

An integrative and holistic approach to Somatic Movement Therapy & Education based on principles of:

BODY-MIND CENTERING®

AUTHENTIC MOVEMENT

& SOMATIC PSYCHOLOGY

Set up your professional practice and become Registered Somatic Movement Educators (RSME) and Therapists (RSMT)



ABOUT

- Study in small, on-going groups
- Study to Diploma or Masters Level
- Studio venues in beautiful rural settings
- Founded in 1990
- Personal and Professional Development
- Programme offered in UK, Lithuania & Russia
- Become Registered Somatic Movement Educators (RSME) and Therapists (RSMT)
- Approved Training Program of the International Somatic Movement Education and Therapy Association (ISMETA)

TESTIMONIALS

"I feel it is a part of me, it's not what I do it's how I am."

"I apply what I learnt all the time, in private client work, in public workshops, in Higher Educational teaching both BA and MA level, and in navigating personal waters, it is a bedrock of my being-ness in the world."

"I was always very excited about the IBMT Diploma, but never anticipated quite how much my life/career would develop as a result."

ibmt



Institute for Integrative Bodywork & Movement Therapy

An ISMETA Approved Training & Professional Development Programme founded by Linda Hartley

www.ibmt.co.uk

The Diploma Programme consists of 5 Modules:

1 Infant Movement Development

Learn about the unfolding movement patterns that we all go through, in-utero, through the first year of life and beyond. Explore pre and perinatal psychological processes, including the movement process of birth. Discover the principles of development and explore hands-on bodywork techniques to support and guide the developmental process in others.

2 Authentic Movement & Therapeutic Presence

Learn key foundational skills in tracking and articulating our experience, cultivating our inner and outer witness, in service of relating to others in both therapeutic and educational settings. This forms a ground for practice in working with Developmental Movement Patterns and Body Systems. Study this contemplative movement practice that has evolved within the field of dance movement therapy, and been influenced by Jungian psychology and meditative practice.

3 & 4 Embodied Anatomy & Movement Re-patterning

These modules offer an embodied exploration of the Skin, Skeletal, Organ, Muscle, Fluid Endocrine, Immune System & Psychoneuroimmunology, Somatic and Autonomic Nervous systems of the body.

Run over 2 years, these modules offer study that includes both theoretical and experiential aspects with a strong focus on the embodiment of each system, together with their personal and psychological aspects.

Develop skills in supporting client's educational and therapeutic processes through touch and bodywork, movement repatterning and dialogue.

5 Somatic Psychology

Here we explore a range of models that seek to give language and meaning to our somatic process, enabling us to dialogue and interact meaningfully with material arising from the unconscious in bodywork and movement therapy practice.

Study includes:

- Embryology and Attachment and the process of development from conception through the first few weeks of embryological life.
- Embryology and the Body Systems: an exploration of Body, Feelings and Mind.
- The Perinatal Process: Development of Sub-personalities.
- The Development of the Sense of Self: Neuroscience and Trauma work.
- Movement Process Work: the Body as Shadow.

Teaching and Assessment

Participants will be expected to engage in personal movement and peer practice between seminars.

Trainees will be required to submit two written papers throughout the training and after all Modules have been completed, a written case study and video of a practice session will be required for the final assessment.

Over 550 hours of study.

Payment available by Monthly Installment.

Please contact us for details:
info@ibmt.co.uk

The logo for the International Bodywork and Movement Therapy (ibmt) organization, consisting of the lowercase letters 'ibmt' in a bold, purple, sans-serif font.