

Professional Kinesiology Practitioner Certification Programme™

Bruce A J Dewe MD NZRK and Joan R Dewe MA NZRK

The new, for 1999, Professional Kinesiology Practitioner Certification Programme™ is a student centred, integrated kinesiology training programme that meets government standards in New Zealand, its country of origin. Successful completion of the programme now earns a *NZ National Diploma in Kinesiology* issued by the NZ Qualifications Authority (NZQA), a Statutory Government body responsible for the NZ Education Framework. Yes, the teaching of PKP, as it is commonly known throughout the world, has just been through an exciting update process to meet new education and government standards.

WORLDWIDE STANDARDS

Because PKP is now presented as competency-based units written in educational language it easily adapts to the standards of other countries. In the United Kingdom, the ICM (Institute for Complementary Medicine) a member of the BCCM (British Council for Complementary Medicine) has approved the PKP Certification Programme™ and PKP International is evaluating which University it will choose to work through in Great Britain. In Australia, PKP meets the requirements of the Australian Kinesiology Association's Course accreditation Board for full registration. PKP is the only course which at present has the approval of the International Kinesiology College for professional training.

YOU HAVE THREE MAJOR BENEFITS

The Professional Kinesiology Practitioner Certification Programme™ (hereafter called PKP) consists of 60 Diploma Registration Units (DRUs™). Each DRU™ (learning segment) has a Purpose Statement which clearly says what a student will be able to do upon achieving competency in the material. DRUs™ contain Elements (the details of the subject) and Performance Criteria (ways of

measuring whether competency has been achieved). The DRUs™ provide students with a logical, sequential training pathway that meets the needs of both the mature student retraining for a second career and the younger person choosing their first vocation.

DRUs™ also allow PKP teaching Faculty considerable flexibility in how they arrange units in their own Kinesiology College or Institute.

A third and very important outcome concerns graduates of other kinesiology systems who would like to learn a few PKP techniques. In the past they were required to go back and take TFH and all the basic PKP material. This is no longer necessary. PKP Faculty have the ability to build mini-workshops to accommodate these postgraduate students.

KINESIOLOGY IS A RECOGNISED PROFESSION

Kinesiology, in New Zealand, is now recognised as a profession with its own *NZ Kinesiology Practitioners Accreditation Board Inc.* Kinesiology is part of the Manual Therapies division of the Health Industry and is now represented by eleven (11) unique Unit Standards on the NZ Education Framework. The *NZ National Diploma in Kinesiology* includes other generic Unit Standards, shared with other Manual Therapies, in subjects such as Anatomy, Physiology and office management. Another benefit is that any student will be able to include kinesiology, among their optional units, in other degree and diploma programmes.

Any tertiary teaching institution in NZ which can show they have the facilities and qualified staff can now purchase the Unit Standards for Kinesiology from the NZQA and include kinesiology in their syllabus. NZQA's provision for Private Training Enterprises (PTEs) within the industry allows spe-

cialised Kinesiology Institutes to operate as well.

PROFESSIONAL STANDARDS

This new certification programme is the brainchild of Dr. Bruce and Joan Dewe, the authors of the original PKP I - IV workshops. In the late 1980s Joan and Bruce recognised the need for a kinesiology training programme and formed a team to create the *NZ Kinesiology Practitioners Accreditation Board Inc.*, a standards setting body which administers the Registration of Kinesiologists in NZ and to whom graduates with the government's Diploma in Kinesiology must apply for Registration. Bruce has been a member of the NZQA Expert Panel for the development of Unit Standards in Natural Health for some five years and he gives credit for the government recognition of Kinesiology to the whole team headed by former school headmaster Kenneth Leins Dip T. who authors some of the new DRUs™.

WHY A RADICAL CHANGE IN PKP?

It is not acceptable, to NZQA, to use the same textbook *Touch for Health* by John Thie DC for the lay classes of 80 (4 x 20) hours and for the first professional (NZQA) Unit Standard of 28 credits (280 or more hours) which covers similar material. This requirement resulted in a rethink of the basic syllabus and offered the opportunity for Joan and Bruce to look at the whole TFH and PKP curricula to ask themselves questions like these:

- "Do students really need to learn kinesiology in the same old historical order in which it evolved and has been taught?"
- "If I was starting Kinesiology now, what would I find most useful to learn first?"
- "How can we make PKP material more available to graduates of other Kinesiology courses who may want just a portion of our material to add to their total skills?"

