

# Professional Training for Educational Kinesiology Consultants and Brain Gym® Instructors

## Overview of course and study hours

### Training costs

#### Step 1 & 2 courses

The cost of these courses is fixed by the individual Instructors. Prices vary according to geographical area (eg tends to be lower in the North and Scotland), VAT, the experience level of the instructor, where the course is run (eg conference centre or home) and what is included in the course cost, eg lunch, additional books, case study evaluation.

**A rough guide is:** the fee range for Brain Gym 101 is £375-£495. Other courses are based on the same kind of parameters of per day rate, eg £95 - £125.

#### Step 3, 4 and 5 courses

The costs are on the website. Go to **Training Options/Professional Training Course Dates** and click on the individual courses.

#### Mentoring and case study evaluation fees

These are £30-£35 per hour. There are fixed upper limits on the number of hours that course instructors may spend on evaluation which are available to students in advance.

#### Overall training cost

At the moment, there is no overall training fee for completing the whole training. If you would like to discuss this, contact the Foundation office on 020 8202 3141 and it can be addressed on an individual case basis.

#### Insets, seminars and talks

For further information, click on **Training Options/Workplace and Schools Training**. Enquiries about these trainings may be addressed to the Foundation office on 020 8202 3141 or by email at [info@braingym.org.uk](mailto:info@braingym.org.uk) or directly with the Instructors via the **Professional Directory**.

| COURSE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | CLASS HOURS | HOME & CASE STUDY HOURS | CREDITS |
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| <b>Step 1</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |             |                         |         |
| <p><b>BRAIN GYM 101 FOUNDATION COURSE</b></p> <p>Four day course covering the complete Brain Gym part of the Educational Kinesiology programme.</p> <p><b>Features:</b></p> <ul style="list-style-type: none"> <li>• 26 Brain Gym Activities</li> <li>• Dynamic Brain Model</li> <li>• 5 Step Goal Achievement Process</li> </ul> <p><b>How am I entitled to use what I have learnt?</b><br/> With family, friends and within your immediate professional remit, eg in class at school, in your organisation, with your team, at work and within your practice (see below). This applies to all courses attended until Consultancy level is completed (Step 4).</p> <p><b>Can I deliver inset and courses?</b><br/> This requires training to Brain Gym Instructor level. Demonstrating the activities and tools to in-house audiences (eg classes you tutor, team colleagues etc) is fine so long as your level of skill is made clear. If you wish to present to external groups, contact a current, qualified Brain Gym Instructor.</p> <p><b>Can I use the material learnt in a one-to-one work situation with students/ colleagues/team members etc?</b><br/> Yes, within your existing professional area and under the remit of your professional qualification (eg occupational therapist, teacher, team leader, human resources manager, sports coach, performing arts tutor etc). In order to work independently as an Educational Kinesiology practitioner, training to Consultant level is needed.</p> | 32          | 32                      | 2       |

| COURSE                                                                                                                                                                                                                                                                                                                                                                                                          | CLASS HOURS | HOME & CASE STUDY HOURS | CREDITS |
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| <b>Step 2</b><br>(courses may be taken in any order)                                                                                                                                                                                                                                                                                                                                                            |             |                         |         |
| <b>FURTHER INTO BRAIN GYM</b><br><br>Two day broadening knowledge of Brain Gym learnt on the Foundation Course.<br><br><b>Features:</b> <ul style="list-style-type: none"> <li>• Day 1: Neurology relevant to Brain Gym</li> <li>• Day 2: Further knowledge of the Brain Gym movements and Goal Process</li> </ul>                                                                                              | 16          | 0                       | 0.5     |
| <b>BRAIN GYM QUESTIONS</b><br><br>Using Brain Gym books and above course manuals, prepare a short talk on Brain Gym (maximum 15 minutes), on tape                                                                                                                                                                                                                                                               |             | 14                      | 0.5     |
| <b>OPTIMAL BRAIN ORGANISATION</b><br><br>3 day course on brain dominance patterns (leading hand, eye, ear, foot and hemisphere) and brain organisation profiles<br><br><b>Features</b> <ul style="list-style-type: none"> <li>• Identify brain organisation profiles and in-depth learning style preferences</li> <li>• Additional Brain Gym activities</li> <li>• Enhance multi-sensory performance</li> </ul> | 24          | 15                      | 1       |

