Neural Reset Therapy®

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Facts About NRT

What NRT Is Not:

How is NRT different from the usual methods of massage, physical therapy, or chiropractic?

- No massaging of muscles
- No deep pressure required
- No lotions or creams
- No face-down positions required
- Done fully clothed
- No stretching
- No need to touch the muscle being reset
- Can be done from the opposite side of the body
- No joint adjustments
- No mechanical, electrical, or electronic devices required
- No needles
- No drugs or any substances applied

How Does NRT Work?

In your body, there are specialized nerve bundles called mechanoreceptors. The receptors respond to pressure, velocity, vibration, stretch, and other forces. When receptors detect a change, a signal is sent to the spinal cord and then relayed to the brain.

With NRT, the therapist briefly stimulates the receptors embedded in the selected muscle by asking for a position to be held or for a movement in a particular direction. Or the therapist taps on a muscle in such a way as to cause receptors to send a special message to the spinal cord.

That new message goes through the spinal integrating center, which will reset the nervous system, so the muscle is optimized neurologically. With the reset, the muscular pain and tightness disappear within seconds.

Can NRT Help Me?

Commonly, we see the following conditions improve greatly or disappear completely:

- Neck and back pain
- Muscle spasms
- Headaches, esp. tension type
- TMJ issues
- Tennis and golf elbow
- Carpal tunnel syndrome
- Rotator cuff pain
- Pain from unknown causes
- Persistent pain after trauma
- Hip pain

During each session, the NRT therapist will thoroughly evaluate each area for pain and tightness. Resets are performed for any dysfunctional muscles. The reset of the nervous system will allow the muscles to obtain a healthier condition. All treated areas are rechecked to ensure that the area is now clear.

How long do the effects of NRT last?

NRT is so quick and effective that people often ask how long will this last. At a minimum, the long-term effects of NRT in lengthening and relaxing muscles to bring them out of pain are at least equal to any traditional work such as neuromuscular/medical massage/ deep tissue/myofascial release/activated isolated stretching type therapies. Therapists and clients report that the results of NRT have often been observed to last longer and to have more profound effects. Sometimes chronic conditions that never seem to make any progress start to clear.

NRT resets the muscles to a more optimal state, but there are negative factors under the control of a client's lifestyle choices. Many people who suffer from pain will have a number of these factors. The more they bring to balance or make healthier choices in their lives, the longer before their muscles will need a reset.

Even if you have some factors that negatively affect your health, NRT can still improve your quality of life.



Some of these factors are:

1. Chronic overuse patterns
   - exercising until fatigued
   - repetitive stress
   - too rapid of increase in exercising

2. Chronic underuse patterns

   - little to no exercise
   - extended bed rest after an illness or surgery
   - sitting for extended periods of time

3. Chronic poor postural habits
   - forward head position
   - slouching in chairs or couches
   - standing on one leg
   - resting on one arm or elbow

4. Under-hydration and/or low blood sugar

   - Muscles require water and energy to operate optimally.

5. Lack of quality sleep
   - decreased production of human growth hormone
   - inadequate muscle restoration time

6. Nutritional deficiencies
   - Even the USDA recognizes that only 10% of the American population eats a good diet. There are widespread deficiencies in zinc, iron, B vitamins, magnesium, calcium, vitamins C and E, essential fatty acids, fiber, chromium, and vitamin D.

7. Hormone imbalances and/or deficiencies
   - hypothyroidism
   - hyperthyroidism
   - diabetes
   - estrogen and testosterone
   - cortisol

8. Unresolved psychological issues
   - anxiety
   - depression
   - anger

9. Medical conditions
   - neurological disorders
   - alcohol and drug addiction
   - recent infection
   - allergies
   - medications
   - pregnancy
   - obesity
   - cancer
   - arthritis
   - chronic fatigue syndrome/fibromyalgia
   - radiculopathy

10. Lack of stretching

Are we the only animal that does not routinely stretch?

11. Structural imbalances
    - leg length inequalities
    - small hemipelvis
    - long second metatarsal (Morton's foot)
    - scoliosis
    - short upper extremities

12. Lax ligaments

Imagine being able to eliminate all the trigger points, bands, and nodules for all of the upper body in less than



Upper Body Workshop

the time you are now spending on the upper trapezius, levator scapula, and the area between the scapulae. Could you even do this without massaging or stretching anything?

