

ROSEN METHOD: THE BERKELEY CENTER

2023 – 2024 Catalog

MISSION

The mission of ROSEN METHOD: the Berkeley Center is to provide high quality education in Rosen Method Bodywork and Movement Training. Our purpose is to increase public awareness about the benefits of Rosen Method for health education and the application that Rosen Method has in enhancing the work of health care providers and in enriching many aspects of life, including creativity, spirituality and personal relationships. The faculty and staff of this Center aim to make available to health care providers the perspective that the human body, mind and emotions are interrelated and that these relationships can be used to improve results for the patients these healthcare providers treat. We prepare students who complete the Rosen Method Bodywork Training with the knowledge, skills and personal development necessary to practice Rosen Method bodywork with a professional level of competence. We prepare students who complete the Rosen Method Movement Teacher Training to teach Rosen Method movement with a professional level of competence. We also provide non-career track students with the skills and experiences of personal growth that enrich their personal development, family and work life.

ROSEN METHOD MOVEMENT TEACHER TRAINING

Weekly Movement Teacher Training

The Weekly Rosen Method Movement Teacher Training consists of nine months of weekly classroom instruction of five hours followed by a one-year internship, which leads to certification by the Rosen Institute as a Rosen Method movement teacher. Classroom training consists of movement classes taught by senior teachers, class discussions, demonstrations, practice teaching, body-reading, movement analysis, and rhythm and music analysis. Students also attend and observe twelve Rosen Method movement classes in the community to gain a wider knowledge and understanding of Rosen Method movement possibilities. The learning process is challenging, yet safe and supportive, as students learn to move in new ways.

Intensive Movement Teacher Training

Students may choose to train through Intensive Rosen Method Movement Teacher Training, which is available to students outside the Bay Area or those who prefer this learning format. Students attend five 5-day intensives of five hours per day, and attend and observe twelve Rosen Movement classes.

Internship

The final stage of the program is the internship, which comprises of 25 hours of independent practical work teaching Rosen Method movement classes, three supervisions, and attending and observing an additional twelve hours of Rosen Method Movement classes.

A twelve-hour Introductory Workshop in Rosen Method bodywork or equivalent is also required.

ROSEN MOVEMENT TEACHER TRAINING STANDARDS FOR STUDENT ACHIEVEMENT

Students shall be able to demonstrate:

- Knowledge and understanding of the underlying theory of Rosen Method movement.
- Knowledge and understanding of the basic structure of a class and how to develop the class from the warm-up section through stretch, circle, across the floor and on-the floor.
- Ability to select and use appropriate music for each section of the class.
- Ability to find the rhythm in the musical accompaniment and stay with it while teaching.
- Ability to teach movements appropriate to the various sections of the class.
- Ability to demonstrate the movements in one’s own body as well as describe the purpose of each movement.
- Leadership: Ability to ‘take charge’ of leading a class with presence, voice, enthusiasm, focus, spontaneity, initiative, creativity, and flexibility, while keeping within time boundaries and ensuring safety and inclusion of participants.
- Ability to observe each class member in motion and use commentary, touch, and movement tailored to that person’s particular needs.

Movement Teacher Training Requirements

- Weekly Rosen Method Movement Teacher Training or Five 5-day Intensives
- Attend six movement classes
- Observe six movement classes
- Internship
 - Teach 25 Rosen Method movement classes
 - Three supervisions
 - Attend six movement classes
 - Observe six movement classes.
 - Introductory Workshop in Rosen Method bodywork.

