

BMC® Practitioner Certification Requirements

Guidelines and Forms

LEBEN

NUOVA

Requirements for the Body-Mind Centering® Practitioner Program

General requirements for the completion of any program include:

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

All requirements need to be completed in order to graduate. All work needs to be turned in no later than six months after completing the final course of the program. By not completing all requirements within six months after taking the final course, special late fees and other requirements might apply. Please check with the administration of the program you are graduating with.

Pre-Requisites: SME certification

Homework for BMC® Practitioner Program

- 28 Study Sessions (12 from SME courses and 16 from PP courses)
- 12 Somatic Movement Education Classes
- 14 Guidance Sessions (6 from SME courses and 8 from PP courses)
- 4 Personal Sessions
- 15 Case Studies
 - 1 Last Year Final Project Presentation and 1 related Report
- 4 Supervision Sessions (2 individual and 2 semi-private)

Complementary Studies

- 40 hours Anatomy
- 40 hours Physiology
- 30 hours Kinesiology (Functional Anatomy)
- 50 hours Counseling Skills
- 100 hours Movement
- 50 hours Meditative Practices

Optional (recommended)

- 25 hours Community Service (report optional)

You should save a copy of all your homework documentation, and submit it using the forms on page 10 and 11 of this Homework Package. The submission deadlines will be notified by the office of the program.

Description of Homework for the BMC® Practitioner Program

Self-Studies

Case Studies

In doing Case Studies, you work with an individual and write a more detailed report about the experience. Case Studies are client focused rather than material focused and are not required until after Year 3 of the program.

Last Year Presentation

In one of the last year modules, each student does a presentation to the group on a BMC related topic. It can be a particular aspect of the work, an application of BMC to another discipline or simply a question you want to explore. It does not need to be a “completed” piece. It may be something that is in process, something you are still exploring. There are two parts to the presentation: the presentation itself (15 - 20 minutes) and a one-page written summary of the presentation.

Sessions with a Certified Teacher

Supervision Sessions

Supervision Sessions are an opportunity to receive direct feedback about your hands-on work with another person. Supervision Sessions are required for students in the last year of the Body-Mind Centering® Practitioner Program.

Complementary Studies

Human Anatomy (1 term -- 40 hours)

Human Physiology (1 term -- 40 hours)

You may take a combined anatomy/physiology course or separate courses. The courses should address human anatomy and physiology and should cover all the major body systems (not just muscles and bones). These should be college level courses or the equivalent (massage school, acupuncture school, etc. or a correspondence or home study course).

You may take the courses for credit or audit them. They are reported to the office of the program by submitting either a transcript or a letter of completion from the teacher or from the school where they were taken. If submitting a letter, it should also include a description of the course and what was covered.

Please, contact the office about home study courses organized by Leben nuova at info@lebensnetz.it.

Human Kinesiology (1 term -- 30 hours)

Kinesiology courses seem to be of two types: 1) biomechanics oriented, which focuses on the forces that affect joints, and 2) muscle oriented, which focus on muscles and how they move our bodies.

Biomechanics oriented courses are not suitable for the type of study you will be doing in the Practitioner Program. You should take a course that gives you a foundation in muscles and how they move our bodies. It should cover all the major muscles and include origin, insertion and action (and if possible, innervation) of those muscles. As with the Anatomy and Physiology courses, this should be a college level course or the equivalent (massage school, acupuncture school, etc. or a correspondence or home study course).

You may take the courses for credit or audit them. They are reported to the office of the program by submitting either a transcript or a letter of completion from the teacher or from the school where they were taken. If submitting a letter, it should also include a description of the course.

Please, contact the office about home study courses organized by Leben nuova at info@lebensnetz.it.

Counseling Skills (50 hours)

This requirement should provide you with ways of meeting others verbally as personal issues arise in the course of working with them. You may choose almost any type of approach. It should be one that you feel comfortable with and that will provide you with some practical techniques and principles for dealing with some of these issues. The type of training or course should be one that covers basic verbal skills. You may have to find weekend workshops or ongoing trains in order to fulfill the counseling requirements. Approaches that students have chosen in the past have included Somatic Experiencing, Gestalt Therapy, Hakomi, Re-evaluation Counseling, Psycho synthesis, Neuro-Linguistic Programming and general counseling skills. Counseling or psychotherapy you have undergone as a client does not fulfill the counseling requirement.

