



Continuing Education Program for Rosen Method Movement Teachers

Dear Rosen Method Movement Teachers:

Welcome to your new Rosen Method Continuing Education program! The leadership of the Rosen Institute is very excited to offer you this next step in our advancement as Rosen Method professionals. As members in good standing of the Rosen Institute, you have our support and encouragement in growing personally and professionally.

In our Rosen Method community, we recognize that some of you have multiple roles—for example, as both Rosen Method Movement teachers and Rosen bodyworkers, or as Movement teachers and teachers/trainers. It seems reasonable to us that some of your CE hours would be acceptable to either CE program, so we encourage some overlap of similar CE activities or courses. We are suggesting, therefore, several helpful guidelines to help you in such situations:

- *If you are a Certified teacher and thus part of the All Teachers Group (ATG), you will follow the ATG's CE program.*
- *If you are both a Rosen Method bodywork practitioner and a Rosen Movement teacher, we suggest that you allocate half your hours to the body work CE and half to movement CE.*

We have developed these continuing education guidelines for you, but please know that we consider this your program: we welcome feedback, suggested topics/courses, and adjustments as we go along. Please stay in touch with us! You can email us at info@roseninstitute.net.

*Warmly,
Juliane Knoop and Louisa Castner, CE subcommittee, Rosen Institute Board*



Rosen Institute Continuing Education Rosen Method Movement Teacher Program

Required hours and time frame

Required hours: 20 hours

- **At least 10 hours** must be dedicated to Rosen-related activities (category 1) the other half by choice (choosing from categories 2–6).
- A **maximum of 10 hours** can be spent on non-related Rosen activities chosen from categories 2 – 6.

Time frame: A two-year period starting from January 1 of the given year to December 31 two years following. For example, January 1, 2015 – January 1, 2017.

- For practitioners and teachers who registered with the RI in 2014, CE activities undertaken in 2014 will count towards total hours for the time period of 2014-2016.

Tracking/recordkeeping: Each RI member is responsible for tracking their hours, progress and time frame.

Tracking system

We will use an honor system at the outset of this program. When the new RI website is up and running, registered RI members will be able to login and submit their CE hours for tracking. Details such as course title, hours, instructor(s), course description and location will be tracked.

A sample tracking sheet (see two examples attached) can be printed out and used to record all hours undertaken. We will work with the website designers to develop a downloadable tracking form once the website has launched.

We would like to know more about the kinds of continuing education activities that our members undertake and therefore we plan to ask that once a year, members voluntarily submit their forms. This way the Rosen Institute can have a better idea of how they can help develop and promote continuing education activities for members.

Once the CE program is up and running smoothly, the CE Committee and RI Board will evaluate whether the honor system is adequate for tracking member's CE hours. Changes to the entire program can be suggested to the Board. The program will be reviewed once a year. Frequently asked questions will be compiled and posted on the website once launched.



We would like to incorporate a brief self-reflective element to the CE program. By documenting each CE activity completed in a reflective way, we raise our individual awareness to the effect that CE is having on our growth and development as Rosen practitioners. This will also help make the process and outcomes of our CE more conscious.

If you have any questions regarding this program, the topics or the eligibility of a specific activity please write to the Rosen Institute at info@roseninstitute.net

Categories and examples of CE activities and suggested topics:

1. Topics related to ROSEN MOVEMENT (Required)

- Co-teaching Movement Intensives or Intro Workshops
- Assisting at Movement Intensive trainings or Intro Workshops
- Attending advanced Movement trainings (for certified teachers)
- Attending Movement classes of other instructors/ teachers
- Attending peer group gatherings, including meetings by Skype
- Attending Rosen Bodywork workshops, trainings, Intensives
- Attending seminar sessions at a Global Congress (up to 10 hrs) allowable for 2-year period: i.e., strongly encouraged)
- Receiving Movement supervisions and /or coaching sessions
- Client review sessions
- Receiving Rosen Bodywork individual sessions
- Reading & studying *Rosen Method International Journal* articles and issues
- Book club discussions (Movement-related reading topics)
- Self-guided study (reading articles, journals, books on Rosen Movement-related topics); requirement of short written report (1-3 paragraphs?) to be kept with CE tracking forms*
- Other types of immersion in Rosen Movement and Bodywork

*** Self-guided study hours may not account for more than 25% of total CE hours.**



Topics studied in categories 2 through 6 can be done through classroom time, online courses, webinars, certificate programs, workshops, lectures...etc.

2. Topics: LEADERSHIP SKILLS/TRAINING

- Communication training: giving positive and supportive feedback
- Learning about different presentation styles, increasing one's own effectiveness
- Classes on public speaking and self-confidence, giving presentations, leading groups
- Leadership training

3. Topics: RELATED MOVEMENT, PHYSICAL, MEDICAL FIELDS

- Advanced anatomy and physiology of movement, prevention of injuries, physical therapy
- Emotional anatomy trainings, experiential anatomy, Rosen Method anatomy courses (cadaver study)
- Other related movement and somatic modalities, such as Feldenkrais, Alexander Technique, Body-Mind Centering, Authentic Movement, Essential Motion, etc.
- Speciality training: working with elders/geriatric care; people with disabilities; people with Parkinson's, multiple sclerosis, etc.
- Related modalities focusing on balance, strength, core: Tai Chi, Qigong, Yoga, Pilates, Dance, etc.

4. Topics: MUSIC STUDY AND OTHER ARTISTIC FIELDS

- Learning basics of music for Movement: rhythm, tempo, etc.; drumming classes, sacred dance, movement improvisation
- Studying basics of dance: ballroom, salsa, modern, tap, hip-hop, disco, tango, and others
- Learning about creative process in other arts—painting, sculpture, music, for example—to cultivate spontaneity, freedom of expression, etc.
- Study in music and the brain



5. Topics: **PERSONAL & PROFESSIONAL GROWTH**

- Engaging in personal spiritual growth activities, such as meditation retreats, practicing presence, attentiveness / carefulness, mindfulness, etc.
- Rosen Method Bodywork intensive trainings (see above)
- Workshops, professional trainings on boundaries, transference, countertransference
- Wellness programs, classes: nutrition, diet, fitness, injury prevention, health maintenance
- Classes/training in First Aid, CPR, first-responder skills

6. **BUSINESS PRACTICE, DEVELOPMENT, PROMOTION**

- Business practices – money issues; how to create an effective team; how to find appropriate outside resources such as bookkeeper, technology support, legal consultation, insurance issues, etc.
- Learning how to design intros or presentations
- Writing about Rosen Movement for publication – finding ways to communicate to the general public and/or various specialists (doctors, psychotherapists, etc.)



Tracking Sheet for Self-Reflective Study
(To be filled out for each activity completed)

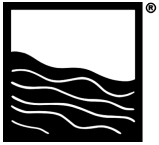
Date:	Activity:
Hours:	Venue:
Category (Rosen or Other):	

Activity Description:

What I gained from the CE activity (Learning Outcomes):

How does this activity relate to my current or future Rosen Method Movement teaching?

Is there something more I would like to learn in this area of study?



Rosen Institute – Rosen Method Movement Continuing Education – Tracking Sheet

Date	Activity Name	Activity Location	Activity Description	Hours	Type of Verification of Attendance (includes certificates*, history of classes, transcripts, etc.)
Total					

Total number of hours should equal 20 for a two year period