

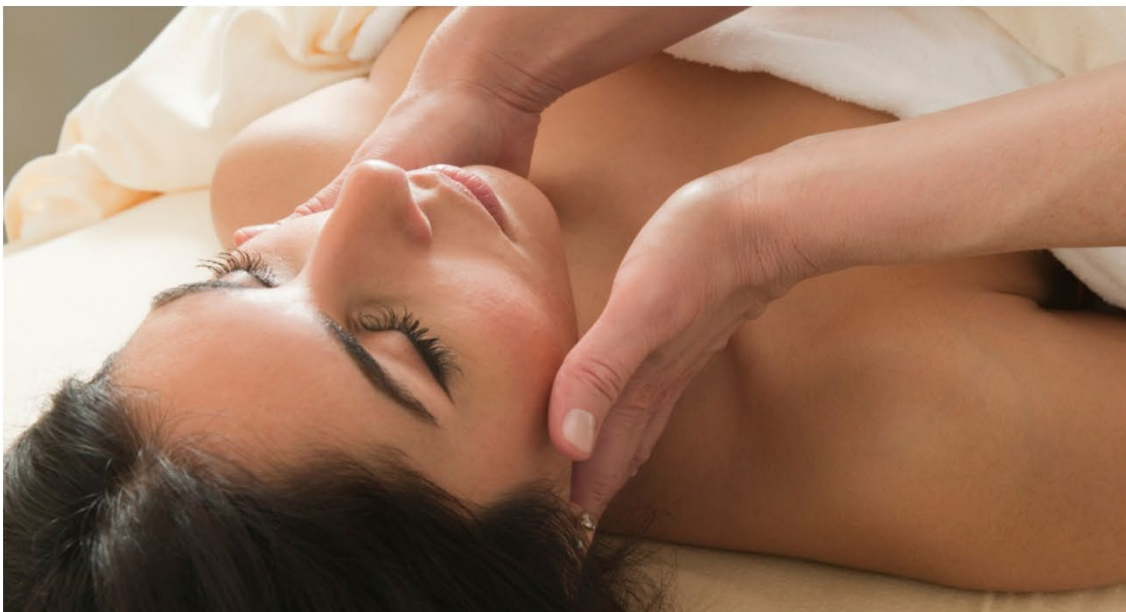
Training Prospectus for  
Health and Beauty Professionals:



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

## Dr Vodder's Level 1 Certificate

The original Dr Vodder Method of  
Manual Lymph Drainage (MLD) for  
Health and Beauty Professionals



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



## Course Overview

Dr Vodder's Level 1 Certificate teaches the original Dr Vodder Method of MLD, offering Health and Beauty Professionals an insight into the potential of lymphatic therapies in multiple clinical settings. This introductory 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.

Participants will learn the safe application of MLD techniques and sequences for the nine skin regions, via a comprehensive blend of underpinning theoretical knowledge (online) and intensive practical hands-on training (in person).

The Companion Program offered at Moving Lymph is designed to guide participants through the fundamentals of the Level 1 course in preparation for progression to their preferred Practitioner Certificate.

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## Course Description

Participants will gain in-depth theoretical knowledge and hands-on training in skin and tissue manipulations essential for MLD. This course introduces the anatomy and physiology of the lymphatic system and fundamental MLD techniques but does not include adaptations for specific pathologies. It is ideal for those beginning their journey in MLD or looking to strengthen their foundational understanding before advancing to certificate-level qualifications.

The program includes two components:

- **Level 1 Theory** (30 hours): Instructor-guided online home study with six online tutorials, supplemented by lectures from the Dr Vodder Academy International and a comprehensive textbook available in multiple formats.
- **Level 1 Practical** (32 hours): Four days of intensive, hands-on classroom-based instruction, focusing on precise manual techniques and effective drainage sequences for an intact lymphatic system.

**Required reading** (not provided with registration):

Dr. Vodder's Manual Lymph Drainage, A Practical Guide. Hildegard Wittlinger, Dieter Wittlinger, Andreas Wittlinger, Maria Wittlinger. Available from the publisher:

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

## Limitations to Practice

Level 1 graduates are not assessed on competency and are therefore limited in their scope of practice to apply MLD to healthy individuals with an intact lymphatic system.

Therapists are advised to continue to the next level within 6-months. Students will be required to repeat the Level 1 Practical after 12-months, and retake the Level 1 Theory after 24 months.

## Course Objectives and Learning Outcomes

### Objectives

- Develop foundational knowledge of the lymphatic system's anatomy, physiology, and pathophysiology.
- Train participants in the core techniques of MLD as described by Dr Vodder.
- Prepare participants for practical application of MLD within a limited range of conditions.
- Lay the groundwork for further studies in advanced MLD techniques.

### Learning Outcomes

#### Level 1 Theory: Participants will gain:

- Awareness of the historical and contemporary development of MLD.
- Understanding of lymphatic anatomy, pathways of drainage, and connective tissue properties relevant to MLD.
- Insights into various oedema types and disorders that may benefit from MLD.
- Knowledge of MLD's physiological effects on body systems and contraindications.

#### Level 1 Practical: Participants will:

- Practice the correct application of MLD techniques, including stationary circles, pump, scoop, and rotary technique.
- Apply MLD in prescribed sequences to the nine key skin regions: anterior neck, face, nape, arms, legs, chest, abdomen, back, and buttocks.
- Gain a foundational understanding of effective drainage principles and sequences.

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## Level 1 Theory Companion at Moving Lymph

### 30 hours Instructor-guided home-study

A comprehensive course designed and structured around online tutorial meetings to provide you with the foundational knowledge and understanding required to excel in MLD.

**The Level 1 Theory Companion** centres around the Dr Vodder Academy International lectures which are available in 13 languages, and the textbook which is available in e-text, PDF or hard copy formats.

Weekly course work is completed during self-directed home-study, and weekly meetings with your Level 1 Instructor ensure clarity and confidence in your learning experience. It is recommended to allow minimum of four hours per week to study the material and prepare for the weekly tutorial.

**Fundamental Lymphology** is a Collection of videos offering a deeper dive into the fascinating lymphatic system, the physiological effects of MLD, and provides an introduction to the formation, classification, and appropriate treatments for post-surgical and chronic oedemas. A Certificate of Completion is issued by Moving Lymph Online.

## Checklist for Optimising Learning

To maximize the benefits of this program, participants are encouraged to:

1. **Prepare for the Theory Component**
  - Dedicate at least 4 hours per week to study and tutorial preparation.
  - Complete the required reading, including materials on lymphatic anatomy and the Dr Vodder Method.
2. **Engage Actively in Practical Training**
  - Participate fully in hands-on classroom sessions.
  - Practice techniques during and between sessions to build proficiency.
3. **Plan for Progression**
  - Enrol in the next Level within 12 months to maintain continuity.
  - Consider advanced certificate-level courses to expand clinical application skills.
4. **Clarify Learning Goals**
  - Use online tutorials to ask questions and clarify concepts.
  - Leverage instructor feedback to strengthen understanding and skills.

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*Graduates of Level 1 Dr Vodder's MLD training are well-prepared for further study and practice, laying the foundation for excellence in Manual Lymph Drainage techniques.*

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