The SPIRIT of LEARNING®

A Teacher Certification Program for Massage, Somatic & Healthcare Educators

CREATED BY

Carey Elizabeth Smith
AMTA National Teacher of the Year

PRESENTED BY

The Center for Embodied Teacher Education

Body Therapy Institute | Siler City, North Carolina
INTRODUCTION

The Spirit of Learning® embraces and integrates the cognitive, emotional, physical and spiritual aspects of the educational process. The program provides a solid foundation in the core competencies required for effective and successful teaching – while exploring the dynamic relationship between philosophy and methodology in an embodied learning environment.

Created by Carey Smith in 1998, The Spirit of Learning® is one of the only comprehensive teacher training programs designed for the healing arts profession. She has been a pioneer in the development of and advocacy for teacher education in our field – and is a nationally respected and inspirational presenter.

This 100-hour certification program is intended for instructors and administrative leaders in schools of massage and somatic therapies, continuing education providers, healthcare educators and life coaches, as well as healing arts practitioners who are interested in exploring the teaching profession. Through a unique and innovative curriculum, we unite the passionate, life-giving nature of the spirit with the art and craft of teaching.

EDUCATIONAL PHILOSOPHY and LEARNING OBJECTIVES

Being an educator in the healing arts field requires a particular combination of skills and awareness in order to effectively assist students in navigating a complex, challenging and intimate learning process.

When teachers learn to bring forth more presence, energy and authenticity, the curriculum comes alive – and an environment of safety, trust and compassion is nurtured. Students who learn from these teachers become more effective practitioners and are better able to bring these same qualities to their clients.

The specific teaching methods and professional strategies you’ll develop in the program include:

- Addressing the needs of a diverse student population
- Embodied presentation skills
- Curriculum/lesson plan design
- Handling ethical challenges
- Somatic movement practices
- Learning Styles and Multiple Intelligences
- Team-building
- Managing classroom dynamics
- Observation & assessment methods
- Communication skills
- Self-care for the teacher
- Working with students at tableside
- Creating an inspiring learning environment
- Delivering feedback and evaluations

The Spirit of Learning provided a powerful, unique experience for me. The curriculum was exceedingly well-developed and the teaching was exceptional. I stepped into the program with great curiosity about how the wisdom of my body could inform and enhance my life.

Having completed the training, I now carry a rich variety of tools, strategies and somatic exercises that have truly added great value to my personal and professional life.

Linda Duda, MSW, PCC
Instructor, Integrative Health Coach
Professional Training Program at Duke Integrative Medicine

The program was and continues to be a source of inspiration and support. What had been formless and unexpressed in my teaching came alive with words and action. The practical skills alone would have been enough, but The Spirit of Learning supported an inward journey that brings greater truth, skill and meaning to my life and work.

Niko Pruesse, LMT
Co-director & Lead Instructor
Touchstone Healing Arts School
South Burlington, Vermont
In *The Spirit of Learning*® you will: study and implement ways to provide an inspirational learning environment, achieve more successful outcomes, assist your students in developing their inner and outer resources, and create experiences that sustain and enrich you as a teacher.

The program focuses on 12 universal themes that promote the development of greater self-awareness and mastery, as well as compassion and understanding of the diversity of others. These themes are organized around four cross-cultural archetypes which address issues that are central to the educational process for teachers and students alike:

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<th>Warrior</th>
<th>Healer</th>
<th>Visionary</th>
<th>Teacher</th>
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<tr>
<td>Courage</td>
<td>Faith</td>
<td>Form</td>
<td>Solitude</td>
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<tr>
<td>Compassion</td>
<td>Doubt</td>
<td>Creativity</td>
<td>Community</td>
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<tr>
<td>Leadership</td>
<td>Determination</td>
<td>Discipline</td>
<td>Service</td>
</tr>
</tbody>
</table>

Through the exploration of these themes, you will learn techniques to bring more of who you are to what you do – so that your professional life is an expression of the gifts you bring to the world. In turn, you will apply this rich material in the classroom as students learn the skills necessary to achieve their own goals.

**A UNIQUE TRAINING EXPERIENCE**

Developed and refined over a period of many years at the Body Therapy Institute, *The Spirit of Learning*® has consistently demonstrated excellent outcomes – both for program graduates and the students they have taught.

This 100-hour program is presented in a series of **five 3-day training sessions** over a period of nine months. Each session includes: presentations on educational philosophy, teaching methods, experiential activities, observation and assessment exercises, group discussions, opportunities for quiet reflection in nature, and conversation among colleagues. In addition, assignments completed at home in the time between training sessions provide an opportunity to put the material “to work” and strengthen one’s understanding and competency.

This union of philosophy and methods deepens the meaning and level of satisfaction for both students and teachers so that education truly becomes a life-enriching journey toward wholeness.

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Learn ways to achieve more successful outcomes... develop greater compassion and self-awareness... provide an inspirational learning environment for your students

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The Spirit of Learning helped me remember why I teach, and what it is that I have to share. I have remembered how much fun it is to be challenged by students, and to have the freedom for us to learn together in the classroom. Thank you for helping me rediscover my creativity and my passion for teaching.

