

# EMMETT Technique

A Light Touch Body Therapy

Internationally recognised in over 40 countries

Training Information  
Handbook



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Founder & Developer



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# Contents

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What is the EMMETT Technique?	<b>4</b>
What an EMMETT Treatment involves	<b>5</b>
Ross Emmett - Founder and Developer of the Technique	<b>6</b>
Practitioner Training and Short Course	<b>8</b>
Practitioner Training Pathway	<b>9</b>
EMMETT 4 Horses Practitioner Training and Short Course	<b>10</b>
EMMETT 4 Dogs Practitioner Training and Short Course	<b>12</b>
Specialised Courses and Programs	<b>14</b>
What other people are saying about the EMMETT Technique	<b>16</b>
Instructors and Tutors	<b>18</b>
Notes	<b>19</b>

## **What is the EMMETT Technique?**

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The EMMETT Technique is a safe, simple to apply light touch body therapy created by Ross Emmett. This internationally recognised technique is taught and practiced in over 40 countries and is equally effective on both people and animals.

EMMETT Therapy acts as a first aid to release muscle related issues using the application of light touch at specific points on the body relieving discomfort, creating postural changes, and improving movement, flexibility and overall well-being.

## **How does it work?**

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EMMETT Therapy acts by triggering a relaxation response in the soft tissues of the body, resulting in the feeling of improved comfort and well being. It is based on the belief that the brain has the ability to self-evaluate and re-calibrate using sensory receptors within the body. Using light pressure the Technique works on unique micro points within muscles and muscle groups. The Technique needs to be performed with the right pressure, in the correct direction and with precise timing to achieve the best outcome.

We believe a good analogy is that of a digital touch-screen. With the touch-screen, if you hold too long, nothing may happen. If you touch on the wrong spot nothing may happen. When held for too long, all the icons start to shake. But if you touch with just the right amount of pressure in a specific location, an application opens and you are ready to start. We believe the EMMETT points are small sensory receptors that allow access to the brain via the therapists' touch. With the correct light touch, the brain receives and evaluates this stimulus and initiates the relaxation response in the soft tissue. There are receptor points all over the body so the therapist can target the area of concern. It may sound surprising but the relaxation response and the feeling of ease in the area is often immediate. The pressure required is not heavy or painful.

The EMMETT therapists' approach is to apply acceptable pressure to create change. This may vary according to sensitivity of each individual.

## **What does an EMMETT Treatment involve?**

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- Clients can be treated seated, standing or lying down.
- It can be a standalone treatment or combined successfully with other techniques.
- The treatment can be applied directly to the skin or while fully clothed.
- Sessions can last anywhere from 10 minutes to 30 minutes when the EMMETT Technique is used alone and longer if combined with a relaxing massage or other modality.
- Treatment for animals are also available, they are typically shorter time with few moves. They generally respond quickly and will indicate when they have had enough information. This prevents "overworking" of the animal and allows them to react simply and easily during the session.

## **Why do you refer to the Technique as ‘The Chameleon Approach to Body Therapy?’**

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The chameleon approach refers to the ability of an EMMETT Practitioner to adapt to the clients' needs. The chameleon is very good at adapting and changes colour according to its environment. The EMMETT Practitioner will adapt their treatment to the clients' needs. To achieve the best outcome for each individual client.

## Ross Emmett - The Man Behind the Technique

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Recognised as a man who sees things that no-one else does, Ross likes to question and encourage people to look for simple answers to muscle restrictions and stability before labelling symptoms as chronic without a chance for improvement. He is a great believer in the body's ability to self-correct when given the right information. By combining his neuromuscular release technique with verbal enhancement methods, he created long lasting results.

Born in Tasmania, Australia, the eldest of five children, Ross now lives in Townsville, Nth Queensland. He is the founder of the pioneering 'EMMETT Technique' muscle release therapy. His revolutionary treatments are internationally acclaimed among allied health professionals, medical practitioners and remedial therapists for providing an often instant change where all else failed. His sharing of the assessment and philosophy behind the treatment also empowers people to change the way they view the human body.

Ross has been a remedial therapist in Australia for more than 35 years and is a qualified instructor of therapeutic massage. Ross's diverse professional background has contributed to the development and evolution of the EMMETT Technique over 35 years.

The Chameleon Approach to Body Therapy is appreciative of the uniqueness of each individual. Each client is assessed and the treatment is tailored to their specific needs and beliefs.

Ross now travels throughout the world sharing his remarkable insights into the human body and the animals he has worked with.



