Summary of 2014 Instructor Conference in La Center, Washington USA

Present: *Harold Dull, Peggy Schoedinger, Cameron West, Mary Seamster, Ahara Vatter, Minakshi, Mary Theri Thomas, Georges Amir Kunzler, Aida Bahrawy, Alexis Lee, Inika Spence, Bill Carroll*

The text in blue are decisions that are local and do not need assent worldwide. The text in red are proposals that were rejected by instructors at the conference in Europe.

1. Requirements for Instructors to teach the new Basic Watsu®
   a. All instructors are required to teach the new Basic Watsu as soon as they receive Harold's DVD.
   b. *Poolside notes need to be revamped as well. Cameron volunteered to send old Watsu Poolside Notes to Harold and Minakshi that show the 3 aspects of orientation. Done!*

2. Proposed increase of fees and upgrade of Registry site.
   a. Annual Instructor fee will increase to $150.00. Instructors will pay usual $100 to WABR and the additional $50 to the Registry website update fund. Increase takes place January 1, 2015.
   b. Harold will present the increase at all conferences worldwide, and adjust the increase per each country's financial abilities if needed.
   c. Notice needs to be sent out to let all the instructors know there will be an increase January 1, 2015. Harold will do this.
   d. Posting fees for all classes will be increased 50% worldwide starting January 1, 2015. Harold will send a notice to all instructors informing them of the fee increase.
   e. We discussed increasing Practitioner dues but decided to wait until the quote for updating the Registry site was received and reviewed.
   f. Instructor additional fees will go to the web site and the additional posting fees will go directly to Pavana and Harold.
   g. Upgrade the Registry by a professional service, so that it can be maintained professionally, if needed, and not be solely

dependent on Harold or any other one person to be maintained. There need to be three to five quotes for the Registry upgrade. Harold, Theri and Inika each knew a professional to contact. Harold, Theri and Inika will follow up.

3. ESAC clarification.
   a. ESAC members, the members of the advisory sub committee, The 7 members of ESAC were appointed by the WABA Board of Directors: Gianni de Stefani, Theri Thomas, Cameron West, Mary Seamster , Chiara Torrini, Eberhard Petschel (Shantimook) and Harold. Gianni de Stefani has a sub committee of Watsu Italia Instructors which he checks in with to get approval. There is an ESAC sub committtee in the US comprised of Cameron West, Peggy Schoedinger, Mary Seamster and Ahara Vatter. They are the ones who organized the Instructor Conference in the US 2014. They are working on revamping the US ITC with input from Theri Thomas.
   ESAC does most of its communication via email and has not met in person.
   Scope of ESAC: To discuss and put forth any decisions regarding:
   1. Watsu Instructor Training including the required approval of any new ITC,
   2. minimum required curriculum for programs to become Watsu Providers and Practitioners
   3. courses to be approved for electives or CEC for sustaining Watsu Practitionership.
   b. ESAC's duties, and ESAC's email address need to be listed on the WABA web site. Harold will do this.
   c. Harold says he will follow the recommendations of ESAC.

4. Required minimum number of hours and days for each Watsu 1, 2 and 3 class.
   a. Every class must be advertised as 50 hours with a minimum of five days. Classes cannot be advertised for less than 50 hours or for a duration of less than 5 days.
   b. It was also agreed that if a class has 1-3 students the length of the class is based on the discretion of the Instructor. Classes with 1-3 students may be shorter if this will meet the needs of the students. However, the class must be a minimum of at least 4 days.

5. Advertising overlapping classes
    a. Instructors or organizers cannot advertise on the WABA site classes with overlapping dates.
    b. It's acceptable to have one class end on the same day another starts.
    c. It's acceptable for instructors to show overlapping dates on their personal website but not on WABA, Facebook, or other social media.

6. The Provider Program
    a. The instructors voted to keep the Provider Program.
    b. Provider program name has been changed to the Provider Internship so that it is clear the Provider is an intern and not a fully qualified Practitioner.
    c. The Provider Intern has one year to complete requirements for becoming a Practitioner. This year starts when the student becomes a Provider Intern. Extension of the one-year deadline may be granted in extenuating circumstances.
    d. No certificates will be offered the Provider Intern.
    e. The Provider Intern Agreement will be signed by the Institute, The Facility and the Provider Intern.
    f. The agreement will have a clearly stated expiration date.
    g. The Provider Intern agreement needs to be updated. Ahara offered to help write the new agreement.
    h. The issuing Institute is responsible for following up on each Provider Intern's completion of Practitioner requirements.
    i. Students who are already in process will continue with the requirements in place when they started.

7. Clarification of Institutes
    a. There are two types of Institutes.
        i. Independently Certifying Institutes, such as Watsu Italia.
        ii. Individuals or facilities that provide certification through WABA.
    b. Cameron offered to improve the wording for the website to clarify the definition of an Institute.
    c. Institutes can add supplemental classes that are not WABA Certified.
    d. Training Institutes support WABA and Harold.

e. Each Institute does the paper work for its students rather than Pavana handling the paper work.

