You’re Invited to Join an Advanced Group of Learners in *Dynamic Embodiment™* in-person & online with Martha Eddy & DE Faculty
OVERVIEW

Bring your 300+ hours of somatic expertise and complete needed segments up to 200-hours to become Certified as a Dynamic Embodiment Practitioner and/or a Registered Somatic Movement Educator / Registered Somatic Movement Therapist.

TRAINING CONTENT

You will be led through Martha Eddy’s 35-year blend of Laban/Bartenieff studies with Body-Mind Centering®. The primary training focus is on assisting individuals, whether privately or in groups, to achieve their embodied potential. DE-SME&T a scholarly, research-based, focus, with concepts from Dance Science, as well as social-emotional learning, conflict resolution, peace education and other aspects of a social somatics, activist approach.

WHO YOU ARE

Skilled Professionals: educators, therapists, coaches, and more - actively using Laban, Bartenieff or BMC principles, or having completed all, or large segments of, Moving On Center's Somatic Education module, one or more ISMETA-approved Somatic Movement certification programs & drawn to Dynamic Embodiment for its theories and/or applications in the realms of health, fitness, dance & social change.

COHORT

You will be expected to create at least one or more cohorts with classmates in person or by phone or online for study groups and practice, and to find people in your local area to practice hands-on work together (students, colleagues, family members).

ELIGIBILITY

Demonstrate proof of an understanding of basic facets of LMA, BF, Body-Mind Centering’s Body Systems (also referred to as Embodied Anatomy & Embodied Physiology), and Basic Neuro-cellular Patterns of BMC (developmental movement). We will need to see a transcript that you have learned this from RSMT/Es.
OVERVIEW

PROGRAM DESIGN

Monthly Zoom lessons provided each month. Recordings of most of these lessons/discussions will also be available.

ADDITIONAL OUTSIDE REQUIREMENTS

Pay for 10 private sessions with RSMTs/Es and any additional courses/workshops needed to meet your goals. Participate in 24 study groups & an optional 10 hours of observation/internships.

ADDITIONAL ALLIED COURSES/OPTIONS FOR ADDITIONAL HOURS

Each person has a different background and goals; we guide you in person and online, directing you to additional courses in Greater NYC, the Bay Area at Moving On Center and in your local area that meet requirements.

APPLICATION

Please find application attached. It will also be online. There is no fee to apply. Check info at www.DynamicEmbodiment.org often for new invitations. Learn more about Martha Eddy’s workshops and worldwide offerings at www.DrMarthaEddy.com

Check out Bay Area workshops and modules at http://www.MovingOnCenter.org

GOALS

Every student will be supported in their own scholarship - whether it is designing curricula, engaging in case studies, executing new hands-on techniques. Additional applications based on these principles include publishing articles, making creative statements, and conference presentations.

Exit projects will be required - one at each stage (e.g. a series of case studies, designing a movement program at a museum, lesson plans for a specific population, etc.).

BENEFITS

Dynamic Embodiment Practitioner (DEP) benefits include but are not limited to:
- DE Practitioner website listing
- DE marketing materials and letters of recommendation
- Discounts on Advanced training including BMD, and MFL Certification
- Worldwide presence within the DE-SMTT community (and FB page)
- BMC Association potential membership (your choice)
- ISMETA and BMCA journals (your choice to enroll)
- Links with Coaching Programs and Certifications.
- Insurance through the above affiliations
The goal of this Advanced Training is to learn to APPLY Dynamic Embodiment with students or clients. You present proof of 300 hours of training with RSMEs and RSMTs in your area (if you don't have quite enough you can continue to amass them), and complete studies with Dynamic Embodiment. This PROGRAM is an Advanced GUIDED INDEPENDENT STUDY PROCESS with Individual & Small Group Lessons & Study groups, Advisement, Mentorship via Zoom (online free video conferencing), and in person Intensives for Theory & Practice.

DE-SMT is a 30-year intersection of Body-Mind Centering® and the Laban/Bartenieff work, originally named the Somatic Movement Therapy Training (SMTT) in 1990 and rebranded as Dynamic Embodiment Somatic Movement Therapy Training (DE-SMTT) once the term Somatic Movement became commonly used (2005). It was started by Martha Eddy and then incorporated into the Moving On Center starting 1994.

