

**Teachers' Manual
for
Sharon Wheeler's
ScarWork**

Version of: July 31, 2024

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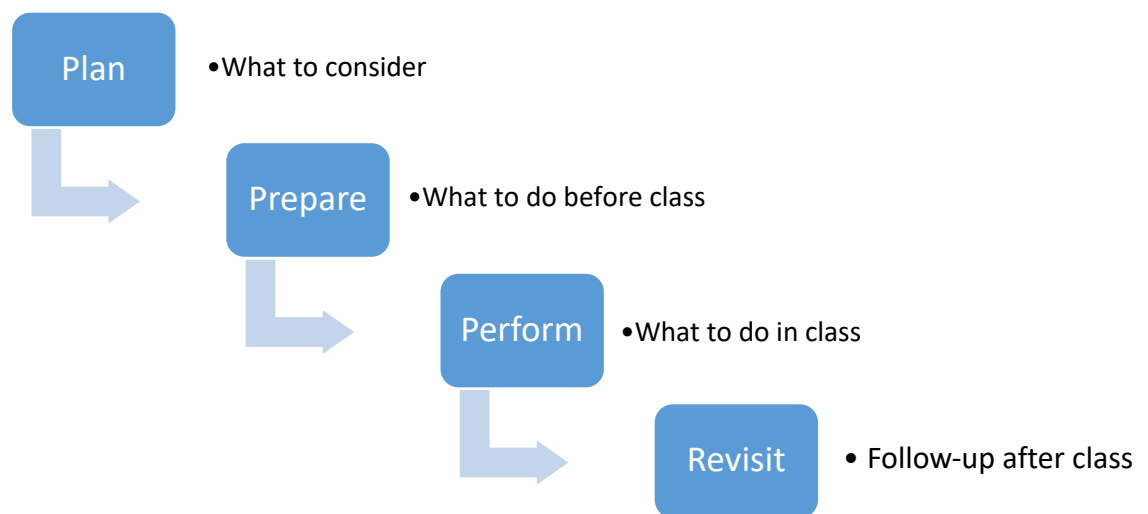
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1. INTRODUCTION

The objective of this Teachers' Manual is to provide you, a teacher of Sharon Wheeler's ScarWork, with templates, "checklists and additional material to support you as you plan, prepare, perform and revisit a ScarWork class.

Elements of this Teacher Manual are:



Note: this Teacher's Manual serves as a guideline to support a certain high standard of Sharon Wheeler's ScarWork classes across different countries and languages.

This Teacher's Manual provides you with templates and checklists to ensure you haven't missed anything. as well as with content and/or information about certain topics which you may want to adopt to your specific needs. We recommend that you integrate them with your existing forms.

Please be advised, this Teachers Manual is a living document and will be updated from time to time. Some sections are still marked "under review" and will be updated in future versions of this document.

2. GENERAL

Here are some general topics to consider when planning a ScarWork class:

- i. You may go for a 4-day class (full scope)
or;
- ii. split the scope into 2 parts, each 2,5 days (to support recap), where both parts would be scheduled about 4 weeks apart. This would allow the participants to practice and get more confidence;
- iii. work on a proper budget to determine class tuition fee;
- iv. budget for Sharon's royalties (choose the amount that feels right for you; we recommend a minimum of 10% of income after costs) and send a notification to Jeannie and Wolfgang. Bank account details will then be provided.
- v. plan for the right number of models,
 - a. 1 model for demonstration
 - b. 1 model per 2 students (3 rounds with models)
- vi. Have a disclaimer form / waiver form ready for your models to sign
- vii. Have a checklist of 20 things which definitely need to be mentioned in every SW class (see our recommendation below)
- viii. Check if in your country your students need to go through a registration update process, e.g. with their insurers. In UK, there is such a requirement
- ix. Whenever you see the words "template is on the web page" we refer to the teachers' section of www.sharonwheeler.com. There you will find the relative form for download; in addition the form is also available in this manual.

2.1. ScarWork Class Description for Participants

ScarWork

by Sharon Wheeler

Instructor: xxxx

Licensed ScarWork teacher

4-day workshop

Scars leave marks on the body. They stay with us for the rest of our lives. They remind us of events, surgeries, and accidents. Every scar has a unique story. Some can limit motion, movement and expression. Integrating Scar Tissue is Sharon Wheeler's original discovery and one that she is continually developing and expanding.

