



GSPT Weekly Format 2011 – 2013

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 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.

We recommend that you come rested and ready to work each Tuesday and for the Intensives. During the follow up week, 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 2011 Sept. 14- Dec. 27 “The East” PCI--Professional Competency Seminars

6:30-8:30 Tuesday night

BP1--Breathing Freely

BP3--Moving Perceptions I

PC I Professional Competency

Sept. 14-18 (Wed - Sun) 9:30 - 5:30, Sat. 11:00-7:00 40 hours

* Shared with Modular Format Students

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

Tuesdays Sept. 20- Nov. 15 , 9:30 - 12:30

*Breathing Freely and Moving Perceptions I Workbooks due Sept. 20

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

Tuesdays Sept. 20- Nov. 15, 2:30 - 5:30

BS2--Knowing Bones: Embodying the Skeletal System

Tuesdays Nov. 29- Dec. 27, 9:30 - 12:30

*Following Flow and Developmental I Workbooks due Nov. 29

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

Season II – Winter-Summer 2012 “The South”

PCII--Professional Competency Seminars

* Practicum I Homework and Knowing Bones workbook due Jan. 17

6:30-8:00 Tuesday night

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

Tuesdays Jan.17- Feb. 7, 9:30-5:30

BS3--Organic Dance: Embodying the Organ System

Tuesdays Feb 21- Mar. 20, 9:30-5:30

*Vibrational Aspects Workbook due Feb. 21

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

Tuesdays April 3- May 22, 9:30 - 12:30

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

Tuesdays April 3- May 22, 2:30 - 5:30

BP2--Singing Fully: Embodying the Voice

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

*Developmental Movement II and II workbooks due June 20

June 20-24 (Weds - Sun) 9:30 - 5:30, Sat. 11:00-7:00

Shared with Modular Format Students

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 2012 “The West”

PCIII--Professional Competency Seminars

* Practicum II Homework and Glory in the Glands and Singing Fully workbooks due Sept. 11

6:30-8:00 Tuesday night

BS8:II--Vibrational Aspects II and Psychophysical Integration

Tuesdays Sept. 11-Oct. 2 9:30-5:30

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

Tuesdays Oct. 16- Nov. 13, 9:30 - 5:30

* Vibrational Aspects Workbook due

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 Modular Format Students
- * Holding On Workbook due Nov. 29

BS6--Magnificent Muscles I: Embodying the Muscle System

Tuesdays Jan. 8-Feb. 12 (no class 1/22) 9:30 - 5:30

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 2013 “The North”

PCIV--Professional Competency Seminars

*Practicum work due Feb. 26

6:30-8:00 Tuesday night

BS6—Magnificent Muscles II: Embodying the Muscle System

Tuesday Feb. 26- Mar. 26, 9:30 - 5:30

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

Tuesdays April 16-May 14, 9:30 - 5:30

* Magnificent Muscle Workbook due April 16

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

May 22-25 (Thurs - Sun) 9:30 -- 5:30, Sat. 11:00-7:00 40 hrs

- Shared with Modular Format Students
- * Renewing the Nervous System Workbook due May 22

PCIV Professional Competency IV/Graduation

June 12-15 (Thurs - Sun) 9:30 -- 5:30, 24 hrs

- Shared with Modular Format Students
- Practicum IV Homework due June 12

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