**Well Balanced Healthcare Co,.Ltd.**

**高雄市左營區自由二路230號3樓台灣**

**3F., No. 230, Ziyou 2nd Rd., Zuoying Dist., Kaohsiung City 813, Taiwan (R.O.C.)**)

**Tel : 886 7 5581026**

**BI內臟筋膜鬆動術：腹部第一階段**

**Visceral Manipulation：Abdomen 1 (VM1)**

**總時數：**25 hrs

**預定計畫：**9:00 a.m. to 5:00 p.m. Days 1-3 (可能因為需翻譯延後至6:00)

9:00 a.m. to 3:30 p.m. Day 4 (可能因為需翻譯延後至4:30)

**日期：2024/10/19~2024/10/22**

**語言：中英文講義、英文演講、中文口譯**

1. **研討會簡介 Course Description :**

「內臟筋膜鬆動術」是一種輕巧、精準的手療法，目的是將內臟、結締組織及生理運動之身體部位的活動度及張力正常化。「運動」是生命本身的象徵，宇宙中所有的東西都在運動。一切都在時間和空間中移動，人類也不例外。我們的身體需要運動來維持健康，同樣的原理可以運用在我們體內的所有結構上，包括臟器。臟器需要活動來維持健康與最佳功能。

Visceral Manipulation is a manual therapy consisting of gentle, specifically placed manual forces that encourage normal mobility, tone and inherent tissue motion of viscera, their connective tissue and other areas of the body where physiologic motion has been impaired.Motion is a sign of life itself. Everything in the universe is in motion. Everything moves in space and time and humans are no exception to this rule. Our bodies need movement to be healthy. This same principle applies to every structures in our bodies including the viscera. For an organ to be healthy and have optimal function there needs to be motion.

當組織發炎的時候會失去該有的正常運動。自然復原的過程中包含局部正常組織纖維崩解，並且被相對無彈性的顆粒組織取代。我們可以想成受影響的組織「乾掉」了，其中，許多因素會使組織發炎：感染、直接創傷、重複性動作、飲食、環境毒素及情緒壓力。

Tissues lose their normal motion when they become inflamed. The natural healing process involves local disruption of normal tissue fibers and their replacement with relatively inelastic granular tissue. It can be conceptualized as a localized drying-out of the affected tissue. Many factors can cause tissue inflammation including: infections, direct trauma, repetitious movement, diet, environmental toxins and emotional stress.

身為內臟筋膜鬆動術的學員，您將學會如何評估臟器的運動，運動主要分為兩種：一種是臟器被周圍組織推擠造成的運動，稱為「活動度(mobility)」，另一種則是臟器本身固有、主動的「蠕動度(motility)」。除此之外，您還會學到如何治療這些減少/改變的運動，使臟器恢復良好生理運動，進而達到內臟功能促進的效果。

As student of Visceral Manipulation you will learn tools for evaluating organ motion, in particular, two types of movement: one motion caused by the pushes and pulls of surrounding tissue(mobility) and the other, the organs own intrinsic, active motion(motility). You will also learn techniques to treat these areas of decreased/altered motion, thereby restoring better physiologic motion, which in turn will improve the function of the organ.

**研討會重點Course Highlight :**

* 學會如何去定位、評估及正常化腹腔內主要功能障礙的部位。

Learn manual skills to locate, evaluate and normalize primary areas of dysfunction within the abdominal cavity.

* 探索臟器與相關支持系統、薄膜及韌帶之間的動態關係。

Explore the dynamics of motion and suspension in relation to organs, membranes and ligaments.

* 檢查臟器與結構(神經-肌肉-骨骼)功能障礙之間的關係

Examine the relationship of organs and structural or neuro-musculo-skeletal dysfunction.

* 評估功能性活動的品質和身體結構的狀態，因為這些都和整個人體息息相關。

Assess the quality of functional activity and somatic structures as they relate to an overall pattern.

□**研討會前參考資料 Required Advance Reading:：**

**-***Visceral Manipulation*, 作者 Jean-Pierre Barral, PRT, DO

(**此書WB健康學苑有販售，歡迎洽詢)**

-*Atlas of Human Anatomy*, 作者 Frank Netter, MD

-*A Regional Atlas of the Human Body,*作者 Carmine Clemente

**●講師介紹 Instructor: Rita Benamor**

**** **Rita Benamor,DO,CST-D,BI-D**，在英國牛津布魯克斯大學學習骨病學，並於 Upledger 機構和歐洲及美國 Barral 機構研究神經、人工關節手術及顱薦椎手法。她在葡萄牙里斯本的私人診所工作,並在里斯本的骨病學大學 IMT 教授解剖生理學。Rita Benamor 是國際 Barral Institute 的 Visceral Manipulation 第一階到第四階，以及 Neural Manipulation 第一階的認證講師;並同時是 Upledger Institute International 的 CST1&2 認證講師。她擅長各國語言,以英語、葡萄牙語、西班牙語、法語、意大利語、俄文於世界各地教授國際認證課程。

