



**S O M A**

**BODY-MIND CENTERING® Practitioner Program**

**Requirements for the Somatic Movement Education Program  
and the Body-Mind Centering® Practitioner Program**

**General requirements for the completion of any program include:**

1. Satisfactory completion of all courses in that program.
2. Satisfactory evaluation by faculty.
3. Satisfactory completion of homework and required sessions.
4. Satisfactory completion of competency evaluations.
5. Satisfactory completion of required complementary studies.
6. Payment of all fees.

All requirements need to be completed in order to graduate. All work needs to be turned in no later than six months after the date of completing the final course of the program. By not completing all requirements within six months after taking the final course, the student is declaring herself /himself to be on a non-certification track. If the student wishes to be certified in the future, she/he can re-apply to the program and pay any applicable reinstatement fees and fall under the requirements of the program they wish to re-enter.

**Specific requirements for the Somatic Movement Education Program and the Body-Mind Centering® Practitioner Program**

In addition to the general requirements, there are also requirements specific to each program. Following are descriptions of the requirements for the Somatic Movement Education Program and the BMC® Practitioner Program.

**Homework for Somatic Movement Education Program**

10 Study Sessions  
5 Somatic Movement Education Classes  
5 Guidance Sessions  
3 Personal Sessions  
Publication

**Complementary Studies**

100 hours Movement Practices  
50 hours Meditative Practices

**Additional homework for BMC• Practitioner Program**

+ 28 Study Sessions  
+ 12 Somatic Movement Education Classes  
+ 14 Guidance Sessions  
+ 4 Personal Sessions  
15 Case Studies  
Year 4 Presentation and 1 Report on Final Project  
4 Supervision Sessions

**Additional Complementary Studies**

40 hours Anatomy  
40 hours Physiology  
30 hours Kinesiology (Functional Anatomy)  
50 hours Counseling Skills  
+ 100 hours Movement (total 200 hours)  
+ 50 hours Meditative Practices (total 100 hours)



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**The Homework is due at different times.**

**1<sup>st</sup> Homework Package: Due 4 weeks before graduating as a Somatic Movement Educator**

**Homework for Somatic Movement Education Program**

10 Study Sessions  
5 Somatic Movement Education Classes  
5 Guidance Sessions  
3 Personal Sessions  
Publication

**Complementary Studies**

100 hours Movement Practices  
50 hours Meditative Practices

**2<sup>nd</sup> Homework Package: Due before starting year 3 of the Practitioner Program**

12 Study Sessions  
6 Somatic Movement Education Classes  
6 Guidance Sessions  
2 Personal Sessions

**Additional Complementary Studies**

40 hours Anatomy  
40 hours Physiology  
30 hours Kinesiology (Functional Anatomy)  
+ 50 hours Movement (total 150 hours)  
+ 25 hours Meditative Practices (total 75 hours)

**3<sup>rd</sup> Homework Package: Due 2 months before graduating as a BMC Practitioner**

16 Study Sessions  
6 Somatic Movement Education Classes  
8 Guidance Sessions  
2 Personal Sessions  
15 Case Studies  
Year 4 Presentation and 1 Report on Final Project  
4 Supervision Sessions (1,5 hours; 2 individual and 2 semi-private)

**Additional Complementary Studies**

50 hours Counseling Skills  
+ 50 hours Movement (total 200 hours)  
+ 25 hours Meditative Practices (total 100 hours)



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### **Description of Homework in all Homework-Packages:**

#### **Study Sessions**

Study sessions are a way to help you organize material you have studied and then teach or present it to another person. The focus of these sessions is on the material. You should approach the session as a student sharing the material with another person. You can present a lesson to a friend, a family member or another student in the program. These sessions are informal. Keep an anatomy book or your class notes open if that helps you in your presentation. You can do a broad exploration of a principle or system, or you can take a more detailed approach to some aspect of the subject.

There are two study sessions required for each subject. Cover a different principle and structure for each of the two study sessions. Refer to the Study Session Reports for aspects and principles you might choose from.