Sheila Cook, LMT
Massage Therapy Educator
Birmingham, Alabama

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*In The Spirit of Learning I discovered gifts within me, and the tools to inspire others to do the same.*

Steve Porritt, LMT
Educator and Massage Therapist
Canton, Michigan

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Graduates and faculty of the 2012-13 *Spirit of Learning* program
I had been teaching for more than 10 years when I took this training. The beauty of it is that it confirmed what I was doing right – and compassionately and intelligently taught me so much more. The Spirit of Learning is a must for any instructor, whether teaching massage or mathematics.

Arnold Askew, LMT
Past Director, Red Mountain Institute, Birmingham, Alabama

I decided to take The Spirit of Learning to learn how to teach. What I really learned was how to live.

Cypress Garrett, DC
Chiropractic Physician and Massage Therapist
St. Louis, Missouri

The program has broadened the teaching experience for me, and helped me see things in my students that I was missing before. I took The Spirit of Learning because of problems I was having in the classroom. It helped me solve those, but more, it opened my eyes to the possibilities of teaching as a true calling. If you take the craft of teaching seriously, this is a course you should take.

Eric Munn, LMT
Director and Lead Instructor
Berdan Institute, Totowa, New Jersey

The program is profoundly rich, deep and awe-inspiring for teachers and all humans. I found The Spirit of Learning to be life-changing and brings deep appreciation, awareness of the simple, yet complex magical world we live in.

Juul Bruin, MA, RN, LMBT
Educator and Massage Therapist
Wilmington, North Carolina

For those of us with a philosophy of education where we bring who we are as teachers to the classroom, The Spirit of Learning affords the opportunity to embrace all of who we are in each class.

Paula Murray, LMT
Massage Therapy Program Director
Allegany College, Cumberland, Maryland

As a result of The Spirit of Learning I am a different person... a much better teacher, a better listener, and more open to differences in people and their styles of learning. This program did more to shape who I am in my professional roles than any other class since I graduated from massage school.

Daisy C. Millett, LMT
Educator, Therapist, and former State Massage Board chair
Ocala, Florida
**Details for the 2017-18 Program**

**Training Schedule:** This 100-hour program will meet in a series of five 3-day sessions. Classes will be held on the following dates from 9:30am-5:30pm, Friday, Saturday and Sunday:

- **Session 1 . . . September 15-17, 2017**
- **Session 2 . . . November 10-12, 2017**
- **Session 3 . . . January 19-21, 2018**
- **Session 4 . . . March 16-18, 2018**
- **Session 5 . . . May 4-6, 2018**

**Cost:** Tuition for The Spirit of Learning® is **$2500.** A non-refundable tuition deposit of $200 is required with registration. The balance of $2300 is due by September 1, 2017, or may be paid in five monthly installments of $470 or 10 monthly installments of $240 beginning on September 1, 2017.

**Refund Policy:** A student who withdraws from the program on or before October 1, 2017 shall receive a 75% tuition refund. For withdrawal after that date, there shall be no refunds given. Refunds are made within 30 days of withdrawal or dismissal.

**Continuing Education Credits:** 100 contact hours of credit shall be awarded to those who complete the entire program. Documentation of continuing education shall not be given to those who do not complete all requirements.

The **Body Therapy Institute,** located at **South Wind Farm** – is a natural environment for the process of learning and healing

BTI is situated in a historic farming community in Chatham County, conveniently located between Raleigh and Greensboro in the heart of North Carolina’s Piedmont region. South Wind Farm encompasses acres of rolling meadows, woodlands and abundant wildlife. The beauty and serenity of the land, combined with the spacious and well-equipped classroom building, make it one of the most ideal facilities for whole-person education in the country.

The school is dedicated to creating a transformational learning environment – one which inspires, enriches, and offers each participant the fullest opportunity for personal and professional growth.

**Certification:** Students who successfully complete all course requirements – which include attendance of all class sessions and completion of all out-of-class assignments – shall receive a certificate of completion from the Center for Embodied Teacher Education.

**Professional Recognition:** Body Therapy Institute is designated by the National Certification Board for Therapeutic Massage & Bodywork as an Approved Provider for Continuing Education.

**Dismissal:** BTI and the Center for Embodied Teacher Education reserve the right to dismiss a student at any time and for any reason.

**Books:** A list of required textbooks and order form will be sent with notice of acceptance into the program.

**Travel & Lodging:** BTI is less than an hour from both Raleigh-Durham International Airport and Piedmont Triad International (Greensboro). Lodging information will be sent upon acceptance. There are several B&B’s near the school, as well as reasonably-priced motels.

For more information, contact BTI at:

- **919-663-3111** OFFICE
- **info@bti.edu** EMAIL
ABOUT the FACULTY

**Carey Smith** is the Founder and Director of the Center, and Co-director of the Body Therapy Institute. She is a master teacher, somatic coach and creator of *The Spirit of Learning®*. Carey began her work in the education field in 1978 with the Montessori Method of Childhood Education. Over the past three decades, she has provided teacher training, team-building and motivational programs for public and private schools, as well as professional conferences. Her teaching and presence is inspirational – and speaks to the soul.

