

SYLLABUS
ICAR One-Credit Module: Somatic Skills for Conflict Resolvers
September 22 – 23, 2007
9:00 am to 5:00 pm
555 Truland Building
Presented by Stephen Kotev
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INTRODUCTION

This module is designed to address a fundamental gap in Conflict Resolution training. My personal and professional experience has been that Conflict Resolvers are missing basic somatic skills that would greatly improve their ability to perform under stress. The majority of our training as Conflict Resolvers is based upon verbal skills. Students are told that they should be the “calm in the midst of the storm” but are not trained on how to physically calm their body in stressful situations.

Stressful situations can evoke physical states of fear, anger, and panic. These physical states directly affect the ability of Conflict Resolvers to maintain their mental focus in stressful situations. This module will teach you physical skills that will literally allow you to become the “calm in the midst of the storm.” These physical skills will counteract the negative effects of stress and dramatically improve your mental focus, and thus drastically improve your performance

The majority of the module is based upon somatic exercises that originate in the Japanese martial art of Aikido and were created by Dr. Paul Linden. Dr. Linden received his Ph.D from Ohio State University in Physical Education and currently holds a 6th degree black belt in Aikido. After completing his formal education, Dr. Linden studied basic human physiological reactions to stress and the fight-or-flight response using scientific methods. Applying his experience in the martial arts to his scientific observations, he developed a series of safe, effective, and easily understood physical exercises that help ordinary people cope with mental and physical stress. He has written multiple texts detailing these physical exercises, one of which, *Reach Out: Body Awareness Training for Peacemaking*, will be required reading for this module.

The module will begin with a basic presentation on the connection between Aikido and Conflict Resolution. The remainder of the module, students will practice the physical exercises created by Dr. Linden and eventually teach them to the larger class.

COURSE REQUIREMENTS OVERVIEW

1. Attendance and participation	70%
2. Completion of Homework	10%
3. Class Presentations	<u>20%</u>
	100%

1. Attendance and participation: You are expected to attend each class and fully participate in class discussion, exercises, and presentations. Due to the somatic nature of the material, lack of participation greatly diminishes the effectiveness and retention of the exercises. Please notify me before the start of class if you have any recent injuries, safety concerns or if you are unable to attend class. If you are required to miss portions of the course, your grade will be adjusted for those absences. Please arrive promptly for each day of the course. 70%

2. Homework: After Day One, participants will be asked to present examples from their professional and personal life that further illustrate the concepts, principles, and connections presented in class. 10%

3. Class presentation: Students will either individually or in small groups present one of the exercises from *Reach Out: Body Awareness Training for Peacemaking* to the larger class. Students will be graded on thoroughness and proper instruction of the exercise. (20%)

REQUIRED READING AND REQUIRED PREPARATION

Linden, Paul (2003) *Reach Out: Body Awareness Training for Peacemaking*, CCMS Publications, Columbus. This text is available in PDF format as a free download from <http://www.beinginmovement.com/pdfs/peacemaking.pdf>
Please print off a copy and bring it with you to class.

This course is experiential in nature please come to class in comfortable clothing since you will be moving around and participating in multiple exercises. In addition to the course reading, please bring a towel to class.

RECOMMENDED READING

Crum, Thomas (1987) *The Magic of Conflict: Turning a Life of Work into a Work of Art*, Touchstone, New York.

Dobson, Terry (1978) *Aikido in Everyday Life: Giving In to Get Your Way*, North Atlantic Books, Berkeley.

Linden, Paul (2006) *Teaching Children Embodied Peacemaking: Body Awareness, Self-Regulation and Conflict Resolution*, CCMS Publications, Columbus.

Remland, Martin (2004) *Nonverbal Communication in Everyday Life*, Houghton Mifflin, Boston.

Saotome, Mitsugi (1993) *Aikido and the Harmony of Nature*, Shambhala Publications, Boston.

Somatic Skills for Conflict Resolvers Agenda

Day One:

9:00 to 9:30 – Introductions and Orientation

Basic overview of Aikido and Conflict Resolution

Review of several Aikido concepts and principles that relate well to Conflict Resolution practice, such as:

- Centered and Upright Posture
- Blending
- Relaxed Response to Attacks
- An Ethical Choice not to do additional harm to the Attacker
- Connection
- Irimi
- Atemi

Break/Questions and Answers

Tools for Teachers

Introduction to Being In Movement – Page 1 - Reaching Out

- Why the Body – Page 1 - Reaching Out
- In a Nutshell – Page 2 - Reaching Out
- Body & Morality – Page 3 - Reaching Out
- Using This Book – Page 4 - Reaching Out
- Safety – Page 5 - Reaching Out

Exercises:

- Throwing Tissues – Page 6 - Reaching Out
- Soft Tongue/Relaxing Your Belly – Page 8 - Reaching Out
- Belly Breathing – Page 10 - Reaching Out
- Throwing Tissues II – Page 12 - Reaching Out

Break/Questions and Answers

Continuation of Exercises

- Hatred – Page 16 - Reaching Out
- Smiling Heart – Page 17 - Reaching Out
- Don't Stand So Close To Me/Intimidator

Break/Questions and Answers

- Pelvic Rotation – Page 20 - Reaching Out

- Inguinal Sitting – Page 23 - Reaching Out
- Chest Push – Page 24 - Reaching Out
- Towel Sitting – Page 33 - Reaching Out

Break/Questions and Answers

4:30 Adjourn and Review of Homework

Day Two:

9:00 Review of Previous Material

Culmination of Reaching Out Exercises

- Basic Breathing Exercise – Page 35 - Reaching Out
- Six Directions Reaching/Breathing – Page 37 - Reaching Out
- Pain Control – Page 39 - Reaching Out
- Walking The Gamut – Page 29 - Reaching Out
- Fishing

Break/Questions and Answers

Student Presentation of the following Exercises:

- Throwing Tissues – Page 6 - Reaching Out
- Soft Tongue/Relaxing Your Belly – Page 8 - Reaching Out
- Belly Breathing – Page 10 - Reaching Out
- Throwing Tissues II – Page 12 - Reaching Out
- Hatred – Page 16 - Reaching Out
- Smiling Heart – Page 17 - Reaching Out
- Don't Stand So Close To Me/Intimidator
- Pelvic Rotation – Page 20 - Reaching Out
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- Pain Control – Page 39 - Reaching Out
- Walking The Gamut – Page 29 - Reaching Out
- Fishing

4:30 Wrap Up/Final Questions and Answers/Evaluations