



STRUCTURAL INTEGRATION

*An advanced professional training
program for manual therapists and
movement instructors*

2024-2025

PROGRAM CATALOG



INTRODUCTION

Structural Integration(SI) is an advanced form of bodywork and somatic therapy that works with the fascial connective tissues in relationship to gravity. SI was developed by Dr. Ida Pauline Rolf in the 1940's.

Dr. Kirstie Bender Segarra, PhD BCSI LMT ERYT CIAYT founded our university program. They had the vision of a program that creates more access to the traditional 10-series developed by Dr. Ida Rolf for people of the southwest region. We accomplished this in partnership with UNM-Taos as a public non-profit institution of learning.



Rather than working on symptoms, Dr. Rolf “evolved a series and sequence of manipulations to change how structure relates to the planet. The gravity of this decision led to developing a sequence of manipulative sessions known as the 10-series. When she first began developing her approach, osteopaths and chiropractors were among the few



medical professionals who believed the body could improve with fascial manipulation. The model of osteopathy, that structure creates function, was a key in the development of her work. She also explored man's relationship to gravity as pivotal to structural and functional patterns, problems, and prospects. The insight that connective tissue holds the body in

space and that bones act as spacers brought new relationships to light. And Rolf's work is all about relationships: soft tissue to hard, matter to energy, structure to function, and connective tissue to health and well-being.”¹

¹ <https://www.massagetherapy.com/articles/open-universe-structural-integration>, David Davis, Rolfer

Our teaching philosophy is geared around a central question of “what would Ida do now?”. Classically the basic 10-series was for beginning bodyworkers however, our students transfer their previous experience in other body centered therapies to study an advanced form of the series that is inclusive of the 10-series lineage, manual osteopathic approaches, visceral, neural, bone work, embryology, movement therapy and more. Our lead faculty team works together to create new curriculum that meets the latest research in connective tissue a.k.a. fascia.

The program is geared toward current Licensed Massage Therapists as well as instructors of body-centered therapies like Pilates, Feldenkrais and yoga. The 510 contact hours of training will meet the International Association of Structural Integration (IASI) requirements for training in the SI Series work. In order to meet training standards in Anatomy, Physiology and Ethics, enrollees may take classes offered through the Medical Massage program or by other similar programs.

The program is an advanced curriculum that is designed to advance one’s knowledge and practices. Students enrolled in the program are expected to have the basic anatomical and physiology knowledge in the prerequisites for enrollment and be able to test out with the knowledge in the first week of the program. Additionally, students will be expected to engage with the material for 5-10 hours between classes in order to maintain competency.



HOW TO APPLY

Applicants may apply directly to the UNM-Taos Structural Integration Program at <http://taos.unm.edu/home/integrative-health-and-medical-massage/> under the link for the SI program.

Applications are due by April 1st, 2024 and must include two letters of reference (one professional and one personal) and transcripts of prerequisites.

All applications are reviewed in a committee format by director and two faculty members. Formal approvals for admittance to the program are sent via e-mail by May 1, 2024. The program begins in August of 2024 (see calendar below).

Once you are accepted to the program, you need to apply for enrollment at UNM-Taos via our on-line application process at taos.unm.edu. Our academic advisors will help you enroll in the required classes for the program once they process your academic transcripts and the formal approval to the SI program. Financial aid possibilities can be

explored through our financial aid office and by applying to FAFSA on-line. See flow chart below.

Please allow ample time for your application process to allow transcripts from other institutions to be sent to UNM-Taos. It is recommended that as soon as you receive your acceptance you apply to UNM-Taos to not delay entry to the program.



