



DE-SMTT©



Joining the SMTT mini catalog

Martha Eddy, CMA, Ed.D. RSMT – Founder and Director





Martha Eddy's Dynamic Embodiment: Somatic Movement Therapy Training (DE-SMTT) at Moving On Center is designed for working with people of all ages and abilities, and centered on becoming conscious of all phases of what Eddy has identified as the Dynamic Growth Cyclesm:

- Observe, acknowledge, and accept,
- Support the body-mind-spirit and
- Explore diverse Options in behavior.

This is achieved through:

Movement observation, movement practice, and movement repatterning through sophisticated touch.

- Martha Eddy's Dynamic Embodiment: Somatic Movement Therapy Training (DE-SMTT), founded in 1991, is directed and taught by Eddy together with DE-SMTT faculty trained in Body-Mind Centering®, Laban Movement Analysis/ Bartenieff Fundamentals, or by Eddy's synthesis of the two. This training focuses first on learning how to attune with one's own and then others' movement habits, using a wide array of sensory methods for recognizing physical and related affective strengths and challenges. Through an open awareness practitioners gain skill in identifying both neuromuscular movement initiations and the related physiological activity that underlies the viewable dynamics of the movement. Practitioners are trained to use hands-on movement re-patterning and verbal instruction to support clients' self-awareness as well as the exploration of creative options to foster optimal physical, emotional, and cognitive performance. DE-SMTT students practice skills to help match clients needs and motivations, and improvisational tools to help clients explore how to transform their stressful patterns to functional and expressive behavior.

Embodiment is the process of becoming aware of one's body and living actively with awareness. To become embodied involves locating sensations in our bodies and connecting them to body-mind-spirit feelings. As we learn to fully inhabit our bodies we uncover meaning in our lives and learn how to make clearer choices. Dynamic Embodiment teaches contemplative practices to get in touch with the diverse tissues of the body - muscles, bones, organs, glands, fluids as taught through BodyMind Centering®. Consciousness is achieved through enlivening the nervous system and embodying its many parts as well (e.g. cerebrum, midbrain, cerebellum, limbic system, and spinal cord). Learn to balance the nervous system so that it is alert yet relaxed, ready to pay attention to the inner bodily world as well as all that is important in our daily lives.

The *Dynamic Embodiment* process involves an interplay of paying attention to bodily cues using the interoceptors (proprioceptors and kinesthetic sensory input) and the extero-receptors (vision, hearing, taste, smell and touch). We use movement, sound and touch to heighten sensory awareness. When proprioception is not easily accessed the tactile sense may be stimulated through touch or vibration in order to activate sensation. Somatic education - learning from the "living body" is a key tool. In Dynamic Embodiment we use the somatic systems of Laban Movement Analysis, Bartenieff Fundamentals of Movement, and the Experiential Anatomy of Body-Mind Centering to facilitate embodiment. Embodiment skills are then applied in educational settings to enhance cognitive and socio-emotional learning, as well as in arts and communication realms. Dr. Eddy has developed Dynamic Embodiment using her expertise from 30 years of somatic research as well as her doctoral training in pedagogy at Columbia University. She has also developed BodyMind Dancing (a system of dance training), Moving On Aerobics (dance exercise for cancer survivors), Embodying Peace (strategies for including non-verbal cues during healing from trauma and conflict resolution) and Peaceful Play Programming (recess enhancement for elementary schools). The Center for Kinesthetic Education also offers classes for children in diverse embodiment practices - CKE Dances!





Dynamic Embodiment Somatic Movement Therapy Training

DE-SMTT™

Founded and Directed by Martha Eddy

The DE-SMTT occurs in four parts:

- Phase One: Modules 1 and 2 of the Participatory Arts intensive (July - Oct), the 3.5 month intensive offered between 2008 – 2010), or independent studies of the Phase one courses listed below, taken either at Moving On Center, in NYC, or in your local area (or through prior certification in Laban/Bartenieff Studies and/or BodyMind Centering®) All students must have satisfactorily made a plan for completion of the PHASE ONE courses (taken at Moving On Center or in NYC or at diverse locations around the globe) in order to join the DE-SMTT. Two-Day Phase 2 Orientation, for this period, must be completed by Fall 2009.
- Phase Two: An independently fulfilled, interim study period with assignments designed by Martha Eddy inclusive of an orientation workshop on the east or west coast or by request at other locations (Orientation offered Oct 2009 in NYC)
- Phase Three: A 6 week culminating intensive in the late spring on the East Coast, held biennially (even years -usually in May or June). In 2008 the intensive was held for 2 weeks at the Earth Dance residential center in Western, MA and for 4 weeks in NYC at Riverside Church. This is the expected location for 2010.
- Phase Four: A period of solidifying skills and gaining professional confidence, the final phase includes integrative seminars and opportunities preparation for private practice. They are scheduled with your classmates between Aug - December 2010.

