

THE POLARITY THERAPY CENTER OF MAUI

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POLARITY THERAPY CENTER OF MAUI

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THE POLARITY THERAPY CENTER OF MAUI

WELCOME TO THE POLARITY THERAPY CENTER OF MAUI!

The Polarity Therapy Center of Maui offers courses and private instruction in Polarity Therapy. In addition, PTCM and the Ya Basit! Center offer art, meditation, and creativity events and groups as Sol Creativity: Living Your Dreams Awake! and Celebrating Presence and Connection. Please ask for the separate brochure if you are interested.

Although the Polarity courses are geared towards certification, any of the Associate Polarity Practitioner courses offered at the Polarity Therapy Center of Maui (PTCM) can be taken individually for personal growth and/or professional enhancement with the consent of the director.

POLARITY COURSES OFFERED :

The Polarity Therapy Center of Maui is an American Polarity Therapy Association (APTA) approved training program for both APP and RPP certification. APP and RPP courses fulfill the classroom requirement for the APP/RPP. Additional hours are needed to fulfill the APTA requirements for APP/RPP.

Associate Polarity Practitioner (APP) Training (155 hours)

APP Level 1 3 Day Intensive, 24 hours \$350

This course provides students with a strong foundation in healing with life energy. The emphasis is on developing the principles of balance, harmony and unconditional love. Participants will learn specific methods of physical, mental, and spiritual healing through the study and the practice of Polarity Therapy.

APP Level 2 3 Day Intensive, 24 hours \$350

This course broadens the material learned in the Level 1 course, introducing many new tools such as Polarity Yoga, Polarity Reflexology, work with the diaphragm triad, the Five Pointed Star, and much more.

APP Level 3 3 Day Intensive, 24 hours \$350

This course deepens the knowledge of Polarity principles and theory to support the student's progress in learning not only skills, but the Art of Polarity therapy. Perineal and other pelvic work, and structural balance are introduced, and the course is completed with such topics as communication and nutritional guidance.

APP Level 4 3 Day Intensive, 24 hours \$350

In this course, the three Geometric Patterns are explored in theory and in practice. Other topics are communication and business management.

APP Level 5 3 Day Intensive, 24 hours \$350

This final course completes the 120 hour classroom requirement for certification with APTA as an APP. It is designed to help students review and integrate all the learned material and apply it in their Polarity sessions.

Minimum Group Size

The APP Intensives require a minimum participation of four students. Upon request, the APP Intensives can be taught for three people at \$450 per person, or two people at \$560 per person.

Private Instruction

The individualized format of these classes allows the student the rewards of working one on one with an experienced Polarity practitioner and teacher over a period of time. Students of any level of experience will find these classes beneficial for their own healing and personal growth, as well as for learning the Art of Polarity Therapy. These courses follow, in general, the format and content of the workshop intensives, but with considerable flexibility for individual needs, abilities and preferences. Each class is two hours in length and costs \$125. Private instruction can also be combined with any number of workshop intensives. Please contact Hanna to create a program that is appropriate for you.

APP Level 1 (Minimum of 8 classes) \$1000**APP Level 2 (Minimum of 8 classes) \$1000****APP Level 3 (Minimum of 8 classes) \$1000**

APP Level 4 (Minimum of 8 classes) \$1000

APP Level 5 (Minimum of 8 classes) \$1000

Please note that APTA requires 120 hours of class time for registration as an APP. Therefore, students who choose private instruction are encouraged to obtain the hours they may still lack by reviewing workshops at no charge once they have completed the program. Also note that although some students may be able to complete the courses in 8 classes each if they are experienced bodyworkers, others may require more classes (at additional cost) to complete each level. Please feel free to discuss your situation with Hanna.

Registered Polarity Practitioner (RPP) Process Oriented Polarity Therapy Training (655 hours)

The 655 hours of RPP training includes the 155 hour APP training and fulfills the requirements for APTA certification as a Registered Polarity Practitioner. The curriculum is taught over a two year period and includes approximately 400 hours of class time.

