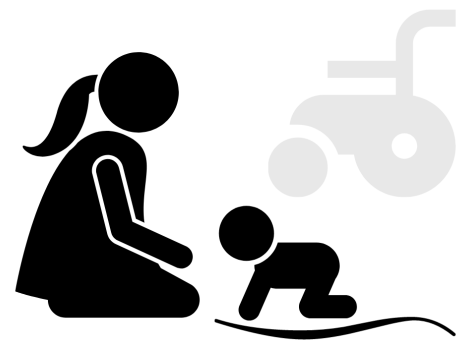




# adapted spiral praxis

## Online Portal Handbook



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## **Introduction**

Thank you for your interest in the Adapted Spiral Praxis training and certification program for parents, caregivers and practitioners! This guidebook will walk you through everything you need to know to get started.

The first section of this Guidebook outlines the vision, mission, and philosophical principles of Adapted Spiral Praxis. We strongly recommend reading through this section carefully to properly understand what ASP is and what it aims to do; furthermore, later you will be asked to write a paragraph on each of the 10 statements of philosophy, so be sure to familiarize yourself with them.

You can find an overview of the parent program as well as the practitioner curriculum requirements on page 8, and the Practitioner Training Checklist beginning on page 15. The Checklist outlines everything practitioners will need to do to complete the certification and is vital for your success in the program.

The final sections of this Guidebook contain a Statement of Commitment for practitioners, a Practitioner Oath, and a Liability Release form, all of which will need to be signed and submitted to the Spiral Praxis Institute of Bodymind Healing and Education prior to completion of your training.



We wish you the very best of luck on your journey to becoming a level 1 ASP Practitioner! Never hesitate to reach out to us if you have any questions about the course material or the program.

## **Vision**

To bring the joy of movement to all children, teens, and adults with special needs and disabilities.

## **Mission and Goals**

Adapted Spiral Praxis is intended to provide:

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1. free, community-driven, online resources to enrich the lives of parents and caregivers of children with special needs or disabilities;
2. training, bursaries, and ongoing support to empower parents and caregivers to help their own children with special needs or disabilities;
3. high-quality somatic movement education and rehabilitation for children, teens, and adults with special needs or disabilities;
4. training, certification, and support for prospective practitioners of our somatic program, empowering them to work within their communities to help their clients and children discover movement.

By educating parents and caregivers, providing intervention services for children, and training new practitioners and practitioner trainers, we aim to create grass-roots, self-generating growth to expand the reach of Adapted Spiral Praxis to communities worldwide.

### **How We Fulfill Our Mission**

The mission of the Spiral Praxis Institute is fulfilled by different programs, resources, and services.

1. Our free community resources include WhatsApp groups, forums, and regular Zoom meetups. All our community programs are led and sustained by parents and caregivers, and promote living dialog, knowledge exchange, shared experiences, and supportive collaboration for all members.
2. We provide a rich online training portal that offers many free learning resources for parents and caregivers. These include multimedia tutorials, online videos, articles, blog posts, and teaching aids, with plans to continually add additional content over time.

3. We provide private sessions, private intensives, and group classes to serve our community of children with special needs and disabilities. When possible, we also offer online coaching and private sessions to assist parents in working with their own children.
4. Our training and certification programs are designed to educate and qualify practitioners to work with a wide range of children with different conditions and disabilities. We also provide continuing mentorship and support for all our certified practitioners.

## **Approach and Method**

Adapted Spiral Praxis is a motor intervention program based on holistic bodymind practices. Rather than provide a programmatic, cookie-cutter curriculum for children, ASP focuses on an empirically derived flow learning process where both children and practitioners find learning opportunities together. ASP operates according to the following universal precepts:

- Every child, if given an opportunity to move, explore, and develop their own body, will make progress, regardless of their condition.
- A developmental intervention program centred on a child's individual learning style is the optimal way to open doors of motor learning.
- Motor learning progression proceeds developmentally in 4 steps:
  - (1) the learning process can only truly begin when a child's body is relaxed, aligned, and free of pain (plowing the field)
  - (2) learning movements consists of creating new neuromuscular initiations and flow patterns (planting the seed)

- (3) equilibrium positions of the body (postures) involve whole body coordinations that provide a stable foundation for movement
- (4) a child with disabilities reaches physical autonomy when they discover new movement locomotions through space
- Children learn about, deepen, and connect their inner world to the external world by forming relationships between their own body and external objects using time, space, and energy variations.
- Experiential flow learning is dependent not just on therapy but on the ecological support of the families involved, and strong, loving, social bonds with caregivers and practitioners.
- Motor learning is a creative, developmental process that can only be fostered through sensitive, adaptive, proactive intervention.
- Every child can realize the highest potential of their unique gifts and abilities.