PKP HONOURS TFH

The first ten of the new DRUs comprise what Dr. and Mrs. Dewe consider basic kinesiology material. The new syllabus differs considerably from the TFH course which up until now has been an

absolute prerequisite for PKP. There is no animosity from PKP towards *Touch for Health*. Dr. John Thie wrote his landmark book 25 years ago for a different audience. Dr. Thie made kinesiology available to lay people and for this we continue to applaud him and offer our grateful thanks. (See Dr. Dewe's foreword to the *Touch for Health* book.) Bruce and Joan, however, have had a different opportunity and a different challenge. John wrote *Touch for Health* for his clients and their families. PKP was originally written for people who came through the TFH Synthesis and then wanted a career in kinesiology but who did not have either the desire or prerequisite training (DC, DO, MD) to undertake the ICAK postgraduate training for professionals. The first ten of the 60 DRUs™ cover the basic material at a professional level as required by NZQA for 28 credits (280 or more hours).

People who have taken the TFH courses will find it easy to slip into the new PKP Certification Programme™ and indeed some students will find themselves able to sit the Competency Assessments immediately and receive credit for prior learning.

PKP CERTIFICATION PROGRAMME™ DRUs™ #1 - #10

The new PKP basic units are so changed that some material formerly taught in PKP III has become basic material. Even some PKP IV techniques have found their way into the basic ten (10) units. Why? Because they are simple, powerful and effective. We want everyone to leave each DRU™ empowered, inspired and enthusiastic about the next step. Practitioners from other disciplines who are 'looking' at kinesiology will go away with new things they can do with clients. Students straight from high school will feel comfortable and so will those re-training for a second or third career.

DIPLOMA REGISTRATION UNIT™ # ONE

There is no muscle testing in DRU™ one (unit one). Often, students went home after their first day of TFH I in total overwhelm. DRU™ #1 is designed to give the student techniques that will introduce Kinesiology, boost energy, be simple to learn and easy for the student to practice at home before the next class. We want students to have fun using

what they have learned and to see immediate results.

DIPLOMA REGISTRATION UNIT™ # TWO

This introduces the concept of muscle testing, builds on the material from unit one and teaches a simple system for an eight muscle balance. It introduces the PKP concept of emotional involvement by means of a simplified PKP Emotion Chart. Students understand and apply information rather than cram abstract facts about muscles. They quickly become competent at balancing.

UNITS # THREE THROUGH # TEN

PKP recognises that not all kinesiologists want to be muscle specialists. However, we believe a knowledge of some muscles is necessary for all kinesiologists. Only 26 muscles (not 42) are learned in the basic PKP classes. We introduce the neuro-emotional points, hidden muscle failure, sustained muscle failure and muscle stretch response at an early level. PKP believes it is more important to be able to do in-depth work on fewer muscles.

Other muscles are introduced on a regional basis. e.g. Students can choose to learn the muscles of the shoulder, hand and wrist, head and neck, lingual or pelvic diaphragms or other areas of special interest.

The concept of the PKP Database is introduced and students will have a basic knowledge of finger modes before they leave the first ten DRUs. Students will be competent with other balancing possibilities as well. A major question for kinesiology students has always been "When do I do what?" The PKP Database solves this dilemma. This is why it is now introduced at a very basic level.

DIPLOMA REGISTRATION UNITS™ #11 - #60

These cover the remainder of the PKP material. There are however some major changes. Each DRU™ (unit of knowledge) is complete within itself and is restricted to material from within one major mode. For example, there are six (6) DRUs™ from the 'Emotional Mode'. PKP Faculty may choose to teach all six as a block then all five (5) DRUs™ from the 'Self Mode' in their programme

or a teach DRUs™ from a mixture of modes to create a programme similar to the current PKP I - IV series.

One great advantage of this system is that teachings such as Co-Dependency or Assertiveness are part of much smaller teaching units than at present. Students (e.g. of Edu-K or Three-in-One Concepts) who have a knowledge of basic finger modes can take such a DRU™ and add these skills to those they have already acquired without having to take the whole PKP course.

