

Dorn Method level 1 training (Basic Certified Dorn Method Therapist) – Course Outline

Recommended Hours: 16 – 18 hrs (2 days)

Administration

Introduction

Course Overview: Explanation of the Course Outline

Introduction to the Dorn Method (Verbal Lecture): (Approximately 2 hours)

- What is the Dorn Method? (Why we use the term Dorn Method?)
- The History of the Dorn Method
- How to use the Dorn Method (Self Help, Therapy), Incl. legal considerations,
- Anatomy (Spine, Joints, Muscles, Nerves and their connection to mis-ailments)
- Physiology (Misalignments cause Imbalances followed by Muscular Tensions and Stressed Nerves that impair the Information Exchange between Brain and Organs/Body)
- Applications, Limitations and Contra-Indications, Do's and Don'ts, Body Reactions to the Treatment, Complementary therapies that work well with the dorn method

Practical Application of the Dorn Method: (Approximately 4 – 6 hours)

(Demonstration by the Teacher on a sample patient followed by Hands-On Training of Students with changing roles)

- Leg length assessment
- Hip joint treatment (Self Help and Therapist Method)
- Knee joint treatment
- Ankle joint treatment
- Sacrum assessment (Correct positioning of thumbs / hands)
- Sacrum treatment (at Posterior Superior Iliac Spine)
- Sacrum treatment (at lower sacrum / coccyx-area)
- Lumbar vertebrae assessment
- Lumbar vertebrae treatment
- Treatment of a lumbar scoliosis (incl. variations)
- Thoracic vertebrae assessment (from TH8 to Th1) – Demonstrate how to find and count the vertebra!
- Thoracic vertebrae treatment
- Treatment of Thoracic scoliosis (incl. variation) Cervical vertebrae assessment (best in steps: first 6th and 7th followed by 5th to 3rd then 2nd (axis – with movement test!) then 1st (atlas)
- Cervical vertebrae treatment (best in steps: first 6th and 7th followed by 5th to 3rd then 2nd (axis – treat always both sides!) then 1st (atlas – treat always both sides! – incl. variations!)
- Shoulder Joint treatment (with variations)
- Elbow Joint treatment (with variations)
- Hand Joint treatment
- Finger Joint treatment .
- Collar Bone – Sternum Joint treatment
- TMJ (Jaw – Mandibular Joint) treatment (with variations)
- Toe joints (Similar to finger joints!)

➤ Questions and Answers Time The Dorn Method Self Help Exercises:

- • Explanation of the Dorn Method Self Help Exercises
- • Demonstration of the Dorn Method Self Help Exercises
- • Student Training and Application

- Review of the Topics!
- >>> This usually completes the first day of the Seminar!

Second Day of the Dorn Method Seminar!

- ➤ Theoretical Review of Day one with Question and Answer session.
- ➤ Treatment of other joints: (only if not completed on day one!)
- ➤ The Dorn Method Self Help Exercises: (only if not completed on day one!)
- ➤ Complete practical review - Students repeat the complete sequence of the Dorn Method Therapy with changing roles while

simulating a real patient situation! (Time permitting)

>>>> This ends the Basic Dorn Method Seminar!

Complementary part: The Breuss Massage (approx. 2 hrs, time permitting)

-
1. Explanation of the Breuss Massage (From Austrian Healer Rudolf Breuss – a perfect complement to the Dorn Method – Before, After or as its own Therapy) Pain Free Healing through the Spine!
 2. Demonstration (Application) of the Massage (either complete or in steps directly followed by students!)
 - • Stretching strokes one and two with little oil
 - • Stretching strokes one and two with plenty of oil
 - • Alignment strokes one and two with plenty of oil
 - • Energizing part with Japanese paper application – paper acts a capacitor for excess energy and at the same time as insulator towards the therapist.
 - • Healing part: Magnetism (Energy Hands On Healing) Right Handed Therapist now stands on patients left side and vice versa. – 3 positions each held for approx. 1 Minute.
 - • Aura balancing strokes
 - • Aura closing
 - • Wash Hands to cleanse from excess energies
 - • Remove Japanese paper from patient and dispose paper
 - • Wipe excess oil from patients back and help patient up!

This completes the Breuss Massage!

- Final Questions and Answers Session!
- Certificate Presentation (Basic Dorn Method) ➤ Group Photos and Socializing part

This completes the 'Basic' Dorn Method Seminar!

- • Students are encouraged to use their new acquired knowledge on actual patients, however they must strictly follow the guidelines to ensure effective and safe conduct!
- • Students are authorized to give treatments to anybody if they have a valid license as massage therapist, PT, MD, Nurse etc. or if they work under supervision of a licensed practitioner.
- ➤ If a Student wants to get a Dorn Method advanced 'Therapist' Certificate he/she must treat a minimum of 20 patients with proper documentation followed by the proper treatment conduct demonstrated to an authorized Dorn Method Teacher either during a follow up or advanced Seminar or on an individually scheduled meeting.
- ➤ Optional: Student may participate in an advanced training seminar directly following the basic training and receives advanced certification after successful completion.
- ➤ The Student can then be listed as Therapist in the official Dorn Practitioners Listing at www.dorn-method.com and other Therapist Directories (Conditions may apply!)
- ➤ Listing in the Therapist Directory requires individual assessment of the students experience and a written recommendation from an authorized Dorn Method Instructor

This Course outline is a recommendation only and follows the teaching principles of the International Dorn Method Instructor Thomas Zudrell DMS, MD(AM) and the official guidelines of the [dornfinder.org](http://www.dornfinder.org) (Umbrella Organization www.dornfinder.org)