

**DR VODDER METHOD OF
MANUAL LYMPH DRAINAGE**

**COURSE INFORMATION FOR
LEVEL 1 - FOUNDATION
AND
LEVEL 2 - APPLIED MLD**

LUDLOW - 2020

TUTOR

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**LICENSED
BY
DR VODDER ACADEMY INTERNATIONAL**

Dr Vodder's MLD Course(s) (Levels 1 and 2) 2020 – LUDLOW, SHROPSHIRE

Thank you downloading this detailed Pack which is designed to provide information to help you decide whether to undertake this training with me in **Ludlow, Shropshire**.

DANISH THERAPIST DR EMIL VODDER created Manual Lymph Drainage (MLD) in the 1930's. The technique is popular in hospitals and clinics internationally.

The lymphatic system has no central pump of its own (in the way that the circulatory system has the heart) and yet all of the body's nett 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 help balance the nervous system & help inhibit nociception.

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Effective from 2020 Dr Vodder Academy International (DVAI) introduces this modular streamlined training. Overview here – details are further in this pack.

Level 1 (Foundation); Online theory study elements with online exam AND Level 1 practical course.
Level 1 practical course is delivered in 32 classroom hours over 4 days. See Page 4 for details.
 Certificate only upon successful completion of both theory & practical elements.
 Cannot use MLD in your professional, clinical practise at this stage.

Upon successful completion of both Level 1 (Foundation) elements you may continue to

Level 2 (Applied MLD) practical course and practical exams. 32 hours over 4 days.	AND/ OR Level 3.	Level 3 (Lymphoedema). You need to contact a Level 3 teacher for details.
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Before deciding which route to take I encourage you to read carefully sections headed **LEVEL 2 (APPLIED MLD) PRACTICAL COURSE CONTENT AND FORMAT** on Page 4 and **WHAT SORT OF CONDITIONS MAY BENEFIT FROM LEVEL 2 (APPLIED MLD)?** on Page 5.

Course dates for 2020 are;

Level 1: Wednesday March 25th – Saturday 28th inclusive **OR** Wednesday August 19th – Saturday 22nd inclusive

Level 2: Tuesday March 31st – Friday April 3rd inclusive **OR** Tuesday September 22nd – Friday 25th inclusive

Before reserving your place please read this pack thoroughly then complete & return the purchase and/ or booking form (pages 7, 8 & 9) with your documents and the appropriate fee. Fees are on Page 10, do note the attractive Early Bird discounts. Upon receipt of all required materials your Coupon Codes will be provided enabling you to access the relevant online materials. And/ or your reservation on the Practical course(s) confirmed.

Note – passing the online theory exam is strongly recommended before attending the practical course. You must complete both Level 1 theory and practical elements before a certificate can be awarded. Progression to further levels is dependent upon the Level 1 Certificate.

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

Yours truly,

Deborah

Prepared 6th September 2019

AM I SUFFICIENTLY QUALIFIED TO ENROL? The Board of Directors of Dr Vodder Academy International (DVAI) stipulate the following minimum standards to access the Level 1 (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.

LEVEL 1 ONLINE THEORY. HOW MUCH TIME SHOULD I ALLOCATE TO STUDY FOR AND TAKE THE EXAM?

This Course is designed by DVAI to be easy-to-follow in PowerPoint format prepared by physicians from the Academy. All students entering the training programme will ideally complete this element (including exam success) before attending Level 1 Practical. DVAI estimates study will take between 20 – 45 hours to complete. The online exam is multiple choice with a maximum of 50 minutes allowed.

Only licensed teachers of DVAI are able to issue Coupon Codes enabling access to online materials.

As a previous adult 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. Truly understanding theory builds confidence, facilitating participation and enjoyment of all future levels of training. Additionally it will help you feel competent to answer questions from your patients, maybe their medical advisors or other practitioners, and colleagues.

Note; It will also be helpful to use the material in the recommended Textbook which will continue to help as you progress through further levels of training and your clinical practise. You need to buy this separately; **Dr Vodder's Manual Lymph Drainage A Practical Guide, Second Edition. Authors Hildegard Wittlinger et al. Publishers Thieme, ISBN 978-3-13-241144-9 eISBN 978-3-13-2411470**

THE PRACTICAL TRAINING REQUIREMENT FOR LEVELS 1 AND 2 is 32 classroom hours per course. I deliver both levels over 4 days. We start at 8.30am prompt (check you can get breakfast early enough to arrive on time) and end at approximately 6pm daily, with 1 hour for lunch and 15 minute breaks morning and afternoon. Please arrive in time to start each session on time and, as DVAI requires 100% attendance, do not arrange to leave early or skip any sessions. Couches are provided but you need to bring 2 large and 1 small covers (drapes) 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.

