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CAAHM METHOD KINESIOLOGY COURSE GUIDE 2027



CAAHM KINESIOLOGY ACADEMY

CMK Practitioner Training

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CAAHM METHOD KINESIOLOGY



FOLLOW YOUR BLISS

JOIN US

THIS IS THE START OF SOMETHING TRULY SPECIAL

Become a qualified CAAHM Method™ Kinesiology Practitioner and learn a beautiful, practical way of supporting emotional wellbeing, nervous system regulation and whole-body health.

Whether you're ready for a meaningful new career, looking to expand the work you already do, or simply feel called to understand yourself and others on a deeper level, CAAHM offers a supportive pathway into practitioner training.

Our teaching style is **relaxed, practical, interactive and deeply supportive** — with plenty of hands-on learning, real-world application and guidance as your confidence grows.

This could be the beginning of something really special.

Corinna Hancock: Founder
CAAHM Kinesiology Academy



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WELCOME



Corinna Hancock:
CAAHM Method Kinesiologist - Founder & Trainer, Homeopath, EFT Tapping, Reiki & Neurofit Practitioner

"Hi, I'm Corinna & I have been a Mind Body Wellness Practitioner for the past two decades, and teaching Kinesiology has been one of the greatest gifts I have ever had the privilege to share. Countless students have said they have been craving change, to help others & themselves, to feel fulfilled & excited about their days....well this is just the start of what's to come when you decide to study with us. Not only have I fallen more in love with Kinesiology as a modality, but watching you grow, flourish & become as you step into learning... is one of the most incredibly humbling experiences. You will qualify with such an amazing mind body practice to help heal others & yourself, & the self development you will gain whilst participating in this course is undeniable. I am so excited for you."

Corinna Hancock x



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WHAT IS THE CAAHM METHOD?



PURE MAGIC

CHANGING THE NARRATIVE AROUND WELLBEING

- Nervous-system-led approach
- Practical from Day One
- Small supportive classes
- Muscle testing + somatic healing
- EFT included
- Business guidance
- Ongoing mentorship

CAAHM is a modern kinesiology academy for those ready to create meaningful, flexible, heart-led careers.

We're here for the seekers, the feelers, and the changemakers who know that true healing begins within.

Through our signature CAAHM Method™, you'll learn a new way of working with the body — one that begins with the nervous system. Our method blends scientific understanding, Western philosophy, and the wisdom of Traditional Chinese Medicine with embodied SOMA practices to create a truly integrated healing framework.

We focus on safety, presence, and meeting clients exactly where they're at — helping them find regulation, release, and reconnection through every session.

Our training empowers you to support others with confidence while building a business and life grounded in calm, purpose, and alignment.

“Follow your dreams...they know the way.”

UNKNOWN







3 DIFFERENT STUDY PATHWAYS... ONE BEAUTIFUL OUTCOME

ONE DAY PER WEEK - WEDNESDAY

Join us every **WEDNESDAY** commencing **03 February** 2027.

A fun interactive weekly classroom experience designed for those who like regular consistent learning.

Practical from day one, we meet for 18 weeks in person to learn and refine the magic of Kinesiology.

Outside of the classroom you will prepare a portfolio of sessions supporting your family and friends as you refine your skills as a practitioner.



WED
9AM-3:30PM

MONTHLY IN PERSON

Commencing
30 & 31 January 2027

Perfect for those who may be working full-time or busy with family commitments and wish to take their time moving through learning.



MONTHLY:
Join us one weekend per month. 9am-3:30pm in Burleigh Heads Academy over a 9-month period.

You will also do self study via the student portal which includes student mentoring, guest speakers & practitioner development.

A portfolio of practice balances will also be compiled over the course duration, working on family and friends.

SAT & SUN
9AM-3:30PM

ONLINE PRACTITIONER TRAINING

Study the CAAHM Method™ Kinesiology Practitioner Training from anywhere in Australia, New Zealand or overseas, with a flexible pathway **designed to fit around work, family and life.**



Beginning January 30/31 with our FOUNDATIONS module, attended in person or online, plus access to your online learning portal opening early January. You will then join our live virtual classroom each week **THURSDAY 6pm-8pm AEST.**

We also have another 2 practical weekend sessions over the duration of this course.
** 9 month completion.

