

Dorn Method Basic Seminar – Course Outline

Recommended Hours: 16 – 18 hrs (2 days)

Note: Sample Outline of a basic Seminar conducted by Thomas Zudrell, other Instructors may have different topics!

Administration

Introduction

Course Overview: Explanation of the Course Outline (Give Student Manual)

Introduction to the Dorn Method (Academical Part): (Approximately 2 hours)

- What is the Dorn Method? (Why Method?)
- The History of the Dorn Method
- How to use the Dorn Method (Self Help, Therapy), Incl. legal considerations, Listing in the Therapist's List, Advanced Training, Importance of following the principles and guidelines!
- Course sequence explanation – Demonstration and Explanation followed by Hands on Training, Step by Step with changing roles of students
- Basic Anatomy (Spine, Joints, Muscles, Nerves and their connection to ailments)
- Basic Physiology (Misalignments cause Imbalances followed by Muscular Tensions and Stressed Nerves that impair the Information Exchange between Brain and Organs/Body)
- Body – Mind – Spirit (Non Physical Connections to Health Issues)
- Principals of the practical therapy part:
- Applications, Limitations and Contra-Indications, Do's and Don'ts, Body Reactions to the Treatment, Complementary Therapies!

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

(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

Remember: Leg length assessment and treatment is all done in a lying position; Both sides of the body are treated regardless the assessment outcome; Simulation of a real patient situation!

- 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)

Remember: Sacrum and Lumbar treatment is done in a standing position; do not cause Pain and do not overdo it!, Control breathing; Watch for correct posture; Simulation of a real patient situation!

- Thoracic vertebrae assessment (from TH8 to Th1) – Demonstrate how to find and count the vertebral
- Thoracic vertebrae treatment
- Treatment of Thoracic scoliosis (incl. variations)

Remember: Upper Thoracic vertebrae treatment is done in a sitting position (best on a stool); do not cause Pain and do not overdo it!, Control breathing; Watch for correct posture; Simulation of a real patient situation

- 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!)

Remember: Cervical vertebrae treatment is done in a sitting position (best on a stool); do not cause Pain and do not overdo it!, Control breathing; Watch for correct posture; Simulate real patient situation, if necessary guide the patients head during the movement with gentleness!, Stay in constant dialogue and reassure patient always)

This completes the basic Spine Alignment and should be part of every Dorn Method Treatment.

The following treatment sequence of all other joints can be included in a full Dorn Therapy; however it is usually only applied on specific cases.

Treatment of the other Joints: (usually done in a sitting position):

- Shoulder Joint treatment (with variations)
- Elbow Joint treatment (with variations)
- Hand Joint treatment
- Finger Joint treatment
- Thumb Base Joint treatment

Remember: Basic Principle: Gentle pressure is applied while the joint is moved from a bended (90°) position to a straight position. Do not cause Pain. Repeat several times. Do not overdo it. Watch for correct posture and breathing.

- 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!**

➤ **Questions and Answers Time**

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

If Time permits:

- **Complete practical review** - Students repeat the complete sequence of the Dorn Method Therapy with changing roles while simulating a real patient situation! (Time permitting)

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 vise 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!**
- **Donation of Certificates (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.
- Advanced level 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 (Umbrella Organization www.dornfinder.org) and the German Dorn association www.dorn-bewegung.org.