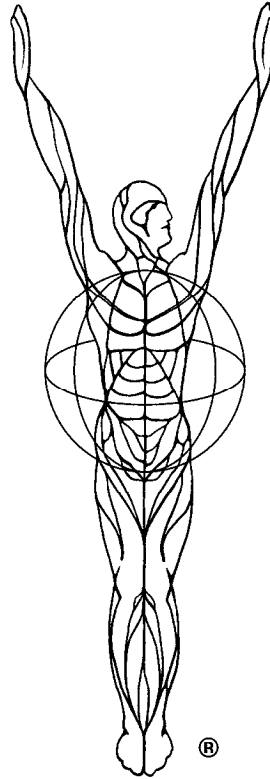


**Prospectus**  
**Three-Year Training Course**  
**with Three Semesters in Residence**



**Hanna Somatic Education®**

**Semesters 2009-2012**

**Module One, Semester One: June 13-21, 2009**

**Novato Days Inn, Novato, CA**

**Sponsored by the Novato Institute for Somatic Research and Training**

**1516 Grant Avenue Ste 212, Novato, California, 94945; USA**

**Phone (415) 897-0336; Fax (415) 892-4388**

**<info@somaticsed.com>; www.somaticsed.com**

# THE NOVATO INSTITUTE FOR SOMATIC RESEARCH AND TRAINING

## Three-Semester course for certification in

### Hanna Somatic Education®

#### *Overview*

Hanna Somatic Education® is the direct, hands-on method developed by Thomas Hanna for teaching voluntary, conscious control of the neuromuscular system to persons suffering involuntary muscular disorders. In Hanna's words, "It is the most advanced system known for relieving chronic disorders which, otherwise, are untreatable by either medical or traditional therapeutic means." (Hanna, 1990)

The foundation of the Hanna system was established in Hanna's 1970 publication *Bodies in Revolt: A Primer in Somatic Thinking*, which demonstrated the relation between sensory awareness and physiological efficiency. An additional component of Hanna Somatic Education is the tradition of Feldenkrais sensory-motor training, introduced in the United States in 1975, under the direction of Dr. Hanna. The theoretical background of this tradition is outlined in Hanna's 1980 publication, *The Body of Life*.

The major clinical techniques of Hanna Somatic Education have been developed out of the neurophysiological foundations of self-regulation training and biofeedback. Dr. Elmer Green, the illustrious pioneer of self-regulation training and founder of The Menninger Clinic's Voluntary Controls Program, says that Hanna's contribution to this field "is a milestone on the way to this understanding—and to better health. If I could, I would put [Hanna's book] in the hands of every neurologist, internist, nurse, psychophysiologic therapist, and clinical psychologist in the country. What is explained in the book is not part of their regular medical education. To be complete therapists, though, they need to include, or incorporate, this information in practice."

Dr. Dieter Kallinke, pain specialist in Germany's largest rehabilitation clinic and close student of Hanna's system says that it "answers questions that the experts are only beginning to ask."

## *The Founder*

Thomas Hanna, Ph.D., was a philosopher and somatic educator, who founded the field of somatics in 1970 with the publication of his book *Bodies in Revolt: A Primer in Somatic Thinking*.

He received his doctorate from the University of Chicago for his dissertation on existential phenomenology, later published as *The Lyrical Existentialists*. Hanna taught at Hollins College, where he became Chairman of the Department of Philosophy. He was also writer-in-residence for one year at Duke University and the University of North Carolina in their Cooperative Program in the Humanities.

From 1965 to 1973, Hanna was Chairman of the Department of Philosophy at the University of Florida, where he had been hired to create the department's first doctoral program in philosophy. Hanna was elected a Fellow in the American Council of Learned Societies, which in 1969-1979 subsidized his writing of *Bodies in Revolt: A Primer in Somatic Thinking*. In 1971, he was elected the first President of the newly created Faculty Senate of the University of Florida.