8. ITC Program
   a. Based on the recommendation of the Instructor Conference 2012 regarding the need to clarify the process of becoming an Instructor, an advisory sub committee to ESAC was approved by Harold.
   b. In 2012 it was recommended that the ITC program develop a co-teaching format and curriculum similar to Watsu Italia. It was felt that if the USA ITC could be more congruent with the Watsu Italia program, it would benefit Instructor trainings globally.
   c. 2014 Instructor Conference suggested that there be one ITC program with two different Instructor options. Option #1 is following a single Instructor format, which is currently with Theri Thomas. Option #2 is to study with a co-taught ITC.
   d. It was recommended that the ITC be cohesive with a core ITC Manual and an Application and Review Committee (ARC), which will review all applicants.
   e. Each Instructor option would offer a maximum of one ITC per year at an interval of approximately six months from the other Instructor option. ATC classes may be scheduled more often.
   f. Theri and the advisory subcommittee will go over the existing manual and collaborate on updating the current training manual. Minakshi offered to help on this as well.

9. Senior Instructors and Coach Advisors
   a. Agreed there is a need for more Senior Instructors and Coach Advisors, especially ones available in or near Europe.
   b. Agreed on having new international Senior Instructors, Gianni de Stefani and Batia Siegel. Harold will contact them independently to ask for them to apply to ESAC to become Senior Instructors and Coach Advisors.
   d. Clarify if Helen Schultz can become a Coach Advisor if she agrees to teach the current Watsu material, and if she wants to remain current.
   e. Amir will write a letter to Helen asking her if she wants to be a Coach Advisor.
   f. Once all Coach Advisors are chosen, their names and contact information will be available on the WABA web site.

10. Peggy will write a letter to Tomasz offering a different perspective on presenting the new Basic Watsu to healthcare professionals. Done!

11. Courses for CEUs and practitioner certification
    a. Practitioner CEUs may be from any class taught by a teacher approved by his/her professional organization.
    b. Practitioner will post hours on the WABA site and pay the posting fee. If the class is taken through a WABA Institute, the Institute will post the class and pay the posting fee.
    c. Assisting a WABA course counts toward CEU requirements.
    d. Classes for practitioner certification need to be WABA approved.

12. Ethics Committee
    a. Agreed to reinstitute an Ethics Committee.
    b. Lexy, Amir and Ahara volunteered to be the interim Ethics Committee.
    c. It was suggested we get a Professional, trained and experienced in Ethics, from outside of WABA to be a consultant for the committee.
    d. A visible link will be made available for Ethics complaints, which will go directly to the Ethics committee.
    e. A process will be clearly stated on the WABA website for addressing ethical issues.

Summary of 2014 Instructor Conference in Scansano – Italy

October 2o14

Present: Harold Dull, Cristina Levi, Shanti Mook, Moti Monica Marcangeli, Hilary Austin, Gianni De Stefani, Basia Borst, Helen Schulz, Roberto Tordoni, Keli Procopio, Italo Bertolasi

The text in blue are decisions that are local and do not need assent worldwide. The text in green are proposals that replace those in red in the Washington Summary.

1. Requirements for Instructors to teach the new Basic Watsu®
    a. It was voted to encourage all the Instructors that don't know the form of the new Basic yet, to learn it within two years by visiting, and co-teaching with instructors competent in it. Once they have experienced how it works in a class, their input for a review will be welcomed ,
    b. Instructors who wish to offer something before the Basic can offer an Introduction to Watsu, that, when taught by an authorized instructor, adds hours to their transcript
2. Proposed increase of fees and upgrade of Registry site.
    a. The annual $25 practitioner fees will be reinstated in all developed countries, Training Institutes maintaining their own list of practitioners presented to the public will transfer from whatever annual fees they collect $15 to update the practitioner's status on the Registry. All training Institute will limit their list of practitioners to those who are current.
    b. $25 will be a one time charge for each additional authorization added to a Practitioner's transcript.
    c. $50 will be a one time charge for each additional authorization added to an Instructors transcript including new levels of instruction. Instructors continue to pay the $100 annual fee. **Unanimous vote**
    d. We voted that the classes posting fees will be 50% more, till the expenses of a programmer's help in rebuilding the

registry has been paid off. The fees will be charged for the new classes starting from 2015, and not for the classes in the past. When the amount is covered the fees will go back to the amount previously established.

6. The Provider Program
    a. The Provider Intern has two years to complete requirements for becoming a Practitioner. These years start when the student becomes a Provider Intern. Extension of the two-year deadline may be granted in extenuating circumstances

9. Senior Instructors and Coach Advisors
    a. We voted that all instructors who have been a Watsu 2 instructor for at least three years and have had classes on the Registry for each of the last three years are senior instructors.
    b. Senjor Instructors vote members to committees: ESAC (when a replacement is requested), ETHICS, TRADEMARK,.. Membership in ESAC is limited to Senior Instructors.
    c. Helen accepted the invitation to be a COACH ADVISER
    d. The European Conference welcomes Basia Szpak as a Coach Adviser.

