

# MA in Clinical Mental Health Counseling: Somatic Counseling: Body Psychotherapy Concentration

The Somatic Counseling: Body Psychotherapy Concentration draws upon the diverse field of body-centered psychotherapy and trains students to integrate bodywork, movement, and somatic education principles with counseling and psychotherapy skills. Formed alongside modern Western psychotherapy through the work of Reich, Lowen, Pierrakos, Keleman, Perls, Kurtz, Gendlin, and others, it integrates traditional therapeutic practices with attention to sensation and body states, allowing unconscious material to manifest and be worked with using breath, touch, movement, sensation, and imagery. The Somatic Counseling: Body Psychotherapy Concentration focuses on the classical energy model of body psychotherapy, as well as object relations and self-psychology, the Gestalt-based Moving Cycle, and other modern models of sensorimotor tracking, conscious movement, and relational techniques.

## International Somatic Movement Education and Therapy Association

It is possible for a student graduating from the Somatic Counseling Department to use course work to fulfill the requirements for the International Somatic Movement Education and Therapy Association's (ISMETA) certification as a Registered Somatic Movement Therapist (RSMT) and/or Registered Somatic Movement Educator (RSME).

## Degree Requirements

### First year, fall (13)

- CNSS500 [Somatic Counseling Orientation Seminar](#) (noncredit)
- CNSS610 [Social and Multicultural Foundations I](#) (1)
- CNSS621 [Body/Movement Observation and Assessment I](#) (3)
- CNSS631 [Counseling & Helping Relationships I: Verbal & Nonverbal Skills](#) (3)
- CNSS646 [Contemplative Practices for Somatic Counseling Contexts I](#) (1)
- CNSS736 [Current Methods and Skills in Psychotherapy](#) (3)
- CNSB626 [Foundations of Body Psychotherapy](#) (2)

### First year, spring (13)

- CNSS611 [Social and Multicultural Foundations II](#) (2)
- CNSS637 [Body/Movement Observation and Assessment II](#) (2)
- CNSS657 [Clinical Neuroscience](#) (3)
- CNSS661 [Counseling & Helping Relationships II: Verbal & Nonverbal Skills](#) (3)
- CNSS751 [Group Counseling](#) (3)

### Second year, fall (11)

- CNSS605 [Advanced Counseling Skills I](#) (2)
- CNSS620 [Human Growth and Development](#) (3)
- CNSS649 [Contemplative Practices for Somatic Counseling Contexts II](#) (1)
- CNSB716 [Specialized Approaches in Body Psychotherapy: Trauma, Resilience, and Change](#) (2)
- CNSS790 [Counseling Practicum](#) (3)

### Second year, spring (11)

- CNSS663 [Family Systems: Methods of Family Therapy](#) (2)
- CNSS710 [Research & Program Evaluation](#) (3)
- CNSS700 [Assessment](#) (3)
- CNSS756 [Advanced Counseling Skills II: Diagnosis and Treatment in Clinical Mental Health](#) (3)

### Second year, summer

- CNSG871 [Extended Internship I](#) (0)

### Third year, fall (6)

- CNSS801 [Professional Counseling Orientation & Ethical Practice](#) (3)
- CNSS834 [Master's Paper Seminar I](#) (1)
- CNSB871 [Internship Seminar I: Body Psychotherapy](#) (2)

### Third year, spring (6)

- CNSS810 [Career Development](#) (3)
- CNSS835 [Master's Paper Seminar II](#) (1)
- CNSB891 [Internship II: Body Psychotherapy](#) (2)

### Third year, summer

- CNSG891 [Extended Internship II](#) (0)

## Total Credits: 60

## Somatic Counseling Course Listings (CNSB, CNSD, CNSS)

### CNSB626

#### Foundations of Body Psychotherapy (2.0)

Body Psychotherapy is a distinct branch of the main body of psychotherapy, one which involves an explicit theory of mind-body functioning. This theory takes into account the complexity of the intersections and interactions between the body and the mind, with the common underlying assumption being that a functional unity exists between mind and body. Although a wide variety of approaches and techniques are used within the field of body psychotherapy, all of them recognize the continuity and deep connections of mind-body processes. In this course, students learn the theoretical and practical roots of body psychotherapy, beginning with the Freudian era and sequencing through current times, though also acknowledging and appreciating the historic and contemporary presence of indigenous somatic healing practices. The field is viewed from the perspective of the significant contributions of its primary founders, the therapeutic paradigms

they represent, and current applications of how these theories and paradigms have been transposed into contemporary modalities. In particular, students learn and explore the theoretical and therapeutic applications of Gestalt and Hakomi therapies with Body-Mind Psychotherapy (BMP) serving as a supportive and integrative theoretical framework.

