SHAILY FEINBERG
Treatments • Trainings • Pro-Seminars

The Israeli Biodynamic Craniosacral & Polarity Center

Biodynamic Craniosacral Therapy

Professional certified Craniosacral Training

Shaily Feinberg

Portugal

Based on Dr. William Garner Sutherland, Dr. Rollin Becker, Dr. Randolph Stone and Dr. Franklyn Sills and more.

♥ In appreciation Gratitude and love to my teacher Dr. Andrea Axt ♥

© All rights reserved to the Israeli Biodynamic & Polarity Craniosacral Center

www.biocranioschool.com Shaily Feinberg +972543149914

SHAILY FEINBERG
Treatments • Trainings • Pro-Seminars

Level 1 - The craniosacral system and relational space & touch

- The Breath of Life system - the Craniosacral system ● Midline ● Introduction to Viscera
- Establishing therapuitic presence and relational space and touch
- Developing sensitivity and ability to palpate and to understand the system ●
- The inherent intelligence of healing and order system - Becker's 3 stages of healing
- Therapy-therapist-client ● Augmentation ● Intake ● Writing therapeutic session

88 full hours: 2 seminars 5 days, 8 hours each. +2 Supervision classes on zoom - 8 hrs.

Level 2 - Rhythms and tides of the Breath of Life

- The 3 tides of the Breath of Life ●Fascia and the uniformity of the Fluid body
- Biotensegrity ● recognizing the imprint of health in the system ●Biosphere
- Therapeutic hologram ● Transmutation
- Manifestation of the Breath of Life

44 full hours: 5 days, 8 hours each. +1 Supervision class on zoom - 4 hrs.

Level 3 - The midline and facial dynamics

- Listening to the reciprocal membrane system R.T.M ● Core link ● S.B.J
- Facial dynamics: T.M.J ● Hyoid bone and the muscles ● Palate and mouth work
- Fluid cranium ● Flower head cranium ● The venous sinuses
- Midline-longitudinal and lateral axes ● Birth patterns ● M.R.E exercises
- Deepening into the Becker's 3 stages of healing ● Introduction to Viscera cont.

52 full hours: 6 days, 8 hours each. +1 Supervision class on zoom - 4 hrs.

Level 4 – Trauma and the survival stress system

- Different approaches in working with trauma ● Craniosacral and trauma
- The physiological and anatomical aspects of the trauma ● Stress situations ● H.P.A AXIS
- Autonomic tone recognition and regulation work ● Vagal tone recognition and regulation
- Grounding and regulation exercises ● Introduction to Viscera cont.
- Emotional somatic work ● Orientation and boundaries ● Verbal skills ● Safe therapeutic space
- Energetic cysts ● Trauma vortexes and healing ● Polyvagal theory.

88 full hours: 2 seminars 5 days, 8 hours each. +2 Supervision class on zoom - 8 hrs.

Level 5 - Introductions for children - Polarity, the butterfly and metamorphic massage

- Craniosacral and children ● Bonding ● Secure and insecure attachment patterns
- Polarity therapy - energetic-mental-physical psychotherapy model ● Metamorphic
- The butterfly massage ● Introductions to special needs

44 full hours: 5 days, 8 hours each. +1 Supervision class on zoom - 4 hrs.

Level 6 - Pregnancy, birth and babies – potency-fluid-tissue dynamics

- Introductions to embryology ● Potency-Fluid-Tissues ● Perinatal and Neoreichian approaches
- Stories of rooting pregnancy and childbirth ● Birth patterns ● Working with pregnant and postpartum women ●Working with babies ● Metamorphic and the butterfly massage for the baby ● Abnormal and at-risk births. ● Introduction to Viscera cont.

52 full hours: 6 days, 8 hours each. +1 Supervision class on zoom - 4 hrs.

© All rights reserved to the Israeli Biodynamic & Polarity Craniosacral Center

SHAILY FEINBERG
Treatments • Trainings • Pro-Seminars

Information about the study hours of the training:

422 hours (563 academies) of frontal learning in-class and Zoom - in six levels.
320 hours (427 academies) of personal active learning according to the list below:

- 84 hours practice reports during the levels.
- 26 hours of supervision and practice days.
- 5 hours of student clinic
- 55 hours of the case study project.
- 150 hours of the final written exam and final practical exam.

A total of 742 hours of training (990 academies).

The cost of training and the payment layout

- The total time of the training levels is two years.
  (spread in 8 seminars - 4 in each year + the 3-day graduation seminar)
- These hours do not include: The external lectures, extra supervision days.
- The full price is 13500€ - See payment possibilities layouut plan.
  The price does not include external lectures, extra supervision classes, student Clinic: The price is 70€. (will be explained in seminar 1), and the final practical exam session (which will take place at the graduation seminar).
  The final practical exam session costs 120€.
- All those who miss a class will need to complete the class individually for two hours with the teacher on Zoom and pay 100€ (unless I decide that it is possible to complete in another way. The student is responsible for contacting the assistant or the teacher and finding out what needs to be completed and how.