PREREQUISITES AND CORE CURRICULUM

IASI requires a total curriculum length based in contact hours and must be at least 730 contact hours total (Includes 230 hours of prerequisites and 500 hours of core curriculum) . Of the total hours required 230 hours are eligible for transfer from other schools, such as massage schools or community colleges. The transfer hours must be evaluated by an IASI recognized school to assesses transfer knowledge via an appropriate evaluation method. The 230 transfer-eligible hours are broken down into the following categories:

- 100 hours of college-level Anatomy and Physiology
- 50 hours of Kinesiology
- 50 hours of Pathology and Contraindications
- 20 hours of Ethics and Therapeutic Relationship
- 10 hours of Business Development

Applicants who have graduated from UNM-Taos Integrative Massage Therapy Program and have taken Myofascial Yoga and Anatomy Trains meet the prerequisites for the program. Other applicants will need send in transcripts for review and may have to obtain further training from approved institutions.*

The program offered through UNM-Taos meets the remaining 500-hour minimum required by IASI for the “Core Structural Integration” education, taken within the IASI Recognized School, and must contain the following:

- 320 hours of SI-relevant A & P, Embryology, and Kinesiology; SI theory, session explanations and practicums
- 40 hours of observing two series, performed by instructors
- 40 hours of supervised classmate series trade
- 40 hours of supervised student series work on two general public clients
- 20 hours of Assessment
- 20 hours of Movement Education
- 10 hours of practitioner embodiment and personal growth
- 5 hours of research literacy and case studies
- 5 hours of SI history, the current state of SI, licensing issues, and CESISM explanation

*If students are missing prerequisite hours, they may complete required hours through UNM-Taos massage therapy program. Courses required to complete missing hours are as follows and all A&P hours must be completed prior to enrollment to the SI Program:

- MAS 280 Massage Anatomy (3 credits/45 contact hours)
- MAS 254 Myofascial and Myoskeletal (3 credits/45 contact hours)
- MAS 259 Exercise Physiology (3 credits/45 contact hours)
- MAS 260 Cultural Diversity and Cross-Cultural Ethic (3 credits/45 contact hours)
- MAS 262 Yoga and Anatomy Trains (3 credits/45 contact hours)

CALENDAR OF COURSES

Lead Faculty Schedule for SI Program 2024-2025

Courses and Calendar for 34 credit hours (510 contact hours)
For 16 Students we need one lead faculty and two Teacher Assistant Instructors.

Class	Lead Instructor	Assistant Instructors
Course Title: <i>Structural Integration Principles I</i> Course Number: STIN 200 Course Credits: 3 credits (45 contact hours) Class Meeting Day(s): August 1-5, 2024 Th-T Class Time: 9:00 am -6:00 pm Class Location / Room: RGH Room 118 Term / Semester: Summer 2024 <i>No Clinic</i>	Kirstie Segarra	TBA
Course Title: <i>Structural Integration Principles II</i> Course Number: STIN 201 Course Credits: 3 credits (45 contact hours) Class Meeting Day(s): August 8-12, 2024 Th-T Class Time: 9:00 am -6:00 pm Class Location / Room: RGH Room 118 Term / Semester: Summer 2024 <i>No Clinic</i>	Kirstie Segarra	TBA
Course Title: <i>Integration and Practice Session I</i> Course Number: STIN 210 Course Credits: 2 credits (30 contact hours) Class Meeting Day(s): September 6-9, 2024 F, S, Su, M Class Time: 9:00 am -5:30 pm Class Location / Room: RGH Room 118 Term / Semester: Fall 2024 <i>Clinic Sunday/Monday Afternoons</i>	Jill Gerber	TBA
Course Title: <i>Integration and Practice Session II</i> Course Number: STIN 220 Course Credits: 2 credits (30 contact hours) Class Meeting Day(s): October 1-4, 2024 F, S, Su, M Class Time: 9:00 am -5:30 pm Class Location / Room: RGH Room 118 Term / Semester: Fall 2024	Jill Gerber	TBA