Please, contact the office about home study courses organized by Leben nuova at info@lebensnetz.it.

Community Service (optional, 25 hours recommended)

Community service is an opportunity to gain experience with issues that interest you, to bring BMC into a wider range of society that might not normally have access to it, and to make a difference in the world.

Volunteer your services with individuals or groups to apply BMC principles and techniques to issues, problems or situations you feel drawn to. Some things people have done in the past are: offering classes or working with people at senior citizens' centers, nursing homes, prisons, hospitals, women's shelters or children's centers, as well as with people with limited mobility or learning disabilities.

You may also work privately with people who could not afford this type of service. These private sessions and/or classes could also be used as study sessions, SME classes and case studies. Allow your activity to grow out of the embodiment of who you are. Enjoy!

You have an option to write a Community Service Report covering all 25 hours. It should be no longer than two typed, double-spaced pages and submitted with the rest of the homework before graduating. Include the following information:

1. Your Name
2. Date of Report
3. Types of Community Service
4. Location
5. Dates of Service
6. Number of Hours
7. Description of Activities
8. Results or Response
9. Your Feelings, Insights, Comments

NOTE

Adjustments to program requirements may be necessary for educational or administrative reasons.

Guidelines and Forms for Reports

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 a minimum of 1 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 write your report either using the Somatic Movement Education Class Report sheet next page (pdf editable), or create your own using a similar format. In either case include the information listed below.

The format can be linear by category or interwoven as best suits your needs. Reports should be brief -- no more than one page.

General Information:

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

Information on content and process of the class:

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)

Somatic Movement Education Class Report (Form)

Your Name

Report #

Date of Report

Date of Class

Length of Class

Number of people in class

Age of Student/s

Male Female

Student's Initials or First Name

Refer to the SME Class Guidelines for other information to be included in this report.

Case Study (Guidelines)

In order to deepen your understanding of BMC, it is essential to apply the work individually with others. Case studies are designed to provide you with that experience and to give you practice in observing and articulating what happens in a session.

Sessions should be approximately 1 - 1 ½ hours long. Material can be mixed in each session and different systems and/or aspects of development can be part of the session.

Please write your report either using the Case Study Report next page (pdf editable), or create your own using a similar format. In either case include the information listed below.

The format can be linear by category or interwoven as best suits your needs. Reports should be brief -- no more than one page.

General Information:

1. Your Name
2. Case Study # (number them consecutively)
3. Date of Report
4. Date of Session
5. Length of Session
6. Client's Initials or First Name: (for confidentiality, do not use your client's full name)
7. Age of Client: (approximate if you do not know the exact age)
8. Male or Female

Information on content and process of the session:

9. Focus of Session: (client's issue and/or theme of session)
10. Category of Approach: (for example, skeletal, BNP, organ)
11. Material covered: (what you did)
12. Methods of Approach: (how you did it, i.e., movement, hands-on, verbal dialogue, voice, etc.)
13. Response of Client: (what you noticed about them and what they expressed; response of family also if client is a child)
14. Comments/Feelings/Insights: (your feelings and insights)
15. Future Considerations: (ideas for future exploration)

Case Study Report (Form)

Your Name

Case Study #

Date of Report

Date of session

Length of session

Age of Client

F M

Client's Initials or First Name Your Name

Refer to the Case Study Guidelines for other information to be included in this report.

Supervision Session Report

All Supervision sessions should be a minimum of 1 ½ hours each. Supervision sessions are individual sessions when a teacher or practitioner works with you. You receive feedback on your touch and embodiment. In semiprivate sessions you work together with a co-student on each other and receive feedback from the practitioner or teacher about the work you do and receive.

Sessions must be done with a Certified Practitioner or Certified Teacher. Sessions may be done during modules when there is a number of Practitioners and Teachers to choose from, or between modules at home if you live near or have access to a certified person. Doing them during a module can provide support for your learning and personal process while you are there. Doing them in between modules can provide ongoing support through the year.