These courses require direct hands on contact with the skin of other students. 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.

Certain medical conditions are contra-indicated or precautions for receipt of MLD. 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.

LEVEL 1 PRACTICAL COURSE CONTENT AND FORMAT:

Remember to allow enough time to pass Level 1 theory before starting the Level 1 practical course.

Over 32 hours you will learn the individual hand movements and sequences which, when applied correctly, stimulate the rate of lymph flow. I demonstrate techniques and sequences for each of the following lymphatic areas which are then practised by everyone; neck, face, legs, arms, back, nape, abdomen, chest (including breasts) and buttocks. These demonstrations are also available to you online using your access code.

Level 1 practical is the first of the hands on levels, 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. ***A certificate can only be awarded if you have passed Level 1 theory and attended the 32 classroom hours of Level 1 practical. This certificate is necessary to access further training.***

To be able to incorporate MLD into your clinical practice it is necessary to complete either Level 2 (Applied MLD) enabling you to work with people with a healthy but temporarily compromised lymphatic system and/ or Level 3 (lymphoedema and related conditions). Both including exams.

LEVEL 2 PRACTICAL COURSE CONTENT AND FORMAT (accessible only with a current Level 1 Certificate):

A 32 hour course. You will be under significantly less pressure if you can carry out all of the Level 1 techniques and sequences correctly and without the aid of your notes. Level 1 elements are reviewed & refined but **not** re-taught from scratch. You will be taught specific techniques designed to prepare you to apply MLD to a range of ortho/ trauma/ other pathologies, aesthetic and wellness issues (also available to you online using your access code). Examples may include applications for; sinusitis, eye trauma, migraines, tinnitus, Menière syndrome, whiplash, post-stroke, epicondylitis, distal radius fracture, CRPS, post-knee arthroscopy, osteoarthritis of the knee, supination trauma of the ankle, shoulder dysfunction including adhesive capsulitis and periarthritis humeroscapularis, osteoarthritis of hip joint, total hip replacement, burns, Downs Syndrome and long stretch bandage theory. ***These approaches are transferable to many other conditions enabling you to apply MLD in many varied situations – see sub heading "What sort of conditions may benefit from LEVEL 2 APPLIED MLD" on Page 5.*** I found this knowledge and experience extremely useful also when working with people who have lymphoedema and related conditions (Level 3).

Level 2 has a series of practical exams on its conclusion (day 4). Success in all examined areas means you will receive an internationally recognised certificate authorising you to offer MLD as a treatment to people with a healthy lymphatic system, albeit locally and temporarily compromised. You will need to inform your insurers.

Level 2 course – materials required

Level 1 practical notes and access to your online films.

WHAT SORT OF CONDITIONS MAY BENEFIT FROM LEVEL 2 – APPLIED 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.

People with lymphoedema and related conditions are also susceptible to other conditions. By completing Level 2 on your way to Level 3 I feel you will be better able to offer a more complete treatment approach for a wider range of people.

HOW MUCH TIME SHOULD I ALLOCATE TO PREPARE FOR LEVEL 2 (AND/ OR 3)?

Learn your technique and sequences - off by heart if possible – and get used to the relationship between hand and skin movements.

Have healthy family members or friends ready to go immediately upon your return from Level 1. Rough guide 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.

DVAI allows a maximum period of 18 months between course levels (or you can attend a review).

HOW MUCH ARE THE LUDLOW COURSES AND WHAT IS INCLUDED? Page 10 shows the fees. **Note there are significant discounts available for early reservations.** Included in the fees are;

Level 1 Online theory element; 2 years’ access to online documents and lectures.

Level 1 Online exam.

Level 1 Practical; 32 hours (4 days) classroom tuition, online films of movements and sequences, Certificate on successful completion of the theory exam and 32 hours classroom attendance.

Level 2 practical; 32 hours (4 days) classroom tuition and practical exams, online films of movements and application, Qualification Certificate (if successful).

TO BE SURE OF A PLACE at a Practical Class it’s best to enrol by paying the deposit for the course(s) of your choice as far ahead as you can. Balances are due 1 month before each course. For those who book closer than 1 month before for a viable course there will be an extra fee (around £10) to cover my additional costs in buying your online Coupon Code(s) separately . If a practical course is not viable 1 month before it is due to run it will be cancelled, so if booking late – check first. **Note the Terms and Conditions on Page 8.**

THIS TUTOR'S CREDENTIALS; For 25 years I worked mainly in the public sector most latterly in personal, training and personal and organisational development. Having benefitted from complementary 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 (now Level 1) in 2005 and Therapy 1 (now Level 2) 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 in person, by 'phone or email. Fees upon request.

