

Body-Mind Centering®
Certification Program 2008 – 2010 in Germany
Director: Jens Johannsen Co-Director: Friederike Tröscher
Somatic Movement Education Program

	#	Course Title	Class Days	Dates	Days off	Fee €
Module 6: June 26- July 11, 2010	11	Muscular System	9	June 26 – July 6, 2010	July 1,2	950
	12	Competency	1	July 8, 2010	July 7	100
	13	Professional Issues 1	2	July 9-10, 2010	-	250
		Graduation	-	July 11, 2010	-	-

*These courses are also part of the IDME program (Infant Developmental Movement Education Program) which applies BMC especially to the working with babies in the first year of life.

The first and last day of each course are full days. The classes start at 8:45 in the morning and end at 6 pm. There is a two hour lunch break. The course fees do not include accommodation. If registering two month before the course there is a reduction of 50 Euro per course except for Competency. *If you cancel 2 weeks before a course starts, we just keep the deposit, after that the whole course fee is due.* For Certification students also need to complete certain homework. This are 5 guidance sessions with a Practitioner of BMC®, 2 private sessions with a BMC® Practitioner, 10 study sessions and 5 SME classes (where you teach the material to a small group of people), 100 hours of movement classes and 50 hours of meditative practice. The costs of about 300 Euros are not included in the course fees and are only required for those who wish to graduate from as Somatic Movement Educators. *The payments are due two weeks before the course starts. Each course may be taken individually without any prerequisites except Competency.*

Body-Mind Centering®

Body-Mind Centering, integrates movement re-education and hands-on repatterning. The work is based on the rich and varied sources of anatomy, physiology, kinesiology and developmental principles. At the core of our courses are detailed approaches to access and explore each body-system and their integration in the patterning of our movement. We do this in a range of dynamic and physically active ways, and learn through our personal processes. Our experiences are the ground from which we work with others. This revolutionary approach is founded in the fullness of our very own sensory experience. The journey we take leads to greater awareness and deeper understanding of ourselves as human beings. It helps to understand how the mind is expressed through the body, and the body through the mind.

The programs and courses present detailed and specific approaches to the personal embodiment of our cells, our body systems and our developmental patterns. The principles and techniques learned in our courses can be used for personal development and for professional enhancement. This work is currently being used by people in movement, dance, yoga, bodywork, physical and occupational therapy, psychotherapy, child development, education, voice, music, art, meditation, athletics and other body-mind disciplines.

European BMC certification program in the Eifel, Germany:

Somatic Movement Education Program (SME) 2008-2010

Directed by Jens Johannsen (co-direction Friederike Tröscher)

Through the study of each body system and the developmental movement process, participants learn the fundamentals of embodiment practices. Whilst working on ourselves and others, we embody the anatomy and physiology of our physical structures; we touch and are touched in partnering hands-on techniques; we use sound, vibration, verbal dialogue and more to access the body's wonders. The experience of the inner tissues is brought to consciousness and taken into expression. The SME material has immediate applications to movement based disciplines— such as dance, yoga, sports, martial arts - and to other therapeutic modalities such as physiotherapy, occupational therapy, psychotherapy, bodywork and massage.

This 500+ hour program requires two years of study. Graduates are qualified to use the work in educational contexts.

The Infant Developmental Movement Education Program (IDME)

Directed by Friederike Tröscher and Thomas Greil

Begins with the SME-program. This program is especially suited for people who work with infants and wish to enhance their skills with an embracing, child-centered approach. This 280+ hour program is for bodyworkers and somatic practitioners who wish to expand their skills to include infants; as well as for parents & caregivers. The focus is on applying the developmental material specifically to working with normally developing children in the 1st year of life.

