



**Watsu® and Aquatic Therapy Logbook**  
**by Watsupath™ Training Institute**

## This Logbook belongs to:

**Name and Surname:**.....

If found please contact:

**Land line:** .....

**Mobile:** .....

**Email:** .....

Or send by post mail to the following address:

.....  
.....

## WATSUPATH™ TRAINING INSTITUTE

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Mobile: +34 635 42 88 16

Address: C/AVUTARDA 2 ESC 3 BAJO A 28609 SEVILLA LA NUEVA, MADRID (SPAIN)

## Details of the student

Name (s).....  
Surname (s).....  
Date of Birth (dd/mm/yyyy).....  
In (City / Country).....

Address:

Street / Number.....  
City.....  
State.....Postal Code.....  
Country.....  
Land line.....  
Cellular.....  
Email.....

New address (if changed):

Street / Number.....  
City.....  
State.....Postal Code.....  
Country.....  
Land line.....  
Cellular.....  
Email.....

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## WATSUPATH™ TRAINING INSTITUTE

Watsupath™ was born from the need to provide therapeutic tools to health professionals committed to the support and facilitation of people with special needs.

It arises, therefore, with the objective of recognizing the value of Aquatic Therapy as a therapeutic entity itself, first option in some cases, and indispensable in many others.

Watsupath™ Training Institute is today the only school of Watsu® and Aquatic Therapy in the world managed by, and aimed at professionals of health, ensuring in its curriculum the same levels of excellence in all the countries in its area of action.

Watsupath™ offers a network for the personal and professional growth under the supervision of highly-qualified teachers, all of them with clinical practice, that put their theoretical and practical knowledge at the service of students, creating an enriching learning experience for all.

In addition to professional certification in Watsu®, Watsupath™ provides educational programs in other forms of therapy in water and on land, including Cranio Sacral Therapy in Water™, Aquatic Integration™, Waterness Journey™, Halliwick® Therapy, Water Dance®, Healing Dance®, Shiatsu, First Aids, Anatomy, Physiology and Biomechanics applied to Aquatic Therapy, Cranio Sacral therapy and Traditional Thai massage.

Approaching this high level of training to different countries in Europe, North America and South America, Watsupath™ Training Institute offers tailored courses that make its training programme a reference in what Aquatic Therapy is concerned.

### History

Watsupath™ is created by Elisa Muñoz white in 2007, after starting her Watsu® training in Asia. Develops a connection network that soon became a platform of communication between professionals, teachers and students, not only of Watsu®, but of all disciplines of aquatic bodywork known in those days.

The main activity as a physiotherapist develops in her hometown, Talavera de la Reina, and in several facilities in Madrid. Her activity as a teacher, from Madrid, little by little, goes beyond borders...Hungary, United Kingdom, Germany, Italy, United States, Argentina... combining several disciplines on land and in water to the service of the patient and the student.

The term Watsupath™ is registered in July 2012 together with Cranio Sacral Therapy in Water™, as a trade mark for advertising, management and business administration, concerning the establishment of franchise business consulting services, sales, education, training, sports and cultural activities, and medical services.

In 2014 Watsupath™ Training Institute is created and added to the training institutes of the Worldwide Aquatic Bodywork Registry, and its training programme is adapted to the requirements of the Continuing Education Commission for Health Professions, accredited by the National Health System.



## ABOUT ELISA MUÑOZ BLANCO

### **Elisa Muñoz Blanco. Physioterapist N. 3059**

Physioterapist N. 3059. Associate Professor at Physiotherapy degree in Universidad San Pablo-CEU. CEU Universities. Masters degree in Pediatrics. Professor at Expert in Aquatic Therapy of Rey Juan Carlos University, at Masters degree in Pediatrics in Universidad San Pablo-CEU. CEU Universities, and at Masters degree in Oncological Physiotherapy in Universidad Complutense de Madrid.

