

**ASSOCIATE POLARITY  
PRACTITIONER  
Certification Program**

**Polarity Center of Syracuse**

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# Welcome!

Now is the perfect time to consider a career in Polarity Therapy.

The future for all alternative and complementary therapies, including Polarity Therapy, looks bright. Our healthcare system is changing rapidly to include both preventive practices and alternative therapies. For example, the U.S. government's National Institutes of Health now has an alternative medicine division funded to support research on alternative therapies.

Our Associate Polarity Practitioner (APP) Certification Program is a 160-hour/six-level program set up in accordance with the American Polarity Therapy Association (APTA) Standards. After completion, students receive certification from APTA to practice Polarity Therapy. Our graduates follow many paths including starting their own holistic practices, continuing their education in advanced Polarity Therapy studies - Registered Polarity Practitioner (RPP) - and integrating Polarity Therapy into their existing practices.

Our Associate Polarity Practitioner program involves regularly scheduled weekend classes and clinical sessions. All of our classes are taught by Registered Polarity Practitioners who have been trained by APTA standards and are certified Registered Polarity Educators. At times, specialty faculty provide expertise in areas of anatomy, physiology, yoga, business and ethics.

**Our school of Polarity Therapy is registered with** American Polarity Therapy Association. We plan to offer a Registered Polarity Practitioner Certification Program in the near future.

# Mission Statement

The Polarity Center of Syracuse is dedicated to providing information to the interested public regarding the practice of Polarity Therapy and Energy Medicine. Our School of Polarity Therapy is a professional program dedicated to the education and training of students in the competent, successful and professional practice of Polarity Therapy and Energy Medicine.

Our mission is to provide the best training and educational environment possible. We strive to honor students' inherent wisdom and individuality. We acknowledge the concept that there is a direct relationship between personal growth and the student's ability to learn and be a successful practitioner. Our program supports and encourages personal growth, experiential learning and acceptance of diverse learning styles.

The Polarity Center of Syracuse incorporates the concepts central to Polarity Therapy and Healing into our educational model integrating Spirit, Mind, Emotions, Body and connection to source.

The Polarity Center of Syracuse does not discriminate on the basis of gender, race, nationality, ethnic background, education, sexual preference, religion or politics of its students.

# APP Program Intention

**The intention of the Polarity Center of Syracuse's APP Certification Program is as follows:**

- For students to gain a working knowledge of polarity principles, theory, practice assessment skills and treatment.
- For students to learn Polarity concepts relating to the integration of spiritual, mental, emotional and physical aspects of human life. To know that Health on all levels of Life means the free flow of Life Energy from it's source thru its various fields and centers and back to its source.
- Students will experience and learn how to do Polarity Yoga Energetic exercises.
- Students may experience The Polarity Therapy Cleansing Process and gain an energetic understanding of Polarity diets and nutrition.
- Students may experience emotional growth and understanding of themselves, through their own experience of the Polarity Process.
- Students will gain the ability to integrate Polarity into their private practice and into their daily lives.
- Dr. Stone said that "Polarity Therapy is caught rather than taught". This is the experiential basis for this course.
- Students will learn how to practice Polarity Therapy ethically and fairly within their scope of practice.
- Students will become proficient in the Polarity Energetic Touch skills taught in class and develop a sense of "touch".
- Students will gain practical experience of the practice of Polarity Therapy in supervised clinic and Clinic Practicum class, and also receiving no less than five sessions from a qualified Registered Polarity Practitioner.
- When students satisfy all the requirements, they will be able to apply to the American Polarity Therapy Association for the designation of Associate Polarity Practitioner Certification.

# Curriculum Overview

# Curriculum Overview

**The major subjects in the APP Course of Study are as follows:**

## **Polarity Therapy**

The concept that life is energy in motion will be presented and explored. The unity of all things. The step-down of energy into matter. The action of attraction and repulsion. The subtle movement of energies in evolution and involution. Polarized opposites, ie: male-female, yang-yin, sun-moon, etc. will be examined. The three principles, three Gunas. How the physical body is based on the 5 elements. The five elements, and the 25 combinations (Pentamirus combination). The history and background of Polarity and Dr. Stone, its' founder. The relationship of mind and mental patterns and emotions on disease. Body readings, case histories and identification of energy blocks. Hand and foot reflexes, acute and chronic reflexes and blocks. Parent patterns. Astrology and its relationship to Polarity. The triad relationships. The three touches. Basic pulse reading. The three primary pathways of entheric energy, ie: five mental passions, five elements as emotion, movement, physiological motivation fluids, tissues, organs, motor and sensory organs. The five ovals, the five states of energy movement and related pathophysiology. The wireless anatomy. Five and six pointed star geometry. We will view healing and dis-ease in terms of energy. Dis-ease as a disrupted or blocked flow of energy and healing as the release and reconnection of energy to its source.

## **Energetic Nutrition**

We will gain personal experience of polarity nutritional concepts by our own exploration of: Purifying, health building and vegetarian diets.

Skin brushing, food combining vitality drinks, polarity tea, sweats and hot tubs.

The concept of food as energy will be explored and experienced as well as evaluation of our own personal energetic needs in relation to food. And we will see food in relation to the five elements and the three principles.

This class explores the principles of energetic nutrition through personal experience with health building and purifying diets and internal cleansing techniques. Students then learn to apply what they have learned to clinical practice. The emotional aspects of nutrition are explored as well as diet history, assessment and monitoring skills. Energetic nutrition is viewed from the standpoint of cleansing and building as a method to heal and clear the body.

## **Communication and Facilitation Skills**

You may learn by the direct experience of going through a personal process. This will include: Creation of a safe neutral space to share feelings, develop listening skills, history taking, observation skills, self awareness, rationality, intuition, understanding emotions, positive and negative attitudes, upward and downward spirals, personal inventories, grounding techniques, personal issues, client issues, grounding, centering model to clear energy fields, meditation, "Presence" and intention.

## **Polarity Yoga Energetics**

You will explore these exercises from an energetic viewpoint and the physical, emotional and mental effects generated from an increased flow of ener

# Curriculum Overview

## **Body Work: Polarity Energetic Touch**

In this class, you will study and learn the practical application of Polarity principles in regards to the use of healing touch. This includes energy balancing, manipulative balancing and manual therapy techniques for the purpose of releasing blocked energy. Both spatial and intuitive oriented Energetic Touch will be covered. Sensitivity of touch and its effect are stressed throughout this course and three modalities of touch are developed from the context of the three principles.

We will have plenty of class time to learn specific techniques and experience their effects and develop “Touch”. The direct experience of receiving and giving sessions allows one to feel energy being released and moving inside the body thereby, making the wireless anatomy and concepts of energy more real. You are asked to work with as many other different students in class as possible as each individual brings to the process a unique background of reactions, approaches, concepts, temperaments, etc. This interaction begins to expand your experience to the wide range of approaches available to meet the diversity of you and your future clients’ needs. A list of specific manipulations we will learn in class will be included in the Energetic Touch Course syllabus.

*Please note:* As your proficiency develops and your understanding of energy tracing and being able to follow and direct the movement and flow of energy increases, you are not confined to specific techniques learned in class or restricted to follow pre-established procedures. You may develop your own flow to develop your own techniques in response to the client’s responses and needs. However, students will be required to be proficient in the techniques covered in class, acting as a foundation for their own development before exploration of new procedures.

## **Client Practicum Class**

This class orients and supports you in your clinical experience. Here students with their peers and instructors, discuss and evaluate skills and awareness necessary to develop strategies for client care. This class also serves as a bridge between didactic education and theory and the more practical skills necessary to clinic practice. Students and staff also discuss more subtle aspects of the client-therapist relationship in a safe supportive environment. We currently offer a post-graduate supervision and clinical practicum class that supports Polarity Practitioners of all levels and also provides CEU’s for continued APP and RPP requirements through APTA. This service, which meets monthly, is available once per month on a Thursday evening from 7:00 pm to 9:30 pm.

## **Energetic Evaluation and Integration**

Here the skills of history taking, observation, body reading and energetic mapping are developed to create a context and understanding for therapeutic strategy. This course is dynamic in exploring the numerous possibilities for assessment and application of Polarity therapeutics in the healing process. Some of the topics include: Personal Energetic Inventory; Body Reading for gross energy imbalance and assessment; Assessment for possible causes of energy exhaustion and dissipation; Acute and Chronic reflexes; Self evaluation of energy pathways, fields and patterns; Evaluation of Vital Reserve Capacity, leg length as indication of contracted energy and assessment indication.

# Curriculum Overview

## **Energetic Anatomy**

You will learn the location and function of Etheric Energy Pathways, Fields, Chakras, Line of Force, Centers and Primary Resonant Charges in the human body. Primary Geometric Relationships of Projection and Reflection, Involution and Evolution, Symmetry and Balance.

## **Orthodox Anatomy**

We will explore the location and function of all organ systems, topographic anatomy relating to Energetic Touch techniques and normal functioning of the various systems within the context of theory and Energetic Touch applications

## **Clinical Supervision**

Supervised practice enables you to deepen your understanding, competence and confidence in the area of client interview, history taking, evaluation, Energetic Touch, verbal communication, cleansing techniques and Polarity Yoga Energetics. Practice time under supervision of the instructors is an important part of this program. Feedback and evaluation of techniques, methods, touch, communications, strategies, spirit, intention, efficiency, etc., will be given by both instructors and fellow students to enable you to refine strategies, management, execution and follow-up of your treatments.

