



Essential Somatics®  
Clinical Somatic Education  
Professional Training Prospectus

Essential Somatics®  
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## INTRODUCTION

The Essential Somatics® Clinical Somatic Education Training is a comprehensive certification program that qualifies the student to use the hands-on methods of Clinical Somatic Education in a group or private setting. In this training program, students will learn how to apply the technique of assisted pandiculation in combination with the Somatic Movements and educational tools of Clinical Somatics to teach others to improve sensory motor learning, restore freedom of movement, and alleviate muscle pain.

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.

Somatic Education is movement education that teaches people to improve self-awareness and movement. Among the many Somatic pioneers whose work is incorporated into this program are: F.M. Alexander, Moshe Feldenkrais, Thomas Hanna.

# Essential Somatics® Clinical Somatic Education Training Program

A 3-Year Certification Training in Somatic Education  
from the lineage of Thomas Hanna

## A BREAKTHROUGH EDUCATIONAL EXPERIENCE

The Essential Somatics® Clinical Somatic Education Training is a comprehensive certification program that qualifies the student to use the hands-on methods of Clinical Somatic Education in a group or private setting. In this training program, students will learn how to apply the technique of assisted pandiculation in combination with the Somatic Movements and educational tools of Clinical Somatics to teach others to improve sensory motor learning, restore freedom of movement, and alleviate muscle pain. Students will receive the designation of a Certified Clinical Somatic Educator (CCSE).

### The Essential Somatics® Clinical Somatic Education (CSE) 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.

**Somatic Education 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.

# PROGRAM DETAILS

## OVERVIEW

There will be three semesters consisting of six modules. Each module is seven days in duration from 9:00am–6:00pm each day with a 90-minute break for lunch.

### **SEMESTER 1 (105 hrs.)**

Module 1

Module 2

### **SEMESTER 2 (105 hrs.)**

Module 3

Module 4

### **SEMESTER 3 (105 hrs.)**

Module 5

Module 6

**TOTAL: 315 hours** of supervised classroom instruction.

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

- Complete 40 documented clinical sessions between each module, totaling 160 clinical sessions at conclusion of the training.
- Complete 75 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 or ESMTT Level 1. Students are expected to spend time experiencing their own in-depth Somatic Movement 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.

To obtain certification, students are expected to:

- Attend all monthly distance learning modules and mentoring sessions
- Provide documented completion of all homework assignments and distance learning (as outlined above).
- Achieve a passing grade for assessment of practical student skills during the three open public clinics and final practicum.

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

Classroom hours\*: 315

Documented practicum: 160 hours

Thomas Hanna audio CD series: 50 hours

Mentoring (including Zoom & one-to-one): 36 hours

Distance learning & home study: 39 hours

### **TOTAL HOURS: 600**

*\*Classroom hours do not include participation in an Essential Somatics® Fundamentals Immersion Course or Somatics for Athletics (16 hours) or the Essential Somatic Movement Teacher Training Level 1.*

## PREREQUISITES

### 1. Required Somatic Movement Training:

- Successful completion of one of the following:
  - Essential Somatics® Move Without Pain Fundamentals Immersion Course
  - Essential Somatics® Somatics for Athletics
- Successful completion of Essential Somatic Movement Teacher Training Level One

### 2. 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

### 3. Required audio lessons:\*

- Completion of any three Somatic Exercise audio CD series, narrated by Thomas Hanna.
  - "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"

\*These audio lessons can be purchased through [www.somaticsed.com](http://www.somaticsed.com)

## TUITION

All course fees are in US dollars.

### UNITED STATES

- \$12,000 for the 3-year program
- \$600 deposit due 2 weeks after acceptance into the training program
- Tuition per module: \$1900.00 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 module.

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.

## **SCHEDULE**

Each module is seven days in duration from 9:00am–6:00pm each day with a 90-minute break for lunch. All participants will receive appropriate classroom materials.\* Attendance for the duration of all training days is required. Each student is responsible for his or her own transportation, lodging, and food during training.

