



WatsuEurope.com

LogBook Watsu®

Web page: www.watsueurope.com
Email: info@watsueurope.com

This Watsu® LOGBOOK belongs to:

Name and surname of the student:.....

If found pls contact me by

Land line:

Cellphone:

Email:

Or send it via mail to the following address:

.....

.....

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Professional Training Path for Watsu

Training in Watsu with WatsuEurope.com - AquaTerra Institute – revised December 2010

Note: the rate of progress through any of our programs is based on the successful completion of each step. Many students benefit by auditing a course (repeating it at a usually reduced cost), or by attending a supervision, or logging additional practice sessions, before continuing on to the next step. Instructors will note when these are required. Since audits and supervisions can help fulfill the electives required, they do not usually lengthen a student's overall program.

Training for beginners		Those starting a training in aquatic bodywork having no previous training in any bodywork modality will have to fulfill the full training as specified below (steps from 1.1 to 4.1), till logging a minimum of 500hrs of classes.
Level	Step	Course / Content
1	1	Watsu-1 full (50h), Recommened a Watsu-Basic (16h) first and then a full W-1 (50h), tot. 66h
	2	minimum of 10 given sessions (feeling sessions to give to any person)
	3	minimum 5 sessions to receive from Licensed Practitioners
	4	Watsu CLINICS/Masterclass - 1 (34h)
	5	<i>Elective: Mastering Professional Skills – module A (30h) (where available)</i>
	6	Zen Shiatsu Meridian Stretching -1 (or equivalent) (50h)
	7	Anatomy, Physiology and Biomechanics – 1 (50h)
2	1	Watsu-2 (50h)
	2	minimum of 10 given sessions (feeling sessions to give to any person)
	3	minimum 5 sessions to receive from Licensed Practitioners
	4	Watsu CLINICS/Masterclass -2 (16h)
	5	<i>Elective: Mastering Professional Skills – module B (20h) (where available)</i>
	6	Zen Shiatsu Meridian Stretching - 2 (or equivalent) (50h)
	7	Anatomy, Physiology and Biomechanics – 2 (50h)
	8	Demonstration of Competence (2 hrs minimum)
3	1	Watsu-3 (50h) or Watsu-3 Adaptive (50h)
	2	Electives courses among those approved by the AquaTerra Institute (www.watsueurope.com), to reach a total of 300hrs of water courses. - Water Dance, all courses - Healing Dance, all courses - Audit of any Watsu course or - Supervisions or one-on-one private classes
4	1	Final test for the Watsu Practitioner Certification (4h minimum)
Licensed Professional Practitioner ⁽²⁾		Those with a current license to touch ⁽²⁾ who have attended at least 50 hours of shiatsu or its equivalent may add Watsu as an additional modality to their current practice on completion of steps 1.1 to 1.5, 2.1 to 2.5, 2.8, 3.1 and 4.1 above. Those who have not had a shiatsu course but demonstrate sufficient knowledge of bodywork may take the shiatsu course as their first continuing education.
Licensed Professional ⁽²⁾ "Provider"		Licensed Professionals ⁽²⁾ currently employed at a SPA, clinic or sports club, etc. may, under the contract described below, receive a one-year temporary authorization to provide Watsu sessions to the clients at that location upon completion of steps 1.1 to 1.5 and from 2.1 to 2.5 and 2.8 above.

Provider Contract	The provider agrees to complete required courses at the rate of 50 hours a year and to have completed any other requirements by the time all coursework is completed. The Provider contract must include a clause in which the owner of the place where the sessions will be provided signs an acknowledgment that their continued employment is based on their fulfilling this contract.
Registration	On completion of the appropriate program student may apply to be registered as a Watsu Practitioner or a Watsu Provider under payment of the relevant fee. For Practitioners there is a continuing education requirement of having at least 50 hours of authorized Aquatic Bodywork courses attended during the 3 years prior to the renewal year.

Notes to the Practitioner Requirements

⁽¹⁾ **Demonstrate Competency of the Form and Principles of Watsu.**

After Watsu 2 and 20 logged sessions, before attending Watsu 3, give a session to an authorized Assistant or Instructor during a Supervision or audit of Watsu 2. The Demonstration of Competency must be logged on the personal Logbook of the student before attending W-3.

