

BODY-MIND CENTERING®
Movimiento Atlas

PRACTITIONER PROGRAM
Spain

Program Director: **Patricia Gracia**
Organized by **Movimiento Atlas**

INFORMATIVE PACKAGE

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BODY-MIND CENTERING®

Body-Mind Centering® is an integrated approach to transformative experience through movement re-education and hands-on repatterning. Developed by Bonnie Bainbridge Cohen in the last 50 years, BMC® is an experiential study that leads to an understanding of how the mind is expressed through the body and the body through the mind.

The work is based on the rich and varied sources of anatomy, physiology, kinesiology and developmental principles. At the core of our courses are detailed approaches to access and explore each body-system and their integration in the patterning of our movement. We do this in a range of dynamic and physically active ways, and learn through our personal processes. Our experiences are the ground from which we work with others. This revolutionary approach is founded in the fullness of our very own sensory experience. The journey we take leads to greater awareness and deeper understanding of ourselves as human beings.

The programs and courses present detailed and specific approaches to the personal embodiment of our cells, our body systems and our developmental patterns. The principles and techniques learned in our courses can be used for personal development and for professional enhancement. This work is currently being used by people in movement, dance, yoga, bodywork, physical and occupational therapy, psychotherapy, child development, education, voice, music, art, meditation, athletics and other body-mind disciplines.

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All courses of the SME, IDME and Practitioner programs in Spain, organized by Movimiento Atlas, are directed by Patricia Gracia, and accredited by Bonnie Bainbridge Cohen and The School for Body-Mind Centering®. Courses are also acknowledged by the licensed BMC® programs in Europe, the United States and South America.

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PRACTITIONER PROGRAM

Continuing on from the Somatic Movement Education Program (SME), this program builds on the foundations of the SME Program and requires two additional years of study. Themes cover:

- Deepening personal embodiment
- Achieving greater subtlety in touch and repatterning skills,
    - addressing psychophysical aspects
    - assessing clients
    - learning therapeutic approaches and developing skills as a professional.

This 1000+ hour program takes four years to complete - two years completing the Somatic Movement Education Program (years 1 and 2) and two years of courses in the Practitioner Program (years 3 and 4).

Graduates are qualified to apply the work in therapeutic as well as educational contexts.

Movimiento Atlas offers the following courses over three consecutive summers, stimulating a time for integration and personal study between courses, with the support and guidance of the team for the development and delivery of the homework required for certification:

Embryological Development - 4 days; 530 €

Systems and Development 1 - 7 days; 890 €

Senses and Perception 2 - 6 days; 770 €

Subcellular System - 3 days; 410 €

Immune System - 3 days; 410 €

Breathing and Vocalization - 6 days; 770 €

Systems and Development 2 - 5 days; 650 €

Client Assessment and Therapeutic Approaches 1 - 7 days; 890 €

Professional Development 2 - 3 days; 410 €

Psychophysical Integration 1 - 6 days; 770 €

New Frontiers - 3 days; 410 €

Psychophysical Integration 2 - 4 days; 530 €

Client Assessment and Therapeutic Approaches 2 - 4 days; 530 €

Teaching Skills - 6 days; 770 €

Student Presentations - 3 days; 410 €

Professional Development 3 - 3 days; 410 €

Practitioner Competency - 1 day; 120 €

Full cost of the training: 9680€. Course prices, except Competency, are discounted by €50 if full payment of the module is made at least two months before the start date. Full cost of the training with this discount or monthly payments: €8880.

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Embryological Development

Patterns and relationships from this early stage of development can affect overall health and a sense of well-being. This is the time when all of the body tissues and systems are developing.

This course will explore the relationship of the egg yolk sac, amniotic sac, neurenteric canal, and autonomic fluid rhythm to the emerging development of the ectoderm, endoderm and mesoderm.

Minimum course length: 4 days, 28 class hours Price: 530 € (early bird: 480 €)
Prerequisites: Completion of SME Program

Integration of the Body Systems and Developmental Movement 1

Just as there is a developmental progression through the Basic Neurocellular Patterns, there is a developmental progression through the body systems as well. As we progress through the BNP, each pattern manifests affinities for different aspects of the body systems. These affinities underlie changes of consciousness in our tissues, in our movement, in our perceptions and in our interpersonal relationships.

