



Essential Somatic
Movement Teacher Training
Level 1 & 2 Prospectus

Essential Somatics®
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INTRODUCTION

The Essential Somatics® Movement Teacher Training (ESMTT) is a comprehensive certification course in teaching Somatic Movement with a foundation in Hanna Somatic movements, principles, and concepts. Essential Somatic (ES) Movements are simple and gentle, yet profound in their effectiveness at restoring optimum resting length and function to muscles that have become painfully tight due to Sensory Motor Amnesia (SMA). This condition of chronically contracted muscles results from central nervous system adaptation to accidents, injuries, trauma, surgeries, or repetitive stress. SMA is the root cause of many common muscle pain conditions thought to be the result of structural deficiencies.

Many of the movements taught by Essential Somatics® were developed by Moshe Feldenkrais, and Thomas Hanna, PhD, author of *Somatics: Reawakening the Mind's Control of Movement, Flexibility and Health* and creator of Hanna Somatic Education. The ESMTT program expands on Thomas Hanna's original teachings with further exploration of Somatic Movement and pandiculation to teach people to prepare to move well and eliminate muscle pain, no matter what their chosen activity.

The Essential Somatics teaching team has developed additional neuromuscular movement patterns that teach you and your clients to restore self-awareness and self-regulation, which leads to physical comfort and freedom of movement. These movement patterns restore sensory motor awareness and control to the brain and muscular system.

A practice of ES Movements is foundational in nature, and never meant to replace any strength, conditioning or vigorous activity; they prepare one to move more skillfully and safely in one's chosen activity and are an excellent complement to any movement practice, physical training, or rehabilitation program. Incorporating these movements, as well as the principles of ES Movement, into your primary practice will allow you to teach your clients safe, gentle methods for chronic muscle pain relief. You and your clients will also learn to become more self-aware, self-guiding and self-correcting in your movement choices, activities, and daily lives.

LEVEL 1

The Essential Somatic Movement Teacher Training Level 1 introduces the concepts and principles of Somatic Education and teaching Essential Somatic Movement, and the ten foundational somatic movements for freedom of movement and the reduction of functional pain.

LEVEL 2

The Essential Somatic Movement Teacher Training Level 2 reviews the basic principles of neurophysiology and assessment of somatic stress reflexes as it pertains to teaching Essential Somatic Movement. Students will also learn Somatic Movement sequences designed to target functional disorders. Coursework will continue past in-class instruction for up to one year. Students are expected to submit remaining coursework and pass both written and practical exams to obtain their ESMTT certification.

Essential Somatic Movement Teacher Training

A Comprehensive Training in Essential Somatic Movement from the lineage of Thomas Hanna

The Essential Somatic Movement Teacher Training (ESMTT) program is a comprehensive certification course in Somatic Movement teaching with a foundation in Hanna Somatic movements, principles, and concepts. It is intended for those interested in teaching Essential Somatic (ES) Movements to others in a group or private setting.

Students will receive the designation of a 200-hour Essential Somatic Movement Teacher (ESMT). For students wishing to deepen their knowledge of Somatic Movement, ESMTT Level 1 will be the foundational prerequisite for the Essential Somatics® Clinical Somatic Education (CSE) Professional Training.

The Essential Somatics® Movement Teacher Training (ESMTT) includes:

- Expansion and development of Moshe Feldenkrais and Thomas Hanna's original Somatic Movements
- Small class sizes
- Local regional training
- Diversity of movement styles: the ESMTT goes beyond the movements of Moshe Feldenkrais and Thomas Hanna to incorporate new movements that meet students where they are in their lives and work.
- Mentoring: Students on the certification track are mentored for the duration of their training. Consistent mentoring supports the student and his or her process of growth, both personally and professionally.

The benefits of Somatic Movements to your clients include:

- long-term muscle pain relief and renewed physical independence.
- an understanding of how the brain and body are affected by stress and trauma.
- the ability to reverse the effects 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 an Essential Somatic Movement Teacher include:

- assessing basic imbalances in your clients to help them prevent compensation and incorrect recruitment of muscles.
- helping your clients prevent and recover from injury through improved somatic awareness and sensory motor control.
- guiding your clients to participate in their favorite activities more efficiently and effortlessly.
- providing your clients with simple lifelong tools for dealing with the body's daily adaptation to stress.