**課程表Class Outline :**

**第一天Day One**

09:00 - 12:00 *15 minute break mid-way through*

Introduction, Concept and Theory

* The history and foundation of the visceral concept and its importance in manual therapy.
* The general anatomy and physiology of the thoracic and abdominal organs, their relationship to the musculoskeletal systems, the nervous systems, the vascular systems, the respiratory system and the digestive system.
* The principles of connective tissue (fascia) as the mechanical attachment system for the organs.
* The principles of visceral techniques - organ specific fascia mobilization. Discussion and explanation of contraindications.
* Present the latest research on internal body pressures and their effect upon visceral motion and subsequent soft tissue restrictions.

12:00 - 13:30 Lunch

13:30 – 17:00 *15 minute break mid-way through*

Liver

Presentation of the liver, it’s attachments to the diaphragm and to other viscera.

* Anatomical landmarks
* Sliding surfaces
* Normal liver mobility in reference to the three anatomical planes

Present hepatic fixations

Present concepts of mobility and motility

Present correction techniques for hepatic fixation and/or improper motion

**第二天Day Two**

09:00 - 12:30 *15 minute break mid-way through*

Stomach

* Anatomical description
* General description of stomach mobility
* Manipulative techniques for the stomach

1. Direct techniques

2. Indirect techniques

Present stomach motility

Palpate and manually listen to the pylorus

12:30 - 14:00 Lunch

14:00 - 17:00 *15 minute break mid-way through*

Listening Skills:

1. General Listening

2. Local Listening

3. Inhibition

Stomach

1. Manual evaluation

2. Treatment

Stomach Ptosis

1. Manual evaluation

2. Treatment

Stomach Ulcer

1. Manual evaluation

2. Treatment

**第三天Day Three**

09:00 - 12:30 *15 minute break mid-way through*

Iliocecal

* Duodenojejunal junction
* ODDI
* Pylorus
* Cardiac

Duodenum

Present (D1) and its relationship to the liver

Present (D2) and its relationship to the common bile duct and the sphincter of ODDI.

Sphincters

Present (D-3) and its relationship to mesenteric root of small intestine.

Duodenojejunal junction

1. Evaluation by palpation and manual listening

2. Treatment

12:30 - 14:00 Lunch

14:00 - 17:00 *15 minute break mid-way through*

Root of the Mesentery and Small Intestine

* Mobility testing and evaluation
* Treatment

Gall Bladder

Precise anatomical description of the gall bladder and its duct system including the common bile duct and the Sphincter of ODDI.

The three stages of gall bladder manipulation.

1. Gall bladder fundus/body, neck

2. Cystic duct

3. Common bile duct stretching

Evaluation by listening with the hands to the sphincter and to the body of the gall bladder.

Differentiating between the liver and the gall bladder.

**第四天Day Four**

08:30 - 12:30 *15 minute break mid-way through*

Small Intestine

Large Intestine

## Cecum

12:30 - 13:30 Lunch

13:30 - 16:00 Large Intestine

* Ascending
* Descending
* Hepatic Flexure
* Splenic Flexure
* Transverse Colon
* Sigmoid Colon

1. **主辦單位The Organize**

嘉衡健康事業股份有限公司

Well Balanced Healthcare Co.Ltd. 電話:07-5581026

**三、協辦單位TheCo-organizer :**

嘉衡健康研究中心、心一空間

**四、地點Meeting Site:**

嘉衡健康研究中心：高雄市左營區自由二路230號3樓

Well Balanced Institute : 3F., No.230, Ziyou 2nd Rd., Zuoying Dist., Kaohsiung City 813, Taiwan (R.O.C.)

**五、 上課人數限制: 32人(含複訓2名)**

**Maximum number of class student: 32people (including 2 people of refresher training)**

**本課程一般人可報名、同時歡迎所有相關醫事人員、身體工作者參與報名。**

**We open to the people who have interested with this course, all relevant medical personnel and physical workers are welcome to sign up as well.**

**※複訓者：請填寫資料在備註欄裡註明<複訓,以及第一次上課的年月份>。**

**※For those who are returning training to the class: Please fill in your information and indicate < refresher training, and the year /month of the first class> in the remarks column.**

**六、報名方式與費用Course Fee－Regulations and Preferential Programs ：**

**■課程費用32000元**

＊費用不包括午餐，課間休息時間提供茶水飲料及小點心。

(The fee does not include lunch. Tea drinks and snacks are available during breaks, and lunch can be ordered on the spot.)