NRT will teach you an ingenious way of how to use the nervous system to release the muscles. In this upper body class, you will learn how to apply established neurological/physiological laws to quickly banish the pain and tightness found in dysfunctional muscle tissue.

Step into the 21st century and practice manual therapy that yields rapid and reliable results that will please your clients and will greatly reduce the wear and tear on the therapist's body.

Teaching materials:

Each class member will receive a 104-page manual complete with detailed information on all the topics taught in the class and on each technique, accompanied by easy-to-see photographs. A richly illustrated PowerPoint presentation will cover the anatomy and theory of the course.

Teaching styles:

The upper body is divided into 20 zones to make it easy for those students who are anatomically challenged. Each zone has a list of possible resets for that area. The reset techniques are prioritized from the most likely to the least likely needed to release the muscle tissues in that zone.

Anatomy is taught both by a visual presentation and hands-on palpation.

Techniques are demonstrated by an instructor, and then students practice those techniques with personal guidance from an instructor. We want you to have a maximal learning experience.

Topics of the course:

1. The origins and development of NRT – how it came to be and the six powerful insights that allowed this approach to become a powerful tool for any hands-on therapist.

2. Understanding how NRT works – develop a deeper understanding of the importance of mechanoreceptors in any type of manual therapy.

3. Contraindications

4. Updated information about trigger points, bands, and nodules

5. How to optimally palpate in NRT – with practice labs.

6. The importance of communication with your clients. NRT emphasizes that clients actively participate in their healing process.

7. The six application methods and tweaking developed to reliably reset the muscle tonus – with practice labs.

8. The Rules for Optimal Results – a complete set of guidelines to ensure that the therapist will succeed.

9. The Zones – the upper body has been divided into discrete zones to make it easy for

10. the therapist to know which techniques to use and to serve as a checklist for a very thorough treatment session.

11. The Muscles – covered both in the classroom and in the hands-on portion of the course.

12. The Techniques – 31 techniques developed for the live course. You will be able to release the muscular pain and tightness in the neck, TMJ area, the arms, and the anterior and posterior trunk from T12 and up.

Class size is limited to maximize your personal attention time from the instructor. Sign up today to take your practice to the next level!

Important: The above information pertains to the live class module for the upper body. See Training Information for the Home Study module.



Lower Body Workshop

Do you spend a lot of time and energy on your client's tight hamstrings and IT bands? Could you provide thorough treatment for them in less than a minute or two? Do your hands hurt after trying to eliminate all the trigger points, bands, and nodules in someone's buttocks? Could you even do this without massaging or stretching anything?

NRT will teach you an ingenious way how to use the nervous system to release the muscles. In this lower body class, you will learn how to apply established neurological/physiological laws to quickly banish the pain and tightness found in dysfunctional muscle tissue.

Step into the 21st century and practice manual therapy that yields rapid and reliable results that will please your clients and will greatly reduce the wear and tear on the therapist's body.

CLASS DETAILS:

Teaching materials:

Each class member will receive a 93-page manual complete with detailed information on all the topics taught in the class and on each technique, accompanied by easy-to-see photographs. A richly illustrated PowerPoint presentation will cover the anatomy and theory of the course.

Teaching styles:

The lower body is divided into 15 zones to make it easy for those students who are anatomically challenged. Each zone has a list of possible resets for that area. The reset techniques are prioritized from the most likely to the least likely needed to release the muscle tissues in that zone.

Anatomy is taught both by a visual presentation and hands-on palpation.

Techniques are demonstrated by an instructor, and then students practice those techniques with personal guidance from an instructor. We want you to have a maximal learning experience.

Topics of the course:

1. The origins and development of NRT – how it came to be and the six powerful insights that allowed this approach to become a powerful tool for any hands-on therapist.

2. Understanding how NRT works – develop a deeper understanding of the importance of mechanoreceptors in any type of manual therapy.