This program is for professionals who want to become Dynamic Embodiment Practitioners (DEPs) and/or Registered Somatic Movement Educators (RSMEs) or Registered Somatic Movement Therapists (RSMTs) and need to complete 500 hours of approved training with www.ISMETA.org. Finally, it is for any mover who wants...
to gain more confidence in working with their clients and students within a system that allows their own natural talents and interests to guide their work - in other words, people who are smart, sensitive, and creative!

Everyone must engage in professional DE practice with individuals - this is true even if your major focus will be teaching groups. Practice can include coaching students, leading one-on-one authentic movement, somatic fitness, somatic dance coaching or hands-on somatic movement sessions. You may elect to focus your DE studies 1) on group teaching and receive a DE Practitioner Somatic Movement Educator Certificate or 2) focus on individual health work and gain the DEP Somatic Movement Therapist Certificate. Both options require the same number of hours. The assignments are slightly different to accommodate your differentiated focus. All students’ prior knowledge and natural gifts are embraced, along with your specific passions for learning and giving to others. Every student gravitates toward a unique application of the work and is encouraged to develop this.

Each stage of study (called Component) will contain work in Movement Repatterning, Health Equity and Social Justice; Dynamics of Touch™ (DE blend of LMA and BMC), NeuroMotor Perspectives in Education; Pain Management and Trauma Recovery; Somatic Movement Professional Ethics; ISMETA professional Standards; Embodied Marketing of your niche within Dynamic Embodiment and in the somatic education field in general.
The content of DE training focuses on learning to help people to find health and balance in different body areas - the torso as a whole, the pelvis, the rib-cage region, the legs, the head-neck-shoulders, the arms-wrists-hands, and the feet using DE principles, techniques, and improvisational (e.g. Authentic Movement and LMA derived) methods. All methods are steeped in acute human movement observation. The DE process includes both somatic and autonomic inroads to self-discovery and self-regulation: working with organs, glands, and fluids within the neuro-muscular system. The DE approach also draws upon the structural support of movement sequences - specifically developmental movement, Bartenieff Fundamentals, yogic asanas, and some of the Laban Scales. Background in BodyMind Dancing and Moving For Life are a plus - they model how to use this information in a dance class context.
In this training you engage to:

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<th>Learn the arc of a somatic movement private session or group class.</th>
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<td>Know how to resource DE principles in the detective work of helping an individual student or client with their pain, discomfort or performance goals.</td>
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<td>3</td>
<td>Recognize a person’s psychophysical dimensions as perceived through movement observation and how to provide support and options that match their individual needs and desires.</td>
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<td>4</td>
<td>Become comfortable in &quot;holding emotions&quot; - being a compassionate witness to sadness, fear, anger, or anxiety and how to take care of your own recuperative needs.</td>
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<td>Be ready to refer clients and students to a well-developed network for psychodynamic or somatic psychological support. Learn about resources for your own psycho-physical balance.</td>
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<td>6</td>
<td>Gain confidence in using Eddy's EGIC model in facilitating personal and interpersonal growth or in Conflict Resolution (EGIC = Express/Ground/Identify Intentions &amp; your Integrity/Communicate Effectively).</td>
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<td>7</td>
<td>Meet ISMETA requirements for ethics/scope of practice/ISMETA membership in coursework that is woven into various stages of the work.</td>
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As stated above, Dynamic Embodiment candidates are smart, sensitive, and creative people. Most will have prior somatic certifications – MOC, BMC, LMA/Bartenieff, or other training that the Director has approved (e.g. Alexander, Continuum, Dart, Feldenkrais, Pilates etc). All prior training that is linked closely to DE (BMC, Bartenieff Fundamentals and LMA) qualifies you for advanced work; many others are acceptable too. The bottom line is that:

You arrive with 300 or just a little under 300 hours of somatic movement studies completed with an approved training program or with RSMEs and RSMTs and yet you have a desire for more information and/or more practical application of the work.

In the case of BMC and LMA/BF trained practitioners, it is the range of content in which you have studies that preps you best (not as many hours are needed in any one area), your desire to be part of a dynamic socially conscious community and the chance to PRACTICE articulating your gifts.