Member of Science and Research Committee of Worldwide Aquatic Bodywork Association. Member of Spanish Association of Pediatric Physiotherapy. Member of Spanish Association of Lymphedema.

WatsuPath™ Training Institute Founder and Director. CranioSacral Therapy in Water™ Creator and Instructor. Certified Watsu® 2 Instructor. Certified Ai Chi® Instructor.

Expert in Osteopathy, Craniomandibular Disorders and Orofacial Pain, Manual Lymphatic Drainage, Myofascial Release®, Cranio-Sacral Therapy and Traditional Thai Massage.

10 years of teaching experience, 19 years of clinical practice. Co-author of the book "Aquatic Therapy: Approaches from the Physiotherapy and Occupational Therapy in the aquatic media".

WatsuPath™ - CST in Water™ is a registered service mark of Elisa Muñoz Blanco. Elisa Muñoz Blanco and WatsuPath™ Training Institute are in title of Watsu™ trademark in Spain.

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### Read more:

Elisa is a Graduated in Physiotherapy from the Universidad Europea de Madrid. She studied the Expert diploma in Craniomandibular Disorders and Orofacial Pain in Pamplona, the Postdegree diploma in Manual Lymphatic Drainage in Austria, and later integrated Cranio-Sacral Therapy and SomatoEmocional Release® into her clinical practice. A journey through Europe, Asia and Oceania allowed her to complete her Traditional Thai Massage studies, and to begin her Watsu® training path. Back to Spain she specialized in Osteopathy and Myofascial Release® by the Universidad Autónoma de Madrid, and created CranioSacral Therapy in Water™, method that applies and teaches today at the Universidad Rey Juan Carlos in Madrid and other therapeutic pools in Spain, as well as in several European countries and the Americas. She is co-author of the book "Aquatic Therapy: Approaches from the Physiotherapy and Occupational Therapy in the aquatic media", first book in Spanish with a 100% therapeutic approach. In 2014 founds and starts leading Watsupath™ Training Institute, collaborating with a team of therapeutic centers, practitioners and clinical prestigious teachers. The synthesis and integration of this path, and her constant and persistent pursuit of personal and professional development, nourishes the relationship with each patient, each student and each colleague. In 2015, she focuses on aquatic therapy for Cerebral Palsy kids at a special needs school, and in 2017 completes her Masters degree in Pediatrics. Today she teaches to International students of Physiotherapy degree in Universidad San Pablo-CEU. CEU Universities, and in Masters degree in Pediatrics in the same University, as well as in the Master degree in Oncological Physiotherapy in Universidad Complutense de Madrid. She is Member of Science and Research Committee of Worldwide Aquatic Bodywork Association, member of Spanish Association of Pediatric Physiotherapy and Spanish Association of Lymphedema.

