

UK Polarity Therapy



Association

# The Circuit

Holistic Circuit - 1

April 2014



2014

Sat August 8<sup>th</sup>

Walton-on-the-Hill Surrey

Kosmon Sanctuary

Polarity get together for therapists, students (past & present) and anyone with an interest in chilling out for the day. There is news on the latest developments in Polarity Therapy, a chance to get or give a treatment, talks, Meditation session, Polarity Yoga, Yoga Nidra, ancient woods at the Kosmon Sanctuary, to wander and a rather nice lunch. £20 per person for the day. Eligible for CPD hours.

**Further details will emerge shortly.**



Kosmon Sanctuary

**If you have any articles or comment for inclusion in the next 'Circuit' please email to any counsel member. Thx**

*"Force takes everything for granted - Space and Grace are Nature's Ace". And "If we have the key to unlock the core, we find Nature standing at the door" ! **Dr.R Stone***

## Quotes to fill the space

"For thirty years people have been asking me how I reconcile X with Y! The truthful answer is that I don't. Everything about me is a contradiction and so is everything about everybody else. We are made out of oppositions; we live between two poles. There is a philistine and an aesthete in all of us, and a murderer and a saint. You don't reconcile the poles. You just recognize them."

- **Orson Welles** (1915 - 1985).

## UK POLARITY THERAPY ASSOCIATION

AGM London March 8<sup>th</sup> 2014

UKPTA AGM Circuit Notes 8th March 2014

Venue: The White Room, Neal's Yard, Covent Garden, London

### Agenda:

A gathering of Polarity Connections to complete the AGM formalities of the UKPT Association Apologies, AGM 2013 Minutes Accepted, Individual Counsel Members Reports, Training Group APEF Progress Report, in line with the progress over the last few years now a continual developing process, with a fully supportive role for the future.

We have updates to be carried out to the website, happening soon to reflect the current position of the Association.

A new Counsel has been formed with the election of Jo Archer to Chair and Catherine Prichard to Secretary with Lyn Whiteman, Andrew Harry and Graham Whiteman Continuing with their roles, We thank Jeanette McKenzie and April Furnival for their support on the Counsel, If you have skills that would be supportive to the Association, please step forward and engage with the current counsel.

The Positive activities of the UKPTA will continue into 2014 and beyond, welcoming past members to rejoin as friends or fully engaged members as we expand with new students of Polarity which is the expectation as new courses from the current training schools and individual trainers come into action.

### Attended:

Mina Patel, Graham Whiteman, Andrew Harry, Lyn Whiteman, Marcus Villotti, Jo Archer, Gill Bowers, Catherine Prichard, Chris Reedyk, Hannah McLure-Chalut (Guest)

Apologies: April, Jeanette, Marion, Batya, Yota, Kerry, John, Faith, Keith, Lesley Barker, Glynis, Anthony, Jane Welfar, Marietta, Penny Brewer.

Minutes by Lyn Whiteman

Notes by Graham Whiteman

### 2014-15 Counsel -

Chair: Jo Archer,

Treasurer: Lyn Whiteman,

Secretary: Catherine Prichard,

Registrar: Andrew Harry,

Training Liaison: Graham Whiteman



## APEF Meeting 2014

We will complete the arrangements for another APEF meeting in the Autumn 2014, prior to the AGM. All Trainers welcome.

# Circuit

Holistic Circuit - 2



Association

## POLARITY

### NATIONAL OCCUPATIONAL STANDARDS FOR POLARITY THERAPY GLOSSARY FOR THE POLARITY THERAPY STANDARDS

Polarity Therapy is a natural healthcare system founded by Dr. Randolph Stone based upon the universal principles of energy:- contraction, expansion and neutrality.

The interrelation of these principles forms the basis for every aspect of life, including our experience of health, wellness and disease. With this understanding, Polarity Therapy addresses the interdependence of body, mind and spirit; the importance of the relationships; the value of creating a way of life in harmony with nature. A part of the larger field of Energy Medicine, Polarity Therapy complements existing systems with an integrated, holistic model. Polarity therapy is a transformative influence for change in healthcare and in wellness education.

#### Polarity Therapy - Energetic Evaluation and Integration

**Evaluating Client** using skills of assessment, history taking, observation, interaction and synthesis informed by the Polarity Therapy paradigm.

**Competence** Ability to act properly, appropriately and effectively.

#### Consultation

Sessions involving both client and practitioner where information is exchanged and explored. Consultations may have a focus on assessment, treatment planning, review or the provision of general support and advice to clients.

#### Contra-indications

Factors which indicate that a particular treatment, procedure or exercise is unsuitable for a client.

#### Contract

All agreements between practitioners and clients, be they formal or informal, written or verbal.

Contracts will cover the roles and responsibilities of both parties.

#### Face-to-face In each others' presence.

#### Holistic profile

The overall picture of a patient's condition and circumstances - including their signs and symptom picture, and any allopathic diagnoses, and covering physical, psychological, emotional, social and spiritual aspects.

Much much more

## 20 Years of Standards and Training Development

During the 90's work was commenced on 'National Standards for Polarity Therapy and formulated in '99 and adopted on 9th January 2000. Much appreciation to *Batya* during that period. All Polarity Therapy training was to this compelling procedure. The 'Core curriculum' agreed at first meeting of the APEF in 2008 which was attended by the then Polarity Counsel and Schools and trainers of Polarity in the UK. (Note: The Core Curriculum forms the agenda for the APEF meetings and any amendments or alterations discussed) In 2009 during a South-West Polarity gathering in Sampford Peverell a Polarity Pathway document was born in Principle, this chart captured a direction that we all could work with, covering an understanding of direction and energy, we are still working closely with the UK Training Programme (renamed from Core Curriculum) and the 'Pathway Document'. (Both can be found on the UKPTA Website).

What became obvious from looking at the pathway document was that the Polarity Training could be seen to cover two distinct areas, Awareness and Education.

Awareness, i.e. Promotion, document, Talks, Presentations and Introduction Days to the 'bodywork principles' these are in the field of awareness and open to all RPPs to engage with for the benefit of Polarity Therapy.

Education, the commencement of Practitioner study and training, deeper understandings all closely aligned with Dr.Stone's Polarity Principles.

In late 2012 during a Counsel Meeting in Sussex we started working with the principle that Polarity Education was actually very open, and an extremely diverse field. Working with Polarity Principles, Education Courses could be and should be, many, varied and wide ranging and all fit within this mandate.

My 'vision' now is that Awareness of Polarity is easy for anyone to find and following this Polarity Education is easy to approach.

The UKPTA now has an open membership of three levels, encouraging students to see and feel the benefits of Polarity Involvement, becoming more group oriented and expanding. If you have a developed skill within the Polarity Framework, would you like to teach it? We would like to hear from you!

Introduction Days, Polarity Healing Courses and Full RPP training – Jo Archer Healing Toolbox

Introduction Days, Foundation Courses, and full RPP training – Polarity Wellness (Wales)

Polarity for Professionals – Faith Luke-Fennel

Introduction Days, Neutral Space Relaxation Practitioner Courses I & II – Neutral-Space.

Polarity Days – Jeanette McKenzie

Introduction Days – April Furnival

by Graham (Training Liaison)

E & OE

## Social Media.

Keep clicking!! This is where you come in, whenever you are on FB just click like to anything connected with Polarity and it will make a 'big' difference. **Graham**