

Moving Cycle Training Program Descriptions

When You Would Like to Get a Taste of the Moving Cycle Method:

Introduction to the Moving Cycle – 15 hours in 2 days

The Moving Cycle stresses the importance of trusting and awakening the body's innate resources for healing and growth. These resources include high quality attention to and support of movement process that emerge when we focus on our bodies in a non-judgmental and largely non-verbal manner. The Moving Cycle method involves a shared authority and inter-subjectivity between a facilitator and a mover, and a trusting of the body's ability to access implicit memories, engage in creative experimentation, and unravel the physical, emotional, and cognitive barriers to wellbeing. Sessions unfold in four phases, beginning with awareness and ending with action, and focus on developing conscious body motions that arise from within and tell a story that informs and transforms the client.

This seminar will experientially introduce the participant to the Moving Cycle, so that the work can be experienced as well as understood. Activities will include guided experiments in developing high quality attention to ones current experience, finding the body's impulses to act in precise ways, and supporting these movement sequences to literally 'move' us towards greater wellbeing.

Who Might Be Interested in Training in the Moving Cycle:

The Moving Cycle was originally designed as a form of body-based psychotherapy, and continues to carry this emphasis. Yet early on in its history teachers and students found that it could easily be applied in educational, personal growth, and creativity settings. Accordingly, the trainings now include psychologists, psychotherapists, dance therapists, educators, ministers, artists, bodyworkers, physical therapists, and other health practitioners. This creates a very rich learning experience!

Training Methods and Prerequisites:

The program involves 'learning by moving' as its primary method. This means that participants experience the work in their own bodies, internalizing the principles in a direct manner, and practicing emerging skills by working with each other, usually in twos and threes. Small group and whole group discussion integrates personal experience with theories and practices from multiple disciplines. Because of this highly immersed method of learning, participants need to be emotionally mature and socially adept. While the training can be and usually is personally transformative, its intent is to assist people in working professionally with the moving body. For this reason it is also important that trainees have a working knowledge of their own professional discipline, and an intention to apply the Moving Cycle to their profession. It is also strongly

recommended that trainees have a good grasp of basic psychological concepts, as well as a working knowledge of human anatomy and physiology.

When You Would Like to Become a Moving Cycle Practitioner:

Basic Training - 100 hours in four 4-day Courses

Phase One – Core Principles and Practices – 25 hours

Participants learn the theory and practice of the Moving Cycle, as it has developed from its roots in dance therapy, body psychotherapy, neuroscience, attachment theory, phenomenology, and contemplative disciplines. Learning takes place largely through physical experimentation, followed by discussion. Core skills will be taught: the oscillation of attention, postponing meaning-making, physical free association, shared authority between the facilitator and the mover, and supporting emerging movement sequences to become body narratives.

Phase Two – The Rhythm of Self and Other – 25 hours

Basic skills will be refined and extended by focusing on how the self develops in relationship, and how non-verbal interaction deeply influences our energy, our character, and our bodies. By experientially studying the body-to-body relationship between the facilitator and the mover, the facilitator can internalize skills that support the mover to feel more secure in touching into body memories and action tendencies from the past that can now be sensitively worked with within the attuned relationship.

Phase Three – Working with Movement Continuums – 25 hours

This course delves deeply into the connection between physical movements (from inner micromovements to large, expressive motions) and psychological, emotional, and relational states. By seeing movement as occurring along a functional continuum, participants will learn how to identify movement impulses that have been blocked, resulting in physical and relational holding patterns that cause us to suffer. By learning how to support these impulses to develop into detailed body narratives, conditions such as dissociation and addiction can be addressed.

Phase Four – Touch, Attachment, and Movement Patterns – 25 hours

In this phase the participants work with the details of developmental movements, and how learned interruptions of these movements can harm adult functioning. By committing to an accurate, detailed and creative recovery of these early movements, we can set the stage for healthy adult behavior. Because these movements are often ‘remembering’ pre-verbal or non-verbal experiences, touch more than words often becomes the treatment of choice. Participants will learn the basic principles and practices of the use of touch - types of touch, when, where and how to touch, how long to touch, and when not to touch. Special attention will be placed on ethics, and how touch interventions can support movement sequencing. As well, we will relate movement tendencies to attachment tendencies - to the patterns of how we learned to navigate close relationships. We will look into attachment theory, and keep drawing a through-line from

attachment tendencies to movement patterns and to the power of touch to help relationships feel secure and nourishing.

Completion of these four phases of training results in a certificate of training, the ability to use the title 'Moving Cycle Practitioner', and be listed on the website. Every effort is made to allow the trainee to complete the Basic Training in 2 years.

When You Would Like to Become an Advanced Moving Cycle Practitioner:

Advanced Training – 100 hours in four 4-day courses, plus 10 hours of supervision

Two Advanced Topics Courses – 25 hours each

At least once a year an Advanced Topic will be taught, where a subject will be chosen by Christine and the senior teachers and taught through the lens of Moving Cycle theory and practice. Examples of previous Advanced course topics: Creativity, Sexuality, Birth and Death, Addiction, Contemplative Practice, and Early Movement Patterns.

Two 'Hamburg Group' Courses – 25 hours each

Once a year, the senior Moving Cycle students and teachers convene in Hamburg, where Christine presents new ideas she is working on, and the group works on developing and innovating the Moving Cycle as a system. One on one session and group experientials occur each day, as a way to use direct experiences towards understanding the system more deeply, and to receive feedback on practice skills.

Supervision – 10 hours

Each practitioner will arrange for 10 hours of supervision during the two years it typically takes to complete the Advanced Training. This could be a local intervision or supervision group, in-person individual sessions, video conference, or a combination of these forms. All one-on-one supervision must be with a Moving Cycle teacher. Supervision groups must be composed of Moving Cycle practitioners and lead by a Moving Cycle teacher. Intervision groups must also be composed of advanced practitioners or those who are working towards advanced status. During the course of supervision, a Moving Cycle teacher must witness two sessions, either in person or via video, and give feedback.

When You Would Like to Become a Moving Cycle Teacher:

Teacher Training – minimum of 115 hours

One 'Supervision and Research Course (Hamburg Group)' and One Advanced Topic – 25 hours each

This is in addition to the requirements for Advanced Practitioner. Descriptions of courses are above.

Teacher Training Course – 15 hours

This course is taught by Christine and will involve the theory and practice of teaching through the lens of Moving Cycle principles, along with supervision of teaching skills.

Basic Training Assistant – Between 25 and 100 hours

For any course that a teacher-in-training might want to teach in the future, they first will assist Christine or one of the other senior teachers in that course.

Co-teaching an Advanced Topics Course – 25 hours

The teacher-in-training will teach one or two days of a four-day Advanced Topic course, with either Christine or another senior teacher, and receive supervision on their teaching practice.

Training Advisory:

While very rare, it can happen that trainees experience persistent difficulties in managing their own experiences in the training group, managing their relationships with others in the group, or learning the basics of the method. Because of this unlikely possibility, the Moving Cycle Institute cannot guarantee that a participant will be allowed to complete the training sequence.