## TRAINING PROGRAM FOR A HEALTH PRACTITIONER BECOMING SPECIALIST IN WATSU® AND AQUATIC THERAPY

TRAINING PROGRAM FOR A HEALTH PRACTITIONER BECOMING SPECIALIST IN WATSU® AND AQUATIC THERAPY		
<p>Note: the time needed to advance the Path depends on approve each module. Students get a lot of benefits to repeat a course ("auditor" those who repeat the course, normally with discount), or receiving a supervision, or registering additional practice sessions. The instructors will indicate when it is appropriate to continue with the next step. Since Audits and Supervision hours added as training credits, these usually do not extend the total duration of the training.</p>		
<b>Training Program for Health Practitioners</b>		Licensed physiotherapists, occupational therapists, doctors, nurses, psychologists...that have attended at least 50 hours of Shiatsu or equivalent, can add Watsu® And Aquatic Therapy as an additional modality to its current practice, as a complement to their professional practice, upon completion of modules 1.1 to 1.5, 2.1 to 2.5 and 2.8, 3.1 and 4.1 (below indicated), to achieve a minimum of 300 hours of training.
Levels	Phases	Courses
<b>A</b>	<b>1</b>	Watsu®-1(50 h). It is advisable to attend before a Watsu®-Basic (16 h) and then perform the full W-1(50 h) tot. 66 h
	<b>2</b>	Minimum 10 sessions of free practice (to give to any receiver)
	<b>3</b>	Minimum 5 professional sessions to receive from a certified Practitioner
	<b>4</b>	CranioSacral Therapy in Water™ Module 1 (20h) and/or Healing Dance® 1 (50h) and/or Water Dance®1 (50h) and/or Aquatic Integration Introduction (20h) and/or Aquatic Integration 1 - Foundation(42h) and/or Waterbase® (15h)
	<b>5</b>	Shiatsu (or Traditional Thai Massage) (50 h)
	<b>6</b>	Ethics and communication (20 h)
	<b>7</b>	Anatomy, Physiology and Biomechanics applied to Aquatic Therapy (50 h)
	<b>8</b>	Optional: repeating Watsu® 1 and/or Supervisions
<b>B</b>	<b>1</b>	Watsu®-2 (50h)
	<b>2</b>	Minimum 10 sessions of free practice (to give to any receiver)
	<b>3</b>	Minimum 5 professional sessions to receive from a certified Practitioner
	<b>4</b>	CranioSacral Therapy in Water™ Module 2 (40h) and/or Healing Dance® 2 (50h) and/or Water Dance® 2 (50h) and/or Aquatic Integration II - Sensory Integration (40 hrs) and/or Aquasphere® (15h)
	<b>5</b>	Shiatsu (or Traditional Thai Massage) (50 h)
	<b>6</b>	Basic life support, CPR, First aid (20 h)
	<b>7</b>	Optional: repeating Watsu® 1 or Watsu® 2 and/or Supervisions
	<b>8</b>	Demonstration of Proficiency (min 2 h)
<b>C</b>	<b>1</b>	Watsu®-3 (50h)
	<b>2</b>	<p>Elective classes of those approved by Watsupath™ Institute to achieve a minimum of 300 hours of training.</p> <ul style="list-style-type: none"> <li>- CranioSacral Therapy in Water™ Módulo 3 (50 h)</li> <li>- Watsu® -3 Adapted (50 h)</li> <li>- Watsu® for Pregnancy (min 34h)</li> <li>- Halliwick® Therapy</li> <li>- Healing Dance® 3(50h) and/or Water Dance® 3 (50h)</li> <li>- Aquatic Integration III - Professional Development (40 h)</li> <li>- Influx® (20h)</li> <li>- repeating any Watsu® course and/or Supervisions</li> </ul>
<b>D</b>	<b>1</b>	Final Exam (min 4h)

