



BACK 2 HEALTH
TRAINING



SKART BACK TRAINING ONLINE PRACTITIONER COURSE

STRUCTURAL KINESIOLOGY ACUPRESSURE RELEASE TECHNIQUE

www.back2healthtraining.com



COURSE OVERVIEW

DURATION: 50 HOURS

Welcome to the SKART (Structural Kinesiology Acupressure Release Technique) Back Training Online Practitioner Course—an innovative program dedicated to the effective diagnosis and therapeutic treatment of back pain. Developed, tested, and proven for its efficiency, SKART employs safe and straightforward techniques applied to the body to identify and manage a spectrum of pain conditions. SKART specialises in pinpointing areas of imbalance within the skeletal frame. Following diagnosis, our approach involves employing a gentle acupressure technique to release and alleviate pain and imbalance.

Throughout the course, you will acquire the skills to both diagnose and treat a variety of health issues, ensuring the highest standards of patient care. Join us on this transformative journey to become a proficient SKART Practitioner, equipped with the knowledge and techniques to make a meaningful impact in the field of back pain management.

COURSE CURRICULUM

MODULE 1 - Understand the Kinesiology system and its use within SKART therapy

DURATION: 1 Hour **MODE OF DELIVERY:** Online Self-paced

ASSESSMENT: 10 Question Multiple Choice Quiz / 4 Workbook
Essay Questions

MODULE 2 - Understand the Meridian system and its use within SKART therapy

DURATION: 2 Hour **MODE OF DELIVERY:** Online Self-paced

ASSESSMENT: 10 Question Multiple Choice Quiz / 4 Workbook Essay Questions

MODULE 3 - Understand the anatomy and physiology of the structural system

DURATION: 2 Hour **MODE OF DELIVERY:** Online Self-paced

ASSESSMENT: 10 Question Multiple Choice Quiz / 4 Workbook Essay Questions

MODULE 4 - Understand the testing methods for SKART

DURATION: 2 Hour **MODE OF DELIVERY:** Online Self-paced

ASSESSMENT: 10 Question Multiple Choice Quiz / 4 Workbook Essay Questions

MODULE 5 - Understand the treatment methods for SKART

DURATION: 2 Hour **MODE OF DELIVERY:** Online Self-paced

ASSESSMENT: 10 Question Multiple Choice Quiz / 4 Workbook Essay Questions

MODULE 6 - Understand how to support a patient's treatment plan

DURATION: 2 Hour **MODE OF DELIVERY:** Online Self-paced

ASSESSMENT: 10 Question Multiple Choice Quiz / 4 Workbook Essay Questions

MODULE 7 - Know how practice and support learning and development

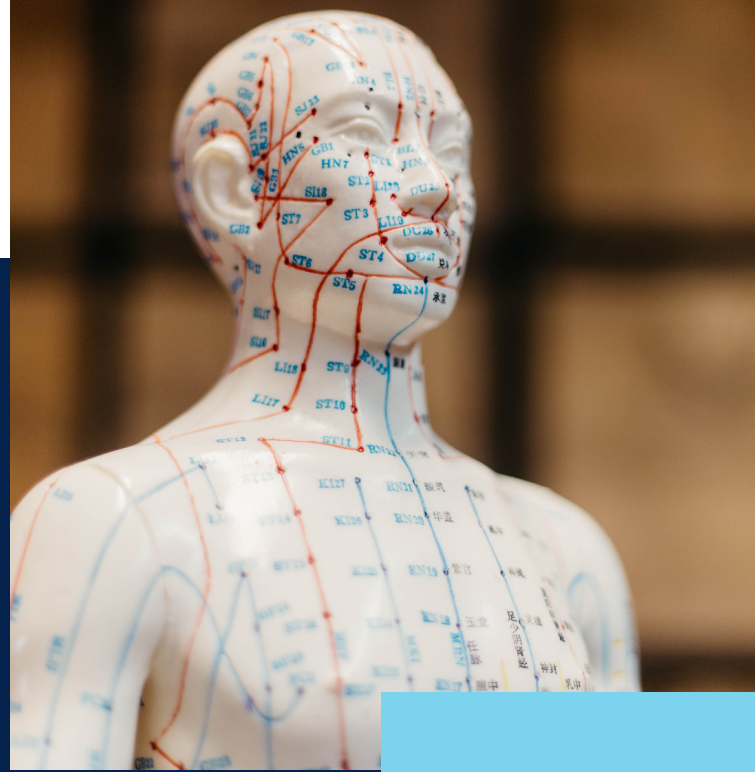
DURATION: 2 Hour **MODE OF DELIVERY:** Online Self-paced

