

Zero Balancing Health Association

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Are You Ready to Begin the Exam Process?

Technically, once you have completed all the required coursework you are eligible to take the written and practical exams. Have you adequately prepared to successfully complete the program? Ask yourself these questions:

- **Have I given enough pure Zero Balancing sessions?** Most successful certification candidates have given between 50-100 pure ZB sessions prior to the exams.
- **Have I received enough pure Zero Balancing sessions?** Receiving a minimum of 10 pure ZB sessions is recommended.
- **Have I received enough feedback on my Zero Balancing sessions?** Most successful candidates have received feedback on at least 10 sessions given to Zero Balancers — with at least three sessions given to mentors and/or faculty members using the Practical Exam Assessment Form which can be found in the Member Center.
- **Do I have the protocol in my hands?** Can you give a pure ZB session without having to focus on which evaluation and fulcrum comes next?
- **Have I embodied the ZB principles?** Are you automatically using the blue line and staying at interface? Are you holding the client in high regard and remaining in the witness state?

If any of the questions receive a “maybe” or a “no” you are probably not ready yet. We strongly suggest you practice and study further before testing. Review your Recommended Activities Completed Checklist for ideas to enhance your learning process.

If you have answered yes to every question, then you are ready to proceed to your exams.

For more information, see our About Certification Exams document. All documents are available in the Member Center.

About the Certification Exams

The cost of the both the written and practical exams is included in your certification or Core-Pak fees. You may take the written exam once you have completed your required coursework and paid all program fees. You may take the practical exam once you have passed the written exam. Fees to retake failed exams are \$50 for the written and \$100 for the practical.

The Written Exam

The written exam is an open book test. The questions refer only to Core ZB protocol, principles and practices. It's a good idea to familiarize yourself with the following sources as the answers to all questions on the exam are contained therein:

- Core Zero Balancing Study Guide, 3rd edition
- Inner Bridges by Fritz Frederick Smith, MD
- Zero Balancing: Touching the Energy of Bone by John Hamwee

There are 50 questions, including two questions regarding ethics and three questions regarding safe Zero Balancing practice. Forty correct answers are required for a passing grade as long as three of the five questions that relate to safety and ethics are answered correctly. At least one of the ethics questions and two of the safety questions must be answered correctly to pass, regardless of how many other questions were correct.

Tips for success:

- There are no trick questions. Assume all answers are straightforward. Try to not overthink the questions.
- If there is a discrepancy between what it says in the book and what you might normally do, or what a teacher says he or she normally does, choose the answer in the book.
- Read the questions carefully, take your time answering the questions and double-check your answers for accuracy using the written materials.
- Pay particular attention to questions that ask about safety, contraindications, red flags, and ethical choices.
- You will be notified of your exam score and any questions that you missed. Feel free to contact the Certification Department, a mentor or faculty member for any additional clarification needed.

Request the written exam by calling 410-381-8956 or sending an email request to zbha@zerobalancing.com.

The Practical Exam

Passing the practical exam is the last step to certification. Certification in Zero Balancing means you have achieved competency, and is the first of many milestones on the journey from your first Zero Balancing class to Zero Balancing mastery.



The practical exam is a Core Zero Balancing session given to a ZB teacher, and is graded using the Practical Exam Assessment Form. This form lists the ZB fulcrums and principles all certification candidates must demonstrate in order to achieve certification. You received a copy of this form from the ZBHA when you entered the program. Additional copies may be downloaded from the Member Center of the ZBHA website.

How to Prepare

- Throughout your certification process use the Practical Exam Assessment Form as a self-assessment tool. Assess yourself on every evaluation and fulcrum, noting any wobbles.
- Expect to give a complete and pure Core ZB session. This includes framing, sitting assessment, the Core Zero Balancing protocol, and holding the space after the session.
- Do not use fulcrums from advanced classes during your practical exam.
- While you would not usually include every fulcrum in a normal ZB, you have to demonstrate adequate skill in every fulcrum in order to pass.
- As you near completion of your preparation process, we recommend that you contact a ZB teacher for a Practical Dry Run. The fee for this will be set by the faculty member. It is normal to feel nervous during testing, and the dry run will make the experience familiar and give you clear feedback about your readiness to pass.

Schedule Your Practical Exam

Contact a Zero Balancing teacher to make an appointment. Allow adequate time in your own schedule for giving the ZB session and receiving feedback. If you hope to take your practical during a ZB class, ask the teacher well in advance if they have the time and energy to add this to his or her responsibilities.

Download and bring the most current copy of the Practical Exam Assessment Form from the Member Center to your practical exam.

To organize your field prior to the exam you may create a pyramid over and/or breathe parallel breaths through your experience. Consider creating a frame for yourself, such as having a positive learning experience, staying present, and/or improving your skill.