Each study session should be approximately 1 to 1 ½ hours long. Because the focus of study in these courses is about presenting material to an individual, most of your study sessions should be with one person at a time. However, up to 20% of your total study sessions may be with two or more people. These are reported to moveus using the Study Session Reports found in the notebook for each course.

#### **Somatic Movement Education Classes**

Somatic Movement Education classes are similar to Study Sessions in that you present material you have studied to one or more people. The report you turn in is more detailed and includes information about your students' response and your insights.

### **Outside Sessions with a Certified Practitioner or Teacher include:**

#### **Guidance Sessions**

Guidance sessions are a time to receive individual guidance on the material and to get feedback on how well you understand and embody the important principles and techniques. These sessions can be done individually, with another person, or in a small group as long as each person receives 30 minutes of individual attention in each subject.

You will receive Guidance Session Self-Evaluation Forms for each subject studied. To prepare for the guidance session, you need to review the material listed on the Self-Evaluation Forms. Do this either by yourself or with another student. Fill out the section titled, "Self-Evaluation of Your Understanding of These Principles," putting a check mark in the box that best describes your level of understanding.

Then take this filled out form to your guidance session. The practitioner or teacher you work with will look at it to see where you need the most support. Your session should concentrate on those areas. The teacher or practitioner should put a check mark in the appropriate boxes, indicating which principles were covered in the session and sign and date the form. This is not an evaluation by the teacher or practitioner.

The Guidance Session Self-Evaluation Forms are an important tool to help you organize your learning. They do not list all of the principles that will be presented in class and in the notebooks. However, the principles on these forms will be used in the program as the basis for evaluating your understanding and embodiment. These are reported to the School using the Guidance Session Reports found in the notebook for each course.



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**Personal Sessions**

Personal sessions are individual sessions in which a Practitioner or Teacher works with you. The focus of the session is about you. It can be a particular physical or body-mind problem or

concern you might have, questions you have about the material or about any other things that you want to work on. These sessions are reported on the Personal Session Report.

**Complementary Studies**

Complementary Studies provide a necessary background in associated areas for students wishing to complete the program. Complementary Studies are done outside the School. Complementary Studies done before beginning the program are acceptable.

**Movement Practices**

This requirement includes conscious practice of any movement form that provides greater kinesthetic understanding and experience. Examples: dance, yoga, martial arts, tai chi, athletics and others.

**Meditative Practices**

This requirement includes practices which focus on awareness, calm the mind and bring a sense of harmony and presence. Sitting meditation, prayer, authentic movement, tai chi, and others.

**Publication**

A printed or online publication about Somatic Movement Education - This can be an article, a flyer, a workshop-announcement etc. – to challenge your process of going out with the work.

**Description of additional Homework-requirements for package 2 and 3:**

**Case Studies**

In doing Case Studies, you work with an individual and write a more detailed report about the experience. Case Studies are client focused rather than material focused and are not required until after Year 3 of the program.

**Year Four Presentation**

In the fourth year of the practitioner program, each student does a presentation to the group on a BMC related topic. It can be a particular aspect of the work, an application of BMC to another discipline or simply a question you want to explore. It does not need to be a “completed” piece. It may be something that is in process, something you are still exploring. There are two parts to the presentation: the presentation itself (15 - 20 minutes) and a one-page written summary of the presentation.

**Outside Sessions with a Certified Teacher**

**Supervision Sessions**

Supervision Sessions are an opportunity to receive direct feedback about your hands-on work with another person. Supervision Sessions are required for students in the four-year Somatic Movement Therapy/Body-Mind Centering® Practitioner Program.

**Complementary Studies**

The following **complementary studies** are required for the Somatic Movement Therapy/Body-Mind Centering® Practitioner Program only. They are recommended but not required for the two-year Somatic Movement Education Program.

**Human Anatomy** (1 term -- 40 hours)



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#### **Human Physiology** (1 term -- 40 hours)

You may take a combined anatomy/physiology course or separate courses. The courses should address human anatomy and physiology and should cover all the major body systems (not just muscles and bones). These should be college level courses or the equivalent

(massage school, acupuncture school, etc. or a correspondence or home study course).  
(Contact moveus about possible home study courses.)