ASSESSMENT: 10 Question Multiple Choice Quiz / 4 Workbook Essay Questions

MODULE 8 - Be able to perform the role of a therapist

DURATION: 2 Hour **MODE OF DELIVERY:** Online Self-paced

ASSESSMENT: 10 Question Multiple Choice Quiz / 4 Workbook Essay Questions



"I suffered pain in my neck and numbness. The neck problem was exacerbated after a fall. I noticed an improvement immediately after the first SKART treatment. After a couple of SKART treatments the neck problem and numbness completely subsided."

- G.C.



"I was experiencing pain in my upper limbs (especially my right shoulder), coupled with numbness. I saw a marked improvement in the pain immediately, and after a couple of SKART treatments the numbness subsided. The benefits from the treatment have continued and I am able to enjoy a pain-free retirement."

- P.L.

COURSE OUTCOMES

WHAT YOU'LL LEARN

Upon successful completion of the course, you will achieve recognition as a certified SKART Practitioner, making you eligible to secure comprehensive insurance for your professional practice.

Successful students will be awarded a practitioner's certificate endorsed through the IICT (International Institute for Complementary Therapists), a reputable professional body in the natural health industry. With the most extensive modality/therapy list globally, covering a broad spectrum of practices, the IICT boasts over 6,000 members worldwide. By joining IICT, you gain an international qualification for professional affiliation in the natural therapies industry, making you eligible for discounted membership. Additionally, you will have the option to access therapist insurance through either our program or the IICT.



"I had been suffering groin pain and pain in my right knee for several years. It was quite severe, and my mobility was decreasing and I was less able to carry out my hobby of gardening. I had a treatment and after three visits there was a marked change. I felt much better, there was less pain and the groin pain was down from a scale of 10 (very painful) to 1 (comfortable). The general pain has now reduced from level 9 to 0. My knee pain is also much improved. After SKART treatment I can enjoy my gardening again and no longer use a walking stick. Additionally, I have far less need for the paracetamol that I was taking, just the occasional tablet. I can say that the treatment has made a marked difference to my life with greater mobility and a far less pain."

- J.A

WHO IS THIS COURSE FOR?

If you are looking for a new career or looking to boost your income from your existing clinic by offering a new style of proven treatment and pain management this course may be for you. The course will train you and equip you with the skills needed to diagnose and treat a wide range of muscular and skeletal conditions.

Embrace the flexibility of studying from the comfort of your own home, allowing you to progress through the modules at your own pace. Engage with online exams, quizzes, and clinical assessments, all supported by comprehensive online assistance throughout your learning journey.

COURSE REQUIREMENTS

- Proficiency in anatomy and physiology
- Strong communication skills to establish rapport with clients
- A clean environment and treatment couch



**FULLY
ACCREDITED**

This SKART Back Training Online Practitioner Course is Fully Accredited with the IICT (International Institute for Complementary Therapists) and Back 2 Health Training is Fully Accredited as a Quality Distance Learning Provider.



**PREMIER
TRAINING PROVIDER**
INTERNATIONAL INSTITUTE FOR
COMPLEMENTARY THERAPISTS

YOUR COACH

AMANDA WHITE

Back 2 Health Training Founder

With over three decades of experience in the healthcare industry, Amanda is a seasoned Health Consultant who has utilised SKART as a powerful and expedient method for addressing issues and concerns in both herself and her patients, recognising its remarkable efficacy.