There are more than 20 separate techniques used to integrate different qualities of scar tissue into the fascial web. Most will be demonstrated in class. They are simple to learn and easy to do. Working with scars is like speaking a different language in the world of connective tissue. Scar tissue is a very dense fascia with unique properties. Scar tissue Work mostly uses a casual, light touch. The work is rarely painful - even for very new scars, and the amount of change after in one intervention can be extensive. The cosmetic effect is delightful and the functional changes can be profound. Natural and surgical scars of any age usually respond immediately, followed by a short period of rapid healing and continued improvement. The improvements are, once all aspects of the scarred area have been worked on, permanent.

Scar tissue quality normally changes quickly and easily. Lumps, gaps, ridges, holes, bumps, knots, and strings in the tissue can rapidly smooth out into a three-dimensional fascial web. The work starts with the surface layers and goes into the far reaches of the scar, including work with any involved viscera. ScarWork often results in large, whole-body integration shifts along with trauma resolution, and nerve-impaired numbness usually resolves within a session. Participants will learn these techniques well enough to take them home and use them the next day in their private practices (subject to any insurance requirements).

Participants will be working on the scars of other participants (exchanging sessions), and also on 3 groups of clients. 4 days: Thursday, Friday, and Saturday 9 am -5/5:30 pm Sunday 9-3 pm (See comment in separate email). You will receive the Sharon Wheeler's ScarWork manual at the beginning and a certificate at the end of the workshop.

About the teacher: example: Andrea Clusen is a cert. adv. Rolfer since 2004, and a Rolfing® Instructor. She is one of the first ScarWork instructors accredited by Sharon Wheeler in 2017. She has other skills such as several handcrafts and working hands-on and off-body in so-called energetic bodywork approaches. Working with and trusting the wisdom of hands is one of the leading threads in her life.

2.2. ScarWork Class description for Models

Scars leave marks on the body. They stay with us for the rest of our lives. They remind us of events, surgeries, and accidents. Every scar has a unique story. Some can limit motion, movement and expression. The work should not be painful - even for very new scars, and the amount of change in one intervention is extensive. Please report back to your therapist / student any strange feeling or sensation.

The cosmetic effect is delightful and the functional changes can be profound. Natural and surgical scars of any age respond immediately followed by a short period of rapid healing and continued improvement. The improvements are permanent. Scar tissue quality changes quickly and easily. Lumps, gaps, ridges, holes, bumps, knots, and strings in the tissue rapidly smooth out into a three-dimensional fascial web.

Although the work is light and starts with the surface layers and goes into the far reaches of the scar including work with any involved viscera. Scar work often results in large whole-body integration shifts along with trauma resolution, and nerve-impaired numbness usually resolves within a session.

Each session will be about 2 hours. Being treated in a group of people requires the ability to feel at ease with being amongst many people. As much privacy as possible is provided. Please wear clothing that allows for easy access to your scar/s.

Teacher demonstration models: long visible scars are needed. They will be worked on by the Teacher, surrounded by the participants, who might ask questions. Teacher will be commenting on her work. No photographs will be taken unless with your permission.

Student-model clients: Suitable if you have just one larger or several scars of any size. You may have more than one student working on your scars. The more scars the students get to see and work on, the better they are prepared to do good work once they return to their clinics. . Our priority is for you to feel comfortable while receiving the treatment. Please arrive on time and stay the entire session, even if your scar is „finished“ earlier.

2.3. Information for the Organizer of ScarWork Models

Usually, the Models participate for free, but it is up to you. Take down their phone number and name, and which scars we are permitted to work on. Also, provide the Models with an option to make a donation if they wish to. You may wish to add a reminder note to your Model-Info page / email. Any money donated should be added to the ScarWork Research Fund and models should be told this is where their donation will go.

Age of scars: Scars should be at least 3 months old, which means 3 months after the stitches are out, and the wound should be closed and dry. No inflammation. A scar being older is no problem; all scars normally change with ScarWork, even after 40 years.

No Go Scars for workshop purpose: • Keloids of any kind. • Hernia scars or surgeries, where mesh was used (to stabilize the abdominal wall). Scars that have been re-opened more than 3 times.

Unusual but OK: People with any kind of metal still inside, where the metal will be taken out in the future. (It is in fact great to work on those scars because the removal is much easier for the surgeon.)

Numbers of models:

Model numbers should be half as much as the number of participants, or slightly more, e.g. 10 participants 6-7 models. It depends a little on the size and number of scars (if someone only has one small scar you might consider having an extra model join the session. . If you have 5 with many scars, 5 models would be enough for all participants to work on). If a scar is worked on and released, one cannot repeat the work. It is done. Like eating -you cannot eat the same muffin twice, right? ;-)

Other points:

- There are 3 rounds of models per four days of training
Try to find different kinds of scars, so people can feel and work on a variety of scars, in order to increase their skills.
- You also need 1 teacher model, with a scar that is large enough so that the students can watch the teacher working easily, and nothing too complicated. Not a burn scar.
- In case your model wants to thank somehow for the treatment you may also introduce the donation option. For this, the model may send adequate amount to a central donation page which will be for Sharon's benefits. As per 04/2024, the donation page is not prepared, work in progress.

