

K3D THERAPY

Continuing Education Course Proposal

Description:

K3D Therapy is a technique that addresses the body as the integral “human web”; it encompasses all sides as a unit; working on the back, side and front simultaneously (3D). It is a decongestive therapy redirecting congestion and toxicity towards the lymphatic system and its ports of exit. It is a side line massage especially geared for the release of chronic neck and shoulder pain, lower back pain and the extremities.

Duration: 8 Total Instruction hours.

Course Title: “K3D Therapy” Decongestive, Detoxifying and Deep Therapy “

Instructor: Shelly Kalef LMT, NCTMB, creator of the “K3D Therapy”

I. Instructional Objectives – The goals of this course are...

- To provide students with a new perspective in addressing the release of pain through decongestive therapy and the philosophy of the K3D therapy.
- To Introduce a side line therapy that addresses the body as a 3 dimensional unit, working the back side and front as a “web”, all connected for the release of congestion, Myofascial release and Trigger point therapy.
- To familiarize students on the mechanics of body language and how the neck and shoulders are considered the main “cross-roads” of the body regarding circulation and how congestion affects them as well as the lower back and the extremities. Review the anatomy of areas addressed in the K3D therapy, especially the Lymphatic System.
- To introduce to the students simple common sense analogies for understanding the importance of breathing during a detoxifying massage; analogies for the understanding and release of Trigger Points and the flushing of congestion from the body. How they all work in the release of pain.

- To provide instruction on the art of palpation, side line draping, hands on (step by step) demonstration of upper body detoxification and pain release, as well as lower body and the extremities; contraindications, and summarizing it all.

II. – Performance Objectives – At the end of this course the student should be able to...

1. The student will be able to incorporate a new perspective and understanding on how congestion can be a major cause of pain and be able to apply the K3D philosophy in their practice.
2. To compare to other modalities the effectiveness of side line therapy used as a three dimensional web in the release of congestion through the Lymphatic ports of exit, versus the moving of congestion from one area to another by means of a normal massage. They will also be able to differentiate the K3D decongestive therapy from Manual Lymphatic Drainage and the treatment of Lymphedema as well as the application of Myofascial Release in a new perspective.
3. Analyze in writing (SOAP) or to explain to a client how body mechanics and body language can affect the neck & shoulders, low back and the extremities; they will be able to identify the 3 types of pain, and to what systems they are part of and with clear understanding of Anatomy, know how to resolve them.
4. Illustrate in lay terms the value and importance of breathing for the process of detoxification and release of congestion (for the client's benefit) while reenergizing (for the therapist); visualize in lay terms the formation of Trigger Points and know how to release them with a lot less pain to the client.
5. Identify problem areas in the body through palpation (using the hands "radar & sonar"), differentiate through palpation fluid congestion versus inflammation, tight fascia from trigger points; execute the "removal" of congested fluids and toxins from fascia, know how to release neck and shoulder pain, low back pain and the extremities through the K3D technique. Know what the contraindications to this therapy are.

III. Course Outline:

K3D therapy is a complementary technique that should be added to an existing

therapeutic approach. It is a different perspective of how to address and provide for the release of pain. This course is presented in simplified terms with analogies that are easy to utilize on order to comprehend the mechanics of pain and pain relief.

Learning Objectives:

1. Understanding the components of K3D **decongestive therapy** including how fluid congestion manifests in the body, what kind of pain congestion produces, areas involved and how congestion is released.
2. Understanding body mechanics and **body language**, its effects at the neck & the shoulders which are the main crossroads of our body.
3. Understand through **analogy** the importance of **breathing** to enable the process of **detoxification** during a massage.
4. Understanding Trigger Points through analogy, explaining what they are and how they are released.
5. Understanding **how congestion affects the Lower Back** and the sequence of events that take place internally that ultimately produce pain.
6. **Review the anatomy** of areas addressed in the K3D therapy. Review of the **lymphatic system** including involved muscles and nerves.
7. Learn a different perspective to addressing pain through the **art of Palpation**. How to differentiate between muscle tensions from trigger points; fluid congestion from inflammation. Know how to use thumbs and digits in flushing toxicity.
8. Learn **draping techniques** for a side lying full body massage; step by step description and photos provided.
9. Hands on **techniques used for Upper Body detoxification** treatment as per the K3D therapy methods, incorporating breathing with movement, demonstration of the various postures interconnecting the posterior to the lateral and anterior planes as a unit (a web). Step by step descriptions and photos provided.
10. Examination and **testing the effectiveness** from the K3D therapy in the **de-**

toxification process of the neck and shoulder.

