



BODY STRESS RELEASE
Unlocking tension - Restoring self-healing

**THE
BODY STRESS RELEASE
ACADEMY**

Established 1987

**PROSPECTUS
2015**

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INTRODUCTION

More and more people are looking to complementary health techniques to address their health problems and improve their well-being. Growing awareness of their effectiveness has led to a greater interest in Body Stress Release. Practitioners are increasingly gaining the respect of many doctors, consultants and other medical professionals, some of whom now advocate the use of complementary techniques.

Body Stress Release (BSR) is a health profession concerned with assisting the body to release stored tension, thereby allowing it to maximise its ability to heal and maintain itself. This health technique was developed in South Africa by Gail and Ewald Meggersee in 1981 and has gradually spread around the globe.

The BSR Academy was established in 1987 by Gail Meggersee B.A. U.E.D. (RSA) D.C. (USA) and Ewald Meggersee B.Sc. (RSA) D.C. (USA). The current South African faculty members are Gail Meggersee and Boetie Toerien B.A. (RSA) MBA (RSA).

We are constantly subjected to stress in our daily lives - mechanical, emotional and chemical. A certain amount of stress is necessary and constructive, and can be dealt with by the body's natural protective abilities. However, if the level of stress reaches overload and the body is unable to deal with it the stress becomes "locked" into the muscles.

This manifests as lines of tension in specific areas, which may bring about postural distortions, pain or numbness. In addition the body's communication is undermined resulting in reduced efficiency.

The sites of body stress are detected by observing the body's response to a series of tests. In this way, the body acts as a biofeedback mechanism. The tension is then released by means of exerting light but definite pressure in specific directions at the points located. The process is carried out with the person lying down, fully clothed.

BSR is a complementary health care technique and is not involved in the diagnosis or treatment of any disease or condition.

There are a number of books available on Body Stress Release; "Self-healing with Body Stress Release – Unlocking stored tension" by Gail Meggersee is available from the South African BSR Association; The Dutch translation of the same book "Basisboek Body Stress Release" is available from Bol.com; "Understanding Body Stress Release" by Kerry Teakle is available from Amazon; "Body Stress Release, ondersteuning van het zelfhelend vermogen" by Edith Wiersma-Arts is available in bookshops in the Netherlands or from Edith's practice in Eibergen.

BODY STRESS RELEASE ACADEMY LOCATIONS

BODY STRESS RELEASE ACADEMY - EUROPE

The Academy is located at a venue just outside Dorchester in Dorset, Southern England. Dorchester has excellent train links into London and Bournemouth and Bristol airports are both within reasonable distance. There is an indoor swimming pool and outdoor tennis courts available for use by students and there are many beautiful walks in the local woodlands and surrounding countryside. The nearest beaches at Weymouth are about nine miles away and Dorchester is not far from the famous Jurassic Coast World Heritage Site. Leisure activities in the area include walking, cycling, clay pigeon shooting, horse riding and fishing.



The course is residential with comfortable self-catering, furnished accommodation located on site. Prices vary depending on the specification of the accommodation but the average cost for the duration of the course is £3,700 per person. This is inclusive of all bed linen and towels, a weekly clean of the property and Wifi access.

BODY STRESS RELEASE ACADEMY - SOUTH AFRICA

The Academy is located in Rondevlei, a small village situated on the scenic lakes drive on the coastal Garden Route of the Western Cape, South Africa. It is housed in a double storey building situated on a hill overlooking the Langvlei lake and valley. It includes a library of approximately 1000 books, covering topics related to health, psychology, philosophy and science.



Rondevlei is 6km from a major highway, the N2, which accesses the large town of George and its airport in the west, and the resort town of Knysna to the east. Both are approximately 30 minutes drive away. Midway between these two towns lie the villages of Wilderness and Sedgefield. The Garden Route is a popular coastal holiday area with a wide variety of leisure activities, including watersports, boating on the lakes and lagoon, nature and hiking trails in the forests and along the beaches.