Students who wish to apply to Eddy's Somatic Movement Therapy Training certificate must complete the somatic theory classes and related homework assignments of the PHASE ONE courses, demonstrate applied knowledge of musculoskeletal anatomy and kinesiology, and have a Bachelors degree or equivalent professional or life experience in the movement arts and write a letter of intention describing their interest and goals in Martha Eddy's DE-SMTT.

PHASE ONE Courses:

- Experiential Anatomy (12 – 20 hours) – pre-requisite
- Learning to Move/BodyMind Centering Developmental Movement Principles (12 – 20 hours)
- Bartenieff Fundamentals of Movement (12 – 20 hours)
- Laban Movement Analysis (12 – 20 hours)
- Body-Mind Centering® - Intro to Body Systems/Experiential Anatomy/Physiology (12 – 20 hours)
- Body-Mind Counseling (e.g., Gestalt, Hakomi, Option Method, DreamBody work, Aileen Crow, Ruella Frank, Linda Tumbarello, Alice Rutkowski) (12 – 20 hours)
- Dynamic Movement, Dynamic Health – Eddy's system of observation and intervention through movement classes (6 – 12 hours)*
- Dynamics of Touch – Eddy's approach to hands-on work (6 - 12 hours)*
- Hands-on practice (80 hours) (e.g. massage, Alexander, Feldenkrais, Bartenieff, BMC, Trager Mentastics, or Rolf Movement)
- On-going movement combined with somatic reflection (contact improve; somatically based fitness or dance training; authentic movement etc.) and involvement with creative process is also required.





PHASE TWO: during this phase students, at your own expense, are required to complete and document the following:

- Find a supervisor who will work with you at your December through April location. (a \$100 subsidy toward 2 sessions will be paid for by DE-SMTT)
- Complete 30 – 90 hours of additional workshops in topics as advised by Martha Eddy
- Complete DE-SMTT homework assignments (independently or with a small group, homework will be included during the final 6 week spring session as well)
- Participate in 20 hours of study groups, including Hands-on Practice
- Fulfill a work-site practicum (a minimum of 12 hours of observation of movement therapists at work teaching individuals or group, or doing private sessions in diverse clinical settings), and

Receive a total of ten somatic movement education and therapy sessions with at least 3 different ISMETA registered professionals (RSMEs or RSMTs). See www.ismeta.org and Movement Therapy session guidelines.

PHASE THREE:

The Dynamic Embodiment: Somatic Movement Therapy Training (DE-SMTT) culminates in a 6+ week professional training in the spring of 2010 on the East Coast (typically 2 weeks at EarthDance and 4 weeks in NYC). During this time students take classes, undergo supervision and assessment involving real and simulated case studies, and complete various projects all final homework requirements.

Classes generally are 8:30 – 5:30 Monday – Friday but evening classes, meetings and some weekend workshops occur in NYC to accommodate mid-week work amongst some students.

Phase Three- Four also includes INTEGRATIVE SEMINAR(S) While some students may apply to complete their studies at the end of the June intensive most students benefit from additional integrative practice and feedback. During this seminar opportunities exist to learn more about how to apply the work. Students have opportunities to be observed teaching; to continue to receive feedback on hands-on practice; and to learn and practice leading one or more of Martha Eddy's movement approaches – Moving On Aerobics (for women with breast cancer); BodyMind Dancing (a somatic approach to easy-going contemporary dance); EmbodyingPeace (movement and dance approaches to conflict resolution); and/or Peaceful Play Programs (offering recess enhancement for pre-K – 12 schools). Visit www.embodypeace.org

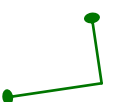
APPLICATION PROCESS:

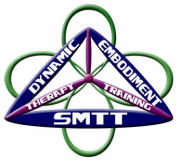
All students must begin a dialogue with Martha Eddy and ideally meet with her. Please write a letter of intent to study the DE-SMTT discussing what motivates you to undergo this course of study. Then, fill out the transcript and send in your application form.

BEFORE APPLYING for CERTIFICATION:

All students must have satisfactorily completed the PHASE ONE courses (all taught at Moving On Center and also available in NYC or at diverse locations around the globe) in order to join the DE-SMTT.