□報名方式如下:

\***登入報名連結系統填寫資料，**名字會在資格審核中

→稍後納入錄取名單並寄發匯款資料至電子信箱Email

→完成匯款(註明日期)，確認入帳後，名字進入已匯款名單即完成報名程序 ;

-如報名額滿，系統會從候補名單中通知，若有其它事項將公告在臉書<WB學苑>

( <https://www.facebook.com/wellbalanced01> )

，若有任何疑問，可留訊息在臉書<WB學苑>。

\*報名流程: sign-up procedure

Please log in to the registration link and fill in your information.

-Later, your name will be included in the admission list and the remittance information will be sent to your email address.

-After the remittance is completed and confirmed by the system, your name will be moved to the remitted list and the registration process will be completed.

-If the registration quota is full, the system will notify you from the waiting list. If there are other matters, it will be announced on Facebook. <https://www.facebook.com/wellbalanced01>

if you have any question , you can leave your message on facebook .

**七、住宿資訊 Hotel Information：**

**1. 世奇商旅：**

[地址](https://www.google.com.tw/search?q=%E4%B8%96%E5%A5%87%E5%95%86%E6%97%85+%E5%9C%B0%E5%9D%80&stick=H4sIAAAAAAAAAOPgE-LRT9c3LDQzsjRNTjbWks1OttLPyU9OLMnMz4MzrBJTUopSi4sBYbQyBS8AAAA&ludocid=4271091172090042158&sa=X&ved=2ahUKEwih_fath6veAhXMTrwKHaVVDrIQ6BMwEHoECAsQMA)：高雄市左營區裕誠路450號 / [電話](https://www.google.com.tw/search?q=%E4%B8%96%E5%A5%87%E5%95%86%E6%97%85+%E9%9B%BB%E8%A9%B1&ludocid=4271091172090042158&sa=X&ved=2ahUKEwih_fath6veAhXMTrwKHaVVDrIQ6BMwEXoECAsQMw)： [07 557 2299](https://www.google.com.tw/search?q=%E4%B8%96%E5%A5%87%E5%95%86%E6%97%85&oq=%E4%B8%96%E5%A5%87&aqs=chrome.1.69i57j35i39j0l4.13339j0j8&sourceid=chrome&ie=UTF-8)，**步行500公尺**。

(Shi Chi Hotel : No.450, Yucheng Rd., Zuoying Dist., Kaohsiung City 813, Taiwan (R.O.C.) / +886 7 5572299)

**2. 理歐111計時空間：**

[地址](https://www.google.com.tw/search?q=%E7%90%86%E6%AD%90111%E8%A8%88%E6%99%82%E7%A9%BA%E9%96%93+%E5%9C%B0%E5%9D%80&stick=H4sIAAAAAAAAAOPgE-LVT9c3NEwys0w3zKpM15LNTrbSz8lPTizJzM-DM6wSU1KKUouLAaz7pZcwAAAA&ludocid=7354157466936074386&sa=X&ved=2ahUKEwiV3I-niKveAhWExrwKHfMCCpUQ6BMwFHoECAsQLQ)： 高雄市左營區立信路111號/ [電話](https://www.google.com.tw/search?q=%E7%90%86%E6%AD%90111%E8%A8%88%E6%99%82%E7%A9%BA%E9%96%93+%E9%9B%BB%E8%A9%B1&ludocid=7354157466936074386&sa=X&ved=2ahUKEwiV3I-niKveAhWExrwKHfMCCpUQ6BMwFXoECAsQMA)： [0982 170 885](https://www.google.com.tw/search?ei=S63WW-ErzJ3xBaWruZAL&hotel_occupancy=&q=%E9%AB%98%E9%9B%84%E9%87%8C%E6%AD%90111&oq=%E9%AB%98%E9%9B%84%E9%87%8C%E6%AD%90&gs_l=psy-ab.3.2.0l10.244726.250422.0.252490.26.19.5.1.1.0.139.1545.9j7.17.0....0...1c.1j4.64.psy-ab..3.20.1401.6..38j35i39k1j0i67k1j0i131i67k1j0i131k1.106.b8xnQc47FMg)，**步行500公尺**。

