



Diploma of Energy Psychology

Welcome to The School of Elemental Kinesiology

Professional Kinesiology Training

The School of Elemental Kinesiology is a dynamic and bespoke school located in the northern suburbs of Melbourne with Bianca Jewell leading the way as principal and head instructor.

The School of Elemental Kinesiology was created for students who are looking for an in depth and comprehensive Kinesiology curriculum that addresses all aspects of a person's well-being using a wide range of healing tools as well as an all-encompassing PKP® finger mode data base system of healing.

We offer and provide the opportunity to study from the entry level International Certificate of Professional Kinesiology Practice, the International Diploma of Professional Kinesiology Practice, all the way to the high-end expertise level of Kinesiopractor®.

Upon completion of the 12-month International Certificate of PKP you will be qualified to become a practicing and registered PKP Kinesiology practitioner.

As an affiliate school of ICPKP (International College of Professional Kinesiology Practice) I believe that this beautiful modality stands the test of time and truly addresses and encompasses all aspects of our being – physically, mentally, emotionally, spiritually and biochemically.

PKP is the creation of founders and authors Dr Dewe MD (a medical doctor) and his wife Joan Dewe MA and has been cemented within the international Kinesiology community for almost 40 years as the most comprehensive when addressing the totality of a person's well-being.

The definition of Kinesiology is – *the science dealing with the inter-relationship of the physiological processes and anatomy of the human body with respect to movement.*

This is why in PKP you learn how to muscle test multiple muscles that relate to all of the meridians and the five elements in order to detect and locate stress in the body.

You will learn to use manual correction points, acupressure points, specific Kinesiology techniques as well as utilise the esoteric remedies such as essential oils, flower essences, gem essences and homeopathics in order to activate the body's innate healing energy.

Bianca Jewell

School Principal and Head Instructor

Bianca Jewell - School Principal and Head Instructor

After teaching the full 4-year PKP Kinesiopractor® syllabus for 11 years to thousands of students, Bianca honoured her soul's true path and embraced her own desire for growth and expansion and opened the professional School of Elemental Kinesiology to allow and provide all students with the opportunity to become a successful kinesiology practitioner.

Bianca has earned the reputation of being a sacred space holder within her classes. Within the teaching room Bianca's students have described feeling supported, inspired, heard, encouraged, respected, empowered and included and have described Bianca as knowledgeable, thorough, committed and a natural teacher that is able to break things down into simple knowledge so that you understand the syllabus content and enjoy the learning process.

Bianca has been an accomplished Kinesiopractor® therapist for 16 years and operates a very successful and busy clinic in Greensborough.

After completing the full PKP syllabus herself Bianca is extremely equipped to not only hold space for you as a student, whether this is your first time learning an energetic natural therapy or whether you are already an established practitioner wishing to add more skills to your existing modality and offer more services to your current client base.

My goal and commitment to all of my students has and always will be to inspire, support, guide and mentor you so that you become a practitioner of excellence with a high level of competency. I want to ensure that you are confident to be able to see any client that may come to you for any issue that they present with.

My passion is to honour the Kinesiology lineage and its ancestors who have paved the way for all of us to now learn this magical modality and to maintain the integrity of the process of learning.



Diploma of Energy Psychology

Syllabus

PKP Level 2 - Diploma of Energy Psychology

Help your clients overcome enduring fears, phobias, loneliness, mental/emotional stress or life trauma.

This is the perfect Diploma for those wanting to assist clients suffering mental &/or emotional trauma including those feeling deeply unsafe or helpless from a past event or an ongoing experience, like chronic abuse, bullying, discrimination or humiliation.

Functional MRI scans show that 85% of the logic brain is subconsciously programmed as a rapid response unit during the first 7 years of life. It functions thousands of times faster than the 'thinking response'. Growing up in an environment of fear, anger, dread, hopelessness and loneliness causes the so-called normal behaviour of many people to reproduce the responses of their parents and grandparents.

You are not responsible for and do not need to remain a prisoner of that programming. You are accountable for what you do to repair, rebuild and create a life worth living. A future full of love, kindness, patience, tolerance, gentleness and faithfulness is possible through cooperation as a community rather than fighting for survival as the fittest.

As a student, the time you spend absorbing this material will progressively enhance your life and your business. Don't rush this process of expanding the range and depth of your mastery. Time is needed to absorb, change, grow and use each step to support clients on their journey.

Albert Schweitzer said, "Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful".

You are going to love this Diploma.