## **Clinic**

Each student is required to give a minimum total of 30 one-hour Polarity sessions. Of these sessions, 10 will involve managing the same client through 10 sessions. The remaining 20 will be with at least 10 additional clients. Tracking forms are supplied in your student manual. Please begin your session after your first feedback session. All Clinic sessions must be completed within 3 months after the last day of class.

## **Personal Polarity Sessions**

Each student is required to receive a minimum of 5 Polarity sessions from a Registered Polarity Practitioner (RPP). Of these sessions, 3 are to be with the same practitioner. The additional 2 are with different practitioners. Tracking forms are supplied in your student manual; please have the practitioner sign the form. Sessions must be completed within 3 months after the last day of class.

## **Personal Polarity Evaluations**

Each student is required to perform a minimum of 5 Bodywork Evaluations for feedback. These evaluation sessions are to be completed with the Director of the Program and different qualified practitioners.

# Curriculum Overview

## **Ethical Practice**

In this class, we will examine the APTA Code of Professional Ethics and explore concepts relevant to scope of practice and ethical practice issues.

## **Final Exam**

Students are expected to complete the final exam during the final weekend. Students are allowed to take the completed/corrected exam home to copy and use as a future study guide. Students are required to return the original exam back to us within three months from the final weekend.

## **Spirit**

This course may be a time of personal process as we go through our own healing. This can be a wonderful way and time to explore and become aware of our own “stuff” so to speak, our own issues that keep us stuck in patterns of imbalance of dis-ease. This may be really uncomfortable for a while. Let’s all commit to working on opening our hearts and minds to a better quality of life and deeper connectedness with our own source, the source of all life. So that we can feel this “stuff”, express it positively and let it go. Then we may discover we have shed some light on the process of healing, and allow room for the energy of love, compassion and kindness to enter.

I would like to remind you that our freedom to express and eliminate ends when it become offensive to others.

See you in class.  
Be Light and Have Fun!!

Naomi Kenealy, LMT, RPP, RPE

# **Class Schedules**

# Classes and Clinics

## Classes

Classes meet on a Friday, Saturday and Sunday schedule from 10 am to 6 pm with a 90-minute lunch break.

There are seven weekends (Friday, Saturday & Sunday) of classes for a total of 183 hours or 21 class days and 30 hours of supervision.

The first weekend of classes is prescheduled. The students select the subsequent weekends during the first weekend of class or thereafter. Classes meet about once per month or more often.

## Clinics

Clinics are the student's responsibility and are generally done outside of class. The Polarity Center of Syracuse occasionally schedules a clinic that students can volunteer for at the school. These are generally done with the RPP Level students and space is limited. We also occasionally participate in outreach programs for the elderly and retired persons, hospitals, special care units and a retreat center on a yearly basis. These are voluntary and do earn credit as clinical sessions.

# CLASS ONE

## Schedule

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

### ***Morning:***

- Class Introduction and Course Overview.
- Course Requirements, Session Requirements, Clinical Requirements, School Policies.
- Lecture:
  - \* Introduction to Polarity Therapy Theory, History of Polarity, Scientific Evidence of Energy,  
What is Energy?, Dr Stone as Founder.

### ***Afternoon:***

- Energetic Touch Introduction:
  - \* Tummy Rocking, Head Cradle, Crown Balance, Ankle and Toe Contacts, Sacral Occipital Contacts.

### **APTA Standards Credits:**

- |                                  |     |
|----------------------------------|-----|
| • Energetic Touch                | 4.0 |
| • Communication and Facilitation | 2.0 |
| • Theory and Principles          | 0.5 |

## CLASS TWO

### Schedule

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

#### ***Morning:***

- Student Check In Communications, Sharing and Listening.
- Polarity Yoga Introduction: The Theory explored. Purpose, Essential Aspects, Effects.
  - \* Side Posture Rocking, Squat, Scissors Kick, Windshield Wipers.
- Theory: Lecture
  - \* Client – Therapist Interaction, The Therapeutic Relationship as it applies to the Practitioner, Energetic Fields and Boundaries, what happens during a Polarity Therapy Session. Neutrality, Doing and Being explored. Spiritual, Mental, Emotional and Physical Contact.
- Exercises.
- Communication and Facilitation:
  - \* Personal Space, Inventory, Presence and Adjustment, Intention, Core Awareness, Creating a Safe Space and Grounding.
  - \* Clinical Considerations.

#### ***Afternoon:***

- Continue with the above concepts.
- Inventory and Drawing project:
  - \* Students explore their concept of self energetically through the process of inventory and self-image drawing and presentation to the class.

#### **APTA Standards Credits:**

- |                                  |     |
|----------------------------------|-----|
| • Communication and Facilitation | 1.0 |
| • Evaluation and Integration     | 2.0 |
| • Clinical Practicum             | 1.5 |
| • A&P Energetic                  | 1.0 |
| • Polarity Yoga                  | 1.0 |

## **CLASS THREE**

### **Schedule**

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

#### ***Morning:***

- Theory and Principles.
- The Therapeutic Relationship as it applies to the Client.
- What happens in a session, the Nature of Healing, Doing vs. Being.
- The Step-Down of Energy and the Ultrasonic Core.
- Scientific Background Newtonian Quantum Physics.
- The Macrocosmic Connection.

#### ***Afternoon:***

- Energetic Touch.
- Practitioner Skills.
- Palpation of Fields, Making Contact, Resonance, Line of Least Resistance, Personal Reference Point, Intention, Adjustment of Presence and Grounding and Exploration and Exercises.

#### **APTA Standards Credits:**

- |                      |     |
|----------------------|-----|
| • Theory             | 1.5 |
| • Clinical Practicum | 1.0 |
| • Energetic Touch    | 4.0 |

## **CLASS FOUR**

### **Schedule**

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

#### ***Morning:***

- Polarity Yoga Energetics:
  - \* Variations of the Squat, Pyramid, Ha Breaths, Woodchopper, Theory of Polarity Yoga and Application.
- Energetic and Orthodox Anatomy:
  - \* The Three Field Pulsations.
- Polarity Theory:
  - \* The Three Principles.

#### ***Afternoon:***

- Polarity Energetic Touch.

#### **APTA Standards Credits:**

- |                   |     |
|-------------------|-----|
| • Polarity Yoga   | 0.5 |
| • A&P Energetic   | 2.0 |
| • Energetic Touch | 4.0 |

## **CLASS FIVE**

### **Schedule**

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

#### ***Morning:***

- Check-In.
- Polarity Yoga Energetics:
- Polarity Theory: Hans Jenny, What is Energy?
- Energetic Pathways.
- The Three Gunas: Rajasic, Tamasic and Satvic.
- Beginning Five Element Theory.

#### ***Afternoon:***

- Polarity Energetic Touch.
- Shoulder Rocking, Neck Rocking, North Pole Stretch, Occipital Contacts, Atlanto-Occipital Release, Toe Contacts, Foot Reflexes.

#### **APTA Standards Credits:**

- |                   |     |
|-------------------|-----|
| • Polarity Yoga   | 1.0 |
| • A&P Orthodox    | 1.5 |
| • Energetic Touch | 4.0 |

## CLASS SIX

### Schedule

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

#### ***Morning:***

- Polarity Yoga Energetics.
- Communication and Facilitation.
- Expressing Feelings and Active Listening.
- Polarity Principles Lecture: The Step-Down of Energy via Spiritual, Mental, Emotional and Physical Levels of Manifestation, Involution and Evolutional Symbols, The Five Elements.
- The Three Principles of Motion.

#### ***Afternoon:***

- Polarity Nutritional Concepts:
  - \* Energetic Polarity Theory: Food as Energy: Vegetarian, Health Building and Purifying Diets.
  - \* Cleansing Theory and Techniques.

#### **APTA Standards Credits:**

- |                                  |     |
|----------------------------------|-----|
| • Polarity Yoga                  | 0.5 |
| • Communication and Facilitation | 1.5 |
| • Theory and Principles          | 4.0 |
| • Nutrition                      | 1.0 |

## **CLASS SEVEN**

### **Schedule**

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

#### ***Morning:***

- Polarity Yoga Energetics.
- Nutritional Concepts, Personal Experiences with Food, The Energy of Food. Examination of Polarity Nutritional, Cleansing and Diet information.
- Vitality Drink and Purifying Diet, Health Building and Vegetarian Diets.
- Polarity Herbal Tea ingredient proportions and effects.
- Energetic and Orthodox Anatomy
- Reading the Fields

#### ***Afternoon:***

- Energetic Touch Specific to the Field Pulsations.

#### **APTA Standards Credits:**

- |                   |     |
|-------------------|-----|
| • Polarity Yoga   | 0.5 |
| • Nutrition       | 1.0 |
| • A&P Orthodox    | .75 |
| • A&P Energetic   | .75 |
| • Energetic Touch | 4.0 |

# CLASS EIGHT

## Schedule

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

### ***Morning:***

- Clinic Practicum Class.
- Client Intake and Protocols through understanding the Client Intake Form.
- Assessment strategies and information, evaluation methods.
- Anatomy and Physiology Orthodox and Energetic, Energy Flow in the Human Body and Matching Physiology.
- The duality of Yin and Yang, Male and Female, Positive and Negative, or Electro/Magnetic energy in life and in the Human Form.

