

Integrated Myofascial Therapy (iMFT)

iMFT is a unique and dynamic whole-body, hands-on approach to healthcare. It offers valuable training in advanced, traditional and modern Myofascial Release (MFR) techniques that can be easily and effectively incorporated into existing practices.

Fascia; a connective tissue, is a 3D living matrix that supports, protects and infuses every tissue and organ of the body. It responds dynamically to pressure created both internally and externally. With injury it loses its ability to respond to these forces and begins to bind down, creating a pull through its 3D planes (rather like a pull in a jumper). Due to this internal 'dragging' internal organs and vital structures become affected; creating pain and restricting movement and function.

When slow, gentle pressure is applied to the body using Fascial Release techniques, this 3D living matrix responds in a natural and intuitive way by releasing and reorganising itself throughout the body.

MFR treats the whole body; restoring balance and creating structural change that is both measurable and functional.

Post Graduate Training Programme



iMFT, is a post graduate training programme designed specifically for bodywork healthcare professionals. It is presented in a series of experiential workshops which allow the therapist to develop a deeper level of awareness and sensitivity in his/her treatments. The therapist will be able to integrate these new techniques with his/her existing soft tissue skills, allowing for a more effective and efficient assessment and treatment, providing structural restoration and balance of the body/mind complex.

Myofascial Release can help:

- Backache, Sciatica and Pelvic pain
- Sporting injuries
- Frozen shoulder
- Tight and tender muscles
- Fibromyalgia, CFS/ME
- Carpel Tunnel
- Chronic pain and tension
- Headaches & TMJ disorder
- Injury and Surgical scarring
- Tinnitus
- Scoliosis
- Unresolved emotional and physical issues
- And many others

Each Work builds on the previous:

- Providing a theoretical understanding of the function and dysfunction of the Fascial System.
- Cultivating sensitivity in the application of practical skills.
- Deepening kinesthetic and proprioceptive awareness.
- Exploring the body/mind complex.
- Providing a wide variety of effective Fascial Release techniques for easy and immediate integration into existing practice.

The focus of each workshop incorporates extensive hands-on treatment and provides an opportunity to receive valuable treatment.

Comprehensive workshop manuals are available at each workshop.

Table-side assistants who are advanced iMFT students provide support for the participant throughout the programme.

(Certificates of attendance are available for CPD purposes)

“ Fantastic techniques and it made the theory make so much sense. ”

Physiotherapist, London

“ A highly interactive and enjoyable course... ”

Massage Therapist, London

“ I would recommend this type of workshop to any therapist ”

Sports and Remedial Therapist, London

“ An absolutely fantastic workshop... Can't wait for the next. ”

Sports and Remedial Massage, London

iMFT Level 1

Pre-requisite: Core Educational/Training Qualification in a Bodywork Therapy

The participant:

- Examines the development of fascia, its structure, function and dysfunction and the physiological affects of Fascial Release techniques.
- Refines observation and palpatory diagnostic skills.
- Learns Fascial Release Techniques for the shoulders, face, pelvic area, and the Craniosacral complex
- Learns and develops the fundamental Fascial Release cross hand, transverse planes, arm/leg pull and lever techniques.
- Learns therapeutic dialoguing and explores Myofascial Unwinding and the Body/Mind connection.

iMFT Level 2

Pre-requisite: iMFT Level 1

The participant:

- Develops greater understanding of postural analysis.
- Learns Fascial Release techniques to restore and maintain balance in the Craniosacral system and the pelvis.
- Learns valuable Myofascial Mobilisation Techniques for the erector spinae group, Lower limb, neck and shoulders.
- Learns the importance of compression and decompression Fascial Release Techniques for the whole body.
- Learn Fascial Release Techniques for the treatment of visible and emotional scarring.

iMFT Level 3

Pre-Requisites: iMFT Levels 1 & 2

The participant

- Learns the correlation between the energetic, physical and emotional bodies.
- Refines Therapeutic dialoguing
- Learns how to teach patients to use self -care Myofascial Stretching and Unwinding.
- Learns advanced Fascial Release Techniques for the TMJ Complex, the Craniosacral system and the thoracic area.
- Learns the importance of Myofascial Rebounding
- Undertakes the required assessment.

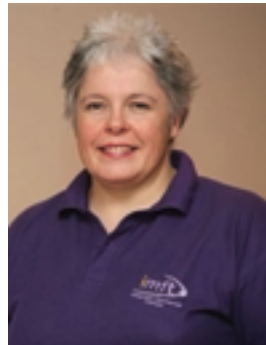
Those who complete the iMFT series of 3 workshops and successfully complete the required assessment will be able to use the designation 'iMFT' - Integrated Myofascial Therapist.

John F. Barnes PT. is the Worlds leading authority on MFR and he teaches his pioneering approach in the U.S. & Canada.

“Health is not only about feeling better, but getting better at feeling.”

John F Barnes

Ruth Duncan and Mary Cunningham, developers and co-presenters of integrated Myofascial Therapy have trained directly with John in the US, as well training with other leading therapists involved in MFR.



Mary Cunningham, developer and co-presenter of iMFT. An advanced Myofascial Release Therapist and Ph.Th. (MIAPT), Mary runs and manages a Physical Therapy and Myofascial Treatment Centre at the Carton Clinic, Maynooth Co Kildare, Ireland (www.myofascialrelease.ie)



Ruth Duncan, developer and co-presenter of iMFT. An Advanced Myofascial Release Therapist, Clinical Hypnotherapist and Massage Therapist, Ruth is a graduate of the Humanities School of Allied Health, Florida, USA. She runs and manages her own Myofascial Release practice in Glasgow, UK and also assists with the John Barnes MFR Seminars in the US.

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Post graduate training programmes
in

MYOFASCIAL RELEASE

Develop a unique and dynamic whole-body approach to healthcare. Enhance diagnostic and therapeutic skills. Learn advanced, traditional and modern Fascial techniques.