<i>Clinic Sunday/Monday Afternoons</i>		
Course Title: <i>Integration and Practice Session III</i> Course Number: STIN 230 Course Credits: 2 credits (30 contact hours) Class Meeting Day(s): November 1-4, 2024 F, S, Su, M Class Time: 9:00 am -5:30 pm Class Location / Room: RGH Room 118 Term / Semester: Fall 2024 <i>Clinic Sunday/Monday Afternoons</i>	Jill Gerber	TBA
Course Title: <i>Structural Integration Principles III</i> Course Number: STIN 202 Course Credits: 3 credits (45 contact hours) Class Meeting Day(s): December 6-9*, 2024 F, S, Su, M Class Time: 9:00 am -6:00 pm with online contact enhancement Class Location / Room: RGH Room 118 Term / Semester: Fall 2024 <i>*8 hours will be online. No Clinic.</i>	Kirstie Segarra	TBA
Course Title: <i>Integration and Practice Session IV</i> Course Number: STIN 240 Course Credits: 2 credits (30 contact hours) Class Meeting Day(s): January 10-13*, 2025 F, S, Su, M Class Time: 9:00 am -5:30 pm Class Location / Room: RGH Room 118 Term / Semester: Spring 2025 <i>*Moved to second weekend due to Holidays and UNM Closure.</i> <i>Clinic Sunday/Monday Afternoons</i>	Peter Ehlers	TBA
Course Title: <i>Integration and Practice Session V</i> Course Number: STIN 250 Course Credits: 2 credits (30 contact hours) Class Meeting Day(s): February 7-10, 2025 F, S, Su, M Class Time: 9:00 am -5:30 pm Class Location / Room: RGH Room 118 Term / Semester: Spring 2025 <i>Clinic Sunday/Monday Afternoons</i>	Peter Ehlers	TBA

<p>Course Title: <i>Integration and Practice Session VI</i> Course Number: STIN 260 Course Credits: 2 credits (30 contact hours) Class Meeting Day(s): March 7-10, 2025 F, S, Su, M Class Time: 9:00 am -5:30 pm Class Location / Room: RGH Room 118 Term / Semester: Spring 2025 <i>Clinic Sunday/Monday Afternoons</i></p>	Peter Ehlers	TBA
<p>Course Title: <i>Structural Integration Principles IV</i> Course Number: STIN 203 Course Credits: 3 credits (45 contact hours) Class Meeting Day(s): March 21-24*, 2025 M, T, W, R, F Class Time: 9:00 am -6:00 pm Class Location / Room: RGH Room 118 Term / Semester: Spring 2025 <i>*8 hours will be online. No clinic.</i></p>	Kirstie Segarra	TBA
<p>Course Title: <i>Integration and Practice Session VII</i> Course Number: STIN 270 Course Credits: 2 credits (30 contact hours) Class Meeting Day(s): April 4-7, 2025 F, S, Su, M Class Time: 9:00 am -5:30 pm Class Location / Room: RGH Room 118 Term / Semester: Spring 2025 <i>Clinic Sunday/Monday Afternoons</i></p>	Jill Gerber	TBA
<p>Course Title: <i>Integration and Practice Session VIII</i> Course Number: STIN 280 Course Credits: 2 credits (30 contact hours) Class Meeting Day(s): May 2-5, 2025 F, S, Su, M Class Time: 9:00 am -5:30 pm Class Location / Room: RGH Room 118 Term / Semester: Spring 2025 <i>Clinic Sunday/Monday Afternoons</i></p>	Peter Ehlers	TBA
<p>Course Title: <i>Integration and Practice Session IX</i> Course Number: STIN 290 Course Credits: 3 credits (45 contact hours) Meeting Day(s): May 22-26, 2025 Th, F, S, Su, M Class Time: 9:00 am -6:00 pm Class Location / Room: RGH Room 118 Term / Semester: Spring 2025 <i>Clinic Sunday/Monday Afternoons</i></p>	Kirstie Segarra	TBA

Course Title: <i>Structural Integration Principles V</i> Course Number: STIN 204 Course Credits: 3 credits (45 contact hours) Class Meeting Day(s): May 29-June 2, 2025 Th, F, S, Su, M Class Time: 9:00 am -6:00 pm Class Location / Room: RGH Room 118 Term / Semester: Spring 2025 <i>Clinic Sunday/Monday Afternoons</i> <i>Graduation TBA.</i>	Kirstie Segarra	TBA
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COST

As of 2023, cost of in-state program (tuition and fees) for the 34-credit hour (14 classes in total) is a one-time \$1,000 program fee and tuition is \$2,754 plus lab fees (\$100 per class). Non-residents pay the program fee of \$1,000 and tuition of \$7,004 plus lab fees. *Please note the cost to train with private institutions for Structural Integration is \$26,000 and up. This cost does not include the cost of transportation and housing.*