## **Inclusivity Statement**

We at the Spiral Praxis Institute teach universal bodymind through movement education classes. If you want your child to learn how to move freely and with ease wherever they are, whatever their story, we're here to help.

The Spiral Praxis Institute is committed to teaching everyone inclusive of race, ethnicity, religion, sex, national origin, ancestry, age, marital status, physical or mental ability, socio-economic status, political views, gender identity, sexual orientation, family structure or other protected status.

The Spiral Praxis Institute seeks the equitable accreditation of a diverse body of teachers.

## **Declaration of Principles**

The Spiral Praxis Institute (**SPI**) believes that free movement is the natural state of humans and that the bodymind can actively heal itself when it is properly aligned, balanced and free of pain.

**SPI** emphasizes that all people can experience ease and flow even in the most difficult circumstances. We hold that motor learning is a developmental process that can be fostered through proactive intervention.

**SPI** believes every child, if given an opportunity to move, explore and develop their own body will make progress.

**SPI** offers training to parents, caregivers and practitioners with the belief that they know their children best and can help them gain confidence in their natural ability to move freely in flow.

**SPI** believes progress is dependent not just on therapy but on the ecological support of the families involved and strong, loving, social bonds with their peers and caregivers.

## **Support Us**

Thank you for supporting Adapted Spiral Praxis and for making a difference in the lives of children with special needs and disabilities!





## **Two Streams: Parents/Caregivers and Practitioners**

The ASP training program has two streams: one for parents and caregivers and another for practitioners. Please read below for the section that is best suited to your needs.

### **Overview of Parent Training**

This program empowers parents and caregivers to take the motor education of their children into their own hands. It enriches the knowledge and understanding parents and caregivers have of their child's condition and how to make progress towards their true potential.

The training is 6-months long and includes two in-depth 2-day intensives in addition to live and pre-recorded online classes, a student mentoring

program, case study analysis, and regular meetups to discuss real-life scenarios.

The program is designed to offer participants a great deal of flexibility and ease in their study. Two intensives will be offered each year, though if needed they can be attended in a subsequent year. All video classes will be recorded and accessible on-demand from our online learning portal at your convenience.

Participants will also have access to a vibrant WhatsApp community of other parents and caregivers sharing their personal work with children. Become connected and share your experiences, strategies, and learning with other parents in similar situations — enjoy the support of a community of likeminded individuals working together to learn ASP and better the lives of their children.

The ASP parent and caregiver training program is designed to provide a flexible and robust education in how to help children with disability overcome physical limitations and achieve their unique potential. Parents who complete the program report understanding their child's needs more deeply, and also feeling empowered to be able to guide and sustain their motor learning.

## **Overview of Practitioner Training**

The ASP Level 1 practitioner training is a comprehensive one-year program that certifies practitioners to work professionally with children

with disabilities. The ASP Level 2 practitioner training provides certification to teach, train, and mentor Level 1 student practitioners.

The level 1 practitioner training involves two onsite training intensives in addition to online classes throughout the year, a robust mentoring program, case study analysis, and regular meetups to discuss real-life client scenarios. The online classes include extensive coursework and assignments, as well as the observation of practitioners using ASP techniques in real world situations. Practitioners will also study alongside parents and caregivers and gain an in-depth understanding of their lived experiences and needs caring for children with disabilities.

The program affords students many opportunities to set their own pace of study. The live class modules can be completed at your convenience; and the pre-recorded course videos can be watched at any time, allowing you flexibility with your schedule. Following the training, students will be required to complete **[x contact hours]** with live clients under the guided supervision of a teacher trainer, though there is no strict time limit on when this can be done.

The ASP Level 1 program is designed to provide a flexible but robust pathway to high-level professional training and certification. After graduating, practitioners can take pride in being able to offer an exemplary level of care and expertise for a wide range of disability conditions.

The required application work is summarized in detail below. Please also refer to Practitioner Checklist on page 15.

## **Prerequisites**

The following prerequisites are required to begin your ASP level 1 practitioner training:

- Complete a criminal background check (<https://www.sterlingbackcheck.ca/services/criminal-record-checks/>)
- Provide an accredited first aid certificate
- Complete online registration and payment

## **Free Educational Resources**

Before applying, we also encourage all new applicants to access our online portal to watch free instructional videos, read articles, engage with our community forum, and more. Also visit and subscribe to our YouTube channel (<https://youtube.com/c/AdaptedSpiralPraxis>) for documentaries and other videos that feature our work in action.

## **ASP Training Program**

### **Academic Timeline**

The academic timeline consists of three 9-week modules interspersed with three 5-day online or in-person intensives. Note that a separate 2-day parent and caregiver intensive will occur before or after each of the practitioner intensives, which practitioners can also optionally attend. Though the ASP training program requires completion of all three modules and two onsite intensives, students are free to take modules and intensives in any order, including in the following calendar year if needed.