### **CNSB716**

#### **Specialized Approaches in Body Psychotherapy: Trauma, Resilience, and Change (2.0)**

An advanced theory and skills course that studies both developmental and traumatic wounding, and the adult patterns of thought, emotion, and behavior these wounds create. Using various methodologies, students gain a somatic understanding of trauma and its physiological and psychological effects. Practical somatic techniques for contacting, accessing, deepening, processing, transforming, and integrating developmental and traumatic experiences are taught. Prerequisite: CNSB626.

### **CNSB871**

#### **Internship I: Body Psychotherapy (2.0)**

This course is for Body Psychotherapy students who have completed their second-year requirements. The internship consists of 700 hours and includes participation in treatment team meetings, documentation, clinical supervision, and in-service education. The classroom seminar focuses on clinical mentorship with supplemental readings, and also addresses integral issues in the transition from student therapist to professional therapist. Body Psychotherapy students only. Prerequisite: CNSS790.

### **CNSB891**

#### **Internship II: Body Psychotherapy (2.0)**

A continuation of CNSB871, this course is for Body Psychotherapy students who have completed their second-year requirements. The internship consists of 700 hours and includes participation in treatment team meetings, documentation, clinical supervision, and in-service education. The classroom seminar focuses on clinical mentorship with supplemental readings and also addresses integral issues in the transition from student therapist to professional therapist. Body Psychotherapy students only. Prerequisite: CNSB871.

### **CNSD616**

#### **Foundations of Dance/Movement Therapy (2.0)**

An experiential and didactic introduction to the field of Dance/Movement Therapy, including its historical roots and evolution; the contributions of major pioneers in the field; and the beginning exploration of various theoretical models and their implications for clinical practice, based on a commitment to diversity, service, and contemplative practice. Designed to introduce students to the diversity of the work of dance/movement therapists with both groups and individuals, and to begin to prepare students to facilitate dance/movement therapy with a wide range of clients.

### **CNSD716**

#### **Specialized Approaches in Dance/ Movement Therapy: Therapist as Artist (2.0)**

An exploration of the creative healing arts and the therapist's role as artist. Theories of imagination and creativity are examined through the lens of inclusivity and clinical skill building. In addition, this course focuses on the relationship of Dance/Movement Therapy to other creative arts modalities. Readings, discussion, in-class experientials, out of class practice, and guest lecturers provide an overview of theory, techniques, and considerations for special populations. Emphasis is on the integration and application of creative modalities, and their application to specific populations. Prerequisite: CNSD616.

### **CNSD871**

#### **Internship I: Dance/Movement Therapy (2.0)**

After completing second-year requirements, each Dance/Movement Therapy student enters a clinical internship, and under Board Certified Dance/Movement Therapist (BC-DMT) mentorship, leads dance therapy sessions and groups. The internship consists of 700 hours and includes participation in treatment team meetings, documentation, clinical supervision, and in-service education. The classroom seminar focuses on clinical mentorship with supplemental readings and also addresses integral issues in the transition from student therapist to professional therapist. Dance/Movement Therapy students only. Prerequisite: CNSS790.

### **CNSD891**

#### **Internship II: Dance/Movement Therapy (2.0)**

A continuation of CNSD871. After completing second-year requirements, each Dance/Movement Therapy student enters a clinical internship and under Board Certified Dance/Movement Therapist (BC-DMT) mentorship, leads dance/movement therapy sessions and groups. The internship consists of 700 hours and includes participation in treatment team meetings, documentation, clinical supervision, and in-service education. The classroom seminar focuses on clinical mentorship with supplemental readings and also addresses integral issues in the transition from student therapist to professional therapist. Dance/Movement Therapy students only. Prerequisite: CNSD871.

### **CNSS500**

#### **Somatic Counseling Orientation Seminar (0.0)**

An orientation to the Somatic Counseling Program: A daylong retreat immerses new students in opportunities to get acquainted with each other, with the master's degree, and with our mission as a professional counseling program from an experiential perspective.