You also must demonstrate a willingness to study independently using both in-person and online resources provided and that you find, seek out multi-sensory resources, and be an active participant in a dynamic group from around the world.
Cohorts are an important aspect in developing one’s study areas. There are two types of cohorts - those who live near you and those who share your interests. A determining factor in a cohort is that it should have at least two, but ideally more people. This Advanced Independent Study of Dynamic Embodiment is steeped in Human Development and Relational Dynamics. Possible interest areas include points of intersection such as:

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<td>Health and Healing from Conception to Death (can include Moving For Life, Creative Approaches to Hospice, Doula Support with NeuroCellular Patterning)</td>
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<td>2</td>
<td>Embodied Education &amp; the Creative Arts (can include BodyMind Dancing)</td>
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<td>3</td>
<td>Designing Individual and Group Programs for and with Youth or Adults</td>
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<td>4</td>
<td>Adaptations for Children and Adults with Learning, Behavioral, and Physical Disabilities (includes how our own perception is awakened in the presence of this learning process)</td>
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<td>5</td>
<td>Spirituality as One Basis of DE - Relational Somatic Movement Transformation</td>
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Other topics can be emergent, by request, or be post-graduate workshops. For instance: Working with Infants with Disabilities (advanced)//Embodied Activism//Working with Movement Disorders//Dynamic Movement, Dynamic Health elaborations of Moving For Life DanceExercise for Cancer Recovery etc. Other topics that are suggested are considered seriously.
In order to be eligible for the ISMETA Registered Movement Educator or Registered Somatic Therapist status through the DE program, you must have a basic understanding of the categories and principles of movement awareness and analysis as taught in **Body-Mind Centering® (BMC®)** and **Laban/Bartenieff Studies**. To join this Advanced program you also need in-depth studies in either BMC, Laban, or Bartenieff work or in a combination of them, or in another Somatic Movement system (Alexander, Continuum, Feldenkrais, Global Somatics or any other ISMETA program). This combo is provided by the **Moving On Center** program. **Courses with Lissa Michalak, and Michelle Cohen-Cote** are also strong preparation. Additional studies with an RSME or RSMT in Authentic Movement, Cranio-Sacral Therapy, Somatic or Embodied Anatomy, and Somatic Movement/Dance are valuable supporting information. Prior courses that have been taught by either an RSMT or RSME may be eligible to be credited toward Registration and/or DEP Certification. All prior studies are documented in the **Pre-requisite Transcript** submitted with your application. In this way you can avoid redundancy in repeating courses. You may also elect to review a class as a half-price auditor. Once accepted you will be advised by a member of the Dynamic Embodiment faculty to develop a course plan, which will be reviewed by Martha Eddy or a senior faculty advisor (you can learn more about Martha Eddy at [www.DrMarthaEddy.com](http://www.DrMarthaEddy.com)).

Some students will need to meet prerequisites (e.g. Anatomy) or gain more Somatic Movement hours to complete their 300 prior-learning hours while engaged in the program. This is best done in the early months of your training as it impacts HOW YOUR LEARN THE DE-SMT MATERIAL. The DE-SMTT program also provides you information about digital and in person workshops and courses that you can take with other RSMT/Es. It is always ideal to study with our Dynamic Embodiment faculty and practitioners (DEPs) as they understand this unique somatic movement blend. See below under "Additional/Allied Courses.”
PROGRAM DESIGN

- Demonstrate 300 hours of prior studies with RSMT/Es in the underpinnings of DE - Laban/Bartenieff work, Body-Mind Centering®’s Neuro-Cellular studies and Experiential Anatomy (Body System) courses.*
- At least four intensives of three – five days each are offered over two years. (20-80 hours each for up to 200 hours of training in two years)
- You select which of these 200 hours suit your schedule and your needs for completing the independent work.
- Supporting Zoom sessions are offered once a month for 3 hours each.
### ADDITIONAL OUTSIDE REQUIREMENTS

Ask for detailed program session schedule or find it online at the [www.DynamicEmbodiment.org](http://www.DynamicEmbodiment.org) calendar.

