



Somatic Movement Center®  
Certified Exercise Instructor  
Levels 1, 2 & 3

**Somatic Movement Center®**

SomaticMovementCenter.com

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## OVERVIEW

This series of home-study courses teaches Clinical Somatic Education self-care exercises, principles, and theory as developed by Thomas Hanna. The courses are designed for highly motivated, self-driven students who are comfortable with distance learning. The CEI program is open to health and movement professionals as well as those with no background in healthcare or movement instruction.

The CEI program prepares you to instruct Clinical Somatics self-care exercises in both individual sessions and group class settings. Clinical Somatics exercises give you a highly effective way to help your clients and students who suffer from chronic muscle and joint pain, postural distortions, movement limitations, and many common musculoskeletal conditions.

### **SMC® CEI Level 1**

SMC® CEI Level 1 teaches a series of eight Clinical Somatics floor exercises and two seated and standing proprioceptive exercises that address dysfunction in the core of the body. The course introduces students to the concepts of Somatic theory, teaching principles, and neurophysiology. CEI Level 1 is a 100-hour training.

### **SMC® CEI Levels 2 & 3**

SMC® CEI Levels 2 and 3 teach advanced Clinical Somatics floor exercises and proprioceptive exercises that address dysfunction in the core of the body and the extremities. The courses delve deeper into teaching principles, neurophysiology, and working with specific functional disorders. CEI Levels 2 and 3 are each 100-hour trainings. The complete CEI course series, Levels 1, 2, and 3 together, is a 300-hour training program.

## ENROLLING IN THE CEI PROGRAM

Students may register for the SMC® CEI Level 1 course at SomaticMovementCenter.com. When registering, you will be asked to describe your personal experience and practice with Clinical Somatics self-care exercises, as well as provide a personal statement explaining why you want to teach Clinical Somatics and in what setting you plan to teach.

### Prerequisites

Students enrolling in the SMC® CEI Level 1 course must have personal experience with Clinical Somatics self-care exercises as taught by a certified educator, and should be practicing the exercises on their own on a regular basis. It is recommended, but not required, that students complete the Somatic Movement Center® online Level One Course, available on SomaticMovementCenter.com, to fulfill this prerequisite.

Students enrolling in the SMC® CEI Level 2 course must have completed their SMC® CEI Level 1 certification. Students enrolling in the SMC® CEI Level 3 course must have completed their SMC® CEI Level 2 certification.

### Tuition

Tuition is in US dollars, and is due in full at time of registration for each level.

SMC® CEI Level 1 course: \$475 USD

SMC® CEI Level 2 course: \$475 USD

SMC® CEI Level 3 course: \$475 USD

### Cancellations and Refunds

An enrolled student who provides written notice of cancellation within five (5) days (excluding Saturday, Sunday, and federal or state holidays) of paying the tuition payment in full is entitled to a refund of all monies paid minus any credit card fees. After five (5) days, tuition is nonrefundable.

# CEI LEVEL 1 COURSE SYLLABUS

## Schedule

The SMC® CEI Level 1 course is taught in 10 sections. The pace of the course is set, with a new section becoming available each week. Students may begin the first section of the course immediately upon registering. The entire course may be completed in 10 weeks; however, students may take as long as they need to complete the course.

## Required Reading

Students are required to read *The Pain Relief Secret* by Sarah Warren. Chapters of this book are used as academic reading in the course, and students will be tested on the material.

Students are also required to read *Somatics: Reawakening the Mind's Control of Movement, Flexibility, and Health* by Thomas Hanna.

Students are encouraged, but not required, to use *Trail Guide to the Body: How to Locate Muscles, Bones and More* by Andrew Biel as a reference.

## Academic Material

The following academic topics are covered in the SMC® CEI Level 1 course. Students will complete a quiz at the end of each section testing the comprehension of the academic material.

- Professional Standards of Clinical Somatic Education
- History and principles of Clinical Somatic Education
- Teaching principles of Clinical Somatic Education
- Student assessment
- Theory and anatomy of the Green Light Reflex (action response), Red Light Reflex (withdrawal response), and Trauma Reflex (flexor reflex)
- Sensorimotor amnesia, sensory adaptation, awareness, and attention
- Pandiculation
- The stretch reflex (myotatic reflex)
- Proprioception and teaching proprioceptive exercises
- How to instruct group classes, individual sessions, and home practice

## Exercises

The SMC® CEI Level 1 course teaches a series of eight Clinical Somatics floor exercises and two seated and standing proprioceptive exercises that address dysfunction in the core of the body. Students will learn how to instruct each exercise through video demonstrations, written explanations and instruction, and personal practice. The anatomy of each exercise, what conditions each exercise helps to alleviate, and common mistakes that students make when practicing the exercises are discussed. A sample script for each exercise is provided.

