

## What is SOMAction ?

SMTT uses **acute observation practice** to identify movement patterns and the subtle & related physiological activity that underlies individual movement habits.

SOMAction uses **Body Mind Centering®** to attend to the internal cues of the body, principles of movement efficiency from **Barthelme Fundamentals** to activate healthy intentions, and **Laban Movement Analysis (LMA)** to describe non-verbal behavior & to identify goals.

**SOMAction** practitioners are trained to use **hands-on techniques** to assist **movement re-patterning** and **verbal guidance** to support clients' self-awareness and emotional experience.

**SOMAction** practitioners regard cues from the deep somatic wisdom of the body in order to help themselves and others act with awareness in every aspect of daily life. They use a wide array of interactive methods to recognize strengths and learn from challenges.

SOMAction is designed for working with people of all ages and abilities. The SMTT is centered on Eddy's Dynamic Growth Cycle:

- \* Keenly observe, acknowledge, accept
- \* Sensitive provide body-mind-spirit support
- \* Explore diverse options in behavior

**SOMAction means: Taking Somatic Action** into the Community, Schools and to Individuals. The SMTT provides supervised opportunities with infants & children and their care providers, as well as cancer patients, and other individuals.

SOMAction is committed to helping somatic movement experiences be available to all people.



NY Office : Wellness CKE  
39 West 14th Street, Suite #503  
New York, New York 10011  
www.WellnessCKE.net



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

affiliated with

**MOVING ON CENTER**

School of Participatory Arts and Somatic Research - SPAR

1428 Alice Street

Oakland, CA 94612

510.834.0284

[Martha@movingoncenter.org](mailto:Martha@movingoncenter.org)

New York Office:

**CENTER FOR  
KINESTHETIC EDUCATION**

39 West 14<sup>th</sup> Street, Suite 503

212.414.2921

[www.wellnessCKE.net](http://www.wellnessCKE.net)

## SOMAction Movement Therapy Training

Martha Eddy's **SOMAction Movement Therapy Training (SMTT)** teaches a creative approach to using **touch, movement and verbal direction** to foster bodily ease centered in awareness and self-acceptance for oneself and others.

SOMAction is a systematic process for addressing how to consciously touch, move & speak with clients/students in order to **relieve stress, balance the body-mind, or discover new behaviors.**

Somatic Movement Therapists practice efficient physical action and clear verbal and non-verbal communication.

Through somatic movement exploration each person learns to **be sensitive to his or her own body signals and the body language of others.**

One learns what **personal strengths** can be relied upon and discovers **new somatic (body-mind) resources.**

SMTT helps people notice subtle bodily shifts throughout the day and to **adapt one's posture, movement, and overall behavior to make healthy choices.**



[www.movingoncenter.org](http://www.movingoncenter.org)



### Martha Eddy, Director

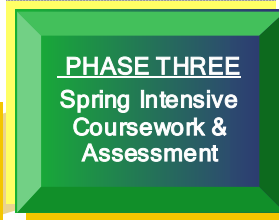
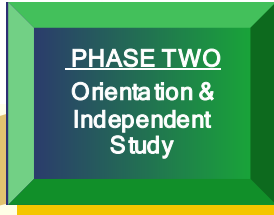
Registered Somatic Movement Therapist, M.A.: exercise physiology; B.A.: dance education; Ed.D., from Columbia University/Teachers College (& professor of perceptual motor-

development for 10 years). Eddy's doctoral research: physical approaches to conflict resolution, violence prevention and community building - the focus of a SUNY-ESC course (at the 92<sup>nd</sup> St Y Dance Ed. Lab). Also a health coach, researcher, and educational consultant, trained as a Certified Movement Analyst in 1980 and a certified teacher of Body-Mind Centering® in 1984; worked closely with occupational therapist Bonnie Bainbridge Cohen and physical therapist Irmgard Bartenieff (at the Laban/Bartenieff Institute of Movement Studies - LIMS), serving on their faculties, while also teaching at NYU, Teachers College, and SFSU. Highlights:

- » Founded SOMAction Movement Therapy Training - SMTT, (1991) - in MA, now also CA & NY
- » President/Executive Director of LIMS (1991- 1993)
- » Co-founded (1994) Moving On Center– School of Participatory Arts and Somatic Research with Carol Swann (Director of Somatic Studies/SMTT)
- » Coordinator - Riverside Church Wellness Center (2001 - 03); worked with several 9/11 relief efforts, continues this in NYC public schools with Project Renewal directed by Linda Lantieri.
- » Evaluates movement, dance, arts, socio-emotional programs nationally; has helped to shape the K -12 Blueprint Dept. of Ed.
- » Assists developmental research teams (University of Calgary and Harvard-MIND); publishes regularly–book in process on Somatic Education (Rosen Publishing).



### Course of Study



### Curriculum

- \* **Phase One:** Modules 1 and 2 of the Participatory Arts intensive at Moving On Center, or
  - » Independent studies of the Phase One courses (listed on website and in catalogue), taken either at Moving On Center, in NYC, or in your local area, or
  - » Prior certification in Laban/Bartenieff Studies and/or BodyMind Centering®
- \* **Phase Two:** An independently fulfilled, interim study period with assignments designed by Martha Eddy. Includes an orientation workshop on the east or west coast or by request at other locations (Orientation offered Octobers in Oakland and periodically in NYC)

*Ask about academic credits SUNY-ESC, SBGI, UC-Hayward*



Individual Health  
Community Wellness  
Education

SOMAction



### WHO STUDIES THIS WORK?

Individuals interested in participating in the following fields:

- \* Health and wellness professionals - occupational and physiotherapists, holistic health coaches
- \* Movement specialists - teachers of yoga and Asian movement forms, Pilates & NIA instructors, fitness trainers (*ask about somatic fitness certification*)
- \* Early childhood & developmental professionals, pre & peri-natal specialists, pre-school leaders
- \* Researchers and specialists in nonverbal behavior, dance and physical education, kinesthetic intelligence, and other somatic inquiry
- \* Classroom, dance, and special educators & administrators
- \* Counselors, therapists, & somatic psychologists

"SMTTers" are professionals who are willing to use attunement, patience, responsiveness, and fortitude as learning tools. Each participant is gently challenged and equally supported to find creative responses to working with the ever-changing conditions of people, places and things in the 21st century - deriving meaning from all aspects of life!