

CAQ-HMT® Description & Details

Dr. Bezilla's *Holistic Manual Therapy (HMT)* is a comprehensive, unique, whole-body assessment and treatment approach developed by Dr. Todd Bezilla, D.O., M.Ed. His approach identifies neuromusculoskeletal imbalances and then using and integrating various manual techniques, safely, effectively, and efficiently brings the body back into balance using its innate self-correcting mechanisms.

Dr. Bezilla's HMT has its philosophical roots in early american manual therapy and classical osteopathy, incorporates the very best of modern manual therapy methods, and has been successfully clinically applied with thousands of clients. Dr. Bezilla's HMT seamlessly integrates various manual techniques together in a unique manner as needed to obtain the best results for the client.

Globally, public and professional demand for manual practitioners that are able to provide safe, effective, and efficient Holistic Manual Therapy is great. His passion to help others has motivated Dr. Bezilla to create a continuing education course that will assist manual practitioners to meet this demand. The **CAQ-HMT®** course is an intensive and comprehensive hands-on educational experience designed specifically for those practicing manual therapy, i.e., Massage & Physical Therapists, Physiotherapists, Chiropractors, Osteopaths, and other Bodyworkers and Manual Therapists.

Regardless of their background, the open-minded and willing-to-learn attendee will gain a deeper knowledge of how the body works and improve their ability to assess and provide safe, effective, and efficient HMT.

The methods taught are from a best use and clinical outcomes perspective. This ensures optimum results and benefits both the client and practitioner.

A Certificate of Additional Qualification in Holistic Manual Therapy (CAQ-HMT®) will be earned by the attendee to demonstrate their successful completion of this unique educational course.

Additionally, Dr. Bezilla has written and published a book entitled, "Holistic Manual Therapy and Osteopathy", which is available through [amazon.com](https://www.amazon.com) and [buybooksontheweb.com](https://www.buybooksontheweb.com). This book further discusses Dr. Bezilla's perspective on Holistic Manual Therapy, and will be used as a reference in the course.

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The CAQ-HMT® course is **100 contact hours**.

The CAQ-HMT® course is currently offered in the following format:

The course is distributed into **four, 25-hour, 3-day phases**.

Phase-IA: Consists of the Fundamentals of HMT - Philosophy, assessments, and various treatment methods. This includes an immersive exploration and integration of the following manual technique methods:

1. Cranial-Sacral, Ligamentous Articular Strain - Balanced Ligamentous Tension, and Positional Release

Phase-IB: Continuation of the Fundamentals of HMT, with an immersive exploration and integration of the following manual technique methods:

1. Muscle Energy, Neuromyofascial Release, and Oscillatory Release
2. Lymphatic, Reflex-Mediated, and Visceral release

Phase-IIA: Consists of applying HMT into integrative regional and whole-body approaches. This includes an immersive review and further exploration of the principles, concepts, and techniques addressed in Phase-IA and IB. The material is taught by regions in the following sequences:

1. Lumbosacral, Pelvis, Lower Extremities, Thoracic and Rib-cage
2. Cranial, Cervical, Shoulder girdle, and Upper Extremities

Phase-IIB: Continued exploration of the applications presented in Phase-IIA, with emphasis on combining all regions into a whole-body integration methodology

The phases are taught in sequence, build on one another, and must be taken in order (IA, IB, IIA, IIB).

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Learning Outcomes

The following represent the learning outcomes expected for the attendee for each phase of the CAQ-HMT® course.

Phase-IA

- Be able to list, describe, and discuss the fundamental principles of HMT
- Be able to perform assessments that will utilize the principles of HMT and that are relevant to the technique approaches being taught
- Be able to determine which methods will likely yield the best responses and outcomes
- Be able to identify potential contraindications
- Be able to assess and provide an integrative treatment using Cranial-Sacral methods from Mechanical, Myofascial, and Fluid models
- Be able to assess and provide an integrative treatment using Ligamentous Articular Strain - Balanced Ligamentous Tension methods from Mechanical, Myofascial, and Fluid models
- Be able to assess and provide an integrative treatment using Positional Release methods using indirect and balanced Mechanical and Neurophysiological reflex models

Phase-IB

- Be able to list, describe, and discuss the fundamental principles of HMT
- Be able to perform assessments that will utilize the principles of HMT and that are relevant to the technique approaches being taught
- Be able to determine which methods will likely yield the best responses and outcomes
- Be able to identify potential contraindications
- Be able to assess and provide an integrative treatment using Muscle Energy methods (Post-isometric relaxation, Reciprocal Inhibition, Crossed-extensor reflex, Respiratory Assistance, Oculocephalogyric reflex)
- Be able to assess and provide an integrative treatment using Neuromyofascial Release methods (Direct, Indirect, Balanced)

