



SOMATIC SYSTEMS INSTITUTE



Clinical Somatics

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CLINICAL SOMATIC EDUCATION PROFESSIONAL TRAINING PROGRAM™

PROGRAM PROSPECTUS

FULL CERTIFICATION PROGRAM

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*for more information, including schedules & tuition
– or to apply to the training program – visit us today at*

somatics.org/training



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Dear Prospective Student,

On behalf of the entire faculty at the Somatic Systems Institute, I would like to thank you for your interest in our Clinical Somatics Professional Training Program®.

As you may already know, Clinical Somatic Education™ (also known as Clinical Somatics™) is the direct, hands-on method developed by the late Dr. Thomas Hanna for teaching voluntary, conscious control of the neuromuscular system to persons suffering involuntary muscular disorders.

Whereas conventional wisdom relies on prescribing braces and pain medication to mask chronic pain, Dr. Hanna understood that constricted movement and diminished awareness of one's body were at the very root of the problem.

Clinical Somatics promotes improved well-being by teaching our muscles new ways to react to stresses. Founded on a wealth of scientific evidence, it has even been proven to aid in speeding up the recovery time from weakness, soreness, and distorted body movement. Dr. Hanna's research has also led to a solution for compromised weight distribution – which in as many as 50% of cases has been misdiagnosed and is typically mistaken for arthritis, bursitis, or herniated disks by practitioners of traditional Western medicine.

For over a decade, it has been the Somatic Systems Institute's mission to bring awareness of Dr. Hanna's groundbreaking work to fellow health care professionals and clients all over the northeast. We are proud to continue this tradition by offering development sessions of the highest caliber and integrity this year in Northampton, MA.

Taught by licensed instructors including those trained by Hanna himself, the Clinical Somatics Professional Training Program is dedicated to helping passionate students like yourself master the mind-body link to pain and recovery. Best of all, we are now pleased to offer the increased flexibility of our innovative Modular Training schedule, enabling you to more easily complete your studies without disrupting your current professional and personal commitments.

We hope the information here will help you learn about the great experience and opportunity provided both by the Clinical Somatics Training Program and the career that awaits you afterwards. We look forward to hearing from you if we can answer any additional questions, or to help you get started on your application.

Best regards,



Steven Aronstein
Executive Program Director
Somatic Systems Institute

About Clinical Somatics

Clinical Somatic Education™ (also called Clinical Somatics™) is the direct, hands-on method based on the work of Thomas Hanna for teaching voluntary, conscious control of the neuromuscular system to persons suffering involuntary muscular disorders. Founded on a wealth of scientific evidence, Clinical Somatics promotes improved well-being and aids in speeding up the recovery time from illness. This is achieved by creating an awareness and means of acting upon the body's warning signals. In Hanna's words, "It is the most advanced system known for relieving chronic disorders which, otherwise, are untreatable by either medical or traditional therapeutic means."

It was Dr. Hanna's discovery that perhaps as many as fifty percent of the cases of chronic pain are caused by what he termed sensory-motor amnesia (SMA). This is a condition in which the sensory-motor neurons of the voluntary cortex have lost some portion of their ability to control all or some of the muscles of the body. Problems such as poor posture or a bad back then occur when the ability to contract or relax a muscle group has been surrendered to subcortical reflexes – leading to weakness, soreness, and distorted body movement or compromised weight distribution that can cause secondary pain typically diagnosed as arthritis, bursitis, herniated disks, etc.

Clinical Somatics shows us that half of all chronic pain exists because the body becomes powerless to relax certain muscles. Simply put, the "conscious" or voluntary cortex of the brain has lost or forgotten how to do so and must be recalibrated.

The foundation for Hanna's work was published in his 1970 book *Bodies in Revolt: A Primer in Somatic Thinking*, which demonstrated the relation between sensory awareness and physiological efficiency. Much of Hanna's work is originated from Feldenkrais' sensory-motor training, introduced in the United States in 1975. The theoretical background of this tradition is outlined in Hanna's 1980 publication *The Body of Life*.