Certified Practitioner of BMC / Somatic Movement Therapy

Directed by Jens Johannsen

Continuing on from the SME-program in 2010-2012 this program builds on the foundations of the Somatic Movement Education program and requires two additional years of study, leading toward certification as a Somatic Movement Therapist. Themes cover: deepening personal embodiment, achieving greater subtlety in touch and repatterning skills, addressing psychophysical aspects, assessing clients, learning therapeutic approaches and developing skills as a professional. This 1000+ hour program takes four years to complete. Graduates are qualified to deliver the work in therapeutic as well as educational contexts.

Learning Through Embodiment – Growing into passing it on

Our courses explore the various body systems, developmental stages, and movement patterns through experiential learning. We bring awareness to all the tissues and body systems through somatization exercises, including movement, touch, vibration, sound and imagery. As we experience different body-mind states and movement patterns we can open to changes and new possibilities within and around us.

Exploring in this way is how we enter the BMC embodiment process.

Our programs, courses and workshops are for you,

- If you have an interest in exploring the body-mind relationship in a direct, experiential, and embodied way.
- If you are looking for a comprehensive approach to working with others in a profound and dynamic way using body, mind, movement and touch.
- If you want to become a professional in the field of Somatic Education and Therapy.
- If you are already working in the fields of Somatics, movement, and/or bodywork and want to enhance your skills with a detailed, grounded, heartfelt and integrated approach.

All body systems and developmental movement courses in Years 1 and 2 may be taken as individual courses or combined to fit your area of interest. It is also possible to combine courses of the School for Body-Mind Centering offered in different countries. No prior experience with Body-Mind Centering® is required. There are no prerequisites for entering the courses or the program.

Location

The certification courses of the SME program will take place in Feldenkraiszentrum DAS HAUS, Trierer Str. 27, 53894 Mechernich-Vussemer, approximately 1 hour by car from Cologne, Germany, in a rural setting of the region called Eifel. www.feldenkraiszentrum.de

Professional Affiliations

Students and graduates of our programs can join the Body-Mind Centering Association (BMCA, www.bmcassoc.org), the professional organization of Body-Mind Centering. Graduates gain authorization to use the registered BMC name if they join BMCA as professional members. Our Somatic Movement Educator, Certified Practitioner, and Certified Teacher Body-Mind Centering programs are approved by the International Somatic Movement Education and Therapy Association (ISMETA, www.ismeta.org). Through ISMETA, our graduates are eligible to become Registered Movement Educators or Registered Movement Therapists.

The School for Body-Mind Centering®

Year 1 Courses

Senses and Perception 1

Our senses begin as potential and develop in response to stimulation and experience. The senses of touch and movement are located throughout the body -- in every cell. The senses of vision, hearing, taste and smell are located in the head. It is through our senses that we receive information from our internal environment (ourselves) and the external environment (others and the world).

How we filter, modify, distort, accept, reject, and use that information is part of the act of perceiving. Perception is a global experience. It is the psychophysical process of interpreting information based on past experience, present circumstances and future expectations.

When we choose to absorb information, we bond to that aspect of our environment. When we block out information, we defend against that aspect. Learning is the process by which we vary our responses to information based on the context of each situation. This course will include:

- Exploration of the six senses (movement, touch, taste, smell, hearing and vision).
- Analysis of the perceptual-response cycle as the process of perception.
- Bonding, defending and learning as psychophysical processes based on your perceptions.

4 days; 28 contact hours

Skeletal System

This system provides us with our basic supporting structure. It is composed of the bones and the joints. The bones lever us through space and support our weight in relationship to gravity and the shape of our movements through space. The spaces within the joints give us the possibility of movement and provide the axes around which the movement occurs.

The skeletal system gives our body the basic form through which we can locomote through space, act on the environment, and sculpt and create the energy forms in space that we call movement. Through embodying the skeletal system, the mind becomes structurally organized, providing the supporting ground for our thoughts, the leverage for our ideas, and the fulcrums or spaces between our ideas for the articulation and understanding of their relationships. It provides the foundation for the psychophysical qualities of clarity, effortlessness and form. This course will include:

- Skeletal principles that enhance effortless movement.
- The relationships between bones and joints and how they integrate through the whole body.
- Evaluation and repatterning of skeletal alignment and movement imbalances.
- Techniques for facilitating the repatterning of the internal structure of bone.

