

SOMAction Movement Therapy Training - SMTT
Directed by Martha Eddy, CMA, Ed.D., RSMT
Moving On Center

APPLICATION PROCESS

A SYNOPSIS of SOMAction Movement Therapy Training (SMTT)

Steps for Applying:

Begin by submitting a formal letter of intent & application to join the SMTT program (discounts apply for applications and deposits received by September 15th, 2006).

It is strongly recommended that you review all SMTT descriptive materials before you write your letter (e.g. all SMTT downloadable attachments on the MOC Website).

PHASE ONE

Required courses: complete all required somatic theory courses at Moving On Center during the Participatory Arts Certification or Modules I and II, or their equivalent at other locations (see www.movingoncenter.org – workshops and links).

- ❖ Experiential Anatomy (12 – 20 hours)
- ❖ Learning to Move/Developmental Movement Principles (12 – 20 hours)
- ❖ Fundamentals of Movement Bartenieff Fundamentals(12 – 20 hours)
- ❖ Movement Analysis – Diversity Embodied - Language and Observation of Movement through LMA (12 – 20 hours)
- ❖ Intro to Body Systems/Experiential Anatomy/Physiology - Body-Mind Centering® (12 – 20 hours)
- ❖ Somatic Integration (10 – 20 hours) (at Moving On Center or with Martha Eddy)
- ❖ Counseling Principles/Body-Mind Counseling (e.g., Gestalt, Hakomi, Option Method, DreamBody, work with Aileen Crow, Ruella Frank, Linda Tumbarello, Alice Rutkowski) (12 – 20 hours)
- ❖ Somatic Movement (100 hours) movement, self-reflection, and involvement with creative process
- ❖ Hands-on practice (80 hours) (e.g. Alexander, Feldenkrais, Bartenieff, BMC, Trager Mentastics, Rolf Movement or somatic approaches to massage)
- ❖ Dynamic Movement, Dynamic Health© – Eddy’s system of observation and intervention through movement classes (6 – 12 hours)* (may be taken during orientation)
- ❖ Dynamics of Touch © – Eddy’s approach to hands-on work (6 - 12 hours)* (may be taken during orientation)

- ❖ Hands-on practice of one discipline (80 hours) (e.g. massage, Alexander, Feldenkrais, Bartenieff, BMC, or Rolf)

Practice Activities

- ❖ Moving On Center graduates/students: Complete all required assignments during Modules.
- ❖ Independent Students: hand in a transcript of studies prior to being involved with SMTT; complete additional studies as advised by Martha Eddy.

PHASE TWO

Orientation Week: Participate in two days of Orientation the week of September 25th with Martha Eddy and faculty at Moving On Center, Oakland, CA; or in NYC soon thereafter if you can not join us in CA.

SMTT Independent Study Period (these are additional costs):

- ❖ Find a supervisor to help you with your studies in your local area. (SMTT pays \$100 toward your initial work with your supervisor)
- ❖ Complete assignments (some assignments can be with help from study group or supervisor).
- ❖ Complete 12 - 20 hour internship (watching a somatic movement educator or therapist work in a clinical or individual practice - see guidelines).
- ❖ Engage in 10 somatic movement education or therapy sessions (ideally with ISMETA – Registered Movement Therapists or Educators; www.ismeta.org). (your additional cost)
- ❖ Engage in 30 hours of additional workshops or classes as advised by Martha Eddy tailored to meet your educational needs (your additional cost).
- ❖ Participate in 24 hours of additional study groups and hands-on practice.

PHASE THREE

East Coast Intensive: 6 weeks of study: May - June 2008 in NYC and at EarthDance in MA

Course work: Body area assessment; SMTT Principles and Methods; Healing Protocols: Application of perceptual-motor development theory, movement analysis and observation, experiential anatomy, hands-on work, and somatic movement education and therapy. Case-studies, movement and hands-on skills assessment.

PHASE FOUR

Integrative Seminar/s: participate in one or two additional 5 day workshops for professional practice and integration. These will be offered based on need and scheduled according to the group's best interests. (your additional cost)

Download – SOMAction – SMTT brochure and catalogue to see course offerings.

APPLICATION

SOMAction MOVEMENT THERAPY TRAINING (SMTT)

2006 - 2008

Martha Eddy, Director
Moving On Center

Name: _____

Application Process:

A. Written statement: I have already written a letter to Martha Eddy stating my desire to join the SMTT.

Please circle: Yes (on _____ date) No, but it is included _____.

1. Please write a letter of intention to study SMTT stating why you are interested in participating in this training and briefly describe what you have studied and done up until this point to prepare you to study with the SMTT. Discuss your comfort level with email and other forms of distance learning.
2. If you have not studied the Phase One courses through Moving On Center's Participatory Arts curricula (Modules I and II), please create a transcript of your prior work that includes all study related to the required pre-requisites described on the previous pages. The transcript is ideally a list or chart with the name of the course of study, dates of study, the name of your teacher or mentor, and the number of hours spent studying that subject area.
3. In order to enable contact and correspondence with you during your study period, we will require up to date contact information. Please provide this with your application.
4. Please include questions or other information you would like us to have within the letter of intent or on additional paper. Thanks.

B. Completion of Phase One:

1. I have earned a certificate of completion for Modules I & II from Moving On Center. Please circle: Yes No
Date of completion/anticipated completion _____
2. If you have not studied the full course of study at Moving On Center and have circled no, please answer the following:

I have satisfied all pre-requisites as discussed with Martha Eddy.

Please circle: Yes No and enclose a personal transcript of your studies.

