



# STRUCTURAL INTEGRATION

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

2026/2027

## APPLICATION

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# INTRODUCTION

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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.

Rolfer David Davis states that “Rather than working on symptoms, she 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.”<sup>1</sup>

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.

## HOW TO APPLY

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Applicants may apply directly to the UNM-Taos Structural Integration Program by filling out the application below and submitting required documentation.

Applications are due by April 1<sup>st</sup>, 2026 and must include two letters of reference (one professional and one personal) and unofficial transcripts of prerequisites (official transcripts will be required for entry into UNM-Taos).

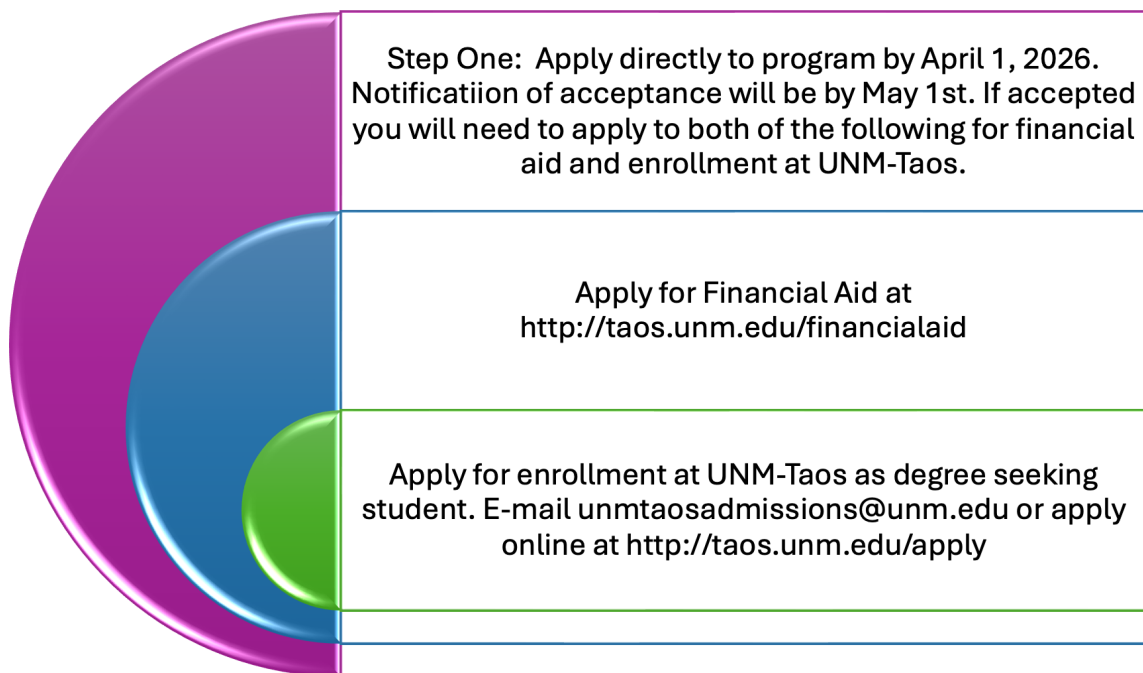
All applications are reviewed in a committee format by director a minimum of two faculty members of the SI Program, and a minimum of one neutral faculty from a different department at UNM-Taos. Formal approvals for admittance to the program are sent via e-mail by May 15, 2026. The program begins in August of 2026.

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](https://taos.unm.edu). Our academic advisors will help you enroll in the required classes for the program once they evaluate your academic transcripts and the formal approval to the SI program. Financial aid possibilities can be

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

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



## PREREQUISITES

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IASI requires a total curriculum length based on contact hours and must be at least 730 contact hours. Of the total hours required, 230 hours are eligible for transfer from other schools, such as massage schools or community colleges. The transfer hours from your initial training in massage or other fields must be evaluated by the director of the program to assess compliance with IASI protocol. The 230 transfer-eligible hours are broken down into the following categories in contact hours:

- 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 unofficial transcripts for review (official transcripts are required with the formal application) and may have to obtain further training from approved institutions.\*