2.4. 20 things which should be mentioned in every SW class

- **Move tissue towards the scar or push things together.**
don't think of pulling the scar apart or destroying the scar.
- **Sweep your fingers across the scar from many different directions** (is this for Feather Light Sweeping or a general instruction? If FLS move to after 'have folks feel a scar
- **Become aware of the topography underneath the skin.**
- **Have the model feel a scar before the work starts, then again** several times as the work progresses for encouragement and appreciation of the improvement.
- **Starting with delicate, light work all over the surface for a few minutes produces a better quality of tissue.**
This better quality tissue can then take stronger and more casual pressure and you can go on and work with better results
- **ScarWork usually progresses from the surface**, working all the way into the interior far reaches of the surgery, including the internal organs where affected.
(Loosen the tissue from skin to bone)
- **The touch is light and casual. ScarWork is rarely painful and in fact should not cause pain, even for very new scars.**
- **To do ScarWork, you do not need to be big, strong, young, or particularly fit. You can do it into older age.**
- **You can work by yourself or work with friends in a team.**
- **You can sit or stand with your table at a height that suits you.**
- **You can use the ScarWork as stand alone work or combined with another modality.**
- **Be calm and reassuring and happy. ScarWork works best if you are relaxed and not trying too hard.**
- **You can do most of the work in one session or you can do it over time in small instalments.**
- **Small changes in the scar tissue accumulate.**
The change goes on for at least 1 week, probably 2 weeks. ScarWork sessions are recommended to be at least 3 weeks apart.
- **It is never too late to improve a scar.**
- **Scar tissue quality changes quickly and easily. Lumps, gaps, ridges, holes, bumps, knots, and strings in the tissue become smoother.**
- **Working with scar tissue is like speaking a different language in the world of fascia.**
- **Improvements appear to be permanent.**

- **Each scar is unique.** Typing and generalization of scars for the sake of shortcuts or formulaic learning is a waste of time. Work with what you see and feel. Make up new techniques.
- **All scars are three-dimensional.** A surgical scar is a three-dimensional, amoeba-like creation that connects all the places that were involved or surgically explored.
- **Pass this on to your Students:**

Before you begin working on a client's scar, check

- That you follow the rules of your country regarding the necessary licenses and certifications. Check what you need. (Privacy regulations etc.)
- That your client has a recommendation from their doctor for you to work on their scar or confirmed consent. (IS THIS NEEDED NORMALLY? IN UK WE SAY WORK AFTER THEY ARE DISCHARGED)
- ScarWork works with the pain sensations of your client's body, not against the pain. When working on a scar, advise your client that they give feedback about pain. When there is pain, apply less pressure or try a different technique. Check regularly to make sure they are comfortable and not being "brave."
- When there is an unusual reaction from ScarWork, e.g., extreme redness or swelling, refer your client to their doctor for examination.

2.5. AfterCare

Your Models need to take care of themselves after a class, as well as your patients should.

To keep what they got during a session, here some language you may use:

1. Rest; take it easy and don't overdo it for the first week or two.

Continue gently and gradually with life and movement so that the new tissue has time to build strength now that it is in a better place.

2. Eat well. You may become hungrier during this time of rebuilding.

Allow for this, and do what you can to feed the body proper nutrition.

2.6. Contraindications and Red Flags

2.6.1. General Consideration

Your scar can only be worked on:

- i. If you have been discharged by your surgeon;
- ii. If there is no infection, areas where the scar is open, wet or weeping;
- iii. If there is no redness from previous radiation;
- iv. The scar is not open, infected, inflamed, weeping or extremely painful. (If the latter, try working from further away towards the scar and do not work on the scar until the pain calms down)
- v. That there is no redness or swelling around the scar indicating inflammation or after radiation therapy.

2.6.2. About Cancer

1. We really do not know if it is good or bad to work on scars after cancer. (What if chasing those awful cells out of their tumor hiding place lets the immune system get at those cells and kill them?) Five years wait time is very conservative but it may not be the best course of action, as we all do not know enough. We need some time and some studies done for our peace of mind.