Amanda has honed her skills in various healing modalities after initially qualifying as a Registered General Nurse. Her extensive training includes becoming a Licensed Acupuncturist with training in both London and China, an Advanced Kinesiologist, REIKI Master Practitioner, NLP (Neuro Linguist Programming) Master Practitioner, and an EFT (Emotional Freedom Therapist).

Additionally, Amanda is a qualified Teacher (CERT Ed), Author, and Freelance Writer. Having managed a busy NHS chronic pain clinic for over 18 years, she now operates privately, firmly believing in the importance of possessing a diverse set of tools and strategies to maximise effectiveness as a practitioner.



Amanda is the visionary behind Back 2 Health Training, a dynamic educational platform dedicated to fostering learning and success in the Helping Industry. Central to Amanda's mission is breaking down barriers to entry in the Helping Industry by offering high-quality, accredited courses at affordable prices. As Back 2 Health Training continues to evolve, it has emerged as the preferred destination for individuals aspiring to enter the Helping Industry, fostering a supportive community for everyone involved.

With over 30 years of experience, Amanda has honed her expertise in emotional, physical, and environmental pain management, establishing herself as a leader in strategic health management. Through her teaching, Amanda empowers individuals to realise their aspirations of contributing to the remarkable Helping Industry, extending her guidance to clients worldwide. Back 2 Health Training stands as a beacon, not only for acquiring essential skills but also for building a collaborative community dedicated to mutual support and growth.



"I was first introduced to the SKART technique when Amanda gave a demonstration at the National Association of Massage and Manipulative Therapists' (NAMMT) AGM. Her enthusiasm for what looked to be a simple but yet effective treatment, definitely stirred up a lot of interest. I had no hesitation signing up and have just completed the course, which I did at a pace to suit me.

This online course is straightforward, and very easy to follow. The content is informative but also varied. It gives a great insight into Meridian Channels and Acupressure, but at its core is the Release Technique. It's designed to get to the root cause of a person's pain or dysfunction, assessing and treating weakness, rather than just massaging tired overworked muscles, which only leave a patient with temporary relief. I'm very much looking forward to incorporating this into my regular treatment sessions, and so far, the feedback has been amazing. I definitely feel its great value for money! Thank you Amanda!"

- Jane Chester, Qualified SKART Practitioner.

FREQUENTLY ASKED QUESTIONS

Who learns SKART?

Anyone who has an interest and wants to earn a qualification being able to treat backs and other structural conditions.

Is this similar to what an Osteopath or Chiropractor would do?

There are similarities in the techniques however it is different to anything that you have used before because you are actually learning to realign the spine and to ease bones back into their correct positions. The beauty of testing on structural issues is that the results are really clear and once treatment is done you get the sense of satisfaction that the correction has worked and you have the feedback technique to show this.

What is Kinesiology?

Through the course we fully cover many aspects of Kinesiology and how to do it so that you feel comfortable using it as an amazing diagnostic, treatment and feedback tool. Learning touch for health was a start for me but it is complicated. What I teach is more along advanced chiropractic techniques but much simpler and gentler. I am also hoping that with this course we can get Kinesiology more out there in the world. It is such an amazing technique that can change the lives of so many.

Why haven't I heard of SKART before?

Even though I have been using this technique for over 25 years it is very new to the marketplace. SKART is my name for the techniques used.

Do you recommend / use any tools to help with acupressure?

I do not tend to use tools but if I do need more pressure, I have a massage dolphin which can work quite well. Acupressure treatment can be done both lying and sitting.

What is the SKART Therapy Practitioners Group?

SKART Therapy Practitioners Group is a Facebook group you can join to keep up to date with information, to hear about new courses, and to discuss treatment protocols.

What language is the course in?

Please note that, at present, the course is offered exclusively in English. As we grow, we aspire to expand our offerings to include additional language formats.



