

Requirements

- Physiotherapist, occupational therapist, registered nurse or registered geriatric nurse, speech therapist
- Proof of at least two years of professional experience with patients who have limitations in their mobility.
- Participation in a certified LiN basic course
- Attendance at another LiN basic course
- Recommendation by a LiN trainer

Written application to:

LiN-Arge e. V.
Dr. Heidrun Pickenbrock
Jürgen-Schmeling-Strasse 12
45768 Marl

or to:

<https://www.lin-arge.de/de/kontakt>

After successful verification of the conditions you will receive an invitation for becoming a member of the LiN-Arge e. V.

Supervision during the training

A person in training is called an assistant. Each assistant is supervised by at least one mentor. The mentor advises the trainee and evaluates the trainee's project work.

Requirement for the qualification as LiN trainer for basic courses

1. Evaluated and passed assistantships in LiN basic courses

Learning Objective:

To be able to independently organise, lead, and teach a two-day LiN course.

Among other things, this requires the following:

- Timely arrangements with the trainer regarding the upcoming assistance.
- Each assistant must have successfully taught the entire content of a course at least once during his or her training. This can take place within the assistantship in a LiN course, during a module, or in a trainer-supervised workshop.
- During the course of his or her training, each assistant must be evaluated by at least two different trainers and at two different facilities.
- During the final assistantship, the assistant conducts the course independently - under the supervision of a LiN trainer.

2. Participation in the training modules I to III

- **Module I: Teaching and presenting**

Learning objective: Gaining methodical-didactical competences and skills for the theoretical and practical teaching

- **Module II: Analysing and positioning**

Learning objective: Gaining competences in the analysis, the applying and the re-analysis of the basic course positions

- **Module III: Muscular and neurophysiological principles**

Learning objective: Gaining and deepening basic knowledge about relevant neuromuscular interactions and principles.

During the training to become a trainer, assistants must participate in at least one module per year. Otherwise, an evaluated assistantship will not be possible.

3. Ten passed project works in the form of 5 analysis of positions from clinical practice.

Learning Goal: Gaining the ability to analyse and name joint positions, muscle tone and deviations from „neutral“.

5 different positions in LiN with reanalysis

Learning objective: To correctly perform LiN (supine position, 30° and 90° lateral position, stable sitting in bed and in a chair), adapt them individually to a patient, and discuss deviations from neutral and the effects of LiN on the patient.

4. Proof of attendance in a LiN - advanced course.

Learning Goal: To acquire knowledge beyond the basic course level in order to feel more confident in teaching basic courses.

Qualification:

After fulfilling the requirements, Dr. Heidrun Pickenbrock certifies the assistant as a LiN-basic course trainer. This authorises the trainer to conduct basic courses according to the guidelines of the LiN- Arge e.V. and to use the title „Basic Course Trainer for LiN - Positioning in Neutral“.

To maintain instructor status, attendance at least every 4th modul is required even after training.

Costs (preliminary):

Participation in advanced course € 240,- - € 280,-.

Evaluation of at least 10 project works à € 15,-.

Approx. 5 assistantships à € 200,- and approx. 4 training modules à € 150,-.

Translated (modified) with www.DeepL.com/Translator (free version)