# APPLICATION FORM FOR SI PROGRAM

Full Name: \_\_\_\_\_ Date: \_\_\_\_\_  
*Last First M.I.*

Mailing Address: \_\_\_\_\_  
*Street Address Apartment/Unit #*

\_\_\_\_\_ *City State ZIP Code*

Phone: \_\_\_\_\_ Email \_\_\_\_\_

## Education

High School: \_\_\_\_\_ Address: \_\_\_\_\_  
 From: \_\_\_\_\_ To: \_\_\_\_\_ Did you graduate? YES  NO  Diploma: \_\_\_\_\_

College: \_\_\_\_\_ Address: \_\_\_\_\_  
 From: \_\_\_\_\_ To: \_\_\_\_\_ Did you graduate? YES  NO  Degree: \_\_\_\_\_

Other: \_\_\_\_\_ Address: \_\_\_\_\_  
 From: \_\_\_\_\_ To: \_\_\_\_\_ Did you graduate? YES  NO  Degree: \_\_\_\_\_

## Experience

Years of Experience in Field: \_\_\_\_\_

Primary Field (Check all that apply):

- Bodywork Unlicensed Practitioner** \_\_\_\_\_ (specify)
- Movement Field** \_\_\_\_\_ (specify)
- Licensed Medical Professional #** \_\_\_\_\_  
*In New Mexico? Yes/No (circle one)*
- Licensed Massage Therapist #** \_\_\_\_\_  
*In New Mexico? Yes/No (circle one)*

## Continuing Education

### Total Contact Hours You Have Competed \_\_\_\_\_

Name of Training and Contact Hours	_____	Name of Instructor	_____
Name of Training and Contact Hours	_____	Name of Instructor	_____
Name of Training and Contact Hours	_____	Name of Instructor	_____
Name of Training and Contact Hours	_____	Name of Instructor	_____
Name of Training and Contact Hours	_____	Name of Instructor	_____
Name of Training and Contact Hours	_____	Name of Instructor	_____
Name of Training and Contact Hours	_____	Name of Instructor	_____
Name of Training and Contact Hours	_____	Name of Instructor	_____
Name of Training and Contact Hours	_____	Name of Instructor	_____
Name of Training and Contact Hours	_____	Name of Instructor	_____

## References

*Please list two references—one professional and one personal. References cannot be from committee members of the SI Program.*

*Reference letters should address the professionalism of the applicant, their ability to work in groups and their current ability and effectiveness as a practitioner.*

Full Name: _____	Relationship: _____
Company: _____	Phone: _____
Address: _____	

Full Name: _____	Relationship: _____
Company: _____	Phone: _____

Address:

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## Essay Questions:

1. If you have received Structure Integration, tell us about that experience and how it influenced your desire to apply to the program. If you've not experienced Structural Integration, tell us what did influence your desire to enroll.
2. Describe one of your greatest challenges in life and what you learned from the experience.
3. How do you foresee Structural Integration supporting your current bodywork and/or movement practice and assisting you in growing as a practitioner?
4. Within the SI Program we will be teaching principles of holism, adaptability, support, resonance and integration, choose one principle and describe how you may apply it in a session with a client.
5. Tell us about your willingness to have a beginners' mind, to change, to surf the shifting sands?

*Please limit responses to a maximum of 250 words double spaced Times font 12 point per essay question (A total of 1250 words=250 X 5). Applicants may choose to submit an audio response to the questions limiting response to 10 minutes total.*

## Check List of documents to include with application:

1. *Copies of unofficial transcripts for prerequisites should be attached—details of prerequisites are in catalog (Official transcripts will be required at the time you apply directly to UNM-Taos).*
2. *Two letters of recommendation should be attached to application (One professional and one personal). References cannot be by SI Program committee members. Reference letters should address the professionalism of the applicant, their ability to work in groups and their current ability and effectiveness as a practitioner.*
3. *Resume/CV with list of experience and continuing education and total contact hours.*

## Criterion Scale Used by Selection Committee:

- **Education (20 points)**
- **Experience (25 points)**
- **Continuing Education (25 points)**
- **References (10 points)**
- **Essay Questions (25 points)**

*I certify that my answers are true and complete to the best of my knowledge. I certify that I have read the program requirements in the program catalog and understand the content with regards to anatomy and physiology, ethics and attendance.*

Date:

Signature: \_\_\_\_\_

**Please e-mail submission in one document PDF to Kirstie Segarra a [ksegarra@unm.edu](mailto:ksegarra@unm.edu) or mail at Kirstie Segarra, Program Coordinator for Structural Integration, UNM-Taos, 1157 County Road 110, Ranchos de Taos NM 87557.**

