

CERTIFIED APPLIED SOMATICS EDUCATOR (CASE)
CLINICAL APPLIED SOMATIC EDUCATION PROGRAM

PROGRAM PROSPECTUS

This program is designed for health professionals who have already received accreditation in their respective field of health. This program is ideal for RMT's, Physiotherapists, Athletic Therapists, Phys Ed instructors, Kinesiologist and other health professions with a hands-on/manual training of movement within their program. The course consists of five modules done in three day immersions. These immersions teach practitioners how to teach clients more voluntary control of their neuromuscular system.

LEVEL I

The first three modules are the Level I modules which look at postural disorders of the spinal-pelvic centre (trunk), the neuromuscular imbalance known as sensory motor amnesia, and the stress that affects the spinal-pelvic centre. The three modules are Applied Somatics for: 1. The Tilting Body, 2.The Stooping Body, 3. The Arching Body. These modules of Clinical Applied Somatics Education techniques (hands-on) are effective in eliminating chronic pain of the back and neck, headaches/migraines, scoliosis, sciatica etc... When the practitioner has completed these three modules they have a system of somatic tools that allow them to work with a broad spectrum of clients in their practice. These first three components look at the neuromuscular and postural changes as a result of the landau reflex, trauma reflex and startle reflex.

LEVEL II

The fourth immersion is Level II and is a deeper look at how the spinal-pelvic centre affects the extremities and how the extremities affect the spinal-pelvic centre. This module is called Applied Somatics for The Extremities and TMJ. This immersion looks at disorders of the extremities from a somatic educational view such as frozen shoulder, tendonitis, carpal tunnel, TMJ syndrome, and pain and functional issues involved with the hips, knees and feet.

LEVEL III

The fifth component is the certification component (Level III-CASE-Certified Applied Somatics Educator) and is a further look at gait and somatic education to improve mobility, balance and reduce pain. This component also focuses on an overview and integration of the previous somatic techniques. A small (30 Questions) exam will be given with a 70% or higher grade required to pass. In this session students will present two papers giving their best and worst case studies (one page per case). Each practitioner will present their case studies to the class. Students will also complete a paper (500 words or more) over-viewing the somatic and peripheral nervous systems and how they relate to their professional practice.

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PROGRAM PROSPECTUS (CONT.)

WRITTEN PAPERS AND ASSIGNMENTS

These are how your papers are to be done:

1. Write two (one page each) papers giving your observations and experiences of the best and worst case scenarios using Applied Somatics.
2. Write a 500 word or more paper outlining your knowledge of the Somatic and Autonomic nervous systems. Tell how knowing and using the somatic nervous system helps your clients and how this has changed your practice.

The certification program (CASE) is done like an apprenticeship where the practitioner gains knowledge by applying their somatic tools and system with clients, and by experimenting and developing their own individual somatic practice. It is expected that students will integrate somatic tools into their practice by completing and recording forty sessions (40 - forty hours accrued/recorded) with clients using primary tools of somatic education. Students can also accrue hours by repeating any of the four courses (Levels I and II) to a total of 40 hours.

It is also expected that students will teach and record at least 20 hrs of somatic education classes/mat series. These classes can consist of the somatic cat stretch series as taught by Thomas Hanna in the book Somatics; or they can be classes about back care, headaches, posture etc. As the practitioner trains in the Applied Somatics system they will gain experience and knowledge that will allow them to host and teach these classes.

These class instructions must total at least twenty hours. The total hours of individual/client work plus class time must be at least 60 hours.

Those who complete the courses, hours, exam, and assignments and demonstrate competence in the methods of clinical somatic education will be given a certificate qualifying them as a Certified Applied Somatics Educator (CASE).