



Barral Institute Course Descriptions

Visceral Manipulation Curriculum - Developed by Jean-Pierre Barral, DO, PT

Visceral Manipulation: Abdomen 1 (VM1)

Course Length: 4 Days
24 CE's

Synopsis: In VM1 you will study the models and theories of functional biomechanics as viewed from Barral's innovative approach.

Course Highlights:

- Learn manual skills to locate, evaluate, and normalize primary areas of dysfunction within the abdominal cavity.
- Explore the dynamics of motion and suspension in relation to organs, membranes and ligaments.
- Examine the relationship of organs and structural or neuromusculoskeletal dysfunction.
- Assess the quality of functional activity and somatic structures as they relate to an overall pattern.

Prerequisite: Licensed healthcare practitioner, student in healthcare program or graduate of healthcare program awaiting licensure/accreditation experienced with sensitive, light-touch palpation.

Required Advance Reading: *Visceral Manipulation* by Jean-Pierre Barral, RPT, DO; *Atlas of Human Anatomy* by Frank Netter, MD, or *A Regional Atlas of the Human Body* by Carmine Clemente.

Visceral Manipulation: Abdomen 2 (VM2)

Course Length: 4 Days

24 CE's

Synopsis: In Visceral Manipulation: Abdomen 2 you will expand on the functional anatomy, hand placements and techniques you learned in Visceral Manipulation: Abdomen 1 to give you a deeper understanding of the abdominal cavity and its relationship to the cranial and thoracic cavities.

Course Highlights:

- Explore the deeper structures within the abdominal cavity, focusing on the kidneys, pancreas, spleen, greater omentum, peritoneum, and their connective or suspensory tissues.
- Learn about the concept of restriction planes, mobility and motility.
- Begin to incorporate multiple long-lever techniques into your VM work.
- Participate in supervised, hands-on sessions that guide you through specific techniques for locating and evaluating each organ, along with the effects and contraindications.

Prerequisite: VM1

Required Advance Reading: *Visceral Manipulation II* by Jean-Pierre Barral, RPT, DO.

Visceral Manipulation: The Pelvis (VM3)

Course Length: 4 Days

24 CE's

Synopsis: Visceral Manipulation: The Pelvis (VM3) studies the relationship between functional and structural mechanics of the pelvis.

Course Highlights:

- Learn to identify, receive and conduct Jean-Pierre Barral's method of evaluation and treatment for the organ systems of the pelvic cavity, including the integration of the pelvic organs with the complex ligament systems of that body region.
- Discover techniques for differentiating between somatic and visceral causes for pelvic and low back problems.
- Discover how to integrate the pelvic organs with the complex ligament systems of the body region.
- Explore additional principles of direct and indirect approaches and their appropriate applications.
- Integrate the pelvis into the body with principles of Lines of Tension.

Prerequisite: VM2

Required Advance Reading: *Urogenital Manipulation*, by Jean-Pierre Barral, RPT, DO.

Visceral Manipulation: The Thorax (VM4)

Course Length: 4 Days

24 CE's

Synopsis: After taking Visceral Manipulation: Abdomen 1 and 2, you've become acquainted with the feel of the different abdominal organs and local restrictions. In the Thorax workshop, you'll take an expanded look at the functional biomechanics of the thoracic cavity. You'll also explore the relationship between the hard frame and soft frame with its countless articulations for respiration, circulatory requirements and upper body movement patterns.

Course Highlights:

- Explore visceral fascia of the throat and thoracic cavity.
- Review the anatomy, biomechanics and function of the thoracic organs.
- Study the biomechanics of the cervical, thoracic, rib cage and shoulder girdle complex.
- Learn techniques to release the soft tissue components of the thoracic inlet and hyoid apparatus.
- Practice listening techniques within the thoracic activity.
- Understand practical integration of the thoracic cavity organs.
- Learn integration of the thoracic organs with the complex ligament systems of that body region.
- Discover techniques for differentiating between somatic and visceral causes for thoracic and spinal problems.
- Special Focus on Pleura, Lungs, Pericardium, Heart, Mediastinum, Thyroid, Trachea, Esophagus, Sternum, Rib Cage and Thoracic Plexuses.

Prerequisite: VM2 (Abdomen 2) or VMIB (Visceral Manipulation IB).

