

Guidelines for Remote Learning for Visceral/Fascial Manual Therapy Courses

From instructor Ramona Horton:

Please understand that this is a new experience for all of us and we will be learning together, adversity creates opportunity. For many of you travel and time away from your home has been difficult as well as expensive. I hope that we can create a valuable learning experience with this new platform that is a plus for everyone. These guidelines are being put forth for the benefit of all participants and if you feel you are unable to fulfill them then it is recommended that you not participate as a remote learner at this time.

- 1) The feedback of your lab partner is essential, therefore I highly recommend that you collaborate with another pelvic health clinician, preferably someone in your clinic or health system that you are currently working with and that is under the same guidelines and current precautions as your state leadership mandates. All participants will need to register for the course.
- 2) You will need pillows, positioning props, a treatment table, and a webcam (laptop or iPad is fine). We will be remoting in to provide real-time feedback and answer your questions during lab sessions. We will have a dedicated teaching assistant to answer any questions during lecture, these will also be presented to the entire class. Several TAs and I will remote in during the labs, to answer questions and view your progress. If your clinic has an experienced visceral trained therapist that is willing to assist your lab practice please contact H&W for prior approval, we are open to many options as long as all participants adhere to current regional COVID guidelines. We ask that the class areas be set up with 6 feet between participants during lecture and you wear a mask at all times during labs.
- 3) Please treat this like any other live continuing education course, I am asking that you go to your clinic where you have access to pillows, props sheets lube and gloves as well as a high-low table. This is a live-streamed course with the expectation that you will be present without distractions of kids and the dog in the background.
- 4) Please setup your lab area and test your webcam ahead of time. Please get your Zoom profile set up and tested ahead of time as well. I am asking that you use a professional name in your Zoom profile so we know who we are talking to and can use your name appropriately. Access to the meeting will be password protected and no genitalia will be displayed during the lab sessions.
- 5) The initial three hours of lecture will be recorded and made available several days before the course starts. The first hour of lecture will be set up as a Q and A for those lectures. This change allows for more time available to cover course content in order to optimize the learning experience for all participants. This live course is scheduled to begin at 4:30 Pacific time and run until 9:15 however, if we have east coast participants we may need to start earlier. I appreciate all participants understanding and willingness to be flexible.

Kindest regards and hope we can all come together in the future,
Ramona