

The Rosen Method Open Center (RMOC)

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Founding Purpose

The Rosen Method Open Center has gone through changes over the years, but its core purpose remains the same: to offer training to students who do not have teachers in their local communities. Our teachers are willing to travel nationally and internationally, either in cooperation with other Rosen Method schools or to offer trainings through the RMOC in areas without a school.

History

The Open Center was founded in 1996 by **Odile Atthalin**, who lived in Berkeley but responded to a need in North Carolina when Louise Barrie discontinued teaching at the Rosen Method Carolina Center. After teaching three weekend workshops from 1998-2000 and two intensives in 2001, Odile was invited to teach in Pennsylvania. At this point, she was training **Heather Brown** and **Joyce Silverstone** to become bodywork teachers.

Heather lives in New York City, Joyce in Massachusetts, and the Open Center had students from the New England, New York and Pennsylvania areas. **Anais Salibian** had become a certified practitioner in Rochester, NY in 1996, and by 2003 was ready to further her involvement with Rosen. She joined Heather and Joyce as they trained to become bodywork teachers with Odile. **Ivy Green**, who had been teaching with Sue Brenner, joined the Open Center to complete her senior teacher training when the Rosen Center East closed. Currently, teachers who are affiliated with the Open Center are located in New York, Massachusetts and Connecticut, with affiliated practitioners and interns in those states and in New Jersey, Pennsylvania, Michigan, Minnesota, Tennessee and Utah.

When Odile retired from running the center, the teachers and some practitioners who had been assuming leadership roles purchased the center from Odile, and decided upon a group leadership model of operating. In 2016, the Rosen Method Open Center, LLC was born. The leadership team consists of three Senior Teachers (Heather Brown, Anais Salibian and Ivy Green), two Bodywork Teachers (Tollie Miller and Joyce Silverstone), one Senior Movement Teacher (Adrienne Stone, who heads the evolving movement program) and one practitioner (Elizabeth Smith).

The three Senior Teachers share the title of Director of Training, and Ivy is our treasurer. Our team is involved internationally, as Tollie is a member of the Rosen Institute Executive Team, Anais has taught in Denmark and Moscow, and Ivy is Convener of the All Teachers Group. The Open Center has one teacher-in-training, one supervisor-in-training, one workshop teacher-in-training, and has certified two practitioners. We enjoy having visiting teachers in both bodywork and movement trainings.

We introduce our students right away to the Rosen Institute, encouraging them to join so they can get a sense of being part of the larger container of an international professional organization.

Group Leadership Model

Under our group leadership model, we meet by conference call every six weeks and decide on policies and plans for the school. We have found it very helpful to share the administrative tasks and to get input from seven people with different areas of experience and expertise. We've done a great deal of work in the past two years to establish basic policies, protocols, and documents by which we operate the school. The heart of all this creative work is to provide trainings and workshops that have clear guidelines so that they can be safe containers for participants.

Emphasis on Safety

We believe it is of utmost importance that the training experience is as personal, thoughtful and caring as the experience we offer our private clients. Students are treated with acceptance and respect, provided with guidelines as to what to expect from the training, and given explanations for why we do things the way we do. Teachers are always modeling how to *be* as practitioners, conducting their trainings with commitment to the fundamental principles of Rosen Method Bodywork and Movement:

- deep listening and open curiosity
- no judgment about what is
- setting appropriate boundaries to create safety
- responding to the needs of each moment.

We've thought hard about how to provide safety in group trainings, and the Open Center community is truly experienced by students as a safe, consistent, and responsive environment in which to train. Students who enter the training from out of town with anxiety about being "outsiders" or the new kid on the block all comment on their surprise and delight at the open-armed welcome they receive from our "regulars." We've had the privilege of working with Maja Skau-Olsen from Denmark, who was so attracted to the level of safety she found at the Open Center that she invited Anais to be the Director of Teaching in Denmark.

Advanced Trauma Workshops

You may be familiar with Ivy Green, whose book: *Relaxation, Awareness, Resilience*, is used as a training resource for Rosen Bodywork students. Anais and Ivy are passionate about developing advanced trainings which weave in current neurological and psychological scientific understanding of healing and growth. They offer an advanced training on trauma which conveys how each element of Rosen Method (attuned presence, listening touch, responsive words, and attention to the diaphragm) increases neurological integration, which provides the foundation for emotional and physical health and well-being. The trauma workshop highlights how Rosen Method bodywork directly addresses the dissociation from one's present felt experience, and the difficulties with emotional self-regulation that result from traumatic experiences.

Challenges

We are proud of our Center and how we craft our intensives to be theme centered. Each element (experiential dyads, demonstrations, theory and discussions, practicum, movement, sharing circles, process circles and creative projects) reflects and deepens our students' understanding of the theme. It's a wonderful creative challenge to plan the intensives; they're always fresh and new and very fulfilling.

We also have more difficult challenges to overcome. It would be lovely to hire a marketer to bring in the number of students Rosen Method deserves. It would be lovely to be recognized by state authorities as a profession which stands on its own as a form of somatic education/therapy and not viewed as a type of Massage Therapy. Finally, we'd like to get other professionals who work in the trauma field to recognize the unique and essential contribution that Rosen Method can make.

Reflections from Anais

"Personally, I find that teaching and laying the groundwork for operating a school has expanded my capacity to just be myself. I pursue what I need to work clearly and efficiently; I share in the growing process with students, and I've learned to deeply trust the process. I hope that the Open Center can be such an expansive and deepening experience for all who participate."

Reflections from Ivy

"I treasure working with others in our leadership group, for the brainstorming and for the sense of community support. My work with the Rosen Institute makes me feel like we do indeed have hands across the world. Rosen Method is not as widely known here on the East Coast as it is on the West Coast, and we need to continue to devote a great deal of time and effort in our outreach and educational activities. Because the Open Center was founded on the concept of traveling to where there is an interest, I will continue to reach out to practitioners in communities outside of the greater New York area to enlist their energy and support to sow more seeds of awareness of Rosen Method's unique approach to personal and professional growth."

Please go to our website RosenMethodOpenCenter.org