

Aquatic Bodywork Therapist Requirements

All core and elective units/courses must be completed to be certified as an Aquatic Bodywork Therapist.

If you feel that you have competency in an area, please refer to AIAB RPL (Recognition of Prior Learning) policies.

Stage I

Pre-requisite: Senior First Aid (16 hours)

Description	Method	Assessment	Hours
Watsu I	Face to face Course	On the course	50
Zen Shiatsu I for Watsu (theory)	Blended (Face to Face and correspondence)	Written assignment + on the course	50
Introduction to Mindfulness for Aquatic Bodywork (theory+ practice)	Blended (Face to Face and correspondence)	Written assessment	10
Receive minimum of 3 sessions from a WABA certified Watsu Practitioner	Experience	Recorded and detailed	3
Give minimum of 10 documented sessions	Practice	Recorded and detailed	10
Total Hours:			123

Stage II

Pre-requisite: Successfully completing stage I

Description	Method	Assessment	Hours
Watsu II	Face to face Course	On the course	50
Zen Shiatsu II for Watsu	Blended (Face to Face and correspondence)	Written assignment + on the course	50
Mindfulness for Aquatic Bodywork Part II	Face to face Course		10
Give minimum of 10 documented sessions	Practice	Recorded and detailed	10
Receive minimum of 3 sessions from a WABA certified Watsu Practitioner	Experience	Recorded and detailed	3
Supervision and demonstration of Stage II skills	Assessment	Can be done with an authorised Watsu Instructor	4
Total Hours:			127

Stage III

Pre-requisite: Successfully completing stage II

Description	Method	Assessment	Hours
Watsu III	Face to face Course	On the course	50
Give minimum of 10 documented sessions	Practice	Recorded and detailed	10
Receive minimum of 4 sessions from a WABA certified Watsu Practitioner	Experience	Recorded and detailed	4
Supervision and demonstration of skills	Assessment	With an authorised Watsu instructor	6
Total Hours:			70

Stage IV

Pre-requisite: Successfully completing stage III

Description	Method	Assessment	Hours
Introduction to Healing Dance	Face to face Course	On the course	16
Give minimum of 20 documented sessions	Practice	Recorded and detailed	20
Receive minimum of 4 sessions from a WABA certified therapist	Experience	Recorded and detailed	4
Healing Dance 100/Healing Dance I+II	Experience	On the course	100
Supervision and demonstration of skills	Assessment	With an authorised HD instructor	10
Total Hours:			150

Additional

The below can be completed at any point in the training:

Description	Method	Assessment	Hours
Anatomy and Physiology for Watsu	Blended (Face to Face and correspondence)	Written assignment	100
Aquatic elective I (any from the WABA approved list)	Face to face Course	On the course	50
Aquatic elective II (any from the WABA approved list)	Face to face Course	On the course	50
Aquatic elective III (any from the WABA approved list)	Face to face Course	On the course	50
One of the following: Presence of Being Somatic psychology based training, such as Prenatal	Face to face Course/online/correspondance		100

Journey, Hakomi, SE or Bioenergetics			
Write a case study	One client – one case study		200
Total Hours:			550

More information:

- The Australian Institute of Aquatic Bodywork follows the guidelines of the Aquatic Bodywork therapist requirements outlined by WABA.
- Classes taken by other WABA training providers, including certificates obtained from other training organisations (not WABA or the AIAB) will have to be assessed according to the AIAB RPL (Recognition of Prior Learning) policies.
- There's no timeframe to complete the full Aquatic Bodywork Therapist of 1020 Hours.
- The AIAB reserves the right to ask a student to audit classes. Students auditing a class will be entitled to a 30% discount of the tuition fees. The AIAB reserves the right to give priority to students paying the full amount of the tuition fees.
- WABA allows and even recommends auditing/repeating classes, which can be counted towards the Practitioner requirements. Based on more than 35 years of training with thousands of students around the world, we know that repeating a class polishes the skills and deepens the understanding of the practice.
- It is recommended that students experience few forms of aquatic bodywork to enrich their skills.
- The AIAB yearly calendar is designed to allow a continuity of training. However, please also note that some unforeseen circumstances could force alteration of the dates. Please see our timetable for the training so you can plan ahead.
- Classes always go ahead if there are at least 6 participants. Past experience shows that it is better to experience the training in a proper sized group as the exchange between students is vital to the learning process.
- Please read the **AIAB Assessment Student Guide**.