2. One big thing to consider: it is not all our decision to make. The client has a very big say; the person with the cancer has a voice. If the person knows all of this about cancer and they very strongly want ScarWork, it is a personal decision to weigh in our hearts and to make. We may end up doing ScarWork. (However, if you personally feel very strongly that it is just not okay to work before 5 years have passed because you might cause harm, you can set a policy in your private practice that says it must be 5 years after active cancer before you will take them as a client.)

3. Our best strategy to avoid legal entanglement is to push the responsibility for the timing of SW onto the medical world and carry on until we actually know more. Try to let the client's doctors say when the client can get work to cover yourself legally, and let the client have a voice. (Remember that in today's medicine, oncology doctors recommend massage on the scars well before 5 years have passed, and getting a referral for massage from the oncology doctor in charge of the cancer patient would be enough for SW.)

N.B. Should you have had cancer you **must** have been discharged 5 years or more ago and **not have active cancer**.

2.6.3. About Mesh

Mesh is used for repair in surgery where the tissues are too weak to provide support, but problems have arisen over the years and NICE has issued guidelines on prolapse surgeries where mesh is used. Some meshes distort when in contact with interior fluids. Mesh can shrink around internal organs and is capable of shredding tissue. There are no apparent problems with the mesh used in breast surgery or inguinal hernia surgery and therefore our guidelines do not extend to such surgery sites.

New medical developments in materials are occurring. The medical team involved will be the experts in the materials used in any surgery they perform. At present, research is unavailable on the interaction between manual therapy and mesh in the body. Our caution over the use of mesh in Sharon Wheeler's ScarWork is based on the potential depth of the work, which enables tissue to shift and, therefore, may potentially impact mesh. Therefore, you may work in areas with mesh. Please start your work in areas with mesh lightly, being aware of what may be underneath. Take extra time to work slowly through areas with problem mesh. Consider allowing more time in between sessions for the body to optimise the integration of ScarWork.

2.6.4. About Pregnancy

We don't recommend working on pregnant women in the abdominal area. Have sufficient knowledge about effects of hands on work during pregnancy before working on pregnant women.

Sharon: "I try my best to avoid working on pregnant women... and I get laughed at by my students that are OBGYN nurses and doctors, but for me - personally - I don't want to take the slightest chance with an unborn baby... I don't require anyone else to follow this strong feeling that I have."

3. CHECKLISTS

3.1. Checklist “Plan”

Topic	✓	Item	Remark
Date of Class		find a date for your class and plan for adequate preparation time (room setup etc.)	
		check dates against Holiday calendar (e.g. July 04 in the US, Oktoberfest in GE)	
Room / Location		find / organize / book a room / training location for the term of your class plus preparation day	
		check facilities in person to validate it is all suitable (reception area, toilets, lounge area, kitchen)	
		prepare participants' information about “where to find” lunch, dinner, doctor, tourist information	
		prepare participants' information about “how to get there” (accommodation, travel, classroom venue)	
Budget		prepare your class-budget to determine minimum tuition fee.	
		define a bank account to collect payments	
Advertising		create & issue advertising for models	
		create and issue advertising for participants	

3.2. Checklist “Prepare”

This checklist is derived from templates provided by Jan, Wolfgang

Topic	✓	Item	Remark
Participants		prepare and update list of participants	
		send registration form to potential participants that are interested to join the class. Ensure each participant has the correct qualifications to attend the class.	Template at Web page
		send payment information to participants	
		send participants registration confirmation and a receipt for their business	
		prepare & send to participants your “what to bring” information (what to wear, food, pen, etc)	
		prepare & send to participants your “how to get there” information	
Room / Location /		have sufficient number of tables ready	
Presentation		sheets for table (1 per day/table) + backup	
		blankets for table (1 per table) + backup	
		pillow (1 per table) + backup	
		chair (1 per table) + backup	
		have a first-aid kit to hand	
		check where to project - wall or screen	
		Prepare any handouts for teaching the techniques	
		Computer, loudspeaker and charging cable	
		Screen and Projector. Pointer (in with projector)	

		Extension lead	
		Multi USB hub and USB cable	
		Film / DVD – Scars and Stiffness	
		antibacterial hand sanitiser	
		Popup banner, / signs where to find class	
		tea / coffee, biscuits	
		Camera	
		gloves and finger stalls	
		tissues	
		Drinks/snacks	
Budget		check account / payment for each registration	
Printout		prepare adequate number of Sharon’s ScarWork manuals	current version on the web page
		prepare “contraindications” document	
		prepare your personal teacher manual	
		prepare participants-check-in form, including any guidelines on taking photographs, e.g. only the teacher’s phone or models’ phones are used. THIS IS IPR – I don’t let students take photos as I am responsible for model protection.	
		prepare course feedback form	
Models		get health form completed	template see web page
		get disclaimer / waiver signed	template see web page
		send to models info “what to bring”	
		send to models info “how to get there”	

			consent form for testimonials and pictures	template see web page
	Certificates		print and sign participants' certificate of attendance	

