

Aquatic Integration™ Certification

Our 178 hour Aquatic Integration (AI) Certification Program benefits practitioners from a wide range of body centered therapeutic practices. Students who complete the AI certification program will:

- Develop mastery of techniques for professional aquatic practice;
- Become a Certified Practitioner in the AI approach, which can be used to develop an aquatic practice or be used as an adjunct to a current personal or professional body/mind centered profession;
- Facilitate release from emotional and/or physical trauma in the safety of a fluid environment;
- Experience the power of water for the restoration of fluid body movement based on soft tissue release and full joint mobilization;
- Learn to use the breath to facilitate release from physical and emotional patterns of neurological habituation;
- Learn practical business and development techniques designed to guarantee the success of their practice.

Professions that benefit from Aquatic Integration Training:

- Certified/Licensed Massage Therapist
- Shiatsu Therapist
- Physical and Occupational Therapist
- Kinesiologist
- Movement Therapist (Yoga, Dance)
- Chiropractors
- Acupuncturist
- Psycho-somatic Therapist
- Psychologist (additional licensing to touch)

Aquatic Integration Course Description

Aquatic Integration I ~ Foundation

An excellent course for introducing the power of utilizing warm water for self discovery and education; increasing body awareness, determining natural breath and intrinsic movement. This foundational course introduces AI philosophy, theory and concepts. Provides simple aquatic principles, basic mechanics and practicum for all types of professions and interests.

- Principles of Aquatics ~ The Physics of Water
- Fundamentals of Floatation
- Body Mechanics & Kinesiology in Water
- The Power of Presence & Touch
- Anatomy of the Breath
- Introduction to Key Shiatsu Points
- Basic Session Protocol
- The Ethics of Working in Water

AI II pre-requisite: Successfully completed AI I; completion of AI application and review process.

Aquatic Integration II ~ Sensory Integration

Expands on the framework of moves, philosophy and concepts learned in AI I, while deepening student's skill for listening and translating the language of the body ~ posture, gesture, breathing, motility and expression. Students develop an understanding of the body as a physical/emotional landscape, viewing the body in a 180°, at the surface of the water.

- The Geometry of the Somatic Environment
- Indications & Contraindications
- Breath, Movement & Rapport
- Emotional Implications & Interpretations

- Application of Key Shiatsu Points
- Advanced Session Protocol
- Assessment & Evaluation

Aquatic Integration III ~ Professional Development

Develops the therapist's skills utilizing case studies to contact, follow and work with different physical and emotional states. This course introduces an underwater frame of moves (utilizing a 360° view) for accessing deeper states of healing and transformation.

- Vertical Orienting Dialogue
- Story vs. History
- Pain related patterns & Sensory Tracking
- Underwater Frame
- Short & Long Term Treatment Strategies
- Specific Q & A concerning student's professional development: Networking with the Medical Model, Building an Aquatic Practice, Certification & Continuing Education.

Application and Review

A pre-requisite to AI II is an application sent to the AI Council. Council reviews applicants strengths and goals for entering into the AI Certification Program.

Other requirements at this time are; Certification/License to touch in one of the

Professions that benefit from Aquatic Integration Training (listed above).

Shadow Clinic

This clinic is designed to assist and deepen student's intuitive choices and listening skills during a session. This is accomplished by student and teacher partner treating a model (shadowing each other in the session); followed by the opportunity for conversational feedback and observation between client, student and teacher. Shadow clinic refines the student's skills through mirroring and collaboration.

Internship (optional)

A pre-arranged time spent with an AI Teacher, Intern and client's (with client permission). Internship includes: student observation of teacher sessions, Q & A, discussion and teacher's observation and feedback of student sessions with model. Amount of time for internship is decided by teacher and student.

*These hours can count towards Shadow Clinic, Study Group or Supervision.

Clinical Studies

Students are required to give 20 hours of practice sessions during their AI studies, evenly distributing the required hours over the 2 years. Students are not to receive payment for these practice sessions during this time. It is acceptable for receiver to offer a contribution towards pool rent or heat.

Personal Sessions

Students are required to receive 8 or more professional treatments, during the 2 year program. 5 must be AI sessions with a certified AI practitioner or teacher, 3 can be complimentary sessions with certified Practitioners in their field, such as Somatic Experiencing, WaterDance, Healing Dance, Watsu, Cranial Sacral, Feldenkrais etc.

Study Group

These are 6 hrs of required supervised group practice. These hours can be combined with an AI II and AI III course, making accessibility easier for students who travel or do not have a community of local AI students to practice with. An approved AI Assistant or Teacher oversees the class to assist with refining and defining skills and moves from the AI framework.

Supervised Session with AI Teacher

Is a required 2-3 hr session, set up towards the end of student's training. This one on one time, utilizing both land and water, is to go over student strengths and weaknesses. From both, student then teachers perspective an individual plan is developed to assist student to reach professional goals.

Independent Project

A 10+ hr project put together by one or more AI students to complete the required certification hours. This project can consist of a case study, service project or develop a Continuing Education course for AI practitioners. A student works directly with the AI council, by first sending their project description for approval. When approved, a mentor is assigned from the council to be available as an advisor for the student during the project development. When the project documentation is complete it is sent into the council. Projects can be completed any time during the second year. Completed projects can be placed on the AI Institute website ~ Resource Page for all to benefit from information and results.

*Completion of the AI Program is required within a minimum 24-month period from the beginning of study.

*33 Continuing Education Course's, are required every 3 years. These approved courses compliment and deepen an AI Practitioner's training and allows the individual to continue their education in an area of interest. A wide variety of classes will round out student's expertise in somatic studies and working with physical/emotional issues.

Costs for Aquatic Integration™ 2 Year Training and Certification Program

Year 1

Course	Hours	Cost
AI I	42	\$925
Study Group	2	\$45
AI II	40	\$925
Personal Sessions	4	\$85-100
Study Group	2	\$45

2nd Year

Shadow Clinic	8	\$150
Study Group	2	\$45
Personal Sessions	4	\$85-100
AI III	40	\$925
Supervision	2	\$150

Independent Project 10

Clinical Studies 10

*Pool rental not included

*all course handouts are sent before class via PDF to be copied by student.
There are no additional fees for course hand-outs.

Total Cost for AI Certification \$3,380 – \$3,410