

ROSEN METHOD: THE BERKELEY CENTER

2016- 17 Catalog

ROSEN METHOD BODYWORK TRAINING

MISSION

The mission of ROSEN METHOD: the Berkeley Center is to provide high quality education in Rosen Method Bodywork and Movement Training. Our purpose is to increase public awareness about the benefits of Rosen Method for health education and the application that Rosen Method has in enhancing the work of health care providers and in enriching many aspects of life, including creativity, spirituality and personal relationships. The faculty and staff of this Center aim to make available to health care providers the perspective that the human body, mind and emotions are interrelated and that these relationships can be used to improve results for the patients these healthcare providers treat. We prepare students who complete the Rosen Method Bodywork Training with the knowledge, skills and personal development necessary to practice Rosen Method bodywork with a professional level of competence. We prepare students who complete the Rosen Method Movement Teacher Training to teach Rosen Method movement with a professional level of competence. We also provide non-career track students with the skills and experiences of personal growth that enrich their personal development, family and work life.

Weekly Bodywork Training

Rosen Method: the Berkeley Center offers a three-year training program in Rosen Method bodywork consisting of two years of classroom instruction followed by a 12- to 18-month internship, which leads to certification by the Rosen Institute in Rosen Method bodywork.

Level One—Fundamentals of Rosen Method Bodywork—conveys the basic theory and experience of the work. It is an eight months course that consists of classroom discussions, demonstrations, and exchanges of bodywork between students. The course meets once a week for 4.5 hours, with time for students to practice newly acquired skills in a supervised setting. This course is a prerequisite for the Advanced Training.

Level Two—the Advanced Training—is an eight-month course that enables students to gain a professional level of competence in Rosen Method bodywork. Classroom work offers intensive supervision and discussion of students' work, as well as demonstrations by Rosen Method teachers. Professional issues such as practice-building, fee-setting, boundaries, scope of practice, and referral of clients to other health care professionals are all covered. This course meets once a week for 4.5 hours. Upon satisfactory completion of the Advanced Training, students may be recommended for internship.

Intensive Bodywork Training

The Intensive Training is available to students from outside the Bay Area or those who prefer this learning format. It takes place over eight days and is 42 hours long. It is an opportunity for personal growth as well as professional training and is an exploration of the practical and philosophical aspects of the work. Students get direct experience with Rosen Method bodywork

and movement and a chance to see the effects of the work in themselves and their fellow students. The curriculum includes demonstrations, discussions of personal experiences, and exchanges of bodywork under supervision. Students attend six intensives, three for Level One and three more for Level Two. A maximum of three Intensives may be taken in one year.

Internship

The final stage of the bodywork training is a 12- to 18-month internship, which comprises 350 hours of independent practical work seeing clients, 25 hours of personal Rosen Method bodywork, and 35 hours of client supervision and case consultation.

BODYWORK TRAINING OBJECTIVES

Upon completion of the Fundamentals, or Level One, the student will be able to:

- Locate areas of muscular tension through touch and visual observation.
- Use her/his hands and words to bring muscular tension to awareness and to recognize the muscle's response to touch.
- Identify where the breath is palpable in the body, and where the breath is absent.

Upon completion of the Advanced Training, or Level Two, the student will be able to:

- Demonstrate the interaction and connection between the body, breath, and emotions while working on a partner in class.
- Use her/his hands and verbal interactions competently and appropriately towards the goal of releasing tension.
- Set and maintain professional boundaries and behavior, including confidentiality, punctuality, and appropriate presentation.

