

## STREAM MENTORSHIP PROGRAM ONLINE

**STREAM TRAINING** is hands-on therapy and embodied education to remediate pelvic scar tissue. It's designed for both personal growth and professional training. The content is focused on what you need to know to work with scar tissue hands-on and hands-in the pelvic floor - yours or someone else's. STREAM also explains why scars won't resolve, and what can be done to correct that situation. There are two ways to engage STREAM material:

- **STREAM SELF-STUDY COURSE**
- **STREAM MENTORSHIP ONLINE PROGRAM with ELLEN HEED**

**WHO is the STREAM MENTORSHIP ONLINE PROGRAM for?** Open to professionals who want to add skilled therapeutic touch to their work in the pelvic floor. The STREAM Mentorship Program is open to nurses, midwives, acupuncturists, and obstetric osteopaths.

Certified Sexological Bodyworkers, Rolfers, Pilates and Gyrotonic instructors specializing in the pelvic floor, massage therapists, pre-and postnatal yoga teachers, as well as birth and postpartum doulas are welcome. You must negotiate your ability to practice hands-on pelvic floor work according to the local laws in your area that govern touch and scope of practice. Many practitioners choose to pursue this work using informed consent and liability paperwork.

The STREAM Mentorship Program welcomes diversity in sex, gender, sexuality, age, body type, ethnicity and ability. For those interested pursuing certification, be advised that STREAM Phase 2 is a hands-on, hands-in training where all attendees will be required to both give and receive genital touch.

### **Q: Why enroll in STREAM MENTORSHIP PROGRAM ONLINE?**

#### **A: For professional development**

STREAM restores sexual function and pelvic health through practitioner interventions and self-care protocols, leading to the resolution of pain. The STREAM MENTORSHIP PROGRAM ONLINE is for those who want to take advantage of the opportunity for personal guidance while learning about the STREAM approach to pelvic floor work. The ultimate goal of this mentorship program is the certification of professionals in scar tissue remediation. For certification, students must engage and successfully complete three phases of training:

- **Phase 1: STREAM MENTORSHIP PROGRAM ONLINE**  
Oct 18, 2020 thru Oct 17, 2021
- **Phase 2: STREAM CERTIFICATION PROGRAM Hands-on Intensive**  
Dates and location TBD
- **Phase 3: CERTIFICATION COMPLETION Supervision and Professional Development**  
for three months following Phase 2

## **IMPORTANT DATES FOR STREAM MENTORSHIP PROGRAM ONLINE**

- **WHEN? APPLICATIONS AVAILABLE ONLINE: STARTING SEPT 29<sup>th</sup>**
- **WHEN? APPLICATION DUE DATE: OCT 13<sup>th</sup>**
- **WHEN? ACCEPTANCE NOTIFICATIONS SENT OUT: OCT 14- 16<sup>th</sup>**
- **WHEN? FIRST PAYMENT DUE: Oct 17<sup>th</sup>, COURSE BEGINS Oct 18<sup>th</sup>**

### **How Does STREAM TRAINING work?**

#### **PHASE 1: STREAM MENTORSHIP PROGRAM ONLINE**

STREAM MENTORSHIP PROGRAM is a year of intensive online study and private mentorship with Ellen Heed, open to a maximum of 16 successful applicants. This online mentorship program consists of four modules, which roll out roughly once each quarter over the course of a year spanning 2020-2021. The first cohort of the STREAM MENTORSHIP PROGRAM ONLINE begins study in mid-October of 2020.

Mentorship is delivered via eight one-on-one Zoom calls with Ellen, and four quarterly group Q&A calls led by Ellen. During mentorship calls, she will answer your questions and assess your grasp of the STREAM material. Once she feels you've grasped the essence of STREAM and demonstrate competency in its practice and communication, Ellen will, at her discretion, invite you to progress to Phase 2.

Students are responsible for booking their own mentorship calls with Ellen during her office hours on select Mondays and Saturdays, 10-noon & 4-7pm Pacific Time. Group calls are scheduled on the last Sunday of each online module.

#### **Phase 2: STREAM CERTIFICATION TRAINING: In-Person Hands-In/On Intensives**

The time and location of hands-on intensives must remain TBD due to COVID concerns. For those beginning their STREAM MENTORSHIP in October of 2020, hands-on intensives will be scheduled during the fourth quarter of 2021 at the earliest. Hands-on intensives last four days. In order to get certified, Successful completion of a minimum of two intensives is required.

Location is still TBD, and cost is not yet available for this module.

Phase 2 attendees must be comfortable straddling a massage table when working with clients. To be certified, STREAM practitioners will be required to show competency both demonstrating and coaching physical exercises for hernia and prolapse management.

#### **Phase 3: CERTIFICATION COMPLETION: Supervision and Professional Development**

Supervision consists of written feedback for written client reports about hands-on work in the field. Notes and supervision will be delivered online by Ellen and her assistants. Phase 3 supervision calls happen once each month over a three-month period. There will be one private supervision call with Ellen, and one group Q&A call per month for Phase 3 certification candidates.

