



Dear Rosen Institute Members,

The ATG and the Rosen Institute Board have approved a Continuing Education program for Rosen Method teachers and trainers as of March 2013. Any continuing education activities completed from March 2013 can be recorded and included in your total hours.

Below you will find all the details of the program along with a list of eligible activities.

We encourage all teachers to read carefully over the program and actively engage in your growth as a teacher and trainer. We at the Rosen Institute want to help you grow and succeed and therefore please contact us if you have any questions or need more resources in order to learn about eligible activities in your area.

We ask you to inform the Rosen Institute of continuing education opportunities you find in your area or online as we would like to be able to share those opportunities and maintain an up-to-date database: info@roseninstitute.net

Warmly,

Maija Frauenknecht
Board President

Updated August 2015



The Program

To be up to date with continuing education, Rosen Method trainers are to complete a minimum of 30 hours of continuing education every two years. Ten of the 30 hours are to be devoted to topics from Category 1 of eligible continuing education activities.

Please note that many of the required course topics can be learned through online platforms such as webinars, webcasts, online courses, Skype and other forms of the global media technology.

Course topics can vary from year to year and include content added only through the approval of the ATG such as, but not limited to, the listing below. If you would like to make a suggestion for content please email the Rosen Institute at:

info@roseninstitute.net

The ATG and RI Board have also approved a list of discretionary options for continuing education and the same process will apply for new submissions to this list.

Tracking

The new Rosen Institute website will have a page for each member so that the teachers can individually and privately record the information about their own CE completed hours.

A future function of the Rosen Institute website will be the ability to login and submit CE hours online. Details such as course title, hours, instructor(s), course description and location will be of interest.

At this a tracking sheet is included with the program for the purpose of tracking your CE activities.



Category 1:

One-third or 10 hours should be devoted to the following Category 1 topics. Some aspects of the below topics are offered through traditional educational institutions and online resources.

We encourage you to inform the Rosen Institute of continuing education opportunities you find in your area or online. We will maintain a list of CE opportunities on the RI website.

Course topics can vary from year to year and may include content such as:

- Introduction to Personality Disorders
 - Basic information relevant to recognizing various psychological structures and the impact of certain disorders on the ability to effectively learn and practice Rosen Method.
 - Basic skill building in preliminary observation and assessment, and how to seek expert outside consultation.
- Group Dynamics and Communication Skills,
 - Transference and Counter-transference in the teaching and learning environment,
 - Managing the container of the classroom
 - handling gossip and other behaviours that can undermine the safety of the teaching environment.
- Sexual Harrassment
 - How to recognize and intervene when it involves the training environment.
- Ethics, Code of Conduct and legal training regarding topics relevant to Rosen Method.
- Gender Issues in relation to teaching Rosen Method
 - How males and females process emotional content differently
 - Issues of body image and gender
 - Working with male and female students
 - Co-teaching with same sex and opposite sex co-teachers.



- Diversity in Rosen centers and the classroom
 - How to navigate differences in culture, race, religion, age, sexual orientation, ethnicity, educational levels, and socioeconomic levels.
- Exploring how the shadow emerges throughout the Rosen process in individual work, teaching, learning and supervisions etc.
 - Conducting ATG-wide discussions about the shadow
 - How different trainers recognize it, work with it and navigate through challenging unconscious dynamics
 - May include guest facilitators such as psychiatrists, therapists and other specialists.

Category 2: Options for Discretionary Choices

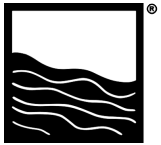
- Enrolling in Movement or Bodywork intensives
- Co-teaching with a variety of teachers to experience new perspectives and styles
 - Engaging in dialogue with each other to give feedback and evaluation, creating a space for additional education or learning
- Leadership training
- Workshops and trainings related to education on the unconscious
- Attendance at the Global Congress and Leadership Conference
- Studies in a related somatic discipline
- Studies in psychotherapy and psychology
- Receiving Rosen sessions
- Receiving supervisions from a trainer never worked with or with someone who has tracked your work for many years.
- Exploring neuroscience and related topics, discovering how the body/mind system functions and how consciousness works
- Engaging in person spiritual growth activities, such as a meditation retreat, practicing presence etc.



- Exploring how the shadow emerges throughout the Rosen process in individual work, teaching, learning and supervision through numerous options such as Jungian workshops, art therapy workshops, dance therapy etc.
- Business practices
 - How to be grounded and effective in your Rosen business
 - How to handle money issues
 - How to create an effective team
 - How to find appropriate outside resources such as a bookkeeper, technology support, legal consultation, insurance issues etc.
- Advanced anatomy and physiology
 - Rosen courses on emotional anatomy
- Communication skill development
 - Public speaking
 - Voice work
 - Non-violent communication training
 - Effective written communication and digital etiquette, confidentiality and boundaries in written communications.
- Trauma training
 - Peter Levine's work and other approaches
- Learning about different teaching and learning styles, increasing one's own effectiveness as a trainer.
- Teachers' meetings and retreats
 - Communicate and support each other in continuing to build one's skills and abilities as a Rosen trainer.
- Continuing education courses offered by Rosen teachers.
- Writing about Rosen Method for publication
 - Finding ways to communicate about Rosen method to the general public and/or to various specialist.
 - Developing written educational material for Rosen Method training.



- Education in addiction and recovery and abuse
- Education in current medical information, working with medical conditions
 - Benefits of Rosen and the limitations of the work
- Immersion in Rosen Method
 - Deepening in the Rosen discipline you teach, be it bodywork or movement, or both.
 - Staying fresh in your own teaching through private sessions, having additional supervisions or consultations about your own work, having another Rosen trainer evaluate your work in the classroom etc.



Rosen Institute – Continuing Education for Rosen Method Teachers – Tracking Sheet

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

Total number of hours should equal 30 for a two year period