

The School for Body-Mind Centering®
Somatic Movement Education Certification Program

Requirements for Certification

Requirements for Certification as a Somatic Movement Educator:

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

All requirements need to be completed in order to graduate.

Homework for SME Program:

Study Sessions	10 sessions
Somatic Movement Education Classes	10 classes
Educational/Promotional Project	1 project
Guidance Sessions	5 sessions
Personal Sessions	3 sessions (5 sessions are recommended)

Required Complementary Studies for SME Program:

Movement Practices	100 hours
Meditative Practices	50 hours

Deadline for Turning in Homework and Reports

All homework is turned in to the program from which you will be graduating in a single package, at least six weeks before the Professional Issues & Competency course and graduation from the Somatic Movement Education program.

The final homework package includes:

Homework cover page (included in this document)

Confirmation of courses:

Documentation of completion/letter of acknowledgement for each of 12 SME courses

Homework reports:

10 Study Session Reports

10 SME Class Reports

1 Educational/Promotional Project

Outside session reports:

5 Guidance Session Reports

1 Report confirming 3 (or 5) Personal Sessions

Complementary Studies report:

1 Report confirming 100 hours of Movement Practices

1 Report confirming 50 hours of Meditative Practices

If homework is not handed in on time there is a late fee of \$25 for a two-month extension. If homework is not handed in within two months after the deadline a late fee of \$50 applies.

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.

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

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Description of Homework:

10 Study Sessions

A Study Session is a 1 to 1.5 hour informal sharing of material with one or more people. 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, and 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.

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.

Complete one (1) or a maximum of two (2) Study Sessions for different courses you have taken, to come to a total of 10. If you do two Study Sessions for the same course, cover a different principle and structure for each of the two sessions. Select from the following courses: Skeletal System, Organ System, Senses & Perceptions 1, BNP, RRR, Ontogenetic Development, Fluid System, Ligamentous System, Muscular System, Nervous System and Endocrine System. (Professional Issues and Competency is not included.)

You will receive a Study Session Report Form in the notebook for each course. Refer to these forms for aspects and principles you might choose from in your Study Sessions.

10 Somatic Movement Education Classes

A Somatic Movement Education Class is the teaching of a class to one or more people for a minimum of 1 hour. SME Classes are an opportunity for you to gain practice in planning, organizing, observing, and articulating what happens in a class. Material can be mixed in each class, with different body systems or aspects of development included in a single class.

Select topics for your SME classes from the following courses: Skeletal System, Organ System, Senses & Perceptions 1, BNP, RRR, Ontogenetic Development, Fluid System, Ligamentous System, Muscular System, Nervous System and Endocrine System. At least four (4) SME Classes should focus on material from the developmental courses (BNP, RRR, Senses & Perceptions 1, Ontogenetic Development).

Classes may be done with one or more people, and should be approximately 1 hour long.

The SME Class report you turn in is more detailed than the Study Session report, and includes information about your students' response and your insights.

Educational/Promotional Project

What is Somatics? What is BMC? What is a SME? Write a statement answering each question as part of an educational promotional project that will help the public better understand Somatic Movement Education. This project will be reviewed during the Professional Issues course. This project is to be a work-in-progress not a final product and may be in the form of a brochure, business card, flyer or website that shows how you will present yourself as a Body-Mind Centering Somatic Movement Educator.

Outside Sessions with a Certified Practitioner or Teacher include:

5 Guidance Sessions

A guidance session is a 30 minutes review of key points of the material for a given course and focuses on your understanding and embodiment of the material. These sessions are done with a Certified Teacher or Practitioner (who is also a Professional Member of BMCA), and are paid for by you, at a rate arranged directly with the Teacher or Practitioner.

These sessions can be done individually, with another person, or in a small group as long as each person

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receives 30 minutes of individual attention in each subject. This time is an opportunity to receive individual guidance on the material and to get feedback on how well you understand and embody the important principles and techniques.

You will receive a Guidance Session Self-Evaluation Form in the notebook for each course. These 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, but the principles on these forms will be used as a basis for evaluating your understanding and embodiment of the material.

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.

Take the filled out form to your guidance session. The Practitioner or Teacher you work with will use it to see what areas to concentrate on. 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.

One guidance session has to be on material from the BNP course, the rest can be from any other SME course that you have completed. Guidance sessions cannot be done for courses that are still in progress.

3 Personal Sessions (5 recommended)

Personal sessions are individual sessions in which a Practitioner or Teacher works with you for a minimum of one hour. These sessions are done with a Certified Teacher or Practitioner (who is also a Professional Member of BMCA), and are paid for by you, at a rate arranged directly with the Teacher or Practitioner. (A list of all qualified Certified Practitioners and Teachers is available on the BMCA website: www.bmcassociation.org/aboutBMC/locate)

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. These sessions are reported on the Personal Session Report.

Private sessions may be done during a course when there are a number of Practitioners and Teachers to choose from, or between courses at home if you live near or have access to a qualified person. Doing them during the course can provide support for your learning and personal process while you are immersed in the BMC material, and doing them in between courses can provide ongoing support throughout the year.

Description of Complementary Studies

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

100 hours 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. 25 hours of your movement practice should be self-practice, for example BNP Series 1 and Series 2.

