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 evolvement 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 Evolvement request form
   b. Create your Practitioner Evolvement Portfolio Packets
   c. Pay evolvement 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