

Getting Started, Enrollment & Program Milestones: Look further into the handbook for more details, but here are the Basic Steps for Starting, Enrollment, the Milestones, and Completion of the Practitioner Training Program. Note: the **blue underlined** areas are links to specific forms and helpful pages:

Frequently Asked Questions:

How to Find a Class? Which class to start with? Basic Class Information:

- ***Where are classes held?***
Classes are held across the world and the classes and people who coordinate the classes can be found on the Find a Class page of our website. The Society does not have a school, so the Registered classes count toward the Society training programs.
- ***Which is the first class to take?***
You may start with any class that does not have a prerequisite, but most start with a Phase 4/Basics class.
- ***What is the Cost:*** Classes range in cost from \$250-400 for 16 units of class. Classes are coordinated by local communities or schools, so contact the coordinator listed for on the Find a Class. information to register for a particular class.
- ***Training Programs:*** The basic training program in the Practitioner training program. At 114 units of basic classes in Practitioner training, including giving and receiving an Ortho-Bionomy session in the Associate portion, a trainee can be approved to include Ortho-Bionomy in their list of modalities. See links below for the details of the Practitioner Training Program and Handbook, including descriptions of the classes and tutorial requirements.

Practitioner Program Overview: The Ortho-Bionomy Practitioner Training Program includes 505 units, including:

- 330 units of classes and study groups, including Philosophy, Principles, Technique, Anatomy & Physiology, Ethics, Body Mechanics and more
- 16 units of mentorship with Ortho-Bionomy Instructors, including Consultation, Demonstration, Feedback & Evaluation
- 1 unit for Essay written by the applicant
- 8 Ortho-Bionomy sessions received by the trainee
- 150 Ortho-Bionomy sessions given by the trainee. In addition, trainees give 6 sessions to Ortho-Bionomy Instructors as part of their mentorship units.

Associate Portion of Practitioner training:

(these classes are counted in the Practitioner training program)

-32 units Phase IV - 1 option from Ethics requirement (options 3-16 units of Ethics)

-16 units Phase V - 16 units of Phase IV
- 1 Session Received - 1 Feedback Session given to instructor
- 32 - 45 Elective units, for program total of 114 units, and approval by an Instructor and the Society.

Practitioner Training Program Curriculum & Requirements:

-64 Units Phase IV	-16 Demonstration Skills
-16 Phase V	-16 Elements of a Successful Practice
-16 Phase VI	-32 Anatomy & Physiology
-16 Postural Re-education & Post Techniques	
-16 Elective(s)	-16 Isometrics
-40 Residential	-16 Exploration of Movement Patterns
-16 Practitioner Training Seminar	-16 Chapman's Reflexes
-18 Study Groups	-16 Ethics & Emotional Issues

Tutorial:

-9 Consultations	-8 Sessions Received
-3 Feedback Sessions	-3 Evaluation Sessions
-1 Lecture Demonstration	-1 Essay
-150 Documented Sessions	

- ***Do I need to be a massage therapist to take classes or begin training?***
Check your local and state laws to confirm if you are required to be a massage therapist to practice bodywork in your state. Some states require it, and some states Ortho-Bionomy is exempt. See the links to the lists of laws per state:
[Links to Bodywork laws by State](#)
- **How to Enroll, Details on Practitioner training program, and more**
[Practitioner Training Program Handbook](#), a quick guide is included below:

**Steps to Enroll and Begin Ortho-Bionomy Practitioner training:
Practitioner Training program and Ortho-Bionomy training journey:**

1. Become a SOBI Member – [Join Online Now](#) as a student member.
2. Complete Practitioner online application - [Practitioner Training Program Application](#)
 - a. Complete form, pay application fee \$100
 - b. Download the [Practitioner Training Program Handbook](#)
 - c. Pick an Advisor before completing first 100 hours of the program
3. [Find a Class](#) and start completing your training program forms & requirements
Most trainees choose to find a Phase IV or Basics class for their first class, but if a class does not have a pre-requisite, you can take it without taking a Phase IV/Basics class. *(Confirm with the instructor or class coordinator.)*
4. Evolve to Associate in Practitioner Training - *Optional*
 - a. Complete the 114 unit Associate training portion of practitioner training program (forms included in this handbook)
 - b. Send in your Associate training evolvment form & record forms
 - c. Benefits include: online listing on our *Find a Practitioner* web search, voting level member, gain limited use of trademarks, and more
5. Completion of Practitioner Training Program - classes, requirements (505 units):
 - a. Complete the Practitioner Evolvment request form
 - b. Create your Practitioner Evolvment Portfolio Packets
 - c. Pay evolvment fee \$150
 - d. Mail printed portfolio copies and email electronic copy to the SOBI Office
6. Practitioner Review Committee (PRC) reviews Practitioner Portfolio
 - a. PRC makes recommendation to SOBI Board
 - b. Board reviews and accepts recommendation
 - c. SOBI Office notifies you of the results
 - d. Congratulations, you are now an Ortho-Bionomy Practitioner with the Society of Ortho-Bionomy