This course includes:

- Personal expression of the interrelationships between your body systems and developmental process.
- Awareness of how others express their body systems through their developmental process.
- Gaining greater proficiency in facilitating these interrelationships in others.
- Deepening touch and repatterning skills through the integration of the body systems and development.

Minimum course length: 7 days, 59 class hours Price: 890 € (early bird: 840 €)
Prerequisites: Completion of SME Program

Senses and Perception 2

This course is a continuation of Senses and Perception 1. In order to perceive clearly, our attention, concentration, motivation or desire must actively focus us on what it is we are to perceive. This process patterns our interpretation of sensory information, and without this active focusing, our perception remains poorly organized. The active aspect of perception can be explored theoretically and experientially along with its relationship to development, the interrelationship of the different senses, and the process by which we can expand our choices in responding to ourselves, others and the world.

This course includes:

- How the senses/perceptions support and manifest in the BNP.
- The developmental progression and integration of the senses.

Minimum course length: 6 days, 42 class hours Price: 770 € (early bird: 720 €)
Prerequisites: Completion of SME Program

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Subcellular System

Each cell in our body has living intelligence. It is capable of knowing itself, initiating action, and communicating with all other cells. The individual cell, its internal structures and the community of cells (tissue, organ, body) exist as separate entities and as one whole at the same moment. Attuning ourselves to our cellular consciousness brings us to a state in which we can find the ground from which flows the intricate manifestations of our physical, psychological and spiritual being. Subcellular structures function on the microcosmic level in the same way as the body systems do on a macrocosmic level. Like the body systems, they can be explored experientially and their psychophysical qualities brought to consciousness. As we embody cellular structures, our state of consciousness, movement, voice and quality of touch is reflected or amplified in body systems or larger structures.

This course includes:

- Relationships of body systems, body tissues, and cellular and subcellular structures.
- Plasma membrane layers: inner and outer focus and balance.
- Cellular fluids: extracellular, intracellular, and transitional fluids. Introduction to cellular breathing.
- Fluid/membrane balance.
- Tensegrity and continuity of the cytoskeleton.
- External and internal respiration, and the underlying support of the organelles involved in cellular breathing.
- Explorations of the organelles involved in the production of proteins and other digestive functions.

Minimum course length: 3 days, 21 class hours Price: 410 € (early bird: 360 €)
Prerequisites: Completion of SME Program

Immune System

The immune system plays an essential role in maintaining health and well-being. The mind has a powerful effect on the immune system and psychophysical states can directly affect the functioning of this system. This course will cover the process of immunity and the structures and functions of the immune system.

This course includes:

- Basic components and functions of the immune system.
- Homeostasis and returning to balance.
- Adapting to an ever changing environment.
- How we can consciously support our immune system in a world of stress.
- How the immune system interacts with the other body systems.

Minimum course length: 3 days, 21 class hours Price: 410 € (early bird: 360 €)
Prerequisites: Completion of SME Program

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Breathing and Vocalization

We manifest our state of being through our breath. Through the expressive qualities of our voice, we communicate to the outer world who we are. Our voice reflects the functioning of all our body systems and the process of our developmental integration. Bringing kinesthetic and auditory consciousness to our vocal structures opens pathways of expression between our unconscious and our conscious mind and between ourselves and others. Breathing and vocalization are a continuum of the same process. The breath powers the voice and the voice strengthens and reflects how we breathe. Both reflect our state of being and health.

This course includes:

- The anatomy and physiology of the breathing and vocalization structures: the 5 diaphragms, pharynx, larynx, body cavities, lips and tongue. (Note: The lungs are covered in the Organ System course.)
- The role of the pharynx and other cavities of the body in the production of resonation and vowel sounds.
- Distinguishing the structures of the larynx and their roles in sound production (pitch and intensity).
- Gaining awareness of your own breathing and vocal patterns and facilitating repatterning in others.
- Exploring the psychophysical aspects of breathing and vocalization.

