



心意識全人學苑 Heartfulness Education Ltd.

2F., No. 230, Ziyou 2nd Rd., Zuoying Dist., Kaohsiung City, Taiwan (R.O.C.)

07-5581026

## 神經鬆動術：創傷介入之神經腦膜鬆動術第一階段

### Neural Manipulation: Neuromeningeal Manipulation;

### An Integrative Approach to Trauma (NM1)

日期 Date: 2026/04/16~2026/04/18

語言：中英文講義、英文演講、中文口譯

時間 Time : 9:00 a.m. to 5:00 p.m. Days 1-3

(中文口譯研習內容需時較長可能延至 p.m.6:00 下課)

9:00 a.m. to 3:30 p.m. Day 4

(中文口譯研習內容需時較長可能延至 p.m.4:30 下課)

## 1、研討會簡介 Course Description

神經鬆動術是一種非常溫和的治療，幫助放鬆神經和周邊的結締組織（硬腦膜），腦周遭的顱骨，致使神經系統功能修復。(Barral & Croibier 2007)

Neural Manipulation (NM) is a gentle hands-on therapy which helps to free up the nerves and the connectivetissue around the nerves (dura mater), the bones around the brain (cranium) so that the nervous system functions better. (Barral & Croibier 2007)

您將學習關於頸鞭症候群的三個領域：生理定律、評估和治療。講師研習上授課、示範、和指導親手練習以下主題，包含腦膜系統、頸部及頸臂神經叢的軟組織、以及腰薦部位的受限。

In this course, you will study the three primary areas of trauma as they relate to whiplash: physical laws, evaluation and treatment. The instructor will present appropriate lecture, demonstration, and supervised hands-on lab sessions addressing such topics as restrictions in the meningeal system; soft tissues of the cervical and cervicobrachial regions; and the lumbosacral region.

## 2、研討會重點 Course Highlight

- \* 學習頸鞭症候群的三個主要領域：生理定律、評估和治療。

Study the three primary areas of trauma as they relate to whiplash: physical laws, evaluation and treatment.

- \* 學習關於頸鞭症候群和創傷治療的解剖生理。

Learn the appropriate anatomy and physiology for treatment of whiplash and trauma conditions.

- \* 學習如何定位和釋放硬腦膜系統中的受限。

Learn to locate and release restrictions along the meningeal system.

- \* 評估頸椎的軟組織損傷和學習最佳的治療方案。

Assess injuries to the soft tissues of the cervical region and learn treatment protocols for optimal release.

- \* 學習測試頸臂的受限模式。

Learn tests to determine restriction patterns of the cervicobrachial region.

- \* 了解頸鞭症候群如何造成全身的受限模式。

Understand how whiplash creates restriction patterns throughout the body.

- \* 以環繞全身技巧確認，當頸鞭症候群發生時，不只頸椎，全身都會受到力的衝擊，。

Identify techniques that encompass the whole body, as the whole body receives collision forces in a whiplash injury, not just the cervical spine.

- \* 學習評估腰薦區域的受限。

Learn to evaluate restrictions in the lumbosacral region.

- \* 結合頸鞭症候群和其他創傷發現新的內臟筋膜鬆動術原則。

Discover new applications of visceral manipulation principles and techniques as they can be utilized for patients presenting whiplash and other conditions involving trauma.

- \* 對頸鞭症候群或創傷測試和比較治療序列。

Compare treatment sequence and tests for whiplash and traumatic injuries.

