

# OHB PRACTITIONER TRAINING

Optimum Health Balance is recognised by the UK Kinesiology Federation

## Aims of the OHB course

To provide the education, training and practical experience for certification as an OHB Practitioner.

## Objectives of the OHB Training

By the end of the training, the student will:

1. have an appreciation of the fundamental principles which underpin OHB
2. know, understand and be able to carry out the overall sequence of the OHB balance including the use of the systems and protocols introduced in the course
3. have a knowledge and understanding of the icons, techniques, systems and protocols
4. be able to carry out an OHB balance which demonstrates the following qualities:
  - fluid movement through the basic balance;
  - ability to move between the systems and protocols within the basic balance;
  - correct use of systems, protocols and techniques;appropriate interaction with the client including:
  - consideration of their issues;
  - discussion of the icons which show;
  - discussion of the relationship (if any) that the client sees between their issues and the icons which show;
  - demonstration of due care and consideration for the individual needs of the client.

## Evidence for achievement of objectives

Objective	Evidence
1. Knowledge and understanding of principles	1. Assignments Reflective journal Class discussion
2. Overall sequence of OHB balance	2. Observation during course sessions Class discussion Ongoing and individual assessment
3. Knowledge and understanding of icons etc.	3. Assignments Reflective journal Class discussion Verbal interaction with client in practice sessions and in the Individual Assessment
4. Carrying out the OHB balance	4. Observation during the course sessions and individual assessment

## Assessment

1. Written assignments for each Module of the course.
2. Evidence of practice balances (a minimum of 8 balances for each Module excluding Module 1).
3. Reflective journal kept throughout the course to highlight learning and insights related to specific experiences during the course as well as any areas of difficulty.
4. Informal assessment throughout the course of the student's proficiency at carrying out the OHB balance. There will be an opportunity in every Module for students to balance each other using material covered by that stage of the course.
5. Group assessment at Module 6 for **OHB Proficiency** certification enabling students to accept donations.
6. Individual assessment for **OHB Associate Practitioner** certification at the end of the course and after completion of all Assignments and Interpersonal Skills certification.

## **OHB Practitioner and KFRP (Kinesiology Federation Registered Practitioner) Certification:**

1. OHB Associate Practitioner certification as detailed.
2. Core subjects to be completed within 3 years. Certificates from previous courses will be accepted if they are recognised by the Kinesiology Federation.  
Anatomy and Physiology (a 6-day course specifically designed for kinesiologists is available)  
Interpersonal Skills (certification is required before the Individual Assessment and must be KF approved).  
Nutrition (a course specifically designed for kinesiologists is available).  
Practice Management (a course specifically designed for kinesiologists is available).
3. 200 hours of work with clients (evidence must be provided).
4. Mentoring sessions with either a Kinesiologist of 5+ years of experience or a professional mentor recognised by the Kinesiology Federation.

## **Training Programme**

### **Prerequisite**

Touch For Health Levels 1 and 2, Kinesiology Foundation or similar certification.

**Modules.** The 2-day Modules are taught over a period of about 14 months so that Practitioner Assessment can be obtained within 18 months of commencement of training for experienced students. The general content of each module is itemised below but may vary depending on group needs.

**Module 1.** OHB Self Help training. Introduction to OHB system and basic icons.

**Module 2.** Basic Routine, Treatments and Record Sheets, Scan Card, Preliminary Check card, Primary Emotional States and General icons.

**Module 3.** Structural icons, Skeletal and Muscular systems, Chemical icons, Internal Organs.

**Module 4.** Endocrine, Vascular, Neurological, Chakra and Meridian systems, Weight Control.

**Module 5.** Emotional and Electromagnetic icons, Gastrointestinal, Lymphatic and Respiratory systems.

**Module 6.** Immune and Genito-Urinary systems. Chemical and Environmental Sensitivities, Riddler Points. Surrogate Balancing. Revision and Group Assessment for **OHB Proficiency certification** enabling acceptance of donations..

**Module 7.** Extended Preliminary Check Card, Foreign Energy, extended Scan Card, Primary Vibration and Soul Systems.

**Module 8.** Whole Person, Optimum Brain Function, Muscle Testing, Reactive Muscles, Reactive Patterns.

**Module 9.** Primitive Reflexes, Optimum Neural Function, Life Focus, Camel and Dragon.

**Module 10.** Liver and Moon, Infection, Blood Chemistry, Medicines and Supplements, General Review.

**Individual Assessment for OHB Associate Practitioner** certification arranged on completion of Assignments and Interpersonal Skills certification.