Weekly Bodywork Training Requirements

- Introductory Workshop
- Fundamentals Training – Level One
- Advanced Training – Level Two
- 8 personal sessions of Rosen Method bodywork *
- 8 supervisions *
- 11 Movement classes
- Internship: 25 Personal sessions of Rosen Method bodywork
 30 Supervisory sessions
 6 Client review consultations
 350 Client hours

LENGTH

WEEKLY BODYWORK TRAINING		Clock Hours
Introductory Workshop	2 days	12.5
Fundamentals Training	8 months	125.0
Advanced Training	8 months	125.0
11 Movement classes		11.0
8 personal sessions of Rosen Method bodywork *		8.0
8 supervisions *		8.0
Internship	12 to 18 months	61.0
Total length of training	30 to 36 months	360.5

*Holistic Anatomy (20hrs, \$475) can be substituted for 4 private sessions and 4 supervisions

COST

WEEKLY BODYWORK TRAINING	FEES	NOTES
Introductory Workshop	\$200	
Application fee	\$20	
Fundamentals Training 125 class hours 11 movement classes	\$2,942.5	
Advanced Training 125 class hours	\$2,942.5	
8 personal sessions of Rosen bodywork *	\$680**	Approx. \$85/session
8 supervisions * (approx: \$85/session; may be shared w/ client)	\$680**	
Internship fee	\$465	
25 bodywork sessions	\$2,120**	(Approx. \$85/session)
30 supervisions (5 sessions may be included in general intern fees—for supervisions in intern groups)	\$2,542.5**	(Approx. \$85 /session; may be shared with client)
6 client review consultations	\$505**	(Approx. \$85/session)
350 client Hours	\$0	(possible income)
Student Tuition Recovery Fund (STRF) Fee (non-refundable)	\$32.5	Paid to CA State via BPPE
TOTAL	\$13,130	

*Holistic Anatomy (22.5hrs, \$520) can be substituted for 4 private sessions and 4 supervisions.

**Fees may vary

Intensive Bodywork Training Requirements

- Introductory Workshop
- Six Intensives
- 8 personal sessions of Rosen Method bodywork *
- 8 supervisions *
- 11 movement classes
- Internship:
 - 25 personal sessions of Rosen Method bodywork
 - 30 supervisory sessions
 - 6 clients review consultations
 - 350 client hours

LENGTH

INTENSIVE BODYWORK TRAINING		Clock Hours
Introductory Workshop		12.5
Level 1 (Equivalent to Fundamentals Training: three Intensives)		125.0
Level 2 (Equivalent to Advanced Training: three Intensives)		125.0
8 Private sessions *		8.0
8 Supervisions *		8.0
Internship		61.0
Total length of training	30 to 36 months	339.5

COST

INTENSIVE BODYWORK TRAINING	FEES
Introductory Workshop	\$200
Application fee	\$20
Level One (3 Intensives)	\$3,097.5
Level Two (3 Intensives)	\$3,097.5
8 personal sessions of Rosen Method bodywork *	\$680**
8 supervisions * (approx. \$85/session; may be shared w/ client)	\$680**
Internship fee	\$465
25 personal sessions of Rosen Method bodywork	\$2,120**
30 supervisory sessions (approx: \$85/session; may be shared w/client)	\$2,542.5**
6 client review consultations	\$505**
350 client hours -- (possible income)	\$0
Student Tuition Recovery Fund (STRF) Fee (non-refundable, paid to CA State via BPPE)	\$32.5
TOTAL	\$13,440

*Holistic Anatomy (20hrs, \$520) can be substituted for 4 private sessions and 4 supervisions.

**Fees may vary.

ROSEN METHOD MOVEMENT TEACHER TRAINING

Weekly Movement Teacher Training

The Weekly Rosen Method Movement Teacher Training consists of nine months of weekly classroom instruction of five hours followed by a one-year internship, which leads to certification by the Rosen Institute as a Rosen Method movement teacher. Classroom training consists of movement classes taught by senior teachers, class discussions, demonstrations, practice teaching, bodyreading, movement analysis, and rhythm and music analysis. Students also attend and observe twelve Rosen Method movement classes in the community to gain a wider knowledge and understanding of Rosen Method movement possibilities. The learning process is challenging, yet safe and supportive, as students learn to move in new ways.

Intensive Movement Teacher Training

Students may choose to train through Intensive Rosen Method Movement Teacher Training, which is available to students outside the Bay Area or those who prefer this learning format. Students attend five 5-day intensives of five hours per day, and attend and observe twelve Rosen Movement classes.