## TRAINING PROGRAM FOR EVERYONE ELSE BECOMING WATSU® PRACTITIONER

TRAINING PROGRAM FOR EVERYONE ELSE BECOMING WATSU® PRACTITIONER		
<p>Note: the time needed to advance the Path depends on approve each module. Students get a lot of benefits to repeat a course ("auditor" those who repeat the course, normally with discount), or receiving a supervision, or registering additional practice sessions. The instructors will indicate when it is appropriate to continue with the next step. Since Audits and Supervision hours added as training credits, these usually do not extend the total duration of the training.</p>		
Training Program for everyone else		Those professionals who are approaching aquatic therapies without having any previous training techniques of licensed bodywork related, will be required to finish the full programme below indicated (modules 1.1 to 4.1), to achieve a minimum of 500 hours of training.
Level	Phase	Courses
<b>A</b>	<b>1</b>	Watsu®-1(50 h). It is advisable to attend before a Watsu®-Basic (16 h) and then perform the full W-1(50 h) tot. 66 h
	<b>2</b>	Minimum 10 sessions of free practice (to give to any receiver)
	<b>3</b>	Minimum 5 professional sessions to receive from a certified Practitioner
	<b>4</b>	CranioSacral Therapy in Water™ Module 1 (20h), Healing Dance® 1 (50h) and/or Water Dance®1 (50h) and/or Waterbase® (15h)
	<b>5</b>	Ethics and communication (20 h)
	<b>6</b>	Shiatsu (or Traditional Thai Massage) (50 h)
	<b>7</b>	Anatomy, Physiology and Biomechanics applied to Aquatic Therapy (50 h)
	<b>8</b>	Optional: repeating Watsu® 1 and/or Supervisions
<b>B</b>	<b>1</b>	Watsu®-2 (50h)
	<b>2</b>	Minimum 10 sessions of free practice (to give to any receiver)
	<b>3</b>	Minimum 5 professional sessions to receive from a certified Practitioner
	<b>4</b>	CranioSacral Therapy in Water™ Module 2 (40h), Healing Dance® 2 (50h) and/or Water Dance® 2 (50h) and/or Aquasphere® (15h)
	<b>5</b>	Basic life support, CPR, First aid (20 h)
	<b>6</b>	Shiatsu (or Traditional Thai Massage) (50 h)
	<b>7</b>	Optional: repeating Watsu® 1 or Watsu® 2 and/or Supervisions
	<b>8</b>	Demonstration of Proficiency (min 2 hours)
<b>C</b>	<b>1</b>	Watsu®-3 (50h)
	<b>2</b>	Elective classes of those approved by Watsupath™ Institute to achieve a minimum of 500 hours of training. - CranioSacral Therapy in Water™ Módulo 3 (50 h) - Watsu® for Pregnancy (min 34h) - Healing Dance® 3(50h) and/or Water Dance® 3 (50h) - Influx® (20h) - repeating any Watsu® course and/or Supervisions
<b>D</b>	<b>1</b>	Final Exam (min 4h)



## WORLDWIDE AQUATIC BODYWORK ASSOCIATION

[www.watsu.com](http://www.watsu.com)

WABA oversees and authorizes Aquatic Bodywork courses, programs, providers, practitioners and instructors and maintains their authorizations and transcripts on the Worldwide Registry. <http://watsu.com/enterregistry.htm>

WABA also authorizes training institutes to offer variants of its programs.

<b>Registry</b>	On completion of the appropriate program, students may request to be registered as Health Practitioner specialised in Watsu® and Aquatic Therapy or Watsu® Practitioner, providing the registration fee at the time of registration. These professionals should commit to follow a continuous training of at least 50 hours of aquatic classes in less than 3 years.
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<b>Requirements</b>	
<b>Demonstrate Competency</b>	
After Watsu®-2 and 20 logged sessions, before Watsu®-3, give a session to an authorized assistant or instructor during a Supervision, Integration or audit of Watsu 2. Mastery of the form and principles of Watsu is required.	
<b>Transfer Credits</b> Requirements may be fulfilled by transferring credits from an equivalent course taken elsewhere. Any number of courses up to the required total hours may be transferred into your transcript on the Registry at one time for a fee of \$50. Training Institutes may oversee these transfers.	

## APPLICATION TO APPLY TRANSFERS TO FULFILL REQUIREMENTS TO BE REGISTERED AS A PRACTITIONER

(not required of those intending to take all the courses listed in the full program from WABA instructors nor those whose prior training that qualified them for a licensed professional program included shiatsu or its equivalent.)

To give to the instructor of your reference.

A: Watsupath™ Training Institute.

The signer below.....requests to recognize the following training credits to fulfill the requirements to be registered as a certified Practitioner.

B\_\_\_\_I am applying to transfer in Other Replacements and am attaching documentation of my being licensed to touch. I understand that any replacements listed under Other Replacements are only allowed to those who are already licensed to touch and are subject to approval by the Educational Standards Advisory Committee. I also understand that if anything is determined not to be an appropriate replacement, there will be no refund of the fees accompanying this application, and that each subsequent application must be accompanied by a \$50 fee to process.

