



Kinesiology College of Ireland
Changing Lives

Postgraduate Diploma

in Clinical Mastery & Teaching
(Kinesiology)

408 Hours | Two-Year Professional Programme

Kinesiology College of Ireland

Cashel, Co. Tipperary



PROGRAMME OVERVIEW

The Postgraduate Diploma in Clinical Mastery & Teaching is a structured two-year, 408-hour professional formation programme designed for qualified kinesiologists seeking advanced integration and leadership development.

Delivered through the Kinesiology College of Ireland and aligned with the standards of the International Kinesiology College, the programme combines weekend modules with extended intensive blocks across the academic year.

The curriculum is organised to support progressive refinement in four interrelated domains:

- Advanced clinical and biochemical integration
- Emotional and identity-level development
- Meridian and subtle body mastery
- Teaching and professional qualification pathways

Participants deepen their capacity to work with complex presentations, strengthen clinical reasoning, and develop greater professional discernment and presence.

Modules may be completed in sequence or across the two-year cycle. The Postgraduate Diploma is awarded upon successful completion of all required modules and fulfilment of programme standards.

At its core, this programme exists to support practitioners who are committed to continued growth — not only in technical skill, but in maturity, responsibility and service to their clients and to the wider profession.

Founder's Foreword

After more than 30 years in clinical practice, I have come to appreciate that growth in our profession must be continuous.

Kinesiology is not static. As practitioners, we evolve — and as we evolve, our work deepens. I have long believed that if we are to offer the very best to our clients, and if kinesiology is to be recognised and respected as a serious profession, we must be willing to continue learning, refining and raising our standards.

The Postgraduate Diploma in Clinical Mastery & Teaching was created from that belief.

Over the years, I have seen capable practitioners reach a point where foundational training is no longer enough. They want greater clinical clarity. They want to work more confidently with complex cases. They want to understand the deeper emotional and energetic dimensions of health. Some feel called to teach — and to do so responsibly.

This programme was developed to support the next stage of professional and personal development.

It brings together advanced reflex systems, nutritional assessment, meridian integration, identity-level transformation and recognised teaching pathways into one structured journey. It is not about collecting more techniques. It is about becoming more refined — more discerning, more grounded and more responsible in our role as practitioners.

My years of service within the International Kinesiology College, including continued involvement on the Personal Development School (PDS) Board, have deeply shaped this vision. Through the PDS, I also serve within Heart Leaders Academy and Wellness Kinesiology — streams of work that continue to influence and enrich this postgraduate pathway.

The teachings of authors such as Sylvia Marina and Wayne Topping, whose work forms part of this diploma, have contributed significantly to the development of modern kinesiology. It is both a privilege and a responsibility to integrate these teachings with care and integrity.

At its heart, this diploma exists for a simple reason:

To support practitioners in growing into the fullest expression of their professional and personal capacity — so that the clients they serve, and the profession we share, may continue to flourish.

Ger Casey
Founder & Principal
Kinesiology College of Ireland



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PROGRAMME STRUCTURE

The Postgraduate Diploma is delivered over two academic years through a combination of structured weekend modules and extended intensive blocks.

DELIVERY FORMAT

Weekend Modules

(2 Days | 16 Hours)

These modules are delivered during the academic year and focus on advanced clinical integration and thematic development.

Extended Intensives

(3–8 Day Block Format)

Certain modules are delivered in immersive block format to allow depth of study, supervised teaching practice and integrated application.

Certain intensives include formal assessment components aligned with teaching and facilitator pathways.

YEAR ONE

Clinical Precision & Foundational Mastery

Extended Intensive

Touch for Health® Intensive Training Workshop
(8 Days | 60–64 Hours)

Three-Day Intensive

Eight Extra Meridians
(3 Days | 24 Hours)

Weekend Modules

(2 Days | 16 Hours)

- Advanced Biokinesiology
- P.R.A.N.A. Advanced I
- The Digestive System
- Weight Management
- Overcoming Adversity
- Advanced Emotional Work
- AK Fusion
- P.R.A.N.A. Advanced II

YEAR TWO

Identity Integration & Professional Authority

Four-Day Intensives

(4 Days | 32 Hours)

- Transforming DNA Memories
- Return to Love
- Transforming DNA Memories & Return to Love Facilitator Training

Weekend Modules

(2 Days | 16 Hours)

- Relationship Matters
- Overcoming Addictions
- P.R.A.N.A. Advanced III

MODULE OVERVIEW

YEAR ONE MODULES

AK Fusion

2 Days | 16 Hours

AK Fusion brings together acupuncture theory and applied kinesiology to explore Shen — the organising principle of mental and emotional balance within the organ systems. Participants learn a clear and practical protocol for supporting emotional regulation through meridian-based assessment and correction.