The major clinical techniques of this work have been developed out of the neurophysiological foundations of self-regulation training and biofeedback. Dr. Elmer Green, the illustrious pioneer of self-regulation training and founder of The Menninger Clinic's Voluntary Controls Program, says that Hanna's contribution to this field "is a milestone on the way to this understanding and to better health. If I could, I would put [Hanna's book] in the hands of every neurologist, internist, nurse, psychophysiologic therapist, and clinical psychologist in the country. What is explained in the book is not part of their regular medical education. To be complete therapists, though, they need to include, or incorporate, this information in practice."

Dr. Dieter Kallinke, pain specialist in Germany's largest rehabilitation clinic and student of Hanna's system says that it "answers questions that the experts are only beginning to ask."

THOMAS HANNA

Thomas Hanna, Ph.D., was a philosopher and somatic educator, who founded the field of somatics in 1970 with the book *Bodies in Revolt: A Primer in Somatic Thinking*.

He received his doctorate from the University of Chicago for his dissertation on existential phenomenology, later published as *The Lyrical Existentialists*. Hanna taught at Hollins College, where he became Chairman of the Department of Philosophy. He was also writer-in-residence at Duke University and the University of North Carolina in their Cooperative Program in the Humanities.

From 1965 to 1973, Hanna was Chairman of the Department of Philosophy at the University of Florida, where he had been hired to create the department's first doctoral program in philosophy. Hanna was elected a Fellow in the American Council of Learned Societies, which in 1969-1979 subsidized his writing of *Bodies in Revolt: A Primer in Somatic Thinking*. In 1971, he was elected the first President of the newly created Faculty Senate of the University of Florida.

Hanna came to San Francisco in 1973 to become Director of a noted graduate school, the Humanistic Psychology Institute. During this time, he founded and directed the first training program in the Feldenkrais Method, Functional Integration, taught by Dr. Moshe Feldenkrais from 1975 to 1977.

Subsequently, Hanna founded the first Institute devoted to the field of Somatics in 1975, as well as the magazine, *Somatics* in 1976. In his practice of somatic education at the Institute, he saw clients from all over the world.

He was the author of eight books, including *Somatics: Reawakening the Mind's Control of Movement, Flexibility and Health*, which has been published in English, French, German, Russian, Hungarian, and Spanish. Although Dr. Hanna passed away in 1990, his teachings and techniques live on at the Somatic Systems Institute's training program and courses.

PROFESSIONAL PRAISE FOR CLINICAL SOMATICS

“Thomas Hanna’s subtle exercises offer the exciting possibility that we can continue to be supple and graceful. Highly recommended for those who hang on past 30s.”

–Arthur J. Deikman, M.D., University of California, San Francisco; author, The Observing Self

“One of the most profound revolutions in our thinking concerns the fundamental connections between body and mind. Now that we begin to understand something of our inner healing powers, along comes Somatics to give form and shape to our new-found knowledge.”

–Paul DuBois, Ph.D., Executive Director, Association for Humanistic Psychology

“The missing link between many doctors and their patients can be rediscovered if both parties understand what Somatics is really about; how wisely and wonderfully we are organized to live a better life than many of us do.”

–Mark Schmid-Neuhaus, M.D., Chief Physician, Munich Health Park

Somatic Systems Institute :: History & Mission

The Somatic Systems Institute was founded in 1993 in Amherst, Massachusetts to bring awareness of Dr. Thomas Hanna's work to fellow health care professionals and clients all over the northeast. After Somatic Systems Institute had established satellite practices throughout the Northeast, the Somatic Systems Institute became the first and only authorized practitioner training program after Hanna's original program.