If you answered no, it will be assumed that you are still working on your pre-requisites:

The process of reviewing and advising your completion of the pre-requisites requires a \$600 supervision fee payable to Moving on Center. Enclosed is my payment for supervision of my pre-

requisites. Please circle: Yes No (Please note that \$100 is non-refundable and that after two months of supervision the payment is totally non-refundable).

C. Timing of the Application:

Application to the SMTT is best communicated by September 2006 in order to begin to get advising specific to the SMTT with a faculty member during the final weeks of the Participatory Arts study. All students are asked to meet with and begin planning for their study with Martha Eddy during October 2006. Application may however begin immediately. There is rolling enrollment until the first day of the training but a late application fee is assessed after Jan 1, 2008.

D. Acceptance/Enrollment/SMTT Tuition Deposit:

Martha Eddy holds the right to accept only those students with whom she has had direct (phone, written or in-person) and satisfactory discussion confirming the appropriateness of the training at this time. You will receive notification of your status as soon as possible after the receipt of your application. Upon completion of all Phase One coursework (or approval of your plans for completion) and acceptance to the SMTT, a deposit payable to Moving On Center is required to activate your participation in the SMTT program. Tuition for SMTT is \$4800. Receive a \$300 discount on tuition if a \$500 deposit is paid by September 15, 2006. September 16th and after an \$800 deposit is required. Upon receipt of your application, you will be asked to submit the Financial Agreement page if you are accepted and choose to enter the SMTT program (form will be sent with acceptance packet).

E. Reminders:

Planning ahead: Moving on Center will be paying a deposit in the fall of 2007 to our NYC site and to EarthDance on behalf of all of the people who have enrolled in the SMTT; we appreciate your consideration of our need to plan well in advance as you complete your application.

F. Orientation Week:

Everyone is encouraged to participate in the first week of the SMTT for two days of Orientation the week of September 25th, 2006 with Martha Eddy and faculty at Moving On Center, Oakland, CA; or in NYC soon thereafter if you can not join us in CA. This week includes class work as well as explanation of each of the assignments and preparation for how to go about the completion of each aspect of the independent study requirements. An East Coast Orientation in December or January is anticipated and will be planned based on the needs of the first four accepted students who are unable to attend the CA Orientation Week.

Current Contact Information:

Anticipated Contact Information:

Dates in effect:

SMTT/MOC 2006 – 2008 COSTS:

Tuition Costs: In brief, tuition for Phases 2 and 3 of SMTT for students applying and registering by September 15, 2006 will remain at the 2005-2006 rate of \$4800.00. If a \$500 deposit is received by Sept 15, 2006 participants can receive a \$300 discount. In such case, tuition fee would be \$4500. After Sept 15, 2006 the tuition will be \$4800. Late applications, submitted after Jan 1, 2008, incur a late fee of an additional \$150 (Tuition becomes \$4950).

SMTT tuition prices include any or all of Phase 2's two - four days of orientation classes offered in California September 25 – 27, 2006 or in NYC in Jan 2007 or Fall 2007 in CA), as well as independent study advising, homework review and the Phase Three east coast intensive. Please note that Phase Two (independent study) also has additional costs for workshops, private sessions and advising. (see Phase Two above).

There is an additional cost for Phase Four – approximately \$750 - \$1200 depending on the amount of additional supervision and training your culminating emphasis requires. Students having completed all of MOC participatory arts program often are able to complete with the shorter time frame of Phase Four.

For your information, anyone who is applying to the SMTT without having registered for all of their PHASE ONE courses at the time of the application (at Moving On Center) is required to pay a \$600 advising/admin fee to Moving On Center. This is particularly true of independent study students outside of the CA area or BMC and LMA graduates who want to have the SMTT certification as well.

Phase One, Two and Three tuition schedule:

\$500 - \$800 deposit (amount depends on time of deposit payment)

\$800 – \$950 due January 1st 2008 (amount depends on time of deposit payment)

\$3200 due May 1st 2008 (this can be paid in installments)

Phase Four Final Integrative Seminar(s)

One week (35 hours): \$750

Two weeks (70 hours): \$1200

These seminars will be offered in different formats (one week intensive, weekly or monthly classes) based on the requests of the students. SMTT grads may also apply to attend, audit or assist the Integrative Seminar.

Updated payment schedules for the full SMTT program will be posted periodically on the web under tuition and costs. (www.movingoncenter.org). A complete payment schedule is also sent with acceptance packets.

Housing Costs: Because 4 weeks of the SMTT program will be held in NYC on the Upper West Side of Manhattan (in the Columbia University region) the cost of housing will vary from person to person, many people will find rooms with friends. With proper notice dormitory space for those who need it at approximately \$1800 for the 4 weeks can be sought after. The housing for 9 - 12 days at Earthdance, a residential dance retreat center in Western MA (www.earthdance.net) will be approximately \$500 and includes the cost of food.

Work Exchange/Scholarships/Student Loans: Each year MOC and SMTT fundraise to have some partial scholarships based on both professional promise and financial need. This drive is currently in process. There is access to student loans at about 9% interest. There will be some tuition reduction for work exchange. Administrative help in the SMTT NY office can go a long way towards tuition! Some work exchange is usually available before and after the training periods. Only small work exchange awards are available during the training period given the intensity of study. Please contact Martha Eddy if you are interested in long-term work exchange or if have any other questions. Loans can be APPLIED FOR through Moving On Center; available through Sunrise Credit Union.

Martha Eddy

Director of Somatic Studies, Moving on Center

212-864-5188