

Somatic Movement Education Certification Requirements

Guidelines and Forms

LEBEN

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Requirements for the Somatic Movement Education 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.

Requirements for the Somatic Movement Education Program

Please save a copy of all homework documentation and submit it as a complete package to the office a **minimum of 6 weeks before graduating.**

Homework for the Somatic Movement Education Program

- 10 Study Sessions
- 10 Somatic Movement Education Classes
- 5 Guidance Sessions
- 3 Personal Sessions (5 sessions recommended)
- 1 Educational/Promotional Project

Complementary Studies

- 100 hours Movement Practices
- 50 hours Meditative Practices

Optional (recommended)

- 25 hours Community Service (report optional)

Description of Homework for the SME Program

Self-Studies

Study Sessions

Study sessions are a way to help you organize material you have studied and then teach or present it to another person. The focus of these sessions is on the material. You should approach the session as a student sharing the material with another person. You can present a lesson to a friend, a family member or another student in the program. These sessions are informal. Keep an anatomy book or your class notes open if that helps you in your presentation. You can do a broad exploration of a principle or system, or you can take a more detailed approach to some aspect of the subject.

There are two study sessions required for each subject. Cover a different principle and structure for each of the two study sessions. Refer to the Study Session Reports for aspects and principles you might choose from.

Each study session should be approximately 1 to 1 ½ hours long. Because the focus of study in these courses is about presenting material to an individual, most of your study sessions should be with one person at a time. However, up to 20% of your total study sessions may be with two or more people. There are two forms for the Study Session Reports in the notebook for each course.

Somatic Movement Education Classes

Somatic Movement Education classes are an opportunity for you to gain practice in planning, organizing, observing, and articulating a class activity. They are similar to Study Sessions: you share material that you have studied. The report you turn in is more detailed and includes information about your students' response and your insights.

Select topics for your SME classes from the following courses: Skeletal System, Organ System, Senses & Perceptions 1, BNP, RRR, Ontogenetic Development, Fluid System, Ligamentous System, Muscular System, Nervous System and Endocrine System. At least four (4) SME Classes should focus on material from the developmental courses (BNP, RRR, Senses & Perceptions 1, Ontogenetic Development). Classes may be done with more than one person, and should be approximately 1 hour long.

Educational/ Promotional Project

A printed or online publication about Somatic Movement Education: this can be an article, a flyer, a workshop-announcement etc. It is to challenge your process of going out with the work and finding language for it. This project will be reviewed during the final days of the program, in the Professional Issues course. It can also be a work-in-progress not a final product.

Sessions with a Certified Practitioner or Teacher

Guidance Sessions

Guidance sessions are a time to receive individual guidance on the material and to get feedback on how well you understand and embody the important principles and techniques. These sessions can be done individually, with another person, or in a small group as long as each person receives 30 minutes of individual attention in each subject.

You will receive Guidance Session Self-Evaluation Forms for each subject studied. To prepare for the guidance session, you need to review the material listed on the Self-Evaluation Forms. Do this either by yourself or with another student. Fill out the section titled, "Self-Evaluation of Your Understanding of These Principles," putting a check mark in the box that best describes your level of understanding.

Then take this filled out form to your guidance session. The practitioner or teacher you work with will look at it to see where you need the most support. Your session should concentrate on those areas. The teacher or practitioner should put a check mark in the appropriate boxes, indicating which principles were covered in the session and sign and date the form. This is not an evaluation by the teacher or practitioner.

The Guidance Session Self-Evaluation Forms are an important tool to help you organize your learning. They do not list all of the principles that will be presented in class and in the notebooks. However, the principles on these forms will be used in the program as the basis for evaluating your understanding and embodiment. Include a copy of the Guidance Session Self-Evaluation Form in your homework package.

Personal Sessions

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 material or about any other things that you want to work on. These sessions are reported on the Personal Session Report.

Complementary Studies

Complementary Studies provide a necessary background in associated areas for students wishing to complete the program. Complementary Studies are done outside the context of the program. Those studies that students have done before starting the program are acceptable.

Movement Practices

This requirement includes conscious practice of any movement form that provides greater kinesthetic understanding and experience. Examples: dance, yoga, martial arts, tai chi, athletics and others.

Meditative Practices

This requirement includes practices which focus on awareness, calm the mind and bring a sense of harmony and presence. Sitting meditation, prayer, authentic movement, tai chi, and others.

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 form 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 Somatic Movement Education Class Guidelines for other information to be included in this report.

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 available in your area, please, contact the Body-Mind Centering Association at <https://bmcassociation.org/locate/professionals>.

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

Somatic Movement Education Program Homework Submission Sheet

All homework is turned in to the office of the program from which you will be graduating, in a single package, at least six weeks before the Competency / Professional Issues module and Graduation Day. Use the following sheet to keep track of the work you have completed and as cover sheet for your homework package

You are responsible for keeping copies of all homework submitted!

Your Name

Date of submission

The Homework package shall include the following (please check the appropriate boxes):

Certificates of attendance for <u>all SME courses</u>	<input type="checkbox"/>
Homework	
Study Sessions	<input type="checkbox"/> 10 Study Sessions
Somatic Movement Education Classes	<input type="checkbox"/> 10 Reports
Educational/Promotional Project	<input type="checkbox"/> 1 Project
Sessions	
Guidance Sessions	<input type="checkbox"/> 5 Guidance Sessions
Personal Sessions	<input type="checkbox"/> 3 Personal Sessions
Complementary Studies	
100 hours Movement Practice	<input type="checkbox"/>
50 hours Meditative Practice	<input type="checkbox"/>
25 hours Community Service (optional)	<input type="checkbox"/> 1 Report

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 sheet;
- please, also specify *for each category* (whether study session, class or guidance session) the number of sessions done online.

Due 6 weeks before graduating

Homework for Somatic Movement Education Program

10 Study Sessions - max. 6 can be done online

10 Somatic Movement Education Classes - max. 6 done online

5 Guidance Sessions - max. 3 can be done online

3 Personal Sessions (5 sessions recommended) max. 1 can be done online

1 Educational/Promotional Project

Complementary Studies

100 hours Movement Practices

50 hours Meditative Practices

Optional (recommended)

25 hours Community Service (report optional)