

Curriculum of the Basic DFA Practitioner Training for Somatic Pattern Recognition

At the end of each phase the faculty evaluates the student's progress and determines each person's preparation to continue into the next training phase.

Phases I and II

These segments of the training provide the opportunity to develop the skills needed to perceive and interact appropriately with the physical and emotional body. Students attend classes in:

Movement Theory

Concepts of Functional Analysis

Palpative Experience

Emotional Accessing

Group Process

Practical Demonstrations

Lectures on recent research in connective tissue, biological and psychological ontogenesis, development of individual and collective human consciousness, recognition of the effects of traumatic experiences on the physical body and the psyche, and other subjects.

These phases strongly emphasize the student's awareness of their personal process, and also provide individual support for the next level of understanding.

4 weeks, 4 days a week

Interim Phases

In order to assimilate and integrate the information experienced in each phase, during the interim phases the students must receive weekly DFA sessions with their practitioner in preparation for the following phase. We consider the interim phases an important part of the students' process within the basic DFA curriculum.

4-6 months approximately

Phase III

This phase of the training is designed to challenge the student through exploring and mastering a more intimate level of physical and emotional accessing. Students work on each other under close supervision.

4 weeks, 4 days a week

Interim Phase

In this phase students take a minimum of two clients through a series of

sessions with emphasis on the physical access, while they continue their personal process in weekly sessions with their practitioner.

Between 4 and no more than 12 months

Phase IV

This phase requires each student to take clients through a series of sessions supervised by the DFA training staff. In approximation to the field of professional practice as a DFA practitioner, the students learn how to draw distinctions between personal process and client process.

A final interview will be held with the DFA training staff to determine the students' preparedness to work with clients.

4 weeks, 4 days a week

Interim Phase

In this phase students take a minimum of two clients through a series of sessions with supervision by an appointed local supervisor. They continue their personal process with weekly DFA sessions in preparation for the certification phase.

4-6 months approximately

Certification Phase

This phase of the training is designed to further expand the student's ability to draw clear distinctions between personal process and client process in the field of professional practice as a DFA practitioner. Students present a written paper and live demonstration of introducing the work to the public. Upon successful completion, students receive certification.

4 weeks, 4 days a week