THURS
6 - 8pm

A PACED INTRODUCTION

Your student portal opens with short, focused, bite-sized **foundational learning**, allowing you to build your knowledge and confidence step-by-step before progressing into deeper practical and bodywork training. Throughout the course, live teaching is combined with supervised Practical Labs, where you'll put your learning into practice, work with practice bodies and receive guidance and feedback as your skills develop.

PRACTICAL TRAINING

Kinesiology is a hands-on modality, so practical experience is an important part of your training.

FIRST PRACTICAL WEEKEND

30 & 31 January 2027
Burleigh Heads Academy + live online option

SECOND PRACTICAL WEEKEND

May 2027. ** dates TBC
Burleigh Heads Academy + live online option

Students who are able to travel to the Academy will also be invited to complimentary monthly practice sessions and Student Clinics when available, providing additional opportunities to practise alongside other students and receive support.

YOUR PRACTITIONER PORTFOLIO - ALL STUDENTS

Confidence comes through practice, so throughout your training you'll gradually build your **CAAHM Method™ Practitioner Portfolio** as your skills develop. To complete your practitioner qualification, you will undertake the following:

20 module balances
Four balances in each of Modules 1–5, practising your new skills as you learn them.

6 full practitioner balances
The final database from Module 6 – a complete session from intake to close.

Knowledge + practical assessments
Simple assessments, quizzes and supervised practical work are completed throughout your training to make sure you're feeling confident with the CAAHM Method™. Your portfolio is designed to be completed gradually alongside your training — not all at once at the end.

READY TO GRADUATE
Once your training and Practitioner Portfolio requirements are complete, you'll receive your CAAHM Method™ Kinesiology Practitioner certification.



What is Kinesiology?

Australian Kinesiology Association

"Encompassing holistic health disciplines, that use the art of muscle monitoring to access information about a person's wellbeing. It combines Western techniques and Eastern wisdom to promote physical, emotional, mental and spiritual health. Kinesiology identifies the elements that inhibit the body's natural internal energies and accesses the life-enhancing potential within the individual."



Why CAAHM Method Kinesiology?

Corinna Hancock

"CAAHM Method incorporates some of the most innovative developments in kinesiology modernising this incredible modality. This Specialised Kinesiology focuses on ancient Chinese principles, with the addition of modern approaches such as our signature SOMA, Release Point & EFT fusions."



COURSE FEES

INVESTMENT:

$7500 CAAHM Method Kinesiology + EFT Practitioner Course

Choose the option that suits you:

- Pay in full - receive a $500 discount
- 12 monthly payments of $625

✨ Eligible students can also apply for external finance for 18mth or 24mth student loan (subject to approval).

Please note: once enrolled in the course, full course fees are due. Please read our T&Cs on enrolment.

What students are saying....





"The Kinesiology course taught by Corinna has been one that I look forward to each month. Our group of people has been like no other and the teachings from Corinna are opening up so much more than what was expected. The guidance, knowledge, support and true sense of passion Corinna has provided is something like no other . I will be forever grateful for Corinna and the foundation she has built for me within this beautiful modality." ***Chloe***

"I cannot begin to explain my gratitude for today, I feel like I can start to understand myself more & more with each lesson. Thank you again." ***Gemma***

“I want you to know how much I appreciate you. Not just as a friend but also as a teacher & practitioner. This course has honestly been my favourite learning experience I’ve ever been a part of (and there’s been lots) and that’s all because of you and the energy and approach you bring to the content xxx.” ***Ashlee***

COURSE OUTLINE

Module 1: Fundamentals & Emotional First Aid

Learn the foundational principles of kinesiology and practical emotional first-aid techniques to support clients in moments of stress or overwhelm. This module sets the stage for creating a safe and nurturing healing environment.

Module 2: Soma Nervous System Regulation

Learn hands-on techniques to release tension, trauma, and energy blocks in the body. Incorporate somatic and nervous system regulation principles for holistic healing.

Module 3: Energetic Anatomy, Chakras & Auric Field Mastery

Explore the auric field and advanced chakra techniques to identify disruptions and restore balance. Use sound, frequency, and energy tools to align clients with their optimal well-being.

Module 4: Elemental Flow & Meridian Alchemy

Deepen your understanding of meridians and the five elements, learning advanced correction techniques to harmonise physical, emotional, and energetic systems. Discover the dynamic connection between meridians and overall wellness.