| COURSE                                                                                                                                                                                                                                                                                                                                 | CLASS HOURS | HOME & CASE STUDY HOURS | CREDITS |
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| <p><b>VISIONCIRCLES</b></p> <p>Four day course on developmental skills using Vision Gym exercises and goal achievement process</p> <p><b>Features</b></p> <ul style="list-style-type: none"> <li>• 36 Vision Gym activities</li> <li>• 8 Developmental "Circles" or skills stages</li> </ul>                                           | 32          | 16                      | 1.5     |
| <p><b>PRACTICAL APPLICATIONS</b></p> <p>Further practical case studies and home study, showing the inter-relationship of the different tools and perspectives learnt on the Educational Kinesiology courses so far attended.</p>                                                                                                       |             | 16                      | 0.5     |
| <p><b>TOUCH FOR HEALTH I AND II</b></p> <p>Four day training in basic muscle feedback techniques and the principles of Applied Kinesiology</p>                                                                                                                                                                                         | 32          |                         | 1       |
| <p><b>Step 3</b></p>                                                                                                                                                                                                                                                                                                                   |             |                         |         |
| <p><b>SEVEN DIMENSIONS OF INTELLIGENCE</b></p> <p>Four day course expanding the 3 dimensions of brain-body co-ordination to 7 dimensions</p> <p><b>Features:</b></p> <ul style="list-style-type: none"> <li>• Further in-depth tools for releasing developmental blocks, learning problems, stress and co-ordination issues</li> </ul> | 32          | 30                      | 2       |

| COURSE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | CLASS HOURS | HOME & CASE STUDY HOURS | CREDITS |
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| <b>Step 4</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |             |                         |         |
| <p><b>DEEPER IN DEPTH</b></p> <p>Two day course developing marketing and practitioner skills using the Educational Kinesiology model.</p> <ul style="list-style-type: none"> <li>• Preparing brochures and promotional material</li> <li>• Working on problematic skills areas</li> <li>• Work/life balance</li> </ul>                                                                                                                                                                                                                                                                                | 16          | 14                      | 1       |
| <p><b>THE INTEGRATED CONSULTANT</b></p> <p>Two day course expanding the above Educational Kinesiology knowledge to incorporate the needs of an Educational Kinesiology Consultant.</p> <p><b>Features:</b></p> <ul style="list-style-type: none"> <li>• Practice of advanced skills</li> <li>• Individual preparation for professional consultancy work</li> <li>• Mentor programme</li> <li>• Project</li> </ul> <p><b>On completion of Step 4, Consultant status is achieved. This enables you to work as an independent Educational Kinesiology practitioner and charge for your services.</b></p> | 16          | 14                      | 1       |

| COURSE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | CLASS HOURS | HOME & CASE STUDY HOURS | CREDITS |
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| <p><b>SELF DEVELOPMENT WORK</b></p> <p>A series of sessions on yourself for personal development throughout the courses. These sessions may be done with other trainees working their way through the professional training. There will also be a small amount of in-depth session work with qualified senior Consultants.</p>                                                                                                                                                                                           |             | 30                      | 1       |
| <p><b>Step 5</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |             |                         |         |
| <p><b>BRAIN GYM INSTRUCTOR TRAINING</b></p> <p>A four day course for those wishing to qualify to deliver Brain Gym courses.</p> <p><b>Features:</b></p> <ul style="list-style-type: none"> <li>• Delivering Brain Gym 101, the four day foundation course in Brain Gym, to the public</li> <li>• Delivering insets, talks and seminars outside their immediate professional arena (eg school, organisation, workplace)</li> <li>• Mentor and accreditation programme to be completed as part of qualification</li> </ul> |             |                         |         |
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