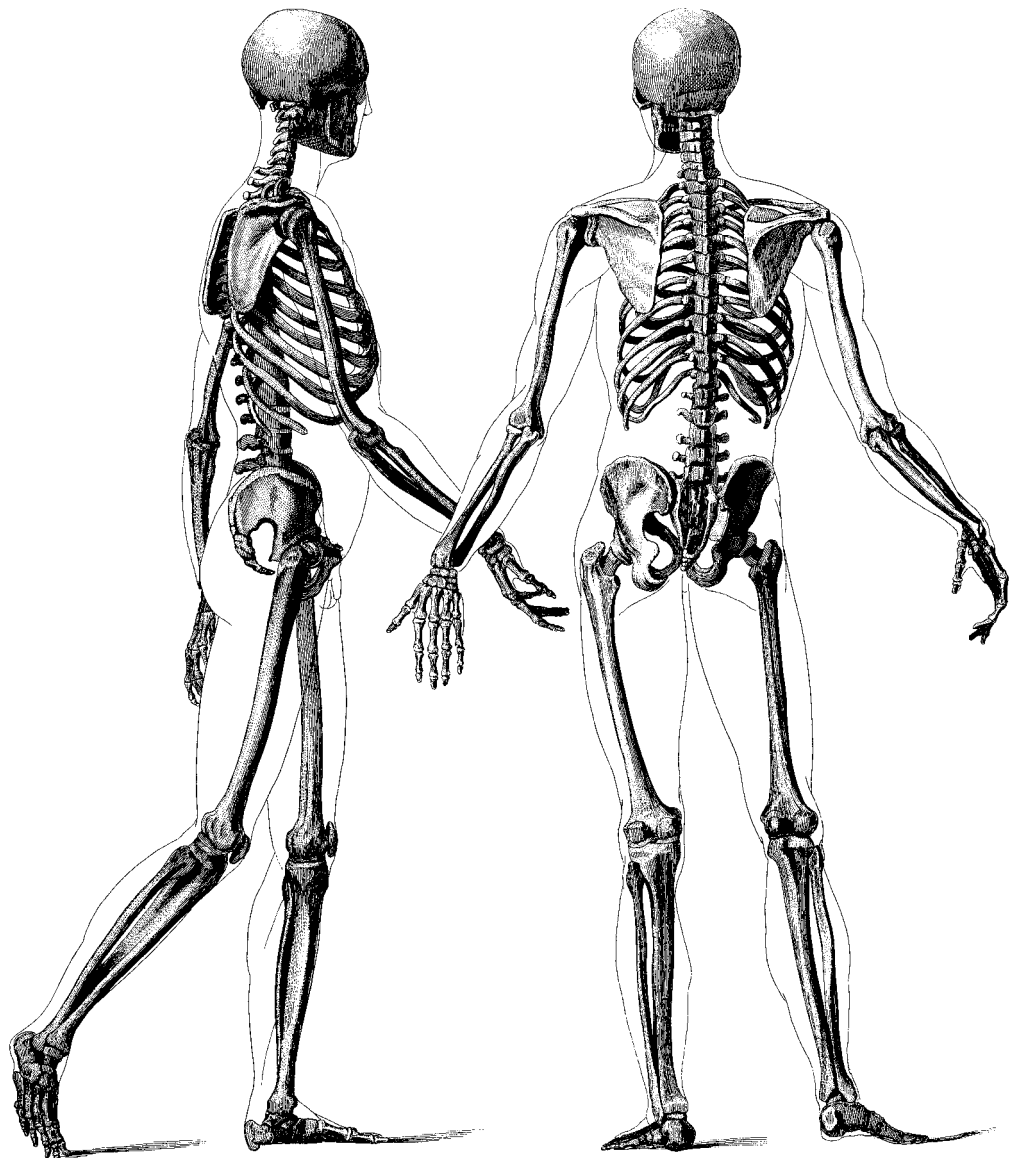


the Zero Balancing Health Assoc.



THE ZERO BALANCING CERTIFICATION PROGRAM

General Requirements
and Learning Requirements



If you have any questions, please feel free to call or write

The Zero Balancing Health Association

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Greetings:

Thank you for your interest in becoming certified in Zero Balancing. Our experience has been that people who enter the program deepen their understanding and greatly accelerate their learning. The concentration and focus of being in the program truly shortens the learning curve.

Enclosed you will find the certification program requirements, an application and an agreement form. Please refer to the checklist on the front of the application for what to submit with your application.