COST

MOVEMENT TEACHER TRAINING	FEES	Clock Hours
Weekly Class or Intensive Track (5 Intensives)	\$3,750	125 hours
Attend 6 Rosen Method movement classes	\$90	6 hours
Observe 6 Rosen Method movement classes	\$0	6 hours
Internship fee	\$220	
Teach 25 movement classes -- (possible income)		25 hours
3 supervisions	\$375	3 hours
3 consultations	\$300	3 hours
Attend 6 Rosen Method movement classes	\$90	6 hours
Observe 6 Rosen Method movement classes	\$0	6 hours

Introductory Workshop in Rosen Method bodywork	\$175	12 hours
Student Tuition Recovery Fund (STRF) Fee \$2.50 per \$1000 tuition; paid to CA State by school	[\$40]	Pd by the School
TOTAL	\$5,000	192 hours

Rosen Method Courses

The courses listed below are the course offerings for the Rosen Method training programs. These may be done as stand-alone educational courses for general interest or personal growth, as well as modules for the three Rosen Method professional training programs. Continuing education credits are available for nurses and massage therapists.

Rosen Method Introductory Workshop

The course is an experiential introduction to Rosen Method. Participants explore the body/mind connection through lectures, demonstrations, Rosen movement and hands-on bodywork. 5 hours; tuition \$150 (nonrefundable deposit \$50)

Rosen Method Movement Intensive

This 5-day workshop is an opportunity to fully experience what it is like to enjoy one's full potential for movement and get a general overview of the principles of Rosen Method movement. The movements encourage natural free breathing, increased range of motion and improved alignment. Participants discover how emotions are connected to the relaxation process. Moving to the rhythm of various types of music enhances the spontaneity that makes Rosen Method movement unique. Each day begins with an hour-long movement class followed by discussion about the components of Rosen movement. 25 hours; tuition: \$700 (nonrefundable deposit \$200)

Rosen Method Bodywork Intensive and Rosen Method Bodywork Weekly Class

These courses are an opportunity for personal growth as well as professional training. They explore the practical and philosophical aspects of Rosen Method bodywork. Students get direct experience with bodywork and movement and also get a chance to see the effects of the work in themselves and their fellow students. The curriculum includes demonstrations, discussions of personal experience and exchange of bodywork under supervision. 42 hours; tuition \$1,235. For residential intensives, lodging and meals are added to the cost.

Holistic Anatomy

This course offers a multi-sensory approach to learning, incorporating cadaver lab, lectures, slides, movement, guided visualizations on anatomy, palpation, practical applications, as well as

discussion and sharing of personal experiences. Functional anatomy, physiology, kinesiology, and the mechanics of breathing are addressed. This course is valuable as professional development, continuing education for nurses and massage therapists and personal growth. 20 hours; tuition \$600 (nonrefundable deposit \$150).

FACULTY

Meg Butler

Meg Butler has been using Rosen Method touch to help clients find well-being since beginning her internship in 1998. She continued her Rosen Method education with the Rosen Method Bodywork Teacher Training and Rosen Method Movement Teacher Training.

Meg also taught massage for six years before turning her focus completely to Rosen Method. She is a certified Rosen bodywork teacher and movement teacher.

Theresa Garcia is a Rosen Method movement and bodywork senior teacher and a Rosen bodywork practitioner. She teaches movement classes in Palo Alto and San Francisco and has a bodywork practice in San Francisco. She completed the Rosen Method Movement Teacher Training in 1998, and has taught Rosen Method movement in Canada and Europe.

Gloria Hessellund holds a Master's degree in dance and dance therapy. Prior to concentrating her career on Rosen Method bodywork, she worked with dance therapy, Breyer subtle-energy work, and meditation in clinical settings. In 1976 Gloria began her association with Marion Rosen as Marion's student, co-teacher, and colleague. Gloria has taught extensively in California and Europe for many years. She is currently Director of Teaching for the Berkeley Center and has been Director of Teaching for Rosen Method programs in the U.K., Scandinavia and Australia.

Kate O'Shea

Kate O'Shea has integrated Rosen Method into her professional practice of physical therapy over the past 12 years. She is a Rosen Method Movement Training Teacher, a Rosen Method Bodywork teacher-in-training, and has been employed as a physical therapist for 30 years.