Students are expected to deliver nine Client Reports and one Case Study to qualify for certification as a STREAM practitioner. Professional Development coaching is available as an option for students who wish to grow their personal practice and online presence at additional cost.

## **DATES for STREAM MENTORSHIP PROGRAM ONLINE MODULE RELEASES & MENTORSHIP CALLS**

<p><b>Module 1: MAPPING &amp; the SHAME MATRIX</b></p> <ul style="list-style-type: none"> <li>▪ <b>Welcome &amp; Orientation Group Call</b></li> <li>▪ <b>Chapter 1 Nervous System</b></li> <li>▪ <b>Chapter 2 Social Engagement</b></li> <li>▪ <b>Mentorship Calls</b></li> <li>▪ <b>Chapter 3 Where? External Genital Mapping</b></li> <li>▪ <b>Chapter 4 Where? Internal Mapping</b></li> <li>▪ <b>Mentorship Calls</b></li> <li>▪ <b>Group Q&amp;A Call</b></li> </ul>	<p><b>Oct 18, 2020 thru Jan 31, 2021</b></p> <p><b>Oct 18</b></p> <p><b>Oct 18-Nov 7</b></p> <p><b>Nov 8 - Dec 6</b></p> <p><b>Nov 16 - Dec 5</b></p> <p><b>Dec 7 - Jan 3</b></p> <p><b>Jan 4 - Jan 31</b></p> <p><b>Jan 16-30</b></p> <p><b>Sun, Jan 31</b></p>
<p><b>Module 2: ASSESSING THE PELVIS WITH TOUCH</b></p> <ul style="list-style-type: none"> <li>▪ <b>Chapter 1 The Biomechanical Pelvis</b></li> <li>▪ <b>Chapter 2 The Biochemical Pelvis</b></li> <li>▪ <b>Mentorship Calls</b></li> <li>▪ <b>Chapter 3 The Emotional Pelvis</b></li> <li>▪ <b>Chapter 4 Scar Tissue in the Pelvis</b></li> <li>▪ <b>Mentorship Calls</b></li> <li>▪ <b>Group Q&amp;A Call</b></li> </ul>	<p><b>Feb 1 thru April 25</b></p> <p><b>Feb 1 – Feb 21</b></p> <p><b>Feb 22 – Mar 14</b></p> <p><b>Mar 1-13</b></p> <p><b>Mar 15 – Apr 4</b></p> <p><b>Apr 5 – Apr 25</b></p> <p><b>Apr 12 - Apr24</b></p> <p><b>Sun April 25</b></p>
<p><b>Module 3: WORKING SCARS, TRAUMA, &amp; SHAME</b></p> <ul style="list-style-type: none"> <li>▪ <b>Chapter 1 Self-Regulation</b></li> <li>▪ <b>Chapter 2 Tracking Your Client</b></li> <li>▪ <b>Mentorship Calls</b></li> <li>▪ <b>Chapter 3 External Genital Mapping: Hands-on</b></li> <li>▪ <b>Chapter 4 Internal Genital Mapping: Hands-In</b></li> <li>▪ <b>Mentorship Calls</b></li> <li>▪ <b>Group Q&amp;A Call</b></li> </ul>	<p><b>Apr 26 thru July 18</b></p> <p><b>Apr 26 – May 15</b></p> <p><b>May 16 - June 5</b></p> <p><b>May 24 -June 5</b></p> <p><b>June 6 – June 26</b></p> <p><b>June 27 - July 18</b></p> <p><b>July 5 – July 17</b></p> <p><b>Sun July 18</b></p>
<p><b>Module 4: WALKING the WALK of PELVIC HEALTH</b></p> <ul style="list-style-type: none"> <li>▪ <b>Chapter 1 Prolapse, Hernias, &amp; Pelvic Alignment</b></li> <li>▪ <b>Chapter 2 Guts, Glory, Gallbladder, &amp; Liver</b></li> <li>▪ <b>Mentorship Calls</b></li> <li>▪ <b>Chapter 3 Where’s Your Pleasure? Map It!</b></li> <li>▪ <b>Chapter 4 Scar Remediation, Active &amp; Passive</b></li> <li>▪ <b>Mentorship Calls</b></li> <li>▪ <b>Group Q&amp;A Call &amp; Closing Phase 1</b></li> </ul>	<p><b>July 19 thru Oct 17</b></p> <p><b>July 19 - Aug 8</b></p> <p><b>Aug 9 – Aug 29</b></p> <p><b>Aug 16 – Aug 28</b></p> <p><b>Aug 30 – Sep 25</b></p> <p><b>Sep 26 – Oct 17</b></p> <p><b>Oct 4 – Oct 16</b></p> <p><b>Sun Oct 17</b></p>

## **COST of STREAM MENTORSHIP PROGRAM ONLINE, PHASE 1**

The cost of this program is \$5640.00, payable in 12 monthly payments of \$470. You'll have access to all program materials until Oct 2022. You will lose access to the course if you miss a payment.