Often hailed as a 'unique therapist', Ross says "I simply notice things other people don't; I have found ways to stimulate the body's ability to self-correct and as a therapist I have been able to use this insight to help people. I was encouraged to share this method with others so they could achieve the same outcomes. This has allowed me to develop what is now taught as the EMMETT Technique and to be able to assist many more people than I could reach alone."

There are now thousands of people trained in the EMMETT Technique worldwide.



International Australian Conference 2018

# Learning the EMMETT Technique is Easy!

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The EMMETT Technique is a highly effective, standalone therapy or can be successfully integrated with other modalities such as Massage, Chiropractic, Physiotherapy, Occupational Therapy etc. People with no prior bodywork experience are welcome and encouraged to attend.

## Does the EMMETT Technique work well with other therapies?

Yes, it is a truly complementary therapy – Being complementary, it has the ability to work with many other techniques, but it can also be used as a successful stand-alone therapy. Many diverse experienced therapists, medical and exercise professionals learn EMMETT to add to their skills, combining the techniques to enhance their results with their patients/clients.

## Training for non-therapists

Practitioner training is also suitable for students wanting to train in the EMMETT Technique as their first bodywork therapy.

## Introductory 8-Hour Short Course

The EMMETT Technique Short Course was originally created for non-therapists to use to help their families, and friends including a small section for self care.

**A useful tool** to assist for sports competition, caring for the aged, childhood development and assisting with those stresses of every day living we all can experience from time to time.

The Short Course teaches a small focused set of skills and knowledge that is tailored to create feelings of ease and comfort and benefit many other symptoms. The course offers an introduction into the EMMETT Technique.



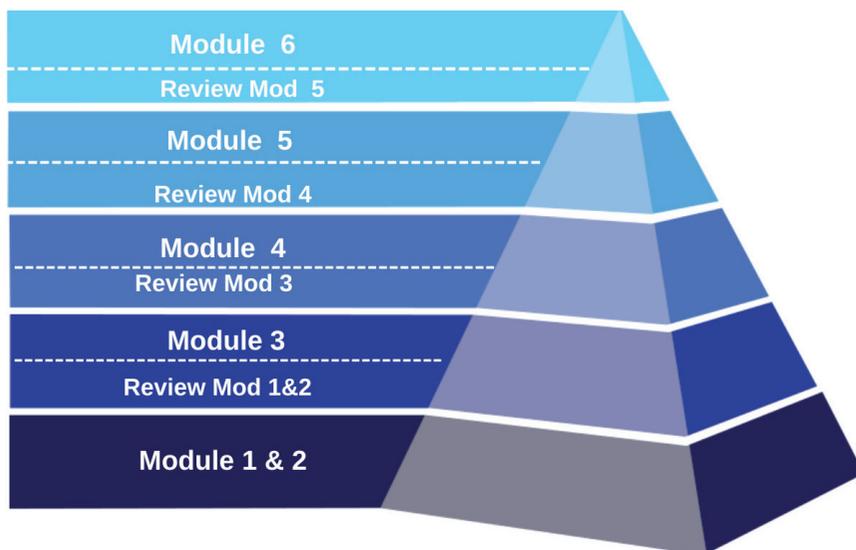
# Advanced Practitioner level

## EMMETT Professional Training (EP)

EP 1 - EP 2 - EP 3 - EP 4 - EP 5 - EP 6



## Full Practitioner level





## Training options to suit everyone

Discover how this gentle and safe muscle release technique can increase movement, improve balance and flexibility and aid in delivering increased performance of the horse and rider in all aspects of general or competitive horsemanship.

A muscle restriction can start with one small irritation, creating muscle compensations and imbalance affecting the horse's performance and well-being.

Proactive prevention and maintenance of muscle actions may reduce injuries and maintain quality performance.

- ✓ Simple to learn and apply
- ✓ Light touch muscle release therapy
- ✓ Effective, quick and lasting

### Symptoms which may be relieved:

- Injuries from sport or accidents
- Unbalanced head carriage
- Saddle soreness/girthing issues
- Tension in back and lumbar area
- Restricted forward movement
- Standing short or uneven
- Stiff through legs / dragging feet
- Poor performance / behaviour

### Short Course

The 6-hour Short Course has been designed for practical hands on training for all horse owners, riders, handlers and enthusiasts and shares the 6 most common corrections for horse and rider.

This unique course is practical and hands on to give students the best understanding of how to apply the technique and use it immediately to support your horse at home or events.

# Horse Practitioner Training

## Levels 1 -5

Focuses on the foundation principles of the EMMETT Technique and provides a solid learning platform for students to care for horse muscle management, increasing performance and overall well-being.

