

UKPTA – Training Programme

1. **Training** in Polarity Therapy is a critical function for the Membership of the UKPTA, either in leading to an individual achieving a recognized qualification in Polarity Therapy or in the wider sense of the public profile of Polarity Therapy in the UK. As such Training can be divided into 2 spheres, each having a specific focus. Either **Polarity Awareness courses** (short introductory courses, CPD or skills enhancement courses) that raise the public profile of Polarity therapy and that may create a deeper, individual interest in Polarity Therapy and the more involved **Polarity Education courses** that will, if successfully completed, confer eligibility to be a Practitioner Member of the UKPTA. As part of the responsibilities defined in the UKPTA Counsel's Terms of Reference (TORs) to provide a recognised professional status, and to inform its membership, the Counsel of the UKPTA, in collaboration with the UK Polarity Training Community, has now defined the overarching outcomes for training in Polarity therapy in the UK.

2. This document covers all aspects of Training in Polarity Therapy and is developed in collaboration with the Annual Polarity Educational Forum (APEF). This forum had its inaugural meeting in September 2009 and now meets annually, prior to the UKPTA AGM. Its aims and objectives are to provide effective peer review and guidance in all matters relating to Polarity Training. All Registered Polarity Trainers (RPTs) are invited to attend this forum as well as the UKPTA Counsel. Any need/proposal for amendment to this document are to first be assessed and discussed at the APEF. The UKPTA Counsel will seek agreement from the UKPTA Membership (at its AGM) of any changes agreed.

Polarity Therapy Training - Education courses:

3. Education in Polarity Therapy must cover all four techniques of Polarity Therapy including Bodywork, Awareness and Process skills, Health Building and Cleansing Diets and Polarity Yoga Stretching Exercises over a period of a minimum overall of **475 Guided learning hours** (including a combination of class hours (to predominate), home study, written work, directed practice sessions and practice of polarity yoga stretching exercises) as required by the approved courses and students themselves. Additionally, all syllabuses are to incorporate the BCTC Training Standards. The APEF recommends that education courses can be delivered in any time frame providing the criterion of 475 guided learning hours is met.

The Education requirement below defines the scope of an RPPs professional practice:

4. Under the auspices of the UKPTA, any Polarity practitioner may apply to the UKPTA to become a Registered Polarity Practitioner (RPP) in recognition of their level of training and providing the following conditions are met.

- a. The Practitioner shall have successfully completed **either Routes 1, 2 or 3** for Polarity education purposes (see below) and holds a UKPTA recognized diploma or qualification.
- b. The practitioner shall respect the Clients own body needs and self-development requirements at all times and comply with the requirements of the UKPTA Code of Ethics, Standards of Practice **and Supervision/Mentoring Guidance**.
- c. The practitioner shall only give treatments and advice within the scope of their training and therapeutic experience.
- d. Where the needs of the client lie outside of the therapist's own professional training or therapeutic experience, the therapist is to be able to refer to an appropriate other professional.

Registered Polarity Practitioner (RPP) Route 1:

The Core Curriculum:

5. For Polarity education syllabi to be recognized by the UKPTA, as suitable for the qualification and registration of an RPP in the UK, trainers and schools alike are to ensure delivery of the **outcomes** below:

Outcome 1. Dr Stone's Polarity Therapy "The complete works" Volumes 1 and 2 a CRCS publication 1987: (and other recommended reading as appropriate to that specific practitioner training syllabus and certain UKPTA approved manuals that may be listed on the UKPTA website):

Minimum requirement: **285 Guided learning hours** The Student has demonstrated that she/he is confident and competent in applying and conveying the practice and art of polarity therapy energetic bodywork , encompassed within the publications above.

Outcome 2. Polarity Health Building and Cleansing Diets:

Minimum requirement: **35 Guided learning hours.** The Student has personal knowledge/experience of the effects, of Polarity health building and cleansing diets (personal experience to be recent and to have consisted of at least a 5 day cleansing diet , subject to Learner's own body requirements/ medical permission). The Student has demonstrated the ability to convey a practical working knowledge of the benefits of a Cleansing Diet and discern when to refer to specialist professional (eg

Naturopath, Herbalist, Nutritionalist, Nutritional Therapist or Doctor.) as appropriate.

