

Instructor Training Program Record

Trainee Name _____ SOBI Member # _____

Address _____

City _____ State/Province _____ Zip/Postal Code _____

Country _____ E-mail _____

Phone (Home) _____ Phone (Work) _____

Advisor(s) _____

Instructor Training Program

Completed in Instructor Training Seminar Part I and Part II, consultations, and Ortho-Bionomy classes. Precise units/hours are determined by your advisor(s) and ITS instructors.

<u>Curriculum</u>	<u>Units/Hours</u>
Clarification of Program, Roles, and Responsibilities	4-8
Demonstration of Teaching	16-48
Clarification of Technique	8-16
Demonstration of History and Philosophy	4-6
Classroom Dynamics (Ethics and Energy)	16-32
Business of Teaching	8-16
Observation and Discussion of a Class	20-32
Feedback and Demonstration Practice	6-48
Recognize How Students Learn Ortho-Bionomy	16
How to Advise Students	4-8
Society's Policies and Ethical Relationships	4-6

<u>Classroom Experience</u>	<u># of Classes</u>	<u>Units/Hours</u>
Observations/Bench Assists (at least 3 with demonstrations/presentations)	6-12	96-192
Co-Teaches	3-6	48-96
Supervised Teaches	1-2	16-32

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Indicate the number of hours met in ITS and/or classes or consultations. Then document the date, location and number of hours. Have the instructor you are working with initial your form.

Clarification of Program, Roles, and Responsibilities (4-8 hours)

This is time to clarify the details and process of the full Instructor Training Program and review and clarify the *Instructor Training Program Record*. It also includes reviewing the guidelines and the role of the trainee in observing, bench assisting, co-teaching, and supervised teaching, and in working with instructors and advisors.

	Hours	Initial
☐ ITS Part I _____	_____	_____
☐ ITS Part II _____	_____	_____
☐ OB Class _____	_____	_____
or Consultation _____	_____	_____
Total Hours Completed	_____	

Demonstration of Teaching (16-48 hours)

Demonstration of Teaching is time spent in class or in ITS doing presentations of the techniques of Ortho-Bionomy and receiving clarification and feedback from instructors.

	Hours	Initial
☐ ITS Part I _____	_____	_____
☐ ITS Part II _____	_____	_____
☐ OB Class _____	_____	_____
or Consultation _____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
Total Hours Completed	_____	

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Clarification of Technique (8-16 hours)

Clarification of Technique is time spent receiving feedback and/or clarification of standard technique from an instructor. This may be in ITS, in preparation for a Bench Assist or Co-Teach, or after completing a Bench Assist or Co-Teach. Working with the approaches of your advisor or a Supervising Instructor is essential for the flow of a Bench Assist and Co-Teach.

	Hours	Initial
☐ ITS Part I _____	_____	_____
☐ ITS Part II _____	_____	_____
☐ OB Class _____	_____	_____
or Consultation _____	_____	_____
_____	_____	_____
_____	_____	_____
Total Hours Completed	_____	

Demonstration of History and Philosophy (4-6 hours)

Demonstration of History and Philosophy consists of review, clarification, and discussion of history and philosophy resources such as the Phased Reflex Techniques paper by Pauls and Basham, the Spontaneous Release by Positioning paper by Jones, and various early articles on Ortho-Bionomy and proprioception. It also includes time spent in class or in ITS doing presentations of the history, principles, and concepts of Ortho-Bionomy and receiving feedback and clarification from instructors.

	Hours	Initial
☐ ITS Part I _____	_____	_____
☐ ITS Part II _____	_____	_____
☐ OB Class _____	_____	_____
or Consultation _____	_____	_____
_____	_____	_____
_____	_____	_____
Total Hours Completed	_____	

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Classroom Dynamics (Ethics and Energy) (16-32 hours)

This topic is a blend of information, discussion, and embodied experience explored both in the classroom and in ITS training. Trainees will deepen their understanding of the ethics and dynamics of the multiple roles and relationships a teacher has both in and out of the classroom with Ortho-Bionomy students and colleagues. Examples include pacing, tracking, working with the class flow, handling challenging classroom situations, recognizing signs of build-up and overwhelm, and working with group dynamics.

	Hours	Initial
☐ ITS Part I _____	_____	_____
☐ ITS Part II _____	_____	_____
☐ OB Class _____	_____	_____
or Consultation _____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
Total Hours Completed	_____	

Business of Teaching (8-16 hours)

Business of Teaching includes the non-instructional aspects of being an instructor. This can include marketing classes, creating ad copy and descriptions of classes, writing a bio, engaging with potential students, finding a coordinator and creating coordinator agreements/contracts, finding a venue, tracking payments, having a refund policy stated on your advertising material, keeping class rosters, feedback forms, and emailing a spreadsheet roster to the office.

	Hours	Initial
☐ ITS Part I _____	_____	_____
☐ ITS Part II _____	_____	_____
☐ OB Class _____	_____	_____
or Consultation _____	_____	_____
_____	_____	_____
_____	_____	_____
Total Hours Completed	_____	

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Observation and Discussion of a Class (20-32 hours)

This includes time in class when you are not presenting or assisting at tables. The focus is to observe the Instructor's demonstrations, taking notes on how you might do it differently in your practice, so these differences can be discussed later with the instructor and your advisor(s). Trainees are encouraged to observe entire classes, noting the flow and pacing of the class, the mood and tone set by the instructor, and relationship dynamics within the class. Learning the skill of observation is an important part of learning to observe and track students when you are an instructor.