This course is designed to teach the student Process Oriented Polarity Therapy and to provide a deeper understanding of Dr. Stone's work. The purpose is to support each student's own transformational clearing process through the Polarity theory and techniques taught and to prepare him or her to competently create and maintain a successful Polarity practice. In addition, tools from trauma healing, craniosacral work, Gestalt dialogue, connecting with the inner child and Higher Self, (Inner Bonding), various movement therapies, breath, sound, and awareness practices will be interwoven with the Polarity teachings as they fit with the material and the individual needs in the group.

The course is taught in two to four weekend-days per month for a total of 50 eight-hour days, each day usually from 9 AM - 6 PM, over a period of approximately two years. Seven to eight days are devoted to the element Ether, and eight to ten days each to Air, Fire, Water, and Earth. Approximately six to eight days are reserved for review and final exams.

Private students may learn at a faster or slower pace. Because private instruction may take less time than in the group setting, sometimes, fewer total hours are needed to teach the material. However, the

private student will need to make up the balance of the required hours through assisting in other classes or completing special projects.

Prerequisites: Successful completion of an APP course (155 hours) with the Polarity Therapy Center of Maui or through another school; APP certification through APTA (American Polarity Therapy Association); a minimum of 90 hours of Anatomy, Physiology and Kinesiology from a bodywork school or a Junior College; and an interview with Hanna Hammerli, Director of the Polarity Therapy Center of Marin.

Training Fees: \$125/day, payable in six day segments: \$750. Total: \$6250
(Private Instruction: \$125 for two hour class, \$500/8-hour day).

APP COSTS

The cost for each of the five levels of APP is \$350. The entire 120 hour APP course costs \$1750. Additional costs for the required bodywork sessions are the financial responsibility of each student. Cost for required books and registration with APTA is not included in the cost of the course. (Cost for the APP course under private instruction will be a minimum of \$5000.)

RPP COSTS

The RPP course is 655 hours and costs \$6250. (Private instruction would be at the rate of \$500 per 8 hour day.) Additional costs for an outside anatomy class, required books, and the required bodywork sessions are the financial responsibility of each student.

APTA REQUIREMENTS

In order to be certified as an Associate Polarity Practitioner (APP) or as a Registered Polarity Practitioner (RPP), students must meet the following requirements as put forth by APTA in the Standards for Education and Practice.

	Hours required for APP	Additional Hours Required for RPP	Total Cumulative Hours Required for RPP
Theory and Basic Principles of Polarity	10	20	30
Anatomy and Physiology			
Energy Model	10	10	20
Orthodox Model	10	90	100
Energetic Evaluation and Integration	5	20	25
Polarity Therapy Energetic Touch	50	100	150
Communication and Facilitation			
Hours of Didactic Study	5	25	30
Hours of Guided Personal Exposure	0	30	30
Energetic Nutrition	5	20	25
Stretching Postures	5	20	25
Personal Polarity Experience			
Number of One Hour Sessions Received	5	10	15
Clinical Practice			
Number of One Hour Sessions Given	30	70	100
Hours of Guided Feedback	15	45	60
Business Management and Promotion	0	30	30
Professional Ethics and Law	5	5	10
Electives*	0	25	25
Total Hours Per Level			
Hours of Actual Class time	120	440	560
Hours of Giving and Receiving sessions **	35	80	115
Total Hours for each level	155	520	675

* Electives shall be determined at the instructor's discretion and, where appropriate, with student consultation.

** Each separate session given and received shall be credited at the rate of 1 hour.

APP REQUIRED AND RECOMMENDED BOOKS

Required	Author	Book	Cost
APP Level 1	Alan Siegel	Polarity Therapy: The Power That Heals	\$22.50
APP Level 2	Dr. Randolph Stone	Health Building	\$14.00
APP Level 2	John Chitty and M.L. Muller	Energy Exercises	\$17.95
APP Level 3	Franklyn Sills	The Polarity Process	\$15.95
APP Level 3	Kylea Taylor	The Ethics of Caring	\$20.95
APP Level 4	APTA	APTA Standards For Practice	free
APP Level 4	Carol Lloyd	Creating A Life Worth Living	\$14.95
Recommended	Author	Book	Cost
APP Level 1	Hanna Hammerli	Four Chakra Sequences (2 cassettes)	\$17.50
APP Level 1	Wynn Kapit	The Anatomy Coloring Book	

RPP REQUIRED BOOKS

In addition to the books required for the APP, the following books are required for the RPP.

