



Rosen Institute Continuing Education Program For Rosen Method Bodywork Practitioners

In 2015, the Rosen Institute Board developed a Continuing Education (CE) program for practitioners, Movement teachers and certified and senior teachers. As members in good standing of the Rosen Institute, you have our support and encouragement in growing personally and professionally.

Many Rosen Method professionals hold multiple certifications – for example as both bodywork practitioners and Movement teachers - therefore we encourage some overlap of similar CE activities or courses. Please keep the following in mind:

- 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 split your hours into half for bodywork and half for movement CE.

We have developed these CE guidelines for you, but please know that we consider this your program and would like to be able to add more topics and educational opportunities to our current list so please email suggestions to: info@roseninstitute.net

Practitioner Program

Required credits: 20

- **At least 10 credits** must be dedicated to Rosen-related activities (category 1)
- A **maximum of 10 credits** can be spent on non-related Rosen activities chosen from categories 2 – 6.

Time frame: The required credits must be gained within a two-year period starting from January 1 of the given year to December 31 two years following.

Tracking system

The program is self-tracked. Members record their own CE activities and the credits gained. This is a tool to help you track your own learning and identify knowledge areas that you would like to improve or expand. A sample tracking sheet (found at the end of this document) can be printed out and used to record all hours undertaken.

As the Rosen Institute expands its own CE offerings, we may ask for information regarding your activities so we have a better idea of what our members enjoy doing and how we can meet their CE needs. This will only be for information gathering purposes.



Self-reflection

A brief self-reflective exercise has also been incorporated into the CE program. By documenting each CE activity 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 activities 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

Continuing Education Topics and Credits:

Rosen Method Bodywork Skills (Required for all)

Activity	Credits
Assisting at or participating in Intro Workshops (not applicable if receiving credits for teacher training)	5
Assisting at or participating in Intensive Trainings	10
Attending Global Congress	10
Continuing education courses offered by Rosen teachers to practitioners, interns, advanced students	5 (= weekend course); less if shorter
Attending Rosen Movement class (6 meetings) and trainings	5
Leading or attending Rosen Method practicums	2
Receiving Rosen Method supervisions and/or coaching sessions; participating in Mentoring Project	2
Receiving Rosen Method sessions	2
Peer group gatherings	5 (weekend gathering) 2 (shorter meetings)
Client review sessions	2
Self-guided study or peer group / book club discussions on Rosen-related books/articles, esp. <i>Rosen Method International Journal</i>	1-3
Other types of immersion in Rosen Method (please specify)	1-10, depending on activity



Educational Topics: Leadership / Training Skills & Practices (optional)

Communication training relevant to Rosen method bodywork or movement	5 (2-day seminar), less for shorter sessions
Presentation/Teaching skills training	5 (2-day seminar), less for shorter sessions
Authoring articles/books for the Rosen community; translation of articles/documents	2-10, depending on length and complexity
Leadership training	5 (2-day seminar), less for shorter sessions

Educational Topics: Psychology/Psychotherapy/Trauma Therapy (optional)

Engaging in personal therapy	1 individual session, up to 10
Studying another somatic discipline	5 (2-day seminar) up to 10 (longer course of training)
Psychological and psychotherapeutic education and trainings	5 (2-day seminar) up to 10 (longer course of training)
Trauma training and approaches	5 (2-day seminar) up to 10 (longer course of training)
Exploring how the shadow emerges throughout the Rosen process, in individual work, in teaching, in learning, in supervisions, etc. (for example: Jungian workshops, art therapy, dance therapy, etc.)	5 (2-day seminar) up to 10

Educational Topics: Body-Mind System/Neuroscience/Medicine (optional)

Courses in advanced anatomy and physiology	5 (2-day seminar) up to 10 (longer course of training)
Courses in emotional Anatomy	5 (2-day seminar) up to 10 (longer course of training)
Courses in neuroscience, neurophysiology, and related topics	5 (2-day seminar) up to 10 (longer course of training)
Self-guided or peer group / book club readings in these fields	1-3 per article/book



Educational Topics: Personal & Professional Growth (optional)

Engaging in personal therapy	1 individual session up to 10
Engaging in personal spiritual growth activities, such as meditation retreats, mindfulness, etc.	5 (2-day seminar) up to 10 (longer course of training)
Workshops, professional trainings on boundaries, transference/ counter-transference	5 (2-day seminar) up to 10 (longer course of training)
Wellness programs/classes: nutrition, fitness, injury prevention, health maintenance, first aid, CPR, first-responder skills	3 (2-day seminar) up to 5 (longer course of training)

Educational topic: Business Practice, Development & Promotion (optional)

Board service, Executive team	10 credits/year of service
Board service, Member	5 credits/year of service
Training in business skills/practices related to running a Rosen Method bodywork practice	5 (2-day seminar) up to 10 (longer course of training)
Writing about Rosen Method for publication to the general public and/or other professionals	1-5 /publication, depending on length and complexity
Participation at fairs and exhibitions or Open House activities at Rosen practice/school	1 (team member at Rosen stand/day), up to 3 (organizing participation and volunteers)
Other development / marketing activities that benefit the wider Rosen community (please specify)	1-10, depending on activity



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 Bodywork?