Minimum course length: 6 days, 42 class hours Price: 770 € (early bird: 720 €)
Prerequisites: Completion of SME Program

Psychophysical Integration 1

To find psychophysical homeostasis we need to maintain our ability to respond to present circumstances in ways that support maintenance and/or return to health and balance. In Body-Mind Centering® we can access ways to transform our habitual psychophysical habits to more fully embody our potential and range of possibilities. This requires continually making conscious decisions to play an active role in the direction of transformation through increased presence, mindfulness and relationship with self, others and community.

This course includes:

- Exploring in more depth the psychophysical aspects of each of the body systems and developmental movement.
- Using the senses and perception material to identify aspects of psychophysical expression.
- Interconnecting psychophysical patterns in the expression of the whole person.
- Recognizing and supporting the repatterning of nervous system reversals through the different tissues of the body.

Minimum course length: 6 days, 42 class hours Price: 770 € (early bird: 720 €)
Prerequisites: Completion of SME Program

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Professional Development 2

This course is a continuation of Professional Development 1. Explore how to develop as a Body-Mind Centering® Practitioner/Somatic Movement Therapist from an authentic place, blending presence, resonance, intuition, knowledge and experience. Competency as a professional is also addressed.

This course includes:

- The client/practitioner relationship.
- Developing note taking skills to track your clients' progress.
- Looking at ongoing professional development, research and the larger context of the somatic field.

Minimum course length: 3 days, 21 class hours Price: 410 € (early bird: 360 €)
Prerequisites: Completion of SME Program

New Frontiers

This course is an exploration of the most recent Body-Mind Centering® material developed by Bonnie Bainbridge Cohen.

Minimum course length: 3 days, 21 class hours Price: 410 € (early bird: 360 €)
Prerequisites: Completion of year 3 and enrollment in the Practitioner Program

Integration of the Body Systems and Developmental Movement 2

This course is an advanced exploration of the relationships in the Embodied Anatomy (body systems) material and Embodied Developmental Movement material studied in previous courses. Embodiment and integration of this material is an essential part of becoming a Body-Mind Centering® Practitioner.

This course includes:

- Key relationships between the Embodied Anatomy and Embodied Developmental Movement material.
- Exploration of more subtle aspects of personal embodiment and guiding repatterning in others.
- Further integration of the body systems and development.

Minimum course length: 5 days, 35 class hours Price: 650 € (early bird: 600 €)
Prerequisites: Completion of year 3 and enrollment in the Practitioner Program

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Client Assessment and Therapeutic Approaches 1

The uniqueness of Body-Mind Centering® allows us to approach conditions from a multi-systems and developmental perspective. This perspective can then illuminate our understanding of the larger underlying patterns of traditional syndromes. Assessment is an ongoing process that helps establish our starting place and our direction in working with BMC® principles and techniques.

This course includes:

- The process of assessment.
- Applications of Body-Mind Centering®.
- Body-Mind Centering® approaches.
- Traditional syndromes.
- Precautions and contraindications.

Minimum course length: 7 days, 49 class hours Price: 890 € (early bird: 840 €)
Prerequisites: Completion of year 3 and enrollment in the Practitioner Program

Psychophysical Integration 2

This course is a continuation of Psychophysical Integration 1. To find psychophysical homeostasis we need to maintain our ability to respond to present circumstances in ways that support maintenance and/or return to health and balance. In Body-Mind Centering® we can access ways to transform our habitual psychophysical habits to more fully embody our potential and range of possibilities. This requires continually making conscious decisions to play an active role in the direction of transformation through increased presence, mindfulness and relationship with self, others and community.

This course includes:

- Exploring in more depth the psychophysical aspects of each of the body systems and developmental movement.
- Using the senses and perception material to identify aspects of psychophysical expression.
- Interconnecting psychophysical patterns in the expression of the whole person.
- Recognizing and supporting the repatterning of nervous system reversals through the different tissues of the body.

Minimum course length: 4 days, 28 class hours Price: 530 € (early bird: 480 €)
Prerequisites: Completion of year 3 and enrollment in the Practitioner Program

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Client Assessment and Therapeutic Approaches 2

This course is a continuation of Client Assessment and Therapeutic Approaches 1. The uniqueness of Body-Mind Centering® allows us to approach conditions from a multi-systems and developmental perspective. This perspective can then illuminate our understanding of the larger underlying patterns of traditional syndromes. Assessment is an ongoing process that helps establish our starting place and our direction in working with BMC® principles and techniques.

