



Joanne Elphinston
Movement Systems

Online JEMS® Movement ART programme 2 (16 week programme)

Onboarding introductory session: 2 hours
Learning Duo Session 1 (2 consecutive days): 3.5 hours x 2
Learning Duo Session 2 (2 consecutive days): 3.5 hours x 2
Closing session/ Q and A: 2 hours

Programme structure

Event 1: Live onboarding

Welcome to the programme! The programme launches with a live onboarding session with Joanne, which will orientate you to the programme structure and introduce the JEMS® concept and learning mind set. As community interaction and peer support is an integral part of the JEMS® learning process, you will also meet a small number of fellow participants, with whom you can connect through the private course community group to share discoveries, challenges and insights as you go along.

Self-directed learning:

Your access to the online JEMS® Academy learning portal will be immediately activated, and you can begin learning with Joanne's pre-recorded lectures and technical videos.

Event 2: Live Learning Duo Session 1

The mentored learning programme is structured to enhance your learning as you move through the programme and support the integration of the concepts into your clinical practice. You will have approximately four weeks to view first four modules prior to the first live learning duo event, giving you some time to begin to explore and practice what you are learning with your patients. Please note that there may be slight variation in this gap to optimise the dates with the calendar.

The sessions will include live teaching with Joanne, small group breakout rooms and facilitated discussion. The two live sessions are 3.5 hours per day, on two consecutive days. You can relax and absorb the experience, knowing that we have optimised the sessions for learning uptake, concentration, enjoyment and assimilation of content.

This live event will boost and support your progress as you move further into the content, and give you the opportunity to have your questions answered, ready to dive into the next phase of your online learning.

Community learning:

After this first live duo event, the community group starts to light up, as participants share their ideas and experiences of working with the material, as well as offer each other support and reassurance! We know from many years of experience that articulating your thoughts with peers and gaining their insights has a profound impact on the quality and effectiveness of the learning. It

might feel a bit vulnerable at first, but we have very tight community rules to ensure that this is a safe and supportive space for you to explore your experiences. Your participation in the group will count towards your CPD hours.

Event 3: Live Learning Duo Session 2

You will then have a further four weeks* to continue to explore and practice with the Academy lessons, completing the modules before once again coming together with Joanne and her team for another two live interactive sessions on consecutive days.

Event 4:

Our final live event closes the course and is a 2 hour session to ensure that you finish the course feeling confident, excited and empowered to continue deepening your skills and making your own discoveries with this unique method.

The total time for the course is 16 weeks, which provides a clear focus to ensure that you complete the content, with enough time and flexibility to optimally absorb and understand the techniques and principles.

Programme summary: 16 week mentored learning programme

- 18 hours of live online learning and mentoring, including interactive lectures/workshops with Joanne, small group breakout rooms for clinical problem solving, and guided small group observation practice with JEMS® Learning Mentors.
- 13+ hours of self-paced learning on the JEMS® Academy learning platform, including 16 weeks of access to:
 - 22 video lessons with Joanne teaching you, just as she would “live”.
 - Downloadable PDF handouts for each lesson.
 - 86 professionally produced JEMS® technique videos, featuring Joanne’s detailed cuing, facilitation and observation instruction.
 - 16 weeks access to bonus technique refresher video library
- Private online community for the duration of the course, for participant interaction, shared learning, and pre-event questions for Joanne and her team.
- Certificate of completion for 35 hours of CPD (inclusive of participation in the programme community group).

This level of access to Joanne’s teachings has never been possible before, and we are delighted to be able to make this available to you now.

On completion of this course, participants have achieved JEMS® Level 2, and after 6 months for practical application in their own clinical context, they are eligible to apply for Certification as a JEMS® Certified Clinical Rehabilitation Practitioner.

*The number of weeks between events may vary slightly between 4-5 weeks