

Professional Development

Myofascial Release – John Barnes

2003 - 2004 Myofascial Release

- I, II, Cervico-thoracic, Fascial Pelvis, Unwinding, Skill enhancement Seminar
- A basic introduction to myofascial release and its application to the body.

Visceral Manipulation – Barral Institute

2003 Visceral Manipulation Abdomen 1

- An introduction to the basic theories, principles and techniques of visceral manipulation.
- The anatomy, functional mechanics and techniques for identifying the abdominal organs and their respective interconnecting tissue: liver, stomach, gall bladder, biliary ducts, duodenum, pancreatic ducts, major sphincter-like zones, small intestine, and colon.
- An introduction to evaluation tools for general and local listening, motility listening, mobility testing and inhibition techniques.

2004 Visceral Manipulation Abdomen 2

- An expansion of the concepts and techniques of abdomen 1. Each abdominal organ, its related ligament systems and their functional / structural mechanics.
- An understanding of the effects of trauma on proper physiological functioning.

2005 Visceral Manipulation 3: Pelvis and Urogenital System

- The structural and functional mechanics of the components of the pelvic cavity and the interconnection between lower limb and pelvic dysfunction.
- Highlights the pelvic cavity into:
 - the hard frame: pubic symphysis, obturator foramina, coccyx, sacrum and lumbar spine
 - the soft frame: muscles and fascia of the pelvic basin and floor.
- Discusses the effects of pelvic surgeries: hysterectomy, caesarian sections, abdominoplasty, appendectomy, etc., and the effects on the body.

2005 Visceral Manipulation 4: The Thorax

- Focused on biomechanics, anatomy, physiology and functions of the hard and soft frame of the thorax.
- An understanding of the mechanisms of breathing, the effects of trauma whether surgical, visceral, or obstetrical on the mechanisms of the thorax, vascular and digestive systems.

2005 Visceral Approach to Trauma and Whiplash – Neuromeningeal manipulation

- Focused on the effects of trauma on the human body.
- Addresses tissue and emotional reactivity to trauma and how therapists can assist release.

2005 / 2007 Listening Techniques – An Osteopathic Approach to Evaluation Procedures

- Listening is described as the “heart” of visceral manipulation.
- This course teaches evaluative techniques for listening to the body and allowing it to direct the therapist.

“It is better to follow the tissues, for they are better guides than our own reasoning”

Jean-Pierre Barral DO.

2006 Manual Thermal Evaluation and Visceremotional I

- Designed to feel tissue resistance and heat in the body.
- Holding the hands near but not touching the patient's skin to sense variations in thermal radiation and permitting the localization and interpretation of pathological zones.

2006 Visceral Manipulation Dissection

A practical 3-day dissection of a recently deceased human body.

2009 Visceral Manipulation Abdomen 2 Upgraded

- An expanded review of new techniques and research into the effects of manual manipulation
- Originally taken in 2004, 2008.

2010 Visceral Manipulation 3: Pelvis and Urogenital Systems

- Originally taken in 2005
- An in-depth course on the structure and function of the pelvic organs with the addition of new research and techniques for the prostate
- Prostate work based on Dr. J.P. Barral's new book on "The Prostate" (2010)

Nervous System – Barral Institute

2006 Introduction to the Nervous system - Alain Crobier

2007 Peripheral Nerve Manipulation Upper Body

- Focused on the central and peripheral nervous system of the human body.
- Techniques to identify and release restrictions in both the central and peripheral nervous systems of the upper body as they relate to overall pathology.

2009 Introduction to the Nervous system - Christoph Sommer

- Focuses on the classic subdivisions of the central and peripheral nervous systems.
- The anatomy, physiology, and embryology of the brain and spinal cord.
- An introduction to neurology and pre-requisite for the peripheral nerve courses following.

2010 Peripheral Nerve Manipulation Lower Body - Christoph Sommer

- Focused on the central and peripheral nervous systems primarily of the lower body.
- Techniques of identifying and releasing restrictions in the central nervous system as well as the lower peripheral nerves.

2010 Integration of Visceral & Neural Manipulation - Christoph Sommer

- A course integrating the nervous system with the entire body
- An expanded review of the visceral work in previous courses with that of the central and peripheral nervous system

Fascial Membrane

2008 Fascial Membrane Technique (FMT) – Interacting cavities: Thorax, Abdomen and Pelvis (FMT1)

- Offered for the first time by the Barral Institute, Dr. Peter Schwind, a Certified Advanced Rolfer™ from Germany, conducted a four-day workshop in San Francisco (November, 2008).
- Practical theoretical course based on the observation that various types of connective tissue fulfill several functions within the body. The musculoskeletal system acts as a container for the body's inner cavities, organs and central nervous system. FMT techniques provide a bridge to access these various subsystems.

Craniosacral

2004 Craniosacral I – Howard Jones/Vancouver

2005 Craniosacral II – Howard Jones/Vancouver

2007 Craniosacral Level I – Upledger Institute

www.upledgerinstitute.com

2008 Craniosacral Level II – Upledger Institute

Other

2004 Mind Powers

Hollyhock Retreat Centre, Cortez Island, BC

2006 Emotional Release and Integration

Bruno Ducoux DO

2007 Anatomy Trains – Myofascial Release Level 2

Mark Finch

2007 - 2008 Seattle Study Group

- Offered by Ron Mariotti, a Naturopath and course instructor with the Barral Institute, these small study groups are conducted every other month in Seattle.
- Focus on specific visceral techniques, discussion of relevant cases, and practical / theoretical concepts.
- Corinne has attended since Sept 2007.

2008 - Fascial Membrane, San Francisco

2008, 2009, 2010 Vancouver Study Group

- A monthly study group reviewing courses, techniques and research

Personal Development

2000 - 2003 Justice Institute of B.C.

2001 - Dealing with Interpersonal conflict

2001 - Critical Skills for Communication in Conflict

2001 - Asserting yourself in Conflict Situations

2002 - The Art of Reframing

2003 - Mediation Level 1