**STREAM MENTORSHIP PROGRAM ONLINE** applications will be available online starting Sept 29th. There are only 16 spots open for students to receive mentorship. All applications are due by Oct 14th, absolutely no exceptions. If you are not accepted into the first round of Phase 1, you still have two options:

- Do the STREAM SELF-STUDY COURSE on your own
- Wait until the next class opens up. The next round of Phase 1 is likely to happen beginning Oct 2021.

Completed applications are due by Oct 13th. We will make our selections and let you know your status between Oct 14th and 16th. After you are notified of acceptance, your first monthly payment is due Oct 17th. If we have more successful applicants than spots available, priority will be given to those who pay on time.

**STREAM MENTORSHIP PROGRAM ONLINE** begins Sunday Oct 18th, 2020 with access to Chapter One of Module One and an orientation call with Ellen. Chapter 2 release date is Nov 8. After taking a month to absorb the material from Chapters 1 & 2, you can schedule your first mentorship call. Ellen's office hours for mentorship calls are select Mondays and Saturdays 10am-noon & 4-6pm Pacific Time. Book your mentorship at <https://ellenheed.genbook.com/>.

### **I want in!**

#### **How do I sign up?**

Fill out your application [here](#). Your application is due no later than Oct 13<sup>th</sup>. You'll be notified of your acceptance status between Oct 14 -16, 2020.

Once accepted, we'll email you the link you need to sign into the program. Your payment for the first module of the STREAM MENTORSHIP PROGRAM is due Oct 17<sup>th</sup>. Your credit card will be billed monthly for a year. Once accepted, you're expected to commit to the entire first module, and you will be billed accordingly.

### **What if I want out?**

No problem!

You can cease participation at any time. Write us an email expressing when and why you wish to drop out. However, you'll be billed for your current module until its completion. You will no longer be billed after the end of your current module.

If you want to change your commitment to study, you can

- Purchase STREAM SELF-STUDY COURSE and continue your studies in a self-paced environment
- Leave the course completely until the time is right for you to re-enroll and finish

### **What if I get Waitlisted?**

Those not accepted into the first round of STREAM MENTORSHIP PROGRAM ONLINE will be waitlisted. You have the option to sign up for STREAM SELF-STUDY Course, Module One.

If you're waitlisted and a spot opens up in the STREAM MENTORSHIP PROGRAM ONLINE, you will be notified via email. You will be added to the current module, and if possible, join our private and group calls once you've caught up on the content and feel ready to participate.

If it's late in the module, we'll ask you to join the group cadence at the beginning of the next module. We'll make special arrangements to get you caught up on your private Mentorship calls for the current module at an extra cost. You'll officially enroll in the STREAM MENTORSHIP PROGRAM ONLINE at the beginning of the next module.

You are required to complete all four modules of STREAM MENTORSHIP PROGRAM before there is any possibility to progress to Phase 2 of the STREAM CERTIFICATION TRAINING. The next iteration of the STREAM MENTORSHIP PROGRAM ONLINE begins in October of 2021.

### **Why should I take the STREAM MENTORSHIP PROGRAM ONLINE?**

Ellen Heed is the progenitor of client-led scar tissue remediation and gets proven results. Her methods are recognized by birth professionals and sexuality trainings worldwide. She has over ten years of experience teaching online, and through one-on-one Zoom calls will answer your questions and give you what you need to succeed as a practitioner.

Let's face it - 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 the source of the pain is biomechanical, biochemical, emotional or scar related. Because it takes time and experience to learn your way around, most pelvic education doesn't offer enough hands-on practice to develop the familiarity and confidence of a highly skilled pelvic specialist.

There is also emotional terrain to traverse, as poignant sensation and memory are often revealed during pelvic work. As a culture, we have a long way to go before we offer universally respectful contact to this part of our bodies. STREAM Practitioners have a unique ability to orient, track, and resource their clients while taking care of injuries and scars in their pelvic floor. Ellen Holds a PhD in Somatic Psychology and knows the intersection of our emotional and physical bodies like few other experts. She'll help you make a liaison between these aspects of your clients and patients with grace and ease.

A surprising number (87%) of women who have children end up with scar-related problems, which include incontinence, prolapse, and painful sex. This training is focused on the critical role scar tissue plays 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 as well as obstetric and gynecologic surgeries. These include colposcopies and hysterectomies, endometriosis, gender reassignment surgeries, intersex interventions and non-specific pelvic pain. Most of the

STREAM MENTORSHIP material emphasizes working with the pelvic floor and reproductive organs of people with vulvas.

Underlying any effective treatment is accurate assessment. To truly remediate scar tissue, you must learn to how to assess four dimensions of pelvic health. During the STREAM MENTORSHIP PROGRAM, you will learn how to use crucial assessment techniques that lead to powerful results in your practice, as well as you own body.

Assessment skills 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, and how to coach your patients and clients in the use of clays, stream, and other self-help protocols. You a will use you own body as your laboratory while learning these and other self-help techniques.