

<p>Certification Extra for Structural IntegrationSM Study Guide</p> <p style="text-align: center;">The Work is 40% of exam content</p>	<p style="text-align: center;">The Work Section:</p> <ul style="list-style-type: none"> ◆ <i>Knowledge base and self assessment* guide</i> ◆ <i>Sample Question</i> ◆ <i>Literature Recommendations</i>
<p>*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>	

<p>Certification Exam for Structural Integration</p>	<p style="text-align: center;">The Work Study Guide</p> <p style="text-align: center;">Knowledge base and self assessment*guide</p>
<p>The Work <i>Skill Description</i> <i>1st of 7 Skills</i></p> <p>Positioning the client for optimal effectiveness of the Structural Integration work while attending to and maintaining optimal and efficient practitioner body mechanics and mindfulness.</p>	<p>Examples include:</p> <ul style="list-style-type: none"> • Optimal positions for the Structural Work • Indicators of autonomic activation. • Geometric relationships. • Dynamic analysis of the adaptability and potential of connective tissue (e.g., expansional balance, pendulum motions, curved linear motions, core/sleeve). • Respiratory Dynamics. • Dialogue techniques. • Physical Endangerment areas. • Quality, depth, direction and duration of mobilization. • The continuum of tissue responsiveness.
<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	The Work Study Guide Knowledge base and self assessment*guide
<p>The Work <i>Skill Description</i> <i>2nd of 7 Skills</i></p> <p>Contacting and mobilizing the connective tissue matrix.</p>	<p>Examples include:</p> <ul style="list-style-type: none"> • Dynamics of the client/practitioner relationship (e.g., transference, projection, power differential, boundaries) • Indicators of autonomic activation • Pathologies, injuries and medications • Tissue characteristics • Anatomy, physiology and kinesiology • Energetics • Structural models (e.g., tensegrity, double cylinder, living matrix) • Connective tissue matrix • Palpation techniques • Palpatory anatomy • Passive range of motion tests • Myofascial length tests • Dynamic analysis of the adaptability and potential of the connective tissue matrix (e.g., expansional balance, pendulum motions, curved linear motions, core/sleeve) • Active range of motion tests • Respiratory dynamics • Dialogue techniques • Optimal positions • Physical endangerment areas • Quality, quantity, depth, direction and duration of mobilization • The continuum of tissue responsiveness • Cues to facilitate embodiment, receptivity and feedback • Universal precautions • Hygiene and sanitation • Limitations (personal and professional)
<p>self assessment:</p>	<p><i>Well Understood</i> 1 2 3 4 5 <i>Challenging</i></p>

Certification Exam for Structural Integration	The Work Study Guide Knowledge base and self assessment*guide	
<p>The Work <i>Skill Description</i> <i>3rd of 7 Skills</i></p> <p>Educating the client on how to receive touch and provide feedback.</p>	<ul style="list-style-type: none"> • Techniques for establishing rapport (e.g., attentive listening, compassionate contact, receptivity/ leadership) • Dynamics of the client/practitioner relationship (e.g., transference, projection, power differential, boundaries) • Techniques for addressing concerns about the process • Indicators of autonomic activation • Client and practitioner’s resources for structural integration work • Tissue characteristics • Anatomy, physiology and kinesiology • The continuum of tissue responsiveness • Cues to facilitate embodiment, receptivity and feedback • Mirroring techniques 	
<p>self assessment:</p>	<p><i>Well Understood 1 2 3 4 5 Challenging</i></p>	
<p>The Work <i>Skill Description</i> <i>4th of 7 Skills</i></p> <p>Setting baselines with the client for making before and after comparisons and contrasts.</p>	<ul style="list-style-type: none"> • Geometric relationships • Tissue characteristics • Energetic Qualities • Anatomy, physiology and kinesiology • Passive range of motion • Myofascial length • Dynamic analysis of the adaptability and potential of the connective tissue matrix (e.g., expansional balance, pendulum motions, curved linear motions, core sleeve) • Active range of motion tests • Expression of emotion in the soma • Dialogue techniques • Cues to facilitate embodiment, receptivity and feedback 	
<p>self assessment:</p>	<p><i>Well Understood 1 2 3 4 5 Challenging</i></p>	

Certification Exam for Structural Integration	The Work Study Guide Knowledge base and self assessment*guide
<p>The Work <i>Skill Description</i> <i>5th of 7 Skills</i></p> <p>Demonstrating and teaching new possibilities for efficient and optimal movement.</p>	<ul style="list-style-type: none"> • Techniques for establishing rapport (e.g., attentive listening, compassionate contact, receptivity/leadership) • Dynamics of the client/practitioner relationship (e.g., transference, projection, power differential, boundaries) • Techniques for addressing concerns about the process • Autonomic indicators • Gravity • Anatomy, physiology and kinesiology • Dynamic analysis of the adaptability and potential of the connective tissue matrix (e.g., expansional balance, pendulum motions, curved linear motions, core sleeve) • Movement models • Expansional balance • Dynamic core stabilization • Tracking techniques
self assessment:	<i>Well Understood 1 2 3 4 5 Challenging</i>
<p>The Work <i>Skill Description</i> <i>6th of 7 Skills</i></p> <p>Engaging in dialogue (verbal interaction) in order to increase awareness, process trauma, monitor feelings, etc.</p>	<ul style="list-style-type: none"> • Techniques for establishing rapport (e.g., attentive listening, compassionate contact, receptivity/leadership) • Dynamics of the client/practitioner relationship (e.g., transference, projection, power differential, boundaries) • Techniques for addressing concerns about the process • Indications of autonomic activation • Interviewing techniques • Pathologies, injuries and medications • Contraindications • Client and practitioner's resources for Structural Integration work • Realistic structural integration outcomes • Expression of emotion in the soma • Structural and functional indicators of physical dissociation • Dialogue techniques
self assessment:	<i>Well Understood 1 2 3 4 5 Challenging</i>