	Hours	Initial
☐ ITS Part I _____	_____	_____
☐ ITS Part II _____	_____	_____
☐ OB Class _____	_____	_____
or Consultation _____	_____	_____
_____	_____	_____
_____	_____	_____
Total Hours Completed	_____	

Feedback and Demonstration Practice (6-48 hours)

This is spent time with instructors to work on any aspect of training. It may include feedback, discussion, and/or evaluation of how things went in a Bench Assist, Co-Teach, or Supervised Teach, or practicing demonstrations/presentations.

	Hours	Initial
☐ ITS Part I _____	_____	_____
☐ ITS Part II _____	_____	_____
☐ OB Class _____	_____	_____
or Consultation _____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
Total Hours Completed	_____	

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Recognize How Students Learn Ortho-Bionomy (16 hours)

This segment of the program explores the art of effective teaching: clarity and simplicity of standard Phase 4 demonstrations with clear, crisp recaps; focused observation of student practice, including hand placement, quality of contact, tracking how to fine-tune the position to the point, appropriate compression and rebound; and body mechanics. Discussion includes how to give level-appropriate feedback during practice time and in feedback sessions. We will also reflect on what helps you learn and continue to evolve your understanding of Ortho-Bionomy as a segue to reflect on what may help other students learn and evolve their own understanding. Documented time for this section may include a written paper, discussion in ITS, and/or discussion with class instructors or your advisor(s).

	Hours	Initial
☐ ITS Part I _____	_____	_____
☐ ITS Part II _____	_____	_____
☐ OB Class _____	_____	_____
or Consultation _____	_____	_____
_____	_____	_____
_____	_____	_____
Total Hours Completed	_____	

How to Advise Students (4-8 hours)

This topic covers the roles and responsibilities of advising students. We will discuss details of this role including the relationship between advisor and advisee; the art of giving feedback; the responsibilities for consultations, feedback, and evaluation sessions; how to track paperwork and the student's relationship with their training program; and how to support students as they progress in their training.

	Hours	Initial
☐ ITS Part I _____	_____	_____
☐ ITS Part II _____	_____	_____
☐ OB Class _____	_____	_____
or Consultation _____	_____	_____
_____	_____	_____
Total Hours Completed	_____	

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Society's Policies and Ethical Relationship (4-6 hours)

This topic demonstrates how to introduce the Society, membership, trademark policy, and the Associate and Practitioner Training Programs. It includes discussion of your evolving role and relationship within the Ortho-Bionomy community, in-class and professional etiquette, and your potential role as an advisor. It covers essential information instructors must know about SOBI's policies, as well as further discussion about ethically navigating the power dynamic of instructor/student or advisor/advisee.

	Hours	Initial
☐ ITS Part I _____	_____	_____
☐ ITS Part II _____	_____	_____
☐ OB Class _____	_____	_____
or Consultation _____	_____	_____
_____	_____	_____
Total Hours Completed	_____	

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OBSERVATIONS/BENCH ASSISTS

At least three Bench Assists must include demonstrations/presentations. A *Trainee Observation/Bench Assist Self-Evaluation* form **AND** an *Instructor Evaluation of Trainee* form need to be completed for each class. All forms are available on the [SOBI website](#) under *Training Programs*.

1. Date(s) _____ Location _____

Course (☐ included demos/presentations) _____

Instructor(s) _____

2. Date(s) _____ Location _____

Course (☐ included demos/presentations) _____

Instructor(s) _____

3. Date(s) _____ Location _____

Course (☐ included demos/presentations) _____

Instructor(s) _____

4. Date(s) _____ Location _____

Course (☐ included demos/presentations) _____

Instructor(s) _____

5. Date(s) _____ Location _____

Course (☐ included demos/presentations) _____

Instructor(s) _____

6. Date(s) _____ Location _____

Course (☐ included demos/presentations) _____

Instructor(s) _____

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OBSERVATIONS/BENCH ASSISTS

7. Date(s) _____ Location _____

Course (☐ included demos/presentations) _____

Instructor(s) _____

8. Date(s) _____ Location _____

Course (☐ included demos/presentations) _____

Instructor(s) _____

9. Date(s) _____ Location _____

Course (☐ included demos/presentations) _____

Instructor(s) _____

10. Date(s) _____ Location _____

Course (☐ included demos/presentations) _____

Instructor(s) _____

11. Date(s) _____ Location _____

Course (☐ included demos/presentations) _____

Instructor(s) _____

12. Date(s) _____ Location _____

Course (☐ included demos/presentations) _____

Instructor(s) _____

Total Classes Completed _____

Total Hours Completed _____

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Trainee Name _____

CO-TEACHES

A *Trainee Co-Teach Self-Evaluation* form **AND** an *Instructor Evaluation of Trainee* form need to be completed for each class. All forms are available on the [SOBI website](#) under *Training Programs*.

1. Date(s) _____ Location _____

Course _____

Instructor(s) _____

2. Date(s) _____ Location _____

Course _____

Instructor(s) _____

3. Date(s) _____ Location _____

Course _____

Instructor(s) _____

4. Date(s) _____ Location _____

Course _____

Instructor(s) _____

5. Date(s) _____ Location _____

Course _____

Instructor(s) _____

6. Date(s) _____ Location _____

Course _____

Instructor(s) _____

Total Classes Completed _____

Total Hours Completed _____

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SUPERVISED TEACHES

A *Trainee Supervised Teach Self-Evaluation* form **AND** an *Instructor Evaluation of Trainee* form need to be completed for each class. All forms are available on the [SOBI website](#) under *Training Programs*.

1. Date(s) _____ Location _____

Course _____

Supervising Instructor(s) _____

2. Date(s) _____ Location _____

Course _____

Supervising Instructor(s) _____

Total Classes Completed _____**Total Hours Completed** _____

Advisor Review

My signature below verifies that the information on this form is complete and true to the best of my knowledge.

Reviewing Advisor Name _____

Reviewing Advisor Signature _____ Date _____