3. Contraindications

4. Updated information about trigger points, bands, and nodules

5. How to optimally palpate in NRT – with practice labs.

6. The importance of communication with your clients. NRT emphasizes that clients actively participate in their healing process.

7. The six application methods and tweaking developed to reliably reset the muscle tonus – with practice labs.



8. The Rules for Optimal Results – a complete set of guidelines to ensure that the therapist will succeed.

9. The Zones – the lower body has been divided into discrete zones to make it easy for the therapist to know which techniques to use and to serve as a checklist for a very thorough treatment session.

10. The Muscles – covered both in the classroom and in the hands-on portion of the course.

11. The Techniques – 28 techniques developed for the live course. You will be able to release the muscular pain and tightness in the thighs, psoas, calves, hips, glutes, low back, and abdominals.

Class size is limited to maximize your personal attention time from the instructor. Sign up today to take your practice to the next level!

Important: The above information pertains to the live class module for the lower body, See Training Information for the Home Study module.



Advanced Workshop

Complete your study of Neural Reset Therapy®! This workshop will maximize your skills as an NRT therapist as you go deeper into the work. Some of the exciting new topics that will be covered in the final class will be:

How to maximize your success with the reset We will study 12 different ways how to achieve a reset, even with the most difficult clients. New and in-depth information will be given about the Twin Reset. A brand-new tweak will be introduced.

Introducing 2 new application methods In the basic classes, you learned six application methods. You will learn two amazing and even easier ways to initiate the reset.

Beyond muscles
You will learn how to apply NRT to eliminate trigger points located in the skin, tendons, ligaments, and the periosteum of bones. Even if these structures have been painful for decades, you will be able to quickly remove the pain from these areas.

Healing organs with NRT
Learn how to apply NRT in very specific ways to help heal dysfunctional organs. Eyesight, hearing, liver function, cardiac conditions, and other organ issues may be improved by using the principles of NRT to reset the tissues that reflex into these organs. This is based on research conducted by Russian and German scientists.

Sports Specific Resets
If you work with athletes or the more common weekend warriors, you will be able to help them even more by tailoring NRT specifically for tennis, swimming, basketball, baseball, dance aerobics, and many other types of sports activities. You will learn how to do this even though you were not successful using the basic NRT techniques.

The NRT Universal Reset
Go beyond techniques and apply NRT in a global way. What to do when you don't know what to do!

More Muscles
Did you think you had learned all the muscles in the basic classes? 23 more sets of muscles will be taught along with the techniques to reset them.

Expanded, Revised, and New Techniques for the Muscles You Already Know
You will learn 16 new, easier, and/or more complete approaches to reset muscles that were covered in the basic classes.

How to Create Resets for Any Muscle (plus 8 more new muscles)
Create new resets on your own - the step-by-step process

Beyond the Spinal Cord Integration Center Learn about the higher integration centers of the brain and how NRT interacts at that level to affect emotions and organ functions.



The Miraculous Sequence

Learn how to do a complete NRT session without using a massage table! Think about what you could do in a locker room, airport terminal, on the sidelines of an athletic event, or any other place where a massage table would be not available or inconvenient to use. Over 20 brand-new effective techniques will be introduced. Even if you have a massage table present, you may choose to do this sequence for many of your clients because the Miraculous Sequence is the easiest way of all to do NRT. Very little effort is required from the therapist.

Advanced Body Maps and Recommended Sequence Charts

Just like the basic class manuals, you will find the advanced body maps and the advanced recommended sequence charts to be helpful tools in your study and practice of NRT.

Workshop Details

The Advanced class is taught over three days, from 9:00 to 5:30, except the last day, which ends at 5:00. The NCBTMB has approved 22 CE hours.

An Advanced Home Study module is available to live class participants, including a 126-page PDF manual and online video access. It is approved for 25 CE hours. An optional exam is available for those seeking CE hours or certification.

The Everything Reset Sequence

You will learn how to reset 321 muscles (160 pairs plus the respiratory diaphragm) in a quick flow that requires no pushing, pulling, or tapping by the therapist. This is all done with the client sitting and lying on a table. You will be able to easily treat anyone of any size with amazing results!