TESTIMONIALS



I realise that back problems can be difficult to deal with, it seems to be so easy to be told its sciatica, disc trouble, lumbago or whatever. What exactly are these troubles? It seems such a pity that in this, the 21st Century, that at each G.P. practice, the medics can perhaps be a little apprehensive of Complementary measures. I would certainly recommend this treatment to anyone; it is painless and drug free. Most importantly, it works. I felt so much better even after the first session, in fact felt 99.9% better. It is so good to be able to go for a walk for more than 10 minutes. Many thanks for such a brilliant job.

- J Murphy



"I had experienced a trapped nerve in my back for six weeks before SKART treatment and had been unable to work. The pain was very severe and affected my life, causing me to lose sleep and feel extremely low. I had six SKART treatments and even after the first SKART treatment the pain in my back and leg improved considerably. I have now been able to give up taking painkillers and have returned to work. The quality of my life has improved beyond recognition now that I am no longer in pain. There have been no relapses and I am still feeling fine. I would recommend SKART treatment to anyone with the same problem."

- J.C.



"I have suffered with arthritis in my neck and shoulders for several years. The doctors said there was nothing that could be done, other than to take strong painkillers which adversely affected my digestive system. The condition was extremely painful and severely affected my work and my life. After the first SKART treatment there was a marked improvement in my neck and the continuous headache went away. I had about eight SKART treatments and there was hardly any pain at the end of the treatment. I have also been able to reduce considerably the amount of medication that I take. Prior to SKART treatment I was living a semi - normal life but now I can be more active and continue with my jobs. To be without pain is just wonderful."

- R.H.



"I was experiencing severe pain in both my shoulders. On the scale of one to 10 the pain was a level 8 and severely affected my life and my hobbies. After the first SKART treatment I had a greater movement. After further SKART treatments, the pain went, and I now have full movement. I can resume everyday tasks again. Other benefits have included improved sleep, posture and a feeling of well-being. Having suffered "back pain" for twelve years, I did not hold out much hope of a cure. My "back pain" was finally diagnosed as Pubic Bone Dysfunction, which made sense. After all this time, it was good to know exactly what it was and knowing that it is unlikely i will need to take medication again."

- J.W.



"I was suffering from muscle tightness spasm in my neck head and shoulders, which went down my back and caused headaches. The pain was severe and caused distress. The first benefit after a SKART treatment was not having headaches and my flexibility in my neck area was a lot better the pain improved considerably."

- D.R.



"I had been suffering neck and shoulder and arm pain for over a year. I had five SKART treatments and the level of pain reduced considerably. I began to see improvements after just two SKART treatments. The level of pain on the scale of one to 10 reduced from eight down to about one or two. After the SKART treatment I had a reduction in pain and improvement in my life."

- P.M.



"I had been suffering problems with my right hip groin pain and in the pain. The level of pain for all these conditions was quite severe and affected my everyday life. After the first SKART treatment the pain was much improved and with further SKART treatments the pain in my groin went completely. My quality of life has much improved."

- A.G.



"For about 18 months I had been feeling quite unwell with a swimming head, heavy legs, palpitations, headaches and an aching neck. These symptoms were quite severe before SKART treatment and seriously affected my job and personal life. Results from the SKART treatment began to show after just two weeks and after six weeks I felt totally different. I felt well, my head had ceased to spin, my legs no longer ached, and the headaches and neck pain stopped. It is unbelievable that in such a short time I could be relieved of such pain and discomfort. My sleep improved as well as my moods because I was no longer in pain. The effects are long-lasting, and nine months later there has been no relapse."

- D.A.



SIGN UP NOW AND GET STARTED

WE LOOK FORWARD TO SEEING YOU INSIDE THE COURSE



www.back2healthtraining.com



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30-DAY MONEY-BACK GUARANTEE

If, for any reason, this course does not meet your expectations, we stand behind our commitment to your satisfaction by offering a 30-day money-back guarantee. Your investment in learning and growth is risk-free, ensuring that you can explore the course with confidence and peace of mind.