Outcome 3. Polarity stretching exercises:

Minimum requirement : **28 Guided learning Hours** A confident and competent Practitioner who has demonstrated knowledge, through theory and practice, an elemental appreciation of Polarity energy exercises.

Outcome 4. Awareness and process skills:

Minimum requirement: **65 Guided Learning Hours.** The Student has demonstrated a thorough understanding of the Polarity principle in action and has personally experienced the process of change resulting from Polarity work; has demonstrated the ability to facilitate this experience in themselves and others (through practical case studies, theory and reflective practice); and is able to recall that change. Students should also be knowledgeable enough to provide a range of skill sets/advice, including the development and significance of Rapport, that help bring Clients to a safe place (as recognized/defined by the Client) following any emotional response to treatment provided; as well as assistance in helping the Client to take responsibility for their own ongoing process of personal development and well being, including the resolution of trauma patterns, that may occur following Polarity work. Students should understand the importance of providing ongoing support to their Clients, provide it when needed and be able to discern when to refer to a specialist professional. Students are to be aware of the importance of Peer support and Supervision for themselves within this process.

Outcome 5. Practice management: Minimum requirement: 12 Guided learning hours.

- The Student can clearly articulate a definition of Polarity therapy, can convey what is unique about this healing modality. The student is informed and understands the issues surrounding practice development, advertising and marketing Polarity therapy.
- The student can demonstrate and understand the need for record keeping, taking Client history and has a thorough working knowledge of the UKPTA Handbook, as well as the BCMA Code of Ethics and BCTC Standards of Practice. The Student understands how to develop a treatment plan and the importance of reviewing this with the Client.
- The student understands the importance of, and responsibility to maintain a process of Continuous Professional Development (CPD) and in

maintaining an up to date working knowledge of other therapeutic modalities in order to be able to refer Clients as appropriate.

- The Student is aware of the resources available for them in the UKPTA website/Handbook and has demonstrated the ability to access these resources and understands the benefits of membership within the UKPTA.
- The Student has been introduced to the structure of the UKPTA, the UKPTA Counsel and its terms of Reference as well as the process for registration as an RPP and RPP Rights and Responsibilities.

Outcome 6. Anatomy, physiology and pathology:

Minimum requirement: **50 Guided Learning hours.** (These can be obtained from other trainings in this subject, that meet a recognized National Standard as approved by the UKPTA eg ITEC, VCTC,BSY)

- The Student has demonstrated a knowledge of anatomy and physiology to enable Outcomes 1 to 3 above to be achieved.
- The Student holds a valid and extant “Appointed Persons” First Aid qualification. (Consisting of a minimum of one full day’s training delivered by an HSE approved company).

Registered Polarity Practitioner (RPP) Route 2:

Incomplete training or application to join UKPTA having trained elsewhere:

6. Should a student/therapist be in a position where they have trained in Polarity but have not met the full requirements of the curriculum listed above, or they have trained outside of schools currently recognized (by the UKPTA) to teach the full RPP course, a route has been defined where, on a case by case basis, the UKPTA Training Liaison Officer will co-ordinate a process (in consultation with the APEF) of appraisal and advice to that student whereby any gaps in their training can be assessed through a review of training to date through a transcription process.

7. On review of the transcript history a recognized UKPTA Training School/Trainer may take-on the applicant to finish their training to the required standard, as agreed by the UKPTA Training Liaison Officer in consultation with the APEF.

Registered Polarity Practitioner (RPP) Route 3:

Assessment of application solely through Peer Review Panel:

8. Alternatively, where Route 1 and 2 are unsuitable, a peer review may be instigated, through collaboration between the APEF and UKPTA Counsel. An Assessment Panel will be convened that, in addition to reviewing the applicant's training history transcript, he/she will be asked to present at least 2 case studies and finally the applicant will be asked to demonstrate their skills practically. The Assessment Panel will only approve through consensus. If any of the Assessment Panel have any reservations, these reservations are to be recorded, but approval may still be given if appropriate conditions can be identified that enable consensus to be reached. The applicant will be informed in writing of the panel's decision. If rejected the applicant will be advised on how to bring their submissions up to the requirement of the UKPTA and offered support as appropriate through the APEF (Co-ordination of such support may be provided by the UKPTA Counsel Training Liaison Officer, if appropriate).