### ***Afternoon:***

- Energetic Touch.

### **APTA Standards Credits:**

- |                    |     |
|--------------------|-----|
| • Clinic Practicum | 2.0 |
| • A&P Orthodox     | 0.5 |
| • A&P Energetic    | 0.5 |
| • Energetic Touch  | 4.0 |

APP Certification Program

## **CLASS NINE**

### **Schedule**

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

#### ***Morning:***

- Polarity Theory.
- The Five Elements: Each Element explored as to Quality, Physical, Emotional, Mental and Over or Under Expansion or Contraction.
- Evaluation and Integration Relating to the Five Elements.
- Being and Doing Session Strategies.

#### ***Afternoon:***

- Energetic Touch.

#### **APTA Standards Credits:**

- |                              |     |
|------------------------------|-----|
| • Theory and Principles      | 2.0 |
| • Evaluation and Integration | 1.0 |
| • Energetic Touch            | 4.0 |

## CLASS TEN

### Schedule

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

#### ***Morning:***

- Polarity Yoga Energetics.
- Theory and Principles.
- The Five Elements.
- Ethics and Business Practices: *The APTA Ethics Document*.
- Responsibility, Competence, Confidentiality, Consumer Welfare, Moral and Legal Standards, Professional Relationships, Public Statements.

#### ***Afternoon:***

- Ethics and Business Practices Ethical Vignettes and Examples explored.
- Energetic Touch.

#### **APTA Standards Credits:**

- Polarity Yoga 1.0
- Theory and Principles 1.0
- Business and Ethics 2.0
- Energetic Touch 3.0

APP Certification Program

# **CLASS ELEVEN**

## **Schedule**

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

### ***Morning:***

- Polarity Yoga.
- Class Practicum.
- Case Study.
- Ten Session Series.

### ***Afternoon:***

- Clinic Practicum.
- Energetic Touch.

### **APTA Standards Credits:**

- |                    |     |
|--------------------|-----|
| • Polarity Yoga    | 0.5 |
| • Clinic Practicum | 3.0 |
| • Energetic Touch  | 3.5 |

APP Certification Program  
**CLASS TWELVE**  
Schedule

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

***Morning:***

- Communication and Facilitation.
- Rapport Skills and Ethical Referral.
- A&P Orthodox and Energetic.
- Spiral, Transverse and Longline Currents.
- Nutritional Information and Dietary Guidelines.

***Afternoon:***

- Energetic Touch.

**APTA Standards Credits:**

- |                                  |     |
|----------------------------------|-----|
| • Communication and Facilitation | 1.0 |
| • Energetic Touch                | 4.0 |
| • Nutrition                      | 3.0 |

APP Certification Program  
**CLASS THIRTEEN**  
Schedule

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

***Morning:***

- Check In.
- Goals for Vitality Drink and Nutritional Weekend.
- Emotional Issues about Food and Diets.
- Energetic and Biochemical Aspects of Polarity Tea and Vitality Drink.
- Group Preparation of Vitality Drinks; Learn Measurements and Quantities, etc.

***Afternoon:***

- Energetic Touch.
- Gas Releasing Techniques.
- Colon Reflexes.

**APTA Standards Credits:**

- |                                 |     |
|---------------------------------|-----|
| • Nutrition                     | 3.0 |
| • A&P Orthodox Digestive System | 3.0 |
| • Energetic Touch               | 1.0 |

APP Certification Program  
**CLASS FOURTEEN**  
Schedule

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

***Morning:***

- Check In.
- Continuation of Vitality Drink and Nutritional Weekend.
- Group preparation of Vitality Drinks (less prep time).
- Selected Readings from Dr. Stone on Nutritional Concepts from *Health Building*.
- Energetic Qualities of Food.

***Afternoon:***

- Energetic Touch.

**APTA Standards Credits:**

- Nutrition 3.0
- Energetic Touch – Energy Patterns  
Of Digestive System. 2.0
- Energetic Touch 2.0

APP Certification Program  
**CLASS FIFTEEN**  
Schedule

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

***Morning:***

- Clinical Practicum.
- Polarity Yoga.
- Client Intake Form and Health History.
- Evaluation and Integration.

***Afternoon:***

- Energetic Touch.

**APTA Standards Credits:**

- |                              |     |
|------------------------------|-----|
| • Polarity Yoga              | 0.5 |
| • Clinical Practicum         | 3.0 |
| • Evaluation and Integration | 0.5 |
| • Energetic Touch            | 3.0 |

APP Certification Program  
**CLASS SIXTEEN**  
Schedule

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

***Morning:***

- Polarity Yoga.
- APTA Code of Ethics Continued.
- Evaluation and Integration.

***Afternoon:***

- Ethical Vignettes.
- Clinical Practicum.
- Communication and Facilitation.

**APTA Standards Credits:**

- |                                  |     |
|----------------------------------|-----|
| • Polarity Yoga                  | 0.5 |
| • Ethics                         | 3.0 |
| • Clinical Practicum             | 3.0 |
| • Communication and Facilitation | 0.5 |

APP Certification Program  
**CLASS SEVENTEEN**  
Schedule

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

***Morning:***

- Check In, Communication and Facilitation.
- Polarity Yoga.
- Review of Practitioner Skills.

***Afternoon:***

- Energetic Touch: Issues of Practitioner Contact.
- Nervous System, Three Pole of the Diaphragm.
- Orthodox A&P.

**APTA Standards Credits:**

- |                              |     |
|------------------------------|-----|
| • A&P Orthodox               | 3.0 |
| • Evaluation and Integration | 2.0 |
| • Clinic Practicum           | 2.0 |

APP Certification Program  
**CLASS EIGHTEEN**  
Schedule

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

***Morning:***

- Practitioner Skills.
- Session Components.

***Afternoon:***

- Energetic Touch.

**APTA Standards Credits:**

- Energetic Touch 7.0

APP Certification Program  
**CLASS NINETEEN**  
Schedule

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

***Morning:***

- Energetic Anatomy.
- Energetic Touch.

***Afternoon:***

- Energetic Evaluation and Integration.
- Energetic Touch.
- Communication and Facilitation.

**APTA Standards Credits:**

- Energetic Anatomy 3.0
- Energetic Evaluation and Integration 3.0
- Communication and Facilitation 1.0

APP Certification Program  
**CLASS TWENTY**  
Schedule

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

***Morning:***

- Review of course material.

***Afternoon:***

- Review Continued.

**APTA Standards Credits:**

- |                         |     |
|-------------------------|-----|
| • A&P Orthodox          | 1.0 |
| • A&P Energetic         | 3.0 |
| • Theory and Principles | 2.0 |
| • Nutrition             | 1.0 |

APP Certification Program  
**CLASS TWENTY-ONE**  
Schedule

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

***Morning:***

- Final Exam.

***Afternoon:***

- Energetic Touch.

**APTA Standards Credits:**

- Energetic Touch/Theory  
And Principles 5.0
- Ceremonial 2.0

# **Courses of Study**

# **POLARITY THERAPY ENERGETIC TOUCH**

## **Course Syllabus**

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

### **Overview:**

The intention of the Energetic Touch section is two-fold. One is for students to develop a “TOUCH” in the framework of specific manipulations designed to facilitate the release of blocked energy and create a deep state of relaxation. Touch means sensitivity, proficiency and confidence in the use of the three different qualities of satva, rajas and tamasic and an ability to observe and respond to their reaction. The other intention is for students to become familiar with the experience and the effects of energy release in their own bodies, also being aware of the client’s response to this process.

### **Polarity Therapy Energetic Touch:**

Realizing Energetic Touch is more than touch including not only the electromagnetic connections, but also subtle relational interactions between client and therapist including the practitioner’s attitude, intention, intuition, effective boundary awareness and the ability to identify and support energetic events. In this course, students study and learn the practical application of Polarity principles in regards to the use of healing touch. This includes energy balancing, manipulative balancing and manual therapy techniques for the purpose of releasing blocked energy. A “spatially oriented” form of protocol will be learned. Sensitivity of touch and its effect are stressed throughout this course and the three modalities of touch are developed from the context of the three principles as follows:

Satvic: Neutral, Balancing, Stillness and Mental.

Rajasic: Positive, Stimulating, Movement and Emotional.

Tamasic: Negative, Deep and Physical.

