

Integrated Movement Therapy Certification Work Plan

This document was designed to help you plan and track your progress towards certification as an IMT practitioner. There is no specific timeline for taking these trainings, nor any deadline for completion. However, please note that you must pay the fees and follow requirements *at the time you enroll in each component*. Rates and requirements may be subject to change.

You can find the most up-to-date information, including costs and scholarship details, here:
<http://mollylannonkenny.org/IMTcertification>

A current schedule of available trainings is available here:
<http://mollylannonkenny.org/IMTschedule>

Basics

This introductory class is required before any other training.

Training & Description	Hours	Date Completed	Teacher/Location
IMT Basics Overview of philosophy and principles	8		

Level 1 Workshops & Mentorship Hours

These workshops may be taken in any order following IMT Basics. The student does not need to have completed associated mentorship hours for one Level 1 workshop to register for another.

Training & Description	Hours	Date Completed	Teacher/Location
IMT and Children Level 1 Detailed practical application	24		
Four hours of one-on-one mentorship with a certified IMT therapist, following and related to Child 1 training.	4		
IMT and Teens Level 1 Detailed practical application	24		

Four hours of one-on-one mentorship with a certified IMT therapist, following and related to Teen 1 training.	4		
IMT and Adults Level 1 Detailed practical application	24		
Four hours of one-on-one mentorship with a certified IMT therapist, following and related to Adult 1 training.	4		

Level 2 Training

All previously listed requirements are required to attend the Level 2 training, which is held only once each year.

All other requirements listed below must follow the Level 2 training.

Training & Description	Hours	Date Completed	Teacher/Location
IMT Level 2 training Reading intakes, planning sessions, practice sessions	60		
Four private sessions with a certified IMT therapist – experience IMT personally as a client	5		
Four sessions with private client 1 – opportunity to practice the philosophies and techniques you have learned so far. May use Student Clinic.	8		
Four sessions with private client 2 – opportunity to practice the philosophies and techniques you have learned so far. May use Student Clinic.	8		
Four hours of one-on-one mentorship with a certified IMT therapist	4		

Samarya Yoga Residential Teacher Training

This training may be taken at any time in relationship to the previous requirements, but is required to apply for IMT Advanced Training. This training is offered twice each year.

Training & Description	Hours	Date Completed
Samarya Yoga Residential Teacher Training Immersion into Samarya philosophy, how to integrate philosophy into sessions, deep self study	138	

Advanced Training Retreat

In order to apply for the Advanced Retreat, students must have completed all previously listed requirements. The Advanced Retreat is held only once per year. Admission is by application only and the application is due a full two months prior to the training.

All other requirements listed below must follow the Advanced Training Retreat.

Training & Description	Hours	Date Completed	Teacher/Location
IMT Advanced Training Intensive training tailored to meet the needs of participants. Includes discussion of cases, specific conditions and challenges, and opportunities to practice through vignettes and role-playing. Documentation and other practical aspects are also addressed.	60		
Four sessions with private client 1 – opportunity to practice the philosophies and techniques you have learned so far. May use Student Clinic.	8		
Four sessions with private client 2 – opportunity to practice the philosophies and techniques you have learned so far. May use Student Clinic.	8		
Eight hours of one-on-one mentorship with a certified IMT therapist	8		

IMT Internship

All previous requirements, including completion of Advanced Training and all 24 associated mentorship hours are required to apply for the IMT internship. Admission is by application only. Application is due a full two months prior to desired internship start date. A large amount of written work must be completed prior to the beginning of the internship.

Training & Description	Hours	Date Completed	Internship Supervisor
IMT Internship Includes direct observation of and participation in IMT sessions, as well as meetings with Molly or other Samarya-certified IMT therapists, direct instruction in the areas of yoga, language and learning, mental health, as well as specific disorders.	250		

Yoga and Social Change

This requirement may be completed at any time. There are no prerequisites.

Training & Description	Hours	Date Completed	Teacher/Location
Yoga and Social Change Workshop Using our yoga practice as a foundation for real action to create change	15		

Total Hours = 664