

2022-24 STREAM PROGRAM OVERVIEW

STREAM CURRICULUM YEAR ONE

Discovery, Absorption & Mentorship

DON'T PANIC – There's a USER'S GUIDE to STREAM & we're here to help with everything you'll need to navigate your 2022-24 CERTIFICATION JOURNEY

MODULE ONE – ADDRESSING THE UNSEEN // NOV-JAN 2022

- Chapter 1: Your Flexible Nervous System
- Chapter 2: Autonomic Balance
- Chapter 3: Co-Regulation
- Chapter 4: Unseen Scars & Unwinding

MODULE TWO – THE FOUR DOMAINS of HEALTH // FEB-APRIL 2022

- Chapter 1: Alignment: Biotensegrity or Biomechanics?
- Chapter 2: Biochemistry: Ten Steps Toward Internal Health
- Chapter 3: Emotions: Gateway Between Worlds
- Chapter 4: Scar Tissue–Effects in Healthy Tissue Function

STREAM WORKSHOP I supports your learning in May of Year One.

Bodies, Bones & Trauma: unseen scars & the mind-body connection

Use embodied somatics, bone-holding and truth telling to connect clients to their bodies and their intention to heal. Share weight, apply listening skills and navigate your inner terrain while holding juicy, respectful space.

MODULE THREE – MAPPING as METHODOLOGY // APR-JUN 2022

- Chapter 1: Map Abdominal Health First (Here's Why!)
- Chapter 2: Map the External Pelvic Floor
- Chapter 3: Map Abdominal & Internal Scars
- Chapter 4: Map Sphincters, Internal & External

MODULE FOUR – SELF ASSESSMENT & HEALTH PRACTICES // JUL-SEP 2022

- Chapter 1: How to Assess Using the Four Domains of Health
- Chapter 2: The Promises and Limitations of Cleansing
- Chapter 3: Embodied Work with Emotions
- Chapter 4: Recognize These Daily Bulges?
- Chapter 5: When Scars Are the Missing Link

STREAM CURRICULUM YEAR TWO

Supervision, Homework & Certification

MODULE ONE – ENGAGING the UNSEEN // OCT-DEC 2022

- Chapter 1: The Regulation Rainbow
- Chapter 2: Where Am I Now?
- Chapter 3: Co-Regulation Revisited
- Chapter 4: Building Capacity and Resilience

MODULE TWO – ENGAGING FOUR DOMAINS of HEALTH // JAN-MAR 2023

- Chapter 1: Breathwork, RFC, ACP, & Hypopressives
- Chapter 2: Roadwork Ahead: Navigating Personal Biochemistry
- Chapter 3: Autonomy & the Emotional Terrain
- Chapter 4: Self-Help for Scars

WORKSHOP II supports your learning in May of YEAR TWO

THE FOUR DOMAINS of HEALTH: assessment methods & solutions

Hands-on assessment methods and self-help techniques promote inner radiance. Learn physical assessment and combine it with assessing the unseen for effective client outcomes. Master those challenging conversations!

MODULE THREE – MAPPING AS EMPOWERMENT // APR-JUN 2023

- Chapter 1: Individual Nutrition: A Map for Every Body
- Chapter 2: DIY Mapping: The External Pelvic Floor
- Chapter 3: DIY Mapping: Abdominal & Internal Scars
- Chapter 4: Befriending Your Sphincters as a Practice

MODULE FOUR – PRO-ASSESSMENT & HEALTH PRACTICES // JUL-SEP 2023

- Chapter 1: Client Assessment, Reports & Case Studies
- Chapter 2: The Benefits of Cleansing: Why, When, Where, & How
- Chapter 3: Autonomy & Accountability
- Chapter 4: Notice, Then Celebrate Your Wins
- Chapter 5: Are You Done? When to Graduate (or Refer) Your Client

WORKSHOP III supports your learning at the end of SEPT during YEAR TWO

WHERE MUSCLE MEETS BONE: bodywork for scars, seen & unseen

Find and address hidden emotions in your clients and help them to integrate. A deep dive into the anatomy of the emotional body, emphasizing hands-on practice.

WORKSHOP IV supports your learning in early OCT during YEAR TWO

PELVIC SCARS, INJURIES, & SURGERIES: optimizing pelvic health

Learn pelvic navigation in three dimensions. From bony landmarks to scar remediation techniques, feel confident while providing revolutionary client education and pelvic care. For STREAM Certification Candidates, Nurses, Midwives &. Sexological Bodyworkers only.

BONUS MODULE! BUSINESS COACHING: Develop your personal brand identity