Diploma of Energy Psychology – Units

Pre-requisite: International Certificate of Professional Kinesiology Practice (Foundation Principles)

EMS301 – Genetic & Meridian Emotional Release Protocols

This unit concentrates on releasing issues that have their roots back down in the generations, including behaviour responses based on the mother's or father's way of responding, and on assisting clients express and adapt to life events in new, positive, reinforcing ways that increase rather than decrease life energy.

As you complete this unit you will gain the necessary skills to aid the client as they recognise in themselves behaviours that are similar to those of either parent or which are a negative reaction to the behaviour of either parent and assist them arrive at a new place of choice.

Further skills will allow you to support the client to make positive adaptive responses and see positive possibilities in their future plus you will acquire the knowledge and understanding to balance the stresses of reactive emotional responses in their meridian system.

Your essential toolbox of PKP emotional stress release techniques will expand to include the use of meridian-based affirmations to relieve the energy drain of a wounded spirit; a cyclical approach to clearing stuck emotions; and an awareness of how their own language limits clients.

You will use a PKP process to enable the client to look ahead and consider the future they want to create and what they need to put in place now to make it happen. Your skills with the PKP finger-mode system and PKP balancing protocol will constantly be upgraded as you become competent with the new techniques you have learnt.

EMS302 – Subconscious Self Perception

This unit develops skill and understanding in using PKP techniques to correct energy imbalance caused by subconscious self-perception.

You will acquire skills in clearing attitude sabotages, misperceptions, misunderstandings and self-image issues that limit the potential of the client and you will learn how to release old hypnotic messages that pull clients back into self-defeating patterns.

The unit covers attitudes: for healing, interviews, parents to children and for children to parents. It teaches how to enable a client to be assertive rather than being simply passive or aggressive. You will also gain an understanding of the differences in fears that men and women experience so you can better facilitate your clients to a position of choice.

Diploma of Energy Psychology – Units

Having completed this unit you will have techniques relating to self-image, reactive roles, conflicts and reversals, sabotage programmes, misunderstandings, misperceptions, stress statements, hypnotic messages and address issues of subconscious self-perception.

EMS303 – Dreams, Goals & Attitudes

The purpose of this unit is to develop skill and understanding using Kinesiology to develop assertive behaviour, foster positive attitudes and work within the cycles of life.

Those completing this unit will be able to interpret verbal and non verbal behavioural signals, demonstrate assertive responses in stress situations, assist clients to demonstrate attitude change and develop positive strategies in relation to presentations, healing and handling success; recognise their need for or need to give positive messages generationally; work with the seasonal nature of life; release fears which have a gender basis; dream, plan and record a purposeful life path.

EMS304 – Releasing Limiting Stress Responses

This unit continues the theme of releasing limiting stress responses to life. Many conflicts and upsets between people come about because of differing values and rules. You will explore the manner in which convictions, rules and prejudices affect relationships and gain the skills necessary to defuse stress in these areas. You will become aware of the power of both personal and societal beliefs in creating 'no choice' situations and you will discover how out-of-synch some aspects of our lives can become.

Once you have completed this unit you will be able to use hypothalamic emotional reset technique, to perform Bennett's stress reflex technique and chest stress release, examine and discuss with your client the limitations imposed by learned or tribal beliefs with possible resolutions. You will further be able to facilitate change where clients may be exhibiting age incongruence in specific contexts or in relation to specific people and express and implement new alternatives to limiting rules and prejudices. Lastly, you will have developed the skills needed to apply the PKP approach to re-birthing or making a fresh start.

EMS305 – Colour and Sound

Work with the healing power of colour through profile analysis, coloured light, colour meditations and conflict resolution cards. You will also utilise the healing power of sounds related to the 5 Elements, to chakra sound energy and both audible and inaudible sounds of varying frequencies. You will gain an awareness of the life of colour and sound both in the surroundings and within to enhance physical health and positive psychological change.

After completing this unit you will have acquired the necessary skills to make a colour profile analysis for your client, use coloured/polarised light as a healing tool and facilitate conflict resolution using specific colour cards. You will be able to utilise colour meditations, auric tuning and proficiently test for and assess the need for sound energy balancing using equipment producing a variety of tones and harmonics to build total body energy.

Diploma of Energy Psychology – Units

EMS306 – Rituals & Motivational Messages

Learn how to facilitate clients in making meaning from the messages of runes and cards and to utilise inspirational, motivational and spiritual guidance. You will consider the positive use of rituals and symbols as healing tools as well as the appropriate use of affirmations and goals.

Recognising the avoidance and defence mechanisms of self-protection including projection, displacement, identification, denial, intellectualisation and rationalisation will allow you to balance client body energy towards more positive and life affirming behaviours.

