

Institute of Holistic Healthcare

整全保健學院

Fascial & Craniosacral Therapy Education Scheme

筋膜及顱骯治療法培訓課程

The Fascial & Craniosacral Therapy education scheme is an update of the fascial release education system of the institute. The primary objective is to introduce to practitioners the concept of fascial therapy from superficial to the deepest layer of fascia, starting from a more direct approach of myofascial release to indirect approaches and balancing techniques for deep fascia and that of the craniosacral system, allowing practitioners to understand the concepts of fascial treatment and to develop skills systematically.

筋膜/顱骯治療法培訓課程是本學院的筋膜鬆弛法培訓課程的修訂版本。主要目的是向治療師介紹筋膜治療的概念，從淺層到最深的筋膜層，從直接的肌筋膜鬆弛法開始，到深的筋膜和顱骯系統的間接方法和平衡技術，使治療師能夠了解筋膜治療的概念並有系統地發展這技能。

Participants can opt to take courses to cater for their specific needs. **The fundamental modules** are suitable for everyone who are interested in myofascial and soft tissue treatments, sports injuries therapy and bodywork. **Intermediate level programs** are suitable for those who are interested to pursue in craniosacral therapy and more advanced fascial treatment techniques. **The advanced and qualifying modules** are suitable for those who are interested in energy medicine and who would like to pursue in advanced skills and practice of craniosacral therapy in their career.

參與者可以選擇參加課程以滿足他們的特定需求。**基礎單元**適合所有對筋膜和軟組織治療、運動創傷治療和手法治療感興趣的人。**中級課程**適合有興趣從事顱骯治療和更進階的筋膜治療的人。**高級和考取資格的單元**適合對能量醫學感興趣並希望在其工作中應用顱骯治療法和更高階技巧的人士。

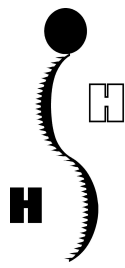
Each module is comprised of a two-day (14 hour) seminar with both theoretical and practical education. Ample time would be given to practice the skills under supervision. Previously learned skills will be recapped and reviewed as appropriate. Students will be able to use the techniques in practice right away.

每個單元都包含一個為期兩天（14小時）的課程，包括理論和實習課。將會有充足的時間在導師的指導下練習所需技巧。以前學過的技巧會適當地扼要重述和複習。學生便能夠立即在實踐中使用這些技巧。

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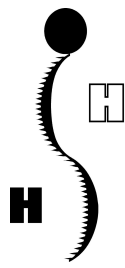
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Level 等級	Module 單元	Main features 主要內容
Fundamental 基礎	1 Myofascial Release	<ul style="list-style-type: none"> • Fascia and fascial therapy 筋膜及筋膜治療 • The myofascial system 肌筋膜系統 • Palpation of fascia 筋膜觸診 • Myofascial Release (direct techniques) 肌筋膜鬆弛法 (直接技巧)
	2 Diaphragmatic Release Techniques	<ul style="list-style-type: none"> • Grounding 接地 • Palpation of rhythms 節律觸診 • Indirect fascial release techniques 間接筋膜鬆弛法 • Diaphragmatic releases 膈膜鬆弛 • Scar release 疤痕放鬆
	3 Still Point Techniques	<ul style="list-style-type: none"> • The cranium and the craniosacral system 顱骨和顱骶系統 • Palpation of craniosacral rhythm 顱骶節律觸診 • Still point techniques 靜止點技巧 • Muscle belly release 肌腹放鬆

Level 等級	Module 單元	Main features 主要內容
Advanced 高級	4 Membranous & Articular Release Techniques	<ul style="list-style-type: none"> • Dural membranous release techniques 硬膜鬆弛法 • Articular fascial release 關節筋膜鬆弛
	5 Facial bone techniques	<ul style="list-style-type: none"> • Cranial articular and suture techniques 靜脈及淋巴引流技巧 • Facial bone techniques 面骨技巧
	6 Intra Oral Techniques	<ul style="list-style-type: none"> • Osteopathic lesions 整骨醫學病理 • Intra oral techniques 口腔內技巧 • Ligamentous articular strain 韌帶關節張力法 • Head and facial shaping 頭部和面部整形

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Level 等級	Module 單元	Main features 主要內容
Professional 專業	7 Energy Techniques	<ul style="list-style-type: none">• Energy techniques 能量治療• V spread V-展• Energy cysts 能量囊• Arcing 能量弧
	8 Somato- emotional Release	<ul style="list-style-type: none">• Somato-emotional release 身心同釋• Unwinding 全身鬆解• The inner physician 「內在醫師」
	9 Paediatric & Obstetric Treatments	<ul style="list-style-type: none">• Paediatric treatment (treatments for infants and children) 兒科治療（嬰兒和兒童的治療）• Maternal treatment (treatments for pregnancy and post-partum) 產婦治療（妊娠和產後治療）
Qualifying 考取資格	10 Mentoring & Qualifying	<ul style="list-style-type: none">• Mentorship and qualifying examinations 指導和資格考試• Pre-requisite: completion of all 9 modules or all modules of the CST program of the institute prior to 2023 先決條件：完成所有 9 個單元或在 2023 年之前完成學院的 CST 課程中所有單元

There is no pre-requisite to participate in module 1. Participants are expected to complete the program in sequence.

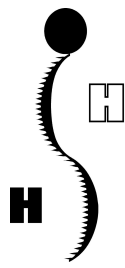
Applications are welcome from manual therapy practitioners including physiotherapists, Chinese medicine practitioners, occupational therapists, massage therapists, sports therapists, nurses and other health care practitioners and trainers. You are also welcome to take part in the program if you would like to learn some skills to care for your family.

第一單元的手法治療課程毋需特定入學資格。學生應按順序完成課程。

使用手法治療的醫護人員和對手法治療有興趣人士（包括物理治療師、中醫、職業治療師、推拿治療師、運動治療師、護士、其他醫療保健人員和教練）都可以報讀。如果想學習一些技巧去照顧家人，也歡迎你參加這課程。

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Past student benefits: 舊生優惠

Past students of the Myofascial Release (MFR), Fascial Release Technique (FRT) and Craniosacral Therapy (CST) students of the Institute may enjoy a very special discount of 50% when attending programs of the revised curriculum.

Details of the offer is outlined in the following table:

過往參加過本院所舉辦的肌筋膜鬆弛法 (MFR)、筋膜鬆弛法 (FRT) 和顱骶治療法 (CST) 課程的學生在參加修訂後的課程時可享有 50% 的特別折扣優惠。

優惠詳情如下：

Modules taken before 2023 在 2023 年之前修讀過的單元	Can enjoy discount offer for the new modules 在新單元可享有折扣優惠
1 (Myofascial release) 肌筋膜鬆弛法	1
2 (Fascial release technique) 筋膜鬆弛法	2, 3
3 (Craniosacral therapy) 顱骶治療法	4, 5
4 (Advanced CST) 高階顱骶治療法	6, 7
5 (Advanced CST) 高階顱骶治療法	8, 9

Enquires: 查詢

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