The Academy assists students in arranging accommodation locally in holiday cottages or houses and guest suites. Single cottages or apartments rent at about R4,500 (Rand) per month. Two-bedroom cottages and apartments are between R5,500 and R6,500 per month.

THE BODY STRESS RELEASE PRACTITIONER TRAINING

COURSE

The Body Stress Release course is designed to enable every student to acquire the knowledge, skills and confidence to build a successful career as a Body Stress Release practitioner. We aim to teach safe, responsible and effective working procedures to promote the health and well-being of both students and their clients, and the tutors are committed to providing a safe and caring environment in which to learn Body Stress Release.

The European branch of the Body Stress Release Academy runs over a sixteen week period from the 2nd November 2015 to 5th March 2016 with a two week break over the Christmas and New Year period. The hours are 9:00am to 4:00pm, Monday to Friday, for the duration of the course which includes a two week apprenticeship.

The Academy faculty are Dr Gail Meggersee B.A. U.E.D. (SA) D.C. (USA) and six highly experienced European Body Stress Release practitioners from both the United Kingdom and the Netherlands, who have all undergone the BSR Tutor Training Program, and are also running their own busy practices. They are Tracy Highton, Gwen MacPhail-Masureik, Chris Balaam, Caroline aan de Stegge, Erik Onderweegs and Kees Varkevisser.

In South Africa the duration of the course is five months, including the apprenticeship program. The course will run from 1st May 2015 to 26th September 2015 with a ten day break midway through the course (end of June/beginning of July). There are twenty-three hours of classes per week: four hours per day, from 9:00am to 1:00pm, on Monday to Friday. In addition there are two afternoon sessions of one and a half hours for extra practical training and practice.

Students are expected to work together outside of the classroom to revise the theory and practice the technique learnt each day. In both Europe and South Africa the course requires an additional minimum of ten hours per week of home study and practice, in order to develop the required level of technical skill.

Instruction is in the form of lecturing/teaching, demonstrating and practical experience. The class sizes are limited in order to permit extensive individual tuition and testing. Frequent tests are given to facilitate learning. The examinations are as follows: Anatomy Part I and Part II, technique theory, technique practical, principles and client management. The pass mark is 70%. In the event of a student failing to achieve the pass mark, supplementary examinations are provided. The apprenticeship program follows the examinations. However, because BSR is a practical, hands-on, body-work technique, anyone failing the practical technique exam (getting less than

70% for it) fails the course regardless of their aggregate mark. Students have to be able to DO Body Stress Release to pass the course.

The course ends with a graduation ceremony at the beginning of March in Europe and at the end of September in South Africa.

THE COURSE SYLLABUS

ANATOMY

This is a study of the structure and basic functions of all the systems of the body. Special emphasis is placed on osteology, arthrology, myology and neurology (the skeletal system, joints, muscles and the nervous system). Information on common disorders and disease conditions is included. There is also a section covering anatomical and medical terminology. Teaching aids include a full-size skeleton, models of the spine, anatomical charts and a dissection video and atlas.

PHILOSOPHY

Body Stress Release is based on a profound respect for the body's inherent self-healing abilities. The philosophical foundation is the fact the body's ability to adapt to the stresses in both the external and internal environments is basic to life and health. The quality of life is diminished if this capacity is disturbed. This section of the course gives an understanding of the intelligence of the body, of the concept of health, and the nature of the body's healing capacity. An appreciation of the holistic perspective is conveyed, and an awareness of our spiritual, metaphysical nature and our potential for personal growth. Class discussion is encouraged and videos and DVDs on related subjects are shown.

PRINCIPLES OF BODY STRESS RELEASE

This section examines the concepts of stress and stress overload. Body stress is defined, and there is a detailed study of the mechanisms the body utilises in the process of protecting itself against stress overload, as well as the processes the body undergoes in releasing stored tension.