Required	Author	Book	Cost
RPP	Dr. Randolph Stone	Polarity Therapy Volume I	\$35.00
RPP	Dr. Randolph Stone	Polarity Therapy Volume II	\$35.00

SCHOOL CALENDAR:

Every year a calendar of events for the year is sent out upon request and to all people on the e-mail list. This calendar includes information on the APP and RPP level classes as well as the other workshops listed in the course catalogue.

Not all of the workshops fill. Also, dates sometimes change, so an interested student should contact the PTCM as soon as he/she knows which course is desired.

The APP level courses generally can be completed within a year. The RPP course takes two years and is held only when enough students are interested and ready for it. The courses are mainly taught as intensives over three or four day weekends from approximately 9 to 6.

INSTRUCTORS:

For APP and RPP classes, all instructors are APTA registered RPP's or on occasion, APPs with RPP supervision.

ENROLLMENT PROCESS AND REQUIREMENTS:

- Students must be 18 years or age or older unless accompanied by a parent and with the permission of the director of the Polarity Therapy Center of Maui (PTCM).
- Students must have a high school diploma or GED.
- The PTCM Catalog, which contains information about fees, financial aid, policies, and performance expectations will be sent to prospective students.
- Prospective students must complete the enrollment form a minimum of two weeks prior to the start date of the class. Deposits must be RECEIVED one week prior to the start of the first class.
- All potential students must also have an interview with the director of PTCM prior to admittance to their first class or workshop at PTCM.
- All students are responsible for their own well being while attending classes. As indicated on the enrollment form, students must indicate that they are in good health – mental, physical, and emotional.
- PTCM does not discriminate on the basis of age, sex, religion, sexual preference, ethnic origin, race or disability.
- Students with special health needs must consult with the director for admittance to a class.

FINANCIAL, CANCELLATION, AND REFUND POLICIES:

- ❖ A non-refundable deposit of \$100 to reserve your space is due a minimum of one week before the beginning of a course.
- ❖ Payment in full for each course is due three days before the beginning of the course.
- ❖ If a student cancels their enrollment more than three days prior to the beginning of a class, the student will be refunded 100% of the tuition, minus the \$100 non-refundable deposit.
- ❖ If a student cancels their enrollment three days or less prior to the beginning of a course, the student will be refunded 50% of the tuition, minus the \$100 non-refundable deposit.
- ❖ Students must cancel private instruction of more than two hours, a minimum of three days in advance.

- ❖ If a student cancels less than three days in advance of the appointment time, the student will be charged 50% of the private instruction tuition for the planned teaching.
- ❖ A limited amount of work-study is available in each course.
- ❖ Payment plans, without interest, are available on a limited basis.
- ❖ Any class may be repeated for half price on a space available basis.
- ❖ Individual needs may require extra hours beyond the normal curriculum, at extra cost.
- ❖ Students who become ill and cannot complete the course may retake the course at the next available time offered at no charge. Students are encouraged to care for their health or modifying their participation in the courses in whatever way works for them with the consent of the instructor.
- ❖ A student who formally withdraws after a course has started will be given a refund for the uncompleted portion.

FINANCIAL AID/WORKSTUDY

Limited work- study is available. Please ask if you have a need in this area. In cases of financial hardship, occasionally instruction is available at a somewhat reduced price.

COURSE REVIEW POLICY

Any course can be reviewed for 50% of the current tuition with the consent of the instructor, providing there is space available.

WHAT TO BRING TO CLASS:

- Notebook, pens
- Comfortable clothing
- Massage table (please check with instructor as there are some tables available for use)
- One set of sheets and a face cradle cover
- Bolsters, pillows for support
- Yoga mat (for APP levels 2-5, some are available so check with the instructor)
- Books. For APP Level 1, students must bring or purchase Polarity Therapy: The Power That Heals by Alan Siegel. For other APP and RPP Level classes, please see the APP Required/Recommended Books and RPP Required Books section of the catalogue.

- Personal items such as a water bottle, snacks, additional clothing etc.

CLASSROOM PROCEDURE AND CONDUCT:

Most of the courses taught at PTCM include some form of physical contact. We want to emphasize that in all of the courses offered at PTCM it is important that you take responsibility for your own needs and be aware of the needs of the other students. If at any time you are uncomfortable, please speak up.

