

Access Bars

Certified Access Bars Practitioner (CABP)

Harmonika Institute USA
harmonika-institute.com

Program at a glance

- " Tuition: \$440
- " In-person training: 1 day (8h)
- " Supervised practice: 30h
- " Total: 38h (~5 day-equivalents)
- " Cohort size: 10 students

About the program

What you'll learn

- " All 32 Bars points and the order in which to work them
- " Trauma-informed touch and consent throughout the session
- " How to hold a relaxed, neutral state while running Bars
- " Combining Bars with breath, conversation, and aftercare
- " Setting up a comfortable, safe Bars table environment
- " Pricing and scheduling a Bars-centered practice

Curriculum modules

Module 1 The 32 points

Anatomy, sequencing, depth and quality of contact.

Module 2 Session container

Intake, consent, scope, and aftercare.

Module 3 Integration

Working with emotion, fatigue, and difficult sessions.

Module 4 Practice & business

Pricing, marketing, building referral networks.

Next step

Book a free 30-minute info session at:
harmonika-institute.com/admissions/info-session

This curriculum overview is provided for informational purposes only.
Specific cohort schedules and faculty assignments are confirmed at enrollment.