50 hours Meditative Practices

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

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Overview of Homework and Complementary Studies

Requirement		Description	Due: 6 weeks before Professional Issues & Competency Course
Study Sessions	10	A Study Session is 1-1.5 hour informal sharing of material with one or more people. Select from the following courses, doing a maximum of two Study Sessions for a single course: Skeletal System, Organ System, Senses & Perceptions 1, BNP, RRR, Ontogenetic Development, Fluid System, Ligamentous System, Muscular System, Nervous System, or Endocrine System.	Include in your final homework package.
Somatic Movement Education Classes	10	A Somatic Movement Education Class is taught to one or more people for a minimum of 1 hour. Select material from the following courses: Skeletal System, Organ System, Senses & Perceptions 1, BNP, RRR, Ontogenetic Development, Fluid System, Ligamentous System, Muscular System, Nervous System and Endocrine System; at least four (4) Somatic Movement Education classes should focus on material from the developmental courses.	Include in your final homework package.
Guidance Sessions	5	A guidance session is a 30 minutes review of key points of the material for a given course and focuses on your understanding and embodiment of the material. One guidance session has to be on material from the BNP course, the rest can be from any other SME course. This is scheduled with a Certified Teacher or Practitioner of Body-Mind Centering who is also a Professional Member of BMCA.	Include in your final homework package.
Personal Sessions	3	The focus of a Personal Session is your personal questions, issues or concerns. Personal sessions are one hour in length (minimum) with a Certified Teacher or Practitioner of Body-Mind Centering who is also a Professional Member of BMCA.	Include in your final homework package.
Educational/Promotional Project	1	What is Somatics? What is BMC? What is a SME? Create an educational/promotional project that will help the public better understand Somatic Movement Education. This may be in the form of a brochure, business card, flyer or website that shows how you will present yourself as a Body-Mind Centering Somatic Movement Educator.	Include in your final homework package.
Movement Practices	100 hours	A Movement Practice is the conscious practice of any movement form that provides greater kinesthetic understanding and experience. 25 hours should be self-practice, for example BNP Series 1 and Series 2.	Include in your final homework package.
Meditative Practices	50 hours	Meditative Practices focus on awareness, calm the mind and bring a sense of harmony and presence.	Include in your final homework package.

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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 one 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 format your reports consistently, using the layout at the bottom of the page for questions 1 – 9. For questions 10 – 16, 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:

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

FORMAT FOR REPORT:

Your Name _____ Report # _____

Date of Report _____ Date of Class _____

Length of Class _____ Number of people in class _____

Student's Initials _____ Age of Student(s) _____ Male/Female _____

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Personal Session Report

Personal sessions are individual sessions in which a Practitioner or Teacher works with you for a minimum of one hour. These sessions are done with a Certified Teacher or Practitioner (who is also a Professional Member of BMCA), and are paid for by you, at a rate arranged directly with the Teacher or Practitioner. (A list of all qualified Certified Practitioners and Teachers is available on the BMCA website: www.bmcassociation.org/aboutBMC/locate)

The focus of the session is about you. It can be a particular physical or body-mind question or concern you might have, questions you have about the BMC material or any other things that you want to work on.

Private sessions may be done during a course when there are a number of Practitioners and Teachers to choose from, or between courses at home if you live near or have access to a qualified person. Doing them during the course can provide support for your learning and personal process while you are immersed in the BMC material, and doing them in between courses can provide ongoing support throughout the year.

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

Name _____

Date of session	Name of Certified Practitioner or Teacher (print)	Signature of Certified Practitioner or Teacher

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Complementary Studies Report

Name _____ **Date report is being submitted** _____

100 hours of Movement Practices is required for the Somatic Movement Educator program.

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. 25 hours of your movement practice should be self-practice, for example BNP Series 1 and Series 2.

Please describe how you completed the requirement. Include hours completed, dates, description of study, place study was done.

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Complementary Studies Report

Name _____ **Date report is being submitted** _____

50 hours of Meditative Practices is required for the Somatic Movement Educator program.

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

Please describe how you completed the requirement. Include hours completed, dates, description of study, place study was done.

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Homework Submission Sheet

Reports for homework and other requirements must be turned in to the Program in a single, complete packet. Use this sheet as a cover sheet for your homework packet. **All work must be typed or printed.**

Make copies of all work you submit!

Name _____ Date _____

Confirmation of Courses

Document of Completion/letter 12 Courses

Homework

Study Sessions 10 Study Session Reports (forms in notebooks)

Somatic Movement Education Classes 10 SME Class Reports

Educational/Promotional Project 1 Publication (include in this packet)

Outside Sessions

Guidance Sessions 5 Guidance Session Reports (forms in notebooks)

Personal Sessions Report of 3 (5) Personal Sessions

Complementary Studies

Movement Practices Report of 100 hours

Meditative Practices Report of 50 hours

Office use only

Homework reader's comments:

Incomplete: Action taken

Complete: Satisfactory Unsatisfactory - needs to be redone

Reader _____ Date _____

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.**

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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.)

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Somatic Movement Education (SME) 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 Somatic Movement Education (SME) Program

10 Study Sessions (max. 6 sessions online)

5 Guidance Sessions (max. 3 sessions online)

3 Personal Sessions (5 recommended, max. 1 session online)

10 Somatic Movement Education classes (max. 6 sessions online)

Movement Practices (100 hours)

Meditative Practices (50 hours)

1 Educational/Promotional Project