Once you have completed this unit you will be able to observe and document avoidance and other defence mechanisms, defuse stress related to, and facilitate clients in the positive use of rituals, symbols, affirmations, sacred or inspirational writings, meditations and motivational awareness's.

EMS401 – Co-Dependency and Role Reversal

Correct energy imbalance related to co-dependent behaviour and issues of forgiveness and frozen emotions. You will emerge having learned a lot about yourself and be even more able to embrace life to the fullest. Generally, many practitioners have a co-dependency problem and 'need' their clients to get well so they can feel good about themselves or 'need' their clients to 'need' them. This is unhelpful and impacts on the practitioner's ability to recognise what's in the best interest of the client.

PKP practitioners focus on what's in the best interest of the client therefore they work through their own co-dependency or other emotional challenges before they work on other people and continue to monitor and deal with stress as it arises throughout their careers.

Once you have completed this unit you will be able to use frozen emotion technique to aid clients release stuck emotional patterns and forgiveness techniques to help them release the past and create happiness and well-being for their future.

EMS402 – Compulsive Behaviours

This unit assists PKP practitioners work through their own challenges first so they do not transfer their stresses onto others and are thus more able to compassionately assist clients on their journey.

You will explore and analyse the consequences of compulsive neuroses stemming often from early anxiety-inducing experiences including addictive personality, phobias and obsessive behaviours.

You will learn to recognise and use PKP techniques to work with addictions (and their defence mechanisms of delusion and denial) which affect most people in our culture for example, work addiction, eating disorders, people addiction, cigarette/ alcohol addiction, sugar/drug addiction, adrenaline addiction and more.

Diploma of Energy Psychology – Units

You will also learn how to balance issues of compulsivity which cause personal dysfunction, narrow choices and reduces freedom through repetitive nature of these behaviours e.g. over frequent, ritualised checking or hand washing.

Having completed this unit you will have thoroughly examined this intricate field and developed the skills to use PKP techniques in correcting energy imbalance related to habits, addictions, phobias, obsessions, pain behaviours, unresolved role reversal, peer pressure and self-imposed energy drain.

EMS403 – Spiritual Issues

The purpose of this unit is to develop skill and understanding in using Kinesiology techniques to correct energy imbalance related to spiritual issues.

People completing this unit will be able to use grounding, spiritual connection, spiritual input, intercession, releasing spiritual links, negative energy input/output, energy drain by others/self, negative energy field, internal shut-down and spiritual bondage techniques.

SPM101 - Stress Release Made Easy

This is a blend of eastern and western approaches to stress management with Chinese alarm points and meridians and emotions – positive and negative. Dr. & Mrs Dewe blend their understanding of meridians with emotional balancing plus affirmations and use muscle monitoring to audit results. It's simple yet powerful.

SPM 102 - Epigenetic Healing Cycles

The new epigenetic science reveals that your perceptions control your biology, and this places you in the driver's seat, because if you can change your perceptions, you can shape and direct your own genetic readout. Dr Dewe says, "We want to turn on the genes of longevity, wellness & vitality and turn off the genes of aging, and death /apoptosis. Your genetic profile is not your destiny, you can change your gene expression by the things you think, say, and do, the things you eat, avoid or listen to and what you ponder in your heart."

SPM103 - Tibetan Energy & Vitality

The purpose of this unit is to empower people – to give them tools, fresh hope and to show them ways to move ahead out of their present situations, whether it be pain, dysfunction, overwhelm, weariness, fatigue, frustration or apparent hopelessness.

To help people improve their energy level to help them look and feel better; to cope with low energy, fatigue and loss of motivation, to manage and relieve pain. This workshop teaches a number of techniques originally developed by the people of Tibet.

The School of Elemental Kinesiology

Diploma of Energy Psychology

In order to graduate and obtain the Diploma of Energy Psychology you will need to complete:

- 12 Kinesiology modules (attendance in person)
- OCT302 - Red Flags in Clinical Practice (taken with an external provider)
- EMS End of Series multiple choice test (online)
- Case Studies x 3

OCT302 - Red Flags in Clinical Practice

'Red Flags' in PKP is about "staying within the boundaries of safe clinical practice". As members of the health industry, you will develop an understanding of the assessment routine, diagnostic process and treatment implementation used in "orthodox" medical practice as well as most natural therapies and traditional health and healing modalities.

This model, the result of the Cartesian division, is very different from both the Energy Medicine understanding of the connection between the physiological and subconscious worlds and the participatory model of the Professional Kinesiology Practitioner Protocol.