You may take the courses for credit or audit them. They are reported to moveus by submitting either a transcript or a letter of completion from the teacher or from the school where they were taken. If submitting a letter, it should also include a description of the course and what was covered.

#### **Human Kinesiology** (1 term -- 30 hours)

Kinesiology courses seem to be of two types: 1) biomechanics oriented, which focuses on the forces that affect joints, and 2) muscle oriented, which focus on muscles and how they move our bodies. Biomechanics oriented courses are not suitable for the type of study you will be doing at moveus. You should take a course that gives you a foundation in muscles and how they move our bodies. It should cover all the major muscles and include origin, insertion and action (and if possible, innervation) of those muscles. As with the Anatomy and Physiology courses, this should be a college level course or the equivalent (massage school, acupuncture school, etc. or a correspondence or home study course). (Contact moveus about possible home study courses.)

You may take the courses for credit or audit them. They are reported to moveus by submitting either a transcript or a letter of completion from the teacher or from the school where they were taken. If submitting a letter, it should also include a description of the course.

#### **Counseling Skills**

Required for the four-year Somatic Movement Therapy / Body-Mind Centering® Practitioner Program only. This requirement should provide you with ways of meeting others verbally as personal issues arise in the course of working with them. You may choose almost any type of approach. It should be one that you feel comfortable with and that will provide you with some practical techniques and principles for dealing with some of these issues. The type of training or course should be one that covers basic verbal skills. You may have to find weekend workshops or ongoing trains in order to fulfill the counseling requirements. Approaches that students have chosen in the past have included Somatic Experiencing, Gestalt Therapy, Hakomi, Re-evaluation Counseling, Psycho synthesis, Neuro-Linguistic Programming and general counseling skills. Counseling or psychotherapy you have undergone as a client does not fulfill the counseling requirement.

#### **Note**

Adjustments to program requirements may be made as necessary for educational or administrative reasons.



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### **Somatic Movement Education Class Guidelines**

Somatic Movement Education Classes are an opportunity for you to gain practice in planning, organizing, observing, and articulating what happens in a class. Classes may be done with one or more people.

Classes should be approximately 1 hour long. Material can be mixed in each class and different body systems and/or aspects of development can be part of the class.

Please **type** using the Somatic Movement Education Class Report, or if you use a computer, do it in a similar format. Include the information listed below. The format can be linear by category or interwoven as best suits your needs. Reports should be brief -- no more than one page.

Information to be included on the Somatic Movement Education Class Report:

7. Your Name
8. Report # (number them consecutively)
9. Date of Report
10. Date of Class
11. Length of Class
12. Number of people in class
13. Student's Initials or First Name (for confidentiality, do not use student's full name)
14. Age of Student(s) (approximate if you do not know the exact age)
15. Male/Female
16. Focus of Class: (theme of class)
17. Category of Approach (for example, skeletal, BNP, organ)
18. Material covered: (what you did)
19. Methods of Approach: (how you did it, i.e., movement, hands-on, verbal dialogue, voice, etc.)
20. Response of Student(s): (what you noticed about them and what they expressed; response of family also if student is a child)
21. Comments/Feelings/Insights: (your feelings and insights)
22. Future Considerations: (ideas for future exploration)



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**Somatic Movement Education Class Report**

Your Name \_\_\_\_\_ Report # \_\_\_\_\_

Date of Report \_\_\_\_\_ Date of Class \_\_\_\_\_

Length of Class \_\_\_\_\_ Number of people in class \_\_\_\_\_

Student's Initials or First Name \_\_\_\_\_ Age of Student(s) \_\_\_\_\_ Male/Female

Refer to the Somatic Movement Education Class Guidelines for other information to be included in this report.  
**Please type.** Make extra copies of this report as needed.



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### **Case Study Guidelines**

In order to deepen your understanding of BMC, it is essential to apply the work individually with others. Case studies are designed to provide you with that experience and to give you practice in observing and articulating what happens in a session.