Please make copies of this form as needed and bring one with you during modules and always to the session for the Practitioner or Teacher to sign.

This form documents your personal sessions, keep this form in your homework folder and submit a copy with your homework package.

Student's Name:

2 Private Supervision sessions

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

2 Semi-Private Supervision sessions

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

Personal Session Report

All personal sessions should be a minimum of one hour each. Personal sessions are individual sessions in which a Practitioner or Teacher works with you. 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.

Sessions must be done with a Certified Practitioner or Certified Teacher. Private sessions may be done during the modules when there is a number of Practitioners and Teachers to choose from, or between modules at home if you live near or have access to a certified person. Doing them during the modules can provide support for your learning and personal process while you are here. Doing them in between modules can provide ongoing support through the year.

To find Certified Practitioners and Teachers who are eligible and available in your area, you can contact the Body-Mind Centering Association at <https://bmcassociation.org/locate/professionals>.

You must contact the Practitioner or Teacher yourself to set up these sessions. The cost is not included in your tuition. You should pay the Practitioner or Teacher directly.

Please make copies of this form as needed and bring one with you during modules and always to the session for the Practitioner or Teacher to sign.

This form documents your personal sessions, keep this form in your homework folder and submit a copy with your homework package.

Student's Name

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

Costs of sessions

Costs for individual sessions, guidance and supervision sessions **are not included in the program tuition**. Generally, a one-hour session is charged €60 (in a shared 1,5 hour supervision session each student pays €45). The practitioner or teacher must be paid directly by the student.

**Body-Mind Centering® Practitioner Program
Homework Submission Sheets**

Reports for homework and other requirements are submitted in two separate packages at two different times. Please, check with the office of the program about the deadline for each submission. Use the following sheet to keep track of the work you have completed and as cover sheet for your Homework Packages.

You are responsible for keeping copies of all homework submitted!

1° Homework Package

Your Name

Date of submission

Homework

Study Sessions (SME courses) 12 Study Sessions

Somatic Movement Education Classes 6 Reports

Outside Sessions

Guidance Sessions (SME courses) 6 Guidance Sessions

Personal Sessions 2 Personal Sessions

Complementary Studies

40 hours Anatomy

40 hours Physiology

30 hours Kinesiology (Functional Anatomy)

Movement 50 hours

Meditative Practices 25 hours

Note

Office use only

Homework reader's comments:

Incomplete: Action taken

Complete: Satisfactory Unsatisfactory - needs to be redon

2° Homework Package

Your Name

Date of submission

A copy of the Attendance Certificate for each course of the Practitioner Program

Homework

Study Sessions 16 Study Sessions

Somatic Movement Education Classes 6 Reports

Case Studies 15 Reports

Sessions

Guidance Sessions 8 Guidance Sessions

Personal Sessions 2 Personal Sessions

Supervisions (2 individual/2 semi-private) 4 Sessions

Final Project (Presentation and 1 Report)

Complementary Studies

50 hours Counseling Skills

Movement + 50 hours

Meditative Practices + 25 hours

Note

Office use only

Homework reader's comments:

Incomplete: Action taken

Complete: Satisfactory Unsatisfactory - needs to be redone

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:

- include a brief evaluation on how the online session or class has worked for you (50 – 100 words);
- make a note in the report *and* on the final homework submission sheets (pp. 10-11);
- please, also specify *for each category* (whether study session, class or guidance session) the number of sessions done online.

Homework for BMC® Practitioner Program

28 Study Sessions (12 from SME courses and 16 from PP courses) - max 14 sessions online

12 Somatic Movement Education Classes - max 6 classes online

14 Guidance Sessions (6 from SME courses and 8 from PP courses) - max 7 sessions online

4 Personal Sessions - max 1 session online

15 Case Studies - max 5 sessions online

1 Last Year Final Project Presentation and 1 related Report

4 Supervision Sessions (2 individual and 2 semi-private)

Complementary Studies

40 hours Anatomy

40 hours Physiology

30 hours Kinesiology (Functional Anatomy)

50 hours Counseling Skills

100 hours Movement

50 hours Meditative Practices

Optional (recommended)

25 hours Community Service (report optional)