



**Essential Somatics®
Clinical Somatic Education
Professional Training Prospectus**

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Essential Somatics® Clinical Somatic Education Professional Training

IN THE TRADITION OF THOMAS HANNA, PhD

OVERVIEW

The **Essential Somatics® Clinical Somatic Education Professional Training** teaches the techniques of Thomas Hanna, PhD. Hanna's method is directed, hands-on movement re-education that teaches voluntary, conscious control of the neuromuscular system to individuals suffering from involuntary muscular disorders.

Somatic Education is the missing link in scientific knowledge and medical care for pain reversal or relief and improved muscle function. This method can save millions of dollars in unnecessary medical costs, and help millions of people learn to eliminate chronic and acute functional muscle pain. Somatics goes to the root of most chronic muscular pain: the brain. Because the brain controls the muscles, the brain must be involved in teaching the muscles to relax, release and remember how to move again.

About Thomas Hanna

Thomas Hanna (1928-1990) spent his life searching for ways for actualize full potential of all human beings to become free, both physically and intellectually. He encouraged individuals to realize that they have the power to take responsibility for their own lives.

Hanna further discussed the foundation of this method of Somatic Education in his groundbreaking book, *Somatics: Reawakening the Mind's Control of Movement, Flexibility, and Health*. He was deeply influenced by his training in and practice of the Feldenkrais method of Functional Integration and Awareness Through Movement exercises.

Hanna's discovery of sensory motor amnesia and his simple solutions to "mysterious" conditions of pain developed into books and teaching programs. Hanna's bright star was dimmed when his life ended in an auto accident, but not before he conducted his only professional training with a group of 38 students to move into the world to end functional muscle pain.

Somatic Education in the tradition of Thomas Hanna provides the following benefits:

- **Educational skills** that clients can use for the rest of their lives to maintain optimum movement, overall health, and physical freedom and independence.
- **A scientifically based system of learning** that successfully addresses the root cause of most chronic muscle pain.
- **A partnership** between client and practitioner that fosters client responsibility and self-motivation.

The Essential Somatics Somatic Education program uses Dr. Thomas Hanna's original teachings to teach people to eliminate their pain.

A Breakthrough Educational Experience

The Essential Somatics® Clinical Somatic Education (CSE) professional training includes:

- **Direct lineage to Thomas Hanna's original teachings**

The program director and main instructor, Martha Peterson, CHSE, CCSE was trained by two of Thomas Hanna's students, and bases her work on Hanna's own instruction. The material is taught in strict accordance with Hanna theory, methods, and intention.

- **Limited class sizes**

CSE limits the class size to in order to provide the most hands-on, individual attention to each student. Each applicant will be carefully reviewed and screened for suitability for the program. Each class will be limited to 10 students.

- **Local regional training**

The CSE program is the first full-scale program available in other regions or countries. Instead of solely requiring the students come to the teacher's home area for training, regional training allows the students to study closer to home, which is cost effective and convenient.

- **State-of-the-art education**

Essential Somatics is currently working on a "flipped classroom" model of education: the most advanced teaching method being used in the best centers of academia and corporate centers. A "flipped classroom" allows students to read, study, and view learning material outside of classroom time, so that class time is focused on hands-on work and individual attention. This is the first Somatic movement program to use this method.

- **Team teaching**

This program uses a team teaching approach to ensure close supervision and guidance during clinical practice by having two trainers wherever possible. Guest instructors ensure enrichment of educational material and creative solutions to distance learning. The "flipped classroom" model (providing some lecture material in video or written form) allows for enriched home study.

- **Uniting movement learning**

CSE is the first clinical Somatic Education program to bring other health-movement styles into a training program to support its main teachings. These complementary lessons will improve a practitioner's success with his or her clients.

- **Mentoring**

CSE includes individual mentoring throughout all six modules; consistent mentoring supports the student and increases the highest learning and information-retention possible.

