



## Case Study Guidelines

In order to complete your CEI Level 3 certification, you will complete a case study in which you will work with one individual and document the process in detail.

### **Timeline:**

- You must do a minimum of 6 sessions with your client.
- Each session should be 60-90 minutes long.
- You should allow at least one week in between each session so that the client can make progress on their own with the self-care exercises.

### **Choosing your client:**

- Make sure your client is willing to practice the self-care exercises for at least 20-30 minutes per day, at least 5 days per week.
- Make sure your client is a good candidate for Clinical Somatics: Does it seem like their pain or symptoms are caused by muscle tension and body use?

### **Case study documentation:**

You should use the CEI Case Study Forms to document your sessions. There is space in the Word document for six sessions; please copy and paste the form if you do additional sessions.

If you wish to take “before and after” photos of a client who is working with a postural issue, please do.

At your first session with your client, you will do a full assessment; the assessment questions are included in the Case Study Forms.

At sessions 2 through 6, you will document in detail:

- How did the client feel after the last session?
- How often and for how long did they practice the self-care exercises since the last session? What was their experience with the self-care exercises?

- Which exercises did you teach them in this session?
- What challenges did you encounter in this session? How did you deal with them?

### **Successful completion of the case study:**

I will assess your case study not based on your client outcome (though of course we hope for a positive outcome), but rather on how you worked with your client based on their symptoms, their reported experience with the exercises, and the challenges you encountered.

Two tips:

1. Just because you know how to teach more exercises now doesn't mean you need to use them all at once. You should always start with the basics, and only teach your client more exercises as appropriate. Your client will benefit more from doing fewer exercises and doing them correctly.
2. Each session does not need to be completely focused on teaching new exercises. The sessions should be focused on what the client needs to do that day. You may spend the whole session practicing exercises that the client already knows; working on the nuances and showing them how to get more benefit from the exercises. If they have one side that is considerably tighter than the other, you may spend the session working with the tighter side, so that they stand up at the end and feel the effects of working with just one side of their body.

Your goals in this case study are:

- To teach your client exercises that address their particular needs
- To do everything you possibly can to make sure the student is doing the exercises correctly and getting maximum benefit from them
- If your student is not making progress, to work with them to figure out *why*:
  - Are they doing the exercises correctly (and slowly enough)?
  - Are they doing anything in their daily life that is hampering their progress?
  - Is there an underlying structural issue or disease condition that needs to be addressed?

To submit your completed case study, make sure the CEI Case Study forms are filled out, and email them to me at [training@somaticmovementcenter.com](mailto:training@somaticmovementcenter.com).