⁽²⁾ **Licensed Professionals** eligible for this program includes Nationally Certified Massage Therapist (NCBTMB), Licensed Physical Therapist or Physical Therapy Assistant, Licensed Occupational Therapist or Occupational Therapist Assistant, Registered Nurse (BSN/MSN), License to practice Medicine or Dentistry (MD/DO/DC/DDS/DMD), State Licensed/Certified Massage Therapist (500+ Hours), ATRI Certified Aquatic Therapist (2003 Standards) with over 500 hours of certified training.

Those with an extensive bodywork practice in an area where the minimum requirements were less than 500 hours may reduce the 500 hundred hour minimum by 50 hours for each year of full time bodywork practice. Those with similar qualifications will be considered on a case by case basis.

⁽³⁾ **Transfer Credits** Requirements may be fulfilled by transferring credits from an equivalent course taken elsewhere. Any number of courses up to the required total hours may be transferred into your transcript on the Registry at one time.

APPLICATION TO TRANSFER CREDITS

Application to apply transfers to fulfill requirements to be registered as a Practitioner with the AquaTerra Institute - WatsuEurope.com

To be given to your mentor instructor.

To: WatsuEurope

I I am applying to transfer in Other Replacements the below indicated hours to fulfill the requirements to be registered as a Watsu Practitioner.

Name and Surname

Application to apply transfers to fulfill requirements to be registered as a Practitioner with the AquaTerra Institute - WatsuEurope.com. (not required of those intending to take all courses within the programme offered by WatsuEurope)

Transfers replacing land classes.			
Hrs	Max.		List the diplomas and certificates that are supporting your application.
	100	Anatomy and Physiology	
	100	Shiatsu or other bodywork on land based on meridians.	
	50	Replacing Electives	

Notas:

- No more than the maximum number of hours listed before each category can be applied. Enter the number of hours and briefly describe what you seek to have transferred in the appropriate box.
- Attach documentation for each transfer.

WATER CLASS ASSESSMENT

This certifies that
 completed my course the
 in Signed (an Authorized Instructor)

Before going on to the next level student should:
U. audit this course...**S.** attend a Supervision, **L.** log an additional practice sessions
O. other (see * additional comments), **R.** none of the above. Student is ready to go to next level.

The assessment below is arrived at through receiving and observations throughout the course. The purpose is to pinpoint areas that you should focus on to improve your work in water, and help you get the most out of what you are learning. The numbers on the far right are the sum of the numbers following the three parameters in each section. Those parameters are marked from 0-3, The number 2 indicates you are at the expected level of proficiency. 3 is exceptional. Under 2 indicates a need to focus on that area. The five sums to the far right and any text below appear to instructors looking at your transcript to help them help you.

SUPPORT		
Head and spine		
Lets water support		
Applies pressure gradually		
BODY MECHANICS		
Good stances, alignment and balance		
Low in water, moving from center		
Relaxation of effort		
PRESENCE		
Maintains focus throughout		
Coordinates moves with breath		
Sensitive to boundaries		
APPLICATION		
Realizes each move's intent		
Adapts moves as needed		
Appropriate range of yin and yang		
FORM		
Correct hand placement and movements		
Knows sequence		
Flows with seamless transitions		

*additional comments:

Any text below appears to instructors looking at your transcript.

In a Supervision you give a full critiqued session to a registered assistant or instructor. A successful audit of the course (or an integration weekend) may replace the Supervision. Additional supervisions may be prescribed. A requirement for logged sessions, unless stated otherwise, are sessions in addition to the number normally required.

RECEIVED SESSION LOG of

(Professional Watsu sessions received before starting the training can be logged here too).
 The minimum requirement is 10 Watsu session, preferably 5 to receive before Watsu-2 and other 5 prior to attending Watsu-3. These sessions are to be received from Licensed Practitioners.

