

Holistic and Somatic Practise

## **Training Course Outline**



## Location and time commitment

Training will be offered in blocks of 4 days, 4 times a year, making it accessible to candidates Australia wide. Course fees are inclusive of accommodation and all meals. Students are responsible to book and pay for their own transport to and from the Course venue. For up to date information about the location, please go to

[www.shemewe.com.au/trainingcourse](http://www.shemewe.com.au/trainingcourse)

## Eligibility and suitability

Candidates need to be ready and willing to prioritise their learning experience. Learning cannot occur when people are over committed or in crisis. Available space and energy to engage in, process and absorb your learning experiences as well as practise new skills is vital to your success.

## Apply

To ensure the Course represents the diversity within our society we encourage people to apply:

- from First Nations backgrounds
- from migrant backgrounds
- who identify as LGBTIQ+, men and women
- who are single parents or on low income
- are neurodiverse or have a disability
- of affluence or middle class
- across the age span especially young adults and elders

A balance of candidates that represent the wonderful diversity within our community enriches learning, and spreads skills and knowledge to all parts of our society. Limited places are available, so please complete and submit the online application form at [www.shemewe.com.au/trainingcourse](http://www.shemewe.com.au/trainingcourse)

## Financial support

Candidates experiencing financial hardship can apply for fee subsidy provided by our partner organisations. Please indicate on the application form if you are seeking the option of a payment plan or fee support.

## Contract of commitment

Each person's learning journey unfolds in a unique way. Interruptions and discomforts can arise and are seen as part of the learning journey and are not a reason to withdraw. Once you receive an offer for a place in the Training Course you will need to provide a statement of commitment to your learning journey as acceptance of your place as a student. See the below example:

*I am ready, willing, and able to commit to and maintain my learning journey even if disharmonies or disruptions arise for me, however it looks and whatever it stirs up.*

## Costing

Training Course 500 hours including 316 hours of certified courses, 36 hours vocational workshops, 30 hours individual lessons, 42 hours group work coaching, 36 hours Shemewé, 40 hours rite of initiation, 10 course manuals, a community of likeminded people to be supported by and learn with, PLUS accommodation, meals, and tea breaks!

12 – 15 places available  
**@ \$13,450** per student annually.

Pay full fees for the year now  
**@ \$11,990** per student annually.

## Certified training

The certified training qualifies students in the recognised, licensed profession of Brain Gym® and Educational Kinesiology.

### **YEAR ONE – MOVEMENT FACILITATOR**

- Brain Gym® 104
- Brain Gym® 110
- Brain Gym® 101
- Touch For Health I

### **YEAR TWO – TOUCH FOR HEALTH PRACTITIONER**

- Touch For Health II
- Vision Circles
- Touch For Health III & IV

### **YEAR THREE – BRAIN GYM® CONSULTANT & INSTRUCTOR**

- Optimal Brain Organisation
- In Depth
- Brain Gym® 101, repeat
- Practicum

## Specialised education

This aspect of the Course provides a broader context, adding greater depth and meaning to the learning experience, enabling students to become leaders of change and models of integration.

### **YEAR ONE**

- Shemewé theory and framework for self
- Individual lessons
- Vocational experience

### **YEAR TWO**

- Shemewé theory and framework for society
- Individual lessons
- Vocational experience
- Lewis Deep Democracy, Level One Foundation Course

### **YEAR THREE**

- Shemewé theory and framework in action
- Group work coaching
- Rite of Initiation



# Certified training

## DESCRIPTIONS

**Brain Gym® 104**, 16hrs, is an introduction into the Brain Gym® movement based sensorimotor learning program. BG104 demonstrates how you can apply the Brain Gym® movement program to benefit yourself and others. You learn techniques that can be important resources for life.

**Brain Gym® 110**, 16–24hrs, prepares students to teach Brain Gym® 104 and create customised workshops of up to 6hrs. Students practise teaching concepts, giving, and receiving feedback.

**Touch For Health I & IV**, 32hrs, is a system of balancing posture, attitude and life energy for greater comfort, vitality, and enjoyment of your life. TFH is an easy, simple, safe system with goal-setting and creative visualization. The Touch for Health courses offer hands-on, and practical workshops.

**Brain Gym® 101**, 32hrs, students experience whole brain integration through whole body movement. Deepen your understanding of the 26 BG exercises, the EduK balance process, and Dennison Laterality Repatterning. Discover a permanent tool for reaching personal goals. A repeat of Brain Gym® 101 is required to achieve certification.

