current Basic certificate): Theory at Therapy 1 is essentially a brief recap and, if necessary, clarification of the Basic syllabus. With the self-study you will have done using your Basic level materials this should not be onerous. You will be under less pressure if you can carry out all of the Basic sequences without the aid of your notes – expect to have your technique refined throughout. You will be taught additional techniques, mainly for joints but other areas too, which will enable you to apply MLD to specific conditions.

Therapy 1 has a series of exams, both theory and practical, on its conclusion. The theory exam is taken on day 4 and the practical exams on day 5. Success in all areas means you will receive an internationally recognised certificate authorising you to offer MLD as a treatment to people with a healthy lymphatic system (you will need to inform your insurers). If you are intending to proceed to Therapies 2&3 this certificate is a pre-requisite.

Therapy 1 course – materials required all of your Basic level materials.

Previous participants' comments: "tutor exceptionally clear and welcoming" "easy interaction"
"well planned and very organised" "calm, friendly atmosphere" "tutor professional, clear, easy to understand"

HOW MUCH TIME SHOULD I ALLOCATE TO PREPARE FOR THERAPY 1? It is difficult to be precise as everybody is different. As a previous learner you know how well you assimilate information, how much of a perfectionist you are and how much you want to gain from the training. Assuming the course interval is 5 weeks and you are a mythical “average student”

Theory: Understanding the Basic level theory builds confidence, facilitating participation and enjoyment by all. The preparatory pack provided on receipt of the Therapy 1 balance focuses on the most relevant elements. Rough guide 3 hours per week?

Practical: Have healthy family members or friends ready to go immediately upon your return from Basic. Learn your sequences - off by heart if possible – and get used to the relationship between hand and skin movements. Ballpark, another 3 hours per week, more is better, and generally a bit every day is better than once or twice a week.

Ultimately this “in between” part is your responsibility (although do contact me for support and guidance, I usually respond within 24 hours). As with most things the more you put in the better the outcome is likely to be. If you have chosen an Intensive Course study and practise is during evenings and “rest days”.

HOW MUCH ARE THE LUDLOW COURSES AND WHAT IS INCLUDED? Fees vary according to which course(s) you want to do. Significant discounts are available for booking early **see page 9 for details**. Included are;

Basic; 5 days tuition, DVD (of movements and sequences), Lecture Notes, Workbook, Certificate of Attendance.

Therapy 1; 5 days (tuition and exams), DVD, Preparatory Pack, Certificate (if successful).

You need to buy the textbook: Dr Vodder’s Manual Lymph Drainage A Practical Guide, authors Wittlinger; Hildegard, Dieter, Andreas and Maria, publishers Thieme, ISBN 978-3-13-143191-2.

TO BE SURE OF A PLACE it’s best to book as far ahead as you can and ideally at least 1 month before each course (note the terms & conditions on the booking form). At this stage materials are bought, from Dr Vodder Academy International, for people who have completed their booking. For those who book closer than 1 month for a viable course there will be an extra fee (around £10) to cover additional bank charges. If the course is not viable at this stage it will be cancelled, so if booking late – check first.

LUDLOW VENUE FOR 2019 – FOR SHEFFIELD CONTACT EVA DIRECTLY - SEE PAGE 2

LUDLOW MASCALL CENTRE, SY8 1RZ (SHROPSHIRE).

www.ludlowmascallcentre.co.uk 01584 873882

info@ludlowmascallcentre.co.uk

Accommodation; Classes are held at the above venue which has 7 on site en-suite bedrooms (breakfast by direct arrangement with Pea Green). These are not held for course participants so contact the venue direct for reservations. *Room rates may be considerably cheaper by booking direct.* On-site parking and Wi-Fi are free.

Catering; The Caterer is “Pea Green” www.peagreencafe.com operating a purpose built on-site café which is also open to the public. Residents’ breakfast is normally served at 8.30am; as this is the course start-time you will need to let the caterer know in advance of your arrival what time you want to eat. Lunch may be bought in the café or you can go into town - just a few minutes’ walk. Food brought in must be eaten in the training room. Evening Meals are available for groups of 6+ and must be pre-booked, a group member will need to co-ordinate this. Pea Green contact details – info@peagreencafe.com 07983 941 856

I provide break-time drinks and snacks. We have access to the “pantry” for hot water and a cold water dispenser is in reception.

Many students have stayed here throughout their courses and were very happy with both the accommodation and food.

Accommodation and/or meal costs are not included in the course fee.

Tourism office for alternative accommodation – www.visitshropshirehills.co.uk or 01584 875053.

4 people are necessary for courses in Ludlow to go ahead – the maximum is 10.

