

Information from the Senior Group

March 2016

Dear members of the IPNFA,

we hope you had a good start into 2016.

As we discussed in Vallejo last October, we want to improve our ability to guide our assistants. Therefore the Senior Instructor Group (S.I.G.) is happy to announce a “Mentoring-Workshop” that is scheduled for Sunday, the 16th of October 2016. So it will be right after the annual IPNFA meeting in Munich this year.

The workshop will be financially supported by the IPNFA. It will introduce us to the idea of “Mentoring” and further on puts an emphasis on the “emphatic evaluation of the mentee and her/his performance”.

But, since the workshop is limited to 35 participants, we decided as following:

For the first enrolment-procedure those instructors can apply, who are already working with IPNFA assistants. First come first serves!

If the limit of 35 participants isn't reached until the deadline for the first enrolment-period (until 20th of April), the organizer (Executive Committee) will accept applications from all members (even associated members) as well.

Workshop

title: Mentoring ... education of PNF instructors
“From the mentor in the centre to the guide on the side”

date: Sunday, 16th of October 2016

time: 8.30 a.m. - 5.30 p.m.

costs: 25 € per participant (this covers workshop-participation and coffee)

speaker: Matthias Bongartz
(Diplom Physiotherapeut, Passagement Consultant, Instruktor FBL
Functional Kinetics, Instruktor Therapeutisches Klettern nach FBL-
Functional Kinetics)

location: (... is located 25 min by tramway from AGM-meeting)
Geschäftsstelle des Landesverbandes Bayern
Leibstr. 24
85540 Haar
Tel.: + 49 89 / 46 23 23-0
<https://bay.physio-deutschland.de/landesverband-bayern/kontakt.html>

If the workshop will be a success, we recommend to offer another mentoring-workshop (with different focus) on one of the upcoming IPNFA meetings.

Attached to this mail you may find

- the **description of the workshop**
- the **application form**

Additionally you'll find two papers, which might prepare the topic:

- **“Tactics and strategies – ideas and tools for teaching PNF”**
(2015 version – from Dominiek, Marcel, Louise)
- **“How to guide and support an assistant?”** (2016 – Carsten)
In this paper I listed the already existing tools we have for “mentoring” our assistants.

Thanks to all colleagues who helped to organize this workshop !!!

best wishes to all of you,
on behalf of the Senior Instructor Group,
Carsten