

NOTES ON TEACHER'S MEETING

27 November 2023

Andrea Clusen: Moderator

Andreea Ivanov: Zoom coordinator

Present: Andreea Ivanov, Andrea Clusen, Wolfgang Weise, Jan Trewartha, Jeannie Kelly, Sarah Nelson, Wojciech Cackowski and Jannie Cnossen

1. Standardised aftercare guidelines for scar models: Discussed last time – **Andrea I.** to work on this and send to whole group.

To be included – this can be said at the end of the session and/or given out on an information sheet according to the teachers' wishes:

Maintaining the gains you have got so far:

- The scar will have been pulling on soft tissue and affecting muscle function, so after the scar has been worked on, muscle is able to build up again and rebuild – this can mean you might be more hungry than normal – eat good food to support the body. Also, drink water, rest, and get good quality sleep.
- It takes up to two weeks for this integration process to take place and for more effective functioning to be restored. Too much physical exercise may well affect the results, so treat yourself gently.
- You may benefit from more ScarWork, in which case leave at least three weeks after the previous session because ScarWork seems to support the body in its self-healing. The changes often continue well after the session. Your therapist may recommend further work and explain to you why.

End of session – thank you for coming. We would appreciate it if you could tell others about your experience, to spread the word about the benefits of Sharon Wheeler's ScarWork.

2. Finalising the last page of the manual – **Wolfgang**
 - Candidate needs to be a member of the SW association/foundation
 - A minimum of 2 years of practice as SW practitioner
 - A minimum of 3 assistantships (of 4-day in-person workshops)
 - These 3 assistantships need to be at least with 2 different instructors (meaning not all 3 with the same instructor)
 - Instructor-Group needs to agree to certify the candidate
 - New teacher needs to organise/ present their first workshop within one year of certification
 - If this is not possible, they need to continuously co-each until their own workshop takes place.
 - Teacher certification also means, ongoing further deepening and continuing education in the field of ScarWork (e.g. surgery, post-surgery wound procedures, techniques, research)
3. How to become a ScarWork Instructor

Ideas were agreed in the last meeting – and need to be included in the guideline (last page under 6.) [Wolfgang](#)

- Only ScarWork Teachers who have taught at least 5 full 4-day ScarWork Workshops can become **ScarWork Instructor**, if they wish to.
- **ScarWork Instructors** can certify new SW teachers.
- The SW instructors are meeting frequently as a group to discuss new tit (teacher in training) and keep a record of their progress.

List of Instructors need to be published on Webpage- [Wolfgang](#)

Jan
Andrea
Jannie
Jeanie (appointed by Sharon)
Molly (appointed by Sharon)

4. Payment to „Necessary Assistants” where the class is too large for one person to handle – payment should be made for expenses and time. Payments to Teachers in Training wanting to get extra experience come for the experience and are not paid.
5. Once the changes have been made to the manual, a copy will be transferred to each of the members of this group for a final check. Sharon will also receive a copy to check. **Next meeting to discuss any changes: 19.00 Berlin time on Monday 5th February.**
6. Once everything has been agreed and confirmed, JT will do a final edit of the document for spelling, grammar, etc.