THE BSR TECHNIQUE

The theory addresses the causes and effects of body stress in the following areas: the lumbar spine and pelvic girdle, the thoracic spine, the ribs, sternum and diaphragm, the cervical spine, the cranial bones, the facial bones and the jaw, the shoulder girdle, the elbow, forearm, wrist and hand, the hip joint, the knee, ankle joint and the foot.

The practical training consists of:

- (1) Learning how to interpret the body's biofeedback response;
- (2) Learning how to determine and test for sites of body stress, and the patterns of body stress in the different areas of the body;
- (3) Learning the technique of how to release the body stress patterns.

Extensive individual technique training is given. Once a certain level of knowledge and skill is attained, the students commence working with partners in order to reach the required degree of proficiency.

CLIENT MANAGEMENT AND OFFICE PROCEDURES

Students are trained how to relate to clients, take a case history, explain their findings, and give clients advice based on those findings. Each student is required to do a detailed client management presentation relating to a theoretical client over a series of three BSR consultations. The office procedures section covers appointment making, client records and financial records.

COMMUNICATION

Training is given in presentation skills. Students receive training and practice in explaining the concepts of BSR in the form of both short talks and a full-length presentation. They also experience appearing in a mock television or radio show.

THE BSR ASSOCIATION CONSTITUTION

All aspects of BSR are strictly controlled by the constitution. It is necessary for practitioners to have a thorough understanding of its provisions in order to ensure professional conduct.

THE APPRENTICESHIP PROGRAM

After passing both the practical and written examinations, students undergo an apprenticeship at the Academy. Each student is required to work on at least five clients for a minimum total of fifteen consultations in South Africa and at least three clients for a total of nine consultations in Europe.

The apprenticeship program is invaluable in enabling the students to gain experience and confidence in a professional setting, while the faculty or attending practitioner assesses their progress. The apprenticeship experiences are reviewed and each student is required to present a detailed case study from the apprenticeship.

NOTE: Students are provided with a very comprehensive manual in all subjects. However, they are encouraged to take additional notes in class, when necessary, for clarification.

ADMISSION REQUIREMENTS

Becoming a Body Stress Release practitioner is a life changing experience and offers a highly rewarding and satisfying career as well as providing the practitioner with independence and the opportunity to enhance the well-being of others.

Prospective students must be over 25 years of age, with a matriculation certificate (Grade 12) or equivalent (A' level in UK, HBO in the Netherlands, or equivalent). As Body Stress Release practitioners deal with people from all walks of life, in varying states of health, both physical and emotional, applicants need to have the confidence and empathy to relate effectively to people from all walks of life. It is important that applicants also feel they have the drive and ambition that are essential elements for setting up and running their own business. Practitioners are also expected to be active, willing and committed members of their local Body Stress Release Association, ultimately helping to promote the growth of Body Stress Release. It is of course essential that all prospective students experience the benefits of BSR before applying to do the course so we recommend visiting a practitioner for a number of sessions first.

Prospective students are interviewed ideally in person but where this is not possible by telephone or Skype. Applications are considered up to the end of March for the European Academy and during January and February for the South African Academy. Late applications will be considered if there are any vacancies still available on either course.

If you are interested in finding out more about how to train to become a Body Stress Release practitioner, with a mission to help change lives, please contact:

European Academy: paul@bodystressrelease.co.uk (UK, USA, Canada, rest of Europe) or
studenten@bodystressrelease.nl (the Netherlands, Belgium & Germany)

South African Academy: academy@bodystressrelease.co.za

THE BODY STRESS RELEASE ASSOCIATIONS

The various national Body Stress Release Associations are affiliated to the International Body Stress Release Association (IBSRA). The chairpersons of the national BSR Associations, representatives of the faculty of the BSR Academy and representatives from those regions that do not have national Associations form the Directorate of the International Body Stress Release Association. The IBSRA provides a global basis and forum for dealing with matters of international interest for BSR including the registration of trademarks.

At present the Registrar of the South African Body Stress Release Association maintains the global register of Body Stress Release practitioners. Graduates of the BSR Academy receive a registration number from the Registrar of the South African Body Stress Release Association. The Academy oversees research and is responsible for determining the future development of the BSR technique.