Somatic Systems Institute continues its more than twenty-year tradition of helping to improve the quality of both health care and education by offering training programs of the highest caliber and integrity. Taught by licensed instructors trained by Hanna himself as well as the faculty responsible for preserving, continuing and developing the original and enhanced curricula, our training program also includes free support services and consultations throughout the year to ensure understanding and mastery of this exciting field.

MORE PRAISE FOR CLINICAL SOMATICS

"If you have the slightest to most severe back problem, and want to learn and apply yourself, you can gently work miracles of realignment and pain relief with [Somatics] — it is truly and absolutely a miracle-worker. I was told there was no help but surgery, and no hope but deterioration for my condition — but it ain't so!"

§

"[Somatics] really changed my life. I used to suffer from shoulder tendonitis and other muscular ailments, but by using the material in this book I'm now 99% pain free. In addition, Somatics taught me about the causes and cures of muscular tension, 'aging', and poor posture. By applying what I learned in Somatics, my body has become much more supple and relaxed, making activities from walking to playing tennis to doing the dishes much more enjoyable."

§

"In a very short period of time, Somatics has dramatically improved the quality of my life. [Somatics] can help people understand how to alleviate chronically contracted muscles that cause them pain — it's as simple as that. People can do this for themselves each day, like I do, if they learn how to do Somatic Exercises..."

Clinical Somatics is both transformative and restorative. Somatics has given me improved flexibility and range of motion which has had a number of benefits — a higher quality of life and sense of well being (I am pain-free after struggling for years with bad posture and related stiffness in my back, neck and shoulders from desk work); improved athletic performance and shorter recovery time after strenuous exercise and lastly, a rapid and complete recovery from hernia surgery.

Imagine starting and ending each day feeling like you've just had a fantastic massage. 20 minutes of somatic exercises a day can do this for you. Suffice it to say that I'm telling everyone I know about [Somatics] and how [it] can help them improve the quality of their life."

§

"If you have any structural pain that just won't go away, if you want to better your bodily awareness, and especially if you are a healthcare professional, it is worth more than its weight in gold. I am a massage therapist, my work's effectiveness increased a hundred fold when I learned what [Somatics] offers, and my self-care routine did too."

§

"This is the first set of exercises for my back that has ever had any effect at all. My back began feeling better within a matter of days, and has just gotten better and better. If you've had back trouble that you can't get rid of, try this."

Testimonials from Students & Graduates

Yoga Therapist

The training I received from Somatic Systems Institute for my full Certification in Clinical Somatic Education was nothing short of excellent. I could go on and on about my experience, however, I'll keep it contained...

1. Steven Aronstein is an excellent educator. He shared his years of knowledge in Clinical Somatics with us, holding nothing back. He took his time, made sure we understood principles, concepts and the hands on training. There was never a problem reviewing to clarify. His assistant, Patience Bousel, was also excellent, sharing her knowledge and helping us clarify and grow in our personal and professional practice.
2. The clinics were a great hands on experience. Yes, they were nerve-racking. However the learning from the clients and the feedback from teachers, trainers and peers was invaluable. There was never any harsh criticism, only beneficial feedback that we were able to put into practice immediately. Some of my biggest takeaways to apply to my work came from those experiences. You learn from feedback and the teachers that gave their time during the Trainers Clinic, were great. They know the work, so they could guide us along, letting us know what we were doing well and what could use improvement. The public clinics allowed us to do hands-on work while being observed by other teachers and our peers. Again, very valuable feedback.
3. I came into the program as a Certified Yoga Therapist, very proud of what I had accomplished and what I learned from that experience. Once in the program, I very quickly started referring to my self as a Clinical Somatics Educator-in-training. That is how valuable I found the work, for myself and for my clients. Very quickly into the program I was able to apply the skills I learned to my personal practice and my clients and the results I was getting, even early on as a newbie, were so much more effective than all the training I had prior to starting with Somatic Systems and Steven Aronstein. The Yoga Therapy Certification I completed was very thorough and is a highly regarded school!
4. The program is run with our results in mind. They don't want to crank out a bunch of graduates, they want us to excel and get excellent results. It was very important for us to give feedback, so Steven and Patience would know how they could improve the program and how they would need to teach us. I always felt comfortable giving feedback, even negative, as I knew it would be taken seriously and implemented immediately. The entire training felt very democratic.
5. The icing on the cake, or the cherry on the top, was the friendships that developed during the training. I do believe we will stay lifelong friends and colleagues.

