

FAQ's – SOMATIC EXERCISE COACH TRAINING – GENERAL QUERIES

1) What am I qualified to teach if I pass this course?

Somatic movement education classes and workshops in a safe, professional and competent manner.

2) Am I qualified to teach private sessions?

If you consider your private sessions as a class of one person, then yes. You are not qualified to clinically assess or treat students.

3) What can I call myself when I am qualified?

You will be a Somatic Exercise Coach or SEC.

4) What will I receive when I am qualified?

You will receive a Certificate of Competency as an SEC.

5) What can I call myself while I am in training?

Until you are qualified, you are a student of somatics or an SEC – In Training.

6) Is there a practical assessment and what is involved?

Yes. This is the last module of the training. It is divided into a short practice session and a short teaching session (conducted with your peers on pre-organised material).

7) Is there any written work to complete?

There are five written tasks which are given to you to complete at home at least 2 months before your last module. They are due the week before your last module. We ascertain the written work takes 4-6 hours in total based on previous students experience.

If you are dyslexic, please contact us. We will work something out for you.

8) What are the home study requirements of this course?

120 hours of home practice.

9) Do you require any case studies?

No, there is no case study requirement.

10) Is there anything else I have to do at home?

We ask you to keep a diary/journal/learning log to help you monitor the number of practice hours you are doing.

11) What do I get if I don't complete the course?

You will receive a certificate of attendance stating the dates you were present.

10) Are there follow up courses to this one or ongoing CPD on offer?

CPD is currently offered annually.

11) How else do I get additional advice or guidance on my somatic journey?

We have experienced coaches in Ireland, the UK, Denmark, Sweden, Germany, France, New Zealand and Australia. Please contact the training host to get a full listing for your locality. You can avail of as many guidance sessions as you wish. The costs for this lies outside your course fees.

12) Is there a feedback process ?

You will receive ongoing faculty and peer feedback during Module 1, 2 and 3.

We look forward to welcoming you and starting your somatic journey.