Module 5: Release Point & The Body Scan

Develop the skills to locate and release areas of stored tension or stress within the body with our signature RELEASE POINT method. Use body scanning and precise release techniques to activate natural healing processes.

Module 6: Emotional Freedom Technique (EFT), Sacred Energetics & Spiritual Mastery

Master EFT tapping to release emotional blocks and reduce stress. Integrate this empowering tool into your practice for effective emotional and energetic balance. Deepen your connection to the spiritual aspects of healing by exploring intuitive practices, higher energy frequencies, and self-alignment techniques. This module empowers you to guide clients in reconnecting with their purpose and inner wisdom for transformative growth.

Practitioner Expansion, Clinical Proficiency, Integration & Graduation

Refine your skills and prepare for professional practice with advanced kinesiology applications, client care strategies, and business-building tools. This module equips you to grow your practice with confidence and success.

Plus, learn corrections & techniques to bring your client back to balance using:

- Essential Oils • Crystals • Colour Therapy • Sound & Frequency Healing
- Chakra & Aura Healing • Generational & Ancestral Healing • Past Life • Meridian-Based Healing
- Lifestyle Integration/Diet/Supplements • Intuitive Development
- Polyvagal Theory Integration • Gut-Brain Axis and Vagus Nerve Healing
- Stress and Emotional Releasing Corrections • Energetic Affirmations and Mandalas
- Nervous System Regulation Master Symbols



FAQS

WHAT QUALIFICATION DO I RECEIVE?

On successful completion of all course requirements, you will graduate as a **CAAHM Method™ Kinesiology Practitioner**. CAAHM Method™ Kinesiology is recognised for professional membership and insurance with the **International Institute for Complementary Therapists (IICT)** across Australia/New Zealand, UK, EU and Canada. Already a qualified kinesiologist? Our **CAAHM Method™ Practitioner Pathway** provides an opportunity to upskill and integrate the CAAHM Method™ into your existing practice.

DO I NEED TO DO ANY FURTHER STUDY AFTER THIS?

No further CAAHM training is required to practise as a qualified CAAHM Method™ Kinesiology Practitioner once you have successfully completed all certification requirements.
Before commencing professional practice, we recommend obtaining appropriate **Professional Indemnity and Public Liability insurance**, professional membership where applicable, and a current First Aid certificate.

WHAT IF I HAVEN'T STUDIED IN A WHILE?

Please don't stress!
Our learning environment is practical, supportive and relaxed. We work closely with our students throughout their training, with plenty of hands-on practice, demonstrations, supervision and opportunities to ask questions.
You don't need to be an experienced student — we'll guide you step-by-step as your knowledge and confidence grow.

AM I ABLE TO WORK AS A KINESIOLOGIST?

Yes — **once you have successfully completed all practitioner certification requirements and your final CAAHM Method™ Practitioner certificate has been issued.**
Students cannot charge for kinesiology sessions while completing their training unless they already hold an appropriate qualification and insurance that permits them to do so.

WHAT HAPPENS IF I MISS A DAY?

Life happens, we know.
We require a minimum of **85% attendance** and will work with you to identify any practical skills or course content that needs to be caught up.
Students are responsible for completing all required course components before practitioner certification can be issued.

FAQS

IS THERE STUDY REQUIRED OUTSIDE CLASS HOURS?

Yes. Becoming a confident practitioner requires practice outside your live training.
We recommend allowing approximately **3+ hours per week** for self-directed learning, revision and practical experience, although this will vary throughout the course. As part of your practitioner requirements, you'll complete **26 documented practice balances**, including structured case-study work, along with your required assessments and practitioner portfolio.
We encourage students to practise consistently throughout their training rather than leaving their proficiency requirements until the end.

WHAT DO I NEED TO COMPLETE TO BECOME CERTIFIED?

Your final **CAAHM Method™ Practitioner certification** is awarded once all required components of your training have been successfully completed.These include your live training, practical requirements, EFT training, assessments, **26 documented balances**, case-study requirements, Student Clinic/practical assessment requirements and completed Practitioner Portfolio. Students who complete their live training before completing their portfolio may still celebrate the completion of their training with their cohort, with final practitioner certification issued once all outstanding requirements have been successfully submitted and approved.