At the end of the course, CEI students will submit four videos of themselves teaching a volunteer student four of the exercises that are taught in the course. The videos will show that CEI students have a clear understanding of how to teach the exercises and how to work with a student. Feedback will be given on the videos, and if improvement is needed before certification can be granted, students may be asked to re-submit one or more of the videos.

## Outcomes

Somatic Movement Center expects Certified Exercise Instructors to uphold the highest level of instruction to their students. Upon completion of the SMC® CEI Level 1 course, students should have a deep understanding of:

- The theory, principles, and neurophysiology of Clinical Somatic Education
- How to teach Clinical Somatics self-care exercises in a variety of settings while being true to Clinical Somatics teaching principles and best practices
- How to assess a student, and work with them in partnership to address their unique issues
- How to sequence a group class or individual session in order to address specific patterns of pain, dysfunction, or diagnosed musculoskeletal conditions
- How to instruct students to develop their own ongoing home practice

## Requirements for CEI Level 1 Certification

Successful completion of the SMC® CEI Level 1 course is dependent on:

1. Passing all quizzes on academic material
2. Submitting four videos demonstrating competent teaching of the exercises
3. Submitting a personal statement at the end of the course describing your personal experience with practicing the exercises, your experience in learning how to teach the exercises, and how you intend to move forward in teaching the exercises

## Certification

Once you have been approved for certification, you will receive a signed certificate showing that you have completed the SMC® CEI Level 1 course. You will receive an electronic version of the certificate, and if you live within the United States, you will receive a physical copy by mail.

You will also receive handouts that you may give to your students as tools that they can use to practice the exercises at home on their own. The handouts describe each exercise individually, as well as how to get the most out of practicing Clinical Somatics self-care exercises.

If you wish, your name, head shot, and contact information will be listed on the Certified Exercise Instructors page of [SomaticMovementCenter.com](http://SomaticMovementCenter.com).

# CEI LEVEL 2 COURSE SYLLABUS

## Schedule

The SMC® CEI Level 2 course material is taught in 10 sections. The pace of the course is set, with a new section becoming available each week. Students may begin the first section of the course immediately upon registering. The course material may be completed in 10 weeks; however, students may take as long as they need to complete it.

There is a six-week case study required for CEI Level 2 certification. It is recommended that students carry out this case study after completing the 10 weeks of course material. However, if students wish to do the case study while completing the course material, they may.

## Required Reading

Students are required to read *The Pain Relief Secret* by Sarah Warren. Chapters of this book are used as academic reading in the course, and students will be tested on the material.

Students are encouraged, but not required, to use *Trail Guide to the Body: How to Locate Muscles, Bones and More* by Andrew Biel as a reference.

## Academic Material

The following academic topics are covered in the SMC® CEI Level 2 course. Students will complete a quiz at the end of each section testing the comprehension of the academic material.

- Connecting With and Coaching Your Student
- Marketing Your Business
- Modifying Exercises and Adjusting Your Student
- Causes and Types of Pain
- Motor Learning and Muscle Tension
- Working with Functional Disorders:
  - Lower back pain
  - Hyperlordosis
  - Sciatica and piriformis syndrome
  - Sacroiliac joint dysfunction



- Spinal degeneration
- Postural kyphosis
- Forward head posture
- Idiopathic scoliosis
- Functional leg length discrepancy
- Iliopsoas syndrome
- Iliotibial band syndrome
- Internal snapping hip syndrome
- External snapping hip syndrome

## Exercises

The SMC® CEI Level 2 course teaches 13 Clinical Somatics floor exercises and two standing proprioceptive exercises that address dysfunction in the core and the extremities of the body. Students will learn how to instruct each exercise through video demonstrations, written explanations and instruction, and personal practice. The anatomy of each exercise, what conditions each exercise helps to alleviate, and common mistakes that students make when practicing the exercises are discussed. A sample script for each exercise is provided.

## Outcomes

Somatic Movement Center expects Certified Exercise Instructors to uphold the highest level of instruction to their students. Upon completion of the SMC® CEI Level 2 course, students should have a deep understanding of the following concepts, in addition to those learned in CEI Level 1:

- How to connect with each student and address their unique needs
- How to coach students to make changes in their habits in order to help them get out of pain and make changes in their posture and movement
- How to market a small business
- How to modify exercises for students with movement limitations
- The various causes of bodily pain
- The neurophysiology of pain sensation and perception
- How we learn motor patterns and develop involuntary muscular tension
- How to work with common functional disorders (listed above in Academic Material)

## Requirements for CEI Level 2 Certification

Successful completion of the SMC® CEI Level 2 course is dependent on:

1. Passing all quizzes on academic material.
2. Completing and documenting a six-week case study with a student of your choice. You will do a minimum of six 60-90 minute private sessions with the student. Your case study will be assessed on how you worked with your client based on their symptoms, their reported experience with the exercises, and the challenges you encountered.