Beyond technique, this module invites practitioners to deepen their understanding of how physiology, emotion and consciousness interact. It strengthens both clinical confidence and personal awareness, enriching the practitioner's presence within their work.

Overcoming Adversity

2 Days | 16 Hours

Overcoming Adversity explores how personality patterns influence stress response, resilience and long-term health. Participants examine traits associated with hardiness and immune competence, while learning practical tools to shift entrenched stress responses.

The module supports practitioners in recognising their own adaptive patterns, while developing greater sensitivity and skill when working with clients facing prolonged stress or life challenges.

Weight Management

2 Days | 16 Hours

Weight Management explores the complex interplay between metabolism, nutrition, emotional patterns and behavioural influences in long-term weight regulation. Participants examine why conventional approaches often fail and learn to assess

contributing factors such as thyroid function, stress physiology and environmental load.

The module supports practitioners in approaching weight-related concerns with greater nuance and sensitivity, recognising the physiological and emotional dimensions involved.

P.R.A.N.A. Advanced I

2 Days | 16 Hours

P.R.A.N.A. (Polarity Reflex Analysis and Nutritional Assessment) develops advanced reflex-based nutritional assessment skills. Participants refine their ability to identify subtle imbalances and prioritise targeted nutritional support through precise kinesiology monitoring.

This module strengthens biochemical understanding while reinforcing the practitioner's sensitivity to how nutritional status influences energy, mood and overall resilience.

Transforming DNA Memories

4 Days | 32 Hours

Transforming DNA Memories examines how inherited patterns, core beliefs and identity-level misunderstandings influence present-day experience. Participants learn structured processes that support the integration of unresolved emotional imprints and limiting narratives.

Clinically, the module expands the practitioner's capacity to work with deeply embedded patterns. Personally, it invites greater authenticity and alignment between one's history and present identity.

Eight Extra Meridians

3 Days | 24 Hours

This module focuses on the Eight Extraordinary Meridians and their role in developmental, constitutional and energetic regulation. Participants learn to integrate muscle testing with reflex protocols and meridian tracing to restore coherence within the broader energetic system.

The work enhances structural and constitutional assessment while deepening the practitioner's appreciation of foundational meridian dynamics.

Advanced Emotions

2 Days | 16 Hours

Advanced Emotions builds upon established emotional defusion methodologies, introducing streamlined processes that support belief restructuring and emotional integration with greater efficiency.

Participants refine their ability to address psychological reversal, shame-based identity patterns and emotionally rooted stress at the age of cause, strengthening both clinical precision and compassionate presence.

YEAR TWO MODULES

The Digestive System

2 Days | 16 Hours

This module offers an in-depth exploration of digestive physiology and dysfunction, examining conditions such as acid imbalance, reflux, leaky gut, gallbladder stress, intestinal valve dysfunction and microbial imbalance.

Participants refine their ability to assess digestive stress through kinesiology while developing greater understanding of how digestive health influences mood, immunity and overall vitality.

Advanced Biokinesiology

2 Days | 16 Hours

Advanced Biokinesiology deepens meridian balancing through the integration of LAN points, reflex systems and specialised testing procedures. Participants learn to correlate kinetic tissues with organ reflexes and apply refined protocols for structural and physiological imbalance.

The module strengthens both analytical clarity and intuitive sensitivity, enhancing the practitioner's confidence in complex meridian-based presentations.

Return to Love

4 Days | 32 Hours

Return to Love supports practitioners in working with identity, belonging and relational patterns at a deeper level of awareness. The structured process enables participants to recognise repetitive emotional cycles and gently release long-held behavioural patterns.

Clinically, the module expands capacity to facilitate transformative emotional work. Personally, it invites practitioners into greater self-acceptance, clarity and coherence in their relationships.

Overcoming Addictions

2 Days | 16 Hours

Overcoming Addictions explores the distinctions between habit, physical dependency and psychological addiction. Participants examine the biochemical, emotional and behavioural contributors to compulsive patterns, including cravings and withdrawal dynamics.

The module equips practitioners with practical nutritional and emotional tools to support clients navigating addictive behaviours, while encouraging thoughtful reflection on underlying stress and coping mechanisms.

P.R.A.N.A. Advanced III

2 Days | 16 Hours

P.R.A.N.A. Advanced III extends reflex analysis into the subtle bodies, integrating essences, vibrational supports and layered energetic balancing within the PRANA framework.

Participants deepen their sensitivity to energetic imbalances while strengthening structured assessment skills, allowing for more comprehensive and nuanced client support.