- **Community**

Essential Somatics strives to connect students and practitioners of the same or similar disciplines for co-education, networking, and sharing.

THE 3-YEAR PROFESSIONAL TRAINING PROGRAM

How to apply

A completed application and a video-chat interview are required before being admitted to the program. To apply for the program, you will need to request an application and set up your interview with Martha Peterson, program director. Please contact Martha: martha@essentialsomatics.com

Although this 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.

Prerequisites

Due to the comprehensive nature of this training program it is important that each student arrive with a basic understanding of Somatic Education in the tradition of Thomas Hanna. The following is a list of prerequisites necessary for beginning this course of training:

Required Somatic Movement Training:

- Successful completion of Essential Somatics® Move Without Pain Fundamentals Immersion Course
- Successful completion of Essential Somatics® Hanna Somatic Exercise Coach Training (Level One)

Recommended:

- Essential Somatics® Hanna Somatic Exercise Coach Training (Level Two)

Required Reading:

- *Somatics: Reawakening the Mind's Control of Movement, Flexibility, and Health* by Thomas Hanna
- *The Body of Life: Creating New Pathways for Sensory Awareness and Fluid Movement* by Thomas Hanna
- *Move Without Pain* by Martha Peterson

Required Audio Lessons:

Completion of **any 3 Somatic Exercise audio CD series**, narrated by Thomas Hanna. These audio lessons can be purchased through www.somaticsed.com

Best to start:

- "The Myth of Aging: Somatic Exercises to Control Neuromuscular Stress"
- "Somatic Exercises: Freeing the Whole Body from Center to Periphery"
- "Somatic Exercises for Rounded Shoulders and Depressed Chests"
- "Somatic Exercises for the Legs and Hip Joints"

- "Somatic Exercises: The Complete Cat Stretch"
- "Somatic Exercises for the Hands, Wrists, Elbows, and Shoulders"
- "Somatic Exercises for the Neck, Jaw, and Skull"
- "Somatic Exercises for Feet, Knees, and Pelvis"
- "Somatic Exercises for the Lower Back"
- "Somatic Exercises for Delicate Backs"
- "Somatic Exercises for Full Breathing"
- "Somatic Exercises for Protruding Bellies"
- "Somatic Kinesiology"

Program Details

There will be three semesters consisting of six modules. Each module runs Saturday – Friday, 9:00am–6:00pm with an hour and a half break for lunch at 12:30pm.

The six modules total **315 hours of supervised classroom instruction**.

In addition to classroom hours, students will be required to:

- Complete **30 documented clinical sessions** between each module, totaling 120 clinical sessions at conclusion of the training.
- Complete **80 hours of distance learning and home study**. These hours include written papers, required reading, online video or phone mentoring, group distance learning via Zoom, and required student-taught somatic movement classes. In addition, each student is required to have attended the Hanna Somatic Exercise Coach Training Level 1. Students are expected to spend time experiencing their own in-depth Somatic Exercise practice.
- Complete **10 Somatic Exercise audio CDs series** (narrated by Thomas Hanna). The three completed as a prerequisite for this course will count towards certification.

Our staff makes every effort to ensure that by completion of the **Clinical Somatic Education Professional Training** each student is confident and skilled in his or her ability to teach Clinical Somatic Education of the highest quality.

Classroom hours: 315
HSEC 1: 24 hours
Documented practicum: 120 hours
Myth of Aging teaching (documented): 8 hours
Thomas Hanna lectures: 49 hours
Thomas Hanna audio CD series: 50 hours
Mentoring (including Zoom & one-to-one): 34 hours

TOTAL HOURS: 600

THE COURSEWORK

SEMESTER ONE (Modules 1 & 2)

Students will learn detailed assessment techniques based on recognition of the three Somatic Reflexes as codified by Thomas Hanna: Red Light (“Startle Reflex”), Green Light (“Landau Response”), and Trauma Reflex. Students will learn and practice the five methods used in Somatics: kinetic mirroring, means-whereby, assisted pandiculation, reciprocal inhibition, and differentiation. Students will learn to address muscular dysfunction in the core muscles of the trunk, and how to work clinically with clients using the three basic clinical protocols needed to address most muscular pain conditions (neck/shoulder, back pain, hip pain, scoliosis, sciatica, tension headaches, leg length discrepancy).