## Certification

Once you have been approved for certification, you will receive a signed certificate showing that you have completed the SMC® CEI Level 2 course. You will receive an electronic version of the certificate, and if you live within the United States, you will receive a physical copy by mail.

You will also receive handouts, describing each exercise individually, that you may give to your students as tools that they can use to practice the exercises at home on their own.

If you wish, your name, head shot, and contact information will be listed on the Certified Exercise Instructors page of [SomaticMovementCenter.com](http://SomaticMovementCenter.com).

# CEI LEVEL 3 COURSE SYLLABUS

## Schedule

The SMC® CEI Level 3 course material is taught in 10 sections. The pace of the course is set, with a new section becoming available each week. Students may begin the first section of the course immediately upon registering. The course material may be completed in 10 weeks; however, students may take as long as they need to complete it.

There is a six-week case study required for Level 3 certification. The case study can be carried out at any time during the 10 weeks of course material or after the course material has been completed.

## Required Reading

Students are encouraged, but not required, to use *Trail Guide to the Body: How to Locate Muscles, Bones and More* by Andrew Biel as a reference.

## Academic Material

The following academic topics are covered in the SMC® CEI Level 3 course. Students will complete a quiz at the end of each section testing the comprehension of the academic material.

- Working with Functional Disorders:
  - Tendinopathies
  - Bursitis
  - Plantar fasciitis
  - Knee pain
  - Shin splints
  - Frozen shoulder
  - Thoracic outlet syndrome
  - Carpal tunnel syndrome
  - De Quervain's tenosynovitis
  - Tennis elbow and golfer's elbow
  - Neck pain
  - Whiplash
  - Temporomandibular joint pain

- Shallow breathing
- Joint hypermobility
- Osteoarthritis
- Working with trauma sufferers
- Painful autoimmune conditions
- Fibromyalgia, chronic fatigue syndrome (ME/CFS), and amplified musculoskeletal pain syndrome (AMPS)
- Restless legs syndrome (RLS), essential tremor, Parkinson's disease (PD), and amyotrophic lateral sclerosis (ALS)

## Exercises

The SMC® CEI Level 3 course teaches 16 Clinical Somatics floor exercises that address dysfunction in the core and the extremities of the body. Students will learn how to instruct each exercise through video demonstrations, written explanations and instruction, and personal practice. The anatomy of each exercise, what conditions each exercise helps to alleviate, and common mistakes that students make when practicing the exercises are discussed. A sample script for each exercise is provided.

## Outcomes

Somatic Movement Center expects Certified Exercise Instructors to uphold the highest level of instruction to their students. Upon completion of SMC® CEI Level 3, students should have a deep understanding of the following concepts, in addition to those learned in CEI Levels 1 & 2:

- How to work with common functional disorders (listed above in Academic Material)
- How to work with trauma sufferers
- The potential benefits of Clinical Somatic Education for people with joint hypermobility, osteoarthritis, painful autoimmune conditions, multisystem pain conditions, and neurological movement disorders

## Requirements for CEI Level 3 Certification

Successful completion of the SMC® CEI Level 3 course is dependent on:

1. Passing all quizzes on academic material.
2. Completing and documenting a six-week case study with a student of your choice. You will do a minimum of six 60-90 minute private sessions with the student. Your case study will be assessed on how you worked with your client based on their symptoms, their reported experience with the exercises, and the challenges you encountered.

## Certification

Once you have been approved for certification, you will receive a signed certificate showing that you have completed the SMC® CEI Level 3 course. You will receive an electronic version of the certificate, and if you live within the United States, you will receive a physical copy by mail.

You will also receive handouts, describing each exercise individually, that you may give to your students as tools that they can use to practice the exercises at home on their own.

If you wish, your name, head shot, and contact information will be listed on the Certified Exercise Instructors page of [SomaticMovementCenter.com](http://SomaticMovementCenter.com).

## INSTRUCTOR



Sarah Warren is a Certified Clinical Somatic Educator, Registered Somatic Movement Educator, owner of Somatic Movement Center, and author of the book *The Pain Relief Secret*. She was trained and certified at Somatic Systems Institute in Northampton, MA. Sarah has helped people with chronic muscle and joint pain, sciatica, scoliosis and many other musculoskeletal conditions become pain-free by practicing Thomas Hanna's groundbreaking method of Clinical Somatic Education. Sarah is passionate about empowering people to relieve their own pain, improve their posture and movement, and prevent recurring injuries and physical degeneration.