TUITION RATES

(FEES ARE SUBJECT TO CHANGE)

Tuition Rates	Per Credit Hour	Support Service Fee	Half-Time	3/4 Time	Full-Time
Resident	\$81.00	\$30.00	\$516.00	\$759.00	\$1,002.00
Non-Resident	\$206.00	\$30.00	\$1,266.00	\$1,884.00	\$2,502.00
Senior Rate	\$5.00		\$30.00	\$45.00	

- Must be age 65 or older as of the 21st day from the start of the semester (This rate is only available if there is room in a program).
- Must be a New Mexico Resident as defined by the Residency Classification Office.
- Must register on or after the first day of classes only.

INSTRUCTORS

Lead Instructors

Kirstie Segarra, PhD, BCSI, LMT

Jill Gerber, Rolfer, LMT

Peter Ehlers, ATSI/KMI, LMT

TBA

Teacher Assistants

Brandon DeWane, Rolfer

Matt Walker, BCSI, Rolfer

Amy Spurlock, Rolfer

Program Coordinator

Kirstie Segarra, PhD, BCSI, LMT 4888 e-mail: ksegarra@unm.edu

ATTENDANCE POLICY

The Structural Integration program is designed to meet specific curriculum required by the International Association of Structural Integration (IASI) our accrediting body along with UNM. Students are required to complete 500 contact hours within each category with faculty whom are approved to teach by IASI.

If you need to miss class please email program coordinator at ksegarra@unm.edu to determine if you need to arrange for make-up classes to be in compliance of completing your coursework. Excessive absences will result in having to retake a courses to graduate and/or being dropped from the course. The course curriculum allows for a student to miss up to 10 contact hours during the program. Any absences above 10 hours will require make-up.

UNM Policy:

Policies regarding student attendance at class meetings are set by each instructor. However, UNM Taos requires that all faculty have a policy on student attendance and that the policy is clearly articulated on the course syllabus to avoid any confusion on the students' part for grading purposes. All faculty should be aware of

Faculty Handbook Policy C260 of the UNM Faculty Handbook regarding Religious Accommodations.

Instructors may drop students from their classes for reasons of excessive absences, per Faculty Handbook Policy D145.

CONTACT HOURS REQUIRED TO COMPLETE PROGRAM

	Total Hours
SI-relevant A & P, Embryology, and Kinesiology; SI theory, session explanations and practicums (320)	320
Observing two series, performed by instructors (40)	54
Supervised classmate series trade (40)	40
Supervised student series work on two general public clients (40)	44
Assessment (20)	20
Movement Education (10)	12
Ethics and Therapeutic Relationship (10)*	0
Business (10)	0
Practitioner embodiment and personal growth (10)	10
Research literacy and case studies (5)	5
SI history, the current state of SI, licensing issues, and CESI SM explanation (5)	5
Total Hours	510

PREREQUISITES AND COMPETENCY

The Structural Integration program is designed to meet specific curriculum required by the International Association of Structural Integration (IASI) our accrediting body.

Students accepted in the program are transferring in the required anatomy and physiology requirements, which assumes a standard of knowledge in applied anatomy and physiology in the human form. If the program you took prior to entry did not train you in the equivalency of the UNM-Taos medical massage program it is recommended that you up-level your training with additional courses, self-study and curriculum.

The program is an advanced curriculum that is designed to advance one's knowledge and practices. Students enrolled in the program are expected to have the basic anatomical and physiology knowledge in the prerequisites for enrollment and be able to test out with the knowledge in the first week of the program. Additionally, students will be expected

to engage with the material for 5-10 hours between classes in order to maintain competency.

Additionally, our medical massage program ethics course is inclusive of cultural ethics and diversity with a modern lens of gender, racial issues and anti-oppression work. It is recommended you take additional courses outside of our SI program if you did not receive this level of training within your previous trainings.