Finally you will be able to implement a treatment plan and re-assess health and well-being status during and following PKP balancing processes.

Note: this unit is taught only by specialist ICPKP Red Flags Faculty members.

EMS - End of Series Test

The on-line test consists of multi-choice questions.

- The student can only do the on-line test for the series after the College has posted a mark on the web.
- Questions are randomly selected from the question pool of all units in the wedge.
- As the test will take more than 30 mins to complete, it can be attempted in several sittings.

Case Studies

- Three marked Case Studies where a client has been seen two or three times and the client chosen will be one where material from the EMS wedge was a significant factor in their management.

The School of Elemental Kinesiology

Class Details

Class Hours

- Weekend classes - 9.00am - 5.00pm

There are two scheduled short morning and afternoon breaks and a 1 hour lunch.

Location

The School of Elemental Kinesiology is located at a private healing and wellness space - Eucalyptus Place in North Balwyn.

It is easily accessible by public transport and has plenty of off street parking.

Contact Details

Please contact Bianca Jewell either via email at info@biancajewell.com or on 0400 434 535

Expected Behavior

It is expected that all students are polite, respectful and courteous to all other students and teachers and behave in a way that you would like to be treated.

Punctuality is very important as late arrivals disrupt the teacher and the flow of the class environment.

You are expected to arrive at least 10 minutes before your class starts as well as return from breaks and lunch on time. Please note that some classes may go over time by approximately 10-15 minutes.

Absence due to Illness

If you are unwell and to sick to attend on the day of your scheduled class then you must contact Bianca immediately to advise that you will not be attending.

If there is an emergency and you are unable to make contact every effort will be made to support you during this time.

Attendance

You must attend every scheduled unit in order to qualify to receive the Diploma of Energy Psychology. The class contact hours form part of your assessment and therefore contribute to receiving competency.

If you cannot attend a scheduled unit and there is no other class being held on the same unit then you will be required to attend a 1:1 tutorial for that unit.

Tutorials are approximately 3-4 hours long and cost between \$350 - \$450 and are compulsory to attend.

Assessment of Competency - Practical, Written and Online tests

- a. **Practical** - this is determined by your performance in class
- b. **Practical assessment** - This is facilitated at the end of the course and is performed with other students in your class for 1 hour
- c. **Written** - you will receive a SAJ - Student Assessment Journal for every unit. The journals are like research journals where you are able to record your practice findings and need to be completed and handed in for marking. They are marked either competent or not competent. The SAJ is returned to you to keep after it's marked.
- d. **ICPKP Online tests** - Once your SAJ has been marked and returned to you it will be put up into your academic record on the ICPKP website which will then enable you to complete the 10 multiple choice test for that unit.

Class Participation

All students are required to take part in classroom activities that often deal with private and personal issues. This requires all students to behave in a non judgmental manner with other students and 100% confidentiality is paramount in creating a safe and supportive classroom. Students must be willing to work with others regardless of gender, sexual orientation, religious beliefs and lifestyle choices.

Course Fees and Payment

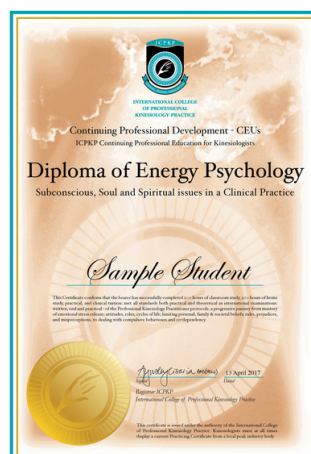
The full course fee for the Diploma of Energy Psychology is \$8,888.00

There are two methods of payment:

1. **Pay the full course fee in full.** This would require a 50% payment of \$4,444.00 to be paid upon enrolment with the 50% balance of \$4,444.00 paid one month later.
2. **Pay the course in instalments.** This would require a \$488 deposit to be paid upon enrolment with 12 monthly instalments of \$700.00 payable by the 1st of each month.

Payments can be made by either:

1. Via the website www.biancajewell.com through Acuity
2. By special arrangement with Bianca due to personal circumstances which would require a discussion and a contracted agreement put in place. eg. Wanting to pay cash or PayPal.



Frequently Asked Questions

Is there a pre-requisite for the Diploma in Energy Psychology?

Yes, you must have successfully passed the International Certificate in Professional Kinesiology Practice which is the first 12 months of PKP training encompassing the Foundational principles of PKP

If I have already completed 1 or more units of the Diploma, can I be accredited for them?

