



## Education regulation for trainer for LiN-basic courses

### *Requirements*

- Physiotherapist, occupational therapist, nurse, geriatric nurse, speech therapist
- Proof of two years of professional experience with patients with a decreased mobility
- Participation of certified LiN-basic course
- Attendance at another certified LiN-basic course
- Declaration of the recommendation of a LiN-Trainer

### *Written application*

LiN-Arge e. V.

Heidrun Pickenbrock

Jürgen-Schmeling-Straße 12

45768 Marl

[www.lin-arge.de/kontakt](http://www.lin-arge.de/kontakt)

After the successful inspection of the conditions the applicant is invited to become member of the LiN-Arge e. V.

### *Mentoring during the education*

During the education the trainer is called assistant. Each has his own mentor who is acting as the assistant adviser. He/she evaluates the assistant's project work.



## Requirements for the qualification as a LiN-Trainer for basic courses

### *1. Evaluated and passed assistantship in LiN-basic courses (at least 3)*

Teaching goal:

To be able to organize and teach a two day LiN-basic course independently

Of importance:

- Consultation with the trainer about the tasks during the assistantship in good time
- Each assistant has to teach the whole content of the course during the education either as part of LiN-course, during an education module or during a workshop supervised by a trainer.
- During the education the assistant has to work together with at least two different trainers and in at least two different facilities.
- During the last assistantship the assistant will teach the course independently still supervised by the trainer.

### *2. Attendance at the education module I to III*

#### → **Modul I: teaching**

Teaching goal: To gain methodical and didactic competencies to teach theoretical and practical lessons during a LiN-course

#### → **Modul II: positioning and analysing**

Teaching goal: To gain the competencies for analysing, accomplishment and re-analysis of the positions used in basic courses

#### → **Modul III: muscle- and neurophysiology**

Teaching goal: To gain basic knowledge and understand neuro-muscular interrelationship relevant for LiN

During the education the assistant has to visit at least one module each year.



### 3. Ten successful project works

→ **5 analysis** of positions derived from clinical practice

Teaching goal:

To be able to analyse and joined positions, muscle tone and deviation from neutral.

→ **5 different** positions in LiN including a re-analysis

Teaching goal:

To be able to apply correctly the basic course LiN-positions (supine, 30° and 90° side lying positions, sitting position in bed and chair/wheelchair), to discuss the deviation from neutral and to recognize the effects of LiN on the patient

### 4. Participation in a certified LiN-advanced course

#### **Qualification:**

As soon as the assistant is meeting these criteria Dr. Heidrun Pickenbrock will appoint him/her trainer for LiN-basic courses. This entitles him/her to be called *Trainer for LiN - Lagerung in Neutralstellung* and to conduct LiN basic courses based on the standard of the LiN-Arge e. V.. To maintain the statues of a trainer the attendance of at least every fourth education module is required.

#### **Pricing information:**

Evaluation of at least 10 project works à 15 €	150 €
(3-5) 4 assistantships à 200 €	800 €
(at least) 3 modules à 150 €	<u>450 €</u>
	~ 1400 €

The assistant will bear the expenses.