Certification Exam for Structural Integration	The Work Study Guide Knowledge base and self assessment*guide
<p>The Work <i>Skill Description</i> <i>7th of 7 Skills</i></p> <p>Monitoring the effectiveness of the work and making revisions as necessary.</p>	<ul style="list-style-type: none"> • Techniques for establishing rapport (e.g., attentive listening, compassionate contact, receptivity/leadership) • Dynamics of the client/practitioner relationship (e.g., transference, projection, power differential, boundaries) • Techniques for addressing concerns about the process • Indicators of autonomic activation • Interviewing techniques • Pathologies, injuries and medications • Contraindications • Client and practitioner’s resources for structural integration work • Realistic structural integration outcomes • The Line • Geometric relationships • Tissue characteristics • Energetic qualities • Relationship to Gravity • Anatomy, physiology and kinesiology • Structural models (e.g., tensegrity, double cylinder, blocks living matrix, etc) • Connective tissue matrix • Palpation techniques • Palpatory anatomy • Passive range of motion • Myofascial length • Dynamic analysis of the adaptability and potential of the connective tissue matrix (e.g., expansional balance, pendulum motions, curved linear motions, core sleeve) • Active range of motion tests • Respiratory dynamics • Expression of emotion in the soma • Structural and functional indicators of physical dissociation • Dialogue techniques • The 10-session series (including the goals of each session) • Variations on the 10-session series
<p>self assessment:</p>	<p><i>Well Understood</i> 1 2 3 4 5 <i>Challenging</i></p>

Certification Exam for Structural Integration	The Work Study Guide Sample Questions	
<p>The Work Sample Question (1 of 2)</p>	<p>The primary goal of finishing a session with neck work is to:</p> <ul style="list-style-type: none"> a. integrate movement between the head and the rest of the body. b. create a balanced relationship between the sternocleidomastoid and trapezius. c. release any residual trigger points. d. assist the client in becoming alert. <p><i>The primary purpose of finishing work is to integrate the work of the session with the rest of the body. Therefore (a) is the best answer. Finishing work also balances muscles, helps the client transition from the session to what is next, and can release trigger points, but the primary purpose is integration.</i></p>	
<p>self assessment: Well Understood 1 2 3 4 5 Challenging</p>		
<p>The Work Sample Question (2 of 2)</p>	<p>2. In the classic Rolwing 10-Series, the 4th hour:</p> <ul style="list-style-type: none"> a. helps create support for the core. b. grounds the process of the 3rd hour c. is more important for woman than men d. can be difficult for persons with neck pain <p><i>The 4th hour in the classic Rolwing 10-Series is the first of the core sessions and its purpose is to create support for the core. Therefore a is the best answer. While this session does provide grounding, it is not just related to the 3rd hour.</i></p> <p><i>Please note that many questions in this section refer to the classic Rolwing 10-Series, because it is the format that is the foundation for our work, even though other schools have a different formula of sessions. It is helpful for exam candidates to know the primary goals of the classic Rolwing 10-Series and how the series they were trained in related to that. An outline of the Series approach of different traditions is a part of this study guide.</i></p>	
<p>assessment: self Well Understood 1 2 3 4 5 Challenging</p>		

Certification Exam for Structural Integration	<p style="text-align: center;">The Work</p> <p style="text-align: center;">Literature Recommendations</p>
<p>The Work Resources for Study</p> <p><i>Book Suggestions</i></p>	<p>Myers, Thomas. (2009). <i>Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, (2nd ed.)</i>.</p> <p>Schultz, R. Louis, Feitis, Rosemary. (1998). <i>The Endless Web, Fascial Anatomy and Physical Reality</i>.</p>
<p><i>Article Suggestions from the IASI Yearbook</i></p>	<p>Grassman, Herbert and Pohlenz, Michel, Christina. 2007. Access to the Present Moment: TraumaSomatics®, the Reorganization of the Somatic Memory System. <i>2007 Yearbook of Structural Integration</i></p> <p>Prado, Pedro. 2008. Advances in the Theory and Practice of Rolfing, <i>2009 Yearbook of Structural Integration</i></p> <p>Rolf, Ida P.. Postural Release: An Exploration in Structural Dynamics, <i>2009 Yearbook of Structural Integration</i></p>