

International Aquatic Therapy (WSTH-CAC) Course

5 days certification course by the Swiss Association IATF

Short description, contents and learning outcomes:

- Water Specific Therapy Halliwick (WSTH) is aquatic motor relearning as sustained distributed practice in an enriched environment. This is combined with e.g. regulation of tone, facilitation of righting and equilibrium reactions, core stabilization, and fine tuning of muscle activity. Individual constraints will be combined with the environmental ones when designing task-oriented, functional activities (reaching, using stumble-strategies, practicing in an obstacle course). The basis for these are the ICF, Evidence Based Clinical Practice and the Dynamic Systems Model.
- WSTH includes elements of the Halliwick 10-Point-Programme and is a task directed problem solving approach. WSTH focuses especially on postural control as the basis for functional activities.
- The Clinical Ai Chi (CAC) techniques/kata's will include the use of stretches for - tonic - muscles, spinal motor control and neurodynamics. The emphasis will be on extensive instruction and practice time in the pool. The theoretical framework will be on addressing fascial health, using the principles of tensegrity through mindful active movements and active relaxation to enhance postural control and decrease risk of falling.
- Recent developments in brain health therapy allow inclusion of active aquatic therapy as either gamification or mindful movement, focusing on various large scale networks. This will also be included in the course, to which (an)aerobic activities will be added.
- Cooperative peer learning, problem-oriented case studying, video observations and working in small groups by participants treating a variety of patients highlight the clinical applications of WSTH and CAC, which will be related to other topics in evidence based aquatic therapy as validation of the intervention tactics and web-based evidence finding, clinical reasoning, goal setting, and interpreting aquatic therapy (related) research.

Highlights are:

- Neuroprotective aquatic therapy for executive functions
- Environmental Enrichment with gamification
- Fascia resilience training
- Agility, muscle power and (an)aerobic condition
- Fascial resilience
- Muscular fine tuning
- Mindful proprioceptive movement
- Motor-cognitive aquatic therapy



Objectives:

At the completion of this module participants will be able to:

- Describe the fluid mechanical principles of WST
- Relate aquatic therapy to the concept of evidence based practice and to ICF
- Recognize equilibrium problems of able-bodied and disabled persons
- Handle people in water effectively
- Apply the WST exercises and activities for orthopedic, neurologic and rheumatic patient populations in all domains of ICF
- Use the appropriate rules of motor learning and tissue training in water to design a treatment program, incl muscle power and (an)aerobic condition
- Include ideas for neuroprotection
- Design treatments programs for neurologic, orthopedic and rheumatic patients
- Use the WST-ICF assessment in water
- Understand the physiological immersion effects on fascia and their therapeutic applications (influencing fascial visco-elasticity, resilience)
- Follow the Ai Chi progression and be introduced to the concept of mindful balancing
- Apply CAC in falls prevention like e.g. media-lateral instability or lymphedema after breast surgery

Strength of the courses:

- Patient centered approach based on clinical reasoning
- All treatments based on justification by evidence
- Skillful hands-on treatments
- Learning-by-reasoning-and-doing
- Faculty with great clinical and scientific expertise
- Embedded in a European aquatic network
- Tacit knowledge of participants is encouraged to be used

This course will be a **certification course (by the Swiss Association IATF)**

and organized by **Academy of International Medical Seminars AIMS**

2 international instructors:

- Johan Lambeck

Director of Aquatic Rehabilitation Consultants in The Netherlands and Senior Lecturer in – and co-founder of –the Association IATF (International Aquatic Therapy Faculty) in Valens, Switzerland

- Anne Bommer

Certified Senior Ai Chi lecturer - of Jun Konno's Aquadynamics Institute – in the Association IATF, Developed combining with Aqua-T-Relax, Also is an IATF Halliwick Lecturer.

More about tutors Biography:

Johan Lambeck provides skillful Aquatic Therapy, including a proper clinical reasoning process that finally ends in an intervention strategy with adequate tactics. Tactics include the specific concepts that are used in the pool. His pool practice focuses on an evidence based patient treatment. This is what he also offers his students in courses worldwide. As a knowledge broker, Johan has an established track record in teaching up-to-date information, being involved intensively in international networks, publications and scientifically chairing the ICEBAT conferences.. Courses include case related contents that provide students with a comprehensive picture of current research, supporting decision making, clinical reasoning, problem-solving and goal-setting in aquatic therapy. The basis of each course is “learning-by-reasoning-and-doing”

Johan Lambeck is Director of Aquatic Rehabilitation Consultants in The Netherlands and Senior Lecturer in – and co-founder of –the Association IATF (International Aquatic Therapy Faculty) in Valens, Switzerland and coordinated its world-famous Advanced Studies in Aquatic Therapy (CAS) in the Kliniken Valens (to be continued in Landeyeux, Switzerland).