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<td>Critical engagement: Find a hands-on study partner. (Recommended: up to 12 sessions totalling between 12 and 40 hours depending on your background). Everyone must also schedule their own 10 private sessions for RSMT/Es (at your own expense; barter is possible). Everyone must summarize any series of classes (online and in person) for which you want credit. (DE provides a form for you). Optional Internship (e.g. observe an RSME or RSMT working on a friend, work in a brain injury center, within another somatic movement context). Hours vary based on your goals and your prior expertise.</td>
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1. **Participate in at least 24 documented study groups** of at least one hour each. Everyone must do 24 hours but you may petition for more study group time.

2. **Private sessions:** In order to have a true understanding of the field you are entering, it’s important to experience a Somatic Movement Education or Somatic Movement Therapy session. You set up these sessions, selecting practitioners of your choice. You may select who you want to work with based on content/style of working, the cost, and the location. However, you must experience at least 4 different practitioners. In other words, no more than 3 sessions with one practitioner will be credited toward your DE study.

3. **Additional courses:** Everyone will need to round out her or his education to meet both the requirements of the course of study and your specific professional goals. The number of hours will vary amongst the group.

4. **Optional Observation/Internship Experience:** Locate a site or two for a total of 6 - 16 hours. You will learn from watching your teachers and peers “working on” others. An internship can include observing a colleague’s movement session or volunteering in a clinic that includes an RSME/T at work. Supervised RMST/E internships can count toward your 200 hours.
**ADDITIONAL CLASSES & ALLIED COURSE OFFERINGS - IN PERSON**

If you are not already a Bartenieff Practitioner, Body-Mind Centering practitioner or teacher, or Laban Movement trained Analyst then the Somatic Education Module on [MovingOnCenter.org](http://MovingOnCenter.org) is the main educational preparation into the DE-SMTT Course work. Another inroad can be studies to certify in BodyMind Dancing and Moving For Life and/or Somatic Anatomy or other workshops with DE faculty in NYC ([www.Studio55C.org](http://www.Studio55C.org)). Martha Eddy also teaches regularly at University of North Carolina-Greensboro, St. Mary’s College in the Bay Area, Marymount Manhattan College, and Arizona State University –Tempe, as do other DEPs/RSME/Ts.

All course work at Moving on Center in California (MOC) - including the Socially Conscious Body module with Carol Swann RSMT in Bay Area can be credited as well.

Dynamic Embodiment Practitioners, Lissa Michalak’s Somatic Anatomy courses, Michele Cohen-Cotes integrative work with Pilates and other somatic movement systems, and Dan Leven's Life Movement workshops can be useful if they balance your educational needs. BMC and Advanced Laban and Bartenieff Classes are most in alignment. Any coursework with faculty who are RSMEs and RSMTs in ISMETA-approved training programs can be considered. Conference classes with DE faculty may be credited as well. Some other RSME/T conference workshops may be applied for credit.

**Other workshops that align well with Dynamic Embodiment:**

- Cranio-Sacral Therapy & NeuroTactile Touch (a type of Connective Tissue) with Dr. Ron Lavine, chiropractor and ISMETA advisor/RSMT (in NYC area)

- Moving For Life (10 classes & 10 lectures) with MFLCIs who are RSMT/Es

- BodyMind Dancing with CTBMD/RSMEs or RSMTs in your area (San Francisco, NY, NJ, Europe)
Additional Supervised Course Option: Search in your area and let your advisor know of programs you find. Then write a proposal expressing how the coursework interfaces with your goals. Encourage a desired teacher to register with www.ismeta.org if they haven’t already done so.

**OPTIONAL ADDITIONAL ALLIED COURSE OFFERINGS - ONLINE**

- Embodying Mindfulness with Jamie McHugh, RSMT
- Somatic Anatomy with Lissa Michalak, DEP, RSMT
- BodyMind Dancing with Martha Eddy, Sherry Greenspan and Dana Davison, RSMTs and CTBMD faculty (up to 50 hours)
- Workshops with DEP who are RSMT/E's around the world.

Karen Beaumont, DEP '93 - Professor at Simon's Rock Bard - studying DE-SMTT again in 2019  Photo by Sindy Butz In Memoriam
APPLICATION

You can find the application and more information at DynamicEmbodiment.org.