

What is Dynamic Embodiment?

Dynamic Embodiment is a form of somatic education and movement therapy developed by Martha Eddy, CMA, Ed.D. that uses skilled touch, movement, & compassionate dialogue to help people of all ages and abilities to relieve their own stress, find enhanced expression, and balance the body-mind.

Dynamic Embodiment sessions as taught by the DESMTT faculty guide a student to practice the following skills:

- * Noticing subtle bodily cues
- * Adapting posture, movement & behavior
- * Making healthy choices
- * Heightening awareness & sensitivity to body language of self & others for enhanced communication
- * SOMAction is taking somatic awareness to individuals, and into schools, community centers, and clinics.

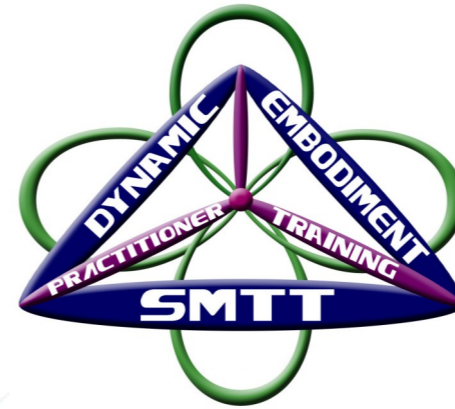
Dynamic Embodiment (DE-SMTT) Somatic Movement Therapy Training

SMTT, founded by Martha Eddy in 1991, teaches professionals creative & interactive approaches to increase somatic awareness and support healthy choices in others. Bodily ease is fostered using touch techniques, movement and verbal direction; focus is on awareness and acceptance for oneself and others. DE-SMTT practitioners stay attuned to a client at each moment of a session and use cues from the deep somatic wisdom of the body. Together, client and therapist discover new resources for healthy living.

DE-SMTT has a commitment to expanding the availability of somatic work to all populations – and calls this SOMAction. DE-SMTT provides supervised opportunities for working with infants & children and their care-providers, as well as cancer patients and individuals who may not have easy access to somatic education.



SMTT NY Office
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The training process is centered on Eddy's Dynamic Development Cycle:

- * Keenly **observe**, acknowledge, accept
- * Sensitively provide body-mind-spirit **support**
- * Explore diverse **options** in behavior

Observe: DE-SMTT uses acute observation practice to identify movement patterns and the subtle & related physiological activity that underlies individual movement habits. Specifically, SMTT uses Body Mind Centering® to attend to the internal cues of the body, principles of movement efficiency from Bartenieff Fundamentals to activate healthy intentions, and Laban Movement Analysis (LMA) to describe non-verbal behavior & to identify goals.

Support: DE-SMTT practitioners are trained to use hands-on techniques and multi-sensory interaction to support healthy movement and body patterns, and verbal guidance to support clients' self-awareness and emotional experience.

Options: DE-SMTT professionals practice efficient physical action and clear verbal and non-verbal communication as well as a wide range of movement expression. They aim to model having and discovering options to their clients and students as they guide explorations using breath and relaxation, bodily awareness, and movement action. Improvisation and creativity are welcomed.

Dynamic Embodiment SMTT teaches how develop organic biofeedback without technology - using keen self awareness & observation skills within, and also how to apply this knowledge with others and take it into SOMAction!

www.movingoncenter.org



**Martha Eddy,
CMA, RSMT,
Ed.D.**

DYNAMIC EMBODIMENT SMTT Course of Study

Curriculum

PHASE 1 10 Introductory Courses

Introductory Courses

- » 6–10 courses: Laban/Bartenieff, Body-Mind Centering, BodyCounseling, Dynamic Movement
- » Independent studies of the Phase One courses (listed on website and in catalogue), taken at CKE in NYC, or in your local area with SMTT graduates.

PHASE 2 Orientation & Independent Study

Independent Study or Body-Mind Fitness “Weekends” in NYC

www.MovementsAfoot.com Workshops and assignments designed and reviewed by Martha Eddy. 2-4 day orientations in NYC or elsewhere by request.

Ask about academic credits:
Undergrad and Grad: SUNY-ESC: diverse topics & MALS; UC-East Bay: Dance, Kinesiology, Motor Learning. SBGI and IUPS doctoral studies in Somatic Psychology

PHASE 3 Intensives & Assessments

Culminating Intensive

Six weeks in the late spring on the East Coast, held biennially (even years - May or June). Historically held for 2 weeks at the Earth Dance residential center in Western, MA and 5-9 days workshops for 4–5 weeks in New York City. These are the expected locations in the foreseeable future. Other formats possible around the globe.

PHASE 4 Integration & Competency

Integrative Seminars to confirm and practice knowledge within desired application areas: private practice; teaching; infant or elder care; cancer; 20 – 60

hours of training at a variety of locations following Phase 3; content and timing based on student interests and need.



WHO STUDIES Dynamic Embodiment?

Individuals interested in motivating others to move with awareness

- * Counselors, therapists, & somatic psychologists
- * Movement specialists - teachers of yoga and Asian movement forms, Pilates & NIA instructors, fitness trainers (*ask about somatic fitness*)
- * Early childhood & developmental professionals, pre & peri-natal specialists, pre-school educators
- * Classroom, arts, dance, and special educators & administrators
- * Somatic movement practitioners
- * Health and wellness professionals - occupational and physiotherapists, holistic health & wellness coaches
- * Researchers and specialists in non-verbal behavior, dance and physical education, kinesthetic intelligence, and other somatic inquiry

“DE-SMTT” graduates are professionals who use attunement, patience, responsiveness, and fortitude as learning tools. Each member of this community is gently challenged and equally supported to find creative responses to working with the ever-changing conditions of people and our environment in the 21st century. Each **Dynamic Embodiment** graduate may choose to be certified as a **somatic movement educator** or **somatic movement therapist**.