3.3. Checklist “Perform”

Topic	✓	Item	Remark
Before Class		check room if all required infrastructure is set up (tables, blanket, pillow, chair, projector, etc.)	
		check all printed material is ready (manuals, certificates, etc.)	
		Check Dr J.C. Guimberteau film about scars is ready	
during Class		list of 20 things to mention...	
		remind participants to sign-in every morning	

3.4. Checklist “Revisit”

Topic		✓	Item	Remark
	Documents		check if there is a change required to you documents / manuals	
			check your notes to do the follow-up (if any)	

4. TEMPLATES

4.1. Registration

This registration form template is derived from templates provided by Andrea,

Registration:

ScarWork by Sharon Wheeler - Seminar

Instructor: <your name>, <your qualification>, licensed ScarWork Instructor.

Date: xx.xxx.xxxx

Fee: yyyy € (VAT free)

Venue: street, number, city

Participant

*Name: _____

*Address: _____

*Profession: _____ Age: _____

*Email: _____ Telephone: _____

I have submitted the fee

☐ **_to the following account** <your bank account details here>

☐ **_via Paypal to** <your paypal account details here> **Workshop conditions :**

*This is a **binding registration** for the above workshop. **Please use this registration form and return it to <your name here>, via e-mail to <your email here>. In-payment no later than 8 weeks before the first day of the workshop. Only with the registration and the payment of the workshop fee is your place in this workshop booked. In case we have to cancel this class all payments are refunded. If you cancel your registration, up to 8 weeks prior to the class a cancellation fee of 50 € will be charged. In case of a cancellation after this date the full tuition is due. Any cancellation can only be accepted in written form. For legal reasons, we cannot accept cancellations by e-mail. I am aware, that if I arrive late or leave early, I do not have any entitlement to refunds. A cancellation insurance is recommended. I take note, that the instructor is neither a medical doctor, „Heilpraktiker“ nor a psychotherapist. I am sane and physically capable to follow the workshops. I take full responsibility for my behaviour and actions. All participants are responsible for their personal physical and psycho-physiological processes that might be arising during or after class. Educational classes do not replace therapy. It is your obligation to inform us about any relevant psychological or medical condition prior to class. Liability of the organizer is due to intent or gross negligence.***

I agree to the workshop conditions

Date and city, Signature

4.2. Class Schedule Template 4-Days – Sharon's Class

ScarWork 4 Day Class Schedule

Day 1

09:00 - 10:00	Introductions
10:00 - 10:30	Video and orientation lecture
10:30 - 12:00	Model demonstration by Sharon
12:00 - 14:00	Lunch
14:00 - 16:00	Techniques / Discussion
16:00 - 18:00	Techniques / Discussion

Day 2

09:00 - 09:30	Check in
09:30 - 12:30	Students work on first half of students
12:30 - 14:30	Lunch
14:30 - 17:30	Students work on second half of students

Day 3

09:00 – 10:00	Check in
10:00 - 13:00	Students work on first group of models
13:00 - 15:00	Lunch
15:00 - 18:00	Students work on second group of models

Possible Class Dinner? 7:30 - 9:30?

Day 4

09:00 - 10:00	Check in
10:00 - 13:00	Students work on Third group of models
13:00 - 14:30	shorter Lunch
14:30 - 18:00	Diplomas / Review / Discussion / Closure.

4.3. Class Schedule Template 5-Days – Sharon's Class + Science

ScarWork 5 Day Class Schedule with 2 days Heike (Day IV and V), potentially Class dinner 4th or 5th day.

Day I:

09:00 - 10:00	Introductions
10:00 - 10:30	Video and orientation
10:30 - 12:00	Model demonstration Sharon.
12:00 - 14:00	Lunch
14:00 - 18:00	Techniques/Discussion, Towel demonstration.

Day II:

09:00 - 9:30	Check in
09:30 - 12:00	Introduction, lecture and measuring info. (Heike)
12:00 - 14:00	Lunch
14:00 - 17:30	Students exchange first round.
17.30 - 18.00	Evaluation exchange

Day III:

09:00 - 9:30	Check in.
09:30 - 12:30	Students exchange second round .
12:30 - 14:30	Lunch.
14:30 - 15.00	Lecture Heike
15.00 - 18.00	Students work on models , group 1.