In NYC, classes can be taken with Martha Eddy at CKE or through Movements Afoot www.movementsafoot.org and various other locations. See Workshops link for updated listings.





ADVANCED STUDENTS:

Students with in-depth studies/certificates in Body-Mind Centering, Laban Movement Analysis, or the Alexander Technique, or a related Somatic system are encouraged to join the DE-SMTT. Please discuss which courses might be able to be waived.

TIMING OF APPLICATION

Confirmation of one's desire to complete the DE-SMTT is best communicated as early as known and ideally before Nov 2009. Students will meet with and begin planning for their study with Martha Eddy by early November if they plan to proceed with DE-SMTT intensive studies in the spring. Students should plan to attend the DE-SMTT orientation by Jan 2010 with Martha Eddy at Moving On Center in Oakland, California or arrange for an orientation with at least 3 others in their location. Orientations are offered at other points during the year and may be arranged in countries outside of the US if enough students are available.

DE-SMTT CERTIFICATION

Upon fulfillment of all requirements of the DE-SMTT, students are awarded a certificate in Somatic Movement Therapy or in Somatic Movement Education from Martha Eddy and have fulfilled the educational requirements to be registered as movement educators or therapists by the International Somatic Movement Education and Therapy Association (ISMETA). ISMETA permits application for registration after completing 150 hours of professional somatic movement practice in the field, at least 75 of which must be with individuals. Half of this practice may be completed while you are registered with the program.

Some students who know their work will not be focused on one-to-one private practice but rather on working with groups choose to receive a certificate in Somatic Movement Education. However they agree to be involved in this training knowing that a higher percentage of the training time is on professional practice for working with individuals.

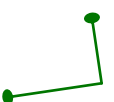
FINANCIAL AID

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.

Loans can no longer be APPLIED FOR through Moving On Center.

GRADUATE CREDIT

Many of the Phase One and Three courses are available for graduate credit. Students enrolling at SUNY – Empire State College in NY may include DE-SMTT study in the independent design of their Masters Degree. Credit is also available through the California State University, Santa Barbara Graduate Institute, and the International University of Professional Studies and other institutions.





TUITION

Dynamic Embodiment SMTT Payment Plans for 2009 – 2010

TUITION: Total Costs for ALL of DE-SMTT 2009-10 Phase 1 through 4 is **\$7,900**. Those who have already met Phase 1 requirements begin with a tuition of \$6,400 for Phase 2-4. There are other discounts for paying in fewer installments (please see separate payment chart.) Please inquire about work-exchange options (WEX).

Normal Payment Plan– Seven Installments: \$6400

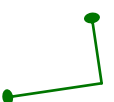
Phases	Full Cost	Seven Payments/ Discount	Amount Due	Payment Due Dates	Total Paid
II	\$1,300.00	n/a	\$500	15-Sept-09	
II			\$800	10-Nov-09	\$1300
III	\$3,900.00		\$800	10-Jan-10	
III			\$1550	10-Mar-10	
III			\$1550	10-May-10	\$3900
IV	\$1,200.00		\$600	10-Aug-10	
IV			\$600	10-Oct-10	\$1200
	\$6,400.00		\$6400		\$6,400





Outline of Typical DE-SMTT Homework Assignments (Phase II and III):

1. Anatomy Exam
The student shows her capacity to use anatomy and kinesiology language and its concepts.
2. Organ Study
Choosing one organ and one endocrine gland, the student explores the organ's physiological function, its energetic connection, and its capacity to support movement function and expression.
3. Working with the areas of the body: Therapeutic Practice with Somatic Education
The student explores movement through the spine and the limbs. She also notes the problems and limitations that can occur in each body area and how to deal with these issues through somatic interventions.
4. Movement Observation
To improve one's observing skills and LMA language, the student witnesses another person performing gross and fine skills movement, describes this movement and creates a movement therapy protocol for them.
5. Self Assessment
Using the concepts from the previous assignment, the student now observes herself.
6. The Nervous System
The student learns how to differentiate between the parasympathetic and sympathetic nervous system through movement. Also covered in this assignment is how the central and peripheral nervous system are stimulated and calmed by movement interventions. Specific applications are made to child development, and neurological challenges.
7. Private Practice/ Business Skills
The student works on organizing the elements of her or his private practice. Lessons focus on the use and development of appropriate intake forms and ways to record sessions. Business development is supported through marketing skills and awareness of ethical guidelines.
8. Fictional and Real Cases
Using the somatic concepts, the student works on fictitious case studies and on real cases.
9. Preparing to be a Somatic Movement Therapist
Creating a brochure, finding a description of DE-SMTT, and creating an ethical standard statement are involved in this assignment.
10. Goals of DE-SMTT
The student completes a self assessment of his or her level understanding of the DE-SMTT concepts as well as her or his degree of embodiment of the concepts.