PROGRAM DETAILS

OVERVIEW

Each module (level) of training must be completed in-person within 12 months of beginning the first module. These modules total 78 hours* of supervised classroom instruction. They are progressive in nature and must be taken in the following sequence:

1. ESMTT Level 1 (32 hours)
Movements and teaching principles and skills
2. ESMTT Level 2 (32 hours)
Movements and working with functional disorders, teaching principles and skills

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

- Complete 60 documented teaching sessions (small group classes or one-to-one)
- Complete 8 Somatic Exercise audio CD series (narrated by Thomas Hanna)
- Attend monthly meetings with assigned mentor by phone or online
- Attend 6 movement classes of differing disciplines (e.g. Feldenkrais, Alexander Technique, Body Mind Centering, Continuum, Tai Chi)
- Complete all required reading
- Successfully pass all written and practical exams

Classroom hours: 78 hours*

Documented teaching practicum: 60 hours

Home study: 11 hours

Movement classes: 10 hours

Thomas Hanna audio CD series: 21 hours

Mentoring (including Zoom & one-to-one): 20 hours

TOTAL HOURS: 200

*Classroom hours include participation in an Essential Somatics® Fundamentals Immersion Course or Somatics for Athletics (16 hours)

PREREQUISITES

1. Required Reading:
 - *Somatics: Reawakening the Mind's Control of Movement, Flexibility and Health* by Thomas Hanna
 - *Move Without Pain* by Martha Peterson
2. Successful completion of an Essential Somatics® Fundamentals Immersion Course or Somatics for Athletics workshop

TUITION

All course fees are in US dollars.

ESMTT Level 1: \$1000 early bird/\$1200 full price
Includes 4-day training only

ESMTT Level 2: \$2000 early bird/\$2500 full price
Includes 4-day training, personal mentoring, exams, observation, and evaluation by mentor.

Upon acceptance to the program, applicants will receive a payment link to complete registration for ESMTT Level 1. Level 2 tuition will be due in two installments: 50% due within two weeks of Level 1 completion, and the balance due 6 weeks prior to the start of Level 2.

SCHEDULE

Each module is four days in duration, from 9:00am–5:00pm each day with a 60-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 through www.somaticsed.com.

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. All students, whether applying for the Informational Track (Level 1) or Certification Track (Level 1 & 2) must complete a brief application.

Informational track (Level 1 ONLY)

A completed application submitted before the deadline, and fulfillment of prerequisites are required before being considered for the program. You will receive a payment link via email in order to complete the registration process.

Certification track (Level 1 & 2)

A completed application submitted before the deadline, fulfillment of prerequisites, and a successful completion of ESMTT Level 1.

PLEASE NOTE:

Upon completion of Informational Track (Level 1) all students will have an opportunity to enroll in Certification Track (Level 2) at the early bird price. The early bird price will be valid for two weeks after completion of ESMTT Level 1.

CANCELLATION POLICY

A full refund minus a 5% cancellation fee is available if canceling more than 4 weeks prior to training start date. No refund will be available if canceling less than 4 weeks prior to training start date.

ESMTT Level 1 (32 hours)

This module delves deeper into the concepts and somatic principles of Somatic Education, Somatic Movement, and the basic somatic movement patterns that improve overall control of full body movement, as well as the reduction of functional pain. Students will learn basic neurophysiology and assessment of the three stress reflexes (as defined by Thomas Hanna) as it pertains to the teaching of Essential Somatic Movements. Safe teaching practices will also be covered in this module.

Day 1

Overview of the 10 basic Somatic Movements that you will learn to teach. The class will dive deeper into the concepts and principles of Hanna Somatics and the importance of this foundation if you intend to teach to others. Students will engage in partner assessment activities.

Day 2

Students will explore the language of teaching Somatic Movement, and how to break down each of the 10 basic Somatic Movements in order to teach them effectively. Students will individually experience Somatic Movements and then engage in partner practice while learning to identify how Sensory Motor Amnesia appears specific to each movement pattern.

Day 3

Continuation of the previous day's learning. Students will practice their teaching skills with a partner. Students will learn more in-depth teaching principles.

Day 4

The morning will be a continuation of the previous day's learning. Partner practice will continue to deepen the students' teaching skills. The afternoon will be dedicated to real-life teaching experience. During this group activity, students will work with members of the community in small classes. Students will have the opportunity for peer and group feedback, and critique.

ESMTT Level 2 (32 hours)

In this module students review the basic principles of neurophysiology and assessment of the somatic stress reflexes as it pertains to teaching Somatic Movements. Students will also learn Somatic Movement sequences designed to target conditions such as sciatica, neck and shoulder pain, SI joint dysfunction, leg and hip pain, low back pain, and TMJ. Students will come prepared to teach a class that will be critiqued by both the teachers and students. This process helps students to improve their communication skills, language cues, and class sequencing.

