

# Training Prospectus for Health and Beauty Professionals:



Dr. Vodder School™  
INTERNATIONAL  
Member of Dr. Vodder Academy International

## Advanced Aesthetician Certificates for Health & Beauty Professionals



For everything skin-related; dermatological conditions, stretch marks, skin toning, scar reduction, and post-surgical oedema after invasive cosmetic procedures, to improve tissue heal and minimise scarring.

With Support Material, Pre-course Coaching,  
and Post-course Mentoring provided by

Moving  Lymph



*Certificate Courses are delivered in accordance with the requirements of the Dr. Vodder Academy International.*

Course registration forms and support materials for Dr Vodder Programs delivered in Australia and New Zealand are managed by Moving Lymph Pty Ltd: ABN 84 083 167 319



## **Certificate Overview**

For Health and Beauty Professionals, Dr Vodder's Advanced Aesthetician Certification is a transformative opportunity to apply a lymphatic perspective in clinical practice. This program offers unparalleled insights into how the lymphatic system influences the health of all cells, and how MLD achieves the profound effects that we see clinically.

For everything skin-related; dermatological conditions, stretch marks, skin toning, scar reduction, and post-surgical oedema after invasive cosmetic procedures, participants will learn the original Dr Vodder method of MLD to improve tissue heal and minimise scarring in effective, pain-free treatments.

Intensive hands-on instruction in the adaptation and application of MLD to the treatment of dermatological problems such as psoriasis, after liposuction and body-lift procedures, and to minimise pregnancy stretch marks, and for scar minimisation.

From relieving conditions such as rosacea to supporting recovery after invasive body sculpting surgeries, Advanced Aesthetician Courses are designed for Therapists at the forefront of the rapidly expanding field of medical aesthetics. A comprehensive blend of underpinning theoretical knowledge (online) and intensive practical hands-on training (in person) allow Graduates to demonstrate competence in the techniques and safe application of MLD within their scope of practice.

Clinical reasoning skills introduced in the classroom, are developed through ongoing peer-to-peer sharing with Instructor supervision and mentorship (online), producing MLD Practitioners who are equipped with the skills and practice to deliver long-lasting relief and improve the quality of life for their existing clients, and potentially broaden their practice to include new client groups.

The Companion Program offered at Moving Lymph is designed to guide participants through the Dr Vodder Courses and ensure they emerge as confident, skilled professionals ready to make a profound impact in their field.



## Certificate Description

This comprehensive program is structured to equip participants with the foundational and advanced skills necessary to perform the Dr Vodder Method of Applied MLD. This is an intensive exploration of the microscopic layers of the skin while refining your MLD skills for the delicate application required in the treatment of reactive conditions such as rosacea, and in post cosmetic-surgery oedema.

The training includes:

- **Level 1:** 30 hours of online, instructor-guided theoretical study followed by 32 hours of hands-on practical training. Level 1 focuses on the fundamental techniques and basic applications of MLD for an intact lymphatic system.
- **Advanced Neck & Face:** 20 hours of intensive, classroom-based training that reinforces and develop the refined hand skills required to treat delicate facial issues such as rosacea and promote healing and minimise scarring after cosmetic procedures.
- **Advanced Body:** 32 hours of intensive, classroom-based practical training that reinforces and adapts techniques and sequences for the torso and limbs including psoriasis, post-partum stretchmarks, skin toning after liposuction, breast augmentation, fat transfers and body-lift surgeries. Everything heals better with MLD.

Graduates earn a Certificate in Dr Vodder's MLD, with eligibility for 30 CPE hours (online) and 52/64 CPE hours (practical).

## Required Reading

Level 1: Dr. Vodder's Manual Lymph Drainage, A Practical Guide. Hildegard Wittlinger, Dieter Wittlinger, Andreas Wittlinger, Maria Wittlinger (not provided with registration).

Available from the publisher: <https://shop.thieme.de/en/Dr.-Vodder-s-Manual-Lymph-Drainage/9783132578746>

A comprehensive text describing lymphatic anatomy and physiology, the Dr Vodder techniques, and their therapeutic application. Material from Parts I & II are needed for the Level 1 theory module, and Part III describes the basic and special techniques of the Dr Vodder Method. Part IV places MLD in the context of decongestive therapy and Part V is a description of the life of Dr Vodder and the development of this phenomenal technique.

Participation in pre- and post-course support material at Moving Lymph is acknowledged with a Certificate of Completion at the end of each online component (variable CPE hours depending on attendance).

