

# Integrative Kinesiologie ©

by  
**Rosmarie Sonderegger and Bernhard Studer**

**Integrative Kinesiologie** is a form of Kinesiology with its own Faculty and its own competence.

*Integrative* stands for a Kinesiology that

- respects the professional background of a person as well as his inner wisdom
- is open to all other developments in Kinesiology, integrating new information into the Curriculum
- abides by the Code of Ethics of the IKC

## History

Integrative Kinesiologie was founded in September 1985. It was a one year program (150 classroom hours) and was offered in different modules (every Tuesday evening or once a month either from Friday evening until Sunday afternoon or Monday until Wednesday lunchtime). The program was offered from 1985 until 1989. 71 students completed the study.

The students asked for a continuation of the course and this is why the program was extended, first to two and in May 1987 to 3 years.

Up until July 1998 this Professional Kinesiology Program called Integrative Kinesiologie with 450 classroom hours has been completed 16 times.

323 students have finished the full program.

At the moment, 8 programs in Integrative Kinesiologie are taught simultaneously, 6 in Zürich, 2 in Lucerne. This means that 150 students are presently involved in the course.

The courses for Fall 1998 as well as those in 1999 (3 classes with 22 students) are fully booked. More than 150 applicants are on the waiting list.

The program in Integrative Kinesiologie ends with a diploma workshop of 50 hours (7 days). This graduation workshop is optional.

The students qualify for the Diploma-workshop if their attendance over the 3 years period was at least 90% and if a written Diploma work containing:

- a. a report of self-development during the 3 years (minimum 40 pages),
- b. a description of the group process,
- c. a report of limits and boundaries of Kinesiology, as well as
- d. 30 casehistories (3 times 10 hours)

This has to be delivered one month prior to the Diploma-workshop.

201 students attended the 22 Diploma-workshops so far and 175 graduated with the Diploma.

In July 1998 30 students have signed up for the Diploma-workshops planned until the end of the year.

## Organisation of the Professional Kinesiology Program in Integrative Kinesiologie ©

	1 <sup>st</sup> year	2 <sup>nd</sup> year	3 <sup>rd</sup> year
Weekend courses	8x2 ½ days Fr eve to Sun. and 5 days Intensive Study external	7x 2 ½ days Fr eve to Sun and 7 days Intensive Study external	8x2 ½ days Fr eve to Sun and 5 days Intensive Study external
2 ½ day courses/Halfweek c.	8x2 ½ days Mo to Wedn. and 5 days Intensive Study external	7x 2 ½ days Mo to Wedn and 7 days Intensive Study external	8x 2 ½ days Mo to Wedn. and 5 days Intensive Study external
Week courses	4x5 days and 5 days Intensive Study external	3 ½ x5 days and 7 days Intensive Study external	4x5 days and 5 days Intensive Study external

## Prerequisites for the Professional Kinesiology Program in Integrative Kinesiologie ©

### Personally:

- Willingness to discover and activate the innate talents
- Inclination to work with people
- Normal physical and emotional health
- Willingness to be part of a group and cooperate and grow together
- Willingness for insight

### Professionally:

- The students have to have a profession or a University degree.

### Kinesiologie:

- TFH I, II, III and Brain Gym I, II or equivalent
- To complete or have completed a Massage and Anatomy course of at least 60 hours

## Homestudy

An average of 150 to 200 homework hours/practice time is required.

The Diploma work (between 80 and 200 pages) as well as the preparation time for the written, oral and practical exam is calculated with an additional 400 to 500 hours.

Average number of students completing the full program: 95 %

Average attendance of the students: 93%

## Special values of this program

The group of 22 students is consistent for the full 3 year course. Trust is established and allows openness to share and work on very delicate issues. The group stands in many ways for the childhood family and is a strong and safe place. New experiments and experiences are possible that nowhere else can happen.

Living through the ups and downs in contact with the co-students, the student learns to deal with difficult issues and is capable as a kinesiologist to handle difficult cases.

Furthermore the student reflects on his/her own limitations and talents, balances and gets balanced. This allows improvement of his personal and professional relationships.

A winner concept can be established!

The Diploma-work as well as the Diploma workshop offer a stressful but rewarding selfevaluation (supervised videoed practice session). It transforms the student into a mature and professional kinesiologist.