Yes, the training is a two-plus-year commitment and it may be more costly than other trainings that are out there, however, hands down, I would consider it being an advanced degree training and well-worth every penny I spent. As I said earlier, I was able to quickly apply what I learned into my business, which increased my business over what I had been experiencing. I've more than made my money back in a very short period of time. You can't beat experience and Steven has that experience. He knows the work inside out, he is excellent at the work. He still sees clients, so his knowledge stays fresh.

I highly recommend the program to anyone who is considering it. You will be so happy you did!

–Nancy Nesyto-Freske, Certified Yoga Teacher and Certified Yoga Therapist, Naperville, Illinois

Medic

It's difficult to sum up my time at SSI because there were so many dimensions to it. I guess the first thing is to say that it was transformative on many levels for me. It has been, hands down, the most supportive academic environment that i have ever encountered – and I have studied at institutions in several countries. Steve Aronstein is funny, engaging, passionate and truly brilliant in the way he has developed the curriculum, where the learning process flows organically and suddenly you realize you know some things you didn't know before and that knowledge is visceral as well as intellectual. Patience Bousel brings a different energy and lens to the teaching environment which rounds out the experience with case studies and support in developing as a movement teacher.

And then there is the work of Somatics itself. This work is not always easy, but the transformations that have happened in my own body as well as what i observe in the bodies of my clients has been immeasurable. When I found this work in 2013, i could barely stand or walk and was in excruciating pain. I found some Somatic exercises online and tried them out and *everything changed*, in one day. It was very strange but in the months afterwards I found SSI and began my studies to become a practitioner as well as continuing my own practice. I continue to evolve with it every day.

–B. Fraugg, Medic, Philadelphia, Pennsylvania

Physical Therapy Assistant

I've been a Physical Therapy Assistant for 24 years and a Massage Therapist for 2. This is the first course I've taken where I was able to and expected to apply the knowledge and techniques I was learning on the instructors. As a result it's totally changed the way I've approached working with my clients. I can actually go out feeling solid and comfortable working on people right away, rather than wondering if I'm applying the techniques properly.

–Nancy Graham, Physical Therapy Assistant, 24 Years, Keene, New Hampshire

Martial Arts Teacher

The training staff is excellent. Good chemistry between them and a well balanced sharing of the teaching labor. Everyone is fun and personable which makes for an excellent learning environment. I'm feeling confident and well prepared to offer my services in the community as a Clinical Somatics Educator, even as a student-in-training. I'm seeing more clients (paying clients mind you) than I would have imagined at this stage of learning. And I'm getting results. Clients are referring others in for sessions. I can't wait to learn more.

–John Loupos, Martial Arts Teacher, 35 years, Cohasset, Massachusetts

Pain Management Clinic Manager

[Since returning from my very first module of the Clinical Somatics Training Program,] I've done about 10 protocols this first week. Reactions have ranged from moderately pleasant surprise to unrestrained elation. I've done it on two ladies with significant chronic pain and they danced around shaking their hips (one said she hasn't been able to do that since 1991).

I'm looking forward to [the next module in] January. We have a great class and it will be fun to help everyone else develop into world class practitioners.

–Paul Hayman, Engineer and Pain Management Clinic Manager, Rapid City, South Dakota

Biotech Researcher

The Somatic Systems Institute Clinical Somatics Professional Training Program was an unbelievable experience. I was amazed at the unbelievable sense of freedom I experienced in my own body after only the first 9-day module. It was fascinating to experience even my thoughts shifting to a greater sense of freedom and feeling open to solutions and avenues that I didn't even see before. I don't know if I could ever fully explain this – everyone just needs to experience it for themselves. Looking back, it feels like I was living my life with my emergency brake on before this training.