Internship

The final stage of the program is the internship, which comprises of 25 hours of independent practical work teaching Rosen Method movement classes, three supervisions, and attending and observing an additional twelve hours of Rosen Method Movement classes.

A twelve-hour Introductory Workshop in Rosen Method bodywork or equivalent is also required.

MOVEMENT TEACHER TRAINING OBJECTIVES

Students shall be able to demonstrate:

- Knowledge and understanding of the underlying theory of Rosen Method movement.
- Knowledge and understanding of the basic structure of a class and how to develop the class from the warm-up section through stretch, circle, across the floor and on-the floor.
- Ability to select and use appropriate music for each section of the class.
- Ability to find the rhythm in the musical accompaniment and stay with it while teaching.
- Ability to teach movements appropriate to the various sections of the class.
- Ability to demonstrate the movements in one's own body as well as describe the purpose of each movement.
- Leadership: Ability to 'take charge' of leading a class with presence, voice, enthusiasm, focus, spontaneity, initiative, creativity, and flexibility, while keeping within time boundaries and ensuring safety and inclusion of participants.
- Ability to observe each class member in motion and use commentary, touch, and movement tailored to that person's particular needs.

Movement Teacher Training Requirements

- Weekly Rosen Method Movement Teacher Training or Five 5-day Intensives
- Attend six movement classes
- Observe six movement classes
- Internship
 - Teach 25 Rosen Method movement classes
 - Three supervisions
 - Attend six movement classes
 - Observe six movement classes.
 - Introductory Workshop in Rosen Method bodywork.

COST

MOVEMENT TEACHER TRAINING	FEES	Clock Hours
Application fee	\$20	
Weekly Class or Intensive Track (5 Intensives)	\$2,942.5 \$2,942.5	125 hours
Attend 6 Rosen Method movement classes	\$60	6 hours
Observe 6 Rosen Method movement classes	\$0	6 hours
Internship fee	\$200	
Teach 25 movement classes	\$0	25 hours
3 supervisions	\$252.5–372.5	3 hours
Attend 6 Rosen Method movement classes	\$60	6 hours
Observe 6 Rosen Method movement classes	\$0	6 hours
Introductory Workshop in Rosen Method bodywork	\$200	12 hours
Student Tuition Recovery Fund (STRF) Fee (non-refundable, paid to CA State via BPPE)	\$10	
TOTAL	\$3,745–\$3,865	189 hours

Short-term Educational Programs

These may be done as stand-alone educational courses for general interest or professional growth. Continuing education credits for nurses, MFTs and LCSWs, and massage therapists are available for the courses marked with an arrow.

Rosen Method Introductory Workshop.

The course is an experiential introduction to Rosen Method. Participants explore the body/mind connection through lectures, demonstrations, Rosen movement and hands-on bodywork. 12.5 hours; tuition \$200 (nonrefundable deposit \$50)

Holistic Anatomy

This workshop offers a multi-sensory approach to learning, incorporating cadaver lab, lectures, slides, movement, guided visualizations on anatomy, palpation, practical applications, as well as discussion and sharing of personal experiences. Functional anatomy, physiology, kinesiology, and the mechanics of breathing are addressed. Everyone is welcome, regardless of previous knowledge and experience of anatomy. This workshop is valuable as professional development, continuing education and personal growth. 22.5 hours; tuition \$520 (nonrefundable deposit \$150), textbook fee (optional) \$52.

Rosen Method Movement Intensive

This 5-day workshop is an opportunity to fully experience what it is like to enjoy one's full potential for movement and get a general overview of the principles of Rosen Method movement. The movements encourage natural free breathing, increased range of motion and improved alignment. Participants discover how emotions are connected to the relaxation process. Moving to the rhythm of various types of music enhances the spontaneity that makes Rosen Method movement unique. Each day begins with an hour-long movement class followed by discussion about the components of Rosen movement. 25 hours; tuition: \$590 (nonrefundable deposit \$140)

Rosen Method Bodywork Intensive

The course is an opportunity for personal growth as well as professional training. It is an exploration of the practical and philosophical aspects of Rosen Method bodywork. Students get direct experience with bodywork and movement and also get a chance to see the effects of the work in themselves and their fellow students. The curriculum includes demonstrations, discussions of personal experience and exchange of bodywork under supervision. 42 hours; tuition \$1,035. For residential intensives, lodging and meals are added to the cost.