Stress Release Instructor Training

6 Days | 40–48 Hours

This intensive prepares experienced practitioners to teach the foundational Stress Release modules within the Wellness Kinesiology framework. Participants review core material, refine presentation skills and demonstrate competency through structured teaching practice.

The training strengthens clarity, professional responsibility and confidence in communicating kinesiology principles to others, while reinforcing personal integration of the material.

Transforming DNA Memories & Return to Love Facilitator Training

4 Days | 32 Hours

This facilitator training prepares practitioners to guide others through the structured processes of Transforming DNA Memories and Return to Love.

Participants refine their facilitation presence, ethical responsibility, and group leadership skills, ensuring the work is delivered with clarity, integrity, and alignment with approved standards.

Relationship Matters

2 Days | 16 Hours

Relationship Matters explores the patterns that shape how we relate to partners, children, family, friends, colleagues, clients, authority figures and, importantly, to ourselves. The module examines relational dynamics through the lens of kinesiology, identifying how belief systems, emotional imprints and learned adaptations influence connection, communication and trust.

Participants engage in guided exercises designed to increase awareness of personal relational patterns while developing practical tools to support clients navigating conflict, attachment stress, or recurring interpersonal challenges.

Clinically, the module strengthens the practitioner's ability to work with relational stress and emotional complexity. Personally, it encourages greater clarity, responsibility and compassion within one's own relationships, supporting more conscious and authentic connections.

PROFESSIONAL OUTCOMES

Graduates of the Postgraduate Diploma demonstrate enhanced clinical integration, deeper emotional literacy and increased professional discernment.

On completion of the programme, graduates may:

- Work with greater confidence in complex or layered client presentations
- Integrate biochemical, emotional and meridian-based approaches with clarity
- Facilitate advanced personal development processes
- Progress toward recognised teaching and facilitator qualifications within IKC frameworks
- Contribute to the profession through supervision, mentoring or leadership roles

The programme is aligned with the professional standards of the International Kinesiology College (IKC), a globally recognised professional body.

Graduates of IKC-aligned training are recognised within international kinesiology networks and may practise and teach in accordance with local regulatory requirements in many parts of the world.

Beyond technical skill, the programme supports practitioners in developing maturity, responsibility and ethical awareness within their work.

Graduates emerge with greater depth of presence, clearer professional identity and the capacity to hold both clinical precision and human complexity in balance.

The International Kinesiology College represents instructors and faculty across multiple continents and maintains active international conferences and professional gatherings.

TEACHING & PROFESSIONAL PATHWAYS:

The Postgraduate Diploma provides structured pathways toward advanced teaching and facilitator qualifications within recognised IKC frameworks.

Touch for Health Instructor Pathway

Completion of the Touch for Health® Intensive Training Workshop, together with fulfilment of Proficiency requirements, qualifies graduates for registration as a Touch for Health® Instructor within the Touch for Health School.

Upon satisfactory completion, instructor registration may be processed through the College in accordance with IKC standards. Registration requires update training every three years.

Personal Development School Pathways

Wellness Kinesiology Instructor Training

Wellness Kinesiology is an approved School under the PDS, authored by Wayne Topping.

Successful completion of the Wellness Kinesiology Instructor Training qualifies graduates to teach:

- Stress Release 1 & 2 (Success Over Distress)
- Stress Release 3 (Defusing Stuck Emotions)
- Stress Release 4 (Working with Emotions)
- Energy Centres

Transforming DNA Memories & Return to Love Facilitator Pathway

Heart Leaders Academy, founded by Sylvia Marina, is an approved School under the PDS.

Completion of the Facilitator Training qualifies graduates to facilitate:

- Transforming DNA Memories
- Return to Love

Teaching Standards & Certification

All teaching pathways require adherence to official manuals and approved course materials. Certificates must be issued in accordance with IKC requirements, and official certificates are purchased through the International Kinesiology College.

Graduates enter into the appropriate teaching agreements and agree to uphold professional and ethical standards within their respective IKC School frameworks.

International Recognition & Teaching Traditions

This Postgraduate Diploma sits within the global structure of the International Kinesiology College (IKC), a professional body active in over 100 countries worldwide.

Touch for Health teaching qualifications are issued directly through the Touch for Health School of the IKC.

The programme also incorporates recognised instructor pathways from:

- Wellness Kinesiology Institute – Dr. Wayne Topping’s School
- Heart Leader's Academy – Sylvia Marina’s School

Both of these Schools operate within the Personal Development School of the IKC.

Graduates who successfully complete the relevant instructor trainings are registered as instructors within their respective IKC Schools and are qualified to teach internationally and issue official certificates in accordance with current guidelines.

While delivered in Ireland through the Kinesiology College of Ireland, the qualification forms part of established international teaching traditions within the global kinesiology community.