From a professional standpoint, the training module was excellent. I left with a solid foundation of understanding the basis for the work of Clinical Somatics and complete confidence in performing a Clinical Somatics session with a client. I completely recommend this course to anyone looking to improve their own lives and those looking to help others improve the quality of their lives.

–Patrick Flanagan, Biotechnology Researcher, Upton, Massachusetts

Student

I have used Clinical Somatic Education to overcome not only the first and last time I “threw my back out”, but to manage and eventually eliminate migraines from my life.

I first met Steven and the gang in 2008 when I began the practitioner training at Somatic Systems Institute the first time. Yes, I said the first time. I wasn't able to continue after the first module so I stopped. I finally came back to begin again in 2012 and then finished my class hours a little over two years later. He welcomed me back as if I had been there all along. We get along well, and he is ready and willing to answer any questions you might have. If he doesn't have the answer already he will do his best to find it. Unless of course it is better that you find it on your own.

You might think the repetition of some of the principles of the work is excessive. Believe me it is not. When you begin the training you will likely have a way of seeing things and an understanding of how you and others operate that is almost the exact opposite of what you will learn and experience. Because it is your habit to think and perceive that way it might take a while for you to get out of it and then into the habit of seeing and experiencing differently. That is into realizing how you've been seeing and experiencing all along but just haven't been so clearly aware of it and then getting into the habit of going about each day so that you always remember.

I'm not sure whether I can say enough about how valuable Clinical Somatic Education is for you yourself, not to mention to all those you could help in a profound way. CSE literally has to do with the quality of our life. If we are not Somatically "literate," we suffer from the things that are going on under our conscious radar or attention that unchecked compromise the way we function. The moment we start to become aware of those things our quality of life begins to improve. Over time you will experience relief and change that you never imagined possible and – if you go through with this training or even point others to CSE practitioners or classes or self-guided resources – you will be able to direct others toward the exact same thing.

Feel free to contact me if you have any questions. I have personally benefited tremendously from the use of Clinical Somatic Education and I have been through the training. In addition to the two ways I've benefited that I mentioned at the beginning of this review I have been able to maintain my eyesight (at approximately 20/20.25), avoid constipation, overcome and avoid hemorrhoids, and eliminate my constant runny nose issue. There are plenty of other ways I've improved with the help of Clinical Somatics including several that would normally be considered psychological, but that will do for now.

–David Krauss, Fostoria, Ohio

Designer

“Where did this come from?” I kept asking myself, after recently participating in a Clinical Somatics movement weekend workshop. I was more than surprised – shocked! – to find that I immediately experienced an almost miraculous recovery from chronic long-term tight muscles and pain! That’s all it took: The following week I restructured my whole life to take this training [to become a professional Clinical Somatics practitioner].

A week later I found myself standing in front of the Somatic Systems Institute getting up the nerve to take that first steps into my beginning semester of training, to become a Clinical Somatic Educator myself.

The training was profound, precise. The academics were well thought out, organized, and paced in way that allowed me, with “only a martial arts background” to get more than I could ever have imagined. It was the fastest 9 days I have experienced, and ended too soon. But I was ready to practice what I was given. I now have the beginning tools to explore and “hone” new skills, before the next module of studies. I was a little torn having to leave newfound friends and the support of the teaching staff, but was happy to find the support staff are also our personal mentors in between semesters, and fellow students are just an email or phone call away, to chat, talk about our experiences, or resolve the “Big Question”... Which is the best restaurant in Northampton?

–*Dave Bilyeu, Designer, Providence, Rhode Island*

Massage Therapist

How has Somatic Systems Institute affected my practice? Heavens! How has it not? The mentoring I had from my faculty advisor was one of the most important tools I received. I started working right out of the box after the first semester....and I had some difficult cases. I sent her photos online and she sent back her input as to what my assessment was – it was like clinic with her watching. Had that not been in place, I would have had more trouble learning to “see” the client.