Advancing Rosen

This program is an advanced level course for Rosen practitioners, movement teachers and interns who want to develop expertise in public presentation, enhance their professional skills and learn how to transmit their knowledge to others. 15 hours; tuition \$265.

Supervisors Training

This program is an advanced level course for Rosen practitioners interested in developing skills in student supervision. Participants will practice supervising with feedback from the teachers. The group will discuss and share issues related to private practice and supervising others. There will be homework, including outside reading and writing of sample evaluations.

The learning objectives of this program are

- to strengthen students' commitment to Rosen Method as a profession.
- to develop creativity in transmitting the essential values and skills of Rosen Method.
- to learn basic supervisory skills, such observation, communication, evaluation, and client review techniques.

Tuition \$900 (nonrefundable deposit \$100.)

FACULTY

Theresa Garcia is a Rosen Method movement senior teacher and bodywork practitioner. She teaches movement classes in Palo Alto and San Francisco and has a bodywork practice in San Francisco. She completed the Rosen Method Movement Teacher Training in 1998, and has taught Rosen Method movement in Canada and Europe.

Gloria Hessellund holds a Master's degree in dance and dance therapy. Prior to concentrating her career on Rosen Method bodywork, she worked with dance therapy, Breyer subtle-energy work, and meditation in clinical settings. In 1976 Gloria began her association with Marion Rosen as Marion's client, and subsequently as her student, co-teacher, and colleague. Gloria has taught extensively in California and Europe for many years. She is currently Director of Teaching for the Berkeley Center and for programs in the United Kingdom, Scandinavia and Australia.

Teri Katz, PT, MS, is a Rosen Method bodywork practitioner and movement teacher with more than 22 years' experience in personal growth and the healing arts. She is both a senior bodywork and movement training teacher. She holds a Master's Degree in Physical Therapy from Columbia University. Teri teaches classes on Rosen Method and Holistic Anatomy. She is a certified ergonomist and manages a pain clinic at Kaiser hospital in Martinez.

Bill Samsel, studied with Marion Rosen in the first training program, becoming a practitioner in 1982 and a teacher in 1988. He has a private practice in Santa Cruz, and is the only male teacher of this work in the United States. He teaches in the Monterey Bay area and at the Rosen Center in Berkeley.

Sara Webb was Marion Rosen's first student in 1972 and is her close colleague today. She has many years experience teaching Rosen Method in Berkeley and in Scandinavia. She has been the Executive Director of the Berkeley Center since it was founded in 1983 and is also on the faculty of the California Institute of Integral Studies in San Francisco, in the Women's Spirituality Department.

ADMISSION REQUIREMENTS

No minimum level of education is specified. An application and interview are required in which previous educational background in physical therapy, psychotherapy, massage, dance, and personal growth are considered. Applicants must complete a Rosen Method Introductory Workshop or 8 Rosen Method sessions as a prerequisite for the bodywork training program. No credit toward the minimum certification requirements is given for previous educational experience.

ATTENDANCE POLICY

It is expected that students will be on time and will attend classes regularly. More than four absences will result in students having to make up class time by taking private supervisions and bodywork sessions or by repeating the course. More than five absences in the weekly class or one day in an intensive will mean that the student does not receive credit for the course.

Leave of Absence Policy

If it becomes necessary for a student to drop out of class temporarily because of financial or personal emergencies, a new student may fill her/his place and s/he will become eligible to re-enter the training in the next available course offered at the same level.

Students who are inactive in their training for a period of two years will have to do an additional intensive to re-enter the training; students who are absent for five or more years more will have to do two additional intensives or another year of the weekly class to re-enter the Rosen training.