Hours you may be transferring in with your acceptance and understanding are as follows:

- 100 hours of college-level Anatomy and Physiology
- 50 hours of Kinesiology
- 50 hours of Pathology and Contraindications
- 20 hours of Ethics and Therapeutic Relationship
- 10 hours of Business Development

SUPPORT AND PREPARATION

Many students undergo a transformation during their process in the Structural Integration experience. It is highly recommend that students seek outside support from varied resources to further their integration. There are resources available through UNM as well as public resources.

Furthermore, it improves the learning if one has received a professional 10-series of Structural Integration prior to applying to the program. We do not require this as for some it is an economic barrier. If you would like a recommendation of practitioners who may be willing to work with you in sliding scale please contact our program coordinator.

Student who are accepted into the program will be sent a list of books to read in preparation for the first week of class and reading of the material is expected for fluency of language and context.

COMMUNICATION AND RESOURCES

All communications within the program will be done via the UNM Lobo Username and email system. Private emails may not be used within the UNM system to FERPA per the following link FERPA // UNM // Office of the Registrar // Privacy Rights <https://registrar.unm.edu/privacy-rights/ferpa.html>.

We realize for those who have not been a part of a public institution, this may seem daunting at first. However, UNM provides many resources to support students in getting set up and learning the system. Additionally, you have access to all our program content, class video archives and library system to support you in your education.

UNM POLICIES

Policy on Illegal Drugs and Alcohol

This Policy on Illegal Drugs and Alcohol is adopted pursuant to federal laws and because of the commitment of The University of New Mexico to an environment for the pursuit of its educational mission free of illegal drugs and the illegal use of alcohol. Drug and alcohol abuse on campus poses a serious threat to the health and welfare of faculty, staff, and students; impairs work and academic performance; jeopardizes the safety and well-being of other employees, student and members of the general public; and conflicts with the responsibility of The University of New Mexico to foster a healthy atmosphere for the pursuit of education, research, and service. This policy covers all property owned, used, leased or controlled by The University of New Mexico, or any other site where official University business is being conducted. "Controlled substances: means those substances in 812, and implementing regulations, 21 CFR 1308.11-1301.15." Controlled substances include, but not limited to, marijuana, cocaine (including "crack"), amphetamines, heroin, PCP, hallucinogens, and certain prescription drugs. Illegal uses of alcohol include, but are not limited to, serving, buying or drinking alcohol by a minor; assisting a minor or an intoxicated person to get alcohol; selling alcohol without a license and driving while under the influence. The policy is not intended to supersede or negate any existing policies on substance abuse, student or employee discipline, or any additional requirements imposed on The University of New Mexico or its students, faculty, or staff by federal or state law.

GRADUATION

In order to graduate from the SI program students will need to formally apply for graduation with their faculty advisor. It takes 4 to 6 weeks for official transcripts to declare the graduation status. Students will need to receive a letter grade of "C" or higher to be successful in the program. Official transcripts may be order through the main campus website registrar office at unnm.edu for a small fee.

ETHICS

IASI Code of Ethics

Ethics is not meant to preclude any professional ethics code of any other individual or collective group, representing any faction of Structural Integration operating in the tradition of Ida P. Rolf, Ph.D. It is instead the general ethics code of IASI and is meant to offer a basic set of boundaries and principles as a guide to acceptable conduct. Ethical behavior is necessary to remain a member in good standing of the IASI. This Code offers guidance for professional conduct and a vehicle for the assessment and appraisal of situations having ethical implications. This Code also is offered as a guide and an

affirmation of the will of the IASI membership and is intended to protect their best interests and reputation while insuring the highest quality professional service to all of their clients. IASI Code of Ethics Client/Practitioner Relationship IASI members are entrusted with the responsibility of creating an environment that allows the Structural Integration Client to have a rewarding and positive experience. IASI members will: 1.

1. Ensure client safety, protecting them from unreasonable physical and emotional risk.
2. Enable and empower all clients in their growth and evolutionary process with empathy, dignity and caring.
3. Never discriminate against anyone in providing Structural Integration services because of race, creed, sex, sexual orientation, national origin or disability.
4. Engage only in honest and fair business practices.
5. Ensure that all Structural Integration practice is conducted in an alcohol and drug free environment.
6. Avoid all sexual relationships with clients.
7. Never engage in sexual harassment of any kind or create a sexually intimidating or offensive environment.

