



Institute of Holistic Healthcare

Fascial Balancing Series

PROSPECTUS

2018-2019

Fascial Balancing Series 2018-2019

筋膜平衡系列 2018-2019

In more than a decade since the Institute of Holistic Healthcare was established, it is for the first time when ALL FOUR Modules of the Fascial Balancing or Fascial Release Techniques is going to be offered in the same year in 2018.

Fascial Balancing or Fascial Release Techniques treats the fascial system of the body and addresses different layers of the fascia and its related structures, including muscles, nerves, blood vessels, lymphatics, cerebral spinal fluid, connective tissues and organs.

Each of the Techniques is useful in its own right and the combination of different techniques can virtually treat all areas and disorders of the body.

All programs are designed to emphasize in both theoretical knowledge and practical skills so that you can understand the rationale and reasoning of the techniques as well as to gain skills that can be immediately used in practice.

整全保健學院成立十多年以來，這是第一次在同一年提供筋膜平衡法或筋膜鬆弛法的全部四個單元。

筋膜平衡法或筋膜鬆弛法可以治療身體的筋膜系統，解決筋膜的不同層次及其相關的結構，包括肌肉、神經、血管、淋巴管、腦脊髓液、結締組織和器官的問題。

每種手法都是有其獨特功用，不同手法的組合幾乎可以處理身體的所有部位和疾病。

所有課程強調理論知識和實踐技能，讓您了解技術的理論和原理，在實踐中能立即應用相關的手法治療。

Module 1: Myofascial Release

第一單元：肌筋膜鬆弛法

The superficial and deep fascial layers are closely blended with muscles so they are frequently called the myofascial system. In this module, you will learn:

淺層和深層的筋膜與肌肉緊密融合，經常被稱為肌筋膜系統。在本單元中，您將學習：

- What is Fascia and Fascial Release Techniques
- Anatomy and Physiology of the Fascial System
- Principle of Assessment of Somatic Dysfunctions
- Assessment of the Myofascial System
- Indications and Contraindications of Fascial Release Techniques
- Clinical setting for Fascial Balancing Treatments
- Preparation of the Practitioner and the Patient
- Direct and Indirect Fascial Release Techniques
- Myofascial Release Techniques for the musculoskeletal system
- Grounding and Self-protection in Manual Therapy Practice
- Palpation of vial rhythms and intrinsic motility, including Craniosacral Rhythm
- Three Planar Fulcrum Approach of Fascial Release
- Release of the Diaphragms
- Fascial Release Techniques for muscles, joints, circulation, lymphatics, scars

- 什麼是筋膜和筋膜鬆弛法？
- 筋膜系統的解剖與生理學
- 體質性功能障礙評估原則
- 肌筋膜系統評估
- 筋膜鬆弛法的適應症和禁忌症
- 筋膜平衡法的臨床設置
- 從業人員和患者的準備
- 直接和間接的筋膜鬆弛法
- 應用在肌肉骨骼系統的肌筋膜鬆弛法
- 手法治療實踐中的接地和自我保護
- 生命節律和內在動力的觸診，包括顱骶節律
- 三維平面支點的筋膜鬆弛
- 隔膜的鬆弛法
- 肌肉、關節、循環、淋巴管、疤痕的筋膜鬆弛法

This program teaches you techniques which is immediately applicable in clinical work and lays a foundation for the study of more advanced techniques. It is a prerequisite for other modules of the Series.

It is suitable for all healthcare professionals, especially physiotherapists, sports trainers and coaches, massage therapists and all those interested in manual therapy and fascial treatments.

This program will be taught in Chinese (Cantonese) with bilingual (Chinese and English) materials.

Instructor: Kerry Fung, PT, CMP

這個課程教導你如何運用此技術於臨床工作，為更進階的技術研習奠定基礎。這單元是報讀其他單元的先決條件。

這個課程適合所有醫療保健專業人員，特別是物理治療師、運動訓練員和教練、按摩治療師以及所有對手法治療和筋膜治療感興趣的人員。

該課程將使用中文（粵語）教授及雙語（中文和英文）教材。

導師：馮偉業物理治療師及中醫師

Date & Time 日期和時間:

17 March 2018 3-7pm

18 March 2018 10am-7pm

24 March 2018 3-7pm

25 March 2018 10am-7pm

Venue: 9/F Lee May Building, 788-790 Nathan Road, Kowloon (MTR Prince Edward Station Exit A)

地址：九龍彌敦道 788-790 號利美大廈 9 字樓（港鐵太子站 A 出口）

Course Fee 課程費用: \$5,480

Special Offer 特別優惠:

5% Early Bird Discount (8 weeks before module) 早鳥優惠（開課前 8 星期交付）

5% Students/New Graduates Discount (Proof required) 學生 / 新畢業生優惠（需出示學生優惠證明文件）

Module 2: Craniosacral Therapy

第二單元：顱骶治療法

The craniosacral system is the deepest layer of fascia which encloses the central nervous system. By employing gentle touches and techniques to the skull, spine and sacrum, practitioners can balance the rhythm and tension of the craniosacral system and the flow of cerebral spinal fluid. This can help to relieve many different ailments and diseases, enhance relaxation and repair, and can lead to a balance of life energies. It is useful in many clinical areas and can help treat a lot of problems that cannot be treated otherwise and to improve general health. In this module, you will learn:

顱骶系統是包圍中樞神經系統的最深層的筋膜。通過對頭顱骨、脊柱和骶骨採用柔和的觸摸和技巧，治療師可以平衡顱內系統的節律和緊張程度以及腦脊髓液的流動。這可以幫助緩解許多不同的病痛和疾病，增強放鬆和修復，並且可以平衡生命的能量。它在許多臨床領域都有療效，可以幫助治療許多不能以其他方式治療的問題，並改善整體健康。在本單元中，您將學習：

- What is Craniosacral Therapy (CST)
- Anatomy and Physiology of the Craniosacral System
- Grounding and Self-protection in Manual Therapy Practice
- Indications and Contraindications of CST
- Assessment of the Craniosacral System
- Diaphragmatic Releases
- Palpation of Craniosacral movements and rhythm
- Craniosacral Therapy Techniques for the Articular, Membranous and Fluid Systems
- Treatment of Craniosacral Rhythm

- 什麼是顱骶治療法 (CST)
- 顱骶系統的解剖和生理學
- 手法治療實踐中的接地和自我保護
- 顱骶治療法的適應症和禁忌症
- 顱骶治療法的評估
- 膈肌釋放
- 顱骨運動和節律的觸診
- 關節、膜和流體系統的顱骨治療技術
- 治療顱骶節律

This program aims at building a solid foundation in the use of CST to treat physical dysfunctions and enhancing general health. It is profoundly useful in a lot of musculoskeletal, neurological and emotional disorders and helps to balance the body so as to enhance physical and emotional health.

It is suitable for all healthcare professionals, especially physiotherapists, massage therapists, those who are interested in CST and those who are concerned about the health of their family and friends. It is a prerequisite of module 3 - Advanced Craniosacral Therapy.

This program will be taught in Chinese (Cantonese) with bilingual (Chinese and English) materials.

Instructor: Kerry Fung, PT, CMP

該課程目的是利用顱骶治療法對治療身體功能障礙和增強總體健康的作用奠定堅實的基礎。它在很多肌肉骨骼、神經和情緒障礙中是非常有用的，有助於平衡身體，以增強身體和情緒的健康。

適用於所有醫療保健專業人員，特別是物理治療師，按摩治療師，對顱骶治療法感興趣的人以及關心家人和朋友健康的人士。它是單元三 - 顱骶治療法進階的先決條件。

該課程將用中文（粵語）教授及雙語（中文和英文）教材。

導師：馮偉業物理治療師及中醫師

Date 日期和時間:

5 May 2018 3-7pm

6 May 2018 10am-7pm

12 May 2018 3-7pm

13 May 2018 10am-7pm

Venue: 9/F Lee May Building, 788-790 Nathan Road, Kowloon (MTR Prince Edward Station Exit A)

地址：九龍彌敦道 788-790 號利美大廈 9 字樓（港鐵太子站 A 出口）

Course Fee 課程費用: \$5,480

Special Offer 特別優惠:

5% Early Bird Discount (8 weeks before module) 早鳥優惠（開課前 8 星期交付）

5% Students/New Graduates Discount (Proof required) 學生 / 新畢業生優惠（需出示學生優惠證明文件）

Module 3: Advanced Craniosacral Therapy

第三單元：顱骶治療法進階

This module build from the knowledge and skills learned in Module 2 and aims at developing in-depth knowledge and skills in CST. Advancing from the more physical and mechanical model of practice in module 2 - CST, this advanced module would also discuss on the application of CST in energy healing and emotional release. In this module, you will learn:

這個單元建基於第二單元中學習的知識和技能，目的是深入了解顱骶治療法中的知識和技能。從單元二的顱骶治療法中以體格和機械實踐模式出發，這個進階單元還將討論顱骶治療法在能量治療和情緒釋放中的應用。在本單元中，您將學習：

- CST for the cranium and fascial bones and joints (mobilization and articular correction)
- Advanced osseous, articular, membranous and fluid techniques in CST
- Intra-oral Techniques
- CST for infants and children
- The concept of Energy Cysts
- Somato-emotional Release (SER)
- Energy Techniques

It is suitable for all practitioners of CST, especially those who want to pursue in more in-depth and advanced study of CST, so as to unveil the full potential of CST in the total and holistic management of health.