**3. 帕可麗酒店：**

[地址](https://www.google.com.tw/search?hl=zh-TW&hotel_dates=2018-11-26,2018-11-27&site=async/lcl_akp&q=%E5%B8%95%E5%8F%AF%E9%BA%97%E9%85%92%E5%BA%97+%E5%9C%B0%E5%9D%80&stick=H4sIAAAAAAAAAOPgE-LVT9c3NEyJt8wuiy8s0pLNTrbSz8lPTizJzM-DM6wSU1KKUouLAVe421wwAAAA&ludocid=12013694650433789017&sa=X&ved=2ahUKEwjCpaXmjKveAhWJWbwKHZm4BKUQ6BMwBHoECAEQJQ)：高雄市鼓山區文信路192號/[電話](https://www.google.com.tw/search?hl=zh-TW&hotel_dates=2018-11-26,2018-11-27&site=async/lcl_akp&q=%E5%B8%95%E5%8F%AF%E9%BA%97%E9%85%92%E5%BA%97+%E9%9B%BB%E8%A9%B1&ludocid=12013694650433789017&sa=X&ved=2ahUKEwjCpaXmjKveAhWJWbwKHZm4BKUQ6BMwBXoECAEQKA)： [07 962 8800](https://www.google.com.tw/search?hl=zh-TW&rlla=0&hotel_dates=2018-11-26%2C2018-11-27&tbm=lcl&ei=OrLWW6XtA43K8wW5ubX4Bg&hotel_occupancy=&q=%E5%B8%95%E5%8F%AF%E9%BA%97&oq=%E6%80%95%E5%8F%AF%E5%88%A9&gs_l=psy-ab.3.0.0i10k1.192275.193480.0.195438.9.9.0.0.0.0.128.921.4j5.9.0....0...1c.1j4.64.psy-ab..0.5.486...0j0i30k1j0i131k1j35i39k1.0.J6TvTrfk0hM)，**步行750公尺**。

(Park Lees Hotel : No.192, Wenxin Rd., Gushan Dist., Kaohsiung City 804, Taiwan (R.O.C.) / +886 7 962 8800)

**4. 巨蛋旅店：**

[地址](https://www.google.com.tw/search?hl=zh-TW&hotel_dates=2018-11-26,2018-11-27&site=async/lcl_akp&q=r14+%E5%B7%A8%E8%9B%8B%E6%97%85%E5%BA%97+%E5%9C%B0%E5%9D%80&stick=H4sIAAAAAAAAAOPgE-LVT9c3NEwyN8spL6g00JLNTrbSz8lPTizJzM-DM6wSU1KKUouLAceWzo0wAAAA&ludocid=8203703382044264497&sa=X&ved=2ahUKEwjYk6GKjaveAhVJ6LwKHeGBBGoQ6BMwBHoECAEQJQ)：高雄市鼓山區文忠路1號 / [電話](https://www.google.com.tw/search?hl=zh-TW&hotel_dates=2018-11-26,2018-11-27&site=async/lcl_akp&q=r14+%E5%B7%A8%E8%9B%8B%E6%97%85%E5%BA%97+%E9%9B%BB%E8%A9%B1&ludocid=8203703382044264497&sa=X&ved=2ahUKEwjYk6GKjaveAhVJ6LwKHeGBBGoQ6BMwBXoECAEQKA)： [07 586 8388](https://www.google.com.tw/search?hl=zh-TW&rlla=0&hotel_dates=2018-11-26%2C2018-11-27&tbm=lcl&ei=_rLWW7W5DYbg8wXJqrPoAg&hotel_occupancy=&q=%E5%B7%A8%E8%9B%8B%E6%97%85%E5%BA%97&oq=%E5%B7%A8%E8%9B%8B&gs_l=psy-ab.3.3.35i39k1l2j0i67k1l2j0i131k1l2j0i67k1j0l3.70081.70742.0.74727.6.6.0.0.0.0.125.454.1j3.4.0....0...1c.1j4.64.psy-ab..2.2.241....0.mACptR4kotk)，**步行800公尺**。

