Professional Training in Clinical Somatics

The Ingle Institute for Somatic Education (IISE) offers a professional training in Somatic Education and Clinical Somatics. The five segment long training runs over a two-year period.

Somatics is a movement awareness practice that improves the function of the nervous system and creates more ease and freedom of movement. This work teaches us to recognize and release holding patterns and chronic pain resulting from injury, stress, repetitive strain, and habituated posture.

The professional training covers the protocols, lessons and clinical techniques of Somatic Education. Lectures include neurophysiology, somatic philosophy, somatology, functional anatomy and kinesiology. By the end of the training, the participants will be competent in teaching their clients to understand the cause of their pain and training them in specific protocols and movement lessons to eradicate it.

The whole body of this work is based on the somatic tradition of Thomas Hanna, one of the first students of Moshe Feldenkrais. The primary focus of is to empower clients and students to master their own self-healing capacities. Somatic Education is not a new approach to treating pain, it is a new understanding as to the causative factors. It is not alternative medicine, it is good science based on neurophysiology which has been confirmed by recent developments in neuroplasticity. This method stands out from other forms of bodywork, in that it relies upon client participation to provide sensory-motor feedback, enabling the clients to make changes for themselves.

Curriculum

Segment 1 (10 Days), or Segment 1 Part 1 (4 Days) & Part 2 (5 Days)

In this segment the somatic functional problems of the spine and trunk are addressed. You learn to examine clients from a somatic perspective, how to conduct a standing examination, a passive examination and how to take a case history/intake. The clinical techniques of pandiculation, kinetic mirroring and means-whereby are introduced. These techniques are used to address disorders, such as chronic back pain, sciatica and scoliosis. The Red Light (startle) reflex and the Trauma reflex are the two fundamental protocols taught in this segment. These clinical protocols address the habituated posture of contraction through the front of the body as well as the trauma or ‘cringing reflex’, that often is seen as a side-bending of the trunk causing scoliosis. There will be talks on embodied learning on the essential principles, strategies and skills to enable participants to move freely and with ease. There will also be talks for participants to understanding the pedagogy of learning from a somatic viewpoint. Lectures include functional and embodied anatomy, neurophysiology, assessment techniques, clinical techniques of Somatic Education, case history taking, somatic principles and philosophy, sensory motor amnesia, and history and evolution of Somatics. The movement lessons taught in segment 1 are the eight Myth of Ageing lessons from the book “Somatics”, by Thomas Hanna.

In each segment the participants practice the hands-on techniques with the teachers to assure their learning and quality of the clinical work.

Segment 2 (5 Days)

In this segment the Green Light clinical protocol is taught. This protocol addresses the habituated posture of contracted back muscles, often seen as an over arched lumbar spine, resulting in lower back pain. Refinements are taught of the Red Light and Trauma protocol learned in segment 1. The clinical work in segment 2 focuses on how to address conditions of the upper limb; shoulder, elbow, wrist, and hand. Techniques for the following conditions will
be taught: frozen shoulder, carpal tunnel, tendonitis, repetitive strain injury, and more. You will also learn to teach new somatic movement lessons that go beyond the Myth of Ageing series.

**Segment 3 (10 Days)**

In this segment the Breathing and Neck protocols are taught. In the Breathing protocol participants learn clinical techniques to release the diaphragm, ribcage and primary muscles of respiration.

In the Neck clinical protocol the structure and function of the cervical spine and musculature are addressed in relation to the thoracic and lumbar spine, pelvis and shoulder girdle. Within the neck protocol are applied somatic techniques with a whole body perspective to address acute and chronic neck pain conditions.

Refinements are taught of the Red Light, Trauma and Green Light protocols. The clinical work in segment 3 also addresses conditions of the lower limb related to the knee, ankle and foot. Participants continue to learn more advanced somatic movement lessons, from the Beyond the Myth of Ageing series and more. On this segment participants will start the process of learning how to create their own clinical lessons for individual client’s needs.

Lectures include neurophysiology, functional anatomy and kinesiology. Students present their case studies and there is a written anatomy and kinesiology exam. Between segments 3 and 4, the participants will see individual clients to practice the new clinical protocols and teach more advanced somatic movement lessons. A part of the homework is to write a short neurophysiology paper based on somatic thinking, which will be handed in before segment 4.

**Segment 4 (5 Days)**

In this segment the Walking and the Temporomandibular joint (TMJ) protocols are taught. Assessment and mechanics of walking and conditions related to TMJ dysfunction are addressed. The Breathing, Neck and Green Light protocols are reviewed with refinements. New movement lesson related to the walking, TMJ and breathing are also taught and once more students present their clinical case studies.