### **Energetic Contacts:**

- North Pole Stretch and Flex
- Ankle Flex
- Foot and Toe Rotation
- Shoulder Rocking
- Neck Rocking
- Head Cradle
- Crown Balance
- Sensory-Motor Balance
- Heart Charging
- Right and Left Brain Integration
- Tummy Rocking
- Toe Pulls
- Toe Balance
- Scapula Release and Balance
- Five Pointed Star
- Six Pointed Star
- Heel to Sacrum Balance
- Sacrum to Occipital Balance
- Coccyx to Sphenoid Balance
- Spinal Balance
- Nervous System Balance
- Transverse Current Work
- Hand and Elbow Contacts for Digestive Reflexes - Spleen, Stomach, Liver, Gall Bladder
- Spiral Current Work
- Chakra Charge and Balance
- The Ether Protocol – Joints
- Triad Relations of Four Elements
- Earth Element Protocol
- Water Element Protocol
- Fire Element Protocol
- Air Element Protocol
- Foot Reflexes
- Hand Reflexes
- Pelvic – Knee – Ankle Rock
- Ear Reflexes
- Calf Reflexes (Gastrocnemus)
- Perineal Rocking Side Posture
- Colon Reflexes
- Intestinal Massage
- Gas Releasing Techniques

## **POLARITY THERAPY ENERGETIC TOUCH**

### **Objectives:**

- Students will learn and practice protocols designed to create effective and appropriate self-awareness and boundaries regarding the therapeutic process. (Paragraph One, Section 1, APTA Standards for Practice).
- Students will become reasonably proficient in the use of the three touches: Satvic, Rajisic and Tamasic.
- Students will have a basic knowledge of the three modes of touch and be able to employ flexibility in their application with physical non-verbal contacts. (Paragraph Two, Section 1 , APTA Standards for Practice).
- Students will learn specific manipulations affecting the release of blocked energy and creating a deep sense of relation in the client's Body-Mind.
- Students will experience and acknowledge the effects of energy release in their own bodies by experience of the techniques. (Paragraph Three, Section 1, APTA Standards for Practice)
- Students will notice the effects of their work on others and be able to express what they notice.
- Students will become familiar with the Manipulations taught in class and be able to demonstrate them and communicate what they are doing.
- Students will understand and acknowledge the connection to the spirit and heart of the work beyond the application of technique.
- Students will be competent in the applications of a Spatially Oriented Energetic Touch session, using the concepts of energy tracing.

### **Competency Will be Gained By:**

- \* Instructor demonstration and explanation of manipulations in class.
- \* Practice time under supervision.
- \* Instructor interaction, feedback and correction of techniques in class.
- \* Student Feedback.
- \* Experience of the technique.

## **POLARITY THERAPY ENERGETIC TOUCH**

### **Competency Will be Assessed By:**

- ▷ Participation: Attitude, presence, willingness to learn, openness to receiving information and feedback, etc.
- ▷ Demonstration: Ability to communicate knowledge learned, integrations, practical examination, etc.
- ▷ Self evaluation: Students assess their own competence.

### **Grading System:**

*Grading System is as follows:*

- » S = 70% or above is satisfactory.
- » U = Less than 70% is unsatisfactory.
- » I = Incomplete.
- » W = Withdrew.

*Passing Grades are based on:*

- » Attaining 70% or above in the competencies.
- » Completing the class requirements

*Class Requirements:*

- » Complete all assignments.
- » Absences are HIGHLY discouraged. In the event that an absence is necessary, make-up work is at the Instructor's discretion.

# **THEORY AND PRINCIPLES, ENERGETIC ANATOMY, ENERGETIC EVALUATION AND INTEGRATION**

## **Course Syllabus**

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

### **Overview:**

In this course, we will study and become familiar with the following:

Life as Energy in Motion, Unity, Duality, Positive-Neutral-Negative forces, Attraction and Repulsion, The Three Gunas, The Five Elements and their expression, Patterns and flows of Energy in the Universe and in the Body, Spatial Polarity Relationships. The Pentamirus combination, Spiritual, Mental, Emotional and Physical Fields and Bodies. The anatomy of the Etheric Body. Involution and Evolution. The concept of Healing and Dis-ease as energetic process. Triad relationships. The Three Primary Field Pulsations and Etheric Energy body. The Generation of Form and the Step-Down of Energy, and the development of the Human form as a dynamic energy system.

### **Evaluation and Integration:**

Considering that our past and present life experience has created much of what we experience today, the skills of history taking, observation, body reading and energetic mapping are developed in this part of the course to create a context and understanding for therapeutic strategy. This course is dynamic in exploring the numerous possibilities for assessment and application of Polarity therapeutics in the healing process. We will study Personal Energetic Inventory and Body Reading for gross energy imbalance and prognosis; Assessment of possible causes of energy exhaustion and dissipation; Parent patterns as reflected in the feet; Acute and chronic reflexes; Self Evaluation of Energy pathways, fields and patterns; Evaluation of Vital reserve Capacity, leg length as indication of contracted energy; and prognosis indication are all explored. As well as assessment of the client's mental and emotional states. These topics and others enable the student to effectively integrate Polarity Therapy with application.

### **Energetic Anatomy:**

We will become familiar with the locations of Etheric Energy pathways, Fields, Chakras, Line of Force Centers and Primary Resonance Charges in the Human body. An introduction of Primary Geometric Relationships of Projection and Reflection, Involution and Evolution, and Symmetry and Balance will be explored.

# **THEORY AND PRINCIPLES, ENERGETIC ANATOMY, ENERGETIC EVALUATION AND INTEGRATION**

## **The General Objectives of these Classes are for Students To:**

- Understand that all life in its many forms and processes comes from a unified, central source in spirit. (Section I. Theory. APTA Standards for Practice).
- Have a basic understanding of Energy Movement in and around the Human System.
- Be familiar with the Principles of Energy as Life, both in the human system and in the larger system.
- Be introduced to the concept that Healing and Dis-ease can be seen and described in energetic terms.
- Be responsible for understanding the following concepts:
  - ⇒ Positive, Negative, Unified Neutrality and Duality;
  - ⇒ The Generation of Form and the Step-Down of Energy;
  - ⇒ The Three Principles and Gunas; The Five Elements;
  - ⇒ Triad relationships, Pentamirus Pattern, Triaxial spatial relationships;
  - ⇒ Composition of the Etheric Energy Body:  
Chakras, Oval Fields, Ultrasonic Core, Transverse Current, Spiral Current, Long Line Currents. Fields generated around the body. Five Elements and the States of Energy Movement. Involutions and Evolutional Concepts.  
“As above so below”.

(Section I. A, B, C. Section II A and D. Theory, APTA Standards for Practice).

(Section V. B. APTA Standards for Practice).

# **THEORY AND PRINCIPLES, ENERGETIC ANATOMY, ENERGETIC EVALUATION AND INTEGRATION**

## **The General Objectives of these Classes are for Students To:**

→ Based on these Principles and their knowledge of Energetic Anatomy through observation and based on their own experience, students will be able to create a general treatment plan that generates the release of blocked Energy and creates a deep relaxation and sense of balance for their clients. Students will demonstrate:

⇒ Location and function of Etheric Energy Patterns and Waves, Fields, Centers, Lines of Force, Ultrasonic Core, Oval fields, Triaxial Spatial Relationships, Harmonic Reflexes and the Three Primary Field Pulsations.

(Section II. A, B, C, III A, B, C, D, E, F, G. Theory, APTA Standards for Practice).

(Section II. Anatomy Energy Model, A appendices A and C. APTA Standards for Practice).

→ Students will be able to note the client's emotional state and respond appropriately and integrate this into a general session plan. (Section I. Evaluation and Integration, APTA Standards for Practice).

→ Students will be able to evaluate themselves and their clients in regards to electromagnetic contraction in regards to prognosis indication. Evaluate vital reserve capacity. And note possible causes of energy exhaustion and dissipation due to mental or emotional factors, physical defects and factors, nutritional factors, elemental imbalances. (Section V, VII, XI. Evaluation and Integration, APTA Standards for Practice).

→ Students will be able to note their client's response to the re-establishment of free flowing rhythmic energy circulation. (Section XII. Evaluation and Integration, APTA Standards for Practice).

# **THEORY AND PRINCIPLES, ENERGETIC ANATOMY, ENERGETIC EVALUATION AND INTEGRATION**

## **The Objectives will be Gained by the Following:**

- \* In class lectures and demonstration.
- \* Video presentation.
- \* Assigned reading.
- \* Learning as much as possible on an experiential level.
- \* Group and paired interaction.
- \* Self-exploration.
- \* Practice under supervision in the Student Intern Clinic.

## **Competency Will be Assessed By:**

- ▷ Participation: Attitude, presence, willingness to learn, openness to receiving information and feedback, etc.
- ▷ Demonstration: Ability to communicate knowledge learned, integration, practical examination, etc.
- ▷ Self evaluation: Students assess their own competence.
- ▷ Application of Information in clinic setting.

## **Grading System:**

*Grading System is as follows:*

- » S = 70% or above is satisfactory.
- » U = Less than 70% is unsatisfactory.
- » I = Incomplete.
- » W = Withdrew.

*Passing Grades are based on:*

- » Attaining 70% or above in the competencies.
- » Completing the class requirements.

*Class Requirements:*

- » Complete all assignments.
- » Absences are HIGHLY discouraged. In the event that an absence is necessary, make-up work is at the Instructor's discretion.

# CLINICAL PRACTICUM

## Course Syllabus

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

### **Overview:**

This class orients and supports students in their clinical experience. Here students, with their peers and instructors, discuss and evaluate skills and judgment necessary to develop strategies for client care. This class also serves as a bridge between didactic education and theory and the more practical skills necessary to clinic practice. Students and staff also discuss the more subtle aspects of the client-therapist relationship in a safe supportive environment. While maintaining confidentiality case histories, session strategies and progress notes are reviewed and presented.

### **Objectives:**

- Students will develop an ability to evaluate energy movement and clearly communicate that evaluation. (Section I. Clinical Supervision, APTA Standards for Practice).
- Students will, under the guidance of experienced supervision, explore the range of possibilities for interacting with clients both within an individual session and during the course of managing a client's process throughout a series of sessions.