Required Advance Reading: *The Thorax*, by Jean-Pierre Barral, RPT, DO.

Manual Thermal Evaluation and Introduction to VisceroEmotional (VM5)

Course Length: 4 Days

24 CE's

Synopsis: VM5 studies the use of Manual Thermal Evaluation to evaluate and improve organ functions.

Course Highlights:

- Learn the use of Manual Thermal Evaluation to find restrictions and organ dysfunction in the body.
- Explore the synchronicity between the body and brain, and how that affects the health of a person.
- Discover how the brain uses the internal organs to discharge and express excess energy (often of emotional origin) and how that affects structural integrity.
- Practice working with energy loss, locating structural restrictions contributing to pain, and managing a therapeutic session.

Prerequisite: VM3

Required Advance Reading: *Manual Thermal Evaluation* by Jean-Pierre Barral, RPT, DO and *Understanding the Messages of Your Body* by Jean-Pierre Barral, RPT, DO.

VisceroEmotional Relationships (VM6)

Course Length: 3 Days

18 CE's

Synopsis: Explore in depth the connections between our organs and our emotions.

Course Highlights:

- Explore the body and the organism, physical energy, psychoemotional energy and release techniques all with respect to Jean Pierre Barral's unique visceral approach.
- Discover all three levels of Manual Thermal Evaluation, active and passive tissuloemotional liberation, and psychoemotional liberation.
- Understand the Chicken-or-Egg Syndrome in relation to organ dysfunction and emotions.
- Learn how to break the visceroemotional cycle through Visceral Manipulation.
- As a workshop that would typically be offered at the post-graduate level, this course engages course participants in a dynamic exchange of information tailored to advanced skills.

Prerequisite: VM5

Required Advance Reading: *Understanding the Messages of Your Body* by Jean-Pierre Barral, RPT, DO.

Visceral Manipulation Dissection (VMD)

Course Length: 2 1/2 days

CEUs: 15

Synopsis: Explore human anatomy with a visceral manipulation focus.

Course Highlights:

- Develop increased anatomical knowledge through hands-on dissection, palpation, exploration and discovery of specific individual organs, the systems they function within and the structural integrity of the entire body.
 - Observe dissection of the abdomen and pelvis, and dissection into the thorax.
 - Observe dissection of the cranium with a Visceral Manipulation focus.
 - Discover the detailed functional anatomy of abdomen, pelvis, thorax and cranium.
 - Learn topographical discernment of organs in relationship to the musculoskeletal system.
 - Break-out sessions with specific organs (liver, kidney, spleen, heart, lungs).
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- Study the disposition of the various organs/structures to discern pathological conditions.
 - Explore the dynamics of motion and suspension in relation to organs, membranes and ligaments.

Prerequisite: VM1

Required Advance Reading: None

Visceral Manipulation: Applications for Pediatrics (VAP)

Course Length: 4 Days

24 CE's

Synopsis: Visceral Manipulation: Applications for Pediatrics applies Visceral Manipulation techniques to working with infants, toddlers and children

Course Highlights:

- Learn how early therapy on newborns and infants can possibly reduce the percentage of problems later in life.
- Explore embryology and the developmental landmarks (normal and abnormal) that occur month by month during and after gestation.
- Discover how to evaluate a baby or child.
- Learn general treatment ideas, such as how to work with babies, toddlers, and children, as well as working with those who are tactilely sensitive.
- Understand the signs of trauma, as well as evaluation and treatment techniques.
- Integrate specific treatment techniques for common visceral restrictions found in children, as well as Barral's approach to cranial techniques.
- Learn about Visceral Manipulation precautions and contraindications when working with children.
- Explore special considerations, e.g. typical surgeries, prematurity, children with neuromotor problems and craniosynostosis.
- Practice working with infants and children in a supervised environment.

Prerequisites: VM2

Required Advance Reading: None

Visceral Manipulation: Visceral Vascular Manipulation; Upper Body (VVMU)
Visceral Manipulation: Visceral Vascular Manipulation; Lower Body (VVML)

Course Length: 3 Days Each
18 CE's

Synopsis: This course explores evaluation and treatment techniques for the vascular system of the body.