## 3、研討會前預習 Course Preview

1. 預習專有名詞和解剖構造 Review these important terms and structures :

□ 神經和硬腦膜之間的關係 ( 臂神經叢、腰神經叢、薦髂神經叢 )

Relationship of Spinal Nerves to Dura Brachial Plexus ~ Lumbar Plexus ~ Sacral Plexus  
顱內膜系統

Layers of the intracranial membrane system

顱骨縫解剖 - 冠狀縫、矢狀縫、人字型縫

Cranial Suture Anatomy – coronal, sagittal, lamdoid

顱骨脊椎交接處解剖

Craniospinal Juncture Anatomy

骨盆韌帶 - 薦椎節結，薦骨脊

Pelvic Ligaments – sacrotuberous, sacrospinous

小腦天幕 - 顱內膜附著處的解剖

Tentorium Cerebelli – anatomy of intracranial attachments

臂叢神經

Brachial Plexus

股神經

Femoral Nerve

坐骨神經

Sciatic Nerve

2. 請回答以下問題 NM1 Preparation Quiz Answers at the end :

A. 冠狀縫位於哪兩塊骨頭之間？

The coronal suture is between what 2 bones?

B. 枕骨乳突縫/接合孔在哪兩塊骨頭之間？

The occipito-mastoid suture/jugular foramen is between what 2 bones?

C. 大腦簾主要在什麼結構之下？

The falx cerebri is mostly under what suture?

D. 小腦天幕附著在：

The attachments of the tentorium cerebelli are:

a. 額骨、顱骨岩部、枕骨

frontal bone, petrouss part of temporal bone, occiput

b. 枕骨、頂骨、顱骨、蝶骨的前後床突

occiput, parietal, temporal, bones, anterior and posterior clinoid processes of sphenoid bone

c. 枕骨、頂骨、顱骨和上頷骨

occiput, parietal and temporal bones, maxilla

3. 預習內容和答案，請閱讀 Answers are in the pre-study document located at :

[http://www.barralinstitute.com/images/prestudy\\_materials/NM1\\_Preparation\\_with\\_Q\\_A.pdf](http://www.barralinstitute.com/images/prestudy_materials/NM1_Preparation_with_Q_A.pdf)

4. 先決條件 Pre-Requisite: 強烈建議先上過 CS1

感覺、輕柔的觸診、顱薦椎律動的觸診經驗。希望能擁有顱骨、骨縫和顱內膜的相關解剖知識。

Experience with sensitive, light-touch palpation, and palpation of the craniosacral rhythm. It is expected you have a working knowledge of this anatomy: cranial bones, sutures and intracranial membranes.

5、參考資料 Required Advance Reading:

Trauma: An Osteopathic Approach, 作者 Jean-Pierre Barral, PRT, DO

(本書心意識全人學苑有販售，歡迎洽詢)

◎講師介紹 Instructor: Instructor: *Annabel Mackenzie R.S.T, BI-Diplomate*



Annabel Mackenzie 是一位加拿大的 Shiatsu 指壓按摩治療師。

自 1990 年起於溫哥華擁有私人工作室。她輕巧的雙手幫助了許許多多的人經驗整體健康

Annabel 的治療手法包括指壓( Shiatsu)、內臟筋膜鬆動術( Visceral)、顱薦椎治療(Cranial-sacral Therapy)、自然療法以及徒手關節技術( Manual Articular techniques)。臨床之外，Annabel 樂於在加拿大以及其他國家的繼續教育講座巡迴授課。

二、主辦單位 The Organizer：心意識全人學苑 Heartfulness Education Ltd.

三、協辦單位 The Co-organizer：嘉衡健康研究中心、心一空間

#### 四、研習地點 Meeting Site：

心意識全人學苑:高雄市左營區自由二路 230 號 2 樓

Heartfulness Education Ltd. : 2F., No.230, Ziyou 2nd Rd., Zuoying Dist., Kaohsiung City 813, Taiwan (R.O.C.)

#### 五、人數上限: 30 人(含複訓 2 名)

Maximum number of class student: 30 people (including 2 people of refresher training)

※複訓者：請填寫資料在備註欄裡註明<複訓,以及第一次上課的年月份>。

※For those who are returning training to the class: Please fill in your information and indicate < refresher training, and the year /month of the first class> in the remarks column.