### **The Objectives will be Gained by the Following:**

- \* In class lectures and demonstration.
- \* Learning as much as possible on an experiential level.
- \* Presentation of progress notes in class.
- \* Group and paired interaction.
- \* Self-exploration.
- \* Practice under supervision.
- \* Students will give a minimum of thirty (30), one (1) hour each, polarity sessions. Ten (10) with the same client and the remaining twenty (20) with at least ten additional clients. (Details under "Requirements" in the Student Handbook).

APP Certification Program

# CLINICAL PRACTICUM

## **Competency Will be Assessed By:**

- ▷ Participation: Attitude, presence, willingness to learn, openness to receiving information and feedback, etc.
- ▷ Demonstration: Ability to communicate knowledge learned, integration, practical examination, etc. Presentation of five (5) feedback evaluations: three (3) with people of their choice and two with the Instructor or a designate.
- ▷ Self-evaluation: Students assess their own competence.
- ▷ Application of Information in clinic setting.
- ▷ Review of students' client history forms and progress notes.

## **Grading System:**

*Grading System is as follows:*

- » S = 70% or above is satisfactory.
- » U = Less than 70% is unsatisfactory.
- » I = Incomplete.
- » W = Withdrew.

*Passing Grades are based on:*

- » Attaining 70% or above in the competencies.
- » Completing the class requirements.

*Class Requirements:*

- » Complete all assignments.
- » No absences from class. (Absences will require make-up work at the Instructor's discretion)

APP Certification Program

# **ENERGETIC NUTRITION**

## **Course Syllabus**

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

### **Overview:**

This class explores the principles of energetic nutrition through personal experience with Health Building and Purifying diets and internal cleansing techniques including sprouting, natural vs. processed foods, unacceptable substances, skin brushing and the cleansing or building aspects of foods. Students then learn to apply what they have learned to clinical practice. The emotional aspects of nutrition are explored. Energetic nutrition is viewed from the standpoint of both therapeutics and prevention. We will learn how to make “Vitality Drinks and Polarity Tea” and have the opinion of examining the effects of these in a safe non-stressful environment.

### **Objectives:**

- Students will have basic knowledge and personal experience of the following:  
Nutritional Energetics; Five Element approach and Three Principle approach; Three diets of Vegetarian, Health Building and Purifying; Vitality Drink and Polarity Tea; Cleansing Techniques of Health Building and Purifying. (Section I. A,B. Section II. A,B, Energetic Nutrition, APTA Standards for Practice).

### **The Objectives will be Gained by the Following:**

- \* In class lectures and demonstration.
- \* Participation in making and using Vitality Drinks and Polarity Tea.
- \* Assigned reading.
- \* Learning as much as possible on an experiential level.
- \* Group and paired interaction.
- \* Self-exploration.
- \* Self experience from in-class and optional at-home experience with the material.

APP Certification Program

# ENERGETIC NUTRITION

## **Competency Will be Assessed By:**

- ▷ Participation: Attitude, presence, willingness to learn, openness to receiving information and feedback, etc.
- ▷ Demonstration: Ability to communicate knowledge learned, integration, practical examination, etc.
- ▷ Self-evaluation: Students assess their own competence.
- ▷ Application of Information in clinic setting.

## **Grading System:**

*Grading System is as follows:*

- » S = 70% or above is satisfactory.
- » U = Less than 70% is unsatisfactory.
- » I = Incomplete.
- » W = Withdrew.

*Passing Grades are based on:*

- » Attaining 70% or above in the competencies.
- » Completing the class requirements.

*Class Requirements:*

- » Complete all assignments.
- » No absences from class. (Absences will require make-up work at the Instructor's discretion)

# **POLARITY YOGA ENERGETICS**

## **Course Syllabus**

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

### **Overview:**

Polarity Yoga postures are a self-help way to facilitate energy balance. They engage the concept or “effortless effort” without using force or compulsion. Like nutrition, the postures are to be experienced to be understood. The purpose of these postures and exercises are explored. The primary postures are the Squat and its variations (wide, narrow, youth posture, neck stretches, spine stretches, cranial and palate contacts, wise man squat with hands on feet, foot fulcrum, etc.), Ha exercises, Pyramid, Cliff Hanger, Scissors Kick, Diaphragm Release, Self Help series and Vitality Postures, specifics to open sinuses, release respiration and brachial plexus. Although the underlying theory is delineated, the emphasis is placed on the personal physical and mental development generated from direct experience of the exercises.

### **Objectives:**

- Students will have basic knowledge and personal experience of the Polarity Yoga Stretching Postures. (Section I. A,B,C. Section III. A,B,C,D,E,F,G. Stretching Postures, APTA Standards for Practice).
- Students will demonstrate the five main purposes of the stretching postures, namely the eliminations of gases and waste at the negative pole of the body; to line up the fields of the Triads; to balance the Five Elements. (Section I. A,B,C. Stretching Postures, APTA Standards for Practice).
- Students will be able to demonstrate the Postures. (Section III. Stretching Postures, APTA Standards for Practice).
- Students will be aware of and be able to explain the essential aspects of accomplishing the postures in terms of the Five Elements. (Section II. A,B,C,D,E. Stretching Postures, APTA Standards for Practice).

### **The Objectives will be Gained by the Following:**

- \* In class lectures and demonstration.
- \* Participation in doing the exercises.
- \* Assigned reading.
- \* Learning as much as possible on an experiential level.
- \* Group and paired interaction.
- \* Self-exploration.
- \* Self experience.
- \* Video presentation.

APP Certification Program

# **POLARITY YOGA ENERGETICS**

## **Competency Will be Assessed By:**

- ▷ Participation: Attitude, presence, willingness to learn, openness to receiving information and feedback, etc.
- ▷ Demonstration: Ability to communicate knowledge learned, integration, practical examination, etc.
- ▷ Self-evaluation: Students assess their own competence.
- ▷ Application of Information in clinic setting.

## **Grading System:**

*Grading System is as follows:*

- » S = 70% or above is satisfactory.
- » U = Less than 70% is unsatisfactory.
- » I = Incomplete.
- » W = Withdrew.

*Passing Grades are based on:*

- » Attaining 70% or above in the competencies.
- » Completing the class requirements.

*Class Requirements:*

- » Complete all assignments.
- » No absences from class. (Absences will require make-up work at the Instructor's discretion)

# COMMUNICATION AND FACILITATION

## Course Syllabus

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

### **Overview:**

Students learn to develop receptivity, rapport and empathy with appropriate boundaries, energetically meeting the clients where the clients attention is focused. Students consider the ideas of creating a safe space for practice and their intentions for practice as well. Students will learn to support the process of becoming conscious of the involitional tendencies of the mind that lead to negative thoughts and emotions and dissipation of energy. We will also explore ways to support clients to clarify their thoughts and feelings in order to develop a positive mental attitude around which they can organize toward a greater state of health.

Skills will develop mostly through observation and personal experience of our own process. We will learn how personality and attitudes have been influenced by life experience, inherent factors and belief systems, self-survival tactics, self-image, socio-cultural factors, etc.

Students are introduced to and observe the skills of active listening, creating a safe space for feelings and ideas to be shared and establishing therapeutic intention both as the client and therapist.

Students are also taught the value of appropriate referral to other professionals, when necessary. The concept of seeking supervision and personal therapy when necessary are also stressed.

### **Objectives:**

- Students will develop an ability to create receptivity, rapport and energetically meet the client where the client's attention is focused. (Section II. Communication and Facilitation, APTA Standards for Practice).
- Students will recognize that they have an effect and influence the client in non-verbal as well as verbal and touch related actions. Therefore, they will learn protocols for establishing "Presence" with appropriate boundaries and grounding skills including but not limited to: field and boundary awareness, personal issues and state of mind/body, core awareness and grounding and intention.
- Students will be able to display and communicate such awareness to fellow students and instructors.
- Students will recognize when their personal issues are being significantly activated by client interactions, potentially affecting the therapeutic relationship and know when and how to seek supervision. (Section VI. Communication and Facilitation, APTA Standards for Practice).
- Students will recognize the need for referral to professional psychotherapeutic services when a client's psycho-emotional issues are beyond their scope of practice. Students will know how to make professional referrals. (Section VII. Communication and Facilitation, APTA Standards for Practice).

## COMMUNICATION AND FACILITATION

### **The Objectives will be Gained by the Following:**

- \* In class lectures and demonstration.
- \* Learning as much as possible on an experiential level.
- \* Demonstration of appropriate boundaries and grounding.
- \* Group and paired interaction.
- \* Self-exploration.
- \* Practice under supervision

### **Competency Will be Assessed By:**

- ▷ Participation: Attitude, presence, willingness to learn, openness to receiving information and feedback, etc.
- ▷ Demonstration: Ability to communicate knowledge learned, integration, practical examination, etc. Presentation of five (5) feedback evaluations: three (3) with people of their choice and two with the Instructor or a designate.
- ▷ Self-evaluation: Students assess their own competence.
- ▷ Application of information in clinic setting.
- ▷ Review of student's client history forms and progress notes.
- ▷ Observation and feedback by the instructor.

### **Grading System:**

*Grading System is as follows:*

- » S = 70% or above is satisfactory.
- » U = Less than 70% is unsatisfactory.
- » I = Incomplete.
- » W = Withdrew.