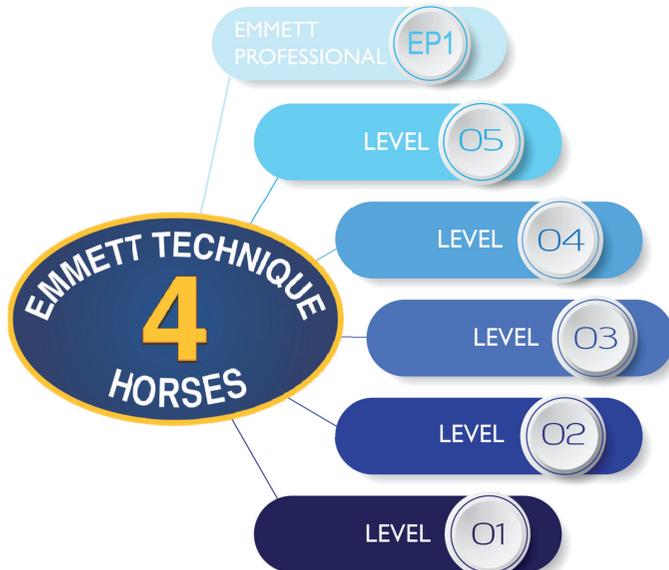
Completion of levels 1 to 5 along with the Accreditation Day allows the student to become an EMMETT 4 Horses Practitioner. This qualification could be the start of a new career or, for existing therapists, veterinary professionals, chiropractors and others within the horse industry. It may be the missing link in their professional "tool box".

## Advanced Training - EMMETT Professional 1

Available for Practitioners after the completion of Level 5 and Accreditation Day.

## Specialised 2-Day Course for Farriers, Hoof Trimmers Equine Dentistry & Saddle Fitters

Carefully selected corrections for each course to support these professionals in their work.





## Learn how to improve a dogs quality of life

Discover how this gentle and safe muscle release technique can increase agility, improve performance and aid in producing relaxed and content dogs which may result in better quality of life.

A light touch therapy that anyone can learn and easily apply to help dogs who are in discomfort.

Whether through injury or old age or you may want to improve how they move with better balance and fewer restrictions.

We'll show you how to notice the sometimes-subtle signs of muscle restrictions that may cause your dog discomfort, lack of performance and limited movement.

### **Symptoms which may be relieved:**

- Injuries from sport or accidents
- Unbalanced gait / stance
- Lead / harness strain
- Lower back distress
- Inhibited movement
- Poor performance
- Behaviour changes

### **Short Course**

The 6-hour Short Course has been designed for dog owners, handlers and enthusiasts and shares the 6 most common corrections for dog and owner.

This unique course is practical and hands on to give students the best understanding of how to apply the technique.

You will be surprised at how easy it is to make positive changes for your dog.

# Dog Practitioner Training

## Levels 1- 5

Focuses on the foundation principles of the EMMETT Technique and provides a solid learning platform for students to care for dog muscle management, increasing performance and overall well-being.

Improving your dogs quality of life starts with you.... Learning how is easy.

Completion of levels 1-5 along with the Accreditation day will allow the student to become an EMMETT 4 Dogs practitioner. This qualification could be the start of a new career, or for existing therapists, veterinary professionals, chiropractors and others in the dog industry, this could be the missing link in their "tool box".

Proactive prevention and maintenance of muscle actions may reduce injuries, maintain well-being and improve behaviour.





Singapore



Croatia



Australia



Instructor Meet



USA



Switzerland



UK



Australia (Horses)

# Specialised Courses and Programs

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## **EMMETT 4 Work Solutions for all Workplaces**

The Program assists businesses to produce healthier, work-ready employees by reducing muscle tension and restriction. The focus is on prevention, rather than post-injury treatment, and reduces the occurrence of muscle strains and injuries. This, in turn, decreases the risk of accidents or further injury, and improves productivity and work performance.

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## **EMMETT-Care Special Needs and Disability Support (EMM-Care)**

Learn effective, gentle and safe muscle relaxation moves that can be used at home and easily incorporated with other care programs and existing medical therapies. The use of the EMMETT Technique will improve overall well-being and empower the carer to be able to offer home support that is very easy to use.

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## **EMMETT Pelvic Care**

Offered to EMMETT Practitioners – EP2 level and above. An opportunity to improve their understanding and assessment of pelvic care needs.

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## **EMMETT Yoga/Pilates**

Assisting Yoga/Pilates Instructors and Students to reach their full potential and gain maximum benefits by increasing flexibility, and reducing muscle restrictions and discomfort.

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## **EMMETT Professional Foot Care**

Assisting Reflexologists, Chiropractors, Podiatrists and Foot Health Practitioners with a short course aimed specifically to their clients needs. Requires completion of the EMMETT short course prior to attending.