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



Rosen Institute Continuing Education Program For Rosen Method Movement Teachers

In 2015, the Rosen Institute Board developed a Continuing Education (CE) program for practitioners, Movement teachers and certified and senior teachers. As members in good standing of the Rosen Institute, you have our support and encouragement in growing personally and professionally.

Many Rosen Method professionals hold multiple certifications – for example as both bodywork practitioners and Movement teachers - therefore we encourage some overlap of similar CE activities or courses. Please keep the following in mind:

- 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 split your hours into half for bodywork and half for movement CE.

We have developed these CE guidelines for you, but please know that we consider this your program and would like to be able to add more topics and educational opportunities to our current list so please email suggestions to: info@roseninstitute.net

Movement Teacher Program

Required credits: 20

- **At least 10 credits** must be dedicated to Rosen-related activities (category 1)
- A **maximum of 10 credits** can be spent on non-related Rosen activities chosen from categories 2 – 6.

Time frame: The required credits must be gained within a two-year period starting from January 1 of the given year to December 31 two years following.

Tracking system

The program is self-tracked. Members record their own CE activities and the credits gained. This is a tool to help you track your own learning and identify knowledge areas that you would like to improve or expand. A sample tracking sheet (found at the end of this document) can be printed out and used to record all hours undertaken.

As the Rosen Institute expands its own CE offerings, we may ask for information regarding your activities so we have a better idea of what our members enjoy doing and how we can meet their CE needs. This will only be for information gathering purposes.



Self-reflection

A brief self-reflective exercise has also been incorporated into the CE program. By documenting each CE activity 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 activities 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

Educational Topics: Rosen Movement (Required)

Activity	Credits
Co-teaching or assisting at Movement Introductory Workshops	5 (not applicable if receiving credits for teacher training)
Co-teaching or assisting at Movement Intensives	10
Participating in Movement Introductory workshops	5
Participating in Movement Intensives	10
Attending Global Congress	10
Attending advanced Movement trainings (for certified teachers)	5 (2 days)
Attending peer group gatherings, including meetings by Skype	5 (2 days)
Attending Movement classes of other instructors/teachers	1/session
Receiving Rosen Bodywork individual sessions	2/session
Receiving Movement supervisions and/or coaching sessions	1/session
Leading or attending Rosen Method practicums	1/session
Client review sessions	1/session
Self-guided study* or peer group / book club discussions on Rosen Movement -related literature, esp. <i>Rosen Method International Journal</i>	1-5 per article/book, depending on length and complexity; documented by short written report (1-3 paragraphs) to be kept with CE tracking forms
Other types of immersion in Rosen Method (please specify)	1-10, depending on activity



Educational Topics: Leadership Skills / Training (optional)

Communication training relevant to Rosen method bodywork or movement	5 (2 days) up to 10 (longer course of training); adjust for shorter activities
Presentation/Teaching skills training	As above
Leadership training	As above
Designing and delivering Rosen Movement -related lectures and demonstrations	1-5
Authoring articles/books for the Rosen community	2-10, depending on length and complexity

Educational Topics: Related Movement, Physical & Medical Fields (optional)

Advanced anatomy and physiology of movement, prevention of injuries, physical therapy	5 (2 days) up to 10 (longer course of training); adjust points for shorter activities
Emotional / Experiential / Rosen anatomy trainings	As above
Other related movement and somatic modalities, such as Feldenkrais, Alexander Technique, Body-Mind Centering, Authentic Movement, Essential Motion, etc.	As above
Speciality training: working with the elderly/geriatric care; people with disabilities, Parkinsons, multiple sclerosis, etc.	As above
Related modalities focusing on balance, strength, core: Tai Chi, Qigong, Yoga, Pilates, Dance, etc.	As above