Supervision and Movement Therapy and Workshop Resources

Look up practitioners through the following organizations and their websites

ISMETA

The Body Mind Centering Association

Laban Movement Analysts - LIMS

DE-SMTT graduates: see separate document

DE-SMTT Faculty pool: see below

If you have any questions about resources in your area please contact Martha through mail, email, phone or fax.

Martha Eddy
49 W. 27th Street
New York, NY 10027
212-414-2921
212-864-5188

MarthaEddy@WellnessCKE.net

In looking for supervisors, workshop leaders, or practitioners for private sessions, supervision or workshops you may locate any Certified Somatic Movement Practitioner in your area. However the following is a list of practitioners familiar with DE-SMTT program, LMA and BMC, or Eddy's work. It is also recommended that you work with those practitioners that are registered with the International Somatic Movement Education and Therapy Association as RSMT's or RSME's. Ideally when locating BMC practitioners or CMA's find those who have experience with extra Laban/Bartenieff, LMA or BMC training (You may need to ask them or me about this).

DE-SMTT Faculty Pool

Martha Eddy, CMA & BMC
Trisha Bauman, CMA
Susanne Kukies. DE-SMTT, PT
Saliq (Francis) Savage, CMA & BMC
RoseAnne Spradlin, BMC & CMA
Carol Swann, Alexander/ DE-SMTT
Linda Tumbarello, BMC/LMA
Gale Turner, BMC
Nancy Zendora, CMA, Authentic Movement

Guest DE-SMTT Faculty:

Aileen Crow
Peggy Hackney
Lenore Grubinger, BMC
Eileen Jones
Jamie McHugh
Marghe Mills-Thysen, BMC & Feldenkrais

DE-SMTT Faculty Assistants:

Andre Dumouchel, DE-SMTT – Montreal
Ida Rosa Schaller, BMC – Zurich
Birgitta Sivander, DE-SMTT, CLMA, PT – Bay Area
AnneLies Smith, DE-SMTT – Vermont
Eve Selver-Kassell, NYC
Tina Kambour, Oklahoma





2. DE- SMTT Certified Professionals (Ask for DE-SMTT graduate contact list)
3. Registered Somatic Movement Educators and Therapists (see ISMETA Directory www.ismeta.org)
4. Body-Mind Centering (see BMCA Directory or call the School for Body-Mind Centering)
 - Myra Avedon**, MASS
 - Ellen Barlow, Washington DC
 - Cathy Carreker, Amsterdam
 - Kathie McCarthy*, Seattle (Bainbridge Island)
 - Michelle Miotto, Santa Cruz**
 - Margot Rijven, Amsterdam
 - MaryLou Seereiter, Eugene OR**
 - RoseAnne Spradlin*, New York
 - Jacques Van Eijden, Amsterdam
 - Gurney Bolster, Montreal*
 - Cheryl Clark, Roxalyn Moret, RoseAnne Spradlin and Lauree Wise NYC (all are * and **)
 - Frances Kimmel*, Richmond, VA
 - Eileen Kinsella, St Louis
5. Certified Movement Analysts (CMA) (see Laban/Bartenieff Institute of Movement Studies)
 - Aileen Crow**
 - Donna Dragon, MA, PA**
 - Peggy Hackney, CA**
 - Betsy Kagan, CA**
 - Janice Meadan, Seattle*
 - Mari Naumovski, and Beverly Stokes* Toronto
 - Helen Walkley - Vancouver
 - Nancy Zendora – NYC – also Authentic Movement
6. Feldenkrais Method
 - Anastasi Siotas – NYC Also a CMA
 - Marghe Mills-Thysen and Larry Goldfarb** CA
 - Sylvie Fortin Montreal
7. Alexander Technique
 - Galen Craz
 - Carol Swann*
8. Expressive Arts:
 - a. Rubenfeld Synergists
 - b. Tamalpa
 - Jamie McHugh**
 - c. Expressive Movement Therapy
 - Daniel Levin, also a DE-SMTT grad
9. Authentic Movement
 - Bill McCully**
 - Aileen Crow**
 - Linda Tumbarello**

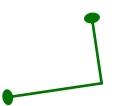




Personal SMTT Phase One Course Transcript (Sample)