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## **EMMETT Maternity Course**

Assisting midwives to learn how the Technique can be used to relieve muscle discomfort and restrictions, assist with better movement and reduce swollen legs/ankles (ante-natal / in labour and post-natal care.)

# What other people are saying about the EMMETT Technique

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We love hearing from therapists about how the EMMETT Technique has improved their practice, however, we wish to stress that the technique DOES NOT treat illnesses, diseases, syndromes or medical conditions. It is a relaxation technique that can create some surprising results.



"I am a practicing Veterinarian who predominantly assesses and treats lameness and functional problems in horses and dogs. My work initially centered around chiropractic and osteopathic techniques but after completing the five levels of the EMMETT Technique 4Horses, I now use EMMETT extensively and find it invaluable in almost every horse I treat. I cherish its value as a technique in its own right as well as a complementary to others, as do the animals who receive it."

**Dr Grant W Harris BVSc Grad Dip (Animal Chiropractic)**  
**Kentville, Australia**



"The EMMETT Technique is unique in its ability to combine with other therapies. Often immediate results are seen and felt during the first visit, much to the amazement of the client. This point release therapy can be performed on newborns to the elderly, and during pregnancy...my therapy now always consists of the EMMETT Technique. The gratitude and amazement I continue to receive from my clientele, empowers me to continue my studies with the Technique in an effort to produce even better results."

**Debbie Keighran**  
**Sports Massage Therapist, Townsville, Australia**



"Brilliant! So practical. In the Short Course I learnt easy moves to help my animals with the most common issues they may have. Being located in a remote country area without access to treatment or therapists, this has been great to help my own animals"

**Sarah Leagas**  
**West Australia**



"I have been actively using the EMMETT Technique since 2011. I have incorporated the Technique with my Remedial Massage therapy and prior had used it whilst working in the Intensive Care Unit as a Clinical Nurse. It was a gentle and safe treatment that would bring comfort and reassurance to patients, and also great benefit to Nursing staff that would have complaints of pain and discomfort from clinical activities."

**Gemma Dustin**  
**EMMETT Instructor and Practitioner, Cairns, Australia**



"I am an Occupational Therapist with over 30 years' experience working in Rehabilitation and with children.

The EMMETT Technique enables me to gain changes in range of movement, pain, posture, circulation, respiration, digestion, strength and movement fluency. It is a gentle technique that fosters a positive therapeutic experience for the client. In a time when many therapists are turning to a consultative mode of practice I am happy to be delivering a service that improves function and quality of life."

**Jenni Day**  
**Occupational Therapist, Darwin - Australia**



"Initially I learnt E4D to help one of the most loyal and loving companions I have ever known through his twilight years. Now that his part of our journey is over I find great joy sharing the results of this amazing therapy with others, whether it's to improve agility and physical prowess or helping an old or injured dog find relief from life's painful potholes. This technique and the results it can achieve to help our four legged friends stay at their best is a beautiful thing to behold."

**Nathan Whitehand**  
**EMMETT Technique Practitioner - Dogs & Humans**



"Since I have started learning and using EMMETT Technique in my practice, my work is more efficient and gentle. I use it on a daily basis for all kinds of issues that need quick and instant results. **The positive client outcomes with this technique are significant.**"

**Dario Duksi**  
**Bacc. Physiotherapy, Croatia**



"I am a small animal veterinarian and use Emmett therapy daily in the veterinary practice. Whether it is doing a few moves in a vaccination consult where I find the animal to be a bit sore, or in a lameness or medical consult, it is another effective treatment tool for me to use in veterinary practice. It is wonderful to have happy pets and owners leaving the clinic after an Emmett therapy treatment!

The Emmett4Dogs course is taught with a very practical emphasis with great tuition and guidance, which helps you to leave the course and start using the Emmett moves immediately on pets, family and friends. It's not only my furry friends that benefit from Emmett, I still use the human moves taught in the course on my family and myself!"

**Dr Fleur Selkirk. BVSc(hons), IVAS Cert**  
**Veterinary Surgeon and EMMETT 4 Animals Practitioner**

# Instructors

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Qualified EMMETT Instructors teach all Practitioner Courses. They are highly regarded and committed to providing quality demonstration and mentoring students in line with the EMMETT Principles. Instructors have a broad range of backgrounds and experiences which ensures the courses are demonstrated with knowledge, integration and commitment to professionalism.



# Tutors

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EMMETT Short Courses are demonstrated by qualified EMMETT Practitioners who are approved tutors. They are a valued and far reaching support system to our worldwide team. Tutors enjoy sharing the EMMETT Technique around the globe and are motivated to inspire students through the Technique's ease of use.







EMMETT Technique

HEADQUARTERS  
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 SCAN ME

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