

# Learn to Work with the Belly Program Syllabus

## Instructor Information

### Instructor

Isabel Spradlin, BA, LMT  
OR LMT #14111  
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OR LMT #12698

### Email

info@spradlinbodyworks.com

### Office Location & Hours

Online, Live Monthly Q&A Sessions: 3<sup>rd</sup>  
Wednesday of each month; also  
available via email.

## General Information

### Course Description

Self-study module-by-module, with workbook. Includes live monthly online support Q&A sessions with Isabel.

### Expectations and Goals

Be able to safely execute effective abdominal massage to address clients' needs.

At the end, you will be able to:

- Identify the indications and contraindications of abdominal massage
- Modify your own intake forms and intake processes to accommodate the additional information important to abdominal massage
- Set realistic and informed expectations for outcomes with your clients
- Identify the tissue layers and organs of the belly
- Safely work with various abdominal organs
- Safely work with abdominal scars and adhesion throughout the multiple layers of the belly
- Work with the legs as a part of the pelvic floor and lower abdomen
- Integrate abdominal massage with what is happening in the rest of your client's body
- Identify your own emotional and physical reactions to receiving abdominal massage
- Identify and explore your own fears or reluctance around working with clients' abdomens
- Identify your own primary forms of self-care in order to support the intensity of working with clients' bellies.

## Course Materials

### Required Materials

All of the following are included in the OYP Program.

- 13 videos
- 1 workbook
- Monthly live Q&A sessions

### Optional Materials (not required)

As you go through the program, you may find that you want to additionally purchase the following.

- Clinically Oriented Anatomy by Keith L Moore
- Direct Release Myofascial Technique by Michael Stanborough
- Anatomy Trains by Thomas W. Myers
- A Headache in the Pelvis by David Wise

• [Stop Endometriosis and Pelvic Pain](#) by Andrew S. Cook

• [Wild Feminine](#) by Tami Lynn Kent

• [The Second Brain](#) by Michael Gershon

## Course Outline

| Video | Topic                        | Reading            | Exercises   |
|-------|------------------------------|--------------------|---|
| 1     | Introduction                 | Video and Workbook | Watch video and answer all workbook questions   |
| 2     | Intake                       | Video and Workbook | Watch video and answer all workbook questions   |
| 3     | Setting Expectations         | Video and Workbook | Watch video and answer all workbook questions   |
| 4     | Beginning the Session        | Video and Workbook | Watch video and answer all workbook questions   |
| 5     | Sustaining the Session       | Video and Workbook | Watch video and answer all workbook questions   |
| 6     | Ending the Session           | Video and Workbook | Watch video and answer all workbook questions   |
| 7     | Recommended Treatment        | Video and Workbook | Watch video and answer all workbook questions   |
| 8     | Layers of the Belly          | Video and Workbook | Watch video and answer all workbook questions - Begin to practice on yourself           |
| 9     | Organs                       | Video and Workbook | Watch video and answer all workbook questions - Begin to practice on yourself           |
| 10    | Scars                        | Video and Workbook | Watch video and answer all workbook questions - Begin to practice on yourself           |
| 11    | Legs & External Pelvic Floor | Video and Workbook | Watch video and answer all workbook questions - Begin to practice on yourself or others |
| 12    | The Non-Abdominal Body       | Video and Workbook | Watch video and answer all workbook questions   |
| 13    | Boundaries                   | Video and Workbook | Watch video and answer all workbook questions   |

## Exam Schedule

### Date

### Subject

Rolling basis

The exam covers the central issues of the videos and workbook to ensure you understand the fundamentals of abdominal massage.

