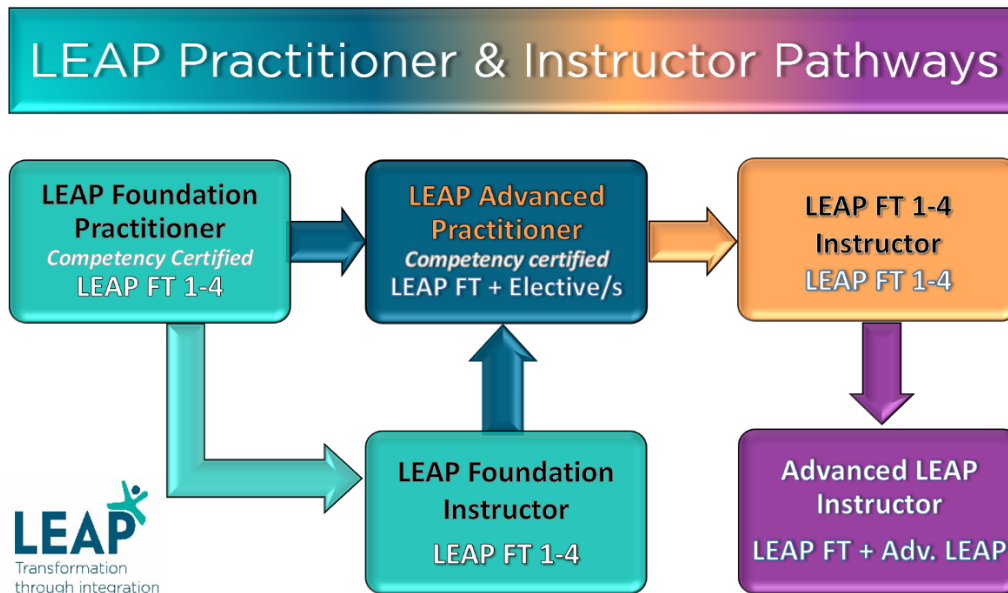


LEAP Foundation Training

Dr Charles Krebs, founder and developer of LEAP has taught and trained instructors in LEAP over the past 35 years, with reproduceable results benefiting many thousands of clients worldwide.

The LEAP curriculum has been updated to facilitate more general kinesiology practitioners to gain recognition for the core LEAP components and a path for them to evolve into **Certified LEAP Foundation Practitioners**, with further specialized training in LEAP Learning, LEAP Health and LEAP Performance to become **Advanced LEAP Practitioners**.



LEAP Foundation Training (LEAP-FT) is comprised of **4** specialised modules.

These modules are designed for the Kinesiologist wanting to gain more in-depth understanding of both the brain and specialized formatting to assist help more clients with long lasting results.

The Foundation Training 1-4 is the prerequisite for becoming a Certified LEAP Foundation Practitioner.

The **LEAP Foundation Training (LEAP-FT)** comprises the following Modules.

LEAP Foundation 1 Brain Integration & Stress

A powerful start to LEAP providing you with an understanding of the LEAP Model of Brain Integration, an introduction to neurology, overview of structure and function of the Brain, learn how to work with the Amygdala the Sentinel of our Survival System, and unique to LEAP, is learning to uncover & resolve Survival Switching and Deep Survival Switching with Psychological Reversal and discover the Celestial Circuit, a totally unique LEAP procedure that was developed by Dr. Krebs, provides a broad-based balance of the energetic & brain structure and functions, integrating and balancing many areas of brain function in one balance. This module is a must for all general Kinesiology practitioners to enhance your results in clinical practice.

LEAP Foundation 2 Survival Systems

We dive deeper into the neurology controlling Survival systems, in this module you will learn that the Brainstem is a series of grey matter subcortical areas and specific nuclei and a series of white matter tracts connecting the Spinal Cord to the Cortex. The Brainstem also receives all incoming sensory information and performs initial processing of this incoming sensory information from the perspective of survival. The large number of Brainstem formats for brainstem areas and nuclei, now used in LEAP, are best understood as functional components of the major systems in the Brainstem.

LEAP Foundation Training

One of the primary Brainstem systems you learn more about in this module is (though not currently officially recognized) is named the Periventricular Survival System (or PVSS).

There are 3-components to this Periventricular system you will discover in this exciting element of LEAP-FT 2 Survival Systems. The powerful formats you will learn this module will continue to arm you with both the neurological understanding and kinesiological skills to address very deeply held patterns for your clients in everyday practice.