STUDENT COMPLAINT PROCEDURE

Should any student wish to make a formal complaint pertaining to the operation of the school, it may be directed to the Director of Teaching, who is designated to receive and review such complaints. However, a student may make a complaint orally or in writing to any teacher or administrator. The filing of a complaint shall not waive any right or remedy otherwise available to the student. The Director of Teaching will promptly investigate the complaint. If the complaint is in writing, the school will provide the student a written response within ten working days, including a summary of the investigation and disposition. If the complaint is rejected, the student will receive an explanation of the rejection. If the complaint is found to be valid, the school will provide an appropriate remedy consistent with state regulations and so inform the student. A summary of the complaint and disposition will be maintained in the student's file and a record of the complaint kept in the log of student complaints.

STUDENT PROGRESS

Bodywork Practitioner Program

Students' progress is evaluated by teachers through observation of students' sessions in class on a pass/fail basis. Progress reports are provided during the Fundamentals and Advanced Training in the Weekly Rosen Method Bodywork Course. In order to pass the Fundamentals Training (Level One) and be eligible for the Advanced Training (Level Two), students must demonstrate that they have learned the basic skills of Rosen Method bodywork at a beginning level. In the Intensive Training, students must demonstrate the same Level One competency during the third Intensive in order to be eligible for Level Two in the fourth Intensive. Progress reports are provided during the third and sixth Intensives. Students must demonstrate an advanced level of skill in either training track in order to go on to the internship and receive certification.

Movement Teacher Training

Teachers through observation of students' sessions in the class evaluate student progress during the course on a pass/fail basis. Students must demonstrate in these sessions that they have learned the basic skills of Rosen Method movement in order to advance to internship. Students must demonstrate an advanced level of skill in order to receive certification. A progress report is provided during the fifth intensive, during the Weekly Training, and at the completion of the internship.

CERTIFICATION

A diploma will be offered through the Berkeley Center to students who complete the Rosen Method Bodywork or Rosen Method Movement Teacher Training Program. This diploma certifies that the student has met the standards and requirements set by the Rosen Institute (a non-profit global membership organization) for Rosen Method. The Rosen Institute is an independent certifying body and does not confer any State of California licensure or government-approved certification.

No representations are made that the instruction shall or may lead to any employment. Students completing the curriculum are certified as Rosen Method practitioners or movement teachers. ROSEN METHOD: the Berkeley Center does not provide placement services for Rosen Method practitioners or movement teachers.

ADDITIONAL COURSE OFFERINGS

Short-term educational programs are offered, in addition to the trainings. CE hours are available to nurses, MFTs, LCSWs and massage therapists for the bodywork and movement trainings, Introductory Workshops, and Holistic Anatomy. Approved by the California Board of Registered Nursing (Provider #5763), the California Board of Behavioral Sciences (Provider #1267) and the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB Provider #25767-00). Contact the school for more information.

DISMISSAL AND SUSPENSION POLICIES

Trainees are expected to conduct themselves as students in an environment of positive learning. Any marked departure in the form of conduct detrimental to this environment could result in dismissal. Dismissal will occur only in the case of unsatisfactory conduct, with appeal to the Director of Teaching available.

SCHOOL LOCATION

ROSEN METHOD: the Berkeley Center is at 825 Bancroft Way (at the corner of Sixth Street) in West Berkeley. Easily accessible from San Francisco, Marin County, and the East Bay, it is situated just a few blocks from the Bayshore Freeway between Ashby and University Avenues. The School's contact information is as follows:

ROSEN METHOD: the Berkeley Center
2236 6th St
Berkeley, CA 94710
Phone: (510) 845-6606
Fax: (510) 845-8114
Email: rosenmethod@sbcglobal.net
Website: rosenmethod.com

CLASSROOM FACILITY AND SUPPLIES NEEDED

Classes are in Berkeley or San Francisco.

Massage tables, folding chairs, stools, blankets, pillows and a sound system are provided for classroom use. Students are asked to provide a set of sheets in the Bodywork Training. In the Movement Teacher Training, they are asked to select and bring to class recorded music that is appropriate for various sections of movement classes.

