



## Prerequisites for Basic Training

Structural Integration training requires a background of careful preparation of body, mind and spirit. The following requirements and suggested studies are designed with this kind of preparation in mind.

1. The Basic Ten Sessions of Structural Integration rooted in Dr. Rolf's work are required and must be completed before the training begins.
2. The work of Structural Integration is physically demanding and for this reason a candidate must be healthy and have a competent structure.
3. Candidates should have massage training and experience or some other type of interactive experience with clients. The massage requirement may be met in any of the following ways:
  - A formal full-length course at a massage or bodywork school (min. 230 hours).
  - Physical Therapist training, etc.

Other courses or backgrounds may be accepted. Please contact us to discuss your unique situation.

4. Candidates must possess a mature understanding of themselves and others. We look for understanding, integration of personal insight and personal experience that could assist in the Client/Practitioner relationship. College courses, individual therapy or group psychotherapy, independent seminars and workshops are a few areas in which a candidate may gain psychological awareness and understanding. Other modalities are available and may be used to prepare in this area.
5. A candidate must also demonstrate success in life. The ability to undertake and complete a significant task over an extended period of time is a crucial personal skill. This may be met by obvious professional, business, educational, or personal accomplishments.

*The following points do not represent prerequisites but are considered to be taken in the highest consideration by the candidates in their approach to training.*

6. A candidate will discover that it is an advantage to have already established a "hands-on" clientele before training. It is not unusual for a new Practitioner to have to build a practice through education and personal referrals.
7. Supplemental study from the reading list are highly recommended. Other related course work in the human sciences is encouraged. When studying human anatomy, focus on the musculoskeletal system, with emphasis on bones and their attachments, as well as major blood and nerve supply.!