

Whole  Woman

**2022 Whole Woman[®]
Practitioner Training**

**Information Package, Application,
& Letter of Agreement**

Class Dates

January 7 - August 14, 2022



Table of Contents

Coronavirus Update - Please Read!	1
I. Course Information	1
A. Introduction	1
B. Your Instruction Team	2
C. The Instructional Process	3
D. Practice Enrichment	4
E. Goal of the Training	5
F. Qualifications for Becoming a Certified Whole Woman Practitioner	6
G. Technology	7
H. Attendance	8
II. 2021 Class Schedule & Syllabus	9
III. Whole Woman® Practitioner Training Application	11
IV. Tuition, Financing & Withdrawal	11
A. Tuition	11
B. Additional Expenses	12
C. Whole Woman Materials Purchasing Policy	12
D. Withdrawal/Termination	12
E. Final Assessment	13
F. Class Schedules	14
G. Continuing Education	14
H. Practitioner Business	14
V. 2021 Whole Woman Practitioner Training Letter of Agreement	15
A. Purpose of the Agreement	15
B. Whole Woman Inc.'s Interests	15
C. Whole Woman Students' Interests	16
D. The Whole Woman Body of Knowledge	17
E. Scope and Limits of Practice	18
F. Practice Promotion	18
G. Whole Woman Practitioner Standards of Behavior	19
H. Adjudication	20
I. Feedback	21
VI. 2021 Whole Woman® Practitioner Training Book & Supplies List	23
A. Required Reading and Supplies	23
B. Recommended Reading	23
VII. Conclusion	23

Whole Woman

Coronavirus Update - Please Read!

Because of the coronavirus outbreak, both the practicum/final assessment week for the 2021 class of Whole Woman Practitioners and the Annual Whole Woman Conference were virtual this year. The lower cost and accessibility of both the online Conference and access to recordings after the Conference resulted in the 2021 Conference experiencing a significant increase in attendees.

The practicum and final assessment worked well also. While we miss the camaraderie of a week shared together here at the Whole Woman Center, we are sensitive to the costs and inconvenience of travel to Albuquerque, New Mexico USA.

Therefore we anticipate that both the practicum/final assessment and 2022 Conference will be held virtually in 2022. Student participation at the Conference will still be required.

I. Course Information

A. Introduction

Whether a woman has been struggling with prolapse, urinary incontinence or chronic hip or knee pain for decades, or has just been diagnosed, she needs and wants hope that her condition can be stabilized and reversed.

She also needs to trust that the Whole Woman methods and Practitioner are going to help her. Providing legitimate hope and building trust are the two critical jobs of the Whole Woman Practitioner.

Doing both these things requires that she be thoroughly prepared to listen and provide appropriate training and support to help her client on the journey to pelvic health.

We speak from experience when we say the relief and gratitude of clients when they

I would recommend practitioner training to anyone who is looking for a way to uniquely have an impact on providing a much-needed alternative to the standard medical system answer for women's health issues.

You will gain a deep understanding of your body and the Whole Woman philosophy directly from the source!

The program is intense and takes commitment but the camaraderie of my classmates and mentor support made the experience enjoyable.

Maureen Kovach Newell
Boardman, OH USA

experience their conditions stabilizing and then improving are a great joy for the Practitioner.

Whole Woman Practitioner Training is designed to prepare the Practitioner to safely and reliably guide women to

- Take responsibility for her own health
- Never again blindly turn herself over to a medical system whose interests are not necessarily aligned with her own
- Practice self-care by learning to listen to her body as she experiments with new ways of breathing, standing, sitting, walking, running, lifting, and carrying
- Develop an appreciation of the role her immediate ecosystem plays in her long-term health
- Break the conspiracy of silence around pelvic organ prolapse, urinary incontinence, chronic hip pain, vulva and vaginal issues, and post-hysterectomy problems.

Whole Woman Practitioner Training is state-of-the-art education into a range of conditions that affect the pelvic systems in women. The training covers both the macro-physiology and the micro-physiology that the latest research is increasingly identifying as essential to our health.

The emphasis is on natural alternatives to the surgeries, drugs and other medical procedures that all too often have disastrous consequences for women.

B. Your Instruction Team

Christine Kent, Founder of Whole Woman

The training incorporates a unique body of work developed over more than twenty-five years by Christine Kent, RN, in response to her own surgically induced uterine prolapse. This body of knowledge is not available anywhere else.

Christine's effective methods have kept thousands of women in over sixty countries out of the operating room and leading full, physically, and sexually active lives without dangerous drugs or surgery. Many of her postpartum prolapse clients have gone on to have multiple successful vaginal births after their prolapse diagnosis.

With Bachelor of Science degrees in both anthropology (Northern Arizona University, 1974) and nursing (University of New Mexico, 1994), and a gift for research and seeing connections where others see only data, Christine has touched many lives and worked with women around the world. She is the author of *Saving the Whole Woman*, the definitive book on non-surgical intervention for pelvic organ prolapse, and *Save Your Hips*, a comprehensive program for reversing chronic hip pain without surgery.

She has also produced over two dozen videos and video courses and is currently working on her *magnum opus*, *The Whole Woman Book of Women's Health*, which should be available in early 2022.