SCHOOL RECORDS

School and student records are kept on file at the Administrative Offices of the Berkeley Center at 2236A Sixth Street. Students are advised and cautioned that state law requires this educational institution to maintain school and student records for only a five-year period.

ENGLISH LANGUAGE INSTRUCTION

No instruction in English as a second language is offered at this institution. A level of proficiency in English equivalent to graduation from high school is required for these programs.

CANCELLATION AND REFUND POLICY

Cancellation of enrollment will occur when a student submits a written notice of cancellation, and a withdrawal may be effectuated by the student's written notice or by the student's conduct, including, but not necessarily limited to, a student's lack of attendance.

The student will receive all of their amount paid for the course as a refund, minus a \$250 deposit, if notice of cancellation is made through attendance at the first class session, or the seventh class day after enrollment, whichever is later. The refund policy for students who have completed 60% or less of the period of attendance shall be a pro rata refund.

Refunds will be paid in a timely manner within 45 days following the date of the student's letter notifying the school of withdrawal from the course.

OTHER INFORMATION

ROSEN METHOD: the Berkeley Center is a private institution, and is approved to operate by the California Bureau of Private Postsecondary Education. Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education:

Bureau for Private Postsecondary Education

2535 Capitol Oaks Drive, Suite 400, Sacramento, CA 95833

Post Office Box 980818, West Sacramento, CA 95798-0818

Phone: (916) 431-6959 Fax: (916) 263-1897 www.bppe.ca.gov

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 (toll-free telephone number) or by completing a complaint form, which can be obtained on the bureau's Internet Web site (www.bppe.ca.gov)

ROSEN METHOD: the Berkeley Center provides no assistance in finding housing for students. It also does not provide visa services except for vouching for student status and any charges associated with student registration.

ROSEN METHOD: the Berkeley Center is not eligible to participate in federal and state financial aid programs. Any kind of loan that a student obtains to pay for an educational program is the student's sole responsibility to repay in its entirety.

ROSEN METHOD: the Berkeley Center does not now have a pending petition in bankruptcy and never has filed one. It is not operating as a debtor in possession and has not had a petition in bankruptcy filed against it.

STATE OF CALIFORNIA STUDENT TUITION RECOVERY FUND

California law requires that, upon enrollment, a fee be assessed in relation to the cost of tuition (Education Code Section 94343). These fees support the Student Tuition Recovery Fund (STRF), a special fund established by the California Legislature to reimburse students who might otherwise experience a financial loss as a result of untimely school closure. Students may be reimbursed by STRF only for prepaid but unused tuition monies. Institutional participation is mandatory. The assessment for the Student Tuition Recovery Fund is included in your tuition fee.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if either of the following applies:

1. You are not a California resident, or are not enrolled in a residency program, or
2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party.
(b) In addition to the statement described under subdivision (a) of this section, a qualifying institution shall include the following statement on its current schedule of student charges:

The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by students in educational programs who are California residents, or are enrolled in a residency programs attending certain schools regulated by the Bureau for Private Postsecondary and Vocational Education.

You may be eligible for STRF if you are a California resident or are enrolled in a residency program, prepaid tuition, paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The school closed before the course of instruction was completed.
2. The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.
4. There was a material failure to comply with the Act or this Division within 30 days before the school closed or, if the material failure began earlier than 30 days prior to closure, the period determined by the Bureau.

5. An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act.

However, no claim can be paid to any student without a social security number or a taxpayer identification number.

Notice Concerning Transferability of credits and Credentials earned at our Institution

The transferability of credits you earn at ROSEN MTHOD: the Berkeley Center is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the coursework you complete in the bodywork and/or movement teacher training programs are at the complete discretion of the institution to which you may seek to transfer. If the coursework that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending ROSEN METHOD: the Berkeley Center to determine if your coursework will transfer.

Rosen Method: the Berkeley Center has not entered into an articulation or transfer agreement with any other school, college or university.

The catalog is updated at least once a year.