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- Be able to assess and provide an integrative treatment using Oscillatory Release methods (central and peripheral)
- Be able to assess and provide an integrative treatment using Lymphatic activation and drainage methods
- Be able to assess and provide an integrative treatment using Reflex-mediated methods (stimulation and inhibition)
- Be able to assess and provide an integrative treatment using Visceral Release methods (Neural, Myofascial, Induction)

Phase-IIA

- Be able to list, describe, and discuss the fundamental principles of HMT
- Be able to perform assessments and provide integrative treatments using methods taught in Phase-IA/IB by region:
 - Lumbosacral
 - Pelvis
 - Lower Extremities
 - Thoracic & Rib-cage
 - Cranial
 - Cervical
 - Shoulder Girdle
 - Upper Extremities
- Be able to identify potential contraindications and modify techniques and treatment positions as needed

Phase-IIB

- Be able to list, describe, and discuss the fundamental principles of HMT
- Be able to perform assessments and provide integrative treatments using methods taught in Phase-IA/IB/IIA in a whole-body integration methodology
- Be able to identify potential contraindications and modify techniques and treatment positions as needed

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Course Outline Time Frame by Hours

Phase-IA

- 1 - Introduction, HMT Principles and Philosophy
- 2 - Communication pathways, Reflex summaries
- 3 - Stress Response with Actions & Roles of the Autonomic Nervous System
- 4 - Relaxation Response & Role of HMT
- 5 - Fundamentals of Assessment & Treatment
- 6 - Introduction to Cranial-Sacral Concepts and Methods
- 7 - Preparatory palpation exercises
- 8 - Cranial-Sacral assessment
- 9 - Cranial-Sacral assessment
- 10 - Cranial-Sacral assessment
- 11 - Cranial-Sacral assessment
- 12 - Cranial-Sacral treatment options & methods
- 13 - Cranial-Sacral treatment options & methods
- 14 - Introduction to Ligamentous Articular Strain & Balanced Ligamentous Tension Concepts and Methods
- 15 - LAS/BLT assessment, treatment options & methods
- 16 - LAS/BLT assessment, treatment options & methods
- 17 - LAS/BLT assessment, treatment options & methods
- 18 - Introduction into Important Laws and Concepts
- 19 - Introduction to Positional Release Concepts and Methods
- 20 - Positional Release assessment, treatment options & methods
- 21 - Positional Release assessment, treatment options & methods
- 22 - Positional Release assessment, treatment options & methods
- 23 - Integration of Cranial-Sacral, LAS/BLT, Positional Release assessment, treatment options & methods
- 24 - Integration of Cranial-Sacral, LAS/BLT, Positional Release assessment, treatment options & methods
- 25 - Course review, discussion, summary

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Course Outline Time Frame by Hours

Phase-IB

- 1 - Introduction, Review of Phase-IA Concepts and Methods
- 2 - HMT Principles and Philosophy continued
- 3 - Important Laws and Concepts continued
- 4 - Fundamentals of Assessment continued
- 5 - Introduction to Muscle Energy Concepts and Methods
- 6 - Assessment and Muscle Energy treatment options & methods
- 7 - Assessment and Muscle Energy treatment options & methods
- 8 - Assessment and Muscle Energy treatment options & methods
- 9 - Introduction to Neuromyofascial Release Concepts and Methods
- 10 - Assessment and Neuromyofascial Release options & methods
- 11 - Assessment and Neuromyofascial Release options & methods
- 12 - Assessment and Neuromyofascial Release options & methods
- 13 - Introduction to Oscillatory Release Concepts and Methods
- 14 - Assessment and Oscillatory Release options & methods
- 15 - Assessment and Oscillatory Release options & methods
- 16 - Integration of Muscle Energy, Neuromyofascial, and Oscillatory Release assessment, treatment options & methods
- 17 - Introduction to Lymphatic activation Concepts and Methods
- 18 - Assessment and Lymphatic activation options & methods
- 19 - Introduction to Reflex-mediated Release Concepts and Methods
- 20 - Assessment and Reflex-mediated Release options & methods
- 21 - Introduction to Visceral Release Concepts and Methods
- 22 - Assessment and Visceral Release options & methods
- 23 - Assessment and Visceral Release options & methods
- 24 - Integration of Phase-IA and Phase-IB Concepts and Methods
- 25 - Course review, discussion, and summary

