



## ATSI Pathway for Movement Professionals

*Your intuition will be better the more science you know — an accurate picture of what is actually under your hand. Let your hand become more “knowing.” – Tom Myers*

Welcome to Anatomy Trains Structural Integration. Many graduates who have started our program without a background in manual therapy have completed all courses and established successful and rewarding careers in Structural Integration.

To assist candidates who do not have (or have very limited) previous training in a form of manual therapy, we have created a Mentorship Pathway to provide the basic skills and understanding needed to begin the full ATSI training, and to build on throughout the program for maximum benefit.

### Four Requirements for Movement Professionals

**First:** Submit your application for ATSI, supplying all the information you can. This will help our office determine the best pathway forward for you, based on your level of experience with manual therapy.

**Second:** Establish a Mentor relationship with a Certified Manual Therapist (ideally an ATSI or others SI practitioner) in your area, subject to our approval. We will consider any experienced Manual Therapist who

- (1) is certified in a form of manual therapy and
- (2) has been in practice at least 5 years.

Applicants must submit the following documentation to ATSI’s main office and our Director of Education within 30 days of notice of conditional acceptance into the Program:

- (1) an informal bio for their chosen Mentor, or a link to their Mentor’s website. In cases where Mentors do not have any prepared biographical information, a phone call from the Mentor with our Education Director will also suffice.
- (2) a schedule showing the dates the Applicant and Mentor will meet prior to the start of the ATSI program for at least 4 mentoring sessions. We recommend that mentoring sessions run for a minimum of 2 hours each.
- (3) a plan outlining the content to be covered in each mentoring session (you can use the attached Mentor checklist as a guide).

Ideally, your Mentor will work on you, you will work on your Mentor, and at least once, you will bring in a client for you both to work on. These sessions are designed to build on your current knowledge and skills and to prepare you for exchanging hands-on work with your classmates in Part 1 and with both classmates and outside models in supervised sessions in Parts 2 and 3. Starting as early as practical produces the best results. Applicants are encouraged to apply what they learn with their Mentor with friends, family, and willing clients. It is recommended that Applicants keep a journal of their mentoring sessions as a study aid.

**Mentors can provide coaching in any or all of the following areas, depending on need:**

- (1) Body mechanics
  - body use at the table
  - set correct table height
  - how to make various tools with your hands and arms
  - how to work to greatest effect with the least effort
- (2) Body handling
  - client movement while working
  - positioning the client
  - how to handle the head, neck and limbs  
(e.g., lifting, lowering, basic range of motion)
- (3) Palpation skills
  - making and breaking contact
  - tissue engagement and change
  - tissue condition assessment
- (4) Ethics of touch in the therapeutic relationship
  - what does it mean to enter another person's personal space?
  - respect for power differential between practitioner and client
  - tissue engagement in injured or painful body areas  
(physical and emotional content)

**Third:** Mentor will complete a checklist provided by us, which will give a summary of what was covered in each mentoring session, strengths and weaknesses in the Applicant's skills, and whether they recommend the Applicant for ATSI training. Submission of this summary is required to complete the Application process.

**Fourth:** Timing: Applicants to the full ATSI program in its "Intensive" format must have taken our 3-day *Anatomy Trains in Structure and Function (ATSF)* course within 18 months of starting the Program. ***Mentor's completed ATSI Checklist must be submitted at least one month prior to the start of Part One (Structural Essentials).***

Applicants who decide to come to Part Two (Structural Strategies) while completing or having completed Part One (Structural Essentials) in our “Short Course” format,\* must complete the 3-day *ATSE* course and all six of the Structural Essentials weekend courses within 18 months of beginning Part Two. ***Mentor’s completed ATSI Checklists must be submitted at least one month prior to the start of Part Two.***

\*Part One (Structural Essentials) of the ATSI Training may be taken in 2 formats:

- In our “Intensive” format, all 6 Structural Essentials courses are given in one 15 day package.
- In our “Short Course” or weekend format, students may take the Structural Essential courses in 6 separate 2-3 day weekends. Course material is identical in both formats.

**Please note:** ATSI’s Education Director is available to speak directly with Applicants and Mentors as needed to make the mentorship experience as fruitful as possible.

**And finally:** Note that completing the ATSI Training may NOT fulfill the requirements in your State to acquire a License to Touch. We will do all we can to assist you in this process, but it is your responsibility to research licensing requirements in your state.

Please submit mentor checklist documentation to [info@anatomytrains.com](mailto:info@anatomytrains.com).

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