A second advantage is that the material in the above DRU™ is available as a short or 'mini' course that can be taught, for example, as a one day course called "How to become an Assertive Woman" or whatever catchy title the Faculty person wants to use. As part of the DRU™ the new person receives information that explains the 'mini' is part of an integrated training programme and lists the titles of the other units. Short courses such as 'Stress release made Easy', rather than being just information in isolation, become part of the integrated training.

THE CONCEPT OF COMPETENCY

All students must achieve competency in a DRU™ before it can be credited to their academic record. Once competency has been achieved, students will not have to cover that material again nor will they be examined in it for a second time. DRUs™ are not 'time-based'. Students are credited for each unit, not the number of hours it takes each individual to achieve competency.

FORMATIVE EVALUATION

This refers to the documentation of self, peer and teacher review processes during the instruction and practical stages of learning. Students have teacher directed learning and self and peer directed learning. About half the 'learning time' will occur outside the formal classroom. The PKP notes in each DRU™ include this material. Schools using the PKP Certification Programme™ are provided with all the material to do this process. The completed evaluation forms for each subject (element) of a DRU™ are included in each Student Journal which

records the students progress and documents growth.

SUMMATIVE EVALUATION

This occurs after the completion of a DRU™ and all its practical work. Summative Evaluation involves the student demonstrating all performance criteria in each element of a DRU™. Each DRU™ has a Purpose Statement which clearly states what a student will be able to do upon achieving competence, Elements or the details of the subject, and Performance Criteria or ways of measuring whether Competence has been achieved.

ACCREDITATION

Students can expect that all PKP Faculty are attached to a recognised Institute or College. (This may be a school without walls in exceptional circumstances.) PKP wants its students to receive tuition in a place that is professional in appearance and function. Such a school has tables, wall charts, and all the teaching aids referred to in each unit. It is a place where students can practice and see clients under supervision. PKP International is very interested in the school's ability to administer the formative and summative evaluations as well as impart the material.

MODERATION

PKP students can expect schools teaching the PKP Certification Programme™ to be reviewed every three years and reassessed. PKP International wants to know that both teaching and evaluation standards are being maintained.

HOW YOU CAN BECOME PKP FACULTY

From 1999, PKP Faculty Training Workshops will train PKP Faculty who will initially teach the basic 10 Diploma Registration Units before being able to teach an increasing number of the DRUs™ as they prove themselves to be competent. Existing PKP I - IV teachers will quickly become eligible to teach all units.

I ALREADY TEACH TFH. CAN I TEACH PKP TOO?

Existing, active Touch for Health Instructors, who want to teach PKP as well, will be able to take a PKP Faculty Admission Course. This will cover

basic PKP material not covered in the TFH syllabus and will teach the PKP style of presentation. Existing PKP I - IV teachers will automatically become PKP Faculty at their current level and progress rapidly to being able to teach the full 60 DRUs™ as they show competence. In order to teach, PKP Faculty must be attached to an accredited (recognised) school, or institution, which maintains teaching and evaluation standards.

THE HISTORY OF PKP INTERNATIONAL

PKP's roots, like those of TFH, are grounded in Applied Kinesiology. Dr. Dewe became a member of the ICAK in 1980. PKP's history is the story of its authors' journey into the world of kinesiology. Dr. Bruce and Joan Dewe have had over 20 years experience teaching kinesiology at all levels; TFH, TFH Instructor Training Workshops, Three-in-one Concepts, Edu-K and of course PKP I - IV.

Bruce and Joan were introduced to Kinesiology in May 1977 by a Californian Chiropractor, Dr. Robert Willinsky DC, who treated Joan's scoliosis with Applied Kinesiology and gave them a copy of the first 36 muscle, 'yellow' book, *Touch for Health* by John Thie DC. Bruce a medical doctor, who had taught anatomy at Auckland Medical School, had difficulty with the concept of 'invisible, non dissectable neurolymphatic and neurovascular reflex points but could not deny that they worked. After hearing Dr. John Thie lecture at a National Health Federation Conference, Bruce took a 'TFH for Nurses' course then quickly became a TFH instructor.

Bruce and Joan brought Kinesiology to NZ in 1978 and have trained hundreds of Touch for Health Instructors throughout Australia and NZ since that time. (Joan became a TFH Instructor in Jan. 1980.) Bruce became a Faculty member of the former *Touch for Health Foundation* in 1981 and Joan in 1982. Dr. Thie introduced Dr. Dewe to the International College of Applied Kinesiology (ICAK), open only to professionals, in 1980. Bruce wanted more muscles to work with. He was becoming frustrated with the few (by now 42) in the TFH synthesis.