Karen Peters

Karen Peters is a Senior Rosen Method Movement Teacher/Trainer, as well as an AmSAT Certified Alexander Technique Teacher. She holds a Master of Divinity from Union Theological Seminary in the city of New York, and spent several years in academic teaching before focusing her teaching skills on the rich world of the body.

Jane Pittsinger

Jane is a certified Rosen Method bodywork teacher, Rosen Method Movement teacher, and also teaches Holistic Anatomy at the Berkeley Center and abroad. She is a physical therapist and has a Rosen bodywork practice in Half Moon Bay. She graduated as a Physical Therapist in 1973, and worked in different countries, including Colombia in South America.

Bill Samsel

Bill studied with Marion Rosen in the first training program, becoming a practitioner in 1982 and a teacher in 1988. He has a private practice in Santa Cruz and has taught widely internationally. Bill is

the Director of Training at the Rosen Method Institute Canada, and is a long-time member of the faculty at the Rosen Method: the Berkeley Center.

Elyze Stewart

Elyze has been a Rosen Method Bodywork practitioner since 1989.

She is a Bodywork Teacher and Intern Supervisor. She has been a bodywork practitioner of several modalities since 1980 and maintains a private practice in San Francisco CA.

Marion Rosen has been her main teacher, and Elyze was in an ongoing study group with Marion for many years, until the end of Marion's life.

Sara Webb

was Marion Rosen's first student in 1972 and she was Marion's close colleague for thirty years. She has many years of teaching experience in Rosen bodywork in Berkeley, San Francisco and Europe. She has been the Executive Director of the Berkeley Center since it was founded in 1983 and was also on the faculty of the California Institute of Integral Studies in San Francisco, in the Women's Spirituality Department.

ADMISSION REQUIREMENTS

A minimum level of education of graduation from high school is required. A high school diploma or equivalent must be submitted. An application form and an interview with one of the faculty are also mandatory; previous educational background in physical therapy, psychotherapy, massage, dance, and personal growth are considered during the interview. Applicants must complete a Rosen Method Introductory Workshop or 8 Rosen Method sessions as a prerequisite for the bodywork training program. No credit toward the minimum certification requirements is given for previous educational experience.

ATTENDANCE POLICY

It is expected that students will be on time and will attend classes regularly. More than four absences will result in students having to make up class time by taking private supervisions and bodywork sessions or by repeating the course. More than five absences in the weekly class or one day in an intensive will mean that the student does not receive credit for the course.

LEAVE OF ABSENCE POLICY

If it becomes necessary for a student to drop out of class temporarily because of financial or personal emergencies, a new student may fill her/his place and s/he will become eligible to re-enter the training in the next available course offered at the same level.

Students who are inactive in their training for a period of two years will have to do an additional intensive to re-enter the training; students who are absent for five or more years more will have to do two additional intensives or another year of the weekly class to re-enter the Rosen training.

STUDENT COMPLAINT PROCEDURE

Should any student wish to make a formal complaint pertaining to the operation of the school, it may be directed to the Director of Teaching, who is designated to receive and review such complaints. However, a student may make a complaint orally or in writing to any teacher or

administrator. The filing of a complaint shall not waive any right or remedy otherwise available to the student. The Director of Teaching will promptly investigate the complaint. If the complaint is in writing, the school will provide the student a written response within ten working days, including a summary of the investigation and disposition. If the complaint is rejected, the student will receive an explanation of the rejection. If the complaint is found to be valid, the school will provide an appropriate remedy consistent with state regulations and so inform the student. A summary of the complaint and disposition will be maintained in the student's file and a record of the complaint kept in the log of student complaints.

STUDENT PROGRESS

Bodywork Practitioner Program

Students' progress is evaluated by teachers through observation of students' sessions in class on a pass/fail basis. Progress reports are provided during the Fundamentals and Advanced Training in the Weekly Rosen Method Bodywork Course. In order to pass the Fundamentals Training (Level One) and be eligible for the Advanced Training (Level Two), students must demonstrate that they have learned the basic skills of Rosen Method bodywork at a beginning level. In the Intensive Training, students must demonstrate the same Level One competency during the third Intensive in order to be eligible for Level Two in the fourth Intensive. Progress reports are provided during the third and sixth Intensives. Students must demonstrate an advanced level of skill in either training track in order to go on to the internship and receive certification.

