

ScarWork _雪倫惠樂疤痕療法

【課程資訊】

★時間：

2026.6.5-8(台中場)

2026.6.11-14(台北場)

2026.10.8-11(台北場)

2026.10.3-6(台中場)

★費用：36,000 元(含講義與午餐)

★報名：<https://www.fascia.com.tw/>

【課程大綱】

- ▲身體的張力-壓縮性質以及疤痕如何影響身體。
- ▲如何辨識疤痕和皮下張力的模式。
- ▲如何辨識疤痕和粘黏對個案可能產生的局部性或全面性的影響。
- ▲超過 20 種用於處理疤痕和粘黏的技術。
- ▲識別與緩解注射傷口的影響。
- ▲區別與處理肥大性和蟹足腫疤痕。
- ▲ScarWork 輕觸的力道。
- ▲如何跟隨組織，重現手術或事故的創傷。
- ▲疤痕和粘連對情緒的影響。
- ▲如何操作網狀物被植入手術的傷口。
- ▲說明整合的重要性以及如何促成整合的產生。
- ▲處理疤痕時的禁忌症和警示信號。

【講師資訊】

JanTrewartha

Jan Trewartha 的疤痕技術師承自 Sharon Wheeler，是英國首位獲認證的 ScarWork 講師，

《Scars, Adhesions and the Biotensegral Body》這本書的首席編輯和作者，同時也是英國筋膜研討會和 The Fascia Hub 的創始人兼執行長。他的患者以身體疼痛、情緒創傷、疤痕和沾黏為最大宗，也由此統整出更多的臨床技術。1993 年開始教授治療性按摩、身體調整、筋膜解纏與能量覺醒、Sharon Wheeler 疤痕療法，是一位臨床與教學經驗都非常豐富的講師與治療

ScarWork 4-day Class Agenda

第一天	主題	摘要
09:00~10:30	introduction	<ul style="list-style-type: none"> ● Scars and Stiffness DVD, Dr J.C. Guimberteau. Implication of scars and adhesions. ● Net demonstration. Connection of injury/scar sites
10:45~12:00	Demo-1	<ul style="list-style-type: none"> ● Integration demo – explanation of importance – pair practice ● Demo finding epidural site and sitting clients up after work. Pair practice
13:30~15:00	Demo-2	<ul style="list-style-type: none"> ● Demonstration of the 1st 10 techniques on one model
15:15~16:45	practice	<ul style="list-style-type: none"> ● Student pair practice using first 10 ScarWork techniques
第二天	主題	摘要
09:00~10:30	Demo-3	<ul style="list-style-type: none"> ● Check in and questions. Revision of contraindications to SW
10:45~12:00	Demo-4	<ul style="list-style-type: none"> ● Teacher demonstration of assessment, palpation then rest of techniques on one model
13:30~15:00	theory	<ul style="list-style-type: none"> ● Discussion around scars and their physical and emotional effects
15:15~16:45	theory	Discussion keloid, hyperthyroid, crossed scars and mesh
第三天	主題	摘要
09:00~10:30	Teacher demonstration	<ul style="list-style-type: none"> ● Check in and questions. Explain Clinical Practice sessions ● Teacher demonstration: Assessment, palpation. Working on a complex scar on one model
10:45~12:00	Clinical Practice session 1	<ul style="list-style-type: none"> ● <i>Each model says their name and what scars they have. Students may work with whoever they want to, and move around during the session)</i> ● Model feedback in group
13:30~15:00	Clinical Practice session 2-1	<ul style="list-style-type: none"> ● <i>Each model says their name and what scars they have. Students may work with whoever they want to, and move around during the session)</i> ● Model feedback in group
15:15~16:45	Clinical Practice session 2-2	<ul style="list-style-type: none"> ● <i>Each model says their name and what scars they have. Students may work with whoever they want to, and move around during the session)</i> ● Model feedback in group
第四天	主題	摘要

09:00~10:30	Review-1	Check in and questions Revision of all techniques using towels
10:45~12:00	Review-2	Revision of all techniques using towels
13:30~15:00	Clinical Practice session 3-1	<ul style="list-style-type: none"> ● Clinical Practice session 3 (students to work with different scars) ● Model feedback in group
15:15~16:45	Clinical Practice session 3-2	<ul style="list-style-type: none"> ● Clinical Practice session 3 (students to work with different scars) ● Model feedback in group