Frequently Asked Questions

1. **When will you be teaching classes in NRT in my area?**

One of the certified instructors for NRT would love to come to your area. Since we are not subsidized by any company or government agency, we have limited resources to find a suitable place to teach the class and attract therapists. If you would find a suitable place at a reasonable cost, like a local massage school, and register 12 to 17 people (depending on the travel distance for the instructor) who want to take the class, you could take the live class for free!

That would be the fastest way to get us to your area. We are also collecting names of people who have e-mailed us from this website or our Facebook page who have requested classes in their area. Once we reach a certain number of requests in an area, we will make the arrangements to come.

2. **Can I just buy the home study module?**

The home study module was created so that the therapist would only have to be at the live training for two days instead of four. It is an extension of each live course, not a replacement. While the home study module for each training contains an online video and a PDF manual that has demonstrations of all of the techniques taught in the live module of the course and all the new additional techniques, it does not have the core information taught in the live module of the course.

We want all therapists to have a quality learning experience. In the live module of each course, there is extensive mentoring for the students so they will be able to go home and practice NRT confidently and competently. That is why we offer the home study courses only after the student has taken the live portion of each course.

3. **I cannot wait for NRT to come to my area. Can I purchase both the live module and the home study module at a regular price and learn it on my own?**

There was a very educated, competent, and well-experienced massage therapist who witnessed a number of NRT sessions and had received a number of sessions himself. He was given a copy of the DVDs and a manual. His results were not very good when he tried the techniques on his clients because he had an incomplete understanding and no mentoring. Having taken the live classes now, that story has changed. Sorry, but no.

5. **Will NRT ever offer a complete home study** course that will ensure a quality educational experience?

That would require substantial additional training materials and expanded video coverage of the core information needed to execute the techniques reliably and successfully. The whole NRT program is certified for 111 CE hours by the NCBTMB. A complete online training program may be available in the future.



6. **I took a live basic module but did not purchase the home study module. Am I missing out on anything?**

Well, yes, you are missing out on half of the course. The only reason why the home study module was created was to avoid having to be in a live class for four days straight. There are additional zones and many more techniques to learn for each of the home study courses. You save on the costs of not having to be in a hotel or away from your

You save time away from your practice and reduce information overload.

7. **Can I still buy the home study module?**

If you have taken the live module of a basic course, contact us at neuralresettherapy@gmail.com to purchase the home study module for that course.

8. **How complicated is it to learn NRT? I am a massage therapist but do not really know anatomy all that well.**

I purposely included in the classes a group of people who had no therapy experience - just people who wanted to help their families but had no previous health field education. They were able to understand this modality and have reported to me that they get good results for their friends and family. I have created a program that almost anyone can do with or without experience. The body is divided into zones with a suggested list of techniques for each zone. You do not have to know any anatomy, but if you do, you will spend less time per client.

9. **Many of my clients are bigger or stronger than me. Can NRT help me work with these clients?**

Absolutely! The client does not have to use maximum effort to successfully do a reset. You will be taught in class how to properly position your body to work easily with such clients. Because we do not use our thumbs and wrists extensively, NRT will greatly extend your career.

10. **Can we still do what we used to do for our clients?**

Of course. If you do the NRT first, the muscles will quickly become soft and pliable. Then you can do any other modalities of your choice to complete the session.

11. **The NCBTMB has approved the NRT modules for 16 CE hours each? Is that 16 hours total for the upper or body modules, including the home study module?**

Each module is approved for 16 hours. So, if you attend the live upper body module and complete the home study module, you will receive 32 hours of CE. Add the lower body coursework, you will receive a total of 64 CE hours. The Advanced Workshop adds an additional 22 CE hours. The Advanced Home Study module completes the training of NRT with 25 more CE hours.

12. What is the cancellation policy of NRT Nederland?

The terms and conditions of NRT Nederland apply to Dutch training courses. See the next page for details.



Cancellation policy of NRT Nederland

Cancellation up to one calendar month before the first training day is free of charge. Between one month and three weeks, administration fees apply. Between three and two weeks, the cancellation fee is 20%; between two and one week, 30%; and within one week, 40%. Once training has begun, 100% is payable unless otherwise required by law.

The statutory cooling-off period for consumers and the written cancellation procedure apply. For the full terms and conditions, visit www.nrtnederland.nl.

