

Training Prospectus for Health and Beauty Professionals:



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

Dr Vodder's Certificate in Applied MLD for Health Professionals



Encapsulitis | Bursitis | Tendonitis | Whiplash
Traumatic injury | Autoimmune conditions | CRPS
Chronic pain | Trigeminal Neuralgia | Fibromyalgia
Cerebral oedema | Trigger points | Sinusitis
Long-COVID | Post-surgical rehab | etc...

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 Remedial Therapists and Allied Health Professionals, Dr Vodder's Certification in Applied MLD is a transformative opportunity to apply a lymphatic perspective in their 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.

Covering the broadest range of applications of all the Dr Vodder Certificates, participants will learn the original Dr Vodder method of MLD including the 'Specials' which set the Dr Vodder method apart from other Lymphatic Therapies, to locate and drain tiny pockets of inflammation which may be preventing tissue healing for effective, pain-free treatments.

A strong focus on the fundamental principles of the treatment planning and application allow the techniques learned to be transferred across a wide scope of practice. MLD also integrates perfectly with other gentle pain free approaches such as myofascial therapy and oncology massage, and Applied MLD should be the treatment of choice in chronic pain, post-operative swelling, or traumatic injury.

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.

This course is a game changer. Reading skin and tissue in a different way to how I have ever worked before in my many years as a therapist is giving me skills that I know will have many varied applications.

- Shelley Gray

I am impressed and amazed by the effect of MLD on my own body. As a physician learning the theory I didn't think it would be effective, but I am truly amazed.

- Jonalisa Tapumanaia

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.

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.
- **Level 2:** 32 hours of intensive, classroom-based practical training that reinforces and adapts techniques and sequences learned in Level 1, introducing “Special” techniques for drainage of deeper body structures.

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



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 and special techniques for effective MLD application.
- Provide a clinical framework for the safe and effective use of MLD to address conditions affecting the nervous, cardiovascular, immune, gastrointestinal, respiratory and reproductive systems.
- 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.

Applied MLD offers pain-free treatments that bring lasting relief and will change the way you think about treating pain and inflammation.

"I feel very fortunate to have completed my MLD training with Jan. It was a challenging yet rewarding experience, made all the more enjoyable by Jan's teaching and the group of like-minded therapists. If you are sitting on the fence about enrolling, this is your prompt to take the plunge!

- Claire Greenway

"Dr Vodder's Applied MLD is an intensive course that provides a great in-depth understanding of the lymphatic system and why it is so important for a healthy body. By just practising the techniques I was learning on my own family during the course, I could see the initial benefits of MLD."

- Ainslie Davies

Learning Outcomes

Level 2 teaches the application of MLD in the treatment of acute and chronic pain, inflammation and wound healing, and can be adapted for use in almost every allied health setting.

Participants will:

- Gain an historical and contemporary insights into MLD's development and applications.
- Master the anatomy and physiology of the lymphatic system, including pathways of drainage in the superficial and deep systems.
- Develop proficiency in foundational MLD techniques such as stationary circles, pumps, scoop, and rotary movements.
- Acquire advanced skills the 'Special' technique adaptations for deep drainage of the cavities of the head including the CNS, the respiratory lymphatics and organs, and the abdominal lymphatics and organs.
- Acquire advanced skills in the 'Special' technique adaptations for pain-free resolution of muscle pain and joint mobilisation.
- 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 of this course emerge as leaders in the application of MLD, capable of delivering transformative results for their clients across a wide spectrum of health conditions.

Eligibility

Health professionals with an eligible qualification such as a Diploma or higher in a Remedial Bodywork Modality, or a Degree in Physiotherapy, Registered Nurse, OT etc are eligible for the Applied MLD Program.

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 Level 2 Practical assessments are equipped to use Applied MLD in treating a wide range of conditions within their professional scope. MLD is highly effective for managing chronic pain, inflammation, and post-surgical recovery. Key applications include:

- Acute and chronic musculoskeletal injuries (e.g., bursitis, tendonitis, whiplash).
- Autoimmune conditions (e.g., fibromyalgia, scleroderma).
- Respiratory issues (e.g., sinusitis, long COVID).
- Digestive concerns (e.g., constipation, nutrient absorption).
- Neurological conditions (e.g., migraines, trigeminal neuralgia).

Professional Integration

Graduates should consider their professional scope of practice and any restrictions to the application of CDT that may limit clinical use. For example, podiatrists may be limited to application of MLD to the lower extremity even though they will learn about upper limb treatments during the course.

Graduates are responsible for notifying their indemnity insurer of the addition Applied MLD to their clinical practice.

Whilst this certificate does not teach treatment of choric oedema, qualified Lymphedema Practitioners will be able to easily adapt these techniques and apply them safely in lymphoedema-affected areas.

The 'Special' techniques of MLD can be used to address many common co-morbidities such as skeletal muscular restrictions and chronic inflammatory conditions.

Checklist for Optimising Learning

To maximise the benefits of this training, participants should:

1. Ensure Eligibility

- Confirm your qualifications meet the minimum AQF Level 5, NZQF Level 6 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.