Hanna came to San Francisco in 1973 to become Director of a graduate school, the Humanistic Psychology Institute. During this time, he founded and directed the first training program in Functional Integration, taught by Dr. Moshe Feldenkrais from 1975 to 1977.

Subsequently, Hanna founded the **Novato Institute for Somatic Research and Training** in 1975, and its magazine, *Somatics* in 1976. In his practice of somatic education at the Institute, he saw clients from all over the world. He was the author of eight books, including *Somatics: Reawakening the Mind's Control of Movement. Flexibility, and Health*, which has been published in English, French, German, Russian, Hungarian, and Spanish.

## *The Director*

Eleanor Criswell Hanna, Ed.D., is Professor of Psychology and former chair of the Psychology Department at Sonoma State University, California, where she taught for 33 years. She met Hanna in 1966 while completing her doctorate in educational psychology at the University of Florida (1968) and teaching at Jacksonville University. They married in 1974, co-founded the **Novato Institute for Somatic Research and Training** in 1975, and worked closely in the development of the field of somatics (1968-1990). She was trained in somatic education by Hanna in his Australian training in 1981, and is a pioneer in the field of biofeedback. She currently directs the Novato Institute and is editor of *Somatics* magazine. She is a licensed psychologist and practices psychotherapy and somatic education at the Novato Institute. In addition, she is author of *How Yoga Works: An Introduction to Somatic Yoga* (also pub. in German) and *Biofeedback and Somatics: Toward Personal Evolution*, and has pioneered the application of Hanna Somatics with horses in her development of **Equine Hanna Somatics®**.

## ***The Three-Semester Program***

The program is conducted in three semesters with two 9-day Modules each Semester. Semester One of the program is concerned with somatic functional problems of the trunk and vertebral column. Students learn somatic educational techniques that are consistently effective in eliminating fundamental disorders such as chronic back and neck pain, chronic headaches, sciatica, scoliosis, etc. The program includes lectures on kinesiology, and the phenomenon of sensory-motor amnesia. Students also learn assessment techniques based on recognition of the typical postural disorders of the Landau Reflex, Startle Reflex, and Trauma Reflex. During the first semester, students undergo a written examination on their knowledge of the field of kinesiology.

Semester Two continues and deepens students' ability to address the somatic core: the trunk and the vertebral column. Additionally, it focuses on somatic functional problems of the shoulder joints and arms and of the hip joints and legs. Students will learn procedures for eliminating such problems as carpal tunnel syndrome, tendinitis, frozen shoulders, chronic hip and knee pain, pronated or supinated feet, etc., and attend lectures on neurophysiology. During the Semester Two, students write an examination paper on their knowledge of the field of neurophysiology.

Semester Three is largely devoted to expanding the clinical skills of the students and to deepening their understanding of neurophysiology. Students enhance their ability to help clients solve functional problems related to the extremities, walking/gait, balance, and other more complicated conditions.

Those who successfully demonstrate competence in Hanna Somatic Education® and who have completed all assignments will be certified as approved clinical practitioners of Hanna Somatic Education and will become certified members of the Association for Hanna Somatic Education, Inc.

Class size is limited to 34. Each Module consists of 9 consecutive days from Friday through the following Sunday. Class hours are 9:00 a.m. to noon and 2:00 p.m. to 5:00 p.m. The three Semesters total 324 hours of supervised in-class education.

### ***Instructors***

The program employs team teaching to enrich the student's learning experience. Team teaching provides greater intellectual stimulation and closer supervision during clinical practice time. In addition, between semester modules each student communicates with a mentor from the teaching team. Mentoring helps assure that students receive personal attention with regard to assignments, issues with clients, and staying on track for completion of the program by the end of the final semester.