Semester One also includes lectures on somatic philosophy, sensory motor amnesia, and teaching methods. Each student will begin to create and lead movement classes to be taught to the entire class. Each student will have the opportunity to receive hands-on work from the instructors, who will provide feedback on their technique. Students will end the semester with a public clinic.

SEMESTER TWO (Modules 3 & 4)

Students will learn to use assisted pandiculation to address somatic functional problems of the upper and lower extremities of the body (shoulder joints, arms, jaw, hip joints, legs, feet, neck). Students will review all three clinical protocols to ensure competency. Students will learn procedures for teaching their clients to eliminate TMJ, frozen shoulder, hip joint and knee pain, lower leg and foot pain, carpal tunnel syndrome, and neck pain. In addition, students learn specialized information in regards to working with clients with scoliosis.

Students will learn basic neurophysiology as it pertains to the practice of Somatic Education and will begin writing a paper on the importance of neurophysiology in the practice of Somatic Education. Students will end the semester with a public clinic.

SEMESTER THREE (Modules 5 & 6)

Students will go through a complete recalibration of all clinical work they learned from semesters one and two: clinical protocols 1, 2, and 3, and upper and lower extremity work. Students will delve deeper into application of Somatic Education to specific functional disorders and neurophysiology. Case studies, marketing (as it pertains to Somatic Education), and working with special populations will round out the

semester. A segment on Somatic Strengthening and “Standing Somatics” will leave students ready to teach clients how to maintain their renewed sense of symmetry, coordination, and balance after reversing SMA. Students will end the semester with one to three days of public clinic.

CERTIFICATION

The certification process¹ consists of:

- Passing periodic practical and verbal examinations during the modules
- Passing grade in final clinical session(s) with lead instructor and assistant instructor
- Attendance at monthly distance learning modules and mentoring sessions
- Documented completion of all homework assignments and distance learning. These include 120 hours of documented practice sessions to be completed in 30-session increments between each module.
- Passing grade for assessment of practical student skills during the three open public clinics

TUITION

Tuition rates reflected are as of January 1, 2016.

UNITED STATES

- \$10,000 for the 3-year program
- \$600 deposit due 2 weeks after acceptance into the training program
- Tuition per module: \$1566.00 due 8 weeks before start of each module.

EUROPE & CANADA

- \$12,350 for the 3-year program
- \$600 deposit due 2 weeks after acceptance into the training program
- Tuition per module: \$1958.00 due 8 weeks before start of each module.

ASIA & AUSTRALIA

- \$13,500 for the 3-year program
- \$600 deposit due 2 weeks after acceptance into the training program
- Tuition per module: \$2150.00 due 8 weeks before start of each semester.

Upon acceptance into the training program, students will receive a link to a private page for CSE students. All payments are made through this page. **Initial deposit is non-refundable.**

¹ *Essential Somatics® does not certify students in Hanna Somatic Education™, nor gives permission for graduates to use the trademarks Hanna Somatic Educator™ or Hanna Somatic Education™. The Novato Institute reserves the right to use these trademarks exclusively.*

PLEASE NOTE: Each student is responsible for his or her own transportation, lodging, and food during training.