#### 六、報名方式與費用 The way to register and fee

■研習費用 **29500 元**

費用不包括午餐，課間休息時間提供茶水及小點心。

■Course fee: **NT\$ 29500**

The fee does not include lunch. Tea、water and snacks available during breaks.

付款方式有以下方式:

★支付方式：採線上刷卡/ATM 轉帳/匯款(需在指定 5 個工作天內完成)

★Payment methods: Online card payment/ATM transfer/bank transfer (must be completed within 5 business days)

◆匯款資料如下:

國內匯款帳號如下: 台新銀行代號:(812)北高雄分行

帳號: 2046-01-0002601-0

戶名: 心光塾有限公司

國外匯款如下:

#### 一、受款人資料 (Beneficiary Information)：

受款銀行(A/C with Bank)	Taishin International Bank (SWIFT Code：TSIBTWTP)
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受款銀行地址(Bank Address)	No. 360, Bo-ai 2nd Rd, Zuoying District, Kaohsiung City, 813
分行別(Branch)	North Kaohsiung Branch
受款人姓名(Beneficiary's Name)	Heartfulness Education Ltd.
受款人帳號(Beneficiary's A/C No.)★	<u>2046-01-0002601-0</u>
受款人電話(Beneficiary's Tel No.)	07-5581026
受款人地址(Beneficiary's Address)	2F., No. 230, Ziyou 2nd Rd., Zuoying Dist., Kaohsiung City 81358, Taiwan (R.O.C.)

**\*\*國外報名學員:**

請於**五天內**(指工作天)匯款並傳送匯款資訊單的照片及匯款日期，傳送至我們的 Email : wellbalanced0001@gmail.com 經核對款項後，您的名字進入已匯款名單並完成報名。

**\*\*國外匯款帳號**，可匯入美金或台幣，依照每堂研習費用不同，會有匯差，我們採<多退少補>，差額的費用請於研習中洽詢櫃台人員。

Please make the transfer within five days and send a photo of the remittance slip and the remittance date to our email: wellbalanced0001@gmail.com. After verifying the funds, your name will be added to the list of completed payments and your registration will be finalized.

**\*\*Important Note for International Participants:**

This account is designated for course payments and accepts both USD and NT\$. Due to varying course fees, there may be exchange rate differences. We will adjust the balance accordingly, and any remaining fees can be settled at the registration desk during the course.

## 七、報名流程：sign-up procedure

◇登入報名連結系統→填寫報名表後，名字會在**報名名單**中，請於**5 個工作天內**完成匯款。經系統確認入帳，名字進入**錄取名單**，即完成報名。

■報名順序:

依照繳費完成之順序進行排序，若**逾期末完成繳費**程序，請先至報名系統內確認是否仍在報名名單，如仍在名單中，請盡速繳費；若無在報名名單，請重新登入報名並繳費。

-如報名額滿，系統會從候補名單中通知，若有其它事項會公告在心意識全人學苑網站，若有疑問，可傳訊息在心意識全人學苑網站 <https://www.facebook.com/wellbalanced01>

◇ Log in to the registration link system → After filling out the registration form, your name will appear on the registration list. Please complete the payment within five days. Once the system confirms the payment, your name will be added to the admitted list, completing the registration.

■ Registration order: The order is based on the completion of the payment. If you fail to complete the payment within the given time, please check the registration system to see if your name is still on the registration list. If your name is still on the list, please make the payment as soon as possible; if your name is not on the list, please log in again to register and make the payment.

- If the registration is full, the system will notify you from the waiting list. Any other updates will be posted on the Heartfulness Education Academy website. If you have any questions, you can send a message on the Heartfulness Education Academy website: <https://www.facebook.com/wellbalanced01>.

If the registration quota is full, the system will notify you from the waiting list. If there are other matters, it will be announced on .