Movement Teacher Training

Teachers through observation of students' sessions in the class evaluate student progress during the course on a pass/fail basis. Students must demonstrate in these sessions that they have learned the basic skills of Rosen Method movement in order to advance to internship. Students must demonstrate an advanced level of skill in order to receive certification. A progress report is provided during the fifth intensive, during the Weekly Training, and at the completion of the internship.

CERTIFICATION

A diploma will be offered through the Berkeley Center to students who complete the Rosen Method Bodywork or Rosen Method Movement Teacher Training Program. This diploma certifies that the student has met the standards and requirements set by the Rosen Institute (a non-profit global membership organization) for Rosen Method. The Rosen Institute is an independent certifying body and does not confer any State of California licensure or government-approved certification. This institution is not accredited by an accrediting agency recognized by the United States Department of Education.

No representations are made that the instruction shall or may lead to any employment. Students completing the curriculum are certified as Rosen Method practitioners or movement teachers. The job classification these programs prepare students for according to the U.S. Standard Occupational Classifications is #29-9098: Other Healthcare Practitioner.

ROSEN METHOD: the Berkeley Center does not provide placement services for Rosen Method practitioners or movement teachers.

INDIVIDUAL MODULES OF THE PROGRAMS

Short-term educational programs are offered, which are modules of the Rosen Center training programs. CE hours are available to nurses and massage therapists for the bodywork and movement trainings, Introductory Workshops, and Holistic Anatomy. Approved by the California Board of Registered Nursing (Provider #5763), and the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB Provider #25767-00). Contact the school for more information.

DISMISSAL AND SUSPENSION POLICIES

Trainees are expected to conduct themselves as students in an environment of positive learning. Any marked departure in the form of conduct detrimental to this environment could result in dismissal. Dismissal will occur only in the case of unsatisfactory conduct, with appeal to the Director of Teaching available.

SCHOOL LOCATION

ROSEN METHOD: the Berkeley Center is at 2236A 6th St in West Berkeley. Easily accessible from San Francisco, Marin County, and the East Bay, it is situated just a few blocks from the Bayshore Freeway between Ashby and University Avenues. The School's contact information is as follows:

ROSEN METHOD: the Berkeley Center
2236 6th St
Berkeley, CA 94710
Phone: (510) 845-6606
Email: rosenmethod@sbcglobal.net
Website: rosenmethod.com

CLASSROOM FACILITY AND SUPPLIES NEEDED

Classes are held at ROSEN METHOD: the Berkeley Center.

Massage tables, folding chairs, stools, blankets, pillows and a sound system are provided for classroom use. Students are asked to provide a set of sheets in the Bodywork Training. In the Movement Teacher Training, they are asked to select and bring to class recorded music that is appropriate for various sections of movement classes.

There is a bookstore and library at the school facility at 2236 6th St. in Berkeley, CA where students may buy or take out on loan recommended books, videos and DVDs. Students may arrange to come during office hours to meet with the school administrator to check out books and other learning materials. Hand-outs are provided in class to highlight particular readings or to illustrate anatomy lessons. Anatomy textbooks are available in the school library as well.

STUDENT SERVICES

A library of recommended texts, articles, videos and DVDs is available at the central location of ROSEN METHOD: the Berkeley Center -- 2236A 6th St, Berkeley, CA

Student advising is available by appointment with one of the Directors of the Center or the faculty.

SCHOOL RECORDS

School and student records are kept on file at the Administrative Offices of the Berkeley Center at 2236A Sixth Street. Student transcripts are kept permanently by ROSEN METHOD: the Berkeley Center.