You will be introduced to some more background on the Cerebellum and its role in coordinating and modulation all motor activity

The Three Floating Pillars which are concepts from esoteric Chinese medicine about three primary points of flexibility in the spine both physically and metaphysically. Stability of the Pillars was perceived to control and stabilize the flow of Ch'i (or Qi) to harmonize the impact of Stressors in our lives. Together, the 3-pillars provide "Core" energetic stability to meridian Ch'i flows and Nadi Channel Pranic energy flows maintaining overall energetic and physiological "balance", including your **psycho-emotional stability**. In this module you will learn how to both assess and balance these important circuits, that when in a state of imbalance, often undermine the results of what appeared to be a "good balance".

And you will be given an overview of how the Nervous System develops and what nervous system structures evolve from other preceding structures and systems. Many of these additional systems are taught in other LEAP modules.

LEAP Foundation 3 Glial Cells

The amazing world of Glial cells is explored in this module, opening up ways to further integrate your clients at a level, never even fully understood. You will not only learn that are only two cell types in the Nervous System – Glial Cells & Neurons but how Glial Cell Integration and Neuronal Integration have totally separate functions.

In recent years Science has exposed the depth and complexity of the Glial Cells and their critical role as the other half of the Nervous System. Learn how Glial Cells are not only actively involved in brain neurotransmission but how they interact and influence other neurons.

The incredible influence of these little understood cells in Neurotransmission has truly caused a true Paradigm Shift in our understanding of Neurotransmission.

In LEAP-FT 3 you will acquire valuable knowledge not only on the role & function of Glial cells & Neurotransmission but the tools to work & balance these for amazing results!

Some of the topics covered in LEAP-FT 3 Glial cells include:

- Introduction to Neurology – getting to grips with the basic.
- What is Brain synchrony via neuro-modulation is so important in Brain Integration.
- The other half of Neurotransmission – The Glial Cells.
- The Immune System of the Brain – all the players.
- The effects of stress on Glial Cells from simple Sinus problems to seizures.
- The Blood Brain Barrier the full story on its role in Brain Integration.
- Understand the importance of Myelination in both the Peripheral & Central Nervous Systems.
- Discover DC electromagnetic fields stabilizing neuronal transmission.
- Additionally, you will learn about the Cortical Integrative Areas and the Pathways linking these Specific Integrative Brain Areas and their Role in Brain Integration and Learning.

Up to this point, LEAP had only been doing Neuronal Integration when *both* Neuronal & Glial Cell Integration is complete – you get some truly remarkable results not possible before!

LEAP Foundation Training

LEAP Foundation 4 Mental & Emotional Modulation

In LEAP-FT 4 we dive into next two Brainstem systems, the Reticular Activating System and the “*little brain*” – the Cerebellum.

We review the anatomy and physiology of the RAS components and the role they play in supporting the Emotional and Mental Modulatory circuits of the brainstem.

RAS nuclei and their primary functions are particularly important to the central Brainstem system and the importance in balancing especially for filtering relevant from irrelevant stimuli – a common issue affecting learning outcomes

You will learn more detail about the Cerebellum, its anatomy, and its little understood role in Emotional & Mental modulation.

You will learn how Emotional Modulatory Circuits are driven by subconscious Limbic areas and the Mental - Modulation and the influence on the Prefrontal Cortices and Dorsal Lateral Frontal Cortices (DLFC) critical for rational thinking.

You will also be taken through the Embryological and Evolutionary development of the Nervous System, with the terminology for all the various developmental regions of the Brain and Brainstem, including a summary of the functions of each Brain and Brainstem area and structure. Some of these brain areas you will see you now have the tools from your LEAP-FT training to date and other areas are still to be discovered in the **LEAP Elective courses (LEAP Learning, LEAP Health, LEAP Performance)**.

Already attended LEAP Brain Integration courses previously?

If you have completed LEAP Brain Integration modules previously and completed competency assessments, you may be able to gain ‘*grandfathering*’ credits towards LEAP FT and LEAP Elective modules. Please discuss with your instructor.

It is recommended to complete the 2-hour **Pre-LEAP online training** to gain the understanding of the history of LEAP, Formatting, and along with gaining basic tools to ensure a confident start to your LEAP foundation training.

[Click here](#) to start your **Pre-LEAP Training**

Need more information?

To find a **LEAP Training Instructor** near you please [click here](#)

To see **LEAP Training Dates** coming up worldwide [click here](#)

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