Somatic Systems Institute has sent me out into the world highly trained, supported by *on-going* mentorship (how often have I called the Director for help and guidance?!?) and deeply rooted in the principles of Clinical Somatic Education. Because we do so much work with ourselves somatically (in daily movement class), I’m better able to “see” what is going on with clients and to guide them to sense their bodies, movement and progress. The passion and enthusiasm, not to mention the technical expertise in training on behalf of the staff, has everything to do with the success of my practice. Somatics has changed my life; the way I perceive what happens with and to my body and the way in which I use my body. It has given me back my sense of physical independence and Somatic Systems Institute has helped me to get there!

–*Martha Peterson, Massage Therapist, 18 years, Maplewood, New Jersey*

Yoga Teacher

One of the students said that not only had he discovered a wonderful healing tool but also he had found a new family. I feel the same way. [There were] wonderful conversations and bonding moments during meals and during practice sessions.

The faculty’s teaching skills are superb. I feel it an honor and a privilege to be a part of such wonderful exciting education. This new field has such potential to ease human suffering in such a huge way. I am thrilled to be a part of such a spiritual and monumentally important learning field.

–*M.V., Yoga Teacher, Louisiana*

Program Curriculum

The program is conducted in three semesters, with each semester consisting of two intensive 9-day modules. The two modules of each semester total approximately 125 hours of class time. The three semesters constitute 500 hours of training, providing an ideal balance of academic discourse, experiential learning, and clinical practice.

SEMESTER I

The first semester of the program is concerned with somatic functional problems of the trunk and vertebral column. Students will learn somatic educational techniques that are consistently effective in eliminating fundamental disorders such as chronic back and neck pain, chronic headaches, sciatica, scoliosis, etc. The program includes lectures on kinesiology and the phenomenon of sensory-motor amnesia. Students also learn diagnostic techniques based on recognition of the typical postural disorders of the Landau Reflex, Startle Reflex, and Trauma Reflex. Students undergo examinations in the fields of kinesiology and Somatic theory & philosophy.

SEMESTER 2

The second semester focuses on somatic functional problems of the shoulder joints and arms and of the hip joints and legs. Students will learn procedures for eliminating such problems as carpal tunnel syndrome, tendinitis, frozen shoulders, chronic hip and knee pain, pronated or supinated feet, etc.; and receive training in neurophysiology. Students undergo examinations in neurophysiology and advanced Somatic theory & philosophy.

SEMESTER 3

The final semester is largely devoted to expanding the clinical skills of the students and to deepening their understanding of neurophysiology. Students enhance their ability to help clients solve functional problems related to the extremities, walking/gait, balance, and other conditions; as well as undergo advanced studies in proprioceptive functions and pathologies. Those who successfully complete the coursework and examinations of their knowledge of the field of Somatics and demonstrate competence in Clinical Somatics are certified as approved clinical practitioners of Clinical Somatic Education and authorized to practice in the profession, in private practice or in any number of clinical, academic, and academic settings.

SUPERVISED CLINICAL EXPERIENCES

Throughout their training, students are provided with practice in clinical settings with public clients. Real-world experience with expert supervision and guidance mean students develop advanced professional skills rapidly.

OUTSTANDING STUDENT SUPPORT

As part of our mission to train competent and confident practitioners, the Training staff at Somatic Systems Institute is committed to providing all students with the support they need both in and out of the classroom. Throughout class sessions, faculty and support staff are available for clarification of material and techniques, and further discussion of theory and research. Between modules and semesters, students have access to a **full-service Mentoring program** where faculty and support staff are ready to discuss difficult cases, review academic concepts, or simply check in about problems or progress with their independent study of the material. Additionally, with email lists, online forums, and study groups, you'll never feel left on your own with new or difficult material!

