



Rhythmical Einreibung Foundation Course

Gentle, Therapeutic, Healing Touch

Crossfields Institute
Quality Mark Course
at level 4



*'Often the hands will solve a mystery that
the intellect has struggled with in vain'*

~ Carl G. Jung ~

www.emerson.org.uk/rhythmical-einreibung

About the Rhythmical Einreibung

Rhythmical Einreibung is a method of gentle, therapeutic touch that focusses and strengthens the patient's powers of self-healing through rhythmical movement.

It is used to support health through its warming, calming and harmonising qualities.

Rhythmical Einreibung is an appropriate treatment for people of all ages and can benefit a wide range of physical and emotional health problems. It can be used as part of nursing care, to apply an oil or ointment to a problem area, as a gentle whole body treatment or as part of the nurturing of family and friends.



Course Programme

This is a hands-on course, participants will learn by giving and receiving RE. The course comprises of two 5-day and one 3-day module.

Participants need to successfully complete all three modules along with written and practical assessments and report on ten RE treatments to achieve the CI Quality Mark Certificate.

During the course you will learn:

- RE for different parts of the body.
- Key qualities of RE – anatomy of relevant muscles, how to find the correct orientation for each part,
- How to work with warmth, rhythm and flow
- How to position and cover clients to ensure comfort.
- The indications and contraindications for RE, how and when to use each part.
- Which oils and ointments to use.
- Self-reflection and how to learn from mistakes.

Who can apply?

Originally developed for use by nurses and carers this course is open to everyone; members of medical and allied professions, carers and non-professionals.

No prior experience is required.

Course Dates

Module 1: 8th - 12th Oct 2018
Module 2: 11th - 15th Feb 2019
Module 3: 14th - 16th June 2019*

*Full attendance is required to achieve the Quality Mark Certificate.

For more information or to apply for the course, please email

registrar@emerson.org.uk

Or visit:

**[www.emerson.org.uk/
rhythmical-einreibung](http://www.emerson.org.uk/rhythmical-einreibung)**

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