Polarity Therapy Training – Awareness courses only:

RPP involvement in delivering Polarity Awareness courses – Route 1:

Under Training School direction

9. Any RPP with at least 2 years continuous practice experience may, under the direction of an existing Polarity Training School (see paragraph 12 & 13), be involved in the delivery of any Polarity Awareness Course (see **Appendix - UKPTA/APEF table of approved Polarity Training Methods – “the Pathway to successful practice”**) provided through that school and subject to any conditions required by that school.

RPP involvement in delivering Polarity Awareness courses – Route 2:

Assessment of application through Peer Review Panel

10. Alternatively, where an RPP wishes to deliver short introductory courses they have developed themselves, and based on the UKPTA approved template(s), they may apply to the UKPTA Training Liaison Officer for approval and subsequent support of UKPTA (and APEF as appropriate), to deliver those particular courses.

Polarity Therapy Training – Education and Awareness courses:

Registered Polarity Trainer (RPT) – Route 1:

Under Training School direction:

11. Any Member of the UKPTA who, who is a practicing RPP and having acquired at least 2 years continuous experience in that practice and who wishes

to be recognized as having the “Right/ability to deliver Polarity Training (both Awareness and Education) courses in the UK”, may seek the endorsement of one of the existing training schools, approved by the APEF/UKPTA to train trainers (see paragraph 16). Such an endorsement will enable the UKPTA to recognize the individual concerned as an RPT, but only under the condition that any Polarity Training course(s) is/are conducted under the direction of the endorsing school and within the scope of that school’s approved training courses/syllabi and using that school’s training materials. Subsequently, should such an RPT wish to deliver Polarity Training courses independently then route 2 below may then be followed.

Registered Polarity Trainer (RPT) – Route 2:

Assessment of application through Peer Review Panel:

12. Alternatively any Member of the UKPTA who has acquired at least 2 years continuous experience in that practice and has been awarded a suitable Adult Education Qualification (eg Preparing for Teaching and Learning Skills (PTLS) or equivalent) or has already been delivering trainings (either Polarity awareness and or education) as an RPT within an existing UK Polarity therapy School (see paragraph 11) for a minimum of 2 years continuously and who wishes to be recognized as having the “Right/ability to deliver Polarity Training (both Awareness and Education) courses, in the UK, that they have developed themselves”, may apply to the UKPTA Training Liaison Officer for approval to deliver those particular courses.

13. A peer review process will be instigated, through collaboration between the APEF and UKPTA Counsel. An Assessment Panel will be convened to review the applicant’s syllabi content and suitability. He/she will be asked to give a presentation summarizing the submitted syllabus and finally the applicant will be asked to demonstrate his/her skills practically. The Assessment Panel will only approve through consensus. If any of the Assessment Panel have any reservations, these reservations are to be recorded, but approval may still be given if appropriate conditions can be identified that enable consensus to be reached (Conditional Approval). The applicant will be informed in writing of the panel’s decision. If unconditional approval is given the RPT will be eligible to start a UK Polarity Therapy School. If rejected the applicant will be advised on how to bring their submissions up to the requirement of the UKPTA and offered support as appropriate through the APEF (Co-ordination of such support may be provided by the UKPTA Counsel Training Liaison Officer, as appropriate) or the applicant may be advised to temporarily seek conditional recognition as an RPT through Route 1 (see Paragraph 11).

14. Unconditional approval as an RPT, by the APEF/UKPTA Assessment Panel, will enable that RPT to set up a Polarity Therapy School. Such a school may then be listed on the UKPTA official website. Only UK Polarity Therapy

Schools may advertise, suggest or infer in anyway to their students that on completion of their respective Polarity Education course(s) that they will be eligible to become UKPTA Full members. Accordingly their graduates will be eligible to become Associate members of the UKPTA and subsequently be able to use the letters RPP after their name.

15. Duly approved syllabi are subject to renewal every 5 years.

Training to teach Trainers:

Assessment of application through Peer Review Panel:

16. Any UK Polarity Therapy School recognized by the Association and having acquired at least 2 years continuous experience as a School and who wishes to be recognized as having the “Right/ability to Train Polarity Trainers in the UK” (See Paragraph 11) must seek the endorsement of the APEF/UKPTA Assessment Panel.

**APPENDIX – “THE PATHWAY TO SUCCESSFUL PRACTICE” – UKPTA/APEF
TABLE OF APPROVED POLARITY TRAINING METHODS.**