## Contribution to research

175 Diploma works containing 5250 hours of casehistories are available for evaluation.

## Teaching body

Anatomy, Physiology, Pathology, Archetypes  
ISO-Kinesiology

: Dr. P. Altrichter, MD  
: Alice Bieli, nurse, TFH, BG instructor  
Liselotte Fassbind, physiotherapist, TFH,  
BG instructor, Supervisor Assoc. For Prof.  
Kinesiologists SBVK

Learning styles

: Jacqueline Meyer, teacher, TFH, BG  
instructor, member of the TFH assoc.  
German speaking Switzerland

Directors of the course in Integrative Kinesiologie in Zürich:



**Rosmarie Sonderegger**, graduated in  
Psychology and Socialwork, Faculty IKC,  
ITW Trainer, Faculty EDU-Kinesiology  
Foundation, Faculty Wellness Kinesiology,  
Teacher PKP I, Teacher Emotional  
Kinesiology, member of the Swiss  
Professional Association for Kinesiologists  
SBVK

## Content of the Professional Kinesiology Program Integrative Kinesiologie ©

### 1<sup>st</sup> year

Kinesiology TFH I, II, II in depth, TFH IV  
 Brain Gym I, II in Depth  
 EDU-K in Depth  
 Physiology for Kinesiologists  
 5 day intensive course: 5 Elements of TCM  
 Reactivity  
 Stress release/resolving Trauma  
 PKP I  
 Nutrition

Issues for personal development:  
 Yin/Yang concept  
 Values/inner direction  
 Communication skills  
 Learning patterns

Practical work: Elements of a private session  
 Practical work

### 2<sup>nd</sup> year

Kinesiology: EDU-K-in Depth  
 ISO-Kinesiology  
 Vitamins, Minerals, Trace minerals, Dr. Riddler points  
 Psychopathology

Issues for personal development:  
 Ethics of a kinesiologist  
 Stress-Management  
 Drama/Success-Triangle  
 Integration of the senses  
 Life cycles  
 Personal behavioral patterns

Practical work: Elements of a private session: Active listening according to C. Rogers  
 Intervision  
 Working with different agegroups

### 3<sup>rd</sup> year

Kinesiology: PKP I (more techniques)  
 Elements of Applied Kinesiology  
 Additional muscles  
 Vision

Issues for personal development:  
 Archetypes  
 Developmental Psychology  
 Partnership patterns  
 Re-Mothering, Re-Fathering  
 Sexuality and Kinesiology  
 Congruence and competence of a kinesiologist  
 Cooperation with other professionals  
 Possibilities and boundaries of Kinesiology



**Bernhard Studer**, graduated in Socialwork, Faculty IKC, Chancellor IKC, ITW Trainer, Faculty EDU Kinesiology Foundation, Teacher PKP I-IV, Teacher Emotional Kinesiology, Teacher of AK, Boardmember of the Swiss Professional Association for Kinesiologists SBVK

in Luzern:



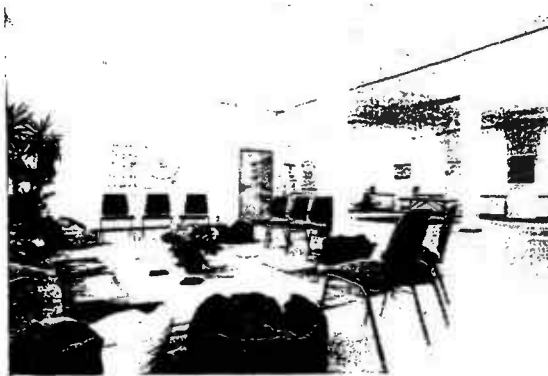
**Richard and Katrin Frank**, Nurse and Heilpraktiker, Instructors for TFH, Brain Gym, Wellness Kinesiology, Emotional Kinesiology, Boardmember of the TFH association of German speaking Switzerland

### **Texts/Teaching materials**

Texts and manuals are handed out to the students for every session.

### **Teaching facilities**

We have 3 teaching rooms, each room approx. 65 m<sup>2</sup> with carpet and big windows. A terrace of 125 m<sup>2</sup> for the students to practice or spend time during the breaks and lunch. Students from far away have the possibility to spend the night (sleeping bag) at the Institute for a minimal charge.