Karen Lee - Senior Whole Woman Practitioner

“Inspired by my experience working with women to overcome violence, abuse, poverty, and lack of educational opportunities (as well as devoting myself to the task of mothering four children) I understand that the journey to wellness and recovery is often both physical and emotional. Through my training as a Whole Woman Practitioner, I help create a safe environment in which my clients tackle not only their physical maladies, but also the soul-churning questions that come up along any path towards healing.



After surviving my own harrowing experience with pelvic prolapse, I earned my credentials in the Whole Woman community to serve other women affected by similar tragedies.

Shedding light and compassion on difficult and intimate topics, I am a fearless advocate for wholeness and a vibrant life after pelvic problems. While living in Southeast Asia for a decade, I experienced my own pelvic symptoms, had multiple surgeries, and began my journey of recovery. After returning to the United States in 2011, I became aware of the ongoing effort and lifestyle changes required to maintain and reverse uncomfortable post-prolapse effects.”

Ginger Eby - Senior Whole Woman Practitioner

Virginia “Ginger” Eby has been involved with healing since the late 1980s. Her interest in anatomy, movement, and healing led her first to massage therapy and then yoga. As a licensed massage therapist and certified yoga teacher, she treated patients at a Cleveland Clinic Wellness Center for more than 10 years.



Having survived cancer herself, and treating others with cancer through massage therapy and yoga, has given her appreciation for the healing potential of complementary and alternative medicine.

After becoming a Whole Woman Practitioner studying under Christine Kent, whose incredible body of research and work was so powerful in her own personal healing, Ginger established a private practice in Cleveland, Ohio where she helps women restore their pelvic health.”

C. The Instructional Process

Weekly videos have been created by Christine. Weekly online classes are managed by Christine’s Senior Practitioner Team. Christine joins each Block summary class to help answer any remaining questions or fill in any blanks. Christine maintains continuous contact with her team to provide answers for any questions that come up for which they don’t feel qualified.

D. Practice Enrichment

The primary intent of Whole Woman Practitioner training is to create a network of certified Whole Woman practitioners throughout the world who can work with the women in their community and the women who have travelled to meet with them. While designed to be delivered in person, much of the Whole Woman work can be delivered by phone or online video since the current COVID pandemic has made personal interaction difficult or impossible.

Participants in the training usually fall in one of three categories.

- A woman with an existing practice of some kind who wants to add the Whole Woman methods to her services to women
- Women without a professional therapeutic or physical background (e.g. yoga or physical therapy) who have gotten profound value from the work themselves and want to teach other women.
- Women who do not intend to open or add to a practice but want to take a deep dive into the Whole Woman work for their own edification.

The Practitioner's class was life changing for me. I appreciate Christine's ability to clearly explain complex and challenging topics with passion and dedication for Woman's health.

She delivers her gracious gift freely to us students and is a priceless model. Thank you for making me brave and for your unconditional love and encouragement.

Karen Lee
Fort Atkinson Wisconsin USA

In the first category above, we have had nurses, occupational or physical therapists, massage therapists, chiropractors, midwives, and yoga teachers to name a few of the modalities in which our practitioners have worked.

With an existing practice, asking all the women clients if they have ever experienced pelvic organ prolapse, urinary incontinence, or chronic hip pain, it is very likely 30-40% will say yes or have a friend or relative who has one of these conditions. Every one who says yes is a prospect for Whole Woman work and additional revenue for your practice with no additional cost for acquiring the client.

While we encourage, but don't require, that a woman pursuing certification as a Whole Woman Practitioner have an existing practice of some kind into which she can integrate the Whole Woman work, we also encourage involvement of those who do not.

For the woman without an established practice, she may be able to develop a supportive relationship with other types of practitioners who would be willing to refer or bring the Whole Woman Practitioner in to work with his or her clients.

Because some women have taken the training for their own interest and education, creating or adding to an existing practice is not a requirement for enrollment.

Certification requires successful completion of the

- Weekly video lectures and quizzes from Christine Kent
- Attending weekly online video discussions
- Two to four page written Block Reports every four to six weeks
- Peer review of other students' Block Reports
- Attendance at as many of the online Final Assessments as possible during the final week
- Successful delivery of a final assessment presentation before the rest of the class
- Attendance at the Whole Woman Conference.

The academic portion of the program extends over approximately eight months. The weekly recorded video lectures by Christine Kent are the heart of the course. Each will be posted Saturday evening and accessible through the internet. Each lesson will include a topic outline, the lecture video(s), notes pages, assignments for additional reading or video viewing, and a short quiz.

The video class discussions are recorded and posted for students' review.

E. Goal of the Training

The intent of this training is to fully prepare practitioners to work directly and successfully with women primarily with pelvic organ prolapse, urinary incontinence, chronic hip or knee pain, and/or post-hysterectomy or menopausal issues.

Note that Certified Whole Woman Practitioners are independent business women and are not employees or franchisees of Whole Woman Inc.

Practitioners are responsible for developing their own programs, pricing models, and determining how to integrate the Whole Woman work with their existing practice, if any.

Whole Woman Practitioners, unless licensed to do so in their jurisdiction, do not practice medicine. We provide training and consultation to help women help themselves. It is each practitioner's responsibility to be sure that she is fully qualified and licensed (if necessary) to practice her modality in her jurisdiction.