**5.單人房高雄站前館：**

[地址](https://www.google.com.tw/search?hl=zh-TW&q=single+inn+%E5%96%AE%E4%BA%BA%E6%88%BF%E9%AB%98%E9%9B%84%E7%AB%99%E5%89%8D%E9%A4%A8%E9%A3%AF%E5%BA%97%E6%97%85%E9%A4%A8+%E5%9C%B0%E5%9D%80&stick=H4sIAAAAAAAAAOPgE-LVT9c3NExJM0uvsMjI0pLNTrbSz8lPTizJzM-DM6wSU1KKUouLAdbwyJowAAAA&ludocid=10151517148533788450&sa=X&ved=2ahUKEwiLvK7eiaveAhXJTrwKHZCEBOYQ6BMwEHoECAsQMA)：高雄市新興區八德一路392號 / [電話](https://www.google.com.tw/search?hl=zh-TW&q=single+inn+%E5%96%AE%E4%BA%BA%E6%88%BF%E9%AB%98%E9%9B%84%E7%AB%99%E5%89%8D%E9%A4%A8%E9%A3%AF%E5%BA%97%E6%97%85%E9%A4%A8+%E9%9B%BB%E8%A9%B1&ludocid=10151517148533788450&sa=X&ved=2ahUKEwiLvK7eiaveAhXJTrwKHZCEBOYQ6BMwEXoECAsQMw)： [07 236 3256](https://www.google.com.tw/search?hl=zh-TW&ei=Q6_WW57AOoGi8QWV-7bgDA&q=%E5%96%AE%E4%BA%BA%E6%88%BF%E9%AB%98%E9%9B%84%E7%AB%99%E5%89%8D%E9%A4%A8&oq=%E5%96%AE%E4%BA%BA%E6%88%BF&gs_l=psy-ab.1.1.0i71k1l8.0.0.0.7849.0.0.0.0.0.0.0.0..0.0....0...1c..64.psy-ab..0.0.0....0.S9obM3DOYOg)，**千元有找**，**需坐捷運**。

(SingleInn - Kaohsiung Station : No.392, Bade 1st Rd., Xinxing Dist., Kaohsiung City 800, Taiwan (R.O.C.)/ +886 7 236 3256)

**八、注意事項**

1. 主辦單位提供茶水及小點心，請自備環保杯；若遇天災達停課標準，以WB學苑臉書網站公告/臨時Line群組為主，不另行個別通知。主辦單位電話:07-5581026

2. **轉班**機制：於**開課日前一個月**提出，並說明原因，只有**重大變故因素**方可申請轉班。

3. **退款**機制:繳費後因故離班者，退費規定如下:

(轉班再退款者依申請轉班日時間進行退款)

(一)開課60日前提出退費申請者，酌收行政作業費用2000元。

(二)開課前第59日至30日提出退費申請者，退還當期開班約定繳納費用總額百分之80。

(三)開課前第30日至第7日提出退費申請者，退還當期開班約定繳納費用總額百分之50。

(四)開課前第6天到前1天提出退費申請者，退還當期開班約定繳納費用總額百分之30。

(五)實際開課第1日（包含第1日）後，恕不退費。

若有疑問，可留訊息至WB學苑網站( <https://www.facebook.com/wellbalanced01> )

4. 錄取名單中，如遇取消報名者，則由候補名單者中依順序遞補。

5. 為避免觸犯UI總部著作權之規定，上課中請勿拍照及錄影。

6. 上課時間、地點如有更改，將另行通知，**請務必填寫相關聯絡資訊**。

7.**請著舒適、寬鬆的衣服，便於課程中的操作練習。**

**Supplementary notes:**

1. If the natural disaster reaches the suspension criteria, we will notify you by SMS and e-mail.Phone number: +886-7-5581026. Email: wellbalanced0001＠gmail.com

2. **Cancellation and Refund Policy :**

**Class Transfer:**

Transfer can be proposed 30 days before the commence date.

NT$2000 administrative fee will be charged if the transfer is applied 30 ~ 7 day before the commencement. NT$10000 administrative fee will be charged if the transfer is applied 6 ~ 1 day before the commencement. We refund the overcharge and demand payment of the shortage. Class Transfer can only be issued once. Once the course stars, no transfer could be made.

**Reservation:**Same condition with Class Transfer, but no course specified temporarily.

**Refund-Refund rate depends on the date of proposal:**

1. 60 days before the commencement, NT$2000 administrative fee will be charged.
2. 59~30 days before the commencement, 80% of the tuition fee can be refund.
3. 30~7 days before the commencement, 50% of the tuition fee can be refund.
4. 6~1 day before the commencement, 30% of the tuition fee can be refund.
5. Once the course starts, the intuition fee is nonrefundable.
6. Only with full attendance will the apprentice be certificated.

3. If there is a participant canceling the registration, it will be supplemented by the order in the list.

4. In order to avoid breaking the BI headquarters copyright regulations, please do not take pictures and video during the class.

5. The time and place of the class will be changed if there is any change. Please be sure to fill in the contact information in the registration form.

6. This course is signed and signed four times a day. Please do not sign the agent, go back early and leave early. After the discovery, BI certification and education credits will be cancelled.

7. Wear loose, comfortable clothing (preferably no jeans.) A light jacket is recommended because temperature can be difficult to control.

8. The organizer provides tea and snacks, please bring your own cup.