



Dynamic Embodiment: Somatic Movement Therapy Training

Director, Martha Eddy, CMA, Ed.D RSMT

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JOIN A MOVEMENT OF PROFESSIONALS DIGGING DEEPER INTO THE POWER OF TOUCH IN EDUCATION

INTEGRATE YOUR LABAN/BARTENIEFF and BodyMind WISDOM AND EXPERTISE

BUILD CONFIDENCE AS A SOMATIC MOVEMENT EDUCATOR/ THERAPIST

BE PART OF A LIVELY AND GROWING COMMUNITY

WHO

Advanced and Certified members of the Laban community with introductory knowledge of basic BodyMind Centering (BMC) developmental and physiological principles. Dynamic Embodiment-Somatic Movement Therapy Training, is sponsored by Moving On Center (www.movingoncenter.org/smtt.htm)

PRE-REQUISITES

Minimum: introductory courses (12 – 15 hours) in Laban Movement Analysis, Bartenieff Fundamentals, Developmental Movement and the Body Systems work of Body-Mind Centering. Students have previous experience with skilled touch from a somatic perspective as well as practice with counseling or group process. It is also helpful to have taken Eddy's course: Dynamic Movement, Dynamic Health© and Dynamics of Touch©. (Offered in NYC/CKE at Movements Afoot)

WHEN & WHERE:

June 7 – 19, 2010 in the Berkshires at EarthDance in Plainfield MA
Followed by several 4 day Summer Intensives in New York City
Classes generally meet 9am-5pm

FEES

Consist of Housing + auditing, tuition, or supervision fees. Fees vary based on degree of involvement. See options below.



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GOALS

- Assessment of your skills in performing, applying, and teaching Bartenieff Fundamentals and Body Mind Centering developmental movement and theories especially as they relate to working with clients
- Using Laban Movement Analysis to name and appropriately apply diverse qualities of touch to bring movement vitality to different tissues of the body. Learn to see issues that arise in different physiological body systems: Observe and respond to challenges beyond musculoskeletal alignment: consider ligament imbalances, organ dysfunction – eating disorders, tone weaknesses - joint limitations, glandular confusion, circulatory sluggishness, or tension or laxity in any body area.
- Practice with case studies, business skills and discussions about ethics.

OPTIONS FOR INVOLVEMENT

1. *Audit for pleasure* (attend intensive at EarthDance)
2. *Audit towards completion of education to become an ISMETA Registered Somatic Movement Therapist or Educator* (attend at least 100 hours of training in 2010 or over the course of several years) (www.ismeta.org; 212-229-7666)
3. *Application for certification in Dynamic Embodiment Somatic Movement Therapy (DE-SMTT) with Martha Eddy* (begin independent study work in Feb 2008 and attend the full training.
4. *Supplement your study of BodyMind FITNESS* (www.MovementsAfoot.com)
5. *Assist in the DE-SMTT training* Option open for Registered Somatic Movement Therapist or CMA's that have completed all of ISMETA's educational requirements (e.g., Krista Weih's auxiliary program) – no certification provided (supervision fee)
6. *Also come to our workshops at Stony brook and in Europe (more information below and attached)*



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Quotes from DE-SMTT Graduate who are also Laban/Bartenieff certified -

SMTT gave me a great therapeutic understanding of how to approach individuals, using all my movement analysis knowledge that I gained in IMS. Having gone through SMTT has made me much more of an aware person in terms of being in touch with my own sensations, feelings and intuition. I have a deeper understanding of my body through SMTT, which is of tremendous help when tuning into a client. IMS offered me mainly the observational skills to work with clients and SMTT got me in touch with my own conscious and subconscious being. I believe if you are a certified Laban/Bartenieff movement analyst and want to expand your field of work in the therapeutic/therapeutic-educational direction, SMTT offers you a wonderful link.
Birgitta Sivander, CLMA, Physio-Therapist, 2003 IMS program.

During my training in SMTT, I was also in Massage School, and had just finished at LIMS. I had so much information simultaneously that it is hard to say what has affected my work the most. Massage and Movement Analysis seems to take more of the lead in my practice, but I am affected by the SMTT material, and it comes out, intuitively at different times while I am working.

Marilyn Garrett, CMA, Massage and Movement Therapist 1990 LIMS weekend program.

As a CMA, I felt both prepared for and challenged by SOMAction [DE-SMTT] Movement Therapy Training. The SMTT concepts integrated with and deepened my knowledge of LMA and BF. I continue to embrace the work for myself and to refine my sense of touch and observation in working with my students.
Tina Kambour, Dance Professor CMA 1988 LIMS NY Intensive