In addition:

- Please be respectful towards your instructor and fellow students by arriving to class on time in the morning and by returning from breaks at the specified time.
- Please come to class with clean comfortable clothes and a clean comfortable body! Wear or bring layered clothing as the temperature can sometimes fluctuate.
- Out of consideration for those who might be sensitive to fragrances, please refrain from wearing perfumes, oils (even essential oils), colognes, or other strong scents to class.
- Smoking is not allowed anywhere on the premises at PTCM.
- Students in the APP and/or RPP program will be required to adhere to all of American Polarity Therapy Association's requirements regarding education, practice and conduct as detailed in the APTA Standards for Practice and Education and the Code of Ethics.
- PTCM reserves the right to dismiss a student for lack of satisfactory progress **and/or** behavior deemed disruptive including but not limited to the following:
 - Use of alcohol, drugs, illegal substances
 - Inappropriate, abusive or threatening behavior towards oneself, the instructor, or fellow students

In the event of a dismissal, a full refund will be given to the student for the course in which they are currently enrolled but no credit will be given to the course work done. PTCM is under no obligation to readmit a dismissed student. A dismissed student may reapply but there is no guarantee for readmission to any of the courses or programs offered at PTCM.

STUDENT MENTORING AND SUPERVISION

Follow up is as needed. There is an interview with each student prior to Level 5. Phone calls or email communication is available at all times for mentoring purposes based on students' needs. This is in addition in considerable in-class feedback. If needed, students can book extra hours privately with the instructor to accommodate a student's need for more supervision.

STUDENT PROGRESS:

PTCM provides an ongoing evaluation of each student within each course. In the evaluations the instructor will ask questions and provide opportunities for the student to demonstrate his or her understanding of the material that has been presented. These evaluations will be conducted both as an integral part of the class time, as well as more informally by phone, e-mail, etc. as concerns come up on the part of either the student or the instructor. There are no grades given in the courses at PTCM.

In the event that a student is lagging in their understanding, additional instruction will be offered in the form of individual attention during the course itself, or the suggestion will be made that the student come for some private instruction separately.

Upon successful completion of a class, the student will be mailed a certificate of completion.

EVALUATION PROCEDURES:

In addition to providing ongoing evaluation as stated above, students pursuing APP or RPP certification must also successfully complete the following:

APP:

- 120 in-classroom hours (or via private instruction)
- Periodic in-class oral exams and in-class demonstrations of Polarity techniques
- Written exams after APP Level 1 and APP level 5 class
- For APP Levels 3, 4, and 5, 10 documented Polarity sessions must be completed prior to and brought to the first day of class of each

of the levels. Documentation will be reviewed by the instructor. Each student will present and discuss one session.

- For APP certification, students must receive and document 5 Polarity sessions from Registered Polarity Practitioners, three of them with the same person. Students are responsible for payment. This cost is not included in APP fees.

RPP:

- Successful completion of APP program.
- Periodic in-class written (total of 5) exams and in-class demonstrations of Polarity techniques.
- 400 in-classroom hours (or via private instruction).
- 70 documented Polarity sessions.
- Receive and document 10 Polarity sessions.
- RPP elective studies (25 hours); must be approved by the instructor.
- RPP Final Exam.

**OTHER COURSES OFFERED AT PTCM AND THE YA BASIT!
CENTER FOR MEDITATION, CREATIVITY AND EXPRESSION:**

Sol Creativity and Awareness: Living Your Dreams Awake

-Entering the Dream Mystery: DreamTending and Art Process

-Painting From Presence

Celebrating Presence and Connection

-Meditation Events

-Inspirational Singing Circles

-Honesty Circles

-Paying Attention Workshops

Please contact Hanna for a separate flyer that details this work.

GRIEVANCE PROCEDURE:

A student's complaint about the program shall be brought to the attention of the Director of PTCM. The student should first attempt to discuss the grievance with the instructor(s) and the director of PTCM. If the student is not satisfied with the response, then the student should submit the grievance in writing to the director of PTCM. The director of the PTCM will respond in writing.

In the event that there is no satisfactory resolution via verbal discussion or the written grievance procedure, an APTA representative will be brought in as a mediator to help resolve the dispute.