On successful completion of the course registration fees are payable to the local country Association or to the IBSRA as appropriate.

Each Association controls the mode of practice of practitioners in its country, and is governed by its constitution, a legal document by which all practitioners in that country are bound. Practitioners in countries that do not have a national BSR Association are bound by the constitution of the IBSRA. The purpose of the constitution is to ensure that high professional standards of practice are maintained. It provides a code of ethics and standards of practice, a framework to ensure that practitioners function within the scope of practice of Body Stress Release, and disciplinary powers to deal with misconduct.

Members of the South African Executive Committee are elected at the annual general meeting which forms part of a three-day conference which practitioners from all over the world are invited to attend. The South African Committee arranges workshops and seminars several times a year, as the constitution requires that practitioners attend a minimum of five hours of continuing BSR education. The workshops cover theory and technique review, discussion of BSR principles, case studies, new information and practical experience. The South African Association also publishes a newsletter three times a year which provides a forum for practitioners, both locally and internationally, to exchange information and views.

The South African Body Stress Release Association is a member of COCHASA, the Confederation of Complementary Health Associations of South Africa.

The Body Stress Release Association (UK) is a member of the B.C.M.A., the British Complementary Medicine Association, and is recognised by the Guild of Complementary Practitioners. Regular workshops and an annual AGM are held in the UK.

The Body Stress Release Associatie Nederland is recognised by a number of Dutch health insurance companies and has a close relationship with both the South African Body Stress Release Association and the Body Stress Release Association (UK). It represents practitioners based in the Netherlands (including Curaçao and Bonaire) and holds two workshops and two AGMs each year in the Netherlands. They also hold other regular working group meetings around themes such as websites, insurances etc.

At present there are BSR practitioners in South Africa, Zambia, England, Scotland, Ireland, Holland, Curacao, Germany, Switzerland, Belgium, Sweden, Iceland, Austria, New Zealand, Australia, Japan, Canada and the USA.

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CONDITIONS OF ADMISSION TO THE COURSE

1. The application form must be fully completed and signed.
2. Students are required to attend all classes unless prevented from doing so through illness, as classes cannot be repeated.
3. For Europe, fees are to be paid in full, by the 24nd August 2015. A non-refundable deposit is to be paid on acceptance. In addition, a deposit of 25% of the accommodation cost must be paid, with the balance also payable by 24nd August 2015. For South Africa, a deposit is also required on acceptance and fees are to be paid in full, not later than one month before the commencement of the course
4. The Academy has the right to dismiss any student from the course, if he/she proves unsuitable or disruptive, or if any information on the application form is found to be false. The fee is not refundable in such instances nor is it refundable if a student chooses to withdraw from the course, or if a student is unsuccessful in completing the course.
5. Applications are evaluated by the Academy faculty who have the right to decline acceptance of any individual, without giving reasons.
6. Successful applicants will be required to apply for membership to the relevant association before commencement of the training course. In countries where there is currently no association applicants will be required to sign a document agreeing to abide by the terms of the International Body Stress Release Association's Constitution.

THE MAJOR CONDITIONS OF PRACTICE

The following conditions of practice are laid down in, and are an important part of, the BSR constitution:

1. The Body Stress Release practitioner may not carry out any other form of health practice or technique in conjunction with BSR. This is essential in order to preserve the clear identity and good name of BSR. Any other health care technique should be carried out during a separate consultation.
2. In their BSR practice practitioners may practise only those techniques which they have been taught at the Academy.
3. In South Africa the BSR Association annual membership fee is set by the Executive each year according to the Association. In other countries the fee is set by the relevant association.
4. Practitioners may not teach any part of the Body Stress Release technique to anyone, as the BSR training material is the intellectual property of Gail Meggersee and the Academy holds the sole rights to the propagation of this technique. NOTE: Every person admitted to the training course remains legally bound by this provision of the constitution even if he/she ceases to be a prospective member, member or practitioner.