PROFESSIONAL CERTIFICATION

Upon successful completion of Somatic Systems Institute's Clinical Somatics Professional Training Program's coursework, assignments and requirements, students will stand for their certification exam to demonstrate their competency in the material learned to qualify for full Certification in Clinical Somatic Education. Only certified graduates of this program are authorized to practice Clinical Somatic Education.

CLINICAL SOMATIC EDUCATION SOCIETY™

Certified practitioners automatically become Certified Members of the Clinical Somatic Education™ Society (CSES), the organization that is the official professional support and public education agency for the field of Clinical Somatics. Certified practitioners are listed in the Certified Clinical Somatics Practitioner Directory, the only official listing of its kind, available in print and online.

Society Membership Benefits

Active Certified Members are entitled to an array of benefits and support services, including:

- Certified practitioners' names are listed in the Society's roster of certified practitioners provided to the public, including an searchable directory on the web.
- Your membership allows you to shape the future and vision of Clinical Somatics throughout the world.
- Active members have full support of the Society, which develops, researches, and sponsors Somatics resources, courses, standards, etc. to support its members in benefiting the public and promoting public welfare.
- Members benefit professionally and personally from the Society's promotional efforts; marketing materials and opportunities; web listings of member workshops and other events; individual web pages and service directories for members; a complete online community including professional message boards and discussion groups; annual conventions; and a variety of other services that enable practitioners to maintain relationships with the Clinical Somatics community worldwide.

PREMIERE STUDENT BENEFITS

In addition to our innovative training experience, Somatic Systems Institute students enjoy benefits that include:

- 25% discount on most educational products sold on our web site or at any of our retail locations.
- Wholesale pricing on retail Somatics products for sale to your clients and customers.
- Full-time mentoring program and access to faculty and other support staff year-round throughout the course of your training program and beyond.
- Online support tools, such as student-practitioner forums, so you can find professional & personal help 24 hours a day, 7 days a week.
- Optional study groups and practice weekends hosted throughout the year between training modules.
- Group rates for premium insurance specialized just for our industry.
- Discounted membership in Associated Bodywork & Massage Professionals association, for access to and affiliation with an international community of health care practitioners.
- Lifelong friends and community.

Training Faculty

The program employs team teaching to enrich the student's learning experience. Team teaching provides greater intellectual stimulation and closer supervision during clinical practice time. In addition, between semesters each student communicates with mentors from the teaching team. Mentoring helps assure that students receive personal attention with regard to assignments, issues with clients, and staying on track for completion of the program by the end of the final semester.

TRAINERS

Training of Clinical Somatics practitioners may only be conducted by certified Somatic Educators licensed to do so by the Somatics Board of Accreditation. Our trainings are conducted by these licensed instructors.

Our faculty are fully licensed trainers who have been continuously active in the training program for over a decade and have been instrumental in developing the training program and curriculum. They are certified practitioners who maintain private practices and offer periodic workshops open to both the lay public and health care professionals. Following is a partial listing of our training faculty.

Karen Hewitt is a certified Somatic Educator trained in the first program ever conducted by Thomas Hanna. She was the first Training Coordinator of the training program after Thomas Hanna. She has an extensive and distinguished background in classroom education, professional training, corporate training, and mathematics education. Karen is a founder and senior member of the Somatics Board of Accreditation, the international organization responsible for licensing and certifying Somatics programs and practitioners. Karen is a founding and Charter member of the Clinical Somatic Education Society, and has been in private practice in San Jose, California since 1990.

Pam Bladine is a certified Somatic Educator trained in the second program ever conducted, and has maintained a practice in Texas for over a decade. Pam is also a Massage Therapist licensed in both Texas and Oregon, with additional training in a wide variety of modalities including Zero Balancing, Polarity, Trager, Orthobionomy, Myofascial Release, and Cranio-Sacral Therapy. She has a strong interest in the arts, and has even served as events coordinator for the Old Chicken Farm Arts Center in San Angelo, Texas. In addition to her bodywork expertise, Pam has a Masters in Juvenile Correction, a background in dance, and over a decade's experience in Hollywood motion picture and television production.