Signed \_\_\_\_\_ date \_\_\_\_\_ name \_\_\_\_\_

<b>CREDIT TRANSFERS</b>			
<b>Horas</b>	<b>Max.</b>		Escribir una lista de los diplomas profesionales, de licenciatura y/o cursos y experiencias realizadas que sustenten la presente petición de reconocimiento de créditos formativos.
100		Anatomy/ Physiology	
100		Shiatsu, CST, Traditional Thai Massage	
100		Replacing Aquatic Bodywork electives	

**Notes:**

- ~ Not more than the max hours indicated in each category can be recognized. Please, it is necessary to indicate the hours for which recognition is sought and describe briefly what knowledge is intended to validate.
- ~ Attach documentation that shows each credit that you want to validate (certificate or diploma, and photocopy. Each written field will be considered valid only if it is accompanied by the certificate or diploma photocopy of the original, issued directly by the school or centre where training was conducted. This photocopy must be signed later by the student.
- ~ The opinion issued by the Commission is irrevocable and the result, with the number of accredited hours, will be communicated to the student as soon as possible.







## RECEIVED SESSIONS LOG

10 sessions of aquatic bodywork, preferably 5 before Watsu®-2 and 5 are required before Watsu®-3, provided by Health Practitioners specialised in Watsu® and Aquatic Therapy, Watsu® Practitioners, certified Assistants or Instructors (sessions received before training can be included).

	Form (CSTW™, Watsu®, HealingDance®, WaterDance®, etc.)	Date (dd/mm/aa)	Place	Practitioner	Signature
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

## RECEIVED SESSIONS LOG (EXTRA)

10 sessions of aquatic bodywork, preferably 5 before Watsu®-2 and 5 are required before Watsu®-3, provided by Health Practitioners specialised in Watsu® and Aquatic Therapy, Watsu® Practitioners, certified Assistants or Instructors (sessions received before training can be included).

	Form (CSTW™, Watsu®, HealingDance®, WaterDance®, etc.)	Date (dd/mm/aa)	Place	Practitioner	Signature
1					
2					
3					
4					
5					
6					
7					
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10					
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16					
17					
18					
19					
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## PRACTICE SESSIONS LOG

At least 20 sessions of Watsu® practice are required (it is advisable a minimum of 10 before Watsu®-2 and 10 before Watsu®-3) given to acquaintances, friends, etc.

Note: It is necessary to show this module to the instructor accompanied by the signed declaration of who has received your sessions.

	Form	Date (dd/mm/aa)	Receiver Signature	Student: what I've learned from this session and will apply for the next sessions
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				



## PRACTICE SESSIONS LOG (EXTRA)

At least 20 sessions of Watsu® practice are required (it is advisable a minimum of 10 before Watsu®-2 and 10 before Watsu®-3) given to acquaintances, friends, etc.

Note: It is necessary to show this module to the instructor accompanied by the signed declaration of who has received your sessions.

	Form	Date (dd/mm/aa)	Receiver Signature	Student: what I've learned from this session and will apply for the next sessions
1				
2				
3				
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5				
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7				
8				
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16				
17				
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19				
20				

## SUPERVISED PRACTICE SESSIONS LOG

Those practices supervised by a delegate of the Training Institute, Certified Assistant or Instructor present in the realization of the practice, computed in the logbook as elective hours.

Form	Date (dd/mm/aa)	Receiver signature	Delegate, Certified Assistant or Instructor signature
1			
2			
3			
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19			
20			

## CERTIFICATION LOG

On completion of the requirements related to the applicable program, student may request to be registered as a Health Practitioner specialised in Watsu® and Aquatic Therapy or Watsu® Practitioner.

