



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:** Nervous System Basics and 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 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