

Starter Courses (Clinical)

For those interested in using the notation in a clinical context, we offer two distance learning courses: a short taster course, 'Start Now', and its sequel, 'Moving On'.

Benesh Movement Notation for Clinicians, Start Now

This course is offered as a 'taster' for clinicians who are interested in recording and analysing human movement, normal and abnormal, and who wish to learn the basics of how this may be achieved by means of the notation.

Aim

To demonstrate, at a basic level, how movement can be observed and recorded efficiently, using a different frame of reference from those traditionally used in clinical work.

Content

The basic concepts of Benesh Movement Notation:

- Using the body as its own frame of reference
- The basic structure, the use of the signs for the limbs and describing simple changes of position of the segments of the body
- Avoiding redundant information to speed the process of writing and reading Self-assessment questions and answers
- Practice in the description and comparison of recordings at the level studied

Delivery

By distance learning, with individual tutorial support provided by phone, fax, email and post.

Duration

20 hours. Starting at any time of the year

Entry requirements

- A ready ability to read non-colloquial English text.
- Familiarity with both clinical and biomechanical terminology.

For more information contact The Benesh Institute at beneshinstitute@rad.org.uk
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