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*NB: The Level 1 Course does not cover adaptation or application of MLD to any pathologies and attendees are not assessed for competency in the manual techniques, therefore student who take Level 1 alone will be limited in the application of MLD until a Certificate Level is completed.*

## **Applied MLD (Level 1 & 2): Course Objectives and Learning Outcomes**

Expert instruction will be given in the adaptation and application of MLD for the treatment of pathologies where the lymph system remains intact. The 'Specials' are an adaptation of the basic MLD techniques to either drain deeper lymphatic pathways or locate and drain localised pockets of inflammatory mediators.

### **Objectives**

Moving Lymph aims to:

- Provide participants with a deep understanding of the anatomy, physiology, and pathophysiology of the human lymphatic systems and the complex interactions with the loose connective tissue.
- Train practitioners in Dr Vodder's fundamental techniques for effective MLD application.
- Provide a clinical framework for the safe and effective use of MLD to address conditions affecting the skin.
- Develop participants' ability to create tailored treatment plans for a wide variety of acute and chronic conditions.
- Equip graduates with the skills to integrate MLD into their current scope of practice and enhance client outcomes.

### **Learning Outcomes**

Participants will gain;

- An historical and contemporary insights into MLD's development and applications
- A deeper understanding structures of the facial skin and the pathways of the superficial and deep lymphatic systems of the head and neck.
- Develop proficiency in foundational MLD techniques such as stationary circles, pumps, scoop, and rotary movements.
- Instruction and practice in the application of MLD in skin pathologies including acne, rosacea, dull skin and wrinkles.
- Pain free resolution of inflammation and swelling in the context of plastic or cosmetic surgery or procedures.
- Demonstrate competence in treatment planning following first principles and application limitations.
- Devise and execute appropriate treatment protocols for diverse pathologies and with consideration to the presence of any co-morbidities.

Graduates have demonstrated competence in MLD techniques and sequencing, treatment planning, and the correct application of MLD to the Face and Neck/Advanced Body and are awarded the relevant Dr Vodder Advanced Aesthetician Certificate issue by Dr Vodder Schools International.

## Eligibility

You must have an eligible Health or Beauty qualification to meet the minimum requirement for each Certificate

### Advanced Body

- Diploma in Beauty Therapy
- Diploma in Aromatherapy
- Diploma/Degree in Dermal Therapies
- Cert IV in Massage Therapy or equivalent

### Advance Neck and Face

- Diploma in Beauty Therapy
- Diploma in Aromatherapy
- Diploma/Degree in Dermal Therapies
- Cert IV in Beauty Therapy or equivalent

Eligibility criteria are those of the DVAI and may not reflect local regulations or guidelines governing the scope of practice of an individual Practitioner. Health Professionals undertaking post-graduate Certification in Dr Vodder's MLD & CDT should consider their scope of practice when applying the techniques learned in a clinical setting.

## Scope of the Certificate

Graduates of the Advanced Neck & Face and Advanced Body Certificate are equipped to use MLD in treating a wide range of conditions within their professional scope.

MLD is highly effective for managing dermatological problems such as psoriasis, rosacea, acne, and post-cosmetic surgery swelling, and can be used in treating a wide range of post-surgical conditions such as liposuction, augmentation and body-lift procedures.

## Professional Integration

Graduates should consider their professional scope of practice and any restrictions to the application of MLD that may limit clinical use.

Graduates are responsible for notifying their indemnity insurer of the addition of Dr Vodder's MLD to their clinical practice.

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*Graduates of this course emerge as leaders in MLD for Medical Aesthetics, capable of delivering transformative results for their clients across a wide spectrum from skin related issues and scar management, to general wellness treatments.*

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## **Checklist for Optimising Learning**

To maximise the benefits of this training, participants should:

### **1. Ensure Eligibility**

- Confirm your qualifications meet the minimum AQF Level 4, NZQF Level 5 requirements and have a copy ready when you enrol.

### **2. Prepare for Level 1 Online Theory**

- Purchase a copy of the required L1 textbook.
- View videos of interest in the Fundamental Lymphology collection.
- Dedicate a minimum of 30 hours for L1 home study.
- Attend all L1 online tutorials with your instructor.
- Complete the required readings.

### **3. Engage in Practical Training**

- Be ready for intensive, hands-on instruction during the practicals.
- Be prepared to participate fully in practice sessions and give constructive feedback when receiving to improve group learning.
- Practice techniques between sessions to build confidence and skill.
- 100% attendance in practical sessions is a requirement of the Certificate.

### **4. Leverage Mentorship**

- Take advantage of the 12-month online mentoring program to refine techniques and receive guidance as you integrate MLD into your clinical practice.