While Whole Woman has been established as a modality by the *International Institute for Complementary Therapists* for the purposes of obtaining liability insurance in a number of countries, there is no licensing requirement in the US. Other countries may have other requirements. This is another reason why women with existing practices may have a licensing umbrella under which women can integrate the Whole Woman work.

Whole Woman Practitioner certification requires a successful final assessment by the instructional team after consultation with Whole Woman founder, Christine Kent, for which she is the final authority.

Whole Woman will provide each graduate with a dedicated web page in the Practitioner directory on the thewholewoman.com website. While traditionally Practitioners are encouraged to secure speaking engagements with women's groups in their area, host Whole Woman get together in their homes and public libraries, much the same can be accomplished online with today's virtual meeting technologies.

F. Qualifications for Becoming a Certified Whole Woman Practitioner

1. You must have a uterus. Our experience in working with post-hysterectomy clients makes it clear that women without a uterus can no longer experience what women who still have their uterus can feel for themselves. This has been a difficult decision, and we regret any disappointment it causes our post-hysterectomy friends. However, we feel it is a critical qualifier.
2. You must be comfortable with reading, studying and writing. Therefore, we require a minimum of a high school diploma (or equivalent for non-US students) and prefer a college or university degree. The program entails a minimum of 10-15 hours per week of reading, research, study, writing, and providing feedback to your peers. If English is not your first language, you must be proficient enough in the language to read and speak with comprehension at a college level.

Practitioner training is not an exercise in rote learning. You will be expected to read and research on your own, use your head to visualize and understand the anatomy. You are not expected to become a professional anatomist, but you must be able to absorb enough anatomy to be able to understand the problems and effectively communicate the solutions Whole Woman provides to its clients.

You will be expected to review and provide feedback on the homework submitted by your peers on your training team. A willingness to be candid is essential to facilitate learning by your team members.

3. You must understand and be committed to the Whole Woman philosophy and work. If you are continuing to look to your doctor for guidance, or are committed to traditional approaches of Physical Therapy or Yoga lineages that contradict the Whole Woman philosophy and approach, this program probably isn't for you.

Traditional postural models are demonstrably inaccurate. If you are unable to let go of traditional approaches, it is unlikely that you will be an effective Whole Woman Practitioner. We are not asking for a leap of faith. We have exhaustive research to back up every Whole Woman assertion. But we have found that those women who will not let go of their traditional beliefs about Western medicine and Yoga are rarely successful in applying Whole Woman methods in their own lives.

We are not against either Yoga or Western medicine. Quite the contrary. However, where research has shown problems or inaccuracies with these systems,

assumptions and practices need to be challenged. A challenge to assumptions or specific practices is not to be construed as judgment about the entire system.

4. We have been asked by a number of women if it is necessary to have prolapse to become a Whole Woman Practitioner. The answer is no, it is *not* necessary to have prolapse to qualify for the Practitioner training, although it helps to have personal experience with the condition and its emotional impact. The knowledge is available to any qualified woman who is committed to helping other women with this condition.
5. All Whole Woman Practitioner Training applicants are required to submit a completed application and phone interview prior to acceptance into the program. Whole Woman Practitioner Training is open to women of all ages, races, ethnicities, religions, backgrounds, and sexual orientation as long as she can meet our other qualifications. Students are also required to sign an enrollment agreement.

The quality of Whole Woman Practitioners must be high to protect the reputation of the work and the practices of the other Practitioners and Whole Woman, so application to the program does not guarantee acceptance, nor does acceptance guarantee graduation/certification.

Other prerequisites may be required. Whole Woman Inc. reserves the right to refuse applicants admission to the Practitioner Training program for any reason whatsoever, without the obligation of explaining the rationale for the decision to the applicant.

If someone has completed the Practitioner Training program but not successfully completed the practicum and assessment, they may be able to do so at a later time if they choose to be certified at Christine Kent's discretion. Requests for a deferred certification will be allowed on a case-by-case basis and students may be required to take some or all classes over again and additional tuition may be required.

In the event that a student does not successfully pass her final assessment during the practicum, she will be denied graduation. At the discretion of Whole Woman she may be allowed to retake the training, but this will be assessed on a case-by-case basis.

Whole Woman Practitioner Training has been designed to provide early warning if someone is not being successful in the program. The Instructional Team will make every reasonable effort to help the student get on track, but if it becomes clear that the student is not going to successfully complete the program, she may be asked to leave.

G. Technology

Because of the heavy reliance on video on the internet, a relatively recent vintage computer with camera and reliable high speed internet connection are necessities.

Experience has shown that unreliable internet or computers are not only disruptive to the student's learning, but significantly degrades the quality of the learning experience for the other students as well.

Students will be expected to schedule an appointment with Lanny Goodman (lanny@wholewoman.com) in the Whole Woman office to test their video access prior to

the start of the orientation class in order to work out any difficulties so the first class goes smoothly.

Whole Woman provides access to the streaming video and video communications platforms needed for the course.

H. Attendance

Video classes are held on Saturdays (see the schedule below). Class times will be finalized depending on the geographical location of the accepted students. In the past, classes have been held Saturday mornings to benefit students in Europe and Saturday afternoons to accommodate Australian students. At times when we have both European and Australian students, class times may wind up being early mornings or late evening for specific students. Class times will be finalized as the needs of class participants becomes clear. The time may be adjusted for Daylight Savings or by consensus of the instructor and students.

