



Home Study Options for Neural Reset Therapy®

We want to thank you for inquiring about NRT. You have asked about home study options for learning this totally unique approach to manual therapy for muscles. We would like to be able to tell you that we offer home study courses to those who are unable to attend any of the numerous classes that we are conducting each year in the USA and Europe, but that would not be truthful. The home study videos and manuals that we presently have are reserved for those who have attended the live trainings. When the course work for NRT was conceived, all of the information was to be taught in a live 4 to 5 day course for the upper body and the same for the lower body course. This was during the time of the Great Recession that started in 2008. It was decided at that time to teach all of the fundamentals of the process and one half of the techniques in a two-day intensive and place the rest of the material in a home study option. The videos were recorded accordingly to that division. Later, the Advanced NRT course was produced, which includes a 21-hour live training and a 25-hour home study module. To record the video portion of the courses to include the core fundamentals of the NRT process which are critical to a successful outcome is a very expensive endeavor.



NRT is a guided process how to utilize the nervous system to reset the muscular tonus. It is not a set of techniques to be followed blindly. Once the therapist has a comprehensive understanding of how the nervous system works, then she can perform the techniques very quickly and reliably to reset the target muscles. All of the technique video shots would have to be re-recorded as well to include what is taught in the live course. In total, the NRT course material is certified for 110 CE hours by the NCBTMB. The courses are also accepted by CE Broker for Georgia and Florida therapists.

NRT Trainings, LLC

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