Course Highlights:

- Review the anatomy and physiology of the vascular system, particularly how arteries dilate or diminish in diameter depending on the function of the body.
- Understand how compression along vascular structures creates restriction patterns and pain throughout the body.
- Learn to locate and release restrictions along the vascular structures using direct techniques on the arteries like compression, decompression, and elongation, as well as indirect techniques using the limbs.
- Explore manipulation of the soft tissues of the heart itself, aorta, subclavian artery, along with all the arteries connected with the visceral system.
- Enhance your understanding of how increased blood circulation to an organ improves function of the viscera, and learn how to improve the blood circulation to organs, directly and/or indirectly.
- Learn treatment of the vaso-pressive system and the brain.
- Discover the research done with doppler ultrasound to determine the best mobilizations of the arteries to improve local and general blood circulation.
- Learn practical integration of vascular treatment into the therapeutic session.

Prerequisites: VM4

Required Advance Reading: *Visceral Vascular Manipulation* by Jean-Pierre Barral, RPT, DO; and Alain Croibier, D.O.

Visceral Listening: Strategic Crossroads of the Body 1 (SCB1)

Course Length: 3 Days

18 CE's

Synopsis: During this course we will see the most important fascial and peritoneal crossroads where nerves, arteries, veins and lymph canals have the risk to be compressed in case of retraction, fibrosity due to surgery, accidents, hormonal dysbalance and systemic diseases.

Course Highlights:

- Demonstrate the appropriate anatomy and physiology for treatment of specified dysfunctions.
- Explain typical pain patterns that arise from dysfunction of these areas.
- Demonstrate evaluation methods and treatment techniques to decrease pain and facilitate normal functioning.
- Explain and demonstrate practical integration into treatment sessions.

Prerequisite: VM2 and one of: MALE, MAUE, MASP, NM2, NM3, VVMU, or VVML

Required Advance Reading: None

Visceral Listening Techniques: An Integrative Approach to Evaluation (LT1)

Course Length: 3 Days

18 CE's

Synopsis: LT is designed to reinforce powerful "listening" skills.

Course Highlights:

- Discover a new "listening skills" (palpation procedure) that helps guide you to the proper manipulation site.
- Learn to interpret the information the body is offering regarding imbalances and dysfunctions.
- Explore through listening how to determine which body structures are involved, and identify the best approach for treatment results.
- Practice listening to the body systems, as they respond to your treatments.
- Learn to identify the correct approach and amount of force when working on different parts of the body and with different clients.

Prerequisite: VM1 or NM1 or CSI or LDT1

Required Advance Reading: None

Listening Techniques 2 (LT2)

Course Length: 3 Days

18 CE's

Synopsis: LT2 further reinforces powerful "listening" skills.

Course Highlights:

- Focused Listening on the brain, nerves, vascular system and articulations.
- Deepen "Listening skills" (palpation procedure) that help guide you to the proper manipulation site.
- Learn to interpret the information the body is offering regarding imbalances and dysfunctions.
- Explore through listening how to determine which body structures are involved, and identify the best approach for treatment results.
- Practice listening to the body systems, as they respond to your treatments.
- Learn to identify the correct approach and amount of force when working on different parts of the body and with different clients.

Prerequisite: LT

Required Advance Reading: None

Advanced Visceral Components of the Neck and Thorax (VMAT)

Course Length: 3 Days

18 CE's

Synopsis: The workshop will present specific and advanced techniques and explain the anatomy, breathing mechanism, function and physiology of the thorax.

Course Highlights:

- Build on the knowledge of the thorax region as learned in VM4.
- Review the myofascial structures of the thorax.
- Explore the hyoid suspensory apparatus, thyroid, tonsils and pharynx.
- Learn more precise techniques for the esophagus, pleura, heart and pericardium
- Classify retropharyngeal space.
- Discover treatment techniques to enhance the breathing mechanism.

Prerequisite: VM4

Required Advance Reading: *The Thorax* by Jean-Pierre Barral, RPT, DO.

Clinical Symposium with Jean Pierre Barral (SYMJP)

Course Length: 1 day

Synopsis: Enjoy this exceptional opportunity to witness Jean-Pierre Barral -- the developer of Visceral Manipulation and Neural Manipulation -- as he demonstrates his skills on pre-selected cases and audience volunteers (time permitting). Observe hands-on presentations in particular areas, such as pediatrics, geriatrics, low-back pain or fibromyalgia. Then spend the afternoon with Jean-Pierre Barral as he discusses these and other cases from a Visceral Manipulation viewpoint. It's a rare opportunity to gain insight and expertise from one of the world's leading authorities in complementary care.

