

# **BMC® PRACTITIONER**

## **PROGRAM**

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ORGANIZATION: LEBEN NUOVA

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# PRACTITIONER BMC®

The BMC® Practitioner program consists of 17 courses spread over approximately two and a half years. This training includes, for the first half, new subjects that allow you to complete, deepen and integrate the knowledge previously acquired with the SME Program.

Main objectives of the Practitioner Training are the following:

- gaining a deeper understanding of the body as a complex, multi-layered organism;
- exploring and practicing the complexity of the interrelationships between developmental and system approach to bodywork;
- understanding how the body is shaped by the way we think, feel and perceive and how the body and movement shape our feelings, perceptions and thinking;
- gaining a deeper understanding and practice of somatic repatterning through touch and movement facilitation;
- being able to use different pathways of expression for oneself, and using this richness in teaching and in sessions.

**The program includes more than 500 hours of classes and leads to the certification of “Somatic Movement Educator”, issued by The School for Body-Mind Centering®.**

## PRACTITIONER BMC® COURSES

- Senses and Perception 2
- Breathing and Vocalization
- Body Systems and Development: Integration 1
- Subcellular System
- Immune System
- Embryological Development

**REQUIREMENTS:** completion of SME Program.

- Psychophysical Integration 1
- Professional Issues 2
- Body Systems and Development: Integration 2
- Client Assessment and Therapeutic Approaches 1
- New Frontiers
- Teaching Skills
- Client Assessment and Therapeutic Approaches 2
- Psychophysical Integration 2
- Student Presentations
- Competency
- Professional Issues 3

**REQUIREMENTS:** completion of the first 6 courses of BMC® Practitioner.

## SENSES AND PERCEPTION 2

6 days / 42 class hours / 1 day off

Starting from SP1 (SME), we explore the anatomical and physiological basis of each sense and its role in the integration of movement and perception. This experience helps us gaining a deeper understanding of somatic reorganization.

## SUBCELLULAR SYSTEM

3 days / 21 class hours

Expanding our research of cellular awareness, we explore cell membranes and subcellular structures, such as mitochondria and nuclei. Through this experience we broaden our awareness of how these micro structures relate to the body systems at a macro level.

## BREATHING AND VOCALIZATION

7 days / 49 class hours / 1 day off

Through our breath and the voice, we communicate our inner state. In this course, we explore the anatomy and physiology of the vocal and respiratory mechanisms and how they relate to our personal expression.

## IMMUNE SYSTEM

3 days / 21 class hours

The immune system plays an essential role in maintaining health and well-being. The mind has a powerful effect on the immune system and psychophysical states can directly affect the functioning of this system. This course will cover the process of immunity and the structures and functions of this system. We focus on homeostasis and returning to balance; adapting to an ever-changing environment, and how we cope in a world of stress.

## BODY SYSTEMS AND DEVELOPMENT: INTEGRATION 1

7 days / 49 class hours / 1 day off

Based on studies done during the program of BMC® training (SME), we now relate the body's systems to the basic neurocellular patterns (BNP), and deepen our skills in touch and repatterning work. This course is a foundation for this entire Practitioner Program.

## EMBRYOLOGICAL DEVELOPMENT

4 days / 28 class hours

During the first 8 weeks after conception, the embryo develops from a bi-cellular state to a fetus complete with all the body systems and structures. In this course, we become aware of the forces of transformation that act to create our bodies until they reach complete development.

## **PSYCHOPHYSICAL INTEGRATION 1**

**6 days / 42 class hours / 1 day off**

In this course, the focus is on the relationship between body and mind, the physical and psychological aspects of the Self. We explore how the body is shaped by the way we think, feel and perceive, and how the body and movement shape our feelings, perceptions and thoughts.

## **PROFESSIONAL ISSUES 2**

**3 days / 21 class hours**

This course mainly elaborates on themes and addresses questions that we encounter working professionally with clients in individual sessions.

## **BODY SYSTEMS AND DEVELOPMENT: INTEGRATION 2**

**4 days / 28 class hours**

Taking from the previous INTEGRATION OF BODY SYSTEMS AND DEVELOPMENT 1, we explore the complex relation between developmental movement and the body systems, integrating and applying this experience to the practice of assessment and facilitation.

## **CLIENT ASSESSMENT AND THERAPEUTIC APPROACHES 1**

**7 days / 49 class hours / 1 day off**

BMC® is an approach in which aspects of the material are multi-layered. Our work as practitioners becomes effective when we know how to observe, assess and facilitate others taking in consideration all the body systems and the developmental perspective. In this course, the approach is explored particularly in individual sessions.

## **NEW FRONTIERS**

**3 days / 21 class hours**

Faculty share with the group the latest BMC® material exploring together with students some modalities with which they can continue a personal practice of research by their own.

## **TEACHING SKILLS**

**6 days / 42 class hours / 1 day off**

The focus of this course is on how to apply the BMC® approach in group teaching; on detailed analysis of how a class is prepared and then proposed; how to manage group dynamics; how to teach from the perspective of one's embodiment; how to receive indicators and feedback from the group while teaching; and finally, how to maintain dialogue with one's own group of students.

## **CLIENT ASSESSMENT AND THERAPEUTIC APPROACHES 2**

**4 days / 28 class hours**

Taking from the previous ASSESSMENT AND THERAPEUTIC APPROACHES 1, this course deepens all the aspects of working with clients in individual sessions.

## PSYCHOPHYSICAL INTEGRATION 2

**4 days / 28 class hours**

This course continues the exploration undertaken with PSYCHOPHYSICAL INTEGRATION 1 deepening all its aspects and applying these experiences in practicing the relationship Self - Other.

## PRACTITIONER COMPETENCY

**1 day / 7 class hours**

A day for evaluation and feedback from faculty and the group about each student's process of integrating the material.

## STUDENT PRESENTATIONS

**3 days / 21 class hours**

This is the module when students present their final project. This can take any form that the students choose to express their experience developed during the time of training, and share their plans for the future.

## PROFESSIONAL ISSUES 3

**3 days / 14 class hours**

In general, these last few days of training are designed to recognize students' skills as BMC Practitioners, both in managing individual sessions and in transmitting the approach through teaching to groups.

A variety of modalities is taken into account and how the BMC® approach is applied in different fields.

HOMework AND  
REQUIREMENTS

PRACTITIONER  
CALENDAR

REGISTRATION  
FORM