### **Costs for the Professional Kinesiology Program in Integrative Kinesiology**

For 3 years, with Diploma, Teaching materials/texts included, approx. SFr. 15'000.— (US\$ 10'000.--).

### **Approval**

This program is already approved by I-ASK and more than 50% of the health insurances in Switzerland are paying for Kinesiology sessions of Integrative Kinesiologists.

### **Certificates**

Students having completed the full course with a minimum attendance of 90% receive a Certificate as BegleiterIn (Facilitator) in Integrative Kinesiologie. The title is Integrative KinesiologIn IKZ ©

To students having in addition successfully graduated from the Diploma workshop a Diploma Certificate is issued. The title is dipl. Integrative KinesiologIn IKZ.

### **Experience with the program**

The overview over the classroom hours held will give an idea of the amount of hours of learning that were possible so far with this program.

#### **Overview of the total classroom hours of Integrative Kinesiologie since 1985:**

05 programs in Integrative Kinesiologie (150 classroom hours)	10'650 classroom hours	
16 programs of 3 years (450 classroom hours)	145'350	
08 programs in process	33'750	
22 Diploma workshops	10'050	classroom hours
<b>Total classroom hours taught in Integrative Kinesiologie</b>	<b>199'800</b>	<b>classroom hours</b>

### **Outcome/Vision**

1. A fulltime study in Integrative Kinesiology will start in October 1998. The course is booked out. (24 students)
2. The members of the Professional Association for Kinesiologists SBVK (mostly Integrative Kinesiologists) and members of the TFH Association of German speaking Switzerland have organized an International Kinesiology Conference in October 1997 at the University of Zürich.  
From the 739 participants at the Conference, 508 participants were Swiss, many of them Integrative Kinesiologists.
3. The 1<sup>st</sup> Conference in Integrative Kinesiologie will take place from September 22 to 24 at the University of Zürich in the year 2000.

## Life issues to be considered - Integrative Kinesiologie

- |                                    |                                  |                                      |
|------------------------------------|----------------------------------|--------------------------------------|
|                                    | 1. Right to be independent       |                                      |
|                                    | 2. Positive, valuable energy     |                                      |
|                                    | 3. Open heart self/others        |                                      |
|                                    | 4. Life cycles                   |                                      |
|                                    | 5. Being special/ordinary        |                                      |
|                                    | 6. In charge/powerless           |                                      |
|                                    | 7. Violence/manipulation         |                                      |
|                                    | 8. Senses                        |                                      |
|                                    | 9. Sexuality                     |                                      |
|                                    | 10. Moving/success               |                                      |
| 1. Right to live                   |                                  | 1. Right of own authority            |
| 2. Saying yes/no                   |                                  | 2. Individuality                     |
| 3. Developmental stages            |                                  | 3. Male/female, Yin/Yang             |
| 4. Learning styles                 |                                  | 4. Own territory/roots               |
| 5. Ego stages (TA)                 |                                  | 5. Protecting/defending              |
| 6. Family quotes                   |                                  | 6. Health                            |
| 7. Re-Mothering                    |                                  | 7. Re-Fathering                      |
| 8. Miniscript/destructive messages |                                  | 8. Dissociating/ being open          |
| 9. Family structures               |                                  | 9. Needs                             |
| 10. Values                         |                                  | 10. Archetypes/selfimage             |
|                                    | 1. Peace/Harmony                 | 1. Selfworth (true)/Selfrespect      |
|                                    | 2. Partnership-Profile           | 2. Guilt/reconciliation              |
|                                    | 3. Clarity/own eyes              | Praising/punishment                  |
|                                    | 4. Addiction/defensemechanisms   | 3. Transference/Projection           |
|                                    | 5. Stability/flexibility         | 4. Sabotage                          |
|                                    | 6. Change for the good           | 5. Drama/success Triangle            |
|                                    | 7. Resignation                   | 6. Roles under Stress/Reactive roles |
|                                    | 8. Ability to heal oneself       | 7. Responsibility/expectance         |
|                                    | 9. Stress management/body stress | 8. Self fulfilling prophecy          |
|                                    | 10. Managing emotions            | 9. Pain/accident                     |
|                                    |                                  | 10. Mourning                         |