Upon acceptance into the program, you will be assigned a certified ZB practitioner as a mentor who will work with you throughout the process. You will also receive sample case studies, to assist you in documenting your own sessions.

We wish you success in your studies and look forward to receiving your application soon. Please feel free to contact us at any time if you have questions.

Best Wishes,

Cindi Pridgen
Executive Director
Zero Balancing Health Association

General Requirements

1. Prerequisite

You need a valid certificate or license, as required in your county, city or state in one of the healing arts for legally handling another person.

- Zero Balancing (ZB) is an advanced studies program for the licensed health care professional; it does not provide a person with a legal basis to handle another person.

2. Application

Complete the enclosed application and agreement, and return with the other requested submissions to the Zero Balancing Health Association (ZBHA).

- Upon acceptance into the **Certification Program** you will embark on an 18-24 month self-paced course of study as a candidate for recognition as a **Certified Zero Balancing Practitioner**. You will be connected with a certified practitioner who will act as your mentor, advisor and coach. Your mentor will have a copy of your records.

3. Agreement

Agree to abide by the ZBHA bylaws that govern the use of the Zero Balancing Registered Trademark, Logo, and the right to teach ZB.

- Specifically, the written use of the term “Zero Balancing” is reserved for people who have completed this program and are members in good standing of the Zero Balancing Health Association. The right to teach ZB is reserved for graduates of the Teacher Training Program, who have written authority to teach.
- Students may use the following statement in publications and advertisements: “I am a student in the Zero Balancing certification program....”

4. Financial

The tuition for the Certification Program is \$600.

All financial matters must be cleared before certification.

- The tuition is payable in full with the application unless other arrangements have been made with the ZBHA.

This fee covers:

- processing of application
- the cost of overseeing your program
- reviewing the written work
- providing support during the training
- the administrative time devoted to your participation in the program
- student membership in the Zero Balancing Health Association: student membership in the ZBHA includes waiving the annual dues of \$125 until certified.

This fee does *not* cover:

- the costs of the ZB classes
- individual ZB exchange sessions (given or received) during the program
- individual tutorial sessions

5. Certification

Upon successful completion of the program, you will receive a Diploma of Certification and be granted the following recognition, rights and privileges awarded by the Zero Balancing Health Association:

- Please note:
It is expected that the program will be completed no longer than 3 years from the date of acceptance into the program. If the time exceeds 3 years, the candidate will have to reapply for candidacy status with an additional \$100 application fee.
- Recognition as a “Certified Zero Balancing Practitioner”.
- Full membership in the ZBHA.
- Recognition as an alumnus.
- Use of the registered term Zero Balancing and the Zero Balancing logo on stationary and business cards (see qualification for the use of these terms under #3 and on the Agreement Form).
- Receive referrals from inquiries to the ZBHA from clients worldwide.
- Recognition as working at the leading edge of the integration of energy and structure, and the exploration of the bodymind interface.

6. Zero Balancing Alumni

The right to use the Zero Balancing name and logo is contingent upon your successfully completing the Certification Program, maintaining a valid healthcare certificate, and upon practicing according to accepted professional standards and ethics. Alumni will:

- Maintain active membership in the ZBHA.
- Pay annual dues, which are \$125.
- Stay current with ZB continuing education
 - ideal* a. Take Zero Balancing classes each year table assisting with faculty members
 - recommended* b. Attend Review Day classes
 - minimal* c. Exchange 2 ZB sessions with a certified practitioner or faculty member
- Be eligible for tuition discounts
 - \$250 tuition for Core ZB I and II classes taken more than twice
 - 20% discount for advanced non-residential classes taken more than once
- Receive *Interface*, the newsletter of the ZBHA.
- Be listed in the *Zero Balancing Directory* on the website.
- Be eligible to participate in the on-line ZB Study Group.
- Enjoy the camaraderie and stimulation of like-minded people.

7. Zero Balancing Health Association

The Association is responsible for the alumni activity, educational programs, maintenance of quality standards, furthering the development of ZB's body of knowledge, public relations, networking, and notification of annual dues and renewal of Zero Balancing Certification.

Learning Requirements

This section covers the training requirements you need to fulfill to become a Certified Zero Balancing Practitioner. The learning is accomplished through class study, correspondence study and through your own practical experiences of the Zero Balancing protocol and principles. The case studies, essays, exchange sessions, and final evaluation should be performed following your acceptance into the Certification Program.