Course Highlights:

- Receive detailed explanations as the instructor proceeds through each case.
- Closely observe the nuances of Barral's distinctive treatment style.
- Gain valuable information from other VM practitioners - the cases they're working on, areas they need advice in, patient successes.

Prerequisite: None

Required Advance Reading: None

Neural Manipulation Curriculum - Developed by Jean-Pierre Barral, DO, PT & Alain Croibier, DO

Neural Manipulation: Neuromeningeal Manipulation; An Integrative Approach to Trauma (NM1)

Course Length: 3 Days
18 CE's

Synopsis: This is a specialized course focusing on the impact of whiplash.

Course Highlights:

- Study the three primary areas of trauma as they relate to whiplash: physical laws, evaluation and treatment.
- Learn the appropriate anatomy and physiology for treatment of whiplash and trauma conditions.
- Learn to locate and release restrictions along the meningeal system.
- Assess injuries to the soft tissues of the cervical region and learn treatment protocols for optimal release.
- Learn tests to determine restriction patterns of the cervicobrachial region.
- Understand how whiplash creates restriction patterns throughout the body.
- Identify techniques that encompass the whole body, as the whole body receives collision forces in a whiplash injury, not just the cervical spine.
- Learn to evaluate restrictions in the lumbosacral region.
- Discover new applications of visceral manipulation principles and techniques as they can be utilized for patients presenting whiplash and other conditions involving trauma.
- Compare treatment sequence and tests for whiplash and traumatic injuries.

Prerequisite: None

Required Advance Reading: *Trauma: An Osteopathic Approach* by Jean-Pierre Barral, RPT, DO.

Neural Manipulation: Peripheral Nerve Manipulation; Upper Body (NM2)

Course Length: 3 Days

18 CE's

Synopsis: This course explores evaluation and treatment techniques for peripheral nerves of the upper body.

Course Highlights:

- Explore in detail the anatomy and function of the peripheral nerves of the upper body.
- Discover typical pain patterns that arise from dysfunction of these peripheral nerves.
- Learn evaluation methods and treatment techniques to facilitate normal functioning of these peripheral nerves.
- Discover various methods for releasing restrictions in nerves.
- Explore practical integration into treatment sessions.

Prerequisite: NM1

Required Advance Reading: *Manual Therapy for Peripheral Nerves* by Jean-Pierre Barral, RPT, DO; and Alain Croibier, D.O.

Neural Manipulation: Peripheral Nerve Manipulation; Lower Body (NM3)

Course Length: 3 Days

18 CE's

Synopsis: This course explores evaluation and treatment techniques for peripheral nerves of the lower body.

Course Highlights:

- Explore in detail the anatomy and function of the peripheral nerves of the lower body.
- Discover typical pain patterns that arise from dysfunction of these peripheral nerves.
- Learn evaluation methods and treatment techniques to facilitate normal functioning of these peripheral nerves.
- Discover various methods for releasing restrictions in nerves.
- Explore practical integration into treatment sessions.

Prerequisite: NM1

Required Advance Reading: *Manual Therapy for Peripheral Nerves* by Jean-Pierre Barral, RPT, DO; and Alain Croibier, D.O.

Neural Manipulation: Cranial Nerves and Brain (NM5)

Course Length: 3 Days

18 CE's

Synopsis: The advanced workshop expands on neural manipulation concepts and application, including the most recent advancements by developer Alain Croibier, DO, PT.

Course Highlights:

- Identify in detail the anatomy and biomechanics of the brain and cranial nerves.
- Describe typical pain patterns that arise from dysfunction of the brain and cranial nerves.
- Demonstrate evaluation methods and treatment techniques to facilitate normal functioning of these nerves.
- Demonstrate differential evaluation skills to determine skull, suture and brain fixation.
- Describe how compressions of the brain cause dysfunction in the cranial nerves.
- Explain and identify how intracranial pressure affects the function of the entire body, and cranial techniques to bring about normal functioning.
- Discuss practical integration into treatment sessions.

Prerequisite: NM4

Required Advance Reading: None

Neural Manipulation: Brain and Cranial Nerve Manipulation (NM4)

Course Length: 3 Days

18 CE's

Synopsis: This course explores evaluation and treatment techniques for nerves of the brain, and cranial region.