9 days; 63 contact hours

Organ System

Our organs are vital and alive. They provide us with our sense of self, full-bodiedness, and organic authenticity. Organs are the contents within the skeletal-flesh container and carry on the functions of our internal survival -- breathing, nourishment and elimination. Organs are the primary habitats or natural environments of our emotions, aspirations, and the memories of our inner reactions to our personal histories. They support our postural tone and our feelings, and give volume to our movement. This course will include:

- Initiating breath, voice, movement and touch from the organs.
- Analyzing imbalances in individual organs and the organ system as a whole.
- Techniques to facilitate access to and balance in the organs.

7 days; 49 contact hours

Basic Neurological Patterns (BNP)

The development of these patterns in humans parallels the evolutionary development of movement through the animal kingdom. The Basic Neurological Patterns are the words of our movement. They are the building blocks for the phrases and sentences of our activities. They also establish a base for our perceptual relationships (including body image and spatial orientation) and for our learning and communication.

The BNP are one of the foundations of Body-Mind Centering® and are interwoven with the Embodied Anatomy (body-systems material) in later courses. The BNP have extensive application in the areas of movement and psychophysical expression. Done in sequences, the BNP can also form the basis for a deep and ongoing personal movement practice. This course will include:

- Exploration of the prevertebrate patterns: vibration, cellular, sponging, pulsation, mouthing, and prespinal.
- Exploration of the vertebrate patterns: spinal, homologous, homolateral, and contralateral.
- Distinguishing and integrating the actions of yield, push, reach and pull.
- Combinations of the vertebrate patterns that facilitate their integration.
- Facilitating developmental repatterning in yourself and others.

7 days; 49 contact hours

Primitive Reflexes, Righting Reactions and Equilibrium Responses (RRR)

If the Basic Neurological Patterns are the words, the Primitive Reflexes, Righting Reactions and Equilibrium Responses are the fundamental elements, the alphabet, of our movement. Underneath all successful, effortless movement are integrated reflexes, righting reactions and equilibrium responses. The reflexes are the most primitive patterns that occur in response to specific stimuli, and they establish basic survival patterns of function. The righting reactions are important in establishing a vertical or upright posture against gravity and a continuous head-torso axis. The equilibrium responses are patterns which maintain balance of the whole body in the dynamic relationship between the shifting of one's center of gravity through space and one's base of support. This course will include:

- Fundamental building blocks of human movement (the alphabet of movement).
- Postural tone and physiological flexion and extension.
- Differentiating the RRR in relation to the three planes of movement (horizontal, vertical, sagittal).
- The roles of the RRR in readiness for relating, relating to earth and heaven, gathering and reaching, taking hold and letting go, weight bearing, rolling, vertical uprightness, locomotion and equilibrium.

6 days; 42 contact hours

Ontogenetic Development

The period from intrauterine life through approximately 12 months of age is an extraordinarily formative time for humans. Our basic movement patterns emerge in utero, are present at birth, and develop through the first year of life. It is during this time that we build the groundwork for our movement and perceptual skills and pass through the milestones by which we mark our development. This course will include:

- Developmental milestones including: fetal movement, nursing, head control, eye-hand coordination, rolling, circumduction, belly crawling, quadrupedal creeping, sitting, kneel-sitting, kneel-standing, half kneel-sitting, half kneel-standing, squatting, standing, cruising, walking).
- The sequence of development that allows the infant to progress through each and all skill levels during its development process.
- Patterns of movement that inhibit more integrated skills from developing.
- Facilitating integrated movement skills and inhibiting patterns which limit full development.

