



GSPT Modular Format 2012 – 2014

The Global Somatics™ Practitioner Training is designed to guide its students easily, step by step in learning of a large amount of material and many skills. If a trainee attends class faithfully, completes homework monthly, and follows the standards of conduct, s/he will be ready for graduation. Some trainees prefer to do the program at their own pace and in their own way. While this is permitted, certification will not be granted until all coursework has been successfully completed and competency demonstrated.

The Modular Format consists of monthly 5 day intensives over a 22 month period, with 8 hours of class work daily. This program is designed for mature professionals who are capable of the intensive format and self-directed in the completion of homework in between intensives. This is the ideal program for those living outside the Twin Cities and for those who learn well through an intensive embodiment communal experience followed by time to integrate personally and study cognitively.

The curriculum hours are designed for a group of 12 participants. In cases of smaller sizes, a percentage of Professional Competency in class hours will be reduced as more individual attention can be offered in less time.

Season I -- Fall 2012 “The East”

PCI--Professional Competency Seminars

Friday evening of each intensive from 6:30-8:30 and most Wednesdays mornings.

BP1--Breathing Freely

BP3--Moving Perceptions I

PC I Professional Competency

Sept. 5-9 (Wed - Sun) 9:30 - 5:30, Sat. 11:30-7:00 40 hours

* Shared with Weekly Format Students

BS1--Following Flow: Embodying the Fluids System, PCI

Oct. 3 - 7 (Weds.- Sun) 9:30 - 5:30, Sat. 11:30-7:00 40 hours

DM1--Developmental Movement I: The RRR Reflexes, Righting Reactions, Equilibrium Responses, PC I

Nov. 7-11 (Weds - Sun) 9:30 - 5:30, Sat. 11:30-7:00 40 hours

BS2--Knowing Bones: Embodying the Skeletal System , PCI

Dec. 5 -9 (Weds - Sun) 9:30 - 5:30, Sat. 11:30-7:00 40 hours

Season II – Winter-Summer 2013 “The South”

PCII--Professional Competency Seminars

Friday evening of each intensive from 6:30-8:30 and most Wednesdays mornings.

BS8:I--Vibrational Aspects I and Psychophysical Integration Professional Competency II

Jan. 30- Feb. 5 (Weds - Sun) 9:30 - 5:30, Sat. 11:30-7:00 40 hours

BS3--Organic Dance: Embodying the Organ System

Mar. 6-10 (Weds - Sun) 9:30 - 5:30, Sat. 11:30-7:00 40 hours

DM3--Developmental Movement III: The Vertebrate Patterns, PCII

April 10-14 (Weds - Sun) 9:30 - 5:30, Sat. 11:30-7:00 40 hours

DM2--Developmental Movement II: Embryonic Dances BP3 Moving Perceptions II, PCII

May 8-12 (Weds - Sun) 9:30 - 5:30, Sat. 11:30-7:00 40 hours

**BP2--Singing Fully: Embodying the Voice BS5--Glory in the Glands:
Embodying the Endocrine System, PCII**

June 19-23 (Weds - Sun) 9:30 - 5:30, Sat. 11:30-7:00 40 hrs

* Shared with weekly Format Students

Season III - Fall 2013 “The West”

PCIII--Professional Competency Seminars

Friday evening of each intensive from 6:30-8:30 and most Wednesdays mornings.

BS8:II--Vibrational Aspects II and Psychophysical Integration, PCIII

Sept. 4-8 (Weds - Sun) 9:30-5:30, Sat. 11:30-7:00 40 hrs

BS4--Holding On: Embodying the Fascia and Ligamentous System, PCIII

Oct. 9-13 (Weds - Sun) 9:30 - 5:30, Sat. 11:30-7:00 40 hrs

BP3:II-- Moving Perceptions III, Professional Competency III

Nov. 29-Dec. 2 (Thurs – Sun) 9:30-5:30 Sat. 11:00-7:00 40 hrs

* Shared with Weekly Format Students

BS6--Magnificent Muscles I: Embodying the Muscle System, PCIII

Dec. 11-15 (Weds - Sun) 9:30 - 5:30, Sat. 11:30-7:00 40 hrs

Season IV Winter- Spring 2014 “The North”

PCIV--Professional Competency Seminars

Friday evening of each intensive from 6:30-8:30 and some Wednesdays.