*Passing Grades are based on:*

- » Attaining 70% or above in the competencies.
- » Completing the class requirements.

*Class Requirements:*

- » Complete all assignments.
- » No absences from class. (Absences will require make-up work at the Instructor's discretion.)

APP Certification Program

# ETHICAL PRACTICE

## Course Syllabus

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

### **Overview:**

In this class, the APTA Ethics Document is explored and students become familiar with the seven principles upon which safe and ethical practice is based: Responsibility, Competence, Confidentiality, Consumer, Welfare, Moral and Legal Standards, Professional Relationships and Public Statements. Various vignettes are explored to enhance the students' understanding of more subtle aspects of ethical practice. Scope of practice is also examined along with the concepts of referral and supervision.

### **Objectives:**

- Students will have read and comprehended the APTA Code of Professional Ethics. (Paragraph One. 1. - 7. Professional Ethics and Law, APTA Standards for Practice).
- Students will be able to practice ethically and fairly represent themselves to the profession and general public. (Paragraph One. 1. - 7. Section I,II,III. Professional Ethics and Law, APTA Standards for Practice).
- Students will know and practice professional ethics related to scope of practice, limits of practice, referral, supervision and advertising. (Paragraph One. 1. - 7. Professional Ethics and Law, APTA Standards for Practice).
- Students will be able to recognize potential or acute ethical violation and specific issues and seek remedial action. (Section III. Professional Ethics and Law, APTA Standards for Practice).
- Students will know the complex issues relating to ethics in the therapeutic and educational environment. (Section IV. Professional Ethics and Law, APTA Standards for Practice).
- Students state their willingness to adhere to the APTA Code of Professional Ethics. (Section I. Professional Ethics and Law, APTA Standards for Practice)

### **The Objectives will be Gained by the Following:**

- \* In class lectures.
- \* Learning as much as possible on an experiential level.
- \* A complete examination of the APTA Code of Professional Ethics.
- \* Group and paired interaction.
- \* Self-exploration.
- \* Examination of vignettes relating to the complexities of ethical practice.
- \* Assigned reading

APP Certification Program

# ETHICAL PRACTICE

## **Competency Will be Assessed By:**

- ▷ Participation: Attitude, presence, willingness to learn, openness to receiving information and feedback, etc.
- ▷ Demonstration: Ability to communicate knowledge learned, integration, practical examination, etc.
- ▷ Self-evaluation: Students assess their own competence.
- ▷ Application of information in clinic setting.
- ▷ Student's written statement committing to a willingness to adhere to the APTA Code of Ethical Practice.

## **Grading System:**

*Grading System is as follows:*

- » S = 70% or above is satisfactory.
- » U = Less than 70% is unsatisfactory.
- » I = Incomplete.
- » W = Withdrew.

*Passing Grades are based on:*

- » Attaining 70% or above in the competencies.
- » Completing the class requirements.

*Class Requirements:*

- » Complete all assignments.
- » No absences from class. (Absences will require make-up work at the Instructor's discretion.)

# **ANATOMY AND PHYSIOLOGY ORTHODOX**

## **Course Syllabus**

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

### **Overview:**

This class explores a rudimentary understanding of the location and basic normal function of the major organ systems, including the muscular-skeletal system, the urinary system, the endocrine system, the immune system, the integumentary system, the nervous system, digestive system, the reproductive system, the cardiovascular system- heart and blood, the respiratory system and general anatomical language and positions.

There is also a brief introduction to Pathology and Patho-physiology. This class, as necessary, will precede related Energetic Touch demonstrations.

### **Objectives:**

- Students will know basic anatomical location and normal function of the major organ systems.  
(Section I. Anatomy and Physiology Orthodox Model, APTA Standards for Practice).

### **The Objectives will be Gained by the Following:**

- \* In class lectures and demonstration.
- \* Assigned reading
- \* Learning as much as possible on an experiential level.
- \* Group and paired interaction.

### **Competency Will be Assessed By:**

- ▷ Participation: Attitude, presence, willingness to learn, openness to receiving information and feedback, etc.
- ▷ Demonstration: Ability to communicate knowledge learned, integration, practical examination, etc.
- ▷ Self-evaluation: Students assess their own competence.
- ▷ Application of information in clinic setting.
- ▷ Assigned reading completion.

# **ANATOMY AND PHYSIOLOGY ORTHODOX**

## **Grading System:**

*Grading System is as follows:*

- » S = 70% or above is satisfactory.
- » U = Less than 70% is unsatisfactory.
- » I = Incomplete.
- » W = Withdrew.

*Passing Grades are based on:*

- » Attaining 70% or above in the competencies.
- » Completing the class requirements.

*Class Requirements:*

- » Complete all assignments.
- » No absences from class. (Absences will require make-up work at the Instructor's discretion.)

## **OTHER COURSE REQUIREMENTS**

### **Course Syllabus**

*Instructor: Naomi Kenealy, LMT, RPP, RPE*

- Students are required to receive five (5) polarity sessions from Registered Polarity Practitioners (specific details are found in the Student Handbook, as well as asking your instructor.) APTA Standards for Practice reference: The Personal Polarity Experience APP Level.
- Students are required to complete thirty (30) polarity sessions with clients (details in the Student Handbook). APTA Standards for Practice reference: Clinical Supervision I, II, III.
- Each student is required to perform a minimum of five (5) bodywork evaluations for feedback. These sessions must be completed by three (3) months after the last day of class. These evaluation sessions are to be completed with the Director of the Program and different qualified practitioners.
- Students are expected to complete a final exam, which consists of sixty-three (63) questions covering all material covered in this course. This exam will be part of the review process that takes place on the last weekend of classes.

# Curriculum Hours

<b>Subject</b>	<b>APTA Hours</b>	<b>Actual Hours</b>	<b>Standards for Practice Reference</b>
Theory and Principles	10	12.5	Part One: Sections I, II, III
Energetic Anatomy	10	13.25	Part Two: Section II
Orthodox Anatomy	10	10.75	Part Two: Section I
Energetic Evaluation and Integrative	5	9.5	Part Three: Sections I, II, V, VIII, X
Energetic Touch	50	50.5	Part Four: Section I
Communication and Facilitation	5	7.0	Part Five: Sections II, VI, VII
Clinical Supervision: Clinical Practice	15	15.5	Part Nine: Section I
Clinical Sessions	30	30	
Energetic Nutrition	10	11	Part Six: Sections I, II
Polarity Yoga Exercises	5	6	Part Seven: Sections I, II, III
Ethics	5	5	Part Ten: APTA Code of Ethics
Sessions Received	5	5	Part Eight
Feedback Sessions	0	5	Part Nine: Sections I, II
Ceremonial		2	
<b>TOTAL HOURS</b>	<b>160</b>	<b>183</b>	

For students to receive credit and successfully complete this program, all requirements must be completed by three months from the last day of class.

# **Student Handbook: Policies & Procedures**

# Student Handbook

## Program Requirements

**The requirements for graduation, successful completion and receiving a diploma from the Polarity Center of Syracuse APP Program are as follows:**

- Students must be present and participate in all classes.
- Absences are **HIGHLY** discouraged. In the event that an absence is necessary, make-up work is at the Instructor's discretion.
- Students must complete all academic requirements. This includes all classes.
- Students must receive a passing grade (70%) or higher in all classes, evaluations and tests or repeat the applicable classes, evaluations and tests until 70% is achieved.
- Students must complete all clinical requirements. Students must chart and log all required sessions on the appropriate supplied forms.
- Student are required to give a total of thirty (30) one-hour Polarity Therapy sessions. Sessions may be longer, however longer sessions count as only one (1) one- hour session. Of these sessions, ten (10) will involve managing the same client through an in-depth process for a three (3) month period. The remaining twenty (20) sessions will be experienced with at least ten (10) additional clients.
- Students are required to receive a minimum of five (5) Polarity Therapy sessions from a Registered Polarity Practitioner. Each session will be no less one (1) hour and longer sessions count as only one (1) one-hour session. Of these five sessions, three (3) will be given by the same qualified practitioner in order to establish continuity with treatment. The remaining two (2) sessions will be given by different qualified practitioners in order to directly experience a broader spectrum of methods and strategies of interaction.
- Students are required to perform a minimum of five (5) bodywork evaluations for feedback. These evaluation sessions are to be completed with the Director of the Program and different qualified practitioners.
- Students are expected ...
- Students are asked to respond to Instructor and Program Evaluations at midpoint and completion of the program

APP Certification Program

Students must complete all financial obligations to receive a diploma.

# Student Handbook

## **School Policies**

Our mission is to provide the best training and educational environment possible. We strive to honor students' inherent wisdom and individuality. We acknowledge the concept that there is a direct relationship between personal growth and the student's ability to learn and be a successful practitioner.

Our programs support and encourage personal growth, experiential learning and acceptance of diverse learning styles.

Polarity Center of Syracuse incorporates the concepts central to Polarity Therapy and Healing into our educational model integrating Spirit, Mind, Emotions and Body and connection to the Source.

*Polarity Center of Syracuse does not discriminate on gender, race, nationality, ethnic background, education, sexual preference, religion or politics of its students.*

## **Enrollment**

Students must apply and be accepted into the program. Enrollment is always at least two weeks prior to the start of each class.

