

<p style="text-align: center;">Certification Exam for Structural IntegrationSM Study Guide</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">Strategy</p> <p style="text-align: center;">is 20% of exam content</p>	<p style="text-align: center; font-weight: bold; font-size: 1.2em;">Strategy Section:</p> <ul style="list-style-type: none"> <li style="margin-bottom: 10px;">◆ <i>Knowledge base and self assessment*guide</i> <li style="margin-bottom: 10px;">◆ <i>Sample Question</i> <li style="margin-bottom: 10px;">◆ <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 style="text-align: center;">Certification Exam for Structural Integration</p>	<p style="text-align: center; font-weight: bold; font-size: 1.2em;">Strategy Study Guide</p> <p style="text-align: center; font-weight: bold; font-size: 1.1em;">Knowledge base and self assessment*guide</p>
<p>Strategy <i>Skill Description</i> <i>1 of 1 skill</i></p> <p>Integrating assessment information into a strategy for a session or series of Structural Integration</p>	<p>Examples include:</p> <ul style="list-style-type: none"> • The Rolf 10- session series (including goals for each session) • Variations on the Rolf 10 session series (e.g. Hellerwork, KMI, etc). • Principles and fundamentals of structural integration as they pertain to the formulation of a session or series of sessions (e.g. balance, support, connectivity). • Session modifications.
self - assessment:	<i>Well Understood</i> 1 2 3 4 5 <i>Challenging</i>

Certification Exam for Structural Integration	Strategy Study Guide Sample Question
Strategy Sample Question	<p>1. A new client has been diagnosed with scoliosis. In looking ahead to your series of work with this client, you should plan to:</p> <ul style="list-style-type: none"> a. suggest they obtain orthotics. b. work differently on the left and right sides of the body. c. have a conversation with them about their adolescence. d. do minimal movement work until the core has been released. <p><i>Scoliosis creates rotational patterns that are different on the left and right sides of the body. Therefore, the work needs to address the varying shortness and restrictions of the myofascia and (b) is the best answer.</i></p>
self - assessment:	<i>Well Understood</i> 1 2 3 4 5 <i>Challenging</i>

Certification Exam for Structural Integration	Strategy Literature Recommendations
Strategy Resources for Study <i>Book Suggestions</i>	Myers, Thomas. (2009). <i>Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists (2nd ed.)</i> . Schultz, R. Louis, Feitis, Rosemary. (1989). <i>The Endless Web, Fascial Anatomy and Physical Reality</i> .
Article Suggestions from the IASI Yearbook	Caspari, Monica, 2005, The Functional Rationale of the Recipe. <i>2005 Yearbook of Structural Integration</i> . Davis, David. 2005, An Open Universe: An In-Depth Look at Ida Rolf's Structural Integration. <i>2005 Yearbook of Structural Integration</i> . Myers, Thomas. 2004. Developments in Ida Rolf's Recipe. <i>2004 Yearbook of Structural Integration</i> . Weidhaas, Deborah. 2006. Distinctions in Structural Integration. <i>2006 Yearbook of Structural Integration</i> .