**Vision Circles**, 32hrs, explores 8 circles of competency and offers a road map to the completion of developmental skills through movement, play, and art with an emphasis on vision enhancement.

**Optimal Brain Organisation**, 24hrs, discover the concepts of hemispheric specialisation, identification, and balancing to facilitate whole-brain learning.

**In Depth**, 40hrs, hands-on experience with the 7 dimensions of body movement, focusing on how each dimension can support or block the learning process. Learn 12 new integrated movements and to permanently integrate principles of whole brain learning into your own processes.

**Practicum**, 32hrs, designed for those who wish to develop and successfully teach Brain Gym® in a class or private format. Provides instruction in theory, teaching methods, and procedures, and development of an action plan for achieving professional goals. This is a prerequisite for further training to achieve the qualification of Educational Kinesiologist.



# Specialised education

## DESCRIPTIONS

**Shemewé** acquaints students with the aspects that represent human beings and our society in the most integrated forms. Interpretations of these aspects, how they are shaped by the world, and the impacts to us, society, and the environment are examined. Recognise imbalance, heal divisions, integrate, and become agents of change, angels of compassion and the voice of reason

Restoring harmony by reclaiming what's missing to co-create a world that prioritises inclusivity, multiplicity, relationships, and love.

**Individual lessons** provide students an opportunity to go deeper in their learning process, experience the vulnerability and the search for integration that comes from being in the learner position. It establishes a practice of self-reflection and external facilitation or supervision. Those who 'do the work' as well as the training have the potential to be highly attuned, empathic, and powerful healers and leaders.

**Vocational experience** exposes students to a wide variety of modalities, different practitioners, and ways of working, for their own personal gain and to help clarify the direction of their professional practise.

**Rite of Initiation** is the gateway of transformation. A passage of claiming sovereignty in your divine right to be an empowered adult being. A holistic and somatic practitioner requires courage to continue meeting their own edges, joys and challenges and an ongoing commitment to show up for themselves and others.

### **Lewis Deep Democracy, Level One Foundation Certificate Course,** is a

program of innovative methods that tap into the emotional undercurrents and wisdom of a group, recognise, and overcome resistance to decision making, hear all the voices in a group, draw out diverse opinions, confidently step into tension and navigate through it and gain 'buy-in' to decisions and change.

**Group work** coaching allows students to take part, be seen and heard in groups, increase confidence in group contexts, develop an awareness of group dynamics, and learn to facilitate groups.

## Internships

Provide graduates with ready-made, tried and tested programs to step into, and build their confidence, collaborate with, and further develop their skills before venturing out independently.



## Vocational inspiration

Below are some examples of modalities featured in the vocational experience modules.

- 5 Elements theory and practise
- Dance models
- Art therapy
- Food and home remedies
- Natural therapies
- Somatic psychotherapy
- Breathwork
- Family Life Partnering
- Group work
- Somatic Sexology

## Internships

The below programs are part of the internship program.

- Brain Gym® for Little Folk, a circle group for children aged 3 – 5 and their carers.
- *Move It! Eat It! Be It!*, a series of health promotion programs for workplaces.
- The Village Cook Kitchen and Catering Service.
- The Silk Tent relaxation treatment for all the senses.
- Parent Time online group for expectant, first time, young, single, separated, migrant, biracial, same sex parents, grandparents and more.
- Relationship Rescue online group for all couples at any stage in their relationship.



# Breakdown of course hours

## TRAINING COURSE OVER 3 YEARS, TOTAL 500HRS

- 296 hours of EduK certified training
- 42 hours group work coaching
- 36 hours Shemewé theory and practise
- 36 hours vocational workshops
- 30 hours individual one to one lessons
- 20 hours Lewis Deep Democracy certificate course
- 40 hours Rite of Initiation

## 1ST YEAR TRAINING, TOTAL 117HRS

- 88 hours of certified training
- 18 hours vocational workshops
- 15 hours individual one to one lessons
- 12 hours Shemewé theory and practise

## 2ND YEAR TRAINING, TOTAL 181HRS

- 80 hours of certified training
- 20 hours Lewis Deep Democracy certificate course
- 18 hours vocational workshops
- 15 hours individual one to one lessons
- 12 hours Shemewé theory and practise

## 3RD YEAR TRAINING, TOTAL 218HRS

- 128 hours of certified training
- 42 hours group work coaching
- 12 hours Shemewé theory and practise
- 40 hours, Rite of Initiation, 3 days, 4 nights



