



STREAM

scar tissue remediation, education, and management

PROFESSIONAL TRAINING 2.0 2018 Course Description

Scar Tissue Remediation, Education, and Management

PROFESSIONAL TRAINING:

LOS ANGELES JUNE 2018 - FEBRUARY 2019 STREAM 2.0 Level One & Two Certification

Why STREAM training?

Working inside the pelvis can be difficult. Orientation is a challenge, since the territory is hidden. The pelvis can be a nexus in the body for pain, and it's not always clear whether its source is biomechanical, biochemical, emotional or scar-related. It takes time to learn your way around, and often trainings don't offer sufficient time to instill confidence while working inside the pelvis.

87% of women who have children end up with scar-related problems, which include incontinence, prolapse, and painful sex. In this intensive training, you will learn the critical role that scar tissue can play in women's pelvic, reproductive and sexual health. Scar tissue remediation is at the cutting edge of the new skills needed in order to work effectively and holistically with birth injuries, obstetric, and gynecologic surgeries. These include colposcopies and hysterectomies, endometriosis, gender reassignment surgeries, intersex interventions and non-specific pelvic pain. In this training, the emphasis will be on working with vulvas and reproductive organs.

Underpinning effective treatment is accurate assessment. To work effectively with scar tissue, you must learn how to work within four domains of functional health. During this course, you will learn crucial assessment techniques that will lead to powerful results in your practice. These assessment skills will include: asking the right questions during your intake; palpating for digestive system imbalance; palpating and releasing

abdominal adhesions; palpating functional pelvic restrictions; mapping and releasing scar tissue both internally and externally, and emotional tracking skills. You will also learn active and passive techniques to use castor oil, how and when to use clays, and self-help protocols and techniques for your clients to use on their own.

This eight-month, 350-hr intensive training will provide the necessary skills for assessment and treatment of a broad range of women's pelvic health issues. The course runs over an 8-month period inclusive of online lectures, Q&A group calls with instructors and a live intensive occurring over eleven days in Los Angeles (see details of modules below). We will teach how to use the Four Domains of Functional Health as a vehicle for accurate assessment and scar treatment. Learn how to help your client at all levels, what to do when to do it, and how to know when you have succeeded in moving your client toward better pelvic health.

Who is the 2018 STREAM training for?

This professional training is open to bodyworkers and somatic professionals who wish to work with therapeutic genital touch in their practice, including birth and postpartum doulas, pre-and postnatal yoga teachers, Certified Sexological Bodyworkers, Tantra professionals, midwives, acupuncturists, and obstetric osteopaths, and massage therapists.

We welcome diversity in sex, gender, sexuality, age, body type, ethnicity and ability. This is a hands-on, hands-in training and all attendees will be required to both give and receive genital touch to people of all genders.

STREAM PROFESSIONAL TRAINING 2.0 June 2018-Feb 2019

Module 1: INITIATION

EXIT THE SHAME MATRIX

Online Home-study begins June 19th

In-person weekend: July 19-22 in Los Angeles

At-home online study, Hands-on Hands-in 4-day intensive: 50 hours

Everyone needs to know more about sex. For professionals who want to work directly with sexuality by doing pelvic floor work in their practice, this workshop will offer an embodied approach to doing your own sexual work, boundary making, and somatic sex education so that you are genuinely available to help others. Shame keeps us small. We confront it over the course of one month so we can help others as well as ourselves to step out of its confines.

Module 2: ASSESSMENT

RADICAL TOUCH: BONE HOLDING, BODY READING, & UNDERSTANDING EROS

Online Home-study begins July 16th

In-person weekend: August 16-19 in Los Angeles

At-home online study, Hands-on Hands-in 4-day intensive: 50 hours

Accurate assessment and palpation skills illuminate pelvic anatomy and improve your results when undertaking manual therapeutic work in the pelvis. Effective pelvic therapy requires skilled, informed hands. You need to know what you are touching, where it is, and how to touch it. Understanding that Eros informs the quality of your touch will improve your hands-on skills and create informed, effective boundaries. Learn accurate assessment to increase client compliance for improved therapeutic outcomes.