MEET THE TRAINING TEAM

At Essential Somatics® we use a team teaching approach to ensure close supervision and guidance during clinical practice, enrichment of educational material, and creative solutions to distance learning. There are typically, 2-4 instructors and mentors per CSE training module depending

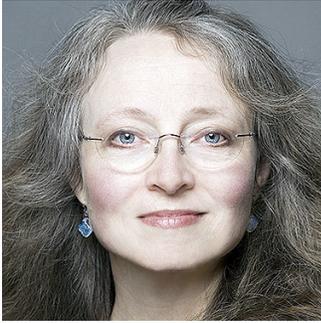


Martha Peterson, CHSE, CCSE (Maplewood, New Jersey, USA) is the program director, developer, and head instructor for Essential Somatics® Somatic Education. She has a thriving private practice which includes private clinical sessions, workshops, presentations, consultation, and writing about self-care pain relief. She has taught regional Somatic trainings in the United States, as well as international workshops in India, Australia, the United Kingdom, Ireland, Germany, Canada, and Norway.

Martha is the author of *Move Without Pain* (Sterling Publishing, January 2012), and the creator of the "Pain-Free" Somatic Exercise DVDs series, which are selling well worldwide. Martha is a graduate of Somatic Systems Institute, holds a BA in Dance Education from the State University of New York, and certification in Massage Therapy from the National Holistic Institute in Oakland, CA. Her teaching comes through the lineage of Marilyn Warnock and Karen Hewitt, two of the only 38 people trained by Thomas Hanna. To learn more, visit www.essentialsomatics.com



Carrie Day, CCSE, MA, RSME (Asheville, North Carolina, USA) is one of the east coast instructors. She has been studying and practicing dance, yoga, and movement awareness techniques for the past 25 years. Carrie earned a BFA in modern dance performance from the University of the Arts in Philadelphia, and then moved to New York to pursue a professional dance career. She has her Master of Arts Degree in Dance and Somatic Well-Being from the University of Central Lancashire. She is certified in Clinical Somatic Education from Somatic Systems Institute in Northampton, MA and has been practicing CSE since 2008. Carrie's philosophy is that every soma has the ability to self-regulate and self-correct. She hopes to empower her students and clients to see themselves as self-healing beings. To learn more, visit www.daysomatics.com



Laura M Gates, CHSE, CCSE (New York, New York, USA) is a Certified Hanna Somatic Educator and practitioner working in New York City, and various US locations and Europe. As a former professional dancer, she toured internationally with the Lar Lubovitch Dance Company in the 70s and 80s and earned an MFA degree in dance from Bennington College. She brings over 40 years of movement education to her work. Laura is also an ongoing student of kinesthetic anatomy with celebrated master teacher Irene Dowd. She enjoys developing somatic curriculum to address various muscle pain conditions with a focus on scoliosis and dancers' needs. She trained in Somatic Education at Somatic Systems Institute, Northampton, MA and was also certified by Novato Institute of Somatic Research and Training, Novato, CA in 2007. To learn more, visit www.fullmovementpotential.com

MEET THE TRAINING TEAM (cont'd)



Theresa Evans, CCSE (Sister Bay, WI) is a Certified Clinical Somatic Educator in the tradition of Thomas Hanna, PhD. She is a graduate of Somatic Systems Institute in Northampton, MA and holds a BSN in Nursing. In 2009, Theresa completed her 500-hour Yoga Certification in the tradition of the Himalayan Institute at Yoga North in Duluth, MN.

Theresa is excited to collaborate with Martha Peterson in presenting "Move Without Pain: The Fundamentals of Hanna Somatics" workshops across the US, and Internationally. Theresa teaches group classes, conducts workshops, and sees individual clients who are working with chronic muscle and joint pain, mobility issues, post-operative gait issues, those who want to breathe better, and "weekend warriors" who want to balance their extreme activities with a gentler practice. To learn more, visit www.stonepathyoga.com

Christopher Lowndes, CCSE (London, United Kingdom) has been a Certified Hanna Somatic Educator since 2006. He is a design engineer and a kayaker in his spare time. Chris assists in the European Professional Somatic Education program, acting as assistant teacher and mentor to students. To learn more, visit www.shropshiresomatics.uk