Because of the intensive nature of the learning, and the relationships that develop among the students, regular attendance is critically important. We all have busy lives but class attendance needs to be a priority. **Two absences are allowed.** Absences in excess of two will put the student's continued participation in the program at risk and will be reviewed by Christine.

In every case, any scheduled assignments for the week missed must be made up the following week.

II. 2021 Class Schedule & Syllabus

Note that this syllabus is subject to change.

Studying to be a Whole Woman Practitioner has been a personal journey for me. This work is good for all women, so going into it more deeply can only be better for you, whether or not you become a Practitioner. It took me a couple of years to finally join the course, but it was timely for me.

I became quite well practiced with the work, so that when I began the course it wasn't unfamiliar. The theory is quite intensive but achievable if you keep a regular pattern of study and reading.

There are so many women out there who need to the information and advice - my practice began as soon as I returned home!

Karen Michelle Simmonds
Landsborough, QLD Australia

Date	Subject
Block One - Introduction to Whole Woman and Pelvic Organ Prolapse	
January 4-7	Video conferencing on-boarding by appointment with Lanny Goodman
January 7	Orientation video class (Friday)
January 8	Block One - The Whole Woman Paradigm and Whole Woman Posture
January 15	Anatomy of Prolapse
January 22	Prolapse Surgery
January 29	Postural Assessment, WW Firebreathing, and Other WW Exercises
February 5	Block One Peer Review Discussion
Block Two - Urinary Incontinence	
February 12	Anatomy of Female Urinary Continence
February 19	Stress Urinary Incontinence and Overactive Bladder
February 26	Medical Treatment of Urinary Incontinence
March 5	The Whole Woman Solution to Urinary Incontinence
March 12	Block Two Peer Review Discussion
Block Three - Pelvic Microbiology	

Date	Subject
March 19	Microbiology of the Vagina
March 26	Microbiology of the Cervix
April 2	Microbiology of the Bladder
April 9	Microbiology of the Bowel
April 16	Easter - No Class
April 23	Block Three Peer Review Discussion
Block Four - Special Conditions	
April 30	Pregnancy and Postpartum
May 7	Menopause One
May 14	Menopause Two
May 21	Hysterectomy
May 28	US Memorial Day - No Class
June 4	Block Four Peer Review Discussion
Block Five - The Hip and Knee	
June 11	Anatomy and Pathology of the Hip
June 18	Imaging the Hip Joint
June 25	Naturalizing and Restoring the Hip
July 2	US Independence Day - No Class
July 9	Anatomy and Pathology of the Knee
July 16	Restoration of the Knee
July 23	Block Five Peer Review Discussion
Summary and Practicum Preparation	
July 30	Practicum Expectations and Preparation
August 8-12	Final Assessment Presentations
August 12-14	9th Annual Whole Woman Conference

III. Whole Woman® Practitioner Training Application

1. The application process begins with filling out an online application form, which can be found at:

<https://wholewoman.typeform.com/to/m4FPFnUU>

2. Required fields are marked with an asterisk.
3. Knowingly providing false information will be grounds for termination from the program.
4. Your medical history requested on the application is very important to the application process. While Whole Woman is not bound by US Health Insurance Portability and Accountability Act (HIPAA) privacy regulations, we will make all reasonable efforts to hold your information in confidence and it will be shared only with Whole Woman senior staff.
5. Upon receipt of your application by Whole Woman, you will be contacted by the Whole Woman office to schedule an interview with The Whole Woman Instructional Team. They will consult with Christine Kent with recommendations for admission.
6. Payment is requested once your application is approved. Tuition and payment plans will be found in the next section of this document.

IV. Tuition, Financing & Withdrawal

A. Tuition

Tuition for Whole Woman Practitioner Training program is US\$ 4,000.00 when paid as a single payment. Payment plans include a modest additional charge. Included in the cost is -

- Access to the entire Whole Woman currently available library of online videos
- Weekly video lectures and supporting materials
- Weekly online, live 90 minute video classes with Christine Kent with access to class recordings during the course duration
- Note the exceptions for holidays in the syllabus above
- Five day Final Assessment sessions with Christine and the other students online.
- Participation in the online Whole Woman Conference.

Payment plans are available, which auto charge to a credit card.

- A ten monthly payment plan of \$425 per month - must be initiated prior to October 15, 2021

- A seven monthly payment plan of \$600 per month - must be initiated by January 1, 2022
- Customized plans can be arranged (e.g. larger down payment with smaller monthly payments).
- Payments must be completed prior to program graduation.

Whole Woman may offer tuition discounts at its sole discretion in exceptional situations on a case-by-case basis.

B. Additional Expenses

Students must also budget for a modest number of books and supplies, a list of which is listed in section V. below.

C. Whole Woman Materials Purchasing Policy

Once an applicant has been accepted as a student, and payment received, she will be given access to the entire currently available Whole Woman library of streaming videos.

Physical products such as the Whole Woman Posture Belt or Exercise Baton may be ordered at a 20% discount. No refunds will be allowed retroactively on materials students may have already purchased.