### **CNSS605**

#### **Advanced Counseling Skills I (2.0)**

Through experiential and theoretical exercises, students learn how counselors, dance/movement therapists, and body psychotherapists apply somatically based counseling skills to advanced counseling theory. Developmental theory is explored through the lens of object relations, self-psychology, and attachment theory, and their implications for clinical practice. As an extension

of these theories, the ethics, strategies, and practices for the use of touch in somatically oriented sessions will be introduced. Students continue to develop and refine clinical skills through classroom practice sessions, assessment of outside session videos, and written assignments. Prerequisite: CNSS610.

### **CNSS610**

#### **Social and Multicultural Foundations I (1.0)**

One of two Social and Multicultural Foundations courses, this course introduces students to basic theory, language, and foundational concepts of multicultural social justice counseling including issues of cultural difference, power, privilege, and marginalization in the therapeutic relationship. Students learn course content by examining their own cultures and sociocultural identities/locations (ethnicity, sexual/affectional orientation, race, age, socioeconomic status, ability, gender, nationality, language, size, gender expression, religion) as they relate to the counselor, client, and counseling process. The impact of traditional counseling practices and mental health delivery systems on clients from socioculturally marginalized groups will be reviewed. Contemplative somatic processes and practices will be explored and utilized throughout the course as a support for increased awareness, emotional self-regulation, and development of an integrated somatic, multicultural social justice orientation to counseling/psychotherapeutic theory and practice. Somatic Counseling students only.

### **CNSS611**

#### **Social and Multicultural Foundations II (2.0)**

A continuation of Social and Multicultural Foundations I, this course expands upon content and processes learned with a focus on application to the practice of culturally responsive, somatic, multicultural, social justice counseling. Students will explore the ways that their own cultures and power form their worldviews and how these impact the counseling process and the therapeutic relationship. Somatic Counseling students only. Prerequisite: CNSS610.

### **CNSS620**

#### **Human Growth and Development (3.0)**

An overview of the major theories of psychological development across the life span. Information from a broad range of perspectives is covered, including biological, psychoanalytic/dynamic, cognitive, social learning, and cross-cultural. Somatic Counseling students only.

### **CNSS621**

#### **Body/Movement Observation and Assessment I (3.0)**

The first semester of a two-semester series in which students begin to look at how the mind is expressed through the body. In the first semester, greater focus will be placed on gathering the basic kinesiological terms and concepts necessary to cultivate the skill of seeing the body descriptively, in stillness as well as in motion. A range of observation and assessment models specific to dance/movement therapy and body psychotherapy are introduced, including kinesiological, morphological, developmental, energetic,

segmented, process-oriented, and archetypal frameworks; the overarching context for encapsulating these concepts is through the lens of Laban Movement Analysis (LMA). In the second part of this series, greater emphasis is placed on deriving clinical meanings from these observations. In both semesters, the process of observing the body and its movement patterns will be approached from the integrative vantage points of theoretical knowledge, practiced observation, and personal embodiment.

### **CNSS631**

#### **Counseling and Helping Relationships I: Verbal and Nonverbal Skills (3.0)**

Introduction to the basic forms and practices of facilitating body- and movement-centered therapy and counseling sessions with individuals. Emphasis is on the stages of counseling, basic counseling skills, attitudes, and values of the counselor, multicultural perspectives, and the importance of the counseling relationship. Skills covered include facilitating a client through the developmental stages of individual process; basic attendance; finding unconscious associations; identifying and working with sensation and movement; cultivation of empathic, compassionate, non-judgmental states; and sensitivity to and methods for working with diverse populations. Methods of instruction include in-class role-playing with supervision, relevant readings, reflection papers, and a final exam that integrates the student's learning.

### **CNSS637**

#### **Body/Movement Observation and Assessment II (2.0)**

The second semester of a two-semester series in which students begin to look at how the mind is expressed through the body. With basic body/movement observation and assessment concepts and skills gathered in the first semester, the second semester places greater emphasis on deriving clinical meanings from these observations. In particular, this course focuses on learning the psychotherapeutic implications of developmental movement and body patterning as they relate to the psychological perspectives of object relations, self-psychology, and attachment theory. This theory is viewed through the lenses of the Kestenberg Movement Profile (KMP), Laban Movement Analysis (LMA), Body-Mind Centering (TM)/Body-Mind Psychotherapy (BMC/BMP), and anatomical kinesiology. Additionally, students continue exploring the dynamic relationship between their own movement preferences and repertoires as they interface with those of others so that this awareness becomes a resource for effectively working with transference and countertransference in psychotherapy. In both semesters, the process of observing the body and its movement patterns is approached from the integrative vantage points of theoretical knowledge, practiced observation, and personal embodiment. Prerequisite: CNSS621.