Module 3: PRAGMATICS

HOW TO PUT STREAM INTO YOUR PRACTICE

Online Home-Study begins August 27th- Nov 3rd

At-Home Study, Group Learning, & Personal Practice - 120 hours online

Online learning covering anatomy and theory will happen during weekly online lectures, with homework, bodywork exchanges, and assessment practice in your local area. Most of the theoretical and anatomical learning will happen on our dynamic and interactive online learning platform. Ten weeks, ten online lectures, video demonstrations, assessment instruction, and bodywork practice sessions. Plan to spend at least 12 hours a week learning - that's 2 hours per day, with one day off each week. Attendance at the group intensive is contingent upon full participation and completion of the online home study of this course. Monthly group Q&A with Ellen and Kimberly (August, September, & October)

Module 4: STREAM PRACTICUM IN-PERSON INTENSIVE

Los Angeles, CA November 8-18 (Day Off: Tuesday Nov 13th)

Hands-On, Hands-In, In-Person Group Learning - 70 hours in Los Angeles

Over ten days of intensive focus, we will work hands-on with each other and on volunteer models in clinical practice sessions. There is ample time for Q&A, and experiential learning with Ellen, Kimberly and our fabulous assistants. The intensive in-person part of the STREAM Training course is dedicated to hands-on, hands-in practical experience with close personal instruction and supervision. The main focus of this ten-day intensive will be direct experience in the territory. We will work with people of all genders during this training.

Module 5: HOME PRACTICE & SUPERVISION

Home Practice with Supervision Nov 28, 2018 – Feb 10th 2019

Supervised Practice Sessions - 40-50 at-home hours, including 10 hours of Online Group Supervision, Q&A and Personal Supervision & Certification: 40-50 hours For STREAM Level One Certification, sixteen sessions and one in-depth case study must be completed and approved by February 10th 2019. Monthly Q&A calls with Ellen and Kimberly will provide supervision and students will receive one-on-one supervision from our skilled staff. Level Two Certification includes repeating the entire STREAM program as a coach for 1st year students, and successful completion of four in-depth case studies from your practice.

TO APPLY: Fill out and email your application to ellenheed@mac.com. After we receive and approve your application, we require a non-refundable deposit, or payment in full to reserve your spot. Next you must review and sign our Agreements & PMA Forms acknowledging your responsibilities as a STREAM student. You will then receive a welcome email from Jeannie, our student coordinator. It is full of details about places to stay and eat near our training venue and other important information. If you need further info, please don't hesitate to contact Jeannie: <mailto:jeannieelmstrom@yahoo.com>

MANDATORY DEPOSIT & PAYMENT OPTIONS

If you are not paying in full, a non-refundable deposit of \$500 is required to secure your place in the STREAM training.

OPTION 1: PAID IN FULL BY APRIL 20th, 2018

MODULES 1-5:.....\$6300 by 4/20/18

OPTION 2: THREE PAYMENTS after NON-REFUNDABLE \$500 DEPOSIT

Cost of training: \$6900

Payment schedule after receipt of \$500 deposit:

MODULE 1:.....\$950 by 4/20/18

MODULE 2:.....\$950 by 5/20/18

MODULES 3-5:.....\$4500 by 6/30/18

OPTION 3: FIVE PAYMENTS after NON-REFUNDABLE \$500 DEPOSIT

Cost of training: \$7500

Payment schedule after receipt of \$500 deposit:

MODULE 1:.....\$1000 by 4/20/18

MODULE 2:.....\$1000 by 5/20/18

MODULE 3:.....\$1850 by 6/20/18

MODULE 4:.....\$1850 by 7/20/18

MODULE 5:.....\$1300 by 8/20/18

REFUND CUT-OFF DATES:

MODULE 1:APRIL 20, 2018

MODULE 2:.....MAY 20, 2018

MODULE 3-5.....JUNE 27, 2018

ABSOLUTELY NO REFUNDS WILL BE CONSIDERED AFTER JUNE 27th, 2018

3 WAYS TO PAY: In order to secure your place in the training, a non-refundable deposit of USD\$500 is required. Until we receive your deposit or full payment, you are not officially enrolled in the STREAM training. Questions? Contact Jeannie: <mailto:jeannieelmstrom@yahoo.com>

1) Pay by Bank or Credit Union, or Transferwise:

For international and credit union transfers, use this information:

SWIFT code: BOFAUS3N

Address of the Bank: Bank of America, NA, 222 Broadway, NY NY 10038

Account Number: 3250 6491 9469

Address of the Account: 4210 East Blvd., Los Angeles, CA. 90066-4612

YOUR NAME MUST APPEAR ON ALL PAYMENTS SO YOUR ACCOUNT GETS PROPERLY CREDITED.