1. First Module: January - March (9 weeks)
2. First Onsite Intensive March Break (5 days)

3. Second Module: April - June (9 weeks)
4. Second Onsite Intensive June (5 days)
5. Third Module: June - August (9 weeks)

### **Part 1: ASP Approach and Method**

Read and discuss the ASP Approach and Method section with a mentor (or level 2 practitioner).

### **Part 2: Required Reading**

Read and complete the ASP training manual and accompanying lab book.

### **Part 3: Required Course Work (Videos and Quizzes)**

The online course content will consist of 3 9-week modules spread throughout the year. Each week of a module will feature an online lesson accompanied by a quiz. Homework and exercises will also be assigned by Yuji, providing students with valuable practice and experience applying the skills they are learning. Homework assignments will be reviewed and discussed directly by Yuji in subsequent classes.

Parents and caregivers offer some of the most valuable experience and knowledge about what it means to work on daily basis with children with disabilities. Practitioners will have the opportunity throughout the first 2 modules (or 6-months) to train and study alongside parents and caregivers who will be taking a modified version of the curriculum.

### **[practitioner testimonial on value of learning from parents]**

To complete this section, watch all pre-recorded course videos and live classes, and complete all quizzes, assigned homework, and exercises.

#### **Part 4: Mentor Guidance**

Receive robust, guided mentorship training from a certified level 2 ASP practitioner throughout your entire year of study. Practitioners will work directly with a mentor in a variety of ways. Mentor guidance will include role play scenarios, mock class planning, discussion of practice and live assessments, and supervision and support as you work to complete your required contact hours. Mentors will be available to answer questions and provide guidance throughout your training, supporting your learning and setting you up for success as you transition from study into your professional practice.

#### **Part 5: Community Study**

The ASP training program places a strong emphasis on community learning and engagement. Students are encouraged to participate in regular peer meetup groups to discuss and study the course material, their own private sessions, and anything else of relevance to working with children with disabilities. Students will also have access to a student forum where they can post questions to their peers, the mentor community, and ASP staff.

#### **Part 6: Training Intensives**

Intensives provide invaluable, hands-on experience and training for practitioners and are an essential component in learning how to work with children effectively. There is really no substitute for working directly with children with live instructor guidance. Intensive participants will also have

the opportunity to learn bodywork techniques directly from ASP founder Yuji Oka.

To complete this section attend at least one in-person intensive and a second intensive either in-person or online. Practitioners are welcome to attend all three intensives if they wish, and are encouraged to do so if possible. The third (optional) intensive can be either in-person or online.

## **Post-Training**

### **Sign Practitioner Documents**

Read, discuss and complete three documents to complete the training certification:

- ASP Practitioner Oath
- ASP Statement of Commitment
- ASP Practitioner Release Form

### **Contact Hours**

Complete \_\_\_ hours of in-person contact hours with live clients.

We have included a practitioner training checklist below for your own personal use. A version of this checklist can also be found on your online course account, which will be updated by your mentor as you complete each item. Be sure to notify your mentor whenever you complete a task. Full completion of the checklist is required for completion of the level 1 certification.

## Level 1 Practitioner Training Checklist

### Prerequisites

Prerequisites	Date
Complete criminal background check	
Provide an accredited first aid certificate	
Complete online registration and payment	

### ASP Training Program

Part 1: ASP Philosophy Statements	Date
The bodymind can actively heal itself when it is properly aligned, balanced and free of pain.	
Experiential, holistic, flow learning requires a safe and supportive environment; a foundation of relaxation, internal awareness, regulation and connection.	
Every child, if given an opportunity to move, explore, and develop their own body will make progress.	
Motor learning is a developmental process that can be fostered through proactive intervention.	
Movement patterns of the body are all enacted from equilibrium positions which are postures of the body when it's at rest and aligned with earth's gravity.	
First locomotion brings autonomy. A child can independently use their body to get what they want.	
Children learn about, deepen and connect their inner world to the external world by forming relationships between their own body and external objects using time, space and energy variations.	
Progress is dependent not just on therapy but on the ecological support of the families involved and strong, loving, social bonds with their peers and caregivers.	
Human creativity is a manifold whole that cannot be divided and exploration is the seed of all creativity.	
Every child is capable of achieving their highest potential within their unique abilities.	