11. Demonstrating step-by-step, hands-on **detoxification treatment of the lower body** as per the K3D technique by addressing the lower body as a web. Demonstration of proper draping techniques, incorporating therapeutic pressure with breathing. Descriptions and photos provided.
12. Demonstrating a hands-on **upper and lower extremity detoxification** treatment utilizing the K3D technique addressing the body as a web; supine treatment for the arms and side lying treatment for the legs. Incorporate breathing with movement in the process of detoxification. Step by step descriptions.
13. Learn what the contraindications for the K3D therapy are.
14. Summarizing it all.

This Lecture includes:

- HISTORY AND DESCRIPTION OF THE K3D THERAPY.
- BODY LANGUAGE AFFECTING NECK AND SHOULDERS: understanding the mechanics
- BREATHING – Analogy of Breathing
- TRIGGER POINT RELEASE – Analogy of TP in Laymen terms
- HOW FLUID CONGESTION AFFECTS THE LOW BACK: understanding the mechanics
- ANATOMY OF AREAS ADDRESSED IN THE K3D THERAPY.
- PALPATION TECHNIQUES
- DRAPING TECHNIQUES AND SIDE LYING MASSAGE
- HANDS ON--- UPPER TORSO TREATMENT
- CONFIRMATION TEST FOR UPPER TORSO DETOXIFICATION.
- HANDS ON --- LOWER TORSO TREATMENT
- HANDS ON --- EXTREMITIES TREATMENT
- CONTRAINDICATIONS
- PUTTING IT ALL TOGETHER

- BIBLIOGRAPHY

IV. Number of students per section

Minimum – 4

Maximum – 10

V. Tuition

\$160 for 8 hour course.

Or 2 sessions of 4 hours each.

VI – Need for this course

This course is geared for Massage Alumni or LMT's seeking continuing education especially for those who do not find any new modalities available other than the standard courses currently provided.

K3D therapy is a brand new concept in the release of pain/congestion, stagnation and toxicity. It is an essential technique **with no other like it**. It is based on principles that the main cause of pain and illnesses is due to chronic inflammation as it has been scientifically proven.

I am the author of a 36 page manual, copyrighted by the United States Copyright office, November 6, 2009.

VII – Relationship of this new course to existing course offerings.

This course is UNIQUE and ORIGINAL

- It is different from Manual Lymphatic Drainage, even though it deals with the Lymphatic System:
- It is different than Myofascial release, even though we address muscular release.
- It is different than Trigger Point Therapy; it addresses the release of trigger points in a different perspective.
- It encompasses passive manipulation, stretching, stripping, and lots of common sense.
- There is no other course alike.

VIII – Suggested prerequisites , skills or special qualifications for students entering this course.

Students must be licensed in Massage Therapy or be ready to receive a license, having completed all massage therapy required courses and credits.

IX- Recommended text for purchase by students and /or additional materials with approximate prices indicated.

The recommended manual is:

“The K3D therapy” (The Kalef 3 dimensional therapy) ©2009

Cost \$25.00

X- Course resources required.

Students need to bring a massage table (at least for the hands on class) including 2 flat sheets, one bolster or pillow, lotion.

Change to comfortable attire for massage hands-on practice.

XI- Request for award CEU units

CE Broker and the State of Florida accredit this course providing 8h CE credits.

NCBTMB CE Approved Provider accredits this course as 8h CE credits.

Palm Beach State College provides currently 7h CEU for this course.

XII - Biographical Information

I am licensed the State of **New York, No: 017981-1** and in the State of **Florida No. MA-56091.**

I hold Certifications with the **NCTMB Certification No. 431996-00** since 2005

Including:

- Manual Lymphatic Drainage and Complete Decongestive Therapy in the Vodder Technique,
- Trigger Point Therapy,
- Myofascial Release – Wrapped up in Fascia,
- Reiki, Amma Massage, Swedish, CraniosacralTherapy
- Medical Massage for Head, Neck and Upper Back Pain,

(I was able to use all these modalities as a significant mark in the creation of the “K3D therapy” technique.)

I am the **Author of “the K3D therapy” (the Kalef 3dimensional therapy) Copyrighted effective on November 6, 2009 ID# TXu 1-656-043 by the United States Copyright Office.**

Self-published, a 36 page manual sold to students that take the K3D seminars: \$25.00

- I am currently a Provider of Continuing Education for the **State of Florida, CE Broker Provider No. 50-11686**
- Also an **Approved Provider for the NCBTMB # 451611-11**
- **Member of the Adjunct Faculty of the Palm Beach State College**

Since I have written my book in 2009, I have introduced the K3D Therapy as seminars and lectures to the MT community as Continuing Education and have given Nine seminars between Florida and New York independently including at the Palm Beach State College (PBSC); I also have been invited to be speaker at the January 2012 meeting of the of the FSMTA, Palm Beach Chapter and have 3 more seminars scheduled at the Hippocrates Health Institute this year (2011).

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