HOW LONG DO I HAVE TO COMPLETE MY TRAINING?

We understand circumstances can change throughout your studies. All students have 3 months from the end of their course to complete any outstanding requirements, including practice balances, case studies and assessments.

At graduation you'll receive your Certificate of Training Completion, celebrating the completion of your live training with your cohort. Your CAAHM Method™ Kinesiology Practitioner Certificate is issued once your Practitioner Portfolio is complete and approved, and your course fees are paid in full. Your Practitioner Certificate is what allows you to apply for IICT membership and professional insurance, so you can't practise as a CAAHM Method™ Practitioner until it's issued.

If you need more time, simply contact us before your 3 months end. Extensions are granted at our discretion and may include an administration fee.

If outstanding requirements aren't completed within your timeframe or any approved extension, your Practitioner Certificate can't be issued, and you may need to re-enrol in modules or pay a re-assessment fee to complete your qualification at a later date. Course fees are not refundable for incomplete requirements.

FAQS

I'D LIKE TO STUDY ONLINE BUT LIVE OVERSEAS. CAN I STILL ENROL?

Absolutely. Our Online Practitioner Pathway has been designed for students who need greater flexibility or live outside the Gold Coast. You'll join us for weekly live online training, supervised Practical Labs and immersive practical/bodywork training throughout your course.

I'M WORKING FULL-TIME; CAN I REALISTICALLY DO THIS?

Our Online Practitioner Training is delivered in bite-sized evening sessions, while our one-day-per-week pathway gives local students a consistent weekly training day. You'll need to make time for practice and self-directed learning throughout your course, but you don't need to put your career, family or life on hold to become a practitioner.

WHAT IS THE COST OF THE COURSE?

The full CAAHM Method™ Practitioner Training investment is $7,500 AUD. This also includes your EFT practitioner training; you can sit up to 12 months after graduation.

Flexible payment plans are available, and we have partnered with a third-party student loan provider for students who would prefer to extend their repayments for up to two years. Student finance is arranged directly with the finance provider and is subject to their eligibility criteria and terms.

CAN I BECOME A CAAHM METHOD TEACHER?

Our CAAHM Method™ Teacher Training pathway is planned for 2027 and will be offered by application. We're particularly interested in developing exceptional practitioners and future educators across Adelaide, Melbourne, Sydney, North Queensland and Tasmania.

Applicants will need to meet CAAHM's practitioner, experience and teacher-training requirements before being approved to teach the method.

DO YOU OFFER A PATHWAY FOR QUALIFIED KINESIOLOGISTS?

Yes.

If you've previously trained as a kinesiologist, our CAAHM Method™ Practitioner Pathway allows you to learn the testing framework, signature techniques, corrections and clinical approach unique to the CAAHM Method™ without repeating an entire entry-level practitioner qualification.

SPECIALTY COURSES: EFT - EMOTIONAL FREEDOM TECHNIQUE

Deepen your ability to work with the emotional world through our 6-week EFT specialist training.

Explore the foundations of Emotional Freedom Technique and learn how to confidently use tapping with emotions, stress, limiting beliefs, past experiences and patterns that may be keeping your clients feeling stuck.

This practical training goes beyond simply learning a tapping sequence — you'll develop the questioning, language and practitioner skills to guide an EFT session with greater confidence and integrate these beautiful techniques into your existing wellness practice.

5-week specialist training
$950



UNWIND PRACTITIONER

A beautiful extension for practitioners wanting to deepen their work with the nervous system, body and emotions.

CAAHM UNWIND brings together somatic techniques, nervous-system regulation, body-based holds, emotions, limiting beliefs and gentle CAAHM corrections to create a slower, deeply supportive way of working.

You'll learn practical techniques that can be used as a complete UNWIND session or woven into your existing client work — expanding your toolkit while developing greater confidence working with clients experiencing stress, overwhelm and dysregulation.

Advanced practitioner training $2,500



SAT & SUN
9AM-4PM

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HAVE A FEW QUESTIONS?

Not quite sure which study pathway is right for you, or want to chat through the course before enrolling?

Book a complimentary call with our CAAHM Student Advisor. You can talk through our upcoming intakes, study options, course structure and payment pathways — and help you decide whether CAAHM feels like the right fit for you.

BOOK A CALL: please text 0404 36 9898

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