My Background:

For 25 years I worked mainly in the public sector most latterly in personnel, training and personal and organisational development. Having benefited from complementary and alternative treatments I studied Anatomy, Physiology and Therapeutic Massage - graduating in 1998. I started my own professional bodywork practice immediately and continue to attend trainings in advanced treatment of specific body parts and/ or conditions. In September 1999 I attended Dr Vodder’s MLD (basic level) I didn’t anticipate that I’d be completely hooked. Well before the end of the 40 hours I knew that MLD was for me! Within days I’d enrolled on the Therapy 1, 2&3 courses. In March 2000 I achieved T1 and in July 2000 returned from the Dr Vodderschule, Austria with my T2&3 certificate awarded by Professor Hildegard Wittlinger.

From 2000 I worked mainly independently, but spent 3 part-time years as Lymphoedema Therapist within a Hospice Lymphoedema Clinic where I had the pleasure of working with people from the ages of 4 to 80+ with primary, secondary or mixed oedemas, some with terminal disease. Concurrently my practice continued to grow. In addition to people who funded their treatment independently I have provided contracted out services to the NHS & been a registered service provider with many private health insurance companies. I received referrals from surgeons and have worked for a provider of intensive residential lymphoedema/ lipoedema treatment in the UK. My caseload covered the wide variety of pathologies indicated for MLD treatment.

After rigorous teacher training I qualified to teach Basic level in 2005 and Therapy 1 in 2008. I am delighted to offer others the opportunity to learn Dr Vodder’s MLD and hope I am able to inspire in the same way that I was and continue to be. Ongoing business development support is available through in person, by ‘phone or email. Fees upon request.

DR VODDER'S MLD COURSES, LUDLOW BOOKING FORM – TERMS & CONDITIONS 2019 (page 2 of 2).**CANCELLATIONS POLICY*****If I cancel:***

You can choose whether to have a refund of all fees paid or to book onto another of my courses.

If you cancel after paying the deposit or balance (see due date on booking confirmation – usually 1 month before the first day of the course):

Neither deposits nor balances are refundable or transferable. Please make a note of the date the balance is due as non-receipt may jeopardise the course or your place on it.

You are advised to ask your accommodation provider about their cancellation policy. I accept no responsibility for costs incurred by you in relation to loss of earnings, income, travel or accommodation or other expenses incurred in the event of course cancellation.

You may like to take out insurance with a company of your own choice to cover course fees and/ or accommodation/ and / or loss of earnings.

GENERAL DATA PROTECTION REGULATIONS 2018 Information provided as part of the course booking and participation process is stored by Deborah Berry alone and used for administrative purposes only. Contact details will only be shared with other participants and/ or Dr Vodder Academy International with your explicit and prior consent.

Check list – please tick;

- I enclose a copy of my qualification certificate(s) and
- If a medical professional** (Doctor, Nurse, Physiotherapist, Osteopath, Chiropractor, State Registered Massage Therapist etc.) **my medical registration number.**
- If a Massage Therapist documentary evidence of my course hours and delivery methods in both the hands on and theory elements. (See page 4).**
- Completed Booking Form and Cancellations Policy – Pages 7 & 8.
- Cheque or confirmation of direct payment (contact me for bank details)
- I have read the course information pack and booking form and accept the terms and conditions including the cancellations policy (tick box please).

NAME (print).....

SIGNED.....

DATE.....

Please complete both booking form and cancellations policy (pages 7 & 8) keeping a copy for yourself and return with all required documents (see page 3 for details).

By email & scanned attachments to info@dlb11.plus.com

By Post to Deborah Berry 51, Charlton Rise, Ludlow, Shropshire, SY8 1ND.

FEES – LUDLOW 2019

Basic & Therapy 1 Intensive Course (10 days) Dates; April 1st – 5th and April 8th – 12th 2019

EARLY BIRD; SAVE £300. Bookings and deposits (£600) received by 21st January, balance (£600) due by 28th February.
Total Fee £1,200.

Otherwise – bookings and deposits (£900) received on or after January 22nd, balance (£600) due by 28th February. Total Fee £1,500.

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Basic Course Only (5 days) Dates; September 23rd – 27th 2019

EARLY BIRD; SAVE £70. Bookings and deposits (£355) received by 30th June, balance (£300) due by 22nd August.
Total Fee £655.

Otherwise – bookings and deposits (£425) received on or after 1st July, balance (£300) due by 22nd August. Total Fee £725.

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Basic and Therapy 1 booked at the same time. Dates; Sept 23rd – 27th and November 4th – 8th 2019.

EARLY BIRD; SAVE £300. Bookings and deposits (£600) received by 30th June, balance (£600) due by 22nd August.
Total Fee £1,200.

Otherwise – bookings and deposits (£900) received on or after 1st July, balance (£600) due by 22nd August 2019. Total Fee £1,500.

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Therapy 1 Course only (5 days) Dates; November 4th – 8th 2019

EARLY BIRD; SAVE £75. Bookings and deposits (£395) received by 31 August, balance (£300) due by 3rd October.
Total Fee £695.

Otherwise – bookings and deposits (£470) received on or after 1st September, balance (£300) due by 3rd October. Total Fee £770.