### **CNSS646**

#### **Contemplative Practices for Somatic Counseling Contexts I (1.0)**

This course will explore contemplative practices and processes from somatically based, social justice counseling perspectives. The course includes how to work with oneself from places of stillness

and movement, and how this informs and supports one's training as a body-based counselor and psychotherapist.

### **CNSS649**

#### **Contemplative Practices for Somatic Counseling Contexts II (1.0)**

Further topics in the areas of somatically based contemplative practices are explored. Prerequisite: CNSS646.

### **CNSS657**

#### **Clinical Neuroscience (3.0)**

This course investigates the relationship between the nervous system and other body systems, and cognitive, emotional, and behavioral processes. By understanding the relationship of body structures, such as the brain, the heart, and the gut, with thinking, feeling, sensing, and moving, students can construct a continuum from theory to practice that generates scholarly and scientifically sound treatment options for the field of somatic counseling psychology.

### **CNSS661**

#### **Counseling & Helping Relationships II: Verbal and Nonverbal Skills (3.0)**

Using direct experiences to develop clinical skills, this advanced course works with the basic forms and practices of facilitating body- and movement-centered therapy and counseling sessions with individuals. The skills covered include working with resistance, emotional arousal, therapeutic transference/countertransference, character strategy, relationship issues, and energy states. Examples will be given of how the skills apply in various settings to diverse populations. Methods of instruction include in-class role-playing with supervision, relevant readings, reflection papers, and a final exam that integrates the students' learning. Prerequisite: CNSS631.

### **CNSS663**

#### **Family Systems: Methods of Family Therapy (2.0)**

This course explores family systems theory and practice through somatic, multicultural, social justice perspectives. Students work experientially with genograms.

### **CNSS699**

#### **Independent Study: Somatic Counseling (0.0-4.0)**

This course offering is an opportunity for students to engage in in-depth, concentrated study with a particular faculty member for a semester. The design of study and course work is decided upon by the student and faculty member. Independent Studies will count for a standard 3 credits. If a variable credit (0.5 - 4 credits) Independent Study is desired, a student must receive additional approval. See the Independent Study Application for further details.

### **CNSS700**

#### **Assessment (3.0)**

Students are introduced to various historical and contemporary approaches to assessment and evaluation within the mental health delivery system. In particular, students learn the basic elements of standardized and nonstandardized testing and assessment; key components of psychometric testing, including

validity, reliability, and relevant statistical concepts; important ethical considerations related to clinical assessment; and multicultural perspectives on the development, selection, administration, and implementation of assessment and evaluation measures across common counseling environments. Throughout the course, students develop an understanding of how to integrate clinical assessment and evaluation tools into their diagnostic processes so that they are better able to craft therapeutic interventions using principles of counseling, body psychotherapy, dance/movement therapy, and multicultural awareness. Course fee.

### **CNSS710**

#### **Research and Program Evaluation (3.0)**

An introduction to the field of research methods and program evaluation as they apply to counseling psychology and psychotherapy. Topics include philosophical issues in research, including the importance of research, and opportunities and methodologies for conducting research in the counseling field. Research methods including qualitative, quantitative, single-case, action, and outcome-based are surveyed. Principles, models, and applications of needs assessment, program evaluation, and use of findings to affect program modification are discussed. Technology, statistical methods, ethics and legal concerns, result reports, and methodologies that centralize diversity and inclusion are also topics of importance.

### **CNSS736**

#### **Current Methods and Skills in Psychotherapy (3.0)**

Major current approaches in psychotherapy theory and practice, including Cognitive Behavior Therapy (CBT), Dialectic Behavior Therapy (DBT), and Solution Focused Therapy are explored. Students have the opportunity to examine how each of these methods operates independently, as well as how they interface with more traditional approaches. Students also begin to work with these approaches in a way that builds clinical skill development in alignment with a somatic psychotherapy orientation.

### **CNSS751**

#### **Group Counseling (3.0)**

Introduces beginning dance/movement therapists and body psychotherapists to the skills they need to lead clinically focused groups. These skills include an understanding of group formation, the developmental stages of groups, group norms, multicultural, social justice issues in groups, methods for soliciting and integrating diverse member influences, styles of communication among group members, group dynamics, group leadership styles, and group productivity.