Sessions should be approximately 1 - 1 ½ hours long. Material can be mixed in each session and different systems and/or aspects of development can be part of the session.

Please **type** using the Case Study Report or if you use a computer, do it in a similar format. Include the information listed below. The format can be linear by category or interwoven as best suits your needs. Reports should be brief -- no more than one page.

Information to be included on the Case Study Report:

1. Your Name
2. Case Study # (number them consecutively)
3. Date of Report
4. Date of Session
5. Length of Session
6. Client's Initials or First Name (for confidentiality, do not use your client's full name)
7. Age of Client (approximate if you do not know the exact age)
8. Male or Female
9. Focus of Session: (client's issue and/or theme of session)
10. Category of Approach (for example, skeletal, BNP, organ)
11. Material covered: (what you did)
12. Methods of Approach: (how you did it, i.e., movement, hands-on, verbal dialogue, voice, etc.)
13. Response of Client: (what you noticed about them and what they expressed; response of family also if client is a child)
14. Comments/Feelings/Insights: (your feelings and insights)
15. Future Considerations: (ideas for future exploration)



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### **Case Study Report**

Your Name \_\_\_\_\_ Case Study # \_\_\_\_\_

Date of Report \_\_\_\_\_ Date of Session \_\_\_\_\_ Length of Session \_\_\_\_\_

Client's Initials or First Name \_\_\_\_\_ Age of Client \_\_\_\_\_ Male or Female \_\_\_\_\_

Refer to the Case Study Guidelines for other information to be included in this report. **Please type.** Make extra copies of this report as needed.



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### **Supervision Session Report**

All Supervision sessions should be a minimum of 1 ½ hours each. Supervision sessions are individual sessions when a teacher or practitioner works with you. You receive feedback on your touch and embodiment.

In semiprivate sessions you work together with a co-student on each other and receive feedback from the practitioner or teacher about the work you do and receive.

Sessions must be done with a Certified Practitioner or Certified Teacher. Sessions may be done during the term when there are a number of Practitioners and Teachers to choose from, or during the year at home if you live near or have access to a certified person. Doing them during the term can provide support for your learning and personal process while you are here. Doing them in between terms can provide ongoing support through the year.

Please use this form when reporting your sessions to moveus. Have the Practitioner or Teacher sign the form at the time of the session. This form is to be included in your final homework package.

Student's Name:

#### **2 Private Supervision sessions**

<b>Date of session</b>	<b>Name of Certified Practitioner or Teacher (print)</b>	<b>Signature of Certified Practitioner or Teacher</b>

#### **2 Semi-Private Supervision sessions**

<b>Date of session</b>	<b>Name of Certified Practitioner or Teacher (print)</b>	<b>Signature of Certified Practitioner or Teacher</b>



**SOMA**

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### **Personal Session Report**

All personal sessions should be a minimum of one hour each. Personal sessions are individual sessions in which a Practitioner or Teacher works with you. The focus of the session is about you. It can be a particular physical or body-mind problem or concern you might have, questions you have about the BMC material or about any other things that you want to work on.

Sessions must be done with a Certified Practitioner or Certified Teacher. Private sessions may be done during the term when there are a number of Practitioners and Teachers to choose from, or during the year at home if you live near or have access to a certified person. Doing them during the term can provide support for your learning and personal process while you are here. Doing them in between terms can provide ongoing support through the year. A list of all active Certified Practitioners and Teachers is available from moveus and can also be found on our website at [www.bodymindcentering.com](http://www.bodymindcentering.com).

You must contact the Practitioner or Teacher yourself to set up these sessions. As outlined in the program information, the cost is not included in your tuition. You should pay the Practitioner or Teacher directly.

Please use this form when reporting your sessions to moveus. Have the Practitioner or Teacher sign the form at the time of the session.