She earned her certification in Montessori education from the American Montessori Society and has a bachelor's degree in romance languages and literature from the University of Michigan. As a consultant to schools, she specializes in the design of integrative curricula, staff development, and the creation of optimal learning environments.

Carey is the recipient of AMTA's 2009 National Teacher of the Year Award, and is a 2011 inductee into the Massage Therapy Hall of Fame. Carey is a BTI graduate, is certified in DansKinetics from Kripalu Institute, and has achieved the designation of Master Somatic Coach from Strozzi Institute. She is a contributing author to *Teaching Massage: Foundational Principles in Adult Education for Massage Program Instructors*.

Carey is also an artist and poet. Her first book was published in 2006, entitled *Awakening Wisdom: Exploring the Confluence Between Learning, Healing and Creativity*. At South Wind Farm, she takes great interest in landscape design, organic gardening and care of the natural environment.

**Carol Verner** is a trainer for the Center and a former Lead Instructor for Anatomy, Physiology, Kinesiology & Pathology at BTI, where she taught for 23 years. She has a bachelor's degree in holistic studies from Norwich University (Vermont), and is a NC Licensed Massage & Bodywork Therapist, ABMP member, Registered Craniosacral Therapist, Registered Yoga Teacher through the Yoga Alliance, and has completed studies in Body-Mind Centering. She has achieved the designation of Master Somatic Coach from Strozzi Institute, and has a private practice in Carrboro, NC.

**Karen Delahunty** is a trainer for the Center and a former Lead Instructor at BTI for Therapist Self-Development, as well as Hydrotherapy & Spa Modalities. She has a bachelor’s degree in philosophy from St. John's College (New Mexico), is a BTI graduate, a NC Licensed Massage & Bodywork Therapist, and ABMP member.

Karen was a former training director for The Body Shop, Inc., and manager for Skin Sense Day Spa in Raleigh, NC. She has achieved the designation of Certified Somatic Coach from Strozzi Institute, and has a private practice in Raleigh, NC. She is currently pursuing a masters degree in Ecopsychology from Naropa University.
ABOUT the CENTER

The Center offers a broad range of opportunities for teacher training and educational leadership that are grounded in the wisdom of bodily experience and the dignity of each individual.

Whether you are a beginning teacher; a seasoned instructor or program director in a school of massage or somatic therapies; a provider of continuing education seminars; a healthcare educator or life coach; or a practitioner who wants to learn how to better educate your clients, the Center will help you become more skillful, effective and satisfied in your work.

Our whole-person approach to learning focuses on:
• Developing the mind – to make sound decisions
• Developing the emotions – to communicate what you care about
• Developing the spirit – to bring your dreams and visions into form
• Developing the body – to take effective action

Training and Consulting Services

Carey Smith and the faculty of the Center can provide expert knowledge and skills to benefit your school or business in a wide range of areas. They are available to provide both in-service trainings to faculty and staff – or specific consultation for owners, directors and administrators. Subject areas include:

- Curriculum and Lesson Plan Development
- Presentation Skills
- Strategies for Communication and Effective Teamwork
- The Role of Boundaries in Classroom Management
- Clarification and Implementation of School Mission and Educational Objectives
- Learning Styles and Multiple Intelligences
- Somatic Practices for Embodied Learning
- Development of Policies and Procedures
- Observation, Assessment and Feedback Skills
- Evaluation and Testing Protocols
- Leadership Coaching
- Environmental Design

Contact the Center for Embodied Teacher Education at 919-663-3111 to discuss the opportunities for your school or business. You may also email Carey at <carey@bti.edu>.
APPLICATION FORM
The SPIRIT of LEARNING®

NAME

DATE of BIRTH

MAILING ADDRESS

CITY/STATE/ZIP

EMAIL ADDRESS

PREFERRED PHONE #1

❑ CELL  ❑ HOME  ❑ WORK

PREFERRED PHONE #2

❑ CELL  ❑ HOME  ❑ WORK

EMPLOYER & LOCATION

Please answer the following on a separate sheet of paper. You may also include a resumé.

1) Describe your academic background and any current areas of study.

2) Describe your professional background, including your current job/position and areas of responsibility.

3) What strengths and resources do you bring to this training process?

4) Describe why you want to take this training program and what you hope to gain from it, both professionally and personally.

Enrollment Policy:
Admission to The Spirit of Learning® is by application only, and is at the discretion of the Center for Embodied Teacher Education and the Body Therapy Institute. Class size is limited. Prospective students shall submit a $25 non-refundable Application Fee with this Application Form; if accepted, they shall sign and return an Enrollment Contract with a $200 non-refundable tuition deposit to guarantee their place in the program. Information about travel and lodging arrangements will be sent along with notification of acceptance into the program.

Application deadline is August 1, 2017. Applications received after that date will only be considered on a space-available basis. Send the following to BTI:

1) The completed Application Form
2) Your $25 Application Fee
   (paid with check, credit card or debit card)
3) A recent passport-style photograph

Body Therapy Institute
300 Southwind Road, Siler City, NC 27344

For Credit or Debit Card Payment of $25 Application Fee:

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