Entry Requirements & Admission

The Postgraduate Diploma is designed for qualified kinesiologists who have completed a recognised Diploma-level training and are actively engaged in clinical practice.

This programme builds on established professional foundations. Applicants are expected to have:

- Completion of a comprehensive two-year Diploma in Kinesiology or equivalent
- Confident muscle testing skills
- Training in core clinical foundations, including stress release methodologies, nutritional assessment, meridian theory and emotional balancing
- Ongoing experience in professional practice
- A genuine commitment to continued professional and personal development

While certain modules may be available independently to practitioners who meet the prerequisites, the complete Postgraduate Diploma is designed for experienced kinesiologists seeking advanced development.

Graduates of other recognised kinesiology programmes are warmly welcome. Where prior training pathways differ, additional prerequisite modules may be recommended to ensure ease of progression within the Postgraduate structure.

This programme is intended for practitioners who are ready to deepen their work, strengthen their professional voice and contribute to the continued evolution of the kinesiology community.

Application Process

Graduates of the Kinesiology College of Ireland two-year Diploma meet the full entry requirements for this Postgraduate programme and may apply directly.

Practitioners who have trained through other recognised kinesiology programmes are warmly invited to apply.

Where training pathways differ, applications are considered individually to ensure that the foundational skills required for postgraduate study are in place. In some cases, specific prerequisite modules may be recommended to support ease of integration into the programme.

The application process includes:

- Submission of a completed application form
- Evidence of prior training and qualifications
- A short professional overview of current practice
- An informal conversation to explore readiness and alignment

As places are intentionally limited, early application is encouraged.

Admission is based on prior training, professional experience and a genuine commitment to continued development.

PROGRAMME INVESTMENT

The total investment for the two-year Postgraduate Diploma is:

€7,650

This fee includes all scheduled modules within the 408-hour programme structure, as well as manuals and certification across the two-year cycle.

Payment options are designed to support accessibility and may be arranged as:

- Full payment prior to commencement
- Annual instalments
- A structured payment plan by agreement

Places are intentionally limited so that each student is known, supported and professionally guided throughout the journey.

This programme represents not only a professional qualification, but a significant step in personal and clinical mastery.

Faculty

The Postgraduate Diploma is delivered by an experienced international faculty who bring depth of knowledge, professional integrity and long-standing commitment to the evolution of kinesiology.

Teaching is relational. Students are mentored by practitioners who have not only studied the work but also contributed significantly to its development internationally.

Ger Casey

Founder and Principal, Kinesiology College of Ireland

Ger has been actively involved in professional kinesiology education for over three decades. She has contributed to the development and delivery of Touch for Health and Personal Development School programmes internationally.

Her teaching style is experiential, grounded and personally attentive, with a strong emphasis on ethical practice, depth of understanding and professional confidence.

Dr. Wayne Topping

Wellness Kinesiology Institute

Founder of the Wellness Kinesiology Institute and author of numerous foundational texts, Dr. Topping has played a significant role in expanding the scope of kinesiology into the areas of emotional integration and personal development.

His work has influenced practitioners worldwide and forms an integral part of the Personal Development School within the International Kinesiology College.

Sylvia Marina

Heart Leader's Academy

Founder of Heart Leader's Academy, Sylvia Marina brings a deeply integrative approach to personal transformation and facilitator training. Her work supports practitioners in strengthening leadership presence, emotional maturity and authentic expression within both teaching and clinical settings.

Vicenç Claveria y Quintilla

Vicenç brings decades of experience integrating acupuncture principles with kinesiology practice. His teaching bridges classical meridian theory with contemporary application, offering practitioners a refined understanding of energetic balance and the Shen within clinical work.

He is widely respected for the clarity and depth he brings to advanced study.

Julie Bermingham

Co-author of Relationship Matters, Julie brings extensive experience in communication, relational dynamics and the practical integration of personal development principles within kinesiology.

Her teaching supports practitioners in working with greater awareness, emotional intelligence and professional maturity.

An Invitation

This Postgraduate Diploma is not simply an academic progression.

It is an invitation to build upon the depth and professionalism you have already achieved — and to step further into leadership, teaching and advanced integration within kinesiology.

The two-year Diploma represents a significant commitment and a high standard of professional training. This postgraduate pathway is designed for those who wish to expand that strong foundation into greater clarity of voice, confidence in teaching and contribution to the wider profession.

The work at this level is both professional and personal. It invites continued growth, deeper reflection and the maturity required to guide others.

For practitioners who feel ready to extend their qualification into teaching, mentorship and international engagement, this programme offers a structured and supportive pathway.

If this speaks to where you are now in your professional journey, you are warmly invited to apply.