Day 1

Review of the basic principles and concepts of Essential Somatic Movement. Advanced Essential Somatic Movements and sequences will be introduced. Students will begin to learn about specific functional disorders, as well as the Somatic Movements that help to relieve these pain patterns. Student-led classes will also occur throughout the day.

Day 2

Continuation of specific functional disorders and the Somatic Movements that help to relieve these pain patterns. Student-led classes will continue throughout the day.

Day 3

Continuation of specific functional disorders and the Somatic Movements that help to relieve these pain patterns. Student-led classes will continue throughout the day.

Day 4

Conclusion of specific functional disorders and the Somatic Movements that help to relieve these pain patterns. Students will learn to adapt certain Somatic Movements to a seated position to help those who cannot get on the floor. Student-led classes will continue throughout the day.

On-going coursework

Coursework will continue past classroom instruction for up to one year. Students are expected to submit remaining coursework and pass both written and practical exams within one year of the conclusion of Level 2 to obtain their ESMTT certification.

OUTCOMES

The ESMTT certification program will graduate teachers skilled in teaching Essential Somatic Movement, adhering to the principles and concepts based on the work of late somatic pioneers Thomas Hanna and Moshe Feldenkrais as well as present day leaders in somatic movement.

This training will hold graduates accountable to delivering high quality instruction. Graduates will become proficient in the following skills:

- The ability to be more present to themselves as a self-sensing, self-guiding, self-actualizing Soma.
- The ability to distinguish the difference between ES movement and all other forms of exercise and movement.
- Cultivating the sensitivity to be present to another Soma's experience, without judging, pushing, forcing, or creating a movement, posture or experience from the outside.
- The language that encourages self-sensing.
- How to teach movements and movement sequences that guide their students to eliminate SMA, over time.
- How to sequence an ES movement class based on the understanding of the six movements of the spine (extension/flexion/side bending and rotation).

REVIEW & CERTIFICATION POLICIES

ESMTT GRADUATES

Those who have successfully completed both ESMTT Level 1 & Level 2 may, at any time, review one or both modules for half off the full price of tuition.

HSEC LEVEL 1 GRADUATES

For progression to ESMTT Level 2 and certification:

If you have completed Level 1 only of the Essential Somatics® Hanna Somatic Exercise Coach (HSEC) training and would like to obtain ESMTT certification you must:

- Submit an application and, once accepted, complete the following requirements for advancement to ESMTT Level 2:
 1. Documentation of 30 hours of teaching practice
 2. Completion of 4 audio CD series (narrated by Thomas Hanna) and brief written overview of each series
 3. Completion of day 4 of the new 4-day ESMTT Level 1. This must be completed in person before attendance at ESMTT Level 2
 4. Additional fee of \$300. This fee includes 1 full course day and evaluation by mentor.
- A self-evaluation must be filled out so that the teacher, as well as the student, can accurately assess whether they are ready to participate in ESMTT Level 2 or whether the student may need to review ESMTT Level 1. Additional coursework from Level 1 must also be completed.

For review only

All graduates of HSEC Level 1 are permitted to attend the ESMTT Level 1 at half off the full price of tuition.

HSEC LEVEL 1 & 2 GRADUATES

For certification:

If you have completed Level 1 and Level 2 of the Essential Somatics® Hanna Somatic Exercise Coach (HSEC) training and would like to obtain ESMTT certification you must submit an application and, once accepted, complete the following requirements:

1. Documentation of 60 hours of teaching practice
2. Completion of all required reading and submission of written overviews
3. Successful completion of written exams
4. Submission of 2 recorded classes for teacher review
5. Completion of 8 CD series (narrated by Thomas Hanna) and brief written overview of each series
6. Completion of day 4 of both the new ESMTT Level 1 and Level 2.*
7. Additional fee of \$650. This fee includes 2 full course days, all mentoring, and evaluation by mentor.

*PLEASE NOTE: Qualified students can also choose to apply for a waiver to requirement #6 by submitting three classes that include material from Day 4 of Levels 1 and Level 2. Please contact info@essentialsomatics.com for more information.

For review only

All graduates of HSEC Level 1 & 2 are permitted to review ESMTT Level 1 & 2 for half off the full price of tuition for each module.

MEET THE TRAINING TEAM



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



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.midwestclinicalsomatics.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."