

Advanced Halliwick courses focusing on therapeutic implementation

Hi my Halliwick colleagues,

I would like to tell you about the advanced courses that have been developed in Israel in the recent years.

In Israel, hydrotherapy programs have evolved markedly over the past decade and there is a great interest in hydrotherapy and Halliwick courses.

Since there are many physiotherapists and hydro-therapists who work in water on a daily routine, I have developed an advanced course which *focuses on the creative thinking in the hydrotherapy treatment while using the principles of the Halliwick concept. It is a 4 days clinical course which contained both theoretical lectures and practical sessions in the pool. During the course we do a lot of group work and develop together the skills of supports and stimulations in order to achieve therapeutic and functional goals, according to the Halliwick approach. The pool work integrated practical experience with patients (children and adults) followed by planning and developing a specific treatment program designed towards the patient's specific needs. We put a lot of emphasis on developing games and special exercises in order to enhance the patient's motor learning and fun.*

I would like to share with you some of the comments I got in the courses:

"The course gave me many tools and ideas that I can use as a therapist in the water and on land."

"I learned that when treating in water is of great importance to understand "Where" (to provide support) and "Why" (we give this support)."

"For me, this course was a revelation. Many chips fell into place in this course. The course provided me a clinical framework for my treatment in water, especially the boundary between physical therapy in water and improving swimming style (and active techniques)."

"The course organized my work. I feel that more than ever I can plan treatment according to functional goals and make the most out of the treatments. Thank you."

"I learned a lot and my confidence to use Halliwick increased during the course. I got new tools that will enhance and enrich my treatments."

As for me, teaching a course with experienced therapists always contributes to my professional skills, provides me many new ideas and makes me reassess the way I use the 10 PP in my treatments and in my method of teaching. I now got new emphasis on it. For example, focusing on BIS and TG as two important parts of the process of Mental Adjustment and gaining the control on dynamic movement in the water.

I would love to share it with you on one of our meetings.

See you all soon

Merav Hadar-Frumer