Part 2: Required Reading	Date
The Adapted Spiral Praxis Training Manual	
The Adapted Spiral Praxis Course Guide and Lab Book	
Part 3: Required Course Work (Videos and Quizzes)	Date
Watch Level 1 Module 0	
Answer Quiz Questions for Module 0	
Watch Level 1 Module 1	
Answer Quiz Questions for Module 1	
Watch Level 1 Module 2	
Answer Quiz Questions for Module 2	
Watch Level 1 Module 3	
Answer Quiz Questions for Module 3	
Complete Assigned Homework	
Complete Class Video Analysis	
Part 4: Mentor Guidance	Date
Evaluate, comment on, discuss / ask questions about videos watched and materials read	
Meet regularly with mentor for progress updates on fulfilling the requirements	
Participate in ____ role play scenarios	
Create and review a mock assessment with mentor	
Present sample classes for feedback	
Receive mentor confirmation that all course requirements are met	
Part 5: Community Study	Date
Practice on other students or teachers	
Attend 75% of group discussions	
Create and discuss mock lesson plans	

Part 6: Training Intensives	Date
Attend 1st training intensive, in-person or online	
Attend 2nd training intensive, in-person or online	

## Post-Training

Sign Practitioner Documents	Date
Discuss the ASP Practitioner Oath and the ASP Statement of Commitment with your mentor	
Read and sign the ASP Practitioner Statement of Commitment	
Read and sign the ASP Practitioner Oath	
Read and sign the Practitioner Release Form	

Contact Hours	Date
Assess a live client, then plan a class from the assessment	
Complete ____ mentor-supervised contact hours with live clients	

## **ASP Teacher Statement of Commitment**

An ASP Teacher commits annually to the following Statement of Commitment. Following the process outlined by the Spiral Praxis Institute.

*I am committed to furthering the mission of the Spiral Praxis Institute and teaching movement as presented in the ASP portal and other ASP publications. I understand and agree that in using the designation “ASP Practitioner” and representing the Spiral Praxis Institute, I will comply with the most recently published version of the Spiral Praxis Institute Center’s Policies and Standing Rules. I will resign from this position if I find that I can no longer represent the Spiral Praxis Institute under this agreement, and I will discontinue the use of the designation “Adapted Spiral Praxis Practitioner.”*

## **The Spiral Praxis Institute’s Practitioner Oath**

An Adapted Spiral Praxis practitioner pledges annually to the following oath.

Adapted Spiral Praxis is a system for helping children and adults improve the health of their bodies and minds, and open up new areas of movement and independence. As practitioners, we are guides for others on their journeys of healing and transformation. I pledge:

1. To help others overcome internal and external difficulties that may inhibit their potential to heal and move in flow.
2. To continue to learn and develop our knowledge of bodymind and Adapted Spiral Praxis.

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3. To strive for genuine human connection with anyone who comes into our care.
4. To respect the privacy, consent, safety, and wishes of others.
5. To commit to holistic healing and growth.
6. To bring the joy of movement to all children, teens, and adults.

DATE

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SIGNATURE

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## General Release Of Liability Form

I, \_\_\_\_\_ at

\_\_\_\_\_

\_\_\_\_\_ HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING IN ANY/ALL ACTIVITIES being conducted by

\_\_\_\_\_ at

\_\_\_\_\_

\_\_\_\_\_, including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained, or controlled by them, or because of their possible liability without fault.

I CERTIFY that I am physically fit, have sufficiently prepared or trained for participation in this activity, and have not been advised to not participate by a qualified medical professional. I CERTIFY that there are no health-related reasons or problems which preclude my participation in this activity.

I acknowledge that this Accident Waiver and Release of Liability Form will be used by the event holders, sponsors, and organizers of the activity in which I may participate, and that it will govern my actions and responsibilities at said activity.

In consideration of my application and permitting me to participate in this activity, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

(1) I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this activity, THE FOLLOWING ENTITIES OR PERSONS:

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\_\_\_\_\_ and/or their directors, officers, employees, volunteers, representatives, and agents, and the activity holders, sponsors, and volunteers;

(2) INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this activity, whether caused by the negligence of release or otherwise.

I acknowledge that

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\_\_\_\_\_ and their directors, officers, volunteers, representatives, and agents are NOT responsible for errors, omissions, acts, or failures to act of any party or entity conducting a specific activity on their behalf.

I acknowledge that this activity may involve a test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of participants, equipment, vehicular traffic, lack of hydration, and actions of other people, including, but not limited to, participants, volunteers, monitors, and/or producers of the activity. These risks are not only inherent to participants, but are also present for volunteers.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this activity.

I understand while participating in this activity, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the activity holders, producers, sponsors, organizers, and assigns.

The Accident Waiver and Release of Liability Form shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL.

## **SIGNATURES**

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Releasor's Name and Signature

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Parent/Guardian Name and Signature  
(If under 18 years old, Parent or Guardian must also sign)

---

Releasee's Name/Stamp and Signature

---

Date

---

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