1. Class Study

Attend four or more ZB classes to total a minimum of 100 hours of class time.
One of these must be taken with Fritz Smith, M.D.

REQUIRED CLASSES: Core Zero Balancing Program (50 hours) as follows:

- Core Zero Balancing I (25 hrs)
- Practical experience of 3-6 months between segments or a minimum of 30 pure ZBs
- Core Zero Balancing II (25 hrs)

ELECTIVE CLASSES: The remaining 50 hours of course work may be completed in a variety of ways:

- Repeating a Core Segment (25 hrs) highly recommended
- Alchemy of Touch (25 hrs)
- Annual ZBHA Benefit Class (25 hrs)
- Art of Zero Balancing (25 hrs)
- Form & Fulcrums (12.5 hrs)
- Freely Moveable Joints (25 hrs)
- Geometry of Healing (25 hrs)
- Open Forum (12.5 hrs)
- Review Days (6.5 hrs) faculty supervised
- Other classes may be added periodically

2. Correspondence Study

CASE STUDIES

Perform and report on fifty (50) pure ZB sessions.

Document each session with your name, address, case study #, date and recipient's age, gender and initials.

- The reports should contain pertinent notations, your learning experience, the client's response, and other significant information.
- Up to 10 of the 50 case studies may be for ZB's you have received.
- Please type (or print clearly).
- Submit case studies in groups of ten to your mentor.
- These reports become property of the ZBHA; keep personal copies if you wish.

ESSAYS

Submit two creative essays (each 2-4 typed pages in length) that reflect the relationship of ZB principles to daily experience.

Suggested topics:

- Discuss your own experience and process of learning while studying ZB.
- Discuss your insights about ZB in relation to your existing skills and training.
- Relate ZB to some other course of study that you pursue: i.e., martial arts, music, athletics, dance.
- A subject of your own choosing related to ZB, with prior mentor approval.

These essays encourage you to integrate what you have learned in Zero Balancing with other skills, interests and goals.

3. Personal Zero Balancing Experiences

These ZB sessions are to be performed within the time frame of your training.

- Receive a minimum of four ZB sessions by faculty or certified practitioners.
- Satisfactorily perform a minimum of four ZB sessions on faculty or certified practitioners.
- Certification candidates should be prepared to pay practitioners their usual fee for time and services for any ZB sessions or tutoring.
- Have the practitioner initial your Candidate/Mentor Record Sheet (both giving and receiving).
- If you live in an isolated area, where there are no other ZBers, you should plan ahead to arrange to give or receive ZB sessions during the time of classes.
- The ZBHA remains flexible to individual cases where special needs must be met.

Tutorials (Optional)

As an extension to the requirements of the personal Zero Balancings, some faculty and teachers in training are available for individual tutorial sessions. These sessions are an opportunity to receive in-depth feedback on technique, touch and specific instruction to speed your learning and refining your skills of Zero Balancing.

4. Final Evaluation

Two final assessment ZB sessions on a faculty member or designated certified practitioner, who will sign and date a statement of satisfactory completion.

The assessment includes, but is not limited to, the ability to do the following:

- Satisfactorily perform a full ZB protocol session.
- Make a good donkey relationship and donkey touch with the client, and maintain it through the majority of the session.
- Demonstrate the concepts of interface, streaming and stopping streaming, essential touch, and the hedonic level.
- Build fulcrums without losing the energetic connection; and, if lost, be able to pick it up again.
- Evaluate the "end points of motion" of the foundation and the semi-foundation joints, and perform the standard ZB fulcrums and vectors.
- Vary the proportions of energy and/or structure within a fulcrum; to contain, stimulate, concentrate and/or amplify energy as desired.
- Induce an altered state of consciousness in the client through the use of fulcrums.
- Demonstrate the organization of ZB principles into a session format that feels good to the receiver and is clearly recognizable as demonstrating Zero Balancing principles.

5. Completing the Program

- Candidate submits all papers, documented learning requirements and Candidate/Mentor Tracking Form to mentor.
- Mentor verifies information and that the candidate has successfully completed the program.
- Mentor notifies the ZBHA when candidate has completed all requirements.

PLEASE NOTE: Receiving Certification is not automatic. It is individually earned. You must demonstrate having grasped the fundamental skills of Zero Balancing indicating proficiency, quality and personal mastery. The ZBHA reserves the right to ask you to repeat specific portions of the training. It also reserves the right to alter and substitute educational requirements when warranted on an individual or group basis.

If you have any questions, please feel free to call or write
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