

Certification Resource Guide

The Lauterstein-Conway Massage School

&

Zero Balancing Health Association



**Welcome to the TLC Intensive Zero Balancing Certification Program**

**“May this program act as a rudder to help guide and enrich your experiences as you move through your study of Zero Balancing. Wishing you a successful, engaging journey.”**

***— Fritz Smith MD, Zero Balancing Founder***

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**Congratulations on your decision to amplify your field of learning and practicing Zero Balancing by committing to Zero Balancing Certification.**

**This Guide** will offer suggestions for study and ZB activities will enrich your learning experience, prepare you to pass the Certification Written and Practical Exams, and bring your unique gifts as a practitioner to the community of Certified Zero Balancers.

**You will find:**

* Information for accessing your profile and updating your contact information on [www.zerobalancing.com](http://www.zerobalancing.com).
* A list of requirements to complete your certification process.
* Recommendations for further study, practice and reflection.
* Logs to track your activities and provide data to answer program completion survey questions.
* Information about deepening your study by working with a ZBHA Certified Mentor
* Links to resources such as books, articles, and video recordings —for download or streaming.

**The Structure and Energy of Your Certification Journey**

Studying Zero Balancing is enriching both personally and professionally. The ZB curriculum prepares you to offer ZB sessions in the context of your professional training, experience, specialties and practice parameters.

**This Certification Program moves you from a student to a practitioner of Zero Balancing.** This process is alchemical. Your commitment to learning and embodying ZB principles and skills is the container for transformation. We encourage you to seek out members of the ZB community who can give you ZB sessions, provide feedback, mirror your strengths and help you identify your growing edges.

**Program Requirements**

1. Complete 100 Zero Balancing CEUs
2. Take open book Written Exam: Sources for Exam
   * Core Zero Balancing Study Guide, 4th edition
   * Inner Bridges by Fritz Frederick Smith, MD
   * Zero Balancing: Touching the Energy of Bone by John Hamwee
3. Pass ZB Practical Exam administered by ZB Faculty Member
   * David Lauterstein - ZB Faculty
4. Complete submission of Certification Evaluation to ZBHA

**Finding Information on the ZBHA Website**

As a Certification Candidate, you will be added to the **Certification Program** committee. If you have not been added to that group, look for it farther down the list and click “join.” You will be notified when your request is accepted.

Once you complete Certification, your profile page will be visible to anyone searching for a ZB practitioner. You can update this profile to include a photo and your practice information.

**Program Agreements**

In your application, you agreed to:

* Refer to yourself in writing as a ZB Certification Candidate or a Candidate in the Zero Balancing Certification Program only.
* Pay the full program fee prior to graduating from this program.
* Complete all requirements of the program including attending at least 100 hours of approved classes, passing a written exam, passing a practical exam, and completing a program survey.
* Abide by the Ethics Guidelines of the ZBHA.

You also indicated that you understand that:

* The term Zero Balancing and the Fulcrum logo are both registered Trademarks held by the Zero Balancing Touch Foundation (“ZBTF”) and the use thereof, together with the term “Zero Balancer,” are reserved for those individuals who have officially graduated as Certified Zero Balancers and maintain the status of “Certified Zero Balancer.”
* Membership benefits and Certified ZB Practitioner status are maintained by paying yearly dues.

In addition, it is your responsibility to maintain the legal right to be a health care provider according to the laws governing such practice in your state for the profession for which you hold a primary license or certification*.*

**Zero Balancing Courses for Certification**

Certification Exams are based on demonstrating understanding of ZB principles, practices and skill in performing the Core ZB Protocol as presented in Core ZB I & II. The other Certification Elective Courses all refer to and reinforce principles and skills from Core ZB while also expanding your understanding of how to adjust your work to more skillfully address your client’s needs. Each course includes a study guide that you can take additional notes on and refer to when studying, or while giving ZB sessions and preparing for the exams. *See brief descriptions below.*

**Zero Balancing I**: The first half of the Core Zero balancing program, introducing you to ZB theory, technique, touch skills and the history of the art and science of ZB. You will learn a ZB protocol and basic fulcrums, and be able to offer Zero Balancing by the end of class.

