SOMATIC EXERCISE COACH TRAINING - LEVEL ONE

OVERVIEW

Somatic Exercises can change how we live our lives, how we believe that our minds and bodies interrelate, how powerful we think we are in controlling our lives, and how responsible we should be in taking care of our total being.

~ Thomas Hanna, PhD., author of the book, “Somatics - Reawakening the Mind’s Control of Movement, Flexibility and Health”

Somatic Exercises are simple, gentle, yet profound in their effectiveness at restoring optimum resting length and function to muscles that have become painfully tight due to the condition called Sensory Motor Amnesia (SMA). This condition of chronically contracted muscles results from central nervous system adaptation to accidents, injuries, surgeries or repetitive stress. SMA is the cause of many common muscle pain conditions thought to be the result of structural deficiencies.

Somatic Exercises (as developed by Thomas Hanna, Ph.D, author of the book, Somatics) prepare you and your clients to move well. They are “corrective exercises” which restore sensory motor awareness and control to the brain and muscular system. They are an excellent complement to any movement practice, physical training or rehabilitation program. Incorporating these exercises and the principles of somatic movement into your primary practice will allow you to teach your clients safe, gentle methods for chronic muscle pain relief found nowhere else.
PROGRAM DETAILS

This Somatic Exercise Coach (“SEC”) course introduces the concepts of Somatic Education, Somatic Movement, and the basic somatic exercises for the reduction or elimination of functional pain.

PLEASE NOTE: SEC is also the prerequisite for Professional Training in Somatic Education: Essential Somatics Somatic Education (“ESSE”):
http://essentialsomatics.com/index.php/?/somatic_training/professional_2_year_training_-_clinical_somatic_education/

In this intensive 3-day training you will learn:

- the basic neurophysiology and anatomy as it pertains to the teaching of Somatic Exercises.
- what Sensory Motor Amnesia is, how it develops in the brain and how Somatic Exercises, with consistent practice, can reverse it.
- how to recognize and assess the three full body “somatic stress reflexes” in your students in order to tailor your instructions to their needs.
- the technique of pandiculation as it pertains to the teaching of Somatic Exercises.
- The characteristics and language of Somatic Movement teaching as distinct from other exercise programs.
- how to teach the 10 most basic Somatic Exercises needed for quick relief of many muscle pain conditions.
- how to properly sequence and create a Somatic Exercise class based upon your knowledge of the fundamental concepts, and principles of Hanna Somatic Exercises.

All participants will receive appropriate classroom materials.

In order to be certified, each participant will be required to demonstrate the ability to teach a series of somatic exercises at the end of the course.

The benefits of Somatic Exercises to your clients include:

- long term muscle pain relief and renewed physical independence.
- an understanding of how your brain and body are affected by stress and trauma.
- the ability to reverse the affects of stress and trauma on one’s own.
- the ability to self-monitor, self-correct and self-adjust one’s posture, movement habits and daily movement patterns.
- improved somatic awareness, proprioception and breathing.
- substantive change in muscle function and recruitment, and coordination through change in the nervous system.
- safe, simple, full body techniques for stress reduction of the entire body.
The benefits of being a Somatic Exercise Coach include:

• the ability to assess basic imbalances in your clients in order to help them prevent compensation, and incorrect recruitment of muscles.
• an ability to help your clients prevent injury through improved somatic awareness and sensory motor control.
• the ability to help your clients prepare to do their [yoga, Pilates, fitness/athletic workout, movement] even better.
• the ability to teach your clients simple, life long tools for dealing with the tendency to adapt to daily stress.
• additional group and semi-private class offerings
• an understanding of the difference between pandiculation and stretching.

Teaching improved somatic awareness and sensory motor control is at the core of any successful physical discipline.

TO APPLY

Although the SEC training program predominantly draws candidates from medical and bodywork backgrounds, including chiropractic, physical therapy, osteopathy, massage therapy, and movement disciplines, others outside the medical, bodywork and movement professions are encouraged to apply.

Required reading: Somatics, Reawakening the Mind’s Control, by Thomas Hanna

PROGRAM DIRECTOR

Martha Peterson, BA, CMT, CHSE, is the program director, developer, and head instructor for Essential Somatics. She has a thriving private practice which includes private clinical sessions, workshops, presenting, consultation, and writing about self-care pain relief. She has taught regional somatic workshops in the United States, as well as international workshops in the UK, Europe, and India. Martha has developed somatic professional training programs for clinical treatment as well as somatic exercise coach training.

Martha is the author of the book, “Move Without Pain”, and DVD, "Pain Relief Through Movement," as well as a line of "Pain-Free" Somatic Exercise DVDs, which are selling well worldwide. Her website is www.essentialsomatics.com

Martha is a graduate of Somatic Systems Institute, holds a B.A. in Dance Education from the State University of New York, and certification in Massage Therapy from the National Holistic Institute in Oakland, CA.
TUITION

Tuition varies for the 3-day Somatic Exercise Coach (“SEC”) training, depending on location (in the United States or overseas from the “home” location) and other classes being given in close date. Please consult the training page http://www.essentialsomatics.com/index.php?/somatic_training/somatic_exercise_coach_-_level_one/

Payment is accepted via credit card, PayPal or bank transfer.

NOTE:
If space is available: Participants who have already attended a “Fundamentals of Hanna Somatic Education” seminar may attend this training during the second and third day - from 9:00am - 6:00pm on Saturday and Sunday. Tuition is for the SEC training is reduced for these advanced students.

LOCATION AND HOURS

The location for the SEC training varies, depending on your continent. The SEC training page details all upcoming trainings and locations. Interested groups or individuals can also produce an SEC training in their region (see below).

Class hours run from 9:30am - 6:00pm on Friday, Saturday and Sunday: 22.5 hours of training.

Somatic Coach Training in your region

To organize a Somatic Exercise Coach training in your area, contact Martha at martha@essentialsomatics.com, or call 973-951-7845 (in the USA). Training can occur on any continent, province, or state.

For more information about Hanna Somatics and other workshops and trainings from Essential Somatics, go to www.essentialsomatics.com.