Attendance policy

Participants must attend the entire training module. Full attendance is required to complete the module successfully and receive a certificate of attendance.

13. Can anyone take these courses?

Anyone may take the courses, including the Advanced course. To qualify to take the Advanced training course, you must have attended both of the live modules and have purchased both of the home study modules of the training. If you are not a therapist or have certain physical limitations, please contact us to see if you are a good candidate before signing up for a class. Whether or not you may legally practice on anyone outside your personal family is up to the laws in your area.



Training Information

Students

Classes are open to any hands-on therapist who wants to help people out of the most common source of pain, which is dysfunctional muscles. Classes are taught for all skill levels. Massage therapists, physical therapists, chiropractors, osteopaths, physical trainers, and acupuncturists or naturopaths who do manual bodywork will all enjoy the speed, ease, and power of NRT.

The better educated will be able to learn NRT faster and will be able to apply it in a more efficient manner. Lay persons may apply for admission, but the path to certification is available only to professionals. All students should be able to move limbs and push, pull or rotate the neck and trunk of clients.

The Basic Classes

There are two basic live class modules, one for the upper body and one for the lower body. Students may take either module first. It is not possible to teach either NRT class in a two-day workshop. It would take a minimum of 4 days to cover all the topics and techniques for either the upper body or the lower body. Financially, four-day workshops are tough for students. And having four basic live class modules is not a viable answer.

We have developed a way to reduce the costs. The home study video portion is available in an online format plus a PDF manual. It will be available for sale only for the students of each live workshop module. These materials will have all the techniques taught during the live class module plus all the techniques and additional material that could not be taught during the live class module.

The live basic modules and Home Study modules are each approved for 16 CE hours by the NCBTMB. Approved provider number: 101.

Preparing for Class

Wear thin, soft, flexible clothing, such as T-shirts, yoga or exercise clothing. No face cradles, oils, lotions or creams are used. Treatment tables are provided; you do not need to bring your own.

Taylor reflex hammers (tomahawk style) are used for some techniques and are available during the workshop.

Anatomical preparation

Trail Guide to the Body is an excellent anatomical reference with clear illustrations of muscles, their locations, attachments and functions. Purchasing it is not compulsory. Anatomical apps and ChatGPT can help you create study lists of the muscles covered in training. Check the information against reliable anatomical sources. Study the locations, attachments and especially the functions of these muscles before class. The study lists are included later in this booklet.

Other Details

Starting, lunch and finishing times may vary by location. Attend the entire workshop. Lunch is not included; please arrange your own lunch.

Current training information: www.nrtnederland.nl



The Five Agreements

1. I will honor the livelihoods of those who developed and brought these teachings to me by not teaching, loaning, giving, or selling any of the NRT training materials or the information I have learned in any NRT class. Purchase of the live or home study materials grants access to the intellectual property, but not to the right to distribute those materials in any manner whatsoever. I will not publish or post videos or any other original content demonstrating or discussing the techniques of NRT without prior approval from NRT Trainings, LLC. I may use or distribute content that is posted on the NRT website and the NRT YouTube channel.

2. I will not blame or sue anyone associated with the NRT trainings for any adverse outcomes from the practice of this work on my friends, family, and clients. I understand that is up to me to practice safely and responsibly within the scope of my licensure. It is my responsibility to investigate the laws of my area of practice to know if it is legal for me to practice what I learned in any NRT class or from any of the teaching materials.

3. I give permission, for the purpose of any NRT class experience, for my classmates and instructors to work on me. I will not hold them responsible for any trauma that I might experience. I understand that in learning situations, accidents or unusual effects can happen. I also understand that it is my responsibility to inform the people who are working on me of any contraindications I might have to this manual therapy.

4. I understand that I am responsible for my personal belongings and will not hold anyone else responsible for any damage to or loss of my things.