**Zero Balancing II:** Provides a deeper refinement of the material presented in ZB I along with additional concepts and fulcrums to complete the presentation of Core Zero Balancing principles and the full protocol.

**Alchemy of Touch:** Expands on Core ZB principles and delves into working with amplified fields of vibration within the body. Such skills allow you to both address well-held patterns more effectively and to empower session frames.

**Geometry of Healing: Advanced Palpation Skills** Explores how to work directly with vibratory/energetic fields including expanding your understanding of free standing wave forms and how to engage them directly. Much of the theoretical material presented is based on quantum physics, holograms, field theory, and how they can inform the world of touch.

**Core ZB Advancing Skills Day:** This class will enhance the skills and understandings of new ZB students, sharpen the skills of those who have not taken courses recently, and develop relationships among ZB practitioners.

You can also contact people you have shared a class with and organize a gathering to share ideas, questions and exchange sessions.

**Online:** Keep your eye on notifications from the ZBHA (or visit the website) about online classes, events, and study groups. These accessible gatherings allow you to engage with others interested in ZB and support your learning process.

**Record these events here:**

1. Event Date

2. Event Date

3. Event Date

4. Event Date

5. Event Date

**Your Learning Process in Addition to Classes**

Zero Balancing is experiential. To learn this work we all need to feel it through giving and receiving sessions and engaging with parts of the protocol and principles outside of the required classes.

**Recommended Activities:**

**Personal ZB Journal**

We encourage you to journal about all of the ZB sessions you have given and received, as well as touch feedback, mentoring, study partner sessions and your self-study of ZB principles. Journaling about any aspect of ZB can benefit your learning and experience. New insights and questions will arise and feelings emerge, bringing helpful, personal feedback. This is for your own benefit and growth and may inspire you to share your insights and questions with a Certified Mentor or other ZBers.

**Giving and Receiving** **Pure Zero Balancing Sessions**

**Give** as many pure Zero Balancing sessions as you can. By pure we mean not combined with other modalities. The more pure ZB sessions you do, the deeper your learning will be. Your understanding and skills will grow, and your relationship with Zero Balancing will take off. Consider setting a frame for yourself (such as “connect with the person’s donkey at a deeper level,” or “focus intensely on what I feel with the hip evaluation”) as the ZBer before any and all sessions.

**“Giving ZB’s is where I learned the most. I also enjoyed the books and stories about successful ZB treatments. They helped give me confidence.”**

**Fill in this tracking log as you give Zero Balancing sessions.** We encourage you to make notes for yourself on any questions and insights that arise during these sessions. Questions can be a guide to further self-study or to ask someone in the ZB community for assistance.

Date ZB Given Client Notes

7. ‘







16. ‘





23. .
24. ‘

**Receive** as many pure Zero Balancing sessions as you can. Those from Certified Zero Balancers, Certified Mentors and Faculty will give you the clearest understanding and felt experience of the quality of touch and the power of Zero Balancing. When you experience ZB for yourself, and with different practitioners, you will experience the benefits on a personal level and can hold a larger field for your clients.

**“Receiving regular ZB’s from a skilled practitioner was most helpful to get the feel. The other aspects also were good, but the regular getting of ZB’s was the best.”**

**Fill in this tracking log as you receive Zero Balancing sessions**, and make notes for yourself on any questions and insights that arise during these sessions.

Date ZB Received Practitioner Notes

1.

2.

3.

4.

5.

6.

**Touch Feedback Sessions**

You refine your ZB touch skills when you work with a Faculty member, Certified Mentor or Certified ZBer in the context of a touch feedback session. Your frame for the session could be whatever you wish to improve or feel more comfortable with. Your learning will accelerate and your touch will become clearer and more effective, better able to meet each client where they are. Touch Feedback sessions will also help to prepare you for the Certification Practical Exam.

**“Touch feedback with faculty helped me to receive different perspectives on how they each felt my touch and knowledge of the ZB protocol.”**

**Fill in this log as you receive touch feedback sessions**, and make notes for yourself on any questions and insights that arise during these sessions.

Date ZB Practitioner, Mentor or Faculty Notes

1.

2.

3.