© All rights reserved to the Israeli Biodynamic & Polarity Craniosacral Center

SHAILY FEINBERG
Treatments • Trainings • Pro-Seminars

Cancellation policy registration and payment procedures

- Registration must be done by filling out the form in the link in the web page and sending it to Ashley.
- Registration fee is 2,520€. It is a commitment intention and non-refundable.
- This fee will be deducted from the whole training price, according to the payment layout plan of 9 seminars (deduction of 280€ each).
- **Possibilities for Payment layout plan and complete cancellation policy will be sent separately.**

Course procedures and conduct during the training

- If a student misses attendance for any reason - he/she can complete the academic and practical material with another student or by individual class with the teacher for a fee (the student is responsible for checking with the teacher what he/she missed and whether it is possible to make up with another student or individually with the teacher).
- If the student cannot attend the class and can learn via zoom/online - it is the student's responsibility to organize and arrange for zoom learning/recording, etc. with other students in the group also someone to practice on.
- The students commitment is to a proper and respectful behavior towards all students and to the teacher.
- Each level/module will have a schedule as an appendix to the study manual of that level.
- **Receiving the certificate** will be given on behalf of **'The Israeli Biodynamic Craniosacral & Polarity Center'/Shaily Feinberg. It is credited by 'The Association of massage and touch therapies of Israel'.** The certificate will be given only after fulfilling all the training requirements: Practices, homework for each level, supervision classes, student clinic, receiving treatments, self-evaluation project, writing final exam, case study project, final practical exam, full attendance and/or completion of classes and full payments.
- Certified Biodynamic Craniosacral Therapist (BCST) – Is only after receiving the certificate. Only a certified BCST can receive payments.
- In case of a necessary extension of the studies time, there will be an additional payment proportionally (update and detail will be received during the training including explanation in the first class).
- Receiving a session during the entire training period from the teacher or the assistant at a cost of a student fee of 70€.

© All rights reserved to the Israeli Biodynamic & Polarity Craniosacral Center

SHAILY FEINBERG
Treatments • Trainings • Pro-Seminars

Requirements for the completion of the training and qualification for the certificate

- 6 levels of the training - full attendance/paid completion.
- A final practical exam session with a qualified teacher on behalf of the school.
- Submitting weekly assignments - practical reports, lesson summary on submission times - the student's responsibility is to meet the submission times and, if necessary, contact the teacher by writing and request an extension.
- The teacher's discretion as to whether to allow this (depends on the reason for the request).
- Submitting tasks according to each level - meeting the submission deadlines. It is the student's responsibility to meet the submission deadlines.
- And if necessary, contact the teacher in writing and ask for an extension.
- The teacher's discretion as to whether to allow this (depends on the reason for the request).
- Student clinic after module 3.
- The case study project after level 4 (an explanation will be provided).
- Self-evaluation project - after level 4.
- Receiving 10 treatments by a certified Biodynamic craniosacral therapist (a list of possible therapists will be provided).
- The final practical exam is 120€.
- Completion the tasks and course requirements up to six months after graduation - in exceptional cases it will be possible to request an extension. Each request will be reviewed individually. Only after the school's written consent an extension will be given.

© All rights reserved to the Israeli Biodynamic & Polarity Craniosacral Center

SHAILY FEINBERG
Treatments • Trainings • Pro-Seminars

Acceptance requirement:

- Participation in an introductory meeting (free of charge 3 hours on zoom)
- Commitment to the entire curriculum and its requirements in advance.
- A commitment to full attendance during all classes or completing a class individually for a fee.
- Practice requirements during the training.
- Full fulfillment of all training requirements .
- Full payment for the training.
- Signing a consent form and commitment to the training policy.
- Commitment on copyright for the textbooks - do not copy/replicate/transmit the contents of the textbooks and presentations either in part or in full without express written permission signed by the school.
- Personal admission interview before registering for training (free of charge).
- The student's commitment to proper and respectful behavior towards all students and the teacher

Cancellation terms

1. For any reason that is out of the school control such as a situation of no flights or epidemic ect, the studies will continue on Zoom and will focus on the theoretical, anatomical study materials, questions and answers, self-practices, self-therapeutic presence exercises. All the practical part will be completed.
2. If the training can not be opened for the following reasons:
   A. Incase of a delay of opening the training for an excessively long period of time because of the reason written above (no.1), it is up to the school to decide what is too long. The school's responsibility to update.
   B. The training's teacher will not open the training for personal reasons. There will be a full refund! With the exception of offsets relative to the number of classes that actually took place.
3. In a situation where the student interferes with the conduct of the teacher in class, behavior that does not respect the boundaries and attendance procedures in the space and the training, and offensive behavior towards students in the study group and towards the teacher and the assistant, the school will be entitled, at its discretion, to stop the studies and notify about this in writing to the student. A refund will be given after calculating the cost of the number of classes studied and the remaining amount to be refunded proportionally. Damages due to inappropriate behavior, as mentioned, will be charged in the amount of 300€.
4. Discontinuation of studies by the student during the training due to incompatibility with the studies, its contents and the method of teaching and for any other reason will require the continuation of full payments according to all the requirements and conditions of the training as mentioned.

Successfully,

© All rights reserved to the Israeli Biodynamic & Polarity Craniosacral Center

© All rights reserved to the Israeli Biodynamic & Polarity Craniosacral Center