4 days; 28 contact hours

The School for Body-Mind Centering®

Amherst, Massachusetts

Year 2 Courses

Endocrine System

The endocrine glands are the major chemical governing system of the body and are closely aligned with the nervous system. Their secretions pass directly into the blood stream and their balance or imbalance influences all of the cells in the body. The glands are the keystone between the organs and the nervous system and between the nervous system and the fluids. They create crystalline psychophysical states through which we are able to experience and understand the universal aspect of self.

This is the system of internal stillness, surges or explosions of chaos/balance and the crystallization of energy into archetypal experiences. The endocrine glands underlie intuition and the perceiving and understanding of the Universal Mind. This course will include:

- Initiating breath, voice and movement from each of the following glands and bodies: coccygeal body, gonads, adrenals, pancreas, thoraco body, heart body, thymus, thyroid, parathyroids, carotid bodies, pituitary, mammillary bodies and pineal.
- Distinguishing their reflex points.
- Aligning their energy centers along the spine.
- Establishing their relationships to bones and joints.
- Analyzing the glandular support of the spine and head.

5 days; 35 contact hours

Nervous System

Experience first occurs on the cellular level. The nervous system is the recording system of the body. It records our experiences and organizes them into patterns. It can then recall the experience and modify it by integrating it with patterns of other previous experiences. The nervous system is the last to know, but, once knowing, it becomes a major control center of psychophysical processes. It can initiate the learning of new experience through creativity and play. The nervous system underlies alertness, thought, and precision of coordination and establishes the perceptual base from which we view and interact with our internal and external worlds. This course will include:

- Distinguishing experientially the organization of the nervous system: central/peripheral; somatic/autonomic; sensory/motor.
- Differentiating and integrating from a psychophysical perspective the enteric nervous system of the gut, the parasympathetic and sympathetic pathways, and the somatic nerves.
- Assessing and releasing blockages in the nerve pathways. (brain and spinal cord, autonomic nerves, major somatic and autonomic plexes and their peripheral pathways).
- Understanding the principles of nerve reversals and methods of releasing them.
- Exploring balance of the autonomic nervous system as a calm support for intentional movement.
- How intentional movement provides the container of expression for autonomic movement.

7 days; 49 contact hours

Ligamentous System

The ligaments set the boundaries of movement between the bones. They coordinate and guide muscular responses by directing the path of movement between the bones and provide specificity, clarity, and efficiency for the alignment and movement of the bones. When all of the ligaments of a joint are actively engaged, the movement of that joint becomes highly specific and is carried effortlessly to surrounding and successive joints. The ligaments support the psychophysical quality of detailed specificity. This course will include:

- Initiating movement from the ligaments.
- Facilitating freedom, resilience, strength and integration of the ligaments through touch and repatterning.
- Releasing ligaments from the restrictions of surrounding tissues.
- Integrating ligaments into their corresponding fascial planes.

7 days; 49 contact hours

Fluid System

The fluids are the transportation system of the body. They underlie presence and transformation, set the ground for basic communication, and mediate the dynamics of flow between rest and activity, tension and relaxation. The characteristics of each fluid relate to a different quality of movement, touch, voice, and state of mind. These relationships can be approached from the aspects of movement, mind states, or from anatomical and physiological functioning. This course will include:

- The major fluids of the body (cellular, interstitial and transitional fluids, blood, lymph, synovial fluid, and cerebrospinal fluid).
- Distinguishing the qualities of specific fluids through movement and touch.
- Initiating movement from each of the fluids.
- Identifying individual psychophysical characteristics of each of the fluids and their various combinations.
- Gaining awareness of your own fluid affinities and recognizing their embodiment and expression in others.