<https://www.facebook.com/wellbalanced01>

## 八、住宿資訊 Accommodation Information :

(一) 世奇商旅：高雄市左營區裕誠路 450 號 / 電話：07 557 2299 · 步行 500 公尺。

Shi Chi Hotel : No.450, Yucheng Rd., Zuoying Dist., Kaohsiung City 813, Taiwan (R.O.C.) / +886 7 5572299 · 550 meters by walking distance.

(二)理歐 111 計時空間：地址： 高雄市左營區立信路 111 號/ 電話：0982 170 885 · 步行 500 公尺。

(三)帕可麗酒店：高雄市鼓山區文信路 192 號/電話：07 962 8800 · 步行 750 公尺。

Park Lees Hotel : No.192, Wenxin Rd., Gushan Dist., Kaohsiung City 804, Taiwan (R.O.C.) / +886 7 962 8800, 750 meters by walking distance

(四)巨蛋旅店：高雄市鼓山區文忠路 1 號 / 電話：07 586 8388 · 步行 800 公尺。

Hotel R14: No. 1, Wenzhong Rd., Gushan Dist., Kaohsiung City 804, Taiwan (R.O.C.) /+886 7 586 8388, 800 meters by walking distance

## 九、注意事項 matters need attention



(一)主辦單位提供茶水及小點心，請自備環保杯；若遇天災達停課標準，以網站公告及 Line 群組為主，不另行個別通知。

The organizer will provide tea and snacks, please bring your own eco-friendly cups. If a natural disaster reaches the standard of suspending classes, announcements on the website and Line groups will be the main ones without any individual notification.

(二)退款機制:繳費後申請退費者，退費規定如下: Mechanism for refund:

The refund regulations are as follows:

1.研習 **60 日前提出退費**申請者，酌收**行政作業費用 2000 元**。

Those who apply for the refund 60 days before the start of the course，we will charge you administrative fee of NTD 2,000.

2.研習前第 59 日至 30 日提出退費申請者，退還當期開班約定繳納費用總額百分之 80。

Those who apply for the refund during the 59th to 30th day before the start of classes we will refund you 80% of total fees for the current class.

3.研習前第 30 日至第 7 日提出退費申請者，退還當期開班約定繳納費用總額百分之 50。

Those who apply for the refund from the 30th to the 7th day before the start of the class, we will refunded you 50% of total fee for the current class.

4.研習前第 6 天到前 1 天提出退費申請者，退還當期開班約定繳納費用總額百分之 30。

Those who apply for the refund from the 6th day to 1 day before the start of the course, we will refund you 30% of total fee for the current class.

5.實際研習第 1 日 ( 包含第 1 日 ) 後，恕不退費。

No refunds will be given after the first day of class (including the first day).

詳細辦法，請參考心意識全人學苑網站 <https://www.facebook.com/wellbalanced01>

For details, please refer to the website of Heartfulness Education Academy .

<https://www.facebook.com/wellbalanced01>

(三)研習**開始前兩個月**，若**報名人數未達 6 成**，主辦單位保留舉辦與否的權利;如遇特殊因素，以致研習停止舉辦，則全額退費。

If the number of registrants does not reach 60% two months before the start of the course, the organizer reserves the right to cancel the course. In case of special circumstances leading to the cancellation of the course, a full refund will be issued.

(四)錄取名單中，如遇取消報名者，則由候補名單者中依順序遞補。



In the admission list, if there is a cancellation of registration, the candidates will be admitted in order from the waiting list.

**(五)** 為避免觸犯 BI 總部著作權之規定，**研習進行中請勿拍照及錄影。**

To avoid violating the copyright regulations of UI headquarters, please do not take photos or videos during the course.

**(六)** 研習時間、地點如有更改，將另行通知，請務必填寫相關聯絡資訊。

If there are any changes of class time and location, we will notify you respectively. Please be sure to fill in the relevant contact information.

**(七)** 請著舒適、寬鬆的衣服，便於研習中的操作練習。

Please wear comfortable, loose-fitting clothing to facilitate the practice during the course.