BS6—Magnificent Muscles II: Embodying the Muscle System, PCIV

Jan. 15-19 (Weds. - Sun) 9:30 - 5:30, Sat. 11:30-7:00 40 hrs

BS7—Renewing the Nervous System: Embodying the Brain and the Nervous System, PC IV

Feb. 26 – Mar. 2 (Weds - Sun) 9:30 - 5:30, Sat. 11:30-7:00 40 hrs

BS8:III--Vibrational Aspects III and BS9--Sub-Cellular Ceremony, PC IV-

April 10-13 (Thurs - Sun) 9:30 -- 5:30, Sat. 11:30-7:00 40 hrs

* Shared with Weekly Format Students

PCIV Professional Competency IV/Graduation

May 1-4 (Thurs - Sun) 9:30 -- 5:30, 24 hrs

* Shared with Weekly Format Students

2012 - 2014 Seasonal Planning

To help you to realistically structure your life to participate in the training, here is a breakdown of hours per month and season. Because each course is an intensive, we recommend that you come rested and ready for 5 days of layered experiential work. During the follow up month, you will be integrating the work physically, mentally, emotionally and spiritually. You will be doing homework for that course with practice sessions, reading and writing. You should plan approximately 20 hours per course per season for homework.

Season I -- Fall 2012

Number of Intensives: 4

PCI Professional Competency Seminars: total 21 hrs

BP1-- Moving Perceptions I: Breathing Freely and Professional Competency Sept.5-9

Coursework Sept.9 –Oct.3

- Complete Homework for Breath and Moving Perceptions I (30 hours)
- Professional Competency Homework: 20 hours

BS1-Following Flow: Embodying the Fluids System Oct.3-7

Homework due: turn in Breath and Moving Perceptions Workbooks

Coursework Oct. 7- Nov.7

- Complete Homework for Fluids (30 hours)
- Professional Competency Homework: 20 hours

DM1--Developmental Movement I: RRR Reflexes, Righting Reactions, Equilibrium Responses, PCI Nov.7 - 11

Homework due: Turn in Fluids workbook

Coursework Nov.11-Dec.5

- Complete Homework for RRR (20 hours)
- Professional Competency Homework: 20 hours
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BS2--Knowing Bones: Embodying the Skeletal System Dec. 5-9

Homework due: Turn in RRR workbook

Coursework Dec. 9 - Jan.30,2013

- Complete Homework for Skeletal (20 hours)
- Professional Competency Homework: 20 hours
- Meeting with director

Practicum: Outside Class Laboratory work that is supervised and reported:
total 129 hours

- 4 hours, Mentoring with the director or TA, one per workshop
- 6 hours, three private Global Somatics™ or Body-Mind Centering® Sessions

- with certified professional. Report filed and journal kept.
- 28 hours, Arrange, offer, and record 16 Instructional Sessions: Breath (2), Senses (2) Fluids (4), Developmental I (4) and Skeletal (4)
 - 10 hours, Arrange, offer and record 3 Integrative Sessions
 - 3 hours, Teaching Material studied and recording
 - 12 hours, Peer supervision and study
 - 50 hours, Research Project
 - 15 hours, Community Service
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Season II -- Winter/Spring 2013 Number of Intensives: 5

PCII Professional Competency Seminars: total 44 hrs

BS8:I--Vibrational Aspects I and Professional Competency II Jan. 30-Feb. 3

Homework due: Turn in Knowing Bones Workbook

Coursework Feb.3 – Mar.6

- Complete Homework for Vibrational Aspects (20 hours)
- Professional Competency Homework: 20 hours

BS3--Organic Dance: Embodying the Organ System Mar. 6-10

Homework due: Turn in Vibrational Aspects workbook

Coursework Mar. 10-April 10

- Complete Homework for Organ (20 hours)
- Professional Competency Homework: 20 hours
- Meeting with director

DM3--Developmental Movement III: The Vertebrate Patterns April 10- 14

Homework due: Turn in Organ workbook

Coursework April 14 - May 8

- Complete Homework for Developmental III (20 hours)
- Professional Competency Homework: 20 hours

DM2--Developmental Movement II: The Embryonic Dances

BP3--Moving Perceptions II May 8-12

Homework due: Turn in Developmental III workbook

Coursework May 12- June 19

- Complete Homework for Developmental II and Moving Perceptions II (30 hours)
- Professional Competency Homework: 20 hours
- Meeting with director

