



APPLIED
KINESIOLOGY
TRAINING
BY KAREN WILLIS



INTERNATIONAL COLLEGE OF
APPLIED KINESIOLOGY UK

Advanced Clinical Training in Applied Kinesiology ICAK UK Foundation Course

London 2026-27 • ICAK Accredited



About the course

The ICAK-UK Foundation Course is a comprehensive professional training programme for healthcare practitioners who wish to deepen diagnostic clarity and clinical effectiveness. Applied Kinesiology integrates structural, biochemical, neurological, emotional and acupuncture meridian systems using manual muscle testing as a functional assessment tool. The course provides a systematic approach to identifying underlying causes of patient presentations, allowing treatment to be individualised and targeted. Participants frequently report improvements in clinical confidence, patient outcomes, and the management of complex or chronic cases.

Who is this course for?

Open to practitioners with a minimum 3000-hour medically oriented qualification (or equivalent), including:

Osteopaths • Chiropractors • Acupuncturists • Physiotherapists • Medical Practitioners • Dentists

Module dates 2026-2027

Module 1 – 17/18 October 2026

Foundations of Applied Kinesiology – Assessment and Clinical Integration

Module 2 – 21/22 November 2026

Emotional, Craniosacral and TMJ Integration

Module 3 – 12/13 December 2026

Orthomolecular and Biochemical Regulation

Module 4 – 23/24 January 2027

Endocrine and Neuro-Hormonal Integration

Module 5 – 13/14 February 2027

Advanced Clinical Integration – Structural and Acupuncture Meridian Systems

About the instructor

Karen Willis is an osteopath, naturopath, biochemist and Diplomat of the International College of Applied Kinesiology (DIBAK). She has held leadership roles within ICAK-UK since 2010 and has undertaken extensive postgraduate training in advanced Applied Kinesiology and integrative clinical methods. Karen is dedicated to delivering clear, structured and clinically relevant education in a supportive learning environment.



What you will learn

- Accurate and reliable manual muscle testing
- Structural diagnosis and correction
- Cranial and TMJ evaluation
- Nutritional and biochemical assessment
- Endocrine and immune influences
- Meridian relationships and neurological integration
- Emotional and stress influences on physiology
- Clinical prioritisation and treatment planning

What practitioners say

"This course has the potential to transform and elevate your practice."

- Biliana Avramova, Osteopath

"The biochemistry component was fascinating and immediately applicable in clinic."

- Claire Shepherd, Osteopath

"I've been able to integrate the techniques into my practice, allowing more complex patients to improve much faster than before."

- Elisa Weldon, Chiropractor

"An excellent course offering a wide range of approaches for managing patients more holistically, especially when manual therapy alone isn't enough."

- Luke Griffiths, Chiropractor

"This course provides a valuable skill set that helps guide diagnosis and treatment, particularly in complex cases."

- Bhavini Ganatra, Chiropractor

Booking information

Early booking recommended due to limited group size.

Previous course participants may attend individual modules on a drop-in basis

Full module details and booking information:

 www.applied-kinesiology.co.uk

 hello@applied-kinesiology.co.uk