Educational Topics: Music Study and other Artistic Fields

Studying basics of music for Movement, Eurythmy, drumming, sacred dance, movement improvisation etc.	5 (2 days) up to 10 (longer course of training); adjust points for shorter activities
Studying basics of dance: ballroom, salsa, modern, tap, hip-hop, tango, and others	As above
Learning about creative process in other arts to cultivate spontaneity, freedom of expression, etc.	As above
Studies in music and the brain	As above



Educational Topics: Personal & Professional Growth

Engaging in personal therapy	1 / session
Engaging in spiritual growth activities, such as meditation retreats, mindfulness, etc.	5 (2 days) up to 10 (longer course of training); adjust points for shorter activities
Workshops, professional trainings on boundaries, transference / counter-transference	as above
Wellness programs/classes: nutrition, fitness, injury prevention, health maintenance, first aid, CPR, first-responder skills	as above
Participating in Rosen Method Bodywork Intensives	10

Educational Topics: Business Practice, Development & Promotion

Board service, Executive team	10 credits / year of service
Board service, Member	5 credits/year of service
Training in business skills/practices related to running a Rosen Movement practice	5 (2 days) up to 10 (longer course of training); adjust points for shorter activities
Writing about Rosen Movement for the general public and/or other professionals	5 (article) 10 (book)
Participation at fairs and exhibitions or Open House activities at Rosen practice/school	1-5, depending on level of involvement/time investment
Other development / marketing activities that benefit the wider Rosen community (please specify)	1-10, depending on activity



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 Continuing Education Program For Rosen Method Certified and Senior Teachers

In 2015, the Rosen Institute Board and the All Teachers Group (ATG) developed a Continuing Education (CE) program for certified and senior teachers. As members in good standing of the Rosen Institute, you have our support and encouragement in growing personally and professionally.

Many Rosen Method professionals hold multiple certifications – for example as both bodywork teachers and Movement teacher trainers - therefore we encourage some overlap of similar CE activities or courses. Please keep the following in mind:

- 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 split your hours into half for bodywork and half for movement CE.

We have developed these CE guidelines for you, but please know that we consider this your program and would like to be able to add more topics and educational opportunities to our current list so please email suggestions to: info@roseninstitute.net

Teacher Program

Required credits: 30

- **At least 10 credits** must be dedicated to Rosen-related activities (category 1)
- A **maximum of 10 credits** can be spent on non-related Rosen activities chosen from categories 2 – 6.

Time frame: The required credits must be gained within a two-year period starting from January 1 of the given year to December 31 two years following.

Tracking system

The program is self-tracked. Members record their own CE activities and the credits gained. This is a tool to help you track your own learning and identify knowledge areas that you would like to improve or expand. A sample tracking sheet (found at the end of this document) can be printed out and used to record all hours undertaken.

As the Rosen Institute expands its own CE offerings, we may ask for information regarding your activities so we have a better idea of what our members enjoy doing and how we can meet their CE needs. This will only be for information gathering purposes.



Educational Topics and Credit System

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.

Rosen Method Community Events

Activity	Credits
Co-teaching / Assisting / Attending Bodywork / Movement Intro	5
Co-teaching / Assisting / Attending Bodywork / Movement Intensives	10
Attending the Global Congress	10
Receiving Rosen Bodywork/Movement supervision and/or coaching	1 / session
Receiving Rosen Bodywork session / Attending Rosen Movement class	2 / session
Participating in Mentoring Program	1 / session
Peer Supervision hour	1 / session

For all other activities /courses/educational programs:

5 credits (2 days) up to
10 credits (longer course of study);
adjust points for shorter activities

Independent study / Writing / Public speaking / Peer activities:

1-10 credits, depending on scope and time invested
(for guidance, see practitioner credit scheme)



Category 1 Topics:

- 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.

- 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.

- 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 it and intervene when it involves the training environment.
 - 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.

- Ethics, Code of Conduct and legal training regarding topics relevant to Rosen Method.

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
- Receiving Rosen sessions
- Receiving supervisions from a trainer never worked with or with someone who has tracked your work for many years.



- Engaging in person spiritual growth activities, such as a meditation retreat, practicing presence etc.
- Advanced anatomy and physiology
 - Rosen courses on emotional anatomy
- Studies in psychotherapy and psychology
- Workshops and trainings related to education on the unconscious
- 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.
- Trauma training: (Peter Levine's work and other approaches)
- Exploring neuroscience and related topics, discovering how the body/mind system functions and how consciousness works
- 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
- Studies in a related somatic discipline

- 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.

- Communication skill development
 - Public speaking
 - Voice work
 - Non-violent communication training
 - Effective written communication and digital etiquette, confidentiality and boundaries in written communications.
 - 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 audiences
 - Developing written educational material for Rosen Method training.