Student's Name

<b>Date of session</b>	<b>Name of Certified Practitioner or Teacher (print)</b>	<b>Signature of Certified Practitioner or Teacher</b>



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**2<sup>nd</sup> Homework Package**

**Homework Submission Sheet**

Reports for homework and other requirements must be turned in to Soma office **before starting year 3 of the Practitioner Program.** All written work and reports are to be turned in in a single, complete package. Use this sheet to keep track of the work you have completed and as a cover sheet for your homework package. As you complete requirements, put a checkmark in the box next to that requirement. **All work must be typed. Make copies of all work you submit!**

Name \_\_\_\_\_ Date \_\_\_\_\_

**Homework**

- |                                    |  |
|------------------------------------|--|
| Study Sessions                     | <input type="checkbox"/> 12 Study Sessions |
| Somatic Movement Education Classes | <input type="checkbox"/> 6 Reports         |
- 

**Outside Sessions**

- |                   |  |
|-------------------|--|
| Guidance Sessions | <input type="checkbox"/> 6 Guidance Sessions |
| Personal Sessions | <input type="checkbox"/> 2 Personal Sessions |
- 

**Complementary Studies**

- |   |   |
|---|---|
| 40 hours Anatomy                          | <input type="checkbox"/>                              |
| 40 hours Physiology                       | <input type="checkbox"/>                              |
| 30 hours Kinesiology (Functional Anatomy) | <input type="checkbox"/>                              |
| Movement                                  | <input type="checkbox"/> + 50 hours (total 150 hours) |
| Meditative Practices                      | <input type="checkbox"/> + 25 hours (total 75 hours)  |

**Copies:** Please include a copy of the “Letter of Acknowledgement” from each course.

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**Office use only**

Homework reader’s comments:

- Incomplete:** Action taken
- Complete:**     Satisfactory     Unsatisfactory - needs to be redone



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**3<sup>rd</sup> Homework Package**

**Homework Submission Sheet**

Reports for homework and other requirements must be turned in to the Soma office **2 months before graduating as a BMC Practitioner**. All written work and reports are to be turned in in a single, complete package. Use this sheet to keep track of the work you have completed and as a cover sheet for your homework package. As you complete requirements, put a checkmark in the box next to that requirement. **All work must be typed. Make copies of all work you submit!**

Name \_\_\_\_\_ Date \_\_\_\_\_

**Homework**

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| Study Sessions                     | <input type="checkbox"/> 16 Reports |
| Somatic Movement Education Classes | <input type="checkbox"/> 6 Reports  |
| Case Studies                       | <input type="checkbox"/> 15 Reports |

**Outside Sessions**

- |   |  |
|---|--|
| Guidance Sessions                             | <input type="checkbox"/> 8 Guidance Sessions   |
| Personal Sessions                             | <input type="checkbox"/> 2 Personal Sessions   |
| Supervision Sessions                          | <input type="checkbox"/> 4 Supervision Sessions<br>(1,5 hours: 2 individual, 2 semi-private) |
| Year 4 Presentation & Report on Final Project | <input type="checkbox"/> Presentation & 1 Report   |

**Complementary Studies**

- |  |                                   |
|--|-----------------------------------|
| 50 hours Counseling Skills                     | <input type="checkbox"/> 50 hours |
| + 50 hours Movement (total 200 hrs)            | <input type="checkbox"/> 50 hours |
| + 25 hours Meditative Practice (total 100 hrs) | <input type="checkbox"/> 25 hours |

**Copies:** Please include a copy of the “Letter of Acknowledgement” of each course.

**Office use only**

Homework reader’s comments:

- Incomplete:** Action taken
- Complete:**     Satisfactory     Unsatisfactory - needs to be redone

## ATTENDANCE POLICY

### Attendance

Teachers take attendance in classes. Students must be present for at least 90% of required classes in any course in order to receive credit for that course. All missed classes must be made up. Students are responsible for keeping track of and fulfilling their attendance requirements and for making up and, if necessary, reporting classes missed.

Attendance is recorded at the beginning of class. All classes start promptly; any student arriving after the start of class is considered tardy. Three tardy arrivals will equal one absence. A student who misses a class is responsible for the material and is expected to come prepared for the next class.