**Study Partners**

Connect with other members of the Certification program to study together, practice with each other, and support each other toward learning ZB. Even just scheduling a date with a plan for what you will be focusing on will enhance your insights and stimulate actions to support your learning of ZB.

**Log any study partner sessions** and make notes for yourself on any questions and insights that arise during these sessions*.*

Date Study partner(s) Frame for Study

1.\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4.\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Self-Study of ZB Principles**

ZB principles include: holding others in the highest personal regard, touching energy and structure at Interface; making a good donkey connection; working between the blue line and the box, evaluating/balancing/re-evaluating; introducing a clearer and stronger field; observing working signs; and making a clean, clear disconnect.

You can also incorporate a learning frame into the ZB sessions that you give. For example, focus on clarity in Position, Pause and Action, Interface, or feeling the signature of being at the Blue Line or in the Box.

Review ZB terminology (from Appendix A Glossary in the Core ZB Study Guide, page 73 in the 4th Edition) and use these terms to practice describing Zero Balancing to a friend or family member.

You may also observe ZB principles in your life, such as:

* Take one principle/hallmark of ZB for a period of time, such as a week, and notice how it shows up in the natural world, in your daily life and in the ZB’s you are doing. Make note of your findings and awareness in your journal.
* Connect with your donkey – notice your rider.
* Connect with others at the donkey-donkey level.
* Notice your experience of a “clearer, stronger field.”
* Notice how you can hold others and yourself in Highest Personal Regard.

**“Following your love of transformational touch will enliven your abilities and motivate you to share your discoveries.”**

**Log your self-study practices** and make notes for yourself on any questions and insights that arise**.**

Date Practice/Journaling engaged

1.\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4.\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ZB Books and Other Resources:**

The ZBHA has a few resources available in our online store.

The **Zero Balancing Touch Foundation (ZBTF)** is a source of more information about Zero Balancing. Go to https://zbtouch.org/.

* Their shop features streaming options for ZB I Core Skills with Fritz Smith videos, 42 in total and packaged in 8 topic groups. Review and learn ZB from the founder. Study these at home, whenever you want to. This is an amazing resource for reviewing and enhancing your understanding of the material presented in ZB I.
* They also have great information about Zero Balancing research studies.

View the **ZB Research Presentation (2021**) on Vimeo which introduces Zero Balancing and explores the effects of skilled conscious touch on brain waves, expanded states of consciousness, and healing. Also presented are findings of independent, IRB approved, published research on the effects of Zero Balancing on the physical, emotional, mental, and spiritual dimensions of health and wellness. Here is the link: <https://vimeo.com/570736773>.

**The International Journal of Zero Balancing and Transformative Touch**, (IJZBTT) is a unique, international open-access online journal: <https://thekeep.eiu.edu/ijzbtt/>. It is designed to share, free of charge, diverse content across a wide range of therapeutic touch modalities. Read, share and submit scientific, educational and artistic articles and papers that focus on the benefits of skilled touch in the service of wellness and personal transformation.

**Search for and View** videos found on YouTube and Vimeo channels.

**Introduction to Zero Balancing** by Jim McCormick, about 1 hour, recorded on 10/27/21. Located on YouTube and produced by Handspring Publishing.

**Zero Balancing Books:** These should be available to purchase from the publishers, Amazon or other retailers.

Hamwee, John. Zero Balancing: Touching the Energy of Bone. Berkeley, CA: North Atlantic Books, Singing Dragon,1999.

Hext, Alan, Structural Energetics in Zero Balancing Bodywork, 2019

Lauterstein, David, Life in the Bones: A Biography of Fritz Smith, MD and Zero Balancing, Upledger Productions, 2017

McCormick, James, Zero Balancing: Conscious Touch and Transformation, Handspring Publishing, 2021

Quarry, Veronica and King, Amanda, Experiencing the Power of Zero Balancing: Case Studies of Journeys to Health and Wholeness, Upledger Productions, 2016

Smith, Fritz Frederick, M.D. The Alchemy of Touch: Moving Towards Mastery Through the Lens of Zero Balancing. Taos, NM: Complementary Medicine Press, 2005.