ENGLISH LANGUAGE PROFICIENCY

All instruction will be in English. If English is not your native language or you have not had three years of your secondary education taught in English, you will be required to provide proof of your English proficiency. A minimum score of 500 on the paper-based TOEFL exam or a score of 61 on the internet (TOEFL iBT) version is required for applicants

ENGLISH LANGUAGE INSTRUCTION

No instruction in English as a second language is offered at this institution.

CANCELLATION AND REFUND POLICY

Cancellation of enrollment will occur when a student submits a written notice of cancellation, and a withdrawal may be effectuated by the student's written notice or by the student's conduct, including, but not necessarily limited to, a student's lack of attendance.

The student will receive all of their amount paid for the course as a refund, minus a \$250 deposit, if notice of cancellation is made through attendance at the first class session, or the seventh class day after enrollment, whichever is later. The refund policy for students who have completed 60% or less of the period of attendance shall be a pro rata refund.

Refunds will be paid in a timely manner within 45 days following the date of the student's letter notifying the school of withdrawal from the course.

OTHER INFORMATION

ROSEN METHOD: the Berkeley Center is a private institution, and is approved to operate by the California Bureau of Private Postsecondary Education, and that approval to operate means compliance with state standards as set forth in the CEC and 5, CCR. Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at 1747 N. Market Blvd. Ste 225, Sacramento, CA 95834 or P.O. Box 980818, West Sacramento, CA 95798-0818, www.bppe.ca.gov, phone: (888) 370-7589 or (916) 574-8900, FAX: (916) 263-1897

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 or by completing a complaint form, which can be obtained on the bureau's Internet Web site (www.bppe.ca.gov)

ROSEN METHOD: the Berkeley Center provides no assistance in finding housing for students. No dormitory facilities are under the control of this school. Housing is available in the vicinity of

the institution's facilities. One-bedroom apartments are approximately \$2000 per month and motel rooms are approximately \$100 per night.

ROSEN METHOD does not provide visa services.

ROSEN METHOD: the Berkeley Center is not eligible to participate in federal and state financial aid programs. If a student obtains a loan to pay for an educational program, the student will have to repay the full amount of the loan plus interest, less the amount of any refund. If the student receives federal student financial aid funds, the student is entitled to a refund of the moneys not paid from federal financial aid funds.

ROSEN METHOD: the Berkeley Center does not now have a pending petition in bankruptcy and never has filed one. It is not operating as a debtor in possession and has not had a petition in bankruptcy filed against it.

STATE OF CALIFORNIA STUDENT TUITION RECOVERY FUND

The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution, who is or was a California resident while enrolled, or was enrolled in a residency program, if the student enrolled in the institution, prepaid tuition, and suffered an economic loss. Unless relieved of the obligation to do so, you must pay the state-imposed assessment for the STRF, or it must be paid on your behalf, if you are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if you are not a California resident, or are not enrolled in a residency program.

It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 N. Market Blvd. Ste 225 Sacramento, CA 95834, P.O. Box 980818, West Sacramento, CA 95798-0818, (916) 431-6959 or (888) 370-7589.

To be eligible for STRF, you must be a California resident or are enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
2. You were enrolled at an institution or a location of the institution within the 120 day period before the closure of the institution or location of the institution, or were enrolled in an educational program within the 120 day period before the program was discontinued.
3. You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.

4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.
5. The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law, or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.
6. You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.
7. You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF.

A student whose loan is revived by a loan holder or debt collector after a period of noncollection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law.

However, no claim can be paid to any student without a social security number or a taxpayer identification number.

Notice Concerning Transferability of credits and Credentials earned at our Institution:

The transferability of credits you earn at ROSEN METHOD: the Berkeley Center is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in the educational program is also at the complete discretion of the institution to which you may seek to transfer. If the credits that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending ROSEN METHOD: the Berkeley Center to determine if your credits will transfer.

Rosen Method: the Berkeley Center has not entered into an articulation or transfer agreement with any other school, college or university.

This catalog covers the time period 9/1/23 to 9/1/24. The catalog is updated once a year.