The course includes:

- The process of assessment.
- Applications of Body-Mind Centering®.
- Body-Mind Centering® approaches.
- Traditional syndromes.
- Precautions and contraindications.

Minimum course length: 4 days, 28 class hours Price: 530 € (early bird: 480 €)
Prerequisites: Completion of year 3 and enrollment in the Practitioner Program

Teaching Skills

The focus will be on building core skills and tools for teaching Body-Mind Centering®, such as: phrasing, shaping and layering of classes; use of props and teaching aids; group dynamics; a body systems and developmental model for logistics and organization of classes.

This course includes:

- Teaching techniques.
- Organizational skills.
- Group dynamics.
- Embodiment and transmission.
- Using BMC® principles as the basis for teaching.
- Support and feedback on your teaching in class exercises.
- Dialogue with faculty and peers about teaching and professional development.

Minimum course length: 6 days, 42 class hours Price: 770 € (early bird: 720 €)
Prerequisites: Completion of year 3 and enrollment in the Practitioner Program

Student Presentations

Each student presents a final project to the group. It can be a particular aspect of the work, an application of Body-Mind Centering® to another discipline or simply a question to explore. Each presentation is 15-20 minutes long and followed by a brief sharing.

Minimum course length: 3 days, 21 class hours Price: 410 € (early bird: 360 €)
Prerequisites: Completion of year 3 and enrollment in the Practitioner Program

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PP Competency & Professional Development 3

This course is a continuation of Professional Development 2. Explore how to develop as a Body-Mind Centering® Practitioner/Somatic Movement Therapist from an authentic place, blending presence, resonance, intuition, knowledge and experience. Competency as a professional is also addressed.

This course includes:

- The client/practitioner relationship.
- Responsibilities of being a professional, including ethical guidelines and health precautions.
- Setting up and managing a professional practice, such as, finances, publicity, managing space and time, promotion, interfacing with other professionals, supervision and networking.
- Developing note taking skills to track your clients' progress.
- Looking at the importance of ongoing professional development, research and the larger context of the somatic field.
- Review of skills and an evaluation of competency.

Minimum course length: 4 days, 28 class hours Price: 530 € (early bird: 480 €)
Prerequisites: Completion of year 3 and enrollment in the Practitioner Program

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FACULTY

The Practitioner Program (PP) in Spain is directed by: Patricia Gracia.

The faculty will be selected guaranteeing diversity in teaching styles and maximum professionalism. The faculty will be made up of BMC® Certified Teachers with extensive teaching experience both in certified programs and in the professional field of somatic movement education, both in individual and group contexts.

The courses will be taught in English and Spanish, with translation to both languages.

CERTIFICATION INFORMATION AND HOMEWORK

For students who intend to certify as Body-Mind Centering® Practitioner, certain homework needs to be completed: 28 study sessions, 12 somatic movement education classes, 14 guidance sessions, 4 individual sessions, 4 supervision sessions, 15 case studies, presentation of year 4 and a report on the final project. The cost of sessions with Teachers or Practitioner is not included in the course fees.

In addition, the following additional complementary studies are required: 40 hours of anatomy, 40 hours of physiology, 30 hours of kinesiology (functional anatomy), 50 hours of counseling skills, 100 hours of movement practice, 50 hours of meditative practice. Movimiento Atlas will offer some of these courses online. The cost of the complementary studies is not included in the course fees.

Upon enrollment, participants are provided with complete information and guidelines about homework.

ADDITIONAL INFORMATION

Course Schedule

Each course day consists of 7 class hours, not including breaks: from 9:00 until 13:30 and from 15:30 until 18:45. Lunch break is of 2 hours. The second last day will be a little longer into the evening, so that we can finish at around 14:00 on the last day. Please, check this for each course individually if needed for your departure.

The shorter 4 day courses end at 17:00. If you need to travel after those courses, please, make sure you stay till the end of the day.

The schedule can slightly vary depending on the course, the season and other factors. In some days, there could be some extra activities, usually optional.

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