Entrance requirements:

- Applicants must be 18 years of age.
- Applicants must have a personal interview.
- Applicants must have a high school diploma or GED or be in the process of obtaining one.
- Applicants must be in good mental, emotional and physical health and that they are physically able to give and receive Polarity Energy Balancing Sessions with no adversity to their well-being.
- Applicants must complete the application and sign the confirmation statement.
- Applicants must sign a financial contract.

## **Class Attendance, Tardiness and Make-Up Work**

Students are required to arrive on time and attend all classes.

If a student becomes absent or late, the student will inform the instructor ahead of time.

Classes missed or portions thereof must be made up at the discretion of the instructor.

# Student Handbook

## **Standards for Satisfactory Progress**

Students are graded on a pass or fail system.

Students must attain a 70% or higher grade on all material to attain a passing grade.

If a student is not making passing grades, all efforts will be made by the instructor to support them in achieving a passing level. If individual tutoring is needed, the student will be required to pay for the tutoring.

Students must attend all classes or complete make up work.

Students will complete all of their clinical requirements within the class timeframe.

Students will make their tuition payments on time.

## **Graduation and Completion Requirements**

For students to receive credit and successfully complete this program, all requirements must be completed by three (3) months from the last day of class.

Students must obtain a 70% or above on all assessments and the final exam.

Students must complete their financial obligation.

Students must obtain a 70% competency on the competency evaluations.

## **Transcripts**

Students will be issued one official transcript upon completion of this program. It is recommended that you make and use a copy of your original transcript when using it for applications such as APTA Certification. Further copies of your transcript are available at the cost of ten (\$10.00) dollars each.

## **Refund Policies**

Since this training allows for a set and very limited number of students (six (6) students maximum), enrollment in this training requires commitment to the entire program. There are no refunds. Whatever the method of payment chosen, financial obligation will continue even if a student is absent or withdraws from the program.

Application Deposit: A two hundred dollar (\$200.00) non-refundable deposit must accompany your application to hold your place in this class. This deposit payment will be subtracted from your total amount due if you are accepted into the program.

Denied Application Refund: If you are not accepted into the program, you will receive a partial refund of your two hundred dollar (\$200.00) application deposit minus a twenty five dollar (\$25.00) processing fee equals a net refund of one hundred seventy five dollars (\$175.00).

Applicant/Student Withdrawal Refund: If the applicant is accepted and then chooses to withdraw one week prior to the start of class, they will receive a complete refund minus a two hundred dollar (\$200.00) processing fee.

No Refunds: No refunds will be given after the first day of class.

# Student Handbook

## **American Polarity Therapy Association (APTA) Certification Process**

The American Polarity Therapy Association is the certifying agency for your professional designation as an Associate Polarity Practitioner and Registered Polarity Practitioner. At the successful completion of all graduation requirements, students will complete the APTA application and have it signed by the Director of this program. The application fee for APTA certification is separate from school tuition and fees. For specific information, please visit the APTA website at [www.polaritytherapy.org](http://www.polaritytherapy.org). The designation of APP or RPP may not be used unless the applicant is fully certified by APTA and is a current member in good standing. Polarity Center of Syracuse has made application to be a Registered and approved training facility by the Board of Directors of the American Polarity Therapy Association to ensure its graduates successful and speedy admission to this process. In the past, no Polarity Center of Syracuse program graduate has been denied his or her application for certification. Polarity Center of Syracuse programs exceeds the educational requirements set forth in the APTA standards for Practice and Education.

## **Transfer Credits**

Transfer credit for the Associate Practitioner Program and the Registered Practitioner Program will be considered on a case-by-case basis. Generally, students with some credits or hours of training from an APTA Registered Training facility are eligible to receive credit on their transcript and diploma but are still required to attend all classes. Credit or hours from non-APTA registered courses are not transferable.

## **Student Conduct and Conditions for Dismissal**

It is expected that students will exercise common sense and positive regard for others.

Students are expected to maintain personal integrity, academic integrity, ethical and lawful behavior and emotional maturity at all times.

Students are also expected to maintain high levels of personal hygiene.

A student who engages in behavior that is harmful to self or others may be subject to disciplinary action, suspension or dismissal. Examples include but are not limited to:

- Academic dishonesty.
- Improper or abusive behavior.
- Misuse, destruction or theft of supplies, equipment or property
- Insubordination, disrespect or abusive words or behavior
- Failure to meet academic or financial obligations of this program
- Acting in a manner that would be harmful to the learning environment, the reputation of the school or the profession of Polarity Therapy.

# Student Handbook

## Sexual Harassment

Polarity Center of Syracuse does not tolerate sexual harassment either from students or staff. Sexual harassment is grounds for disciplinary action or dismissal.

## Student Grievance Procedure

Any student who has a grievance with the school or an instructor should first discuss the problem with the director or the instructor. If a resolution is not reached, the student should make a written complaint and submit it to the director asking for a written response. If a satisfactory resolution is still not found, the student may contact APTA to seek a resolution.

## Supplies and Equipment

Our classroom supplies a comfortable place to learn and practice including chairs, pillows, blankets and Energetic Touch tables and bolsters. Students should bring the following to class:

- Notebooks and pens
- Textbooks and Training Manual
- Water and spill proof bottle
- Any special seating needs
- Any special food or snacks needs
- Ok to bring tape recorders

While we provide Energetic Touch tables for class, it is highly recommended that students who do not own their own table purchase one, or have access to one by the third or fourth month of the **APP Program**. Access to a table is necessary for student clinic sessions. **RPP** students should own or have access to an Energetic Touch table.

# **Admissions Requirements**

# **Application for Admission**

# **Financial Information**

# **Contracts**

# Admissions Requirements

*Admission requirements to the Polarity Center of Syracuse Associate Polarity Practitioner Program are as follows:*

- Applicants must be at least 18 years of age.
- Applicants must be in good health mentally, emotionally and physically health and able to participate in all aspects of the program; are physically able to give and receive polarity sessions and participate in class activities.
- Applicants must hold a high school diploma, GED or be in the process of completing one.
- Applicants must have a personal interview.
- Applicants must submit a general letter of recommendation concerning character and experience from a non-family member.

## Application for Admission (page 1 of 4)

(All materials submitted are confidential)

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Home Tel#: \_\_\_\_\_

Work Tel #: \_\_\_\_\_

Cell Tel #: \_\_\_\_\_

Email (optional): \_\_\_\_\_

### *Emergency Contact Information:*

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

Tel #: \_\_\_\_\_

# Application for Admission (page 2 of 4)

Please list any past medical or psychological conditions including injuries and hospitalizations:

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Please list any current conditions you have including medications or nutritional supplements you are taking:

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Are you currently under the care of a doctor, chiropractor, osteopath, naturopath, body-worker, acupuncturist, polarity practitioner or other health care practitioner? If so, please explain.

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# Application for Admission (page 3 of 4)

Please describe why you are interested in taking this program:

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Please describe any Complimentary and Alternative training you have taken:

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Please indicate your highest level of education obtained and list certificates received:

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What is your current profession?

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# Application for Admission (page 4 of 4)

Are there any special conditions that you feel are important for us to know about you that might affect your ability to complete the training or would require special treatment during the program?

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Please provide the name and address of your current primary health practitioner:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Please list any information that would be necessary in the case of emergency:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

**Please mail Application for Admission, Financial Contract, Program Contract and Confirmation Statement along with payment to:**

**Naomi Kenealy, LMT, RPP, RPE**  
**Polarity Center of Syracuse**  
**APP Certification Program**  
**117 Highbridge Street**  
**Fayetteville, NY 13066**

# Financial Contract: Payment in Full

## Tuition Payment in Full

The tuition for the complete APP program is *Three Thousand One Hundred Fifty Dollars (\$3150.00)*.

Payment in full at least one week prior to the start of classes.

There is a two hundred dollar (\$200.00) discount for complete payment one week prior to the first day of class.

The undersigned, as student, agrees to pay the contract holder Naomi Kenealy, the sum of:  
*Three Thousand One Hundred Fifty Dollars (\$3,150.00)*.

If the student chooses to withdraw from the program within the week prior to class start, they will receive a complete refund minus a two hundred dollar (\$200.00) processing fee. There are no refunds after the first day of class.

*I choose this method of payment.*

Print Student Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Please make checks payable to Naomi Kenealy.*

# Financial Contract: Payment in Installments

## Tuition Payment in Installments:

The tuition for the complete APP program is *Three Thousand One Hundred Fifty Dollars (\$3150.00)*.

A deposit of five hundred dollars (\$500.00) tax is due one week prior to the first class.

Installments are due on the first day of each class as follows:

\$382.00 due the first day of the first class.

\$378.00 due on the first day of class for the six (6) remaining classes.

The undersigned, as student, promises to pay the contract holder Naomi Kenealy, the sum of:  
*Three Thousand One Hundred Fifty Dollars (\$3,150.00* as listed above.

Payment for this program is to be made in above itemized.

If the student chooses to withdraw from the program within the week prior to class start, they will receive a complete refund minus a two hundred dollar (\$200.00) process fee. There are no refunds after the first day of class.

*I choose this method of payment.*

Print Student Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Please make checks payable to Naomi Kenealy.*

Other payment options may be available through special arrangement. Please discuss this during your personal interview with the Director.

