



Bridges to Wholeness: Zero Balancing and Cancer / ZB & CANCER

COURSE TITLE: Bridges to Wholeness: Zero Balancing and Cancer

ABBREVIATION: ZB & CANCER

EDUCATIONAL CREDIT: 18 CEUs

COURSE LENGTH: 3 days

PREREQUISITES: If not certified, 100 hours of ZB classes and the instructor's consent.

COURSE DESCRIPTION:

Developed and taught by Efrat Livny, this advanced training offers experienced Zero Balancers the skills, knowledge and insights necessary to develop consciousness and confidence when working with clients who have a cancer diagnosis. Participants explore the terrain of health and illness from personal, societal and archetypal viewpoints through art, meditation, movement and sharing. Students learn to increase personal presence, awareness and sensitivity in their work, while understanding how to effectively obtain client information, identify precautions and design a session that is safe, effective and enhances wholeness. They also learn how these approaches and principles can be applied when Zero Balancing is used with clients who have other health challenges.

Per ZBHA policy, only Certified Zero Balancing practitioners may practice on clients with an active cancer diagnosis.

You will learn:

- To make informed clinical choices and appropriate session modifications based on a deeper understanding of the complexities that cancer presents as a disease, its symptoms, and its treatments and their effects
- To develop hands-on skills that reflect an increased awareness of the physical, mental, emotional, social, and psycho-spiritual issues that may arise with cancer clients
- To expand and deepen presence and attention with yourself and with the client

- **Modified fulcrums and new fulcrums that support the client's health and wholeness without being over-challenging**