

CLINICAL SOMATIC EDUCATION™

Advanced, Non-invasive Pain Relief and Injury Rehabilitation

Description of Treatment Method

Clinical Somatic Education™ (CSE) is a highly effective form of neuromuscular retraining that alleviates chronic pain and improves physical functioning and mobility for clients. CSE stands out from other forms of bodywork (physical therapy, massage, chiropractic) in that it relies upon client participation to provide sensory feedback, not just to muscles and nerves, but to the brain. CSE most effectively treats chronic musculoskeletal contraction that results from stress, trauma, and repetitive movement. These conditions include: back pain, Carpal Tunnel Syndrome, TMJ, tendonitis, bursitis, thoracic outlet syndrome, scoliosis, chronic headaches, sciatica, knee, hip, and shoulder pain, and myofascial pain syndromes. The course of treatment is shorter and more long lasting than physical therapy programs, chiropractic, or manual soft tissue therapies.

What is often thought of as a painful "frozen joint" is often the result of chronic muscle tension. CSE provides the central nervous system with feedback to allow the brain to regain control over the muscles, breaking through habituated patterns of tension efficiently and permanently. CSE accomplishes this through a limited series of one-hour sessions in which muscle and joint movements are broken down into their component parts and rebuilt into healthier movement patterns. CSE practitioners are trained to recognize and undo maladaptive movement patterns and postures that are created by life's stresses and traumas. The practitioner then designs a focused, daily self-care movement regimen for their clients to reinforce their newly learned mobility. This provides clients with the opportunity to discover and eliminate their own chronic holding patterns, eliminating dependence on a health care provider, therapist, chiropractor, or drugs to cope with pain.

CSE practitioners are trained via a 3-year post-graduate training process. Education includes anatomy and physiology, kinesiology, neurophysiology, and specialized clinical methods and diagnostic techniques specific to Clinical Somatics, as well as clinical practicum. Post certification advanced internships, residencies, and fellowships are optional, however all practitioners must undergo accreditation exams and ongoing continuing education requirements to be recertified every 2 years.

For more information:

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