Instructors include Dr. Eleanor Criswell Hanna and Associates of the Novato Institute, all of whom are certified practitioners of Hanna Somatic Education® and have been in the field for many years. These Associates maintain private practices in Hanna Somatic Education® and offer periodic workshops open to both the lay public and health care professionals. They are members of the **Association for Hanna Somatic Education, Inc.**

*Thomas Hanna's influence is profoundly felt in every training, not only because he trained the core teachers, but also because his training materials are the foundation for the program.*

### ***Tuition***

Upon acceptance a tuition deposit of \$750 is required. Tuition for Modules 1-6 is \$1,350 per Module. Total tuition is \$8,850. On May 1, the \$1,000 is due; the \$350 balance of Module 1's tuition is due on the first day of class. Tuition for each Module is due in full before the Module begins. No scholarships or delayed payment options are available for this training. Students may pay by cash, check, money order, or credit card.

### ***Application***

The application deadline is April 1, 2009 and must be accompanied by a \$25 application fee. Applications postmarked later than April 15 are subject to an additional \$25 fee. Preference will be given to applications postmarked by April 15, 2009.

### ***Graduation and Certification***

At the end of the three-semester training program, students who have successfully passed the two written examinations, the clinical examination of the third semester, and completed all assignments will graduate and receive formal certification as practitioners of Hanna Somatic Education®. Certification is issued by the **Novato Institute for Somatic Research and Training**, which sponsors the training program.

Students in the Training Program automatically become student members of the Association for Hanna Somatic Education®, Inc. Upon certification they become certified members and their names will be listed in the Association's roster of certified practitioners provided for the public. All Association members have full support of the Association, which develops, researches, and sponsors Hanna Somatic Education classes, standards, resources, etc. to support its members in benefiting the public and promoting the public welfare.

### ***Accommodations***

This training course is held at the Novato Days Inn, located in Novato, California, about 30 miles north of San Francisco. Lodging can be secured at the Novato Days Inn.

### ***Addresses and Contact Information***

The Novato Institute for Somatic Research and Training, 1516 Grant Avenue Suite 212, Novato, CA 94945; Phone 415-892-0336; Fax 415-892-4388; <info@somaticsed.com>; www.somaticsed.com .

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HANNA SOMATIC EDUCATION® (HSE) APPLICATION FORM

**THREE-YEAR TRAINING PROGRAM IN HANNA SOMATIC EDUCATION®    Application Fee: \$25.00**  
***Late applications are still being accepted - please be sure to phone (415)897-0336 to follow up.***

Name (last name first) \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State Zip, Country \_\_\_\_\_

Telephone: Day (\_\_\_\_) \_\_\_\_ - \_\_\_\_    Eve (\_\_\_\_) \_\_\_\_ - \_\_\_\_    cell (\_\_\_\_) \_\_\_\_ - \_\_\_\_

E-mail address \_\_\_\_\_

Profession/Occupation \_\_\_\_\_

Age \_\_\_\_\_ ; Gender Male/Female;    Nationality \_\_\_\_\_

Date of Birth \_\_\_\_\_ ;    Place of Birth \_\_\_\_\_

Education (place and date of graduation):

High School \_\_\_\_\_

College \_\_\_\_\_

Graduate School(s) \_\_\_\_\_

\_\_\_\_\_

Professional Training(s) \_\_\_\_\_

\_\_\_\_\_

List any honors, awards, or special achievements: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please accompany this application with a signed, one-page letter or statement from someone who has known you for a long time, describing the kind of person you are. This is not a recommendation, but personality description.

Name \_\_\_\_\_

Give a description of your state of health and overall bodily competence. As part of your statement, 1) give your definition of what you understand as “health,” and 2) describe what you do to maintain your state of health. (Use only one page for your answer. Anything beyond one page will not be read.)

Name \_\_\_\_\_

Give a two-page biographical statement, highlighting those events, experiences, learnings, and personal abilities that you believe qualify you in a special way to work with other individuals as a somatic educator. (Use no more than two pages. Anything beyond two pages will not be read.)