



## SMC® CEI LEVEL 1 COURSE OUTLINE

- Section 1**      **Academic Material:** Somatic Theory, History, and Principles of Clinical Somatic Education  
Teaching Principles of Clinical Somatic Education  
Student Assessment  
**Exercises:** Standing Awareness, Lower Belly Breathing, and Arch & Flatten
- Section 2**      **Academic Material:** The Green Light Reflex (action response)  
**Exercises:** Back Lift
- Section 3**      **Academic Material:** The Red Light Reflex (withdrawal response)  
**Exercise:** Arch & Curl
- Section 4**      **Academic Material:** The Trauma Reflex (flexor reflex)  
**Exercise:** Side Curl
- Section 5**      **Academic Material:** Sensory-Motor Amnesia  
**Exercise:** Iliopsoas Release
- Section 6**      **Academic Material:** Sensory Adaptation, Awareness and Attention  
**Exercises:** Internal Hip Rotator Release & External Hip Rotator Release
- Section 7**      **Academic Material:** Pandiculation and the Stretch Reflex  
**Exercise:** Diagonal Curl
- Section 8**      **Academic Material:** How to Describe and Market Clinical Somatic Education  
**Exercise:** Washcloth
- Section 9**      **Academic Material:** Proprioception and Teaching Proprioceptive Exercises  
**Exercises:** Proprioceptive Exercise 1 & Proprioceptive Exercise 2
- Section 10**      **Academic Material:** How to Instruct Group Classes, Individual Sessions, and Home Practice