12. Ethics Committe
    a. Ethics Committee: We decide to have an European Ethic Committee, made of one outside Professional (we do propose Fulvio Zanella a psychologist, psycoterapetic that collaborates with Watsu Italia, we'll ask him) Shanti Mook volunteer to be part of the European Ethics Commette and retired from ESAC and Basia Szpak Borst also volunteer The task lasts three years – One of the duties is to oversee the way that Watsu is promoted. **Unanimous vote.**

13 No changes
    a. We reviewed and passed the Washington Proposals about the required minimum number of hours (4) and overlapping classes(5). We agree that any new Watsu Instructor Training must be approved by ESAC
    b. Except for the proposals in red that we propose replacing with those in green, we found no reason to replace or reject any of the other Washington Proposals .

14. Europe
    a. We decided to have a page or site on the internet closely allied to the Registry, that lists and provides access to all the WABA Training Institutes in Europe and their instructors and classes. Instructors not allied to a training institute are encouraged to join or form a training institute. Tentatively called **WABA EUROPE**. Moti , Basia and Hilary volunteered to work on the Mission statement of what is to become a vehicle of cooperation and shared vision embodying the spirit of Watsu first, and a marketpace second.
    b. Harold made it clear that the new Registry will be programmed so that lists of classes and practitioners and their descriptions, etc can appear on WABA Europe and Training Institute web pages in the style they set rather than directing their visitors to the Registry.
    c. The next European Instructor Conference is planned tp be in Krakow, Poland, October, 5-6, 2015 immediately following a conference open to the public. A conference will be planned every year for two days during the first week of October. It will alternate between Italy (where about half the European instructors live) and other countries in Europe. As with all worldwide instructor conferences, all current WABA instructors are invited.
    d. Helen will contact Arjana to ask her to be part of WABA EUROPE, and to come at the table in the next conference
    e. Shanti & Helen will go back with the intention to encorage their Instructors to fully participate in the Registry.

Summary of 2014 Instructor Conference in Caldas Novas – Brazil

This Conference was set up by the Watsu Instructors in Brazil as an introductiory presentation of the new Instituto Latino Americano de Watsu to the Watsu community. Participants from Argentina and Chile attended as well as many from Brazil. Mauricio Garcia presented the results of his extensive research into the benfits of immersion. Being of use to all of us who work in water this will soon

appear in English on the Waba site. Fernando Calixto demonstrated how the specific moves of Watsu effect the Muscle Chains in someone's body. He and Mauricio are planning to bring this out in a book in English.
The Instructors in Brazil;
1.Agreed with the US that all Basic Watsu instructors should teach what has become the standard form.
2. Proposed that the instructor's posting fees should be $1 for each students' 5 hours of a class (The 2014 rate in developed countries). They agreed with the other proposals about dues in fees in Europe including practitioner fees in all Latin America countries being $25 ($15 when it is taken out of fees the institute collects.)
6.

a. They do not want a Provider Program. They feel in the shorter program practitioners are not sufficiently prepared to work on the public, and many, as happens elsewhere, will not complete the program to be a practitioner.

b. They complained that issuing a Basic Watsu Certificate encourages some to start claiming they have the authorization to practice. They want students to contract for a program that leads to being a practitioner.

I proposed a solution they welcomed which may be of use in other places: Watsu's Basic Path is what is taught in Watsu 1 and 2. In each class or module on that path students will get a certificate that states.

> This is to certify that _____ completed the ___ hour _____ ,a step on Watsu's Basic Path and (upon logging ___ practice sessions (and succesfully auditing ___ and /or completing a Supervision)) is ready to continue on to the next step on that path. On successfully completing that path and demonstrating an understanding of the principles and moves taught, and meeting any other requirements listed on the ___ site., a student may apply to be accepted into a program that can lead to being registered as a Watsu Practitioner.

NEW Knowing that both Peggy and Cameron wanted another name for their Watsu 3 and that an adapted class is as important to practitioners as the traditional Watsu 3, I proposed that an Institute can include in their required 200 hours of Watsu both Watsu 3 and 50

hours of Adapted Watsu. They welcomed the idea and I asked Mauricio that if Peggy and Cameron agreed, to join them in a committee to determine what classes would qualify as adapted watsu. He agreed. I also asked him if he would take the place on ESAC that Shantimook has just resigned from. If I receive no objections from the other members and instructors he will take that place. He also agreed to help on a committee focusing on research. Here are his qualifications:

Mauricio Koprowski Garcia –age: 58

- Degree in Physical Education and Physiotherapy.
- MBA - International Executive in Healthcare Management - FGV.
- Phd in Science by School of Medicine, University of Sao Paulo (USP), the largest University in Latin America, the host of the largest hospital in Latin America.
- Member of the teaching improvement program at School of Medicine - USP.
- Researcher and coordinator of the Aquatic Therapy Department at Institute of Medicine and Rehabilitation USP
- Halliwick Senior Instructor by International Halliwick Association – UK. Chair of Halliwick Brazil Association, Member of the research education committee of International Halliwick Association.
- The first to bring and organize a Watsu class in Brazil (1995). Assisted in 2 Watsu Instructor trainings. Instructor Watsu I-II and III. Helping organize the Instituto Latino Americano de Watsu and its Watsu Instructor Training program.