6 days; 42 contact hours

Muscular System

The muscles establish a tensile three-dimensional grid for the balanced support and movement of the skeletal structure by providing the elastic forces that move the bones through space. They provide the dynamic contents of the outer envelope of flesh encompassing the skeletal structure. Through this system we embody our vitality, express our power, and engage in the dialogue of resistance and resolution. This course will include:

- Innovative muscle principles (proximal and distal initiation, muscle coupling and currenting, A and B muscles, four stages of a muscle action, eight functions of a muscle).
- Embodying muscles and initiating movement at the molecular level (actin and myosin).
- The embodied functions of proprioceptors (muscle spindles and Golgi tendon organs).
- Analyzing the actions of individual muscles and of groups of muscles from the perspective of one= position in relation to gravity.
- Interrelationships between muscles in different parts of the body and as they pass through different fascial planes.
- Techniques of muscle re-education and training.

9 days; 63 contact hours

Professional Issues 1

What does it mean to be a professional and how do you transition into this role? This course will cover some of the important issues facing professionals in the somatic field. This course will include:

- The student/movement educator relationship.
- Responsibilities of being a professional, including ethical guidelines and health precautions.
- Setting up and managing a professional practice, such as, finances, publicity, managing space and time, promotion, interfacing with other professionals, supervision and networking.
- The review of skills and evaluation of competency

3 days; 21 contact hours

Non-Certification Study Tracks - Combinations of individual courses to maximize your learning experience

All body systems and developmental movement courses in Years 1 and 2 may be taken as individual courses or combined to fit your area of interest. Students who wish to study more than one course, but do not want to do a whole program can follow one of several non-certification study tracks. These sequences of courses allow students to focus on a particular aspect of Body-Mind Centering®. They are an excellent way to gain extended experience with a wider range of this work. Study tracks are suggested sequences. Students also have the option of designing their own sequences of courses based on individual interests.

Introduction to Body-Mind Centering®

This track is recommended for students wanting an in-depth introduction to BMCsm. Each course in this sequence serves as an entry point to one of the other study tracks described below. Taken together, they provide an introduction to the broad range of this work. Courses include:

- Skeletal System
- Organ System
- Senses and Perception 1
- Basic Neurological Patterns

Musculoskeletal Structures

This sequence of courses offers a dynamic, multi-dimensional approach to our locomotor system. Courses include:

- Skeletal System
- Ligamentous System
- Muscular System

Embodied Developmental Movement

This track explores the origins of basic movement patterns and the powerful influence these patterns have in our lives. Courses include:

- Senses and Perception 1
- Basic Neurological Patterns
- Reflexes, Righting Reactions and Equilibrium Responses
- Ontogenetic Development

Embodied Anatomy

Discover the deep interrelationships between our body systems, movement and mind. In addition to exploring the musculoskeletal system, this track also includes the subtle and intricate role our internal structures play in movement, touch and psychophysical processes. Courses include:

- Skeletal System
- Organ System
- Senses and Perception 1
- Ligamentous System
- Fluid System
- Nervous System
- Endocrine System
- Muscular System

Body-Mind Centering® Certification Program 2008 – 2010 in Germany

Director: Jens Johannsen Co-Director: Friederike Tröscher

Registration Form

To register, please complete this form and the answers to the application questions and return them with a photo and deposit of 50 Euros for each course to m o v e u s GbR Köln, Germany.

Name _____ Street _____
Postal Code and City _____ Country _____
Telephone _____ Fax _____ e-mail _____

I am interested in pursuing the following studies

- Somatic Movement Education Program
 Infant Development Movement Education Program (IDME)
 Individual courses or a study track
 Body-Mind Centering® Practitioner Program

I wish to register for the following courses:

BMC Certification Course	Class days	Dates	Tuition in €	€
<input type="checkbox"/> Muscular System	9	June 26 – July 6, 2010	950	
<input type="checkbox"/> Competency	1	July 8, 2010	100	
<input type="checkbox"/> Professional Issues 1	2	July 9-10, 2010	250	
			Total	
Please subtract 50 Euro for each course if registered 2 months before course starts			Discount	
Deposit of 50 € per course/ Amount enclosed or wired				
			Total Amount due	