STANDARDS OF PRACTICE

IASI Standards of Practice

All IASI members have a duty to adhere to the IASI Standards of Practice. IASI members will:

1. Only provide Structural Integration services for which they were properly trained, have proven competency and are recognized by their peers as capable to provide such services in the scope of their practices.
2. Accurately and truthfully represent IASI policies, actions and procedures.
3. Use the established IASI ethics procedures to resolve all complaints of conduct regarding charges from a client or charges between members.
4. Ensure client confidentiality and never breach the confidence of IASI, its members or clients.
5. Never misrepresent themselves through information which is based on falsifications regarding accomplishments, qualifications, education, experience, certifications, licenses or criminal records.
6. Never misrepresent the nature and scope of their Structural Integration practice.
7. Provide clarity for clients, peers and public, by initiating the Structural Integration process with reference to the standard ten session series as a tradition inherited from Dr. Ida P. Rolf.
8. Seek advice and counsel of peers and other professionals whenever it is in the best interest of their clients.

LICENSURE EXEMPTIONS NEW MEXICO STATE

Structural integration is exempt from licensure in the State of New Mexico. Please refer to your state of residence policy and provisions to maintain compliance for licensure.

New Mexico Massage Therapy Exemptions

16.7.4.9 LICENSURE EXEMPTIONS:

The following are exempted from licensure by the board pursuant to Section 61-12C-5.1 of the Massage Therapy Practice Act.

A. Other professionals licensed in or regulated by another New Mexico licensing board or agency rendering services within the scope of their authorizing law or regulation, provided they do not represent themselves as massage therapists.

B. Massage therapy students who are rendering massage therapy services within the course of study of a registered massage therapy school or under the supervision of a registered massage therapy instructor.

C. Massage therapy instructors visiting New Mexico who have met the requirements set forth in 16.7.6.11 NMAC. D. Sobadores; Hispanic traditional healers; Native American healers; reflexologists whose practices are limited to hands, feet and ears; practitioners of polarity, Trager approach, Feldenkrais method, craniosacral therapy, **Rolfing structural integration**, reiki, ortho-bionomy or ch'i gung; or practitioners of healing modalities not listed in this subsection who do not manipulate the soft tissues for therapeutic purposes from practicing those skills. However, if any of these persons applies for and is granted a license pursuant to the Massage Therapy Practice Act, that person shall comply with all licensure requirements and be subject to the provisions of the boards' statute and regulations. 16.7.4.9 NMAC -N, 07-28-05; A, 09-04-09

CERTIFICATION



The Certification Board for Structural Integration

The Certification Board for Structural IntegrationSM (CBSI), through the process of competency examination and continuing education, maintains standards of ethical and

professional practice for Structural Integration (SI) practitioners. The examination process allows CBSI to identify practitioners who have achieved the distinction of Board Certified Structural Integrator^{CM} (BCSI^{CM}) to other professionals and to the public. CBSI establishes and maintains standards in order to strengthen the interests of Structural Integration professionals and to help the public recognize qualified and well-educated practitioners. CBSI is a division of the International Association of Structural Integrators (IASI), a non-profit organization. All policy decisions relating to certification matters are at the sole discretion of the CBSI board of directors and are not subject to approval by IASI or any other organization.

CBSI strives to meet the accreditation standards set by the [National Commission for Certifying Agencies \(NCCA\)](#) of the Institute for Credentialing Excellence. In order to advance the profession of Structural Integration, CBSI has reserved the following: Certification Exam for Structural IntegrationSM, Certification Board for Structural Integration, and Board Certified Structural Integrator along with its associated symbol.

To take the exam you may register one month prior to taking it via the IASI Website Link <https://iasi.clubexpress.com>. The current cost is \$250 and you will need to request a transcript from our program coordinator with your transfer hours to apply to take the exam. Simply email ksegarra@unm.edu to request a transcript.