

<p>Certification Exam for Structural IntegrationSM Study Guide</p> <p style="text-align: center;">Assessment is 25% of exam content</p>	<p style="text-align: center;">Assessment Section:</p> <ul style="list-style-type: none"> ◆ <i>Knowledge base and self assessment*guide</i> ◆ <i>Sample Question</i> ◆ <i>Literature Recommendations</i>
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Use the self assessment guide to determine your knowledge, strengths and weaknesses at the end of each skill description and sample question to know how much study you need. Refer to the book and article suggestions for resources (Comprehensive resources and category specific Literature Recommendations) and also to the resources from your own training in this category. Study more for the sections that you rate more challenging.

<p>Certification Exam for Structural Integration</p>	<p style="text-align: center;">Assessment Study Guide</p> <p style="text-align: center; color: #0056b3;">Knowledge base and self assessment* guide</p>
<p>Assessment <i>Skill Description</i> <i>1 of 5 skills</i></p> <p>Interviewing the client in order to obtain an understanding of the client's goals, resources and other pertinent information.</p>	<ul style="list-style-type: none"> • Interviewing techniques • Pathologies, injuries and medications • Contraindications • Client and practitioner 's resources for structural integration work. • Realistic structural integration outcomes.
<p>self assessment:</p>	<p style="text-align: center;"><i>Well Understood 1 2 3 4 5 Challenging</i></p>

Certification Exam for Structural Integration	Assessment Study Guide Knowledge base and self assessment* guide						
Assessment <i>Skill Description</i> 2 of 5 skills Evaluating Structure through the observation of:	<ul style="list-style-type: none"> • Balance, symmetry, alignment of segments • Tissue quality • The line • Adaptability • Flexibility • Vitality <p>Examples Include:</p> <ul style="list-style-type: none"> • Geometric relationships • Relationship to gravity • Anatomy, physiology and kinesiology • Structural models (tensegrity, double cylinders, blocks, living matrix) • Connective tissue matrix 						
self assessment:	<i>Well Understood 1 2 3 4 5 Challenging</i>						
Assessment <i>Skill Description</i> 3 of 5 skills Evaluating structure by palpation of tissues for:	<ul style="list-style-type: none"> • Differentiation of layers • Flexibility, lesions and inhibitions • Ligament quality • Bone position • Elasticity • Response to touch • Temperature gradient • Tonus • Passive range of motion, mobility, and motility. <p>Examples Include:</p> <ul style="list-style-type: none"> • Contraindications • Tissue characteristics • Palpation techniques • Palpatory anatomy • Passive Range of Motion • Myofascial length tests. 						
self assessment:	<i>Well Understood 1 2 3 4 5 Challenging</i>						

Certification Exam for Structural Integration	Assessment Study Guide Knowledge base and self assessment* guide
<p>Assessment <i>Skill Description</i> <i>4 of 5 skills</i></p> <p>Evaluating Movement by visual observation of:</p>	<ul style="list-style-type: none"> • Gait, planes of motion, coordination and orientation • Active range of motion, balance between expansion and contraction, efficiency • Intrinsic / extrinsic balance, breath, and dynamic line. <p>Examples include:</p> <ul style="list-style-type: none"> • Pathologies, injuries. • Geometric relationships. Relationship to gravity. • Anatomy, physiology and kinesiology. • Structural models (tensegrity, double cylinder, blocks, living matrix) • Dynamic analysis of the adaptability and potential of the connective tissue matrix (e.g. expansional balance, pendulum motions, curved linear motions and core/sleeve). • Active range of motion. • Respiratory dynamics.
<p>self assessment:</p>	<p><i>Well Understood 1 2 3 4 5 Challenging</i></p>
<p>Assessment <i>Skill Description</i> <i>5 of 5 skills</i></p> <p>Evaluating Somatic Awareness and Emotional Expression by visual observation and dialog.</p>	<p>Examples include:</p> <ul style="list-style-type: none"> • Indicators of autonomic activation • Energetic qualities • Expression of emotion in the soma • Structural and functional indicators of physical dissociation • Dialog techniques
<p>self assessment:</p>	<p><i>Well Understood 1 2 3 4 5 Challenging</i></p>

Certification Exam for Structural Integration	Assessment Study Guide Sample Question
Assessment Sample Question	<p>1. In your visual assessment of a client you observe that the client's rib cage is shifted anterior to the pelvis, the lower ribs do not expand on inhale and the elbows are posterior to the hip joints. Based on this observation, you should conclude that the primary source of dysfunction in the body is in the:</p> <p>a. horizontal fascial surfaces. b. anterior myofascia. c. posterior myofascia. d. glenohumeral joints.</p> <p><i>Shortening in the posterior myofascia will create anterior shift of the rib cage and also contribute to extended arms and lack of movement in the rib cage. Therefore (c) is the best answer.</i></p>
self assessment:	Well Understood 1 2 3 4 5 Challenging

Certification Exam for Structural Integration	Assessment Study Guide Literature Recommendations
Assessment Resources for Study	Myers, Thomas. (2009). <i>Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists (2nd ed.)</i> .
<i>Book Suggestions</i>	Schultz, R. Louis, Feitis, Rosemary. (1998). <i>The Endless Web, Fascial Anatomy and Physical Reality</i> .
Article Suggestions from the IASI Yearbook and internet sources.	<p>Schleip, Robert. 2003. Fascial Plasticity – A New Neurobiological Explanation (Parts I & II), <i>2004 Yearbook of Structural Integration</i>. OR Retrieved May 25, 2009. http://www.somatics.de/FascialPlasticity/main.htm</p> <p>Flury, Hans. Grounding Structural Concepts in Physical Reality, <i>2004 Yearbook of Structural Integration</i></p> <p>Schleip, Robert. 2008. To Deep Bodywork, Why You Wouldn't Want to go Digging Somewhere (8th ed). Retrieved May 25, 2009. http://www.somatics.de/Contraind.html</p>