

# Bridging® Course Series Overview

## Schedule for 2019-2020



There are three tiers to learning the Bridging Technique—

1. **Introductory skills and basic concepts (courses 1, 2)** Appropriate for anyone.
2. **Applications (Courses 3.1-3.4)** A four-part series covering progressively more complex functional interactions between posture, movement, regulation and the myriad systems of the body. There is a separate in-person Skill Builder Day for each.
3. **Bridging Specialist Certification program.** Only for movement-based professionals.

### Fees for Each Course

- \$225 for each four-week online course
- \$150 for each in-person workshop

### Cancellation and Refund Policy

If a session is cancelled by Kinetic Konnections, it will be re-scheduled or registration fees refunded. Any refunds will be processed within 2-4 weeks.

Participants may withdraw from the course with the following refund policy:

- More than 2 weeks prior to the start of the course: Full refund less a \$25 processing fee
- Less than 2 weeks prior to the start of the course: 50% refund less a \$25 processing fee
- Application of course fees to a future date. This must be scheduled within a year of the original course.
- Cancellation or withdrawal notification must be provided by phone or in writing via email. An email acknowledgement will be sent to confirm.

	Online Course	Description	Register By	Start Date	End Date
	<b>1. Introduction to Regulation and Bridging Movements</b>	Learn about two of the most fundamental Bridging movements called Peanut and Bug, the concepts and science related to these movements, and gain an awareness of how these movements can serve as a test for other therapeutic supports or interventions.	May 1, 2019	May 6, 2019	June 28, 2019
			Aug 28, 2019	Sep 3, 2019	Oct 25, 2019
			Jan 2, 2020	Jan 6, 2020	Feb 28, 2020
			Sep 2, 2020	Sep 8, 2020	Oct 30, 2020
	<b>2. Bridging Basics</b>	Building upon the movements learned in the Introduction course, we teach you how to reintegrate movement at a more detailed level. An important part of this course is a vertical assessment used to understand and improve mobility and balance.	May 29, 2019	Jun 3, 2019	Jul 26, 2019
			Oct 2, 2019	Oct 7, 2019	Nov 29, 2019
			Jan 29, 2020	Feb 3, 2020	Mar 27, 2020
			Sep 30, 2020	Oct 5, 2020	Nov 27, 2020

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### Bridging Applications: Online Schedule

	Online Course	Description	Register By	Start Date	End Date
	<b>3.1 Injuries and Effects of Interventions</b>	Common injuries and interventions such as immobilization and surgery impact movement and regulation. You will learn the effects of injury, illness and trauma on movement and regulation; how to gather useful and relevant information from clients; and how to use Bridging related to this information.	July 3, 2019	Jul 8, 2019	Aug 30, 2019
			Oct 30, 2019	Nov 4, 2019	Dec 27, 2019
			Feb 26, 2020	Mar 2, 2020	Apr 24, 2020
			Oct 28, 2020	Nov 2, 2020	Dec 28, 2020
	<b>3.2 The Integral Role of the Diaphragm</b>	The diaphragm is the center of posture, movement and breathing. You will explore the many roles of the diaphragm and how diaphragm dysfunction can originate from development, injury or illness. The use of Bridging to support and restore diaphragm function is a primary focus.	Aug 28, 2019	Sep 3, 2019	Oct 25, 2019
			Jan 1, 2020	Jan 6, 2020	Feb 28, 2020
			Apr 29, 2020	May 4, 2020	Jun 26, 2020
	<b>3.3 Movement and Metabolic Flow Regulation</b>	Metabolic flows including circulation, lymphatic and digestive systems have distinct relationships to movement and regulation. You will explore causes for dysfunction resulting from development, illness and injury. Learn to recognize restrictive relationships, and how to use Bridging to integrate multiple layers of function.	Oct 2, 2019	Oct 7, 2019	Nov 29, 2019
			Jan 29, 2020	Feb 3, 2020	Mar 27, 2020
			May 27, 2020	Jun 1, 2020	July 24, 2020
	<b>3.4 Sensory System Integration with Movement</b>	Movement is guided by the visual and vestibular systems. You will explore the inter-related development of movement, visual and vestibular functions in infancy affecting any age. You will learn common ways sensory integration is disrupted including auto accidents, head trauma and birth (forceps, c-section, etc.), and the use of Bridging to restore movement with sensory processing.	Oct 30, 2019	Nov 4, 2019	Dec 27, 2019
			Feb 26, 2020	Mar 2, 2020	Apr 24, 2020
			Jul 1, 2020	Jul 6, 2020	Aug 28, 2020

Each level of the Online Courses should be completed in sequential order.

The Skill-Builder options must also be taken in sequential order. They are designed to take during or after the related Online Course.

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### Bridging Applications: In-Person Skill-Building Schedule

Each skill builder workshop will be held at the Kinetic Konnections office in Northbrook, IL. The day is six hours long with a break at midday. The design includes five aspects of learning—conceptual, observation, analysis, practice, and experience.

	In-Person	Description	Register By	Dates	
	<b>3.1 Applications</b>	Practice Bridging assessment and movements related to common injuries and interventions. You will practice the use of Bridging to restore function including how to use details from client histories to facilitate results.	Sep 13, 2019 Jan 17, 2020 May 8, 2020	Sep 20, 2019 Jan 24, 2020 May 15, 2020	
	<b>3.2 Applications</b>	Practice assessing diaphragm relationships related to breathing, posture and movement. Bridging skills will focus on support and restoration of diaphragm dysfunction whether from development, or injury and illness.	Sep 14, 2019 Jan 18, 2020 May 9, 2020	Sep 21, 2019 Jan 25, 2020 May 16, 2020	
	<b>3.3 Applications</b>	Practice assessing the movements related to circulatory, lymphatic and digestive systems. Learn to better recognize the causes for dysfunction resulting from development, illness and injury.	Nov 8, 2019 Mar 6, 2020 Jul 10, 2020	Nov 15, 2019 Mar 13, 2020 Jul 17, 2020	
	<b>3.4 Applications</b>	Practice assessing the inter-related aspects of movement, visual and vestibular functions. Learn common traits for how sensory integration is commonly disrupted including auto accidents, head trauma and birth (forceps, c-section, etc.).	Nov 9, 2019 Mar 7, 2020 Jul 11, 2020	Nov 16, 2019 Mar 14, 2020 Jul 18, 2020	

### Format for the Skill Builder Days

The general format of each day is:

9-10am	Introductory discussion
10-12pm	Demonstration of the topic with a guest and post-analysis
12-1pm	- Break -
1-3pm	Supervised practice break-out session
3-4pm	Discussion of case study scenarios

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### Bridging Specialist Certification Program

See <http://bridgingtechnique.com/wp-content/uploads/2018/07/Bridging-Certification-Level-1.pdf> for the program details.

	<b>Bridging Specialist Certification Program</b>	A 12-18 month program following completion of all six courses and four skill-building workshops.	TBA	Jan 2020
			TBA	Sep 2020
	<b>Certification Program In-person Skill Days</b>	Six Certification program skill days about six weeks apart. They are three hours long, and involve discussion of concepts, sharing of independent experiences and supervised practice.  (The dates will be provided with the application packet.)	Included with acceptance into the program	Cohort 1- Beginning Jan 2020  Cohort 2- Beginning Sep 2020