Course Highlights:

- Explore in detail the anatomy and function of the brain and cranial nerves.
- Discover typical pain patterns that arise from dysfunction of the brain and cranial nerves.
- Learn evaluation methods and treatment techniques to facilitate normal functioning of these nerves.
- Learn differential evaluation skills to determine skull, suture and brain fixation.
- Explore how compressions of the brain cause dysfunction in the cranial nerves.
- Discover how intercranial pressure affects the function of the entire body, and cranial techniques to bring about normal functioning.
- Learn practical integration into treatment sessions.

Prerequisite: NM2 or NM3

Required Advance Reading: *Manual Therapy for Cranial Nerves* by Jean-Pierre Barral, RPT, DO; and Alain Croibier, D.O.

Neuro-Visceral Manipulation of the Thorax and Abdomen (NVMTA)

Course Length: 3 Days
18 CE's

Synopsis: The workshop will present specific and advanced techniques that work with the nervous system of the abdomen.

Course Highlights:

- Discover locations in the body where the nervous system of the abdomen can be influenced directly or via trigger points.
- Evaluate and manipulate the nervous system in relation to the skin of the abdominal region.
- Explore the nervous system structures within the abdominal cavity, focusing on the hiatus, gallbladder, liver, pancreas, spleen, small intestine and large intestine.
- Participate in supervised, hands-on sessions that guide you through specific techniques for locating and evaluating very precise structural points related to the abdominal organs to facilitate optimal release of restricted tissues.

Prerequisite: VM2 and NM2 or NM3

Required Advance Reading: None

Visceral, Neural and Articular Advanced Clinical Synthesis (VNAC)

Course Length: 3 Days

18 CE's

Synopsis: This course is a fusion of all the levels of the Visceral Manipulation, Neural Manipulation and Manual Articular curriculum to enhance effectiveness of the evaluation and treatment process.

Course Highlights:

- Explore the organs in greater depth: structure, ligaments, capsula, nerves.
- Learn more about the metabolic (direct manipulation in compression and decompression on the organs), energetic (organs, brain, nervous system) and emotional (each major organ) components of the body and how they are interrelated.
- Discover ways to combine the treatment of multiple organs, e.g., liver, right kidney, lung, spleen, left kidney, descending colon.
- Learn additional techniques to treat the neuro-viscero-emotional components of a pain condition.
- Explore how to lead a therapeutic session, perform an all encompassing assessment, and choose the best therapy to apply.

Prerequisite: VM3 or VM4 and NM2 or NM3 and MALE or MAUE or MASP

Required Advance Reading: None

New Manual Articular Approach Curriculum – Developed by Jean-Pierre Barral, DO, PT & Alain Croibier, DO

New Manual Articular Approach: Upper Extremity (MAUE)

New Manual Articular Approach: Lower Extremity (MALE)

New Manual Articular Approach: Spine (MASP)

Course Length: 3 Days Each

18 CE's

Synopsis: These courses are the first of its kind due to its comprehensive approach to joints. They integrate all aspects of the joint including the nerve, artery, bone, capsule, and ligaments, as well as visceral and emotional connections.

Course Highlights:

- Delve into the joints like never before. Examine the nerves of each joint, along with the arteries, meniscus, ligaments, capsule attachments and folds.
- Work with soft tissue mobilization of the associated bones, while looking at direct and indirect relationships between the bones of the body.
- Explore the relationship between the viscera and the joints.
- Discover how the joints receive and emit messages with other parts of the body, as well as the emotional connections.
- Learn how to evaluate and treat each major joint (spine, shoulder, elbow, wrist, pelvis, knee, ankle) for its primary dysfunction from the anatomical or physiological systems that contribute to it.
- Explore such indications as clinical pain, sprains, arthrosis, and inflammation in a brand new way.
- Understand why Jean-Pierre Barral feels that this will become his most famous curriculum.

Prerequisite: None

Required Advance Reading: *New Manual Articular Approach: Upper Extremity* by Jean-Pierre Barral, RPT, DO; and Alain Croibier, D.O.; *New Manual Articular Approach: Lower Extremity* by Jean-Pierre Barral, RPT, DO; and Alain Croibier, D.O.