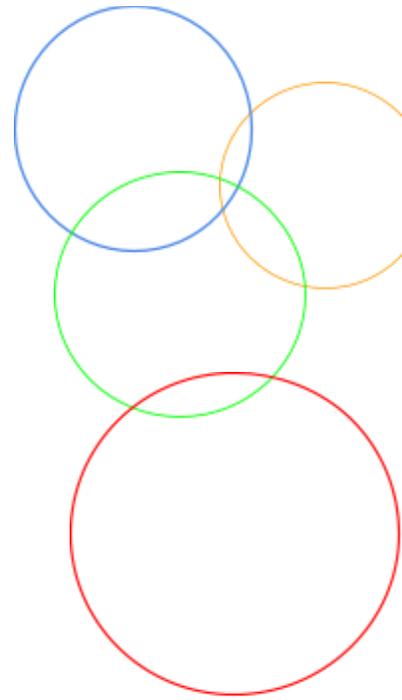




Kinetic Awareness® Training Program

February 2021



Prerequisites

- I. Bachelor's degree from any university in any subject or equivalent (BA in progress OK). Exceptions can be made at the discretion of the trainer after consultation with 2 other certified Master Teachers.
- II. Kinetic Awareness® study: 20 hours minimum with a certified teacher (private or class)
- III. Documents to be submitted to 3 certified KA teachers
 - A) Written recommendation by a certified KA teacher
 - B) Letter from candidate stating:
 - 1) Completion of prerequisites
 - 2) Name of KA teacher who will write recommendation
 - 3) Reasons for wanting to join the program
 - 4) Resume
- IV. Conference with a trainer (who must be a certified teacher) which includes a discussion of the candidate's prerequisites and goals for teaching KA, the principles of KA and an overview of the program, including the responsibilities of the student.
- V. Sign a simple contract stating mutual responsibilities.

The Program

- I. Kinetic Awareness® study: Total time: 64 hours
 - A. The Introductory Course (20 hours)
 - B. Private sessions (20 hours) with a certified teacher.
 - C. 4 Intensives: 2 days minimum, 6 hours each (24 hours total)

II. Foundations: Total time: 12 hours

- A. History of KA[®]
- B. The principles of KA[®]
- C. Components of body language, perceptual modes and learning styles
- D. Teaching skills: structuring sessions and communication skills
(includes the pain test, not approaching things negatively, etc.)
- E. Touch (what is communicated, types of touch)
- F. Legal, ethical and administrative responsibilities

III. Reading the Body: Total time: 18 hours, 3 hours each

Review of relevant experiential anatomy, common injuries and structural imbalances for each area, KA[®] techniques for each body part, viewing the body and application of techniques:

- A. Spine (lumbar, thoracic)
- B. Breathing
- C. Head, neck, face, and shoulders-pt. 1
- D. Shoulders, arms and hands-pt. 2
- E. Abdomen and pelvis (includes hip joints)
- F. Legs and feet

IV. Psychological Foundations: Total time: 6 hours

Client-Student/Teacher issues (6 hrs). (Through work with, or selected readings supervised by Robin Powell and/or Meg Chang)

- A. Agenda, creating a safe space, personal space, boundaries, disclosure, memories, touch
- B. Transference, countertransference, ego needs, personality disorders, PTSD
- C. Personal and group dynamics
- D. Racial/ cultural awareness and sensitivity in KA[®] sessions

V. Curriculum to be pursued outside the program: Total time: 45 hours without therapy category, 105 hours with therapy included. (A report of each section is submitted to the trainer).

- A. Anatomy / kinesiology - one semester at college level or 20-hour intensive course or equivalent study.
- B. Psychotherapy (any time in life)
 - 1. Individual sessions - 30 sessions
 - 2. Group therapy - 30 sessions
- C. Resource lectures or DVD's: Presentations by experts in any field whose work has a bearing on Kinetic Awareness[®] theory/practice. 6 total, pre-approved by the advisor. Written 1 page abstract of each. Abstracts should reflect social, international concerns, aspects of difference, and privilege when appropriate.
- D. Reading List: Includes both books and articles on the list and suggested by the trainer.

VI. Observation and Supervision: Total time: 50 hours

- A. Observe / assist one introductory course
- B. Observe 12-16 hours of intensive work in total (may be divided into several shorter ones or one longer one)
- C. Observe at least two different certified teachers conduct private sessions, 4 sessions total. (Can be done with one teacher if travel is a hardship)
- D. Be observed teaching 3-6 private sessions by the trainer.
- E. Be observed teaching a group of at least 4 students for at least one and a half hours by trainer. Setting and topic by mutual agreement.

Note:

Each observation is followed by a discussion period with the certified teacher. Immediately after the session, there is a reflective and subjective time to honor the emotional flow of what occurred, including non-verbal cues. Other points of discussion to be mutually determined by the candidate and the certified teacher:

- A. What was the rapport like between the teacher and the student?

- B. What was the content of the session?
- C. How did the student(s) react to what was done in the session?
- D. What follow-up would be appropriate?

Written documentation will be sent to the trainer. It is up to the trainee to do this in a timely manner.

VII. Electives: Total time: 24 hours

Hours: May be divided according to student needs after pre-approval of the trainer (e.g., 3 electives at 8 hours each or 2 electives at 12 hours each)

Candidate writes a 5-6-page paper explaining how this work intersects with KA[®]. This requirement may be fulfilled by prior life experience or a performance project at the discretion of the trainer.

VIII. Final Work: Total time: Total 221 hrs.

- A. Summary / documentation of all requirements specified above. Keep notes of every activity.(Note: start keeping records at the beginning of the program)
- B. Personal statement of KA[®] experience: between 500 - 1500 words
- C. Final project, with prior approval of topic by the trainer. This project can draw on the candidate's individual skills and experience and does not have to be written work. If the project is not in text form, a written description of how it relates to KA[®] is required.

Examples: Videos, publications, writing about KA[®], performance project, KA[®] curriculum design, and case study.

This project includes 3 hours of paid consultation/coaching with the trainer.

IX. Evaluation

- A. Confirm that all requirements have been completed.
- B. A final committee consisting of the trainer and one or two other certified KA[®] teachers (two must be master teachers) read the papers and meet with the trainer to give approval.

X. Certification

Total hours: 500

Total price: approximately \$2500, not including prerequisites, electives or therapy costs.