This program will be taught in Chinese (Cantonese) with primarily English materials.

Instructor: Kerry Fung, PT, CMP

- 顱骶治療法用於顱骨、臉骨和關節（活動和關節矯正）
- 顱骶治療法用於進階的骨質、關節、筋膜和流體技術
- 口腔內技術
- 顱骶治療法用於嬰兒和兒童
- 能量囊腫的概念
- 情緒釋放術（SER）
- 能量技術

適用於所有使用顱骶治療法的從業人員，特別是那些想深入研究顱骶治療法的人員，以便揭示顱骶治療法在健康管理中的所有潛力。

該課程將用中文（粵語）教授及英文材料。

導師：馮偉業物理治療師及中醫師

Date 日期和時間:

7 July 2018 3-7pm

8 July 2018 10am-7pm

14 July 2018 3-7pm

15 July 2018 10am-7pm

Venue: 9/F Lee May Building, 788-790 Nathan Road, Kowloon (MTR Prince Edward Station Exit A)

地址：九龍彌敦道 788-790 號利美大廈 9 字樓（港鐵太子站 A 出口）

Course Fee 課程費用: \$5,480

Special Offer 特別優惠:

5% Early Bird Discount (8 weeks before module) 早鳥優惠 (開課前 8 星期交付)

5% Students/New Graduates Discount (Proof required) 學生 / 新畢業生優惠 (需出示學生優惠證明文件)

Module 4: Visceral Manipulation

第四單元：內臟調整法

This module focuses on the application of Fascial Balancing for the Thorax, Abdomen and Pelvis. All organs in the body are wrapped, linked and interlaced by fascia. All organs need to move freely and smoothly so that their functions, circulation, nerve supply and lymphatic drainage could be normal. Any dysfunction in the movement and tension of the fascial structures and the organs would jeopardize the functions of the organs. This program is designed to develop knowledge and skills which are essential to enhance fascial balance and health of the internal organs. In this program, you will learn:

這個單元專注於筋膜平衡在胸腔、腹部和骨盆中的應用。身體中的所有器官都被筋膜包裹、連接和交織。所有器官都需要自由平穩地運動，其功能、循環、神經供應和淋巴引流才能正常。任何筋骨結構和器官的運動功能障礙和緊張都會危及器官的功能。這個課程的目的是探討對於增強內部器官的筋膜平衡和健康至關重要的知識和技能。在這個程序中，你會學到：

- What is Visceral Manipulation
- Anatomy and Physiology of the deep fascia and that of the thorax, abdomen and pelvis
- Indications and Contraindications of Visceral Techniques
- Visceral Techniques for the heart, lungs, liver, spleen, stomach, kidneys, intestines, urogenital organs and associated structures
- Integration of Fascial Balancing and Release Techniques

It is suitable for all healthcare professionals, especially physiotherapists, massage therapists, and those who are interested in Visceral Manipulation. The prerequisite of this module is module 1 of the series. However, students are encouraged to take module 2 as well. Module 3 is optional for taking this module.

This program will be taught in English with simultaneous Chinese (Cantonese) translation using primarily English materials.

Instructor: Kerry D'Ambrogio, DOM, PT, DO-MTP

- 什麼是內臟調整法
- 胸部、腹部和骨的盆深層筋膜的解剖學和生理學
- 內臟技術的適應症和禁忌症
- 心臟、肺、肝、脾、胃、腎、腸、泌尿生殖器官和相關結構的內臟技術
- 筋膜平衡與鬆弛法技術的整合

適用於所有醫療保健專業人士，特別是物理治療師、按摩治療師以及對內臟調整法感興趣者。該單元的前提是這個系列的單元一。不過，鼓勵學生參加這個單元前也參加單元二。單元三報讀此單元前的選項。

本課程將以英語授課，並設即時中文（粵語）傳譯，教材以英語為主。

導師：Kerry D'Ambrogio, DOM, PT, DO-MTP

Date 日期和時間:

15 February 2019 7pm-10pm

16 February 2019 9:30am-7:30pm

17 February 2019 9:30am-7:30pm

Venue: 9/F Lee May Building, 788-790 Nathan Road, Kowloon (MTR Prince Edward Station Exit A)

地址：九龍九龍彌敦道 788 -790 號利美大廈 9 字樓（港鐵太子站 A 出口）

Course Fee 課程費用: \$7,800

Special Offer 特別優惠:

5% Early Bird Discount (8 weeks before module) 早鳥優惠（開課前 8 星期交付）

5% Students/New Graduates Discount (Proof required) 學生 / 新畢業生優惠（需出示學生優惠證明文件）