\* Audio CDs and books must be purchased separately

## **HOW TO APPLY**

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.

A completed application submitted before the deadline and fulfillment of prerequisites are required before being considered for the program. You will be notified of your acceptance or declination via email.

## **CANCELLATION POLICY**

The \$600 initial deposit is nonrefundable. Formal withdrawal from the CSE training must be submitted in writing, via email or letter to be received no later than 8 weeks prior to the start of the next module.

## The Coursework

### **SEMESTER ONE (Modules 1 & 2)**

Students will learn detailed assessment techniques based on recognition of the three Somatic Reflexes: 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 and knee pain, lower leg and foot pain, carpal tunnel syndrome, and neck pain. In addition, students learn specialized information in regard 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 Module 5 with a public clinic. The final, observed clinical practicum will take place during Module 6.

## OUTCOMES

The CSE certification program will graduate Certified Clinical Somatic Educators skilled in teaching Essential Somatic Movement, and applying the hands-on methods of Clinical Somatic Education to their practice with those suffering from functional muscle pain and limited movement. Students will receive the designation of Certified Clinical Somatic Educator (CCSE).

## MEET THE TRAINING TEAM – UPDATE BIOS

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.



Martha Peterson, CHSE, CCSE (Arvada, CO) 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, consultations, and writing about self-care pain relief. She has taught regional Essential Somatics trainings in the United States, as well as international trainings and workshops in Canada, Europe, Asia, and Australia.

Martha is the author of *Move Without Pain* (Sterling Publishing, January 2012), and the creator of the *Pain-Free Somatic Exercise DVD* series. She is a graduate of Somatic Systems Institute, holds a BA in Dance Education from the State University of New York, and a 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](http://www.essentialsomatics.com)



Carrie Day, CCSE, MA, RSME (Asheville, North Carolina, USA) 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](http://www.daysomatics.com)



Laura M Gates, CHSE, CCSE (New York, NY) 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. Laura assists and co-teaches Essential Somatics® trainings teaching somatic movement teachers and practitioners internationally. She collaborated on HSEC Level 2 curriculum and co-teaches the training and has developed course material for those with scoliosis. She enjoys developing somatic curriculum to address various muscle pain conditions with a focus on scoliosis and dancers' needs. 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.

Regarding her own issues around scoliosis and chronic pain Laura says, "Thomas Hanna's techniques and system has proven hugely and uniquely helpful to my scoliosis, increasing comfort and mobility, improving alignment, and giving me a 'somatic medicine kit' that I use daily. I can't imagine life without Somatics."

## MEET THE TRAINING TEAM (cont'd)



Theresa Evans, CCSE (Sister Bay, WI) is a senior teacher with Essential Somatics, and the owner of Midwest Clinical Somatics and Stone Path Yoga in Sister Bay, WI. 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. She is also Certified in all 4 levels of Critical Alignment Yoga Therapy.

Theresa teaches group classes, works with clients who want private clinical sessions, teaches workshops at home and abroad, and co-teaches Essential Somatic Educators and Coaches regionally and internationally. She developed Move Without Pain: The Fundamentals Immersion Course and has taught this course across the United States, Canada, Europe, and Australia. She especially loves to dive deeply into the philosophy that is the foundation of an embodied somatic practice. To learn more, visit [www.midwestclinicalsonomatics.com](http://www.midwestclinicalsonomatics.com)



Colm McDonnell, CCSE (Dublin, Ireland) has been a Certified Hanna Somatic Educator since 2015. It is his goal to expose as many people as possible to the groundbreaking work of Clinical (Hanna) Somatics, so that they too may experience physical independence, greater mastery of their own bodies, and pain free movement that can last a lifetime.

Colm assists in the European and Australian Clinical Somatic Education Professional training program, acting as assistant teacher and mentor to students. To learn more, visit [www.clinicalsonomatics.ie](http://www.clinicalsonomatics.ie)