5. I give permission for video, audio, and photographic recordings made during any NRT class to be used to educate and promote the teachings of NRT. As well as collecting my data as indicated in the European Agreement of AVG

Please print in CAPITALS

Print first and last name: _____
First day of the training: _____
Home or work address: _____
_____
Country where you live:_____
Email for all correspondence: _____
Country code + phone nr: (+) _____

Signature_____



What To Study Before the NRT Classes

Muscles to Study for the Lower Body Live Class

Be aware of the location of these muscles and the actions they produce:

- **Abdominals** – External and Internal Obliques, Rectus Abdominis
- **Adductors of the Hip** – Adductors Magnus, Adductor Longus, Abductor Brevis, Pectineus, Gracilis
- **Calf (Anterior)** – Peroneus Longus and Brevis, Tibialis Anterior Extensor Digitorum Longus, Extensor Hallucis Longus
- **Calf (Posterior)** – Gastrocnemius, Soleus, Flexor Digitorum Longus, Flexor Hallucis Longus, Tibialis Posterior
- **Erector Spinae** – Iliocostalis, Longissimus, Spinalis
- **Gluteus Maximus**
- **Hamstrings** – Semitendinosus, Semimembranosus, Biceps Femoris
- **Iliopsoas**
- **Latissimus Dorsi**
- **Quadratus Lumborum**
- **Quadriceps** – Rectus Femoris, Vastus Intermedialis, Vastus Lateralis, Vastus Medialis
- **Rotators of the Hip (Lateral)** – Piriformis, Quadratus Femoris, Obturator Internus, Obturator Externus, Gemellus Superior, Gemellus Inferior
- **Rotators of the Hip (Medial/Abductors)** – Gluteus Medius, Gluteus Minimus, Tensor Fascia Lata
- **Transversospinalis Group** – Rotatores, Multifidi

Be aware of the location of these muscles and the actions they produce:

- **Biceps Brachii/Brachialis**
- **Deltoid (Anterior)**
- **Erector Spinae** – Iliocostalis, Longissimus, Spinalis

Muscles to Study for the Upper Body Live Class

- **Infraspinatus**
- **Latissimus Dorsi**
- **Levator Scapula**
- **Masseter**
- **Pectoralis Major and Minor**
- **Pterygoids** – Medial and Lateral
- **Rhomboids** – Major and Minor
- **Scalenes** – Anterior, Middle, and Posterior
- **Serratus Posterior Inferior**
- **Splenius Capitus and Cervicis**
- **Sternocleidomastoid**
- **Suboccipitals (Posterior)** – Rectus Capitis Posterior Major and Minor, Oblique Capitus Superior and Inferior
- **Subscapularis**
- **Temporalis**
- **Teres Minor**
- **Transversospinalis Group** – Rotatores, Multifidi
- **Trapezius** – Lower, Middle, and Upper
- **Triceps Brachii** – Long, Lateral, and Medial

What To Study Before the NRT Classes

Muscles to Study for the Advanced Live Class

Be aware of the location of these muscles and the actions they produce:

- Abductor Hallucis
- Adductor Hallucis
- Coracobrachialis
- External and Internal Intercostals
- Longus Colli and Longus Capitis
- Muscles of Facial Expression
- Muscles of the Pelvic Floor
- Muscles that move the eyebrows and nose
- Opponens Pollicis
- Respiratory Diaphragm
- Sartorius
- Serratus Anterior
- Serratus Posterior Superior
- Subclavius
- Transverse Abdominis



Certification in NRT

Prerequisites to Obtain Certification Status

A. Must be legally allowed to perform NRT professionally where you practice.
B. Must have attended the live Upper Body, Lower Body, and Advanced courses.
C. Must have purchased the Home Study courses and passed the examinations.
D. Must pass a written and practical examination by an authorized NRT examiner.

Master Level Certification

Examinations are done from memory. Only the zone charts are allowed.

The certification exams are based only on the knowledge taught in the basic courses, both the live and Home Study modules. Students may take the exams before attending Advanced. Certification is granted after passing the exams, attending Advanced and passing the Advanced Home Study exam.

Certification exams may be administered by an authorized NRT examiner, such as Dutch NRT trainer Yvette Groenewegen of NRT Nederland. Exams are scheduled by appointment with the examiner. Retakes are available.

There is one written and one practical exam, conducted live with an instructor. Notes on exam preparation are available upon request.

For information and appointments: www.nrtnederland.nl.

Neural Reset Therapy®

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