Patience Bousel has been involved in the field of natural health for over 25 years. Her practice in Amherst, MA includes Clinical Somatic Education and The Trager® Method, and massage for pregnancy and postpartum. She has extensive experience in the Professional Training Program, and is responsible for introducing Somatics practitioners-in-training worldwide to the professional use of Clinical Somatics exercises.

PROGRAM DIRECTOR

Steven Aronstein is the founding Director and President of the Somatic Systems Institute. A certified Somatic Educator trained in the second program ever conducted, he has been in practice in Western Massachusetts and the Northeast for more than a decade. Steven is the first person accredited to operate a Somatics training program after Thomas Hanna's death. He is President of the Clinical Somatic Education Society, the official professional guild of Clinical Somatics. He has worked in K-6 education; and works with the High/Scope Foundation's Education Through Movement program. Steven has studied Aikido, Tai Chi, and Qigong, and pursued a professionally tutored study of holistic Japanese medicine.

TRAINERS' ASSISTANTS

In addition to our fully licensed faculty, the training program is also staffed by a number of Trainers' Assistants (TA's). TA's are certified Somatic Educators who are in training to become Trainers. They are involved in a multi-year process of apprenticeship and intensive hands-on work. To become a TA, practitioners undergo an application process and acceptance through both Somatic Systems Institute and the Somatics Accreditation Board, the certifying agency for Somatics.

Somatic Systems Institute strives to provide a premium experience for its students. All TA's working in the Somatic Systems Institute Clinical Somatics training programs are experienced personnel who complete additional TA training at a special dedicated training course.

TA's offer the students in our training program even greater support. Rather than decreasing the contact between students and the primary faculty like in many graduate programs, they add significant program human resources to greatly increase the already uncommon level of personal support and one-on-one interaction. In addition to offering additional expert feedback, improving the team's ability to directly monitor student strengths and difficulties, and enhancing small group classes and practice sessions, our TA's perform ancillary program duties which frees up primary faculty to work more closely and more frequently with students.

Training Location & Student Housing

The Training Program is held at SSI's national headquarters in Northampton, Massachusetts. The classrooms, practice spaces, and offices are located right in downtown Northampton, in the "Pioneer Valley" of Western Massachusetts. Northampton is nestled in the foothills of the Berkshires to the West and bordered by the banks of the Connecticut River to the East.

The Northampton-Amherst area in the center of the Valley is called the "Five College Area", home to "Five College Consortium" of Hampshire College, Smith College, Amherst College, Mount Holyoke College, and the University of Massachusetts Amherst (the state university's flagship campus). More than a dozen additional colleges abound to the North and South, providing students with a wealth of educational and cultural resources.

The Institute and the rest of the Five College area is located about 35 minutes from Bradley International Airport in Hartford, Connecticut; and less than 2 hours from Logan International Airport in Boston, Massachusetts and T.F. Green Airport in Providence, Rhode Island. Convenient shuttle service and mass public transportation is available from Airports. By car, we are approximately 2.5 hours from New York City; 1 hour from Worcester, MA; 2 hours or less from Boston and Providence, Rhode Island. The area offers copious and affordable accommodations near the Institute, generally providing economical & diverse housing options.

TRAINING & WORKSHOPS AT OTHER LOCATIONS

From time to time, we offer Somatic training in other area. Classes tend to be scheduled well in advance, so if there are currently no programs listed in our schedule for your area, you should assume availability only in the location(s) published. If you are interested in organizing or sponsoring a training class in the future in your region — or any number of our shorter introductory or preparatory workshops and courses (which can be planned and scheduled more rapidly) — please contact Somatic Systems Institute, at training@somatics.org or (413) 586-2555 x2500.