

# COURSE OF STUDY FOR THERAPISTS

2 - 5-Day Classes for Dr Vodder MLD qualification  
1 *Additional* 10-Day Combined Class for MLD/CDT Therapist Certification

## Basic Body 5-Day Course in Dr. Vodder's Manual Lymph Drainage

Dates: See [Course Calendar](#) Hours: 8:30 - 5:30 daily (usual) Continuing Ed: 40 CEs (NCBTMB)

**The Basic Body Course** is an intensive class involving extensive hands-on-work. The basic strokes and their application to each of 9 body parts is taught over 5 days. The theory covers anatomy and physiology of the lymph vessel system, connective tissue, effect of MLD and contraindications. This is a **Dr Vodder School International** course. More information is found at [Basic MLD Class](#) or [VodderSchool.com](#)

**Materials** included in the course: Student Handbook (100+ illustrated pages); Dr. Vodder School Lecture Notes (course text); Official DVD of all 9 sequences, etc.

**Student Prerequisites:** Licensed or certified massage therapist, Esthetician, PT, OT, or other health care professional license, (500 hours of massage certificate, or NCTMB Exam Certified).

## Therapy I 5-Day Course in Dr. Vodder's Manual Lymph Drainage

Dates: See [Course Calendar](#) Hours: 8:30 - 5:30 daily (usual) 40 CEs (NCBTMB)

**The Therapy I Course** is an intensive class involving extensive hands-on-work. The practical sessions of this course include special techniques for the joints, the head (including intra-oral) and abdomen. They introduce the student to therapeutic applications. A review of all Basic techniques and sequences is given. In the theory sessions, advanced theory and current research is discussed as well as a review of Basic theory. An oral, written and practical exam is given to test the student's competence in Basic techniques and theory. This is a **Dr Vodder School International** course. More info: [Therapy I Class](#) or [VodderSchool.com](#).

**Materials** included in the course: Student handbook (100+ illustrated pages); official DVD of special techniques, etc.

**Student Prerequisite:** Successful completion of Dr Vodder School Basic 5-Day course, and appropriate qualifications.

## Therapy II/III 10-Day Course in Dr. Vodder's Manual Lymph Drainage

Dates: See [DVSI Course Calendar](#) Hours: 8:30 - 5:30 daily (usual) 80 CEs (NCBTMB)

**Therapy II & III is the final class** in order to become fully certified. The course covers various pathologies with an emphasis on lymphedema treatment in the context of Combined Decongestive Therapy (CDT). Theoretical instruction is given by the medical director of the Dr. Vodder School or a physician trained in lymphology. Bandaging and specific MLD treatments are taught. At the end of the course, students take an oral, written and practical exam to demonstrate competence in techniques, treatment and bandaging. Students who successfully complete the examinations may then describe themselves as Vodder-Certified MLD/CDT Therapists. These final two courses are taught consecutively, usually in two 5-day segments with a weekend break between. (Practical 65 hrs, Theory 15 hrs)

**Materials** included in the course are extensive.

**Student Prerequisite:** Successful completion of Dr Vodder School Basic 5-Day course, Therapy I, and appropriate qualifications.

Note: Gay Lee does not teach the Therapy II/III class:

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Tel: (250) 598-9862, Fax: (250) 598-9841 [www.vodderschool.com](http://www.vodderschool.com) A division of Vodder Schools International

**Manual Lymph Drainage** is a gentle, non-invasive manual technique that has a powerful effect on the body. Research in Australia, Europe and North America has proven its efficacy as a stand-

alone treatment and in combination with other therapies. MLD has grown to be the most effective manual technique to assist lymph flow and aid in drainage of the tissues.

**Gay Lee Gulbrandson** is an internationally certified Dr. Vodder MLD teacher. She has been a certified Dr. Vodder therapist since 1996 and a teacher of Dr. Vodder MLD since 2002. Gay Lee gives each student individual practical instruction to help them develop the skills required to attain the best possible results with their clients/patients.

Gay Lee is certified via CLT-LANA, NCTMB, AMTA-CMT, and the ***Dr Vodder School International***.

[Live and Learn MLD](#)

[www.VodderMLD.com](http://www.VodderMLD.com)