Day IV:

09:00 - 10:00	Check in.
10:00 - 12:00	Science behind it, The net. Heike/Jannie
12:00 - 14:00	Lunch.
14:00 - 17:00	Students work on models , group 2.
17.00 - 18.00	Evaluation model rounds.

Day V:

09:00 - 10:00	Check in and 30 minutes lecture Heike.
10:00 - 13:00	Students work on models , group 3.
13:00 - 14:30	Lunch. (shorter)
14:30 - 17:30	Review, Questions and Answers.
17.30 -18.00	Diploma's

4.4. Class Schedule Template 4-Days – Teachers' Class

Day 1 7h

10:00 – 11:00	Introduction, Presentation (ppt) including info about Sharon.
11:00 – 12:00	Video+ break (Guimberteau Video. We have permission from G. to be shown in class)
12:00 - 01:30	Model demonstration
01:30 – 03:00	lunch
03:00 - 04:30	Techniques Part 1
04:30 - 06:30	Students work on students

Day 2 6.5 h

10:00 – 11:00	Check-in
11:00 – 01:00	Students work on students
01:00 - 03:30	lunch
03:30 - 05:30	Model Demonstration
05:30 – 06:00	Techniques Part 2

Day 3 6,5 h

09:00 – 10:00	Check-in
10:00 - 12:00	Students work on a group of models
12:00 - 12:30	debrief
12:30 - 02:00	lunch
02:00 - 04:00	Students work on a group of models
04:00 - 05:00	debrief

Day 4 5,5 h

09:00 - 9:30	Check-in
09:30 – 11:00	Review of Techniques
11:00 - 01:00	Students work on a group of models
01:00 – 02:00	lunch
02:00 - 03:30	debrief, certificates, closure

25h overall

4.5. Model Agreement and Privacy Form

This declaration template for models is derived from templates provided by Jannie and Jan

ScarWork Model Declaration

Date _____

(1) Introduction

Thank you very much for assisting our students by volunteering as a ScarWork 'model'. Please fill in and return your form below, by email. This form is intended to help us better understand you and your scars. Overall, ScarWork not only will address your scars, but also the impact such scars will have on your entire body. The information we ask for below will help us to better understand your current health status.

As part of being a model, you will be receiving work to your scars and adhesions free of charge and under supervision. The students are all professional, practising therapists. The work they do on you will be kept confidential.

Please note that you may be worked on by both male and female students. If you do not want to be treated by someone not of your gender, let us know in advance.

(2) Personal Data

Name:
DoB:
Phone:
E-mail Adress:

This information will be used to reach out to you in case of any change or update.

(3) Your Current Health Situation

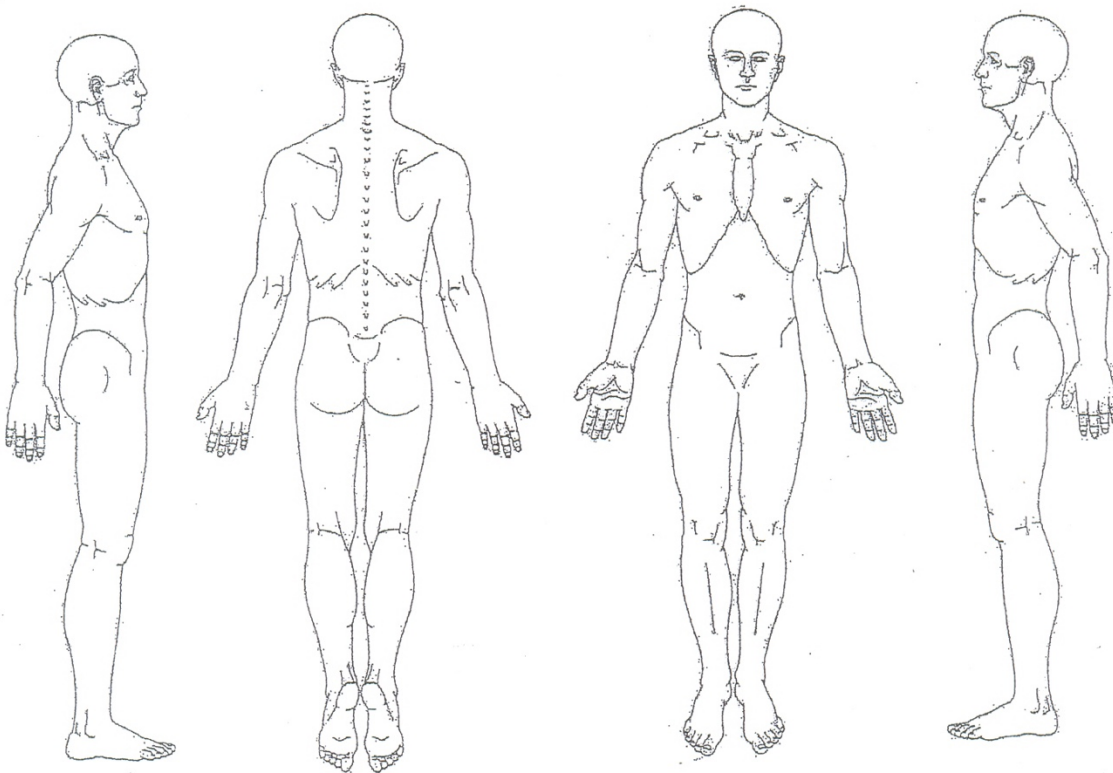
Please select your self-assessment about your current general health situation:

1 = poor 2 = so la-la 3 = average 4 = good 5 = excellent

(4) Your Scars

Kind of Scars ?

Where are your scars



Please circle/draw

How old are your scars ?

Cause of your scars?

Impact of your scars?

Have any of these scars received treatment previously?

Are there any medical devices we need to know?

- | | | |
|--|--|------------------------------------|
| <input type="checkbox"/> Cardiac Pacemaker | <input type="checkbox"/> Intrauterine device | <input type="checkbox"/> Screws |
| <input type="checkbox"/> Tube / pipes | <input type="checkbox"/> Metal plates | <input type="checkbox"/> Piercings |
| <input type="checkbox"/> Other: _____. | | |

Your expectation of ScarWork treatment?

What kind of improvement do you hope for?

(5) Pictures

We will ask if we may photograph the scar(s) before and after treatment. It is important to our students to see before and after photos of our treatment. Therefore it will be a great benefit to you and your practitioner to take pictures before and after each session with your phone, not the student's phone. We will respect your privacy rights in all matters with regard to your pictures and any use of your pictures will be subject to your prior consent.

We may also ask you if the photos and your history can be used to promote ScarWork – this can be anonymously or with your name attached, but the decision is yours. There is no obligation to provide photographs or testimonials.

Do you agree to have pictures taken of your scars taken before / after treatment ? ----- Yes / No

(6) Others

Anything else we should know about you or your scars ?

(7) Declaration

I acknowledge that I have read and understood this ScarWork Model Declaration and Privacy Statement and I hereby declare my consent to this declaration.

Date:

Signature:

Privacy Statement

To be updated / reviewed per country / legislation where the class will be held.

Don't forget to ask for permission to send to the client a newsletter (email contact)

4.6. Model Information Form

Sample confirmation of model's place on the course:

Dear Model

Thank you for coming for work with my supervised students on the Sharon Wheeler's ScarWork course.

Just to confirm that the venue information is here:

[xxx your location xxx](#)

Your session/s is/are:	1. Demonstration model for tutor: Wed May 24th, 10.00 - 11.00 2. General Session with students 2: Wed May 24th, 11.15 - 13.15
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Please remember to bring your clean socks/indoor shoes, and a sheet, blanket and two pillows.

Please arrive 15 minutes earlier than your start time. Refreshments are available on arrival. Plenty of free parking at the venue.

Wear clothes that provide relatively easy access to the scar – nothing restricting e.g tight lycra or trousers. We are careful to give you as much privacy as possible.

N.B. Ensure that after the treatment you have a week with no physical strain, strong exercise or heavy lifting, to allow the work we do to settle down and integrate.

Please can you email me back to confirm that you will be there? Once we have you booked in we are relying on you, so if you need to cancel due to an emergency please let me know as quickly as possible, thank you very much.

We look forward to meeting you and helping you with your scar.
Kind regards

Your Teacher

4.7. Consent Form

CONSENT FORM for use of images/case studies/testimonials

NAME.....

ADDRESS.....

.....

EMAIL..... TEL NO.....

All photos/testimonials/case studies will be anonymous unless you agree otherwise, and no identifying photographs would ever be used without your express permission.

I confirm that I am happy for my medical history/testimonial/ photographs to be used as a case history for publicity and promotional purposes:

- a. In/on websites and in social media
- b. Youtube
- c. In leaflets and flyers for general distribution
- d. In articles in newspapers/magazines
- e. In talks/lectures to therapists and public

(Please cross out any that do not apply)

Please tick if you would be happy to be interviewed for Radio and/or Television

Please write below the name you would like us to use (e.g. full name, initials, etc):

.....