Previous participants' comments: "I got everything I'd expected and so much more. Not just a good basic grounding in MLD but an understanding of its versatility, use outside of a clinical setting and potential for integration with other modalities". *"Your input was truly inspirational, your knowledge, palpatory skills, dedication, patience, sense of humour and tireless commitment do you so much credit, I'm sure the entire group left as better therapists and had a few smiles along the way."* "This teacher has personality and passion with supportive, patient and compassionate teaching skills." *"She is very specific and systematic, calm and handles situations well so students can focus on what they are supposed to do"*

LUDLOW VENUE FOR 2020 - 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 is free for you. There is a Vehicle Recognition System in operation so be sure to follow the instructions to avoid a fine.**

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.

DR VODDER'S MLD COURSES, LUDLOW BOOKING FORM & TERMS & CONDITIONS 2020 (page 2 of 3).**CANCELLATION POLICY**

Fees paid to access the online theory course and exam are non-refundable.

If I cancel a practical course:

You can choose whether to have a refund of all fees paid relating to the practical course(s) booked or to book onto another of my courses.

*If **you** cancel a practical course 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.

Be sure to allow enough time to pass the Level 1 theory exam before attending the Level 1 practical course.

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.

To safeguard your investment in case, for any reason, you are unable to attend or complete a course/ courses 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.

TO COMPLETE YOUR BOOKING SEE PAGE 9.

FEES ARE LISTED SEPARATELY ON PAGE 10.

DR VODDER'S MLD COURSES, LUDLOW BOOKING FORM & TERMS & CONDITIONS 2020 (page 3 of 3).

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.

Attachments Check list – please go through this thoroughly and tick where relevant;**For Level 1; Online Theory including online exam**

- If a medical professional** (Doctor, Nurse, Physiotherapist, Osteopath, Chiropractor, State Registered Massage Therapist etc.) **your medical registration number.**
- If a Massage Therapist documentary evidence of your course hours and delivery methods in both the hands on and theory elements and relevant certificate(s) (See page 3).**

For Level 1 Practical (Foundation); Classroom attendance

- Evidence of passing the Level 1 online Theory Exam

For Level 2 Practical (Applied MLD); Classroom attendance

- A copy of your Level 1 Practical Course Certificate.

For all courses

- Completed Booking Form and Cancellations Policy – Pages 7, 8 & 9.
- 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 on Page 8 (**tick box please**).

NAME (print).....

SIGNED.....

DATE.....

Please complete both booking form and cancellations policy (pages 7, 8 & 9) keeping a copy for yourself and return with all required documents (see page 7 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 2020

Level 1; Online theory including 1 exam attempt	£150.
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Level 1 Attended Practical Course (32 hours over 4 days)
Dates; Wednesday 25th March – Saturday 28th March 2020 inclusive

EARLY BIRD; SAVE £100. Bookings and deposits (£300) received by December 25 th 2019, balance (£200) due by February 25 th 2020. = £500.

Otherwise – bookings and deposits (£400) received on or after December 26th 2019, balance (£200) due by February 25th 2020. = £600.

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Level 1; Attended Practical Course (32 hours over 4 days)
Dates; Wednesday 19th August – Saturday 22nd August 2020 inclusive

EARLY BIRD; SAVE £100. Bookings and deposits (£300) received by May 19 th 2020, balance (£200) due by July 19 th 2020. = £500.
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Otherwise – bookings and deposits (£400) received on or after May 20th 2020, balance (£200) due by July 19th 2020. = £600.

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Level 2; Practical Course & Practical Exam (32 hours over 4 days)
Dates; Tuesday March 31st – Friday April 3rd 2020 inclusive

EARLY BIRD; SAVE £100. Bookings and deposits (£400) received by December 31 st 2019, balance (£200) due by February 29 th 2020. = £600
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Otherwise – bookings and deposits (£500) received on or after January 1st 2020, balance (£200) due by February 29th 2020. = £700.

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Level 2; Practical Course & Practical Exam (32 hours over 4 days)
Dates; Tuesday September 22nd – Friday 25th 2020 inclusive

EARLY BIRD; SAVE £100. Bookings and deposits (£400) received by June 22 nd 2020, balance (£200) due by August 22 nd 2020. = £600
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Otherwise – bookings and deposits (£500) received on or after June 23rd 2020, balance (£300) due by August 22nd 2020. = £700.