Smith, Fritz Frederick, M.D. Inner Bridges: A Guide to Energy Movement and Body Structure. Atlanta, GA: Humanics, 1986.

Williams, Gethyn, Penetrating Heaven: Adventures in Zero Balancing, 2021.

**Written and Practical Exams**

You may take the Practical Exam once you have passed the Written Exam.

**The Written Exam** is an open book test. The questions refer only to the Core ZB protocol, principles and practices. It’s a good idea to familiarize yourself with the following sources, as the answers to all questions on the exam are found here:

* Core Zero Balancing Study Guide, 4th edition
* Inner Bridges by Fritz Frederick Smith, MD
* Zero Balancing: Touching the Energy of Bone by John Hamwee

The exam covers 50 questions, including two questions regarding ethics and three questions regarding safe Zero Balancing practice. Forty correct answers are required for a passing grade as long as three of the five questions that relate to safety and ethics are answered correctly. At least one of the ethics questions and two of the safety questions must be answered correctly to pass, regardless of how many other questions were correct.

You will be notified of your exam score and incorrect answers.

**The Practical Exam** Expect to give a complete and pure Core ZB session. This includes framing, seated evaluation, the entire Core Zero Balancing protocol including the two special neck fulcrums, and holding the space after the session.

**Before scheduling the Practical Exam, ask yourself the following questions:**

* Have I given enough pure Zero Balancing sessions? Giving at least 50 pure ZB sessions is recommended.
* Have I received enough pure Zero Balancing sessions? Receiving a minimum of 10 pure ZB sessions is recommended.
* Have I received enough feedback on my Zero Balancing sessions? Do I have the protocol in my hands? Can I give a pure ZB session without having to focus on which evaluation and fulcrum comes next?
* Have I embodied the ZB principles? Are you automatically using the blue line and staying at Interface with your attention at your fingertips? Are you holding the client in high regard and remaining in the witness state?

**Schedule Your Practical Exam:** Practical exams will be held on Mondays November 27, 2023 - March 28, 2024 - based on individuals’ scheduling availability. No charge for initial practical. If necessary, $100 Re-take fee for additional practical exams.

**Final Steps**

Assuming you have completed your payments, your next and final step will be to complete our survey of your experiences and feedback on your Certification journey.

You will be asked about the Recommended Activities that you did during the program. If you use the logs provided in this Guide, these questions will be very easy to answer. The survey also includes some summary questions to get your feedback on:

* What was most useful to you,
* Who supported you in your Certification journey,
* Your interactions with staff and others in the community, and
* Your suggestions for improving the program.

Once you complete the survey you will receive an email notification of your change in status to Certified Zero Balancer, access to the Certified ZB Practitioners group and your Certificate In the mail.

**Privileges and Membership in the ZBHA**

**Newly Certified Zero Balancers** have:

* Permission to:
  + Refer to yourself as a Certified Zero Balancing Practitioner in print.
  + Use the credentials CZB after your name in all written material.
  + Use the trademarked Zero Balancing logo in your professional credentials and promotional materials.
  + Add Zero Balancing to your printed and online menu of services.
* A Practitioner listing on the Zero Balancing website with your own customizable profile page.
* Access to the Certified ZB Practitioners resources page.
* Four free months of membership in the ZBHA.

**Active Membership**

You can maintain your status as an active Certified ZB Practitioner recognized by the ZBHA by sustaining your ZBHA membership. New members receive a **complimentary 4-month membership** after which you will be asked to renew your membership and maintain your status on an annual basis at a cost of $150 per year.

Members are the backbone of our community and ambassadors for ZB in the wider world. Dues allow us to provide services that enrich the lives of practitioners, educate others about Zero Balancing, and grow and evolve our professional and educational services and resources.

**“Beyond being a therapy, Zero Balancing is a community. Some of the most exciting and stimulating features of ZB are the people who have been attracted to study this approach, and the community and friendships we have made. When we are together, it seems that a creative field develops for everyone, where new insights, understandings, and associations occur.”**

***— Fritz Smith, from Life In The Bones: (p.251)***

*Lisa J. Berger, ZB Faculty and Certification Program Chairperson*

*Leslie A. Connell, Certified ZB Mentor and Certification Program Volunteer*