Tuition costs do not include travel, room and board, books, or other expenses. The tuition listed is for courses in Germany only. *If you register two months before the course starts you get a 50 Euro reduction on the course. If you cancel 2 weeks before a course starts, we just keep the deposit, after that the whole course fee is due. The payment is due two weeks before the course starts.*

Payment-Information: Name on account: moveus GbR Konto: 364653190 BLZ: 370 200 90 HypoVereinsbank Köln
For international transfers: IBAN DE39 3702 0090 0364 6531 90 SWIFT/BIC: HYVEDEMM429

Please use Euro Wiring/ Transfer if wiring from outside of Germany

With my signature I acknowledge that I take full responsibility for any injuries that may result from participation in this workshop.

Date:

Signature:

Body-Mind Centering® Certification Program 2008 – 2010 in Germany

Director: Jens Johannsen Co-Director: Friederike Tröscher

Payment Information

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The payment is due two weeks before the course starts.

Each course may be taken individually without any prerequisites.

Travel and housing and food are not included in the fees. You may contact the office to get suggestions for housing.

For Certification as a **Somatic Movement Educator** students also need to complete certain homework. This are 5 guidance sessions with a practitioner of BMC, 2 private sessions with a practitioner, 10 study sessions and 5 SME classes (where you teach the material to a small group of people), 100 hours of movement classes and 50 hours of meditative practice. The costs of about 300 Euros are not included in the course fees and are only required for those who wish to graduate from as Somatic Movement Educators.

Location

The certification courses will take place in Feldenkraiszentrum DAS HAUS, Trierer Str. 27, 53894 Mechernich-Vussem, approximately 1 hour by car from Cologne, Germany, in a rural setting of the region called Eifel.

www.feldenkraiszentrum.de

More information for how to get to the place will be available after registration.

Times

The first and last days are full days. Classes start at 9:00 in the morning. There are two 2-hour classes before the lunch break and one 2 hour class and one 1 hour class in the afternoon. Classes finish at 18:30.

Accommodation

Food and accommodation are not included in the fees. There will be a list of apartments available upon registration. All apartments are in the small village and in walking distance.

Food

There is no food provided. DAS HAUS has a big kitchen where participants can cook. There is also a big dining room. Shopping is only possible in the next bigger village, which is about 10 minutes drive with the car. We recommend to bring food for the first days.

Application Questions

On separate paper, please answer all the following questions. **Please type.** For ease in reading your application, type the question as well as the answer. You may be brief. **Please include your birth date and a photo.**

What we would like is to better know who you are, what you are bringing to the program, how you can be a resource to others in the program and what you need from others in the way of support. We hope this application will also help you become clearer about yourself, your goals and your expectations.

If you need to speak with someone regarding your application or any of the questions, please feel free to contact us.

1. What is your educational background? Please list any post-secondary schools attended, dates, and any degrees or certificates received. You may enclose a resume instead of answering this question. Please also include your date of birth.
2. Please list work or other significant experience. You may enclose a resume instead of answering this question.
3. What experience have you had with Body-Mind Centering[®]? How did you first hear about it? Have you had individual sessions, classes or workshops with a Certified Practitioner? Who? Approximately how many hours?
4. Please list your experience with other body-mind disciplines (movement, dance, bodywork, other psychophysical approaches). Indicate whether your experience has been casual, serious amateur, semi-professional or professional.
5. What are your reasons for wanting to take this course or program? What are your expectations?
6. An important aspect of this program is its experiential nature. You will be working deeply with yourself and closely with other individuals and the group as a whole. You will be presented with a range of different teaching styles from our staff and different learning styles from other students. At times, you will be asked to step into learning styles that you may be unaccustomed to. In regard to these things, please tell us 1) your strengths and talents and 2) areas where you need support.
7. Do you have any physical or emotional conditions that could affect your participation in this program? If, yes, please describe.
8. Are you interested in the full Somatic Movement Education Program or in individual courses? Are you interested in the 4-year Practitioner Program or the Infant Developmental Movement Education Program?