SIGNED: **DATE:**

Please use the space below to give us some initial feedback on your experience receiving ScarWork; we may use this as permitted by you above, thank you:

4.8. Evaluation Form

ScarWork Class Date / Location:			Teacher	
Please rate the following:	fully agree	partially agree	partially disagree	disagree
Registration was smooth and efficient, questions have been answered to my satisfaction				
Classroom and location are adequate and properly equipped				
Teacher and class were well prepared				
Teacher was motivated and supportive				
Time in class was used adequately and properly				
Learning matter / training were well presented				
Students' needs and requirements were respected				
There was enough time to practice the training				
I feel well prepared to transform the training into my daily practice				
Overall impression of the training is very good				
Any comment or remark you would like to add				

4.9. Students' Disclaimer

For Student ScarWork Therapists

We strongly encourage all student ScarWork therapists to familiarise themselves with the local laws and regulations governing manual therapy in their respective jurisdictions.

It is your responsibility to ensure that your practice and this waiver comply with the applicable legal and regulatory requirements.

You may wish to seek legal advice locally to ensure compliance with all necessary regulations.

4.10. ScarWork Session Disclaimer

Volunteer Client ("Scar Model") Acknowledgment and Waiver of Liability

I, the undersigned, understand and acknowledge that I am voluntarily participating in a ScarWork therapy session ("Therapy Session") facilitated by a student ScarWork therapist who is participating in a training program involving the practice and application of various gentle manual techniques collectively referred to as "ScarWork."

I understand that ScarWork is designed to improve the condition of scars and surrounding tissues/fascia, potentially improving my range of movement and returning sensation to numb areas.

I acknowledge and agree to the following:

No Professional Advice:

The student massage therapist is not a licensed professional in ScarWork and the Therapy Session is provided for educational and training purposes only. The Therapy Session is not a substitute for professional medical advice, diagnosis, or treatment.

Potential Risks: I understand that there are potential risks associated with the Therapy Session, including but not limited to minor injuries, discomfort, or other adverse outcomes.

No Guarantees: I understand that no guarantees have been made to me concerning the outcomes and effects of the Therapy Session.

Release of Liability: To the fullest extent permitted by law, I hereby release and discharge the student massage therapist and the training program, including its affiliates, officers, directors, employees, agents, and representatives, from any and all claims, liabilities, damages, actions, or causes of action, whether at law or in equity, whether known or unknown, arising out of or in connection with my participation in the Therapy Session.

Client's Name: _____

Client's Signature: _____

Date: _____

5. BECOME A TEACHER

This list of steps / approvals needs to be completed to become a ScarWork teacher.

5.1. Requirements

- i. write a letter of motivation, including personal data (Name, address, phone, email, and who the teacher was and when)
- ii. Participate in at least one (1) ScarWork class as a student;
- iii. Minimum of 2 years of practice as a ScarWork practitioner;
- iv. Participate in at least three (3) ScarWork classes as Assistant Teacher, certified by at least 2 different Instructors.
(not all 3 assistant sessions with the same instructor)
- v. Run a ScarWork class under an Instructor's supervision and graduate as a ScarWork Teacher, certified by that instructor;
- vi. Participate in at least one organization / planning initiative for a ScarWork class
- vii. Organize / present your first workshop within one year of the supervised ScarWork class;
- viii. Agree to donate to Sharon a share of the tuition fees. The amount is your choice, but we recommend your contribution is in the range of 10% of your class profit (income minus costs).

Teacher certification also means, ongoing further deepening and continuing education in the field of ScarWork (e.g. surgery, post-surgery wound procedures, techniques, research)

With regard to Assistance, there are two options:

1. Volunteer as an Assistant Teacher and join the class at your own expense.
2. Be invited by a Teacher to assist in a large class and receive reimbursement of your expenses. The exact amount to be discussed with your teacher.

Both options qualify the potential Assistant Teacher to perform the above listed steps to become a ScarWork teacher.

6. BECOME AN INSTRUCTOR

ScarWork teachers who wish to supervise teachers in training (Assistant Teachers aiming to become ScarWork teachers) and are willing to take on the responsibility of certifying new ScarWork Teachers can become a **ScarWork Instructor**

6.1. Requirements

- Teachers needs to have taught at least 5 full 4-day ScarWork Workshops.
- ScarWork Instructors meet frequently as a group to discuss new teachers in training and keep a record of their progress. Participating in these meetings is mandatory.

ScarWork Instructors should make sure that new candidates are aware of and follow our Teachers Guidelines as a framework for all ScarWork Teachers (as listed above; under 5. “Become a Teacher”).

List of Instructors will be published at our web page www.sharonwheeler.com / members