

**INFORMATION PACK
2019 - SHEFFIELD**

**MANUAL LYMPH DRAINAGE TRAINING
DR VODDER METHOD
(BASIC AND THERAPY 1)
INTENSIVE**

**TEACHER
DEBORAH BERRY**

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

**COURSE HOST
Sheffield Centre for Massage Training Ltd
Contact: Eva Weltermann
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Dear enquirer,

Dr Vodder's MLD Training – Sheffield (Basic & Therapy 1 taught as 10- day Intensive)
August 12th – 16th and 19th – 23rd 2019

Thank you for your enquiry about this course. This pack (8 x A4 sides) is designed to provide information to help you decide whether to undertake this training with Deborah Berry in Sheffield, South Yorkshire. Please note this Intensive course format is as taught in many European Countries and it is necessary to attend and satisfactorily complete all 10 days, which includes exams, in order to quality as a Level 1 MLD practitioner (Dr Vodder Method).

To reserve your place complete & return the booking form with copies of your registration or qualifications (whichever is relevant to you) and the relevant deposit. The balance is payable, in full, 1 month before the start of the Basic course. You will receive a discount of 20% if the deposit is paid by 30th April 2019.

You reserve your seat by paying the non-returnable deposit. Your place is confirmed once the full amount is paid.

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

I look forward to meeting you soon.

Yours truly,

Eva Weltermann
Massage Tutor and Co-Director
Sheffield Centre for Massage Training Ltd

Please contact Eva on 07749224262 should you have any questions about this course.

ABOUT MLD

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 up to 100% of the body's 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 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. Deborah has regularly employed MLD for many conditions including; 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.

COURSE PRE-REQUISITES:

The Board of Directors of Dr Vodder Academy International (DVAI) stipulate the following minimum standards to accessing the 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 must have been in the classroom or supervised for a minimum of 250 hours. If home study and/ or case histories formed part of the course these must have been documented and submitted for assessment 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) must be for a minimum duration of 94 hours and may 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.

Evidence of qualifications including course hours and delivery method(s) (classroom, home study, on-line, case histories etc.) in the above categories (that is hands on, anatomy, physiology & pathology) must accompany your application. Photocopies/ scans are acceptable.

If you no longer have the details then your course provider(s) may be able to supply you with a copy or letter of confirmation. Teachers/ hosts are unable to carry out enquiries or research on your behalf.

Note – Aromatherapists who have also achieved the above minimum massage therapist practical and theory standards are accepted. Aromatherapists and others who have completed courses with lower hours/ content requirements will need to undertake further training to meet the minimum entry criteria required by the Board of Dr Vodder Academy International.

Do get in touch with the course host if this is unclear.

ABOUT THE 10 –DAY BASIC AND THERAPY 1 INTENSIVE COURSE, SHEFFIELD **CONTENT AND FORMAT**

The training requirement stipulated by Dr Vodder Academy International (DVAI) is 80 hours – 100% attendance required, including exams. 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 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 are concerned contact the host to discuss pre-existing medical conditions before you book.

Over 80 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.

Approximately 18 hours of the course relates to anatomy, physiology and pathology. The remaining 62 hours is practical; watching demonstrations followed by instruction and supervised practise of the individual movements and their application, as sequences, to the neck, face, legs, arms, back, nape, abdomen, chest (including breasts) and buttocks. Throughout the Therapy 1 part of the course your techniques will be refined. Additionally techniques, mainly for joints but other areas too, will be demonstrated and practised which will enable you to apply MLD to specific conditions. You will practise on other course participants, which provides excellent opportunity for you to feel how different tissues respond.

To be able to incorporate MLD into clinical practice exams must be passed. The theory exam is taken on day 9 (the fourth day of Therapy 1) and all practical exams on the last day (Day 10). 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).

You will be required to sign a declaration that you will not teach MLD. **If you are intending to proceed to Therapies 2&3, this certificate is a pre-requisite.**

HOW MUCH TIME SHOULD I ALLOCATE FOR THIS COURSE?

This Intensive course will require study and practise during the evenings and 2 “rest” days between Basic and Therapy 1. Have healthy friends and family (or other course participants) ready to practise on.

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”

“Tutor exceptionally clear and welcoming”

“easy interaction”

“well planned and very organised”

“Calm, friendly atmosphere”

“tutor professional, clear, easy to understand”

HOW MUCH IS THE INTENSIVE COURSE AND WHAT IS INCLUDED?

£1541 9 days tuition + 1 day exams (80 hours in total), 2 x DVDs (of movements and sequences), **Lecture Notes, Workbook, Preparatory Pack, Certificate(s).**

The full course fee is payable one month before the start date to secure your place.

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.

EARLY BIRD DISCOUNT:

Receive 20% off (pay a total of £1233, ie save £308) if you pay the deposit by 30th April (see page 7).

Payment:

Payment is possible by cheque, card, paypal or bank transfer. We will give you the details once your application has been accepted. Please note that card and paypal payments will incur an extra fee.

SHEFFIELD VENUE FOR AUGUST 12TH – 16TH AND 19TH – 23RD 2019

The Sheffield Centre for Massage Training has recently relocated and is now based at Mudra, Seller’s Wheel, 151 Arundel Street, Sheffield S1 2NU. The new venue is an amazing place in the City Centre, about 5min away from the train station.

You will be able to make use of the kitchenette within the training room. There are many restaurants and cafes in close vicinity. Parking is available in short walking distance, typically around £5 to £12/day – it pays to look around! **We recommend to travel by train or bus, as the venue is ideally suited for public travel.**

Travel:

The train station and bus station are literally 5 minutes away from Mudra/Seller's Wheel. If travelling from Sheffield suburbs, most buses stop at Arundel Gate which is 3 min from Mudra/Seller's Wheel.

Parking:

For parking https://en.parkopedia.co.uk/parking/s1_2nu/

Accommodation:

Search "B&B Sheffield" or "AirBnB Sheffield" for the best available deals at the time.

There are many hotels close by too, the closest being the **Novotel, but there is also a Premier Inn, Jurys in, Hilton, Ibis, Ibis Budget and many more within walking distance.**

Private accommodation is available from about £15/night, please let us know if you want us to help with this. Please note that the number of people offering private accommodation is limited, and there will be most probably fewer places than course participants, so do tell us early if you want to use this option. Sheffield Centre for Massage Training will help you to make the initial contact, but is in no way responsible for the accommodation.

Deborah's 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.

CANCELLATION POLICY

If the course is cancelled by the host:

You will receive a refund of all fees paid. Please note that there will be a minimum of 6 and a maximum of 10 people on the course.

*If **you** cancel after paying the deposit(s):*

Deposits are not refundable or transferable.

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

Balances are neither refundable nor 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. No responsibility is accepted 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.

- I have read the course information pack and booking form and accept the terms and conditions including the cancellations policy (tick box please).

GENERAL DATA PROTECTION REGULATIONS 2018: Information provided as part of the course booking and participation process is stored by the course facilitator Sheffield Centre for Massage Training Limited and/or the course tutor Deborah Berry 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.

NAME (print).....

SIGNED.....

DATE.....

Please complete and return both booking form and cancellation policy (2 pages) by email or post (see page 7), keeping a copy for yourself.