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Course Outline Time Frame by Hours

Phase-IIA

- 1 - Introduction, Review of Phase-IA and IB Concepts and Methods
- 2 - Review of Phase-IA and IB Concepts and Methods
- 3 - HMT Principles and Philosophy continued
- 4 - Important Laws and Concepts continued
- 5 - Fundamentals of Assessment continued
- 6 - Regional Assessment & Treatment Options & Methods - Lumbosacral & Pelvis
- 7 - Regional Assessment & Treatment Options & Methods - Lumbosacral & Pelvis
- 8 - Regional Assessment & Treatment Options & Methods - Lumbosacral & Pelvis
- 9 - Regional Assessment & Treatment Options & Methods - Lumbosacral & Pelvis
- 10 - Regional Assessment & Treatment Options & Methods - Lower Extremities
- 11 - Regional Assessment & Treatment Options & Methods - Lower Extremities
- 12 - Regional Assessment & Treatment Options & Methods - Lower Extremities
- 13 - Regional Assessment & Treatment Options & Methods - Thoracic & Rib-cage
- 14 - Regional Assessment & Treatment Options & Methods - Thoracic & Rib-cage
- 15 - Regional Assessment & Treatment Options & Methods - Thoracic & Rib-cage
- 16 - Regional Assessment & Treatment Options & Methods - Thoracic & Rib-cage
- 17 - Regional Assessment & Treatment Options & Methods - Cervical
- 18 - Regional Assessment & Treatment Options & Methods - Cervical
- 19 - Regional Assessment & Treatment Options & Methods - Cranial
- 20 - Regional Assessment & Treatment Options & Methods - Cranial
- 21 - Regional Assessment & Treatment Options & Methods - Shoulder Girdle & Upper Extremities
- 22 - Regional Assessment & Treatment Options & Methods - Shoulder Girdle & Upper Extremities
- 23 - Regional Assessment & Treatment Options & Methods - Upper Extremities
- 24 - Review of Phase-IA/IB/IIA Concepts and Methods
- 25 - Course review, discussion, and summary

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Course Outline Time Frame by Hours

Phase-IIB

- 1 - Introduction, Review of Phase-IA/IB/IIA Concepts and Methods
- 2 - Review of Phase-IA/IB/IIA Concepts and Methods
- 3 - Review of Phase-IA/IB/IIA Concepts and Methods
- 4 - HMT Principles and Philosophy continued
- 5 - Important Laws and Concepts continued
- 6 - Fundamentals of Assessment continued
- 7 - Regional Integration Assessment & Treatment options - Lumbosacral, Pelvis, Lower Extremity
- 8 - Regional Integration Assessment & Treatment options - Lumbosacral, Pelvis, Lower Extremity
- 9 - Regional Integration Assessment & Treatment options - Lumbosacral, Pelvis, Lower Extremity
- 10 - Regional Integration Assessment & Treatment options - Lumbosacral, Pelvis, Lower Extremity
- 11 - Regional Integration Assessment & Treatment options - Lumbosacral, Thoracic, Rib-cage
- 12 - Regional Integration Assessment & Treatment options - Lumbosacral, Thoracic, Rib-cage
- 13 - Regional Integration Assessment & Treatment options - Lumbosacral, Thoracic, Rib-cage, Shoulder Girdle
- 14 - Regional Integration Assessment & Treatment options - Lumbosacral, Thoracic, Rib-cage, Shoulder Girdle
- 15 - Regional Integration Assessment & Treatment options - Thoracic, Rib-cage, Shoulder Girdle, Cervical
- 16 - Regional Integration Assessment & Treatment options - Thoracic, Rib-cage, Shoulder Girdle, Cervical, Cranial
- 17 - Regional Integration Assessment & Treatment options - Thoracic, Rib-cage, Cervical, Cranial, Shoulder Girdle & Upper Extremities
- 18 - Regional Integration Assessment & Treatment options - Thoracic, Rib-cage, Cervical, Cranial, Shoulder Girdle & Upper Extremities
- 19 - Whole body Integration Assessment & Treatment options
- 20 - Whole body Integration Assessment & Treatment options
- 21 - Whole body Integration Assessment & Treatment options
- 22 - Whole body Integration Assessment & Treatment options
- 23 - Whole body Integration Assessment & Treatment options
- 24 - Review of Phase-IA/IB/IIA/IIB Concepts and Methods
- 25 - Course review, discussion, and summary