### **CNSS756**

#### **Advanced Counseling Skills II: Diagnosis and Treatment in Clinical Mental Health (3.0)**

The objective of this course is to support students in refining the basic elements of their therapeutic skill set in preparation for clinical placements. Focus for this class is on developing the basic skills of diagnosis, treatment planning, and case conceptualization for counselors. The course will also include a basic introduction to

the use of medication in mental health treatment by counselors. In addition, several advanced clinical skills are also introduced. In particular, students refine their skills in identifying and working with resistance or therapeutic ambivalence, develop greater facility in tracking transference and countertransference in the therapeutic relationship, and cultivate greater facility in working with clinical interventions such as touch, imagery, music, rhythm, props, somatic tracking, and verbalizations to help clients move toward a further level of intrapsychic and interpersonal integration. Prerequisite: CNSS605.

### **CNSS790** **Counseling Practicum (3.0)**

The purpose of this course is to provide a support forum for beginning dance/movement therapists and body psychotherapists to integrate the basic principles of working within the community and the mental health care system from a body-centered, movement-oriented perspective. This course integrates academic study and skills practice with community-based learning and offers student support around internship placement issues, as well as structured clinical training. This course offers 1.5 hours of group supervision during practicum placement each week. There is a \$150 special fee for a mandatory ASIST (Applied Suicide Intervention Skills Training), which takes place over one weekend of the semester. Prerequisite: Completion of 100-hour fieldwork placement.

### **CNSS801** **Professional Counseling Orientation and Ethical Practice (3.0)**

A concluding seminar to help prepare the student for what to expect after degree completion, the course focuses on ethical and legal issues, relationships to professional organizations, and employment realities. Students develop awareness and skills in ethical decision-making through review of professional and ethical codes, relevant legal statutes, and case scenarios. Students also prepare written theoretical frameworks and resumes and do mock interviews to assist them with postgraduate employment and professional communication. American Dance Therapy Association registry and general licensure issues are also discussed. Prerequisite: CNSS790. Somatic Counseling Psychology students only.

### **CNSS810** **Career Development (3.0)**

This course addresses career development theories, techniques, counseling, guidance, and education strategies. Topics include lifestyle issues, career selections, and counseling process, career transitions, leisure, retirement, and right livelihood. Students will explore career development and related life factors, including the interactions between self, work, family, and the roles of gender and diversity in career development. In addition, students learn and become familiar with occupational and educational information sources and systems, effectiveness evaluation, and assessment tools and resources. Attention is paid both to the students' personal

experience and also to the implications for counseling others. Somatic Counseling students only.

### **CNSS823** **Group Community Skills V (0.0)**

Further practice of the skills and techniques covered in Group Community Skills I - IV, with an emphasis on students' professional development in group process and leadership. Somatic Counseling students only. Co-requisite: CNSD871 or CNSB871.

### **CNSS834** **Master's Paper Seminar I (1.0)**

This course prepares students to write a culminating scholarly paper that reflects the student's integrative and synthetic critical thinking in Somatic Counseling. Students choose to either write an extensive case study taken from their internship, or a theoretical/research paper formatted and submitted for publication in a professional journal. The course helps the student to select and refine a topic, review the existing literature, organize their writing, and begin working with an assigned reader. Prerequisite: CNSS710.

### **CNSS835** **Master's Paper Seminar II (1.0)**

A continuation of CNSS834, designed to assist students in writing their master's project paper. Class content addresses the students' particular needs as the project develops. Particular emphasis is placed on scholarly writing and publication requirements. The course culminates in an oral presentation of the students' work on Master's Paper Presentation Day, designed to be a capstone experience of the students' time in the program. Prerequisite: CNSS834.

### **CNSS853** **Group Community Skills VI (0.0)**

Further practice of the skills and techniques covered in Group Community Skills I - V, with an emphasis on students' professional development in group process and leadership. Somatic Counseling students only. Co-requisite: CNSB891 or CNSD891.

### **CNSS877** **Extended Internship Placement (0.0)**

### **CNSS882** **Extended Master's Project Paper (0.5)**

Required for all Somatic Counseling students who have finished five semesters of course work and who have yet to finish their master's paper, this class is to be taken the fifth semester of study, and subsequent semesters, until the paper is completed. Somatic Counseling students only.