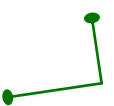
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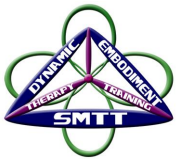
Course:	With Whom / Where	Year / Number of Hours
❖ Body-Mind Counseling (e.g., Gestalt, Hakomi, Option Method, DreamBody)		
❖ Experiential Anatomy – Musculo-skeletal basics (12 – 20 hours)		
❖ Learning to Move BodyMind Centering Developmental Movement Principles (12 – 20hours)		
❖ Bartenieff Fundamentals of Movement (12 – 20 hours)		
❖ Laban Movement Analysis (12 – 20 hours)		
❖ Body-Mind Centering® - Intro to Body Systems/ Experiential Anatomy Physiology (12 – 20 hours)		





Course:	With Whom / Where	Year / Number of Hours
<ul style="list-style-type: none"> ❖ Dynamic Movement, Dynamic Health; & Dynamics of Touch & Somatic Integration or other similar courses with Martha Eddy (20 – 30 hours before or during orientation) 		
<ul style="list-style-type: none"> ❖ Hands-on practice (80 hours) (e.g. massage, Hands-on BMC, Trager, Reflexology, Rolfing, shiatsu) List what: 		
<ul style="list-style-type: none"> ❖ Movement practice & creative movement exploration (Please note if the movement experience is combined with Somatic Movement principles) 		





JOINING Martha Eddy's Dynamic Embodiment SMTT: FREQUENTLY ASKED QUESTIONS

What is the TYPICAL SEQUENCE OF DE-SMTT Study?

Students vary as to whether they complete the 4 phases in 14 months, 2 years or longer. Numerous students choose to take even longer, especially if they are working, involved in parenting, or combining their studies. If an applicant is already certified in Laban/Bartenieff studies or BodyMind Centering they may choose a shorter course of study depending on their certification or ISMETA registration goals.

Applying to DE- SMTT: Report all PHASE ONE courses *already* taken on the transcript that is provided (separate document)

Fill out application form and write a letter of Intention describing what you hope to learn from these studies

PHASE ONE:

SMTT Phase 1 studies may be completed in NYC by selecting workshops through the Center for Kinesthetic Education - CKE (www.WellnessCKE.net), Movements Afoot (www.MovementsAfoot.com), or from the Laban/Bartenieff Institute of Movement Studies (www.limsonline.org) - all pre-requisites courses are offered in either weekend or intensive format. Fall and spring once a week format is occasionally offered.

Moving On Center graduates with Participatory Arts Certification or Module I and Module II LMA & BMC class have completed Phase One.

Comparable courses taught in other areas of the world are acceptable by permission of Dr. Eddy. Record Prior training on transcript, attend courses still needed; pay advising fee

PHASE TWO: 2 - 4 days of Orientation: in NY or CA or another location by request.

Independent Study: Oct through April. See the online DE-SMTT catalogue for study group, movement therapy, workshop, and internship directives. Homework requirements are explained during the orientation.

PHASE THREE: Spring Intensive: Phase 3 is offered every 2 years during even years (2010, 2012.) Mid May through June (It can be taken in 2 week segments over the course of several years.). May weeks are a residential program. June is a series of 4 or 5 day intensives.

PHASE FOUR: 25 – 70 hours of intensives in Summer and/or Fall following Phase 3.

GRADUATION: Upon completion of all classes, homework and payment. . It is possible to be complete in two years but many students opt to take more time to integrate the knowledge.

What is the exact time frame?

One common time frame for completing Certification is from July through the following November (16 months). However some students elect to stretch out the PHASES over several cycles (years).

Most students join the full PHASE THREE Spring Intensive (Generally Mon- Fridays 9 – 6PM) however some students take it in two weeks segments over several years.





PHASE FOUR also has variable timing since the modules are developed in accordance with your professional interests and those of your group members.

Some students choose to take longer to complete their written homework. There is a fee for homework submitted after Nov 15 of the year that you completed PHASE THREE intensive.

When do I need to have finished the PHASE ONE classes?

You MUST finish them before you graduate. It is ideal to finish them before you begin the Independent Study packet in PHASE TWO because the knowledge will help you. Many students have completed most courses before the orientation. By PHASE THREE your cohorts will have taken all of these courses, however periodically exceptions are made.

Do I need to list all of my hours of study of PHASE ONE courses within my initial application?

Yes, that is ideal. As you study more you can add more information about the completion of coursework to your self-created transcript. If you have attended Moving On Center you can indicate completion of Modules 1 & 2 or list the PHASE ONE courses that you have taken.