Once a Practitioner has been certified, she will be able to purchase products for resale at a 40% discount from the retail price for her own stocking inventory and an affiliate program will provide a commission on streaming videos.

D. Withdrawal/Termination

Enrolling and getting to know each student consumes considerable time and effort. Therefore, should a student choose to withdraw from the program, or be asked to leave the program, **\$2000 of the tuition is non-refundable**. The balance of tuition, if any, will be refunded according to the following terms **for those who have paid in full**.

1. If a student withdraws or is asked to leave the program within the first fifteen weeks, her refund will be the total of what she paid, less the US\$ 2,000 that is non-refundable.
2. If a student withdraws or is asked to leave prior to the twenty-fifth week of the program, she will receive a refund of US\$ 1000.
3. If a student withdraws or is asked to leave after to the twenty-fifth week of the program or fails her practicum final assessment, there will be no tuition refund.
4. Tuition refund may be paid in a lump sum or in installments at the discretion of Whole Woman Inc. In either case, tuition shall be fully refunded no later than the scheduled completion of the program.

5. If a student withdraws or is terminated from the program, Whole Woman Inc. will not be responsible for any books, supplies, or other out of pocket expenses the student may have incurred for the program. Her access to the Whole Woman streaming video library, class recordings, and recorded lectures will be rescinded.
6. If the student is on a payment plan and has not paid the non-refundable minimum tuition or additional tuition as defined in section 3 above, payments will continue until the tuition due is paid.

In the case that it becomes apparent in Christine Kent's judgment that a student will not be able to successfully complete the program, the student will be notified in writing by email. Whole Woman reserves the right to terminate the relationship with any student for any reason.

The primary reasons a student might be asked to withdraw are:

1. Excessive absences from online classes
2. Failure to complete assignments successfully or timely
3. Failure to provide peer reviews and/or participate in online peer review discussions
4. Lack of interaction during weekly video discussions
5. Failure to grasp or effectively articulate Whole Woman principles and practices.

Assignments include studying the recorded lectures, writing projects, readings, studying Whole Woman videos. Interaction during class is an important means by which the instructor can observe students' level of knowledge, interest and motivation, and ability to interact with others, which is essential for doing the Whole Woman work. Failure to attend online classes or to participate in class discussions will result in a warning. Failure to address the issues presented in the warning may result in termination from the program.

E. Final Assessment

For the Final Assessment, each student will be expected to deliver a Whole Woman training session. This presentation will be the equivalent of a session she would conduct with a client. The assessment will be based on:

1. Depth and breadth of student knowledge
2. Student's ability to clearly articulate Whole Woman principles
3. Preparation and professionalism prior to and during the presentation.

Performance during the Final Assessment deemed inadequate by the Instructional Team and approved by Christine Kent, will prevent the student from graduating.

The student, at Christine Kent's discretion, may be invited to update and present her practicum again or participate in the following year's class if she feels the student has the capability to meet graduation criteria.

Students denied certification due to failure at final assessment have no recourse to tuition refund.

F. Class Schedules

The 2022 Whole Woman Practitioner Training will begin Friday, January 7, 2022 with an orientation class. The first content class will be held the following day. Students will have access to the lecture for the first video class on January 1st to give them time to prepare for the first class.

I chose to join Whole Woman Practitioner Training because the methods helped me to recover so well from a debilitating prolapse and I wanted benefit others by passing on this vital and wonderful information.

The course has exceeded my hopes and expectations. It is well structured and the Whole Woman team, Christine, Lanny, and the other students are really lovely and supportive.

Lindy Roy
England

G. Continuing Education

When Whole Woman produces new videos or books (in ebook form), they will be made available to active practitioners to encourage ongoing education. While certification does not *require* continuing education as many government or university accredited programs do, we encourage Practitioners to view new videos and any other new material that Whole Woman produces.

H. Practitioner Business

Upon successful completion of the Whole Woman Practitioner Training, graduates will be authorized to utilize the title Certified Whole Woman Practitioner (CWWP). Graduates will **not** be employees, partners, licensees, or franchisees of Whole Woman Inc.

Whole Woman Practitioner Training is designed to prepare women for creating a Whole Woman practice or enriching their existing practice with Whole Woman methods. For many reasons beyond the control of Whole Woman Inc., we cannot guarantee any specific level of revenue or profitability and make no warranties that any Whole Woman Practitioner will build a profitable business.

V. 2021 Whole Woman Practitioner Training Letter of Agreement

A. Purpose of the Agreement

The purpose of the Whole Woman Practitioner Training Letter of Agreement is to define the relationship between Whole Woman Practitioners (hereinafter “Practitioners”) and Whole Woman Inc. (hereinafter “Company”) as clearly as possible.

In the spirit of “good fences make good neighbors”, defining the scope and limits of each party’s rights and responsibilities will minimize potential conflicts and maximize our collective effectiveness at getting Whole Woman information into the hands of the women who need it.

Healthy relationships are always based on mutual needs fulfillment. When these are kept in reasonable balance, relationships endure and prosper. When they get out of balance, one party is giving too much or too little, the relationship will come under strain and will ultimately fail.

Therefore, the starting point for a working agreement is an understanding of and agreement about the legitimate interests that both parties bring to the relationship. Below is our current best understanding of the Company’s and our presumptions about Practitioners’ interests:

B. Whole Woman Inc.’s Interests

1. Whole Woman Inc. desires to help as many women as possible stay out of the operating room for chronic conditions that can be successfully managed without dangerous surgery. We accomplish this by helping them either prevent or manage their conditions using Whole Woman techniques and methods. Currently, conditions include pelvic organ prolapse, incontinence, osteoarthritis of the hip joint, chronic knee pain, common vulva and vaginal issues, and post-hysterectomy and menopausal problems.
2. Whole Woman founder Christine Kent has worked for more than 20 years to develop a Body of Knowledge based on scientific studies, data and practical experience with a large number of women. Therefore, protecting the integrity of the knowledge is important to protect the women, the Company, and the Whole Woman Practitioners. This means thoroughly training the Whole Woman Practitioners.
3. The Whole Woman logo, name and brand are property of Whole Woman Inc. and stand for a certain level of knowledge integrity, and must be protected by all who operate under Whole Woman certification.
4. Whole Woman Inc. is open to Practitioners adding to the Body of Knowledge so that other Practitioners and ultimately the women benefit. Thoughts, ideas,

research, and experiences must be brought to Christine Kent's attention for approval prior to delivering any knowledge or technique to a client under the auspices of the Whole Woman work.

5. Whole Woman Inc. wants to be sure that the Whole Woman Practitioners operate within all legal and ethical boundaries as Practitioners. Unless you are personally qualified and licensed to do so in your jurisdiction, Practitioners do not practice medicine or prescribe drugs. We expect you to encourage your clients to seek a formal medical diagnosis for their conditions through duly licensed medical practitioners. What we emphasize is that women should make fully informed choices, which entails seeking other points of view and opinions.
6. In the US, physicians are no longer required to take the Hippocratic oath. Whole Woman Practitioners, however, are expected to follow the dictum, "First, do no harm." The essence of the Whole Woman work is that the chronic conditions we work with are symptoms not diseases. Successful condition management requires helping women learn to listen to their bodies. This includes being sensitive to their physical limitations when undertaking Whole Woman exercises.
7. Whole Woman Inc. wants the Whole Woman Practitioners to serve as a distribution network for Whole Woman materials to help support the Company and its ability to create new knowledge to benefit women and create new opportunities for Practitioners.
8. The Company's primary role is to preserve and expand the Whole Woman Body of Knowledge in order to continuously provide Whole Woman Practitioners with more and higher quality products and services they in turn can provide the women in their communities.
9. The Company needs and expects the Practitioners to adhere to the highest standards of professionalism and thoughtfulness to protect the Whole Woman name and brand. In a digital world, damage done by one person is instantly, globally, and permanently on display and can undo years of work by others.
10. Whole Woman Inc. seeks to create a community of Whole Woman Practitioners committed to the same goals: women taking charge of their own health, avoiding unnecessary surgeries, breaking the silence on the epidemic of prolapse and other conditions the Practitioners are trained to address, and spreading the word to their sisters, mothers, daughters, aunts, nieces and friends.

C. Whole Woman Students' Interests

As best we understand them and subject to further clarification through dialogue:

1. The Company will offer training comprehensive enough to be able to help women learn to prevent and/or successfully manage their prolapse for a lifetime, successfully manage osteoarthritis of the hip and/or knee without surgery, and address any other condition Whole Woman has researched, developed and

tested a program for and trained the Whole Woman Practitioners to deliver to clients.

2. Whole Woman Inc. will not overburden Whole Woman Practitioners with knowledge requirements they cannot use or apply to their practice.
3. Whole Woman Inc. will support the Whole Woman Practitioners with training and collateral materials to help them grow their practice. Included will be the opportunity to resell Whole Woman materials at a profit.
4. Whole Woman Inc. will not unduly burden the Whole Woman Practitioners with bureaucratic requirements, and the Whole Woman Practitioners understand the need to protect the Whole Woman Inc. name and brand, as this directly effects Whole Woman Practitioners' ability to earn from their practice.
5. Whole Woman Inc. will continue to evolve the Body of Knowledge as long as possible so that the Whole Woman Practitioner's abilities to help women are continuously enriched.

D. The Whole Woman Body of Knowledge

The history of Whole Woman has been the development of a Body of Knowledge and the solidification of the science behind the Body of Knowledge. As the Body continues to grow and become richer, the fundamental principles behind the Body of Knowledge are unlikely to change. These principles are the foundation of the Whole Woman work and the success that women who have applied them have enjoyed.

It is important that all aspiring Whole Woman Practitioners understand these principles to the best of their ability, acknowledging that part of the purpose of Whole Woman Practitioner is to demonstrate the truth and application of these principles. Students need to be clear that prior to certification, they will be expected to agree that these principles will be the foundation of their work going forward. They will be expected to subordinate the principles and practices of any other services they provide such as yoga, Pilates or physical therapy to the Whole Woman principles in the event they come into conflict. The principles are listed below:

1. Any woman seeking answers and information from Whole Woman must first consult her physician. The reasons are that society has sanctioned the medical system to practice medicine. Even though Whole Woman Practitioners may not agree with or support their diagnoses, recommendations or standards of practice, we cannot ignore or directly challenge the medical system. Women need the full spectrum of information in order to make informed decisions about their health.
2. The human female body has evolved to a point of ultimate stability. If not surgically modified, the body can be trusted to move toward its original stability.
3. Physiologically, human females are more alike than different.
4. The shape of the female body and placement of pelvic organs is created by breathing under the forces of gravity while sitting, standing and moving on Earth.

5. Barring traumatic event, it is through habits of civilization that the shape of the female spine, placement of pelvic organs, and alignment of hip joints degenerate.
6. Only by bringing the whole body back into its natural alignment through posture and exercise can the symptoms of prolapse be permanently improved.
7. Kegels, as traditionally taught, are conceptually flawed and do not improve the condition of the pelvic interior.
8. All past and present surgeries for the conditions of pelvic organ prolapse and urinary incontinence deteriorate the dynamics of pelvic organ support.
9. The dynamics of pelvic organ support can be made self-evident to women.

E. Scope and Limits of Practice

Note that Whole Woman Practitioner certification does not imply any specific geographical territory or exclusivity. While Whole Woman Inc. will make every effort to maintain a current list of Whole Woman Practitioners and their locations, it is possible that there will be more than one Practitioner in a market. All we can do is encourage Practitioners to cooperate and support each other in making the prolapse, urinary incontinence, hip and knee osteoarthritis epidemic visible to women and help women avoid risky and unnecessary surgery.

F. Practice Promotion

Whole Woman Practitioners may *not* buy traffic on search engines, social media, or ad syndicators unless the traffic is for unrelated services. Whole Woman Inc. does not want to be competing with its Practitioners for ad placements that attract women to the Whole Woman site and referral network. In the case where a woman lives in a community where there is not a certified Whole Woman Practitioner, all the Practitioners in a particular region will be referred to the inquirer as she may be willing to connect to the Practitioner.

The Whole Woman Body of Knowledge contradicts some of the principles of yoga, Pilates, many other forms of traditional exercise and traditional physical therapy. For those Whole Woman Practitioners who are also yoga or Pilates instructors, exercise physiologists or practitioners of any other type of bodywork or exercise program or licensed Physical or Occupational Therapists or equivalent in your jurisdiction, to become a Whole Woman Practitioner, you must be prepared to subordinate the principles of your other discipline to those of Whole Woman where they come into conflict.

For example, Whole Woman Inc. cannot have Whole Woman Practitioners encouraging women to do Kegels as a Physical Therapist since this contradicts the teaching of the Whole Woman Body of Knowledge.

Whole Woman Practitioners will be expected to comport themselves with a high level of professionalism to protect their own reputation, the reputations of all other Practitioners and of Whole Woman.

G. Whole Woman Practitioner Standards of Behavior

A Whole Woman Practitioner not only represents herself and her practice, she also represents Whole Woman as a global organization and network of Practitioners. Behavior that undermines customer confidence also undermines the work of all other Whole Woman Practitioners.

1. Whole Woman Practitioners do not practice medicine unless they are trained and licensed to do so in their local community. Know the limits of what advice you can provide and *never* exceed those limits.
2. The Whole Woman work is not about you, it's about your client. Her needs are paramount.
3. Working out of your home is acceptable as long as the space to which you bring your clients is clean, quiet and a suitable space for doing the Whole Woman work. Utilizing local gyms, yoga or dance studios is also acceptable if they meet the standards of cleanliness, quiet, privacy, and orderliness consistent with the high standards of Whole Woman.
4. Neither Christine Kent, Whole Woman Inc., nor the Whole Woman Practitioner can guarantee results because
 - a. Self-care means control of creating health is in the hands of the client
 - b. The complexities of client physiology about which Whole Woman Practitioners have very limited information
 - c. The lack of comprehensive information on the client's medical history means that it is impossible, inappropriate, and unethical to guarantee results.
5. If a client is unhappy with the work, or products they have purchased, it is sound business practice to offer refunds. This is not normal for services, and is a rare occurrence in our experience, but better to have invested some time with no return than to have an angry and frustrated client spreading her frustration in her community.
6. As a Whole Woman Practitioner, you are a professional and behave in a professional manner at all times which includes:
 - a. Complying with all local laws regarding business licenses and permits, accounting, tax requirements and business records
 - b. Maintain a business location (even if it is your residence) and have printed business cards, letterhead and notecards. Artwork can be provided for you to send to your printer if you request.

- c. Have a business phone number with voicemail and return phone calls and emails promptly. If on holiday, provide a message indicating when you will be available.
- d. Carry appropriate liability insurance
- e. If you are not sure about the answer to a client question, defer and check in with Christine.
- f. Present yourself dressed and groomed appropriately to convey a professional image for Whole Woman.

H. Adjudication

The standards described in this document are to protect the Whole Woman brand and the livelihoods of all Whole Woman Practitioners. It is not merely for bureaucracy. All Whole Woman Practitioners benefit from adhering to high standards including collateral materials.

If a problem with a Whole Woman Practitioner has been called to the attention of Whole Woman Inc., an investigation will be initiated including interviews with both the Whole Woman Practitioner and the customer to determine if the Whole Woman Practitioner has violated the Body of Knowledge or acted inappropriately in some other way that puts Whole Woman Inc.'s reputation at risk.

Based on Whole Woman Inc.'s findings, the Whole Woman Practitioner may be asked to undertake additional training, she may be put on probation with a corrective action plan to bring her into compliance with Whole Woman Inc.'s expectations, may have her certification suspended pending resolution of the issue, or may have her certification revoked.

Under the terms of this agreement, a Whole Woman Practitioner whose certification has been revoked must return her certificate to Whole Woman Inc., surrender any and all Whole Woman materials in her possession she has purchased from Whole Woman Inc. (for which she will receive a refund), will be struck from the list of Whole Woman Practitioners, and have her Whole Woman web presence and email address taken down. She agrees to no longer use the Whole Woman name in any of her promotional materials or indicate that her work is endorsed by Whole Woman Inc. in any way.

Other than compensation for any Whole Woman materials returned in salable condition, the de-certified Whole Woman Practitioner agrees that she has no further claim against Whole Woman Inc. for loss of business, cost of training or any other claim.

As always, in the event of a conflict or disagreement, dialogue with a commitment to understand and appreciate each party's point of view and legitimate interests is the best response and Whole Woman is committed to constructive and amicable dialogue.

In the case of a seemingly unresolvable disagreement between the Whole Woman Practitioner and Whole Woman Inc. however, both parties agree to resolve the issue

through binding arbitration. This agreement is made under the laws of the State of New Mexico, USA which must be the venue for any arbitration.

If any part of this agreement is deemed unenforceable, this does not invalidate the agreement as a whole and the balance of the agreement will remain in effect.

I. Feedback

Whole Woman Inc. actively seeks Practitioner input and will evaluate all suggestions and implement those it deems to be of merit. However, we must clarify that:

1. Whole Woman Inc. is under no obligation to act on any such suggestions but will make an effort to clarify the reasons why if suggestions are not implemented.
2. Any and all suggestions brought to and implemented by Whole Woman Inc. become the non-exclusive property of Whole Woman Inc. to be used as it sees fit without royalty, fees or any other form of compensation to the Practitioner who offered the suggestion. When we all share insights and information, the entire network of Whole Woman Practitioners benefits as, ultimately, do the clients.

Philosophically, Whole Woman Inc. remains committed to applying the following basis for its decisions: What is best for the clients, the Practitioners, *and* the Company. All three require equal consideration.

While this standard cannot always be met, it is what we strive for. Our expectations are that Whole Woman Practitioners will try to do the same.

Your signature on your application warrants that you have carefully read, understand and agree to abide by the contents of this agreement. If you have any questions, please call Lanny Goodman at +1 505-243-4010 or write at lanny@wholewoman.com.

By filling out the information below, you agree that

1. Entering your name is the equivalent of a written signature.
2. If accepted into the Whole Woman Practitioner Training program certify to have read, understand, and agreed to this letter.

Please scan and email this page or email back the signed document. A copy countersigned by Christine Kent will be returned to you if accepted into the program. Thank you.

First Name		Last Name	
Signature			
Date		Address	
City		State	
Country		Postal Code	
Christine Kent Signature		Christine Kent, Founder, Whole Woman Inc.	

VI. 2021 Whole Woman® Practitioner Training Book & Supplies List

A. Required Reading and Supplies

- Schuenke, Michael MD PhD et. al. *Thieme Atlas of Anatomy, General Anatomy and Musculoskeletal System*, Thieme, 2006 or newer. About US\$ 75 new. Less for a used copy.
- <https://www.universalmedicalinc.com/female-pelvis-with-femur-heads-model.html>

Be sure the model includes the heads of the femurs. Shipping cost for the pelvis model will vary by recipient location. There have been some problems with this company shipping internationally, apparently due to geographical restrictions of sales territories by the manufacturer of the models in Germany. Contact Whole Woman if you have any difficulty finding a pelvic model.

B. Recommended Reading

- Morgan, Elaine *The Descent of Woman* Souvenir Press, 1972, 1985
- Odent, Michel MD *The Farmer and the Obstetrician*, Free Association Books 2002
- Gaskin, Ina May *Ina May's Guide to Childbirth*, Bantam Books 2003
- Achterberg, Jeanne, *Woman as Healer*, Shamballa 1990
- Dossey, Larry MD *Space, Time & Medicine*, Shambala 1982
- Lipton, Bruce *The Biology of Belief* Hay House 2007
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VII. Conclusion

A note from Whole Woman Founder Christine Kent...

Thank you for carefully reading and responding to this information package and application.

Becoming a Whole Woman Practitioner is a significant investment of time and money for both of us. At Whole Woman, we take our relationships with our Practitioner students very seriously. I look forward to sharing with you the tools that will dramatically increase the quality of life of the women with whom you will work.

While it is tragic that the need for the Whole Woman work is so huge, the opportunity to help women and deliver a legitimate alternative to the misguided and destructive methods of the medical system is also huge.

I hope you will participate in the program, and any questions left unresolved by this document should be addressed to Lanny Goodman at Whole Woman. You can reach him by phone at +1 505-243-4010 or by email at lanny@wholewoman.com.

Thank you for your interest and I hope you will join us for the 2022 class of Whole Woman Practitioners!

Sincerely,

Christine

Christine Kent
Founder
Whole Woman