BP2--Singing Fully: Embodying the Voice

BS5--Glory in the Glands: Embodying the Endocrine System

Professional Competency June 19-23

Homework due: Turn in Developmental II and Moving Perceptions workbooks

Coursework June 23 - Sept. 4

Complete Homework for Endocrine and Voice (40 hours)

- Professional Competency Homework: 20 hours
- Review Vibrational Aspects
- Meeting with Director

Practicum: Outside Class Laboratory work that is supervised and reported:
total 137 hrs

- 5 hours, Mentoring with the director
- 6 hours, three private Global Somatics™ or Body- Mind Centering® Sessions with certified professional. Report filed and journal kept.
- 36 hours, Arrange, offer and record 18 Instructional Sessions: Vibrational Aspects(2), Organ(4), Embryonic Dances(2), Vertebrate(2), Senses (2),

Glands/Voice(4),

- 10 hours, Arrange, offer and record 3 Integrative Sessions
- 3 hours, Teaching Material studied and recording
- 12 hours, Peer supervision and study
- 50 hours, Research Project
- 15 hours, Community Service

Season III -- Fall 2013

Number of Intensives: 4

PCIII Professional Competency III Seminars: total 35 hours

BS8:II--Vibrational Aspects II PC III Sept.4-8

Homework due: Turn in Endocrine and Voice Workbooks

Presentation of Research Projects Plans

Coursework Sept.8 –Oct.9

- Complete Homework for Vibrational Aspects II (10 hours)
- Professional Competency Homework: 20 hours

**BS4--Holding On: Embodying the Fascia and Ligamentous System,
PCIII Oct.9-13**

Homework due: Turn in Vibrational Aspect workbook

Coursework Oct.13 –Nov.7

- Complete Homework for Fascia and Ligament (20 hours)
- Professional Competency Homework: 20 hours

BP3:II-- Moving Perceptions III, Professional Competency III

Nov.7 –10

Homework due: Turn in Fascia and Ligament Workbook

Coursework Nov. 10 – Dec. 11

- Complete Homework for Moving Perceptions III (10 hours)
- Professional Competency Homework: 20 hours
- Study Muscle Anatomy

BS6--Magnificent Muscles I: Embodying the Muscle System Dec. 11-15

Coursework Dec. 15- Jan. 15

- Complete Homework for Muscle I (20 hours)
- Professional Competency Homework: 20 hours

Outside Class Laboratory work that is supervised and reported: total 127 hrs

- 5 hours, Mentoring with the director
- 6 hours, three private Global Somatics™ or Body- Mind Centering® Sessions with certified professional. Report filed and journal kept.
- 27 hours, Arrange, offer and record 9 Instructional Sessions: Vibrational Aspects II (2), Fascia and Ligament(3), Senses(2) Muscle(2)
- 10 hours, Arrange, offer and record 4 Integrative Sessions
- 3 hours, Teaching Material studied and recording
- 12 hours, Peer supervision and study
- 50 hours, Research Project
- 15 hours, Community Service
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Season IV—Winter/Spring 2014

Number of Intensives: 4

PC1V Professional Competency IV Seminars: total 42 hours

BS6--Magnificent Muscles II: Embodying the Muscle System

Jan. 15-19 Homework due: Muscle I homework

Coursework Jan. 19-Feb. 26

Complete Homework for Muscle II (20 hours)

- Professional Competency Homework: 20 hours
- Meeting with director

BS7--Renewing the Nervous System: Embodying the Nervous System

Feb. 26 – Mar. 2

Homework due: Muscle Workbook

Coursework Mar. 2 – April 10

- Complete Homework for Nervous System (20 hours)
- Professional Competency Homework: 20 hours
- Meeting with director

BS8:III--Vibrational Aspects III BS9--Sub-Cellular Ceremony PC IV

April 10-13

Homework due: Nervous System, Vibrational Aspects Workbook, Professional Competency workbook

PCIV Professional Competency IV- May 1-4

Presentation of Research Projects, closure and graduation

Outside Class Laboratory work that is supervised and reported: total 113 hrs

- 4 hours, Mentoring with the director
- 6 hours, three private Global Somatics™ or Body- Mind Centering® Sessions with certified professional. Report filed and journal kept.
- 24 hours, Arrange, offer and record 8 Instructional Sessions: Muscle(2), Nervous(4) and Vibrational Aspects (2)
- 10 hours, Arrange, offer and record 3 Integrative Sessions

- 3 hours, Teaching Material studied and recording
- 12 hours, Peer supervision and study
- 50 hours, Research Project
- 15 hours, Community Service