# Program Contract

Classes: 183 Hours of class time, 30 hours of Supervision

Polarity Lunch and Polarity Teas will be provided

The following required texts will be provided:

- The Polarity Process by Franklin Sills
- Health Building by Dr. Randolph Stone
- Polarity Therapy Volume I by Dr. Randolph Stone
- Polarity Therapy Volume II by Dr. Randolph Stone

Transcripts and Diplomas will not be issued until the financial obligation is paid in full and all educational requirements are complete.

Costs: If the holder of this contract incurs any costs in the collection or enforcement of this contract, including costs for filing suit and reasonable attorney fees, the student agrees to pay such costs.

Print Student Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature acknowledges understanding and agreement with program requirements, admission requirements and financial policy.

Application Deposit: A two hundred dollar (\$200.00) non-refundable deposit must accompany your application to hold your place in this class. This deposit payment will be subtracted from your total amount due if you are accepted into the program.

Denied Application Refund: If you are not accepted into the program, you will receive a partial refund of your two hundred dollar (\$200.00) application deposit minus a twenty five dollar (\$25.00) processing fee equals a net refund of one hundred seventy five dollars (\$175.00).

# Confirmation Statement

*Please read and sign the following:*

To the best of my knowledge, all statements are current and truthful.

I can state that I am in good physical, mental and emotional health.

I am physically and emotionally able to participate in this program and give and receive polarity sessions.

My signature acknowledges understanding and agreement with program requirements, admission requirements and financial policy.

Print Student Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## *Application Checklist*

- Complete Application (Application for Admission, Financial Contract, Program Contract, Confirmation Statement)**
- Letter of Recommendation**
- Schedule Interview**
- Include Deposit**
- Signature where Necessary**

**Summary  
List of  
Competencies  
from APTA  
Standards  
for Practice**

## Summary List of Competencies from APTA Standards for Practice

### APP Level

### RPP Level

#### Theory and Principles

##### Pages 5 – 11

Chart pg. 11 as follows:

Section I: A-C

Section II: B,C,D

Section III: E,F

Section IV: A

Section V: B

##### Pages 5 - 11

Chart pg. 11 as follows:

Section I: N/A

Section II: A,D

Section III: A-G

Section IV: A

Section V: A,C,D

#### Anatomy and Physiology

##### Page 12

Chart pg. 12 as follows:

Section I: A

Section II: A,B

##### Page 12

Chart pg. 12 as follows:

Section I: B,C,D

Section II: A,B

#### Energetic Evaluation & Integration

##### Pages 13 – 15

Chart pgs. 14 & 15 as follows:

Section I: Vol II, pg. 130

Section II: N/A

Section III: N/A

Section IV: N/A

##### Pages 13 - 15

Chart pgs. 14 & 15 as follows:

Section I: Vol II, pg. 130

Section II: A Vol I, Book 3, pg. 33

Section II: B Vol I, Book 3, pgs. 87-88  
Vol II, pg. 130

Section II: C Vol II, pg. 209

Section III: Vol I, Book 1, pgs. 72-74

Section III: Vol I Book 3, pgs. 11,22,40-41

Section III: Vol II, pgs. 134, 148

Section IV: A Vol I, Book 3, pgs 65-

Section IV: A Vol II, pgs 17-25,128-

Section IV: 3 (1-4)

Section IV: 3 Vol II, pgs. 17, 20

Section IV: 3 ( 5 )

Section IV: 3 Vol I, Book 2, pg. 20

## Summary List of Competencies from APTA Standards for Practice

### APP Level

### RPP Level

#### Energetic Evaluation & Integration (continued)

Section V: Vol I, Book 3, chart 18,  
pg 83

Section V: Vol I, Book 3, chart 18,pg 83

Section V: Vol II, Book 5, chart 5, pg.  
39,130

Section VI: N/A

Section VI: Vol I, Book 1, pg. 76

Section VI: Vol II, Book 5, pgs 15-22, 29, 92,  
99

Section VII: N/A

Section VII: Vol II, pgs. 92-93

Section VIII: Vol II, pg. 131

Section VIII: Vol II, pg. 131

Section IX: N/A

Section IX: A Vol I, Book 2, chart 4, pg11

Section IX: A Vol I, Book 2, chart 17,  
pg 24

Section IX: A Vol I, Book 2, chart 31,  
pg. 38

Section IX: A Vol I Book 3, chart 3, pg. 37

Section IX: A Vol II, pgs105-112,183-184

Section IX: B1 Vol II, chart 7, pg. 118

Section IX: B2 Vol II, chart 21, pg. 199

Section IX: B3 Vol II, chart 21, pg. 199

Section IX: B4 Vol I, Book 2, chart 58,  
pg. 79

Section IX: B5 Vol II, pg. 133

Section IX: B7 Vol I, Book 2, charts 43-44,  
pgs. 50-53

Section IX: C Vol I, Book 2, chart 4, pg. 11

Section IX: C Vol II, Book 5, chart 8, pg. 121

Section IX: D Vol I, Book 2, chart 4, pg. 11

Section IX: E Vol I, Book 3, charts 4-5,  
pgs. 45-49

Section X: N/A

Section X: Vol II, pgs. 226-227

Section XI: Vol II, Book 5, pg. 131

Section XI: Vol II, Book 5, pg. 131

Section XII: Vol II, Book 5, pg. 149

Section XII: Vol II, Book 5, pg. 149

Section XIII

## Summary List of Competencies from APTA Standards for Practice

### APP Level

### RPP Level

#### Energetic Touch (Bodywork)

##### Pages 16-20

Chart pg. 20 as follows:

Section I

Section II: A,C

##### Pages 16 – 20

Chart pg. 20 as follows:

Section I

Section II: A,B,C

#### Communication and Facilitation

##### Pages 21-22

Chart pg. 22 as follows:

Section I: N/A

Section II

Section III: N/A

Section IV

Section V

##### Pages 21 – 22

Chart pg. 22 as follows:

Section I: A,B

Section II

Section III: A-E

Section IV

Section V

#### Energetic Nutrition

##### Page 25

Chart pg. 23 as follows:

Section I: A Vol I, Book 3,  
pgs. 107-112

Section II: C Vol II,charts 24-25,  
pgs.202-203

Section II: A1 HB, pgs. 36-54, 77-78

Section II: A2 HB, pgs. 36-54

Section II: A4 HB, pgs. 87-95

Section II: B2 HB, pgs. 87-95

Section II: B3 HB, pgs. 87-88

Section III

##### Page 25

Chart pg. 23 as follows:

Section I: A Vol I, Book 3, pgs. 107-112

Section II: C Vol II, charts 24-25, pgs. 202-203

Section II: A1 HB, pgs. 36-54, 77-78

Section II: A2 HB, pgs. 36-54

Section II: A4 HB, pgs. 87-95

Section II: B2 HB, pgs. 87-95

Section II: B3 HB, pgs. 87-88

Section III

## Summary List of Competencies from APTA Standards for Practice

### APP Level

### RPP Level

#### Polarity Yoga (Stretching Postures)

##### Pages 24-25

Chart pg. 24-25 as follows:

Section I

Section II

Section III: A HB, pgs. 128-136

Section III: A Vol I, Book 2, chart 63,  
pg. 84

Section III: B HB, pgs. 137-143

Section III: B Vol I, Book 2, chart 64,  
pg. 85

Section III: C8 Vol II, Book 5, chart 9,  
pgs. 126-127

Section III: D Vol II, Book 5,  
pgs. 191-193

Section III: D HB, pgs. 158-163

Section III: E Vol II, pgs. 217-224

Section III: F1 Vol I, Book 2, chart 52,  
pg. 61

Section III: F2 Vol II, Book 4, chart 11,  
pg. 55

Section III: F3 Vol II, Book 4, chart 12,  
pg. 57

Section III: G1 Vol II, Book 5, chart 9,  
pg. 126

Section IV: N/A

##### Pages 24-25

Chart pg. 24-25 as follows:

Section I

Section II

Section III: A HB, pgs. 128-136

Section III: A Vol I, Book 2, Chart 63, pg. 84

Section III: B HB, pgs. 137-143

Section III: B Vol I, Book 2, chart 64, pg. 85

Section III: C8 Vol II, Book 5 chart 9,  
pgs. 126-127

Section III: D Vol II, Book 5, pgs. 191-193

Section III: D HB, pgs. 158-163

Section III: E Vol II, pgs. 217-224

Section III: F2 Vol I, Book 2, chart 52, pg. 61

Section III: F2 Vol II, Book 4, chart 11, pg. 55

Section III: F3 Vol II, Book 4, chart 12, pg. 57

Section III: G1 Vol II, Book 5, chart 9, pg. 126

Section IV

#### Personal Polarity Sessions

Page 26

Page 26

## Summary List of Competencies from APTA Standards for Practice

### APP Level

### RPP Level

#### Required Clinical Sessions

##### Pages 27-28

Chart pg. 28 as follows:

Section I

Section II

Section III

Section IV: N/A

##### Pages 27-28

Chart pg. 28 as follows:

Section I

Section II

Section III

Section IV

#### Ethics and Business

##### Pages 29-30

Chart pg. 30 as follows:

Intro

Section I: N/A

Section II

Section III

##### Pages 29-30

Chart pg. 30 as follows:

Intro

Section I

Section II

Section III