Yes absolutely. Some of the units that are included in the Diploma of Energy Psychology are also contained in the previous legacy structure of PKP, such as the International Diploma of Kinesiology, so you will be credited for those units you have attended and received competency for.

How is this course delivered and when are the classes?

All units are taught face to face with the capability to move studies partially online if needed. All class notes, assessment journals and extra resources are provided online via the ICPKP app which has been specifically designed for easy access and learning.

How am I assessed throughout this course?

Each unit contains a set of class notes and a SAJ (Student Assessment Journal) which needs to be completed.

There is a short online multiple-choice test after every unit which is open book and a practical assessment at the end of the course which you will facilitate on a fellow student.

What if I am unable to attend a face-to-face class?

We highly encourage students to attend all classes as the syllabus is a follow-on modality which means that you will continue working with the previous learned techniques as part of the next module.

We also understand that life events happen so you can either attend the alternative midweek or week end class to catch up, or a private tutorial would need to be arranged in order for you to catch up. Classes are not scheduled on public holidays, long weekends and school holidays to ensure that you are available to attend all units.

What resources do I need?

You will need an iPad or a device that has iOS software or Android as the course curriculum is delivered via the ICPKP app.

Frequently Asked Questions

Are all Kinesiology training's the same?

No they are not.

Kinesiology has evolved and grown exponentially over the last 15 years with many new Kinesiology workshops now being offered.

PKP was established in the 1980's and uses a unique finger mode database system of priority healing. This system together with muscle testing allows the client's subconscious to communicate to the practitioner what is needed and required for healing.

How much time do I need to study outside of attending classes?

At least 10-15 hours of practice is required per month per unit but I encourage you to do as much practice as you can. Practicing the learned techniques creates familiarity and familiarity creates confidence.

Do you recognise prior learning in Kinesiology or other related modalities?

Yes. We will need to sit down during the enrolment process and discuss your qualifications and previous Kinesiology and/or complementary studies and what your level of knowledge and experience is.

I'm feeling nervous/anxious in regards to studying and returning to a learning environment, is this normal?

It's completely normal. I have taught thousands of students over the last 11 years across all ages and there aren't many students who have fond and happy memories of high school when it came to learning.

It is natural for these experiences to come back up to the surface when you are thinking of studying again. Studying Kinesiology encompasses a unique blend of learning covering all three learning styles where you are not required to remember anything off by heart and will always be able to refer to your notes and books.

Frequently Asked Questions

Do you offer further training and education after completing the Diploma?

Absolutely. The 12-month International Certificate of PKP is a fantastic foundation to enable you to begin working as a PKP Kinesiology practitioner. Ensuring that a strong and solid foundation is built is what Bianca is passionate about and then we can build on from there to develop further techniques and specialties.

Further studies that are offered include:

Diploma of Learning, Metaphysical, Holographic & Vibrational Energies

Diploma of Energy Psychology

Diploma of Musculoskeletal Rehabilitation & Reintegration

Diploma of Dietary and Nutritional Science

Bianca also offers a 6 month Shamanic Kinesiology Mentorship program that incorporates further advanced studies as well as mentoring. Bianca also offers a variety of short half day and one day workshops to build on your foundational studies. that are not offered elsewhere.

Why choose The School of Elemental Kinesiology and what are Bianca's qualifications?

The School of Elemental Kinesiology is a school born from over 16 years as an advanced and specialised practitioner, 12 years as a senior Kinesiopractic[®] teacher as well as many years of personal self-development, trauma healing, attachment therapy and continuous learning and studying.

Bianca is a qualified Kinesiopractor[®] after completing the full 4-year PKP syllabus. She then became a PKP teacher in 2012 and has taught thousands of students the full 4 years of PKP Kinesiopractor[®] training.

Bianca is also a registered Clinic Supervisor and Mentor with the AKA (Australian Kinesiology Association) and a registered Clinic Mentor with the AIK (Australian Institute of Kinesiology).

Bianca is also a certified Trainer & Assessor which is a requirement to teach an Australian Government registered Diploma or Advanced Diploma qualification.

Frequently Asked Questions

Bianca has also trained in TBM (Total Body Modification), Quantum Neurology, Advanced Glands & Hormones and is an initiated Shamanic Magician and Teacher with The White Dragon Lineage® as part of Shamanic Energy Training® after completing 6 years of full time study and Bianca still receives ongoing mentoring.

Can I call you and have a chat if I still have questions?

Absolutely, you can email me at info@biancajewell.com and I will organize a time to have a chat with you and answer any further questions that you may have.