DR. DEWE RESEARCHED MORE MUSCLES

Without fully realising it at the time, PKP really started when Bruce discovered that the ICAK texts of Dr. George Goodheart DC, Dr. David Walther and Dr. Fred Stoner DC did not cover all the muscles that he wanted to use in his medical practice (fishermen hauling lines on heaving decks, sheep shearers, farmers and dancers with foot problems etc.). Dr. Dewe's love of anatomy led to his researching the neurolymphatics, neurovasculars and meridians for extra arm and foot muscles and the small muscles of the back and neck. These became part of PKP I (at first called TFH 4 and TFH 5). His research on the muscles of the pelvic and lingual diaphragms, throat, larynx, pharynx and face became part of PKP III.

BRUCE FOUND ICAK LACKED TFH'S SYSTEMS

Another challenge was to make meaning of ICAK techniques and procedures. The first nine classes of the ICAK 100 hour basic course lacked a system like TFH's 14 muscle fix-as-you-go or five-element one point balance. Dr. Dewe worked to find ways to do techniques like 'Pitch, Roll and Yaw' without 'thrusts' or manipulation so that he could teach Joan and then his TFH Instructors who kept asking him for more techniques.

THE ENERGY BALANCING MODEL

Using the language of energy balancing rather than medical, chiropractic or other therapeutic language and staying in the energy model is a process which began in 1980 and continues to this day. An early example is the use of 'circuit localising or CLing' rather than the ICAK term 'therapy localising'. PKP works with energy circuits in the body. Dr. John Thie DC helped in this process when he sponsored PKP (then called PHP - Professional Health Provider workshops) into the USA, attended the courses as a 'student' and endorsed the work as part of the TFH Foundation's approved workshop catalogue.

GOAL BALANCING AND NAME CHANGES

The material known as PKP has evolved through many and varied names over the intervening years. In 1981 it was simply Advanced Skills Workshops. This was a watershed year. Bruce was puzzling over

the question, "Why do I get better results than the people I teach?" In May 1981 when he went to the USA to sit a medical exam (FAAMP) Bruce took time out to watch Dr. Thie working. As he listened to John, he kept hearing similar questions to those he himself asked. e.g. "So what is it you want to have happen?" In subsequent discussion Dr. Dewe and Dr. Thie realised that they set goals for sessions, probably because of both their previous training and personal styles. They did not teach goal setting. Goal Balancing came from this time of cross-fertilization between MD and DC. The TFH Sound Balance was another powerful technique that Dr. Dewe developed at this time.

EMOTIONS - A FUNDAMENTAL PKP CONCEPT.

In the early 1980's Dr. John Diamond MD, a psychiatrist, proposed in an ICAK presentation some possible emotions related to the balance of energy in the various Chinese meridians. Bruce, like other researchers, began looking for more and tested a theory that is now a PKP fundamental. For every situation we find with kinesiology testing, there is an emotional component. Muscles which unlock on testing are associated with an emotion. If your ileocaecal valve is open inappropriately there is an emotional component involved. If you are out of relationship with your teenager there is an emotional component. Balancing procedures last longer if we identify the emotional component and the client considers what relevance this emotion has in their life right now.

THE PKP FIVE ELEMENT EMOTION CHART

Out of this search for emotions came a classification using the five element model (and more recently the wheel). Dr. Dewe used the 'classic' elemental emotions which he added to and refined even further. He verified which of Dr. Diamond's fitted the PKP model and arranged these according to the meridians within the elements. He presented the first coloured Five Element Emotions wall chart at a San Diego TFH Annual Meeting in the mid 1980s. This chart is now used worldwide and its scope and content continue to grow as each language adds its own flavour. Our research has shown there is no set emotion for any specific condition. Each person is unique. Your high blood pres-

sure may be associated with the emotion 'anger' and the liver meridian while the next client's may be related to 'frustration' and the bladder meridian.

