

## Certification Pathway in Movement-Based Neurovascular Release

### FAQ:

#### **“How much time does the Movement-Based NVR certification path require of me?”**

- You can expect to do about 5-6 hours of work per week.
- Each module will ask you to allocate:
  - 3-5 hours for watching the Home Study videos.
  - 4 hours of working with clients outside of class.
  - 3 hours attending live class.
  - There will be an extra optional “office hour” scheduled for Q&A for some modules.
- This year the program is split into two halves, with a six-week break in the middle. This mid-program break conveniently coincides with August and early September, when many of us are taking vacation and/or transitioning to a new school year.

#### **“I am a manual therapist trying to choose between the Movement-Based NVR Certification Pathway and the Manual NVR (or Manual NVR-SI) program. Are the techniques taught in each program different?”**

The two styles of work complement one another and Kier uses both styles of NVR in their practice.

Graduates of the Movement-Based NVR course series say that this transformational approach to working with the neurovascular system while thinking about structural balance has changed the way they understand and address movement limitations, has helped them get people out of chronic pain, and has been immediately useful with clients or patients.

#### The Movement-Based NVR techniques:

- Provide integrative homework for the client or patient.
- Are particularly good for cultivating the client’s interoception.
- Help you work inside the client’s head on structures you can’t directly touch with your hands.
- Grew out of the manual techniques, however the Movement-Based approach has become something quite different from the Manual approach.
- The full program can be completed within 4-6 months (twelve weeks total with a break half-way through).

#### The Manual NVR techniques:

- Allow you to be more specific and targeted with your work. (There are some structures we can’t specifically address with the Movement-Based techniques.)
- Will develop and refine what you are able to feel in the tissue layers, transforming all the myofascial techniques and strategies that you currently use.
- The program is an advanced training spread out over two years (five parts spaced at three- to four-month intervals).

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**“I am trying to decide whether I need the Labs and Seminars, or whether I would be happy with just the Home Study Modules. Can I learn it all through the Home Study Modules?”**

When studying science in college, you have paired classes—lecture and lab. In place of lecture, we have the recorded Home Study Modules, and these are paired with the live Labs and Seminars. In the live classes, you will deepen your understanding and receive help with practical applications. In this small-group learning environment, you’ll have personal attention, connection with other practitioners, and interactive support from Kier.

### What you get in the Home Study Modules:

- All the techniques, taught in the best order for learning, curated from past class recordings and edited into shorter lessons and some longer lessons.
- Watch and follow along with these lessons when it is convenient for you.

### What you get from the Labs and Seminars:

- Support and pacing through the Home Study curriculum.
- Weekly check-ins and discussions with Kier to accelerate your progress and deepen your understanding.
- Guidance on how to work with the challenges you encounter in your practice outside of class.
- One-to-one mentoring as needed.
- Develop your confidence with the support of a group.
- Certification.

By following the full certification pathway (Home Study Modules plus Labs and Seminars), you will learn to take your clients or patients through a series of “expertly guided” self-treatment sessions, where you are the expert!

If meeting weekly at a specific time is not possible, you may opt to register just for the Home Study Modules, but attending live class is necessary to earn certification.

For help in choosing the best course of study for you, please schedule a fifteen-minute consultation with Kier. <https://agilebodyschedule.as.me/student-consult>