2) Pay by credit card to STREAM Services

Call Jeannie at (310) 710-2110. She will need your:

- Credit card number
- Expiration date
- CVV
- Billing zip code

3) Pay by check, made out to STREAM Services. Mail check to:

STREAM Services 4210 East Blvd Los Angeles, CA 90066

Enrollment Fees & Deposit Deadlines

Include all Teaching fees, manuals, supplies and taxes.

Course fees start at \$6300, inclusive of a \$500 non-refundable deposit and due upon acceptance into the program (via email confirmation) within 3 days.

Withdrawal & Refund Policy: If a student opts to withdraw from the program at any point, the \$500 deposit will not be refunded. Final date to withdraw from any program is 60 days prior to the **online start date** of that program. No refunds will be granted 59 days or less, prior to **online start date** of any program, or thereafter.

Notice for Withdrawal: Student will provide written notice via email, to jeannieelmstrom@yahoo.com of request to withdraw from the program. The email must arrive within the period of 60 days before the program online start date, to be deemed an official notice and to not be charged for the program.

SHOULD A STUDENT OPT TO TRANSFER PROGRAM DATES OR LOCATIONS a \$500 USD Transfer Fee & any Program Fee differences will apply. Transfers are NOT available once we are within 60 Days of the online start date of the original Program applied for. At this stage the Refund Policy details apply.

MODULE 1: Home-study begins June 19th
In-person weekend: July 19-22 in Los Angeles

MODULE 2: Home-study begins July 16th
In-person weekend: August 16-19 in Los Angeles

MODULE 3: Home study August 27-Nov 3

MODULE 4: In-person intensive: Nov 8-18 in Los Angeles

MODULE 5: Supervision and home-practice Nov 28 -Feb 10

Course Facilitators:



Ellen Heed PhD, CSB

has been teaching somatic professionals since 2000 - work that she loves. She has taught in all kinds of environments, including yoga studios, birthing centers, massage schools, universities and as integral faculty in international professional training programs including Forrest Yoga Foundation Training and Sexological Bodywork USA, UK, Australia, and Canada.

She is registered with Yoga Alliance

UK as a Senior Yoga Teacher and has anatomy students all over the world, from California to Cape Town; Sidney to Singapore. She is a co-founder of The

STREAM School for Postpartum Care. Ellen's mission is to spread understanding about scar tissue remediation, ancestral nutrition and holistic embodiment practices with everyone who wants to live a radiant life. She has pioneered bold new approaches to healing sexual pain, and continues to influence the development of somatic sex education models and practices worldwide. Ellen maintains her thriving practice in Los Angeles, where she has completed her doctoral dissertation on the psychology of somatic sexual healing. Visit her websites: ellenheed.com & scartissuuremediation.com.



Kimberly Johnson is a birth doula, Sexological Bodyworker, Certified Somatic Experiencing Practitioner, postpartum care advocate, and single mom. She is the author of *The Fourth Trimester*, published by Shambhala. She is co-founder of the STREAM School for Postpartum Care, where she trains birth professionals, bodyworkers, and somatic therapists to help women with prolapse,

incontinence, painful sex, and other pelvic floor and gynecological issues. Kimberly graduated valedictorian in the School of Education and Social Policy at Northwestern University. A longtime yoga teacher, yoga teacher trainer, and Structural Integration practitioner, she was unexpectedly rearranged in body, mind, and spirit when she sustained an injury during childbirth.

Determined not to get full pelvic-floor reconstructive surgery, she traveled the world learning about postpartum practices. Along the way she met Ellen Heed, who was conducting a research project on postpartum scar tissue remediation. In three sessions, the hemorrhoids reabsorbed, her abdominal wall knitted back together, and she returned to joyful pain-free sex.

After healing holistically, and she now helps other women do the same. Kimberly has private practices in Encinitas and Los Angeles, CA, specializing in helping women prepare for birth, recover from birth injuries and birth trauma, and access their full sexual expression. Her most outstanding accomplishment is being a single mom to her fiery Brazilian daughter, Cecelia. To find out more about Kimberly visit her website: magamama.com .