THE PKP MODES AND THE PKP DATABASE

In the mid 1980's the (PKP) books were published under the names TFH 4 - 6 and a HITW (the Health and Integration Tutor's Workshop) was developed. HITW (which became PHP II then PKP II) was Dr. Dewe's creative expansion of a concept of Dr. Alan Beardall. Bruce reasoned that if Beardall's concept, of four fingers being markers (or modes) for electrical, emotional, ecological and structural 'outages' in body energy, was true then there had to be more to the 'modes' than what Dr. Beardall was proposing. The PKP Database with its unique numbering system was developed over three years and was first presented in June 1986 at the first of the famous Bali tropical workshops.

RECOGNITION UNIQUE TO PKP

PKP became a workshop series that allowed people to grow into their own power and activate the healing energies within. It also provided a forum where the creativity of PKP students and practitioners (graduates) could suggest new modes in an atmosphere of caring evaluation. Not all modes were found to be universal. At PKP Research Evaluation Workshops some modes just work (and work really well) for the person who found them. Other modes work for everyone. These have been incorporated into the PKP synthesis and the names of the people who found, developed or significantly added to the understanding of the mode are recorded in the PKP manuals. Many people have just found one mode, other PKP graduates like Andrew Verity have gone on to build new kinesiologies.

By 1989 HITW was called PHP II (Professional Health Provider). In 1990 PHP III added more techniques, more modes and therefore more balancing possibilities especially in the Emotional and Spiritual realms of life. Much of PHP III was the work of PHP II graduates, all of whom are credited for their contributions. From 1991 the name PKP (Professional Kinesiology Practice International - Bruce's original choice of name) was used after

Dr. Thie closed the TFH Foundation and PKP became an independent workshop series. PKP IV added even more balancing choices including several awareness issues on the Self Mode. It became known as "The workshop for healing the healers," because of its emphasis on techniques that help one define personal boundaries, life contribution and world view.

THE PRESENT SITUATION

From 1999 the 60 Diploma Registration Units will be available outside NZ and the current system of PKP I - IV will gradually be replaced by the Professional Kinesiology Practitioner Certification Programme™ throughout the world in the new millennium. In the past, PKP relied on TFH Instructors to teach the basic material and then had PKP I Instructors to teach the next level. To become a PKP Instructor required the candidate to be an active TFH Instructor who had taken all four PKP classes at least twice and passed written, oral and practical examinations for each level. This has now changed.

FACULTY TRAINING WORKSHOPS FROM 1999

From 1999, PKP Faculty Training Workshops will train PKP Faculty who will initially teach the basic 10 Diploma Registration Units before being able to teach an increasing number of the DRUs™ as they prove themselves to be competent.

ABOUT THE AUTHORS

Dr. Dewe became a member of the International College of Applied Kinesiology in 1980, a TFH Faculty member in 1981 and Touch For Health Foundation Trustee in 1984. Bruce was the IKC's founding President and is a Faculty member and Trustee of the International Kinesiology College, Zurich. He has been a medical doctor for 30 years with experience in family practice where he delivered more than 200 babies a year and was superintendent of a small country hospital. His other interests were acupuncture and musculoskeletal medicine.

Joan who is IKC Emeritus Faculty was a teacher with a background in Latin and other languages. She used kinesiology to overcome a severe dys-

lexia problem with one of their children. As well as teaching TFH Instructor Training Workshops she has taught the One Brain (Three-in-One Concepts) series throughout Australia and New Zealand. In the business world, Joan has developed a successful holiday resort and a GNLD network marketing business that spans the globe. For the past eight years Joan has been involved in intensive nutrition educational training programmes which enable lay people to help others improve the quality of their lives.

Together, Bruce and Joan aim, through PKP and GNLD, to empower other people to be the best that they can be. They are coaches in the business of making fulfilling choices. They want to provide the opportunity for people to become confident and financially independent, wise and motivated to help others be happy with their present, optimistic about their future and be seen as exceptional by those who know them. Bruce and Joan's desire is to make a positive, long-lasting difference in the lives of other people.

Dr and Mrs Dewe have two daughters, two grandchildren and live between their waterfront apartments in Auckland, NZ and the Gold Coast, Queensland, Australia.

HOW TO CONTACT PKP

PKP International has accredited colleges and institutes and teachers throughout the world. To find your nearest PKP Faculty member, fax us on: +64-9-575-2813, phone +64-9-575-2818 or visit our web site at www.pkp.co.nz