<b>CERTIFICATION</b>			
<b>Place</b>	<b>Date</b>	<b>Instructor Name</b>	<b>Instructor Signature</b>
Comments:			

## ASSESSMENT

### STATEMENT TO BE READ AND AGREED TO BEFORE RECEIVING A PRACTICE SESSION FROM A STUDENT

I understand that a session of any form of Aquatic Bodywork can be powerful and have profound effects, that when the body arrives at the level of relaxation possible in warm water and its normal tension holding patterns are released, there can, occasionally, be reactions that can cause momentary discomfort. I also understand that being held as close as is required while being floated, can bring up issues that people have about intimacy. I understand that receiving a session in any kind of bodywork from a student always involves a slight risk. I willingly accept that risk and hold no one else responsible for anything that happens to me in my session. Ideally, the kind of heart space the session will help me into, and its continuity, will help me let go whatever comes up into its flow. I understand there have been no medical claims made for this session. I will give feedback the moment anything is uncomfortable. I will let the student know anytime my head, neck, back, etc., do not feel adequately supported. I understand that when I am brought to the end of a session, I am not required to immediately give feedback. I understand that constructive feedback can be very valuable for a student. If I choose not to talk about the session I just received, I will send a note giving feedback afterwards. For more information about the forms being practiced visit [www.watsu.com](http://www.watsu.com) I have read and agreed to the above statement and am listing below any conditions that might be affected by a session:

Conditions that might be affected by being in warm water:

Conditions that might be affected by stretching and movement:

Psychological conditions or trauma that might be affected by being held:

Susceptibility to Motion Sickness:

Previous experiences of Aquatic Bodywork:

Expectations or concerns:

Signed \_\_\_\_\_ Date \_\_\_ / \_\_\_ / \_\_\_\_

Name: .....

Address: .....

Email: .....

Phone: .....

## CODE OF ETHICS

### Preamble

These guidelines for ethical practice set the standard to which we can grow and develop as Watsu® Practitioners. This code of ethics serves to guide students, practitioners and instructors to create relationships that honor the responsibility and privilege of touching another. Bodywork, and aquatic bodywork in particular, can take us and those we touch into areas of nurturing, intimacy and non-ordinary states of consciousness that many have not experienced before. We may encounter feelings for connection, love and spiritual awakening that ask to be met with compassion and non-judgment. This Code serves to point us in the direction of responsibility and set the intention of the work we do.

### A WATSU® Professional will:

- ~ Conduct their professional activities with integrity, honesty, respect and compassion.
- ~ Demonstrate a sincere commitment to provide the highest quality professional service, including a safe, healthy and appropriate environment.
- ~ Accurately provide information to clients and the public on the scope and limitations of their disciplines, and represent their qualifications honestly, including their educational achievements and professional affiliations.
- ~ Provide only those services which they are authorized and qualified to perform.
- ~ Recognize the limitations and contraindications of their particular form of bodywork, and refer clients appropriately to other health professionals.
- ~ Respect the rights of clients and other health professionals without discrimination
- ~ Safeguard the confidentiality of all client information.
- ~ Respect the client's right to autonomy and informed consent, including the right to refuse, modify or terminate treatment regardless of prior consent.
- ~ Refrain under all circumstances from initiating or engaging in any sexual behavior or activity in a professional session, even if the client attempts to sexualize the relationship.
- ~ Maintain and improve professional knowledge, competence, and excellence through continuing education and training.
- ~ Refrain from practicing under the influence of alcohol, drugs, or any illegal substances (with the exceptions of prescribed dosage of prescription medication which does not significantly impair the practitioner).
- ~ Have the right to refuse and/or terminate the service to a client who is abusive or under the influence of alcohol, drugs, or any illegal substance.
- ~ Acknowledge the client's right to choose their apparel for a session such that their safety, comfort and privacy is respected, within the requirements of the facility and practitioner's comfort.
- ~ With just and reasonable cause, can execute the right to refuse treatment to anyone or any part of the body.
- ~ Refuse compensation from any client that may promote any treatment or activity that is not in the client's best interest.
- ~ Follow all policies, procedures, standards, guidelines, rules, codes, and requirements issued by Watsupath™ Training Institute.

I understand that my signature below signifies that I have read the "code of ethics", which I have understood all the points and you agree to respect them.

Signature \_\_\_\_\_ Date \_\_\_\_\_