### If you miss up to 10% of required classes

You may make up these classes (up to the 10% limit) informally, by working with the material taught in class with other students along with reviewing the related material in the notebooks. If you wish, you may also make up these classes in individual sessions with a certified practitioner or teacher. You are responsible for making arrangements for these sessions and for paying the teacher or practitioner for the session. You do not need to turn in any report for these make-ups with the exception of the Review and Evaluation class at the end of a course. See below for make-up instruction for this class.

### If you miss more than 10% of required classes

You must make up these classes in a tutorial session with a practitioner or teacher (preferably a teacher or TA in your program since they are familiar with the most up-to-date BMC material). You are responsible for making arrangements for your own tutorials and for paying the teacher or practitioner for the session. You should do at least a 30 minute session for up to 2 hours of missed class time.

These make-up tutorials must be completed and a Missed Class Make-up Report turned in before the end of the course in order to receive a passing grade and get credit for the course. Please make two copies of completed forms – one for your own records and one to turn in to the School. Two report forms are in your notebook.

If you miss the Review and Evaluation class at the end of a course, you must do-a make-up and turn in a report. Because this class is an evaluation class, you must make it up as a tutorial with a current faculty member.

**You can not miss more than 20% of required classes and still receive credit for the course.** If you miss more than this maximum number of classes, you will need to repeat the course.

If a student is repeatedly over the allowed absences in more than one course and is having to perform excessive tutorials and other make-up work, the student will be put on academic probation and could be dismissed from the program.

### Tardiness

Students are expected arrive to class on time. Late arrival to class will be noted on the daily attendance sheets. Late time will accumulate as missed class time. Late time will be recorded on the quarter hour by every 15 minute segment of time missed. **Three 15-minute segments of missed class time or three tardies will count as one two hour missed class.**

**THE SCHOOL FOR BODY-MIND CENTERING®**

**MISSED CLASS MAKE-UP REPORT**

Please complete this form for your missed class make-up tutorials and turn it in to the School office before the end of the course.

Name \_\_\_\_\_ Date of this report \_\_\_\_\_

Course \_\_\_\_\_ Dates of course \_\_\_\_\_

Class missed (example: Skel 12)	Class description from schedule (example: Shoulder girdle)	Date of make-up tutorial	Teacher or practitioner doing the make-up tutorial	Teacher or practitioner signature (indicates that material for that class was satisfactorily made up and student's attendance records can be cleared for that class.)

# THE SCHOOL FOR BODY-MIND CENTERING®

## Practitioner Program

### TEMPORARY ADAPTATION OF HOMEWORK REQUIREMENTS

Since we have gone through a period of time when the online teaching has become more intensified, the Program Directors feel the necessity to regulate the number of sessions that can be done through the online medium.

Ideally, homework is done in person and on location. But because of the restrictions in Corona times, we have decided that it can be acceptable for students to do a certain part of their homework online.

The below maximum numbers apply for any homework done until July 31st, 2021, no matter when the homework will be finally handed in. After that date, the Program Directors will re-evaluate the situation and might make adjustments.

Please, include the following in reporting your online work:

- a brief evaluation on how the online session or class has worked for you (50 – 100 words);
- a note in the report and on the final homework submission sheet;
- specify for each category (whether study session, class or guidance session) the number of sessions done online.

#### **Homework for BMC• Practitioner Program**

28 Study Sessions (12 from SME courses and 16 from PP courses) *max. 14 sessions online*

12 Somatic Movement Education Classes – *max. 6 classes online*

14 Guidance Sessions (6 from SME courses and 8 from PP courses) *max. 7 sessions online*

4 Personal Sessions *all in person*

15 Case Studies *max. 5 sessions online*

Last Year Final Project Presentation and 1 related Report

4 Supervision Sessions (2 individual and 2 semi-private) *all in person*

#### **Complementary Studies**

40 hours Anatomy

40 hours Physiology

30 hours Kinesiology (Functional Anatomy)

50 hours Counseling Skills

100 hours Movement

50 hours Meditative Practices

#### **Optional (recommended)**

25 hours Community Service (report optional)