	Form (Watsu, HealingDance, WaterDance, etc.)	Date (dd/mm/aa)	Place	Practitioner	Signature
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

PRACTICE SESSION LOG of

The minimum requirement is 20 Watsu session, preferably 10 to receive before Watsu-2 and other 10 prior to attending Watsu-3. These sessions can be given to any person.

Note:

If you have practice sessions as added pre-requisites for advancing to a next level, they are not included in the totals required for Practitioner Certification, etc. Indicate sessions for added pre-requisites by listing the level for which you are using them to gain admission (show this log and the referred Session Forms to its instructor)

Form	Date (dd/mm/aa)	Signature of receiver	the What I learned from each session I can apply to future sessions
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

PRACTICE SESSION FORM.

STATEMENT TO BE READ AND AGREED TO BEFORE RECEIVING A PRACTICE SESSION FROM A STUDENT

I understand that a session of any form of Aquatic Bodywork can be powerful and have profound effects, that when the body arrives at the level of relaxation possible in warm water and its normal tension holding patterns are released, there can, occasionally, be reactions that can cause momentary discomfort. I also understand that being held as close as is required while being floated, can bring up issues that people have about intimacy. I understand that receiving a session in any kind of bodywork from a student always involves a slight risk. I willingly accept that risk and hold no one else responsible for anything that happens to me in my session. Ideally, the kind of heart space the session will help me into, and its continuity, will help me let go whatever comes up into its flow. I understand there have been no medical claims made for this session. I will give feedback the moment anything is uncomfortable. I will let the student know anytime my head, neck, back, etc., do not feel adequately supported. I understand that when I am brought to the end of a session, I am not required to immediately give feedback. I understand that constructive feedback can be very valuable for a student. If I choose not to talk about the session I just received, I will send a note giving feedback afterwards. For more information about the forms being practiced visit www.watsueurope.com

I have read and agreed to the above statement and am listing below any conditions that might be affected by a session:

Conditions that might be affected by being in warm water:

Conditions that might be affected by stretching and movement:

Psychological conditions or trauma that might be affected by being held:

Susceptibility to Motion Sickness:

Previous experiences of Aquatic Bodywork:

Expectations or concerns:

Name Surname.....

Address

e-mailTelf.

date..... Signature.....

Add any post-session comments or evaluation on the reverse.

LOG of MPS - Module A workshops (30hrs) - sheet 1

of

GIVEN SESSIONS			
place, date and time (dd/mm/yy, hh.mm)		Name & signature of the receiver.	Name and signature of the superintendent of WatsuEurope
1			
2			
3			
4			
5			
6	Give a session to the superintendent		
7			
8			
9			
10			
11			
12			
13			
14			
15			
16	Give a session to the superintendent		
17			
18			
19			
20			
21			
22			

LOG of MPS - Module A workshops (30hrs) - sheet 2

of

	LOG of Sessions given to the Superintendent		
	Place, date and time (dd/mm/yy, hh.mm)	Name and signature of the superintendent of WatsuEurope	Commentaries
1			
2			

	RECEIVED SESSION LOG		
	Place, date and time (dd/mm/yy, hh.mm)	Name and signature of the giver and his/her level of Watsu	Name and signature of the superintendent of WatsuEurope
1			
2			
3			
4			
5			
6			
7			
8			

LOG of MPS - Module B workshops (20hrs) - sheet 1

of

GIVEN SESSIONS			
place, date and time (dd/mm/yy, hh.mm)		Name & signature of the receiver.	Name and signature of the superintendent of WatsuEurope
1			
2			
3			
4	Give a session to the superintendent		
5			
6			
7			
8			
9			
10			
11	Give a session to the superintendent		
12			
13			
14			
15			

LOG of MPS - Module B workshops (20hrs) - sheet 2

of

	LOG of Sessions given to the Superintendent		
	Place, date and time (dd/mm/yy, hh.mm)	Name and signature of the Commentaries superintendent of WatsuEurope	
1			
2			

	RECEIVED SESSION LOG		
	Place, date and time (dd/mm/yy, hh.mm)	Name and signature of the giver and his/her level of Watsu	Name and signature of the superintendent of the Institute
1			
2			
3			
4			
5			