Johan is also Honorary Professor at the Zhongshan Vocational College, Nanjing, China and visiting lecturer at the University of Castilla-La Mancha, Toledo, Spain and holds various freelance affiliations at e.g. Associations of Physical Therapy worldwide.

From 1979 – 1997 he was in charge of aquatic therapy at the Sint Maartenskliniek in Nijmegen, Netherlands (specialized in diseases of the neuro-musculoskeletal system of both adults and children). From 2006 till 2016 he was research associate at the Faculty of Kinesiology and Rehabilitation Sciences, Leuven University, Belgium and co-responsible for the Erasmus EU project “Aquaevvidence / Aquaoutcome”.

He (co-)authored 6 books, 3 web-based books and over 50 published articles on aquatic therapy, mostly in peer reviewed journals: RG factor 25,28; 765 citations, h-index 14.

He was named the Aquatic Therapy Professional in the United States by ATRI in 1998, in 2020 he received the Award “Excellence in Aquatic Physical Therapy”, issued by the Academy of Aquatic Physical Therapy-APTA, USA. He is a long time editorial board member of the Journal of Aquatic Physical Therapy (USA)..

Per 2005 he is Cochrane member and chaired the Health Benefits group of the Drafting Committee on the WHO “Guidelines for Safe recreational water environments: swimming pools and similar environments” (2012-2014). From 2010 - 2019 he was primary contact person for the Aquatic Physical Therapy Network affiliated to the World Confederation Physical Therapy (WCPT). In 2016 he was appointed Honorary Advisor China Rehabilitation Research Center, Beijing.

Since 1983 he has taught almost 1000 aquatic therapy seminars in 52 countries around the world. Johan has been/is scientific (co)chair of the ICEBAT conferences and recent webinar series.

See also:

<http://www.linkedin.com/pub/johan-lambeck/25/9/43a>

<http://www.halliwick.net/en/testimonials>

Anne Bommer

In her courses, Anne Bommer aims at the competent use of Ai Chi and Aqua-T-Relax. Competency exists not only of applying a correct technique, but also showing an empathic attitude towards the alliance between patient and therapist.

This combination is of utmost importance in her daily work in the Foundation Clair-Bois Lancy in Geneva, Switzerland since 2007. She is responsible for aquatic therapy for the clients: children and youth between 10 and 20 years, with severe multi-system impairment (visual, auditive, intellectual, neuro-musculoskeletal, social).

Anne originally studied interior design architecture between 1981 and 1989, but then switched to swimming, being very sportive throughout her life. She started working as swimming teacher at the municipality of Geneva in 1992. She then developed interest in other ways to use water and became Watsu practitioner in 2002. In 2002 she met Jun Konno in Valens, Switzerland and felt that Ai Chi “was made for her”. Since 2004 she is a certified Senior Ai Chi lecturer - of Jun Konno’s Aquadynamics Institute – in the Association IATF, which she combines with a lectureship in Aqua-T-Relax, developed by her for IATF. Anne also is an IATF Halliwick Lecturer.

Anne has taught mostly Ai Chi, in countries like Switzerland, Germany, Greece, Portugal, Cyprus, Spain, South-Africa, South-Korea, Mexico, China, Qatar, India, Colombia and the USA. She also co-authored chapters on Ai Chi in various textbooks about aquatic therapy and of the web-based publication www.clinicalaichi.org

Anne is member of the IATF group that develops AquaQigong.

Further information can be found at the websites:

www.halliwicktherapy.org

www.clinicalaichi.org

Testimonials can be read at:

<https://www.halliwick.net/en/testimonials>

<https://www.halliwicktherapy.org/en/valens-course-2019/32-engels/testimonials-en-gb-1>



For more information, venue, fees and registration please contact:

What's App: **+201067906745 / +201050771120**

Email: info@physioaims.com

AQUATIC THERAPY

**5 Days International Certification Course
by the Swiss Association IATF**



IATF

Your partner in Aquatic Therapy Education

**HOSTED
BY**



27- 31 DECEMBER 2022

www.physioaims.com



CAIRO