**Segment 5 (10 Days)**

In this segment participants will learn how to work with their clients in new positions and ways. There will be an emphasis on how to address very acute low back pain. Participants will also learn to design and teach their own somatic movement lessons and continue the journey to create our own unique clinical protocols that is addressing their client's individual needs. Lectures include Somatic embodiment and conditions that Somatic Education and Clinical Somatics can help. In the final fours days of this segment there is a clinic for students to demonstrate their competency with new clients. Those who successfully demonstrate competence in the clinical work, teaching movement lessons and who have completed all assignments will be certified as approved Clinical Somatic Practitioners and certified Somatic Educators.

**Training Resources and Materials**

In addition to the in-house training you will receive:

- A course book for each segment covering written out lectures, clinical hands-on work, movement lessons in an “easy-to-teach-from” table format and synopsis of lectures.
- Assignments book, for 1st and 2nd year.
- DVDs of the clinical hands-on protocols.
• Audio and video recordings of the lectures, lessons and demonstrations.
• Access to a mentor between segments who offers practical guidance on the application of Somatics.
• Meetings with a mentor and mentor group to discuss questions, difficult cases and progress on assignments. These meetings can be attended in person or virtually.

**Quality Teaching**

As part of our mission to train competent and confident practitioners, the teaching team is committed to providing all participants with the support they need. Throughout the in-house training the teaching team is available for clarification and further discussion of material and techniques. The teaching team follows strict ethics to insure all participants are treated fairly and equally, and that they receive the support they need in their learning process. Between segments students have access to a mentor who offers guidance in their process of developing as Somatic Educators.

**Teaching Team**

*Educational director, founder and core teacher:* Brian Siddhartha Ingle, DO, certified Hanna Somatic Educator, certified Feldenkrais practitioner.

*Program director and core teacher:* Gayatri Schriefer, BScEd, certified Hanna Somatic Educator.

Both core teachers are graduates of the *Novato Institute for Somatic Research and Training* in California, USA and certified by Eleanor Criswell Hanna.

Teaching assistants that have graduated from the *Ingle Institute for Somatic Education* frequently assist on trainings. This ensures the highest quality teaching for the participants and promotes the graduates to deepen their development as Somatics Educators.

**Training Dates and Times**

- Segment 1, part 1: 16-19 Sep 2016, Västervik (taught by Gayatri Schriefer)
- Segment 1, part 1: 29 Oct-1 Nov 2016, Hallstavik (taught by Gayatri Schriefer)
- Segment 1, part 2: 2-6 Dec 2016, Hallstavik (taught by Gayatri Schriefer)
- Segment 3: Nov 2017, (taught by Brian Ingle and Gayatri Schriefer)
- Segment 4: Spring 2018 (taught by Brian Ingle and Gayatri Schriefer)
- Segment 5: Autumn 2018 (taught by Brian Ingle and Gayatri Schriefer)

Teaching hours are between 9.00-18.00, with a break for lunch. If you are not able to start your training in Sweden you may do segment 1 in our training programs offered in Russian speaking countries and then join the training program in Sweden.

**Training Fee**

- Segment 1 (10 days) 12.000SEK/1300€
- Seg 1, part 1 (4 days) 5500SEK/600€
- Seg 1, part 2 (5 days) 6500SEK/700€
- Segment 2 (5 days) 6500SEK/700€
- Segment 3 (10 days) 12.000SEK/1300€
- Segment 4 (5 days) 6500SEK/700€
- Segment 5 (10 days) 12.000SEK/1300€

**Total:** 49.000SEK/5300€
The deposit for segment 1 is 2400SEK/260€. If you take only part 1 the deposit is 1500SEK.

Please note that you have secured a place on the training once we have received your deposit. The deposit is non-refundable, but incase a participant cancels their participation in the training, when possible we offer to transfer the deposit, minus 10% of the deposit, towards another training that is arranged by the Ingle Institute for Somatic Education.

Please also be aware that the training fee does not include room or board. The training fee is to be paid in full before the start of segment 1. Please send the course coordinator an e-mail when you have made a money transfer.

Please let us know if you prefer to make a bank transfer, payment via PayPal or to pay by cash and we will send you the information.

**Prerequisites**

In order to be accepted onto the training program one needs to have taken part in a two-day Introduction to Clinical Somatic Education or an equivalent introduction to Somatics.

**Application Process**

To apply for the professional training in Clinical Somatic Education make an online application on [http://livingsomatics.com/clinical-professional](http://livingsomatics.com/clinical-professional)

Please let us know if you have any questions regarding the training and how we can assist you further in your application process.

To contact us at [www.livingsomatics.com](http://www.livingsomatics.com), e-mail or call Gayatri Schriefer on info@somatics.se or 0046-(0)707-598096.