

# APTA EDUCATIONAL LEVELS



*The American Polarity Therapy Association (APTA) is the only organization that defines and upholds Standards of Education for Polarity Therapy Practitioners. Programs approved by APTA give students a superior education and a pathway to professional success.*

**Associate in Polarity Principles APP\***  
**Beginner Training**  
**155 Hours**

**Students are introduced to:**

- Intro to Polarity Theory
- The General Balancing Session (Protocols for the 5 Elements and the 3 Principles)
- Basic Energetic Nutrition
- Polarity Exercises
- Basic Orthodox and Energetic Anatomy
- Basic Communication Techniques
- Intro to Ethics and Law

Can be used:

- To help friends and family
- As an adjunct to other healthcare professions (as long as APTA membership is maintained)

**Registered in Polarity Principles RPP\*\***  
**Advanced Training**  
**675 Total Hours (includes APP Hrs)**

**Students will learn:**

- Advanced Polarity Theory
- Advanced Energetic Nutrition
- Advanced Energetic Touch
- Communication & Facilitation
- Detailed Energetic & Orthodox Anatomy
- Polarity Exercises
- Structural Evaluation & Balance
- Ethics, Law and Business
- Autonomic Nervous System
- Sacred Geometry

Can be used:

- As an adjunct to other healthcare professions (as long as APTA membership is maintained)
- As the foundation to become an independent professional practitioner (BCPP)

**Registered Polarity Educator RPE\*\*\***  
**Teacher Training**  
**182 Hours-post RPP**

**Students are exposed to:**

- General Teaching Methodology
- Practical Teaching Experiences
- Classroom Assisting
- Observed and Scored Teaching Experience
- Mentored classroom

Can be used:

- To become an instructor
- As a pathway to start a school

*APTA membership is required to be an APP, RPP and RPE. All educational levels come from APTA, not from the school or teacher.*

## **\*APP TRAINING (ASSOCIATE IN POLARITY PRINCIPLES):**

The Associate Polarity Practitioner (APP) Training provides you with a beginner's understanding of Polarity Therapy. It will open your eyes to a holistic way of looking at the human body and health; it can be a catalyst for your own healing process. **APP Training does not qualify an individual to practice Polarity Therapy professionally but provides foundational skills and prepares you for the next level of training (RPP). If you are a practitioner in another healthcare field, this training can be a valuable introduction to energy dynamics and can be used as an adjunct to your own practice.** If you are a client of Polarity Therapy, this is a great way to learn more about the practice and gain additional tools for self-care.+

## **\*\*RPP TRAINING (REGISTERED IN POLARITY PRINCIPLES):**

RPP is the next level of training that takes you on a deeper journey into Polarity Therapy. Here you learn advanced techniques in all areas: energetic touch, nutrition, communication and energy exercises. You will gain more tools for healing yourself and supporting others in their healing process. **The RPP is not intended for independent Polarity Practice; it may be used as an adjunct to other licensed healthcare professions, or for your personal use, to improve your health or to help family and friends.**+

## **\*\*\*RPE TRAINING (REGISTERED POLARITY EDUCATOR):**

The Registered Polarity Educator (RPE) status is for those who are called to become teachers in the field of Polarity Therapy. You can share your wisdom, experience and skills with students and become a recognized spokesperson. RPE's carry the practice forward to a new generation of therapists.

## **APPROVED TRAINING PROGRAMS:**

Are you an entrepreneur at heart and would you like to carry the practice of polarity therapy forward by operating your own school? Once you have completed your RPE, you may submit a curriculum to the Director of Education and apply to have your training approved. Once approved, you become an Approved Training Manager (ATM).

+APTA only endorses independent, professional Polarity practice at the level of Board Certified Polarity Practitioner (BCPP). The BCPP requires completion of an additional 125 hours of clinical supervision hours overseen by a Registered Polarity Educator (RPE) who has been a BCPP for a minimum of 2 years. It also requires the passing of the Board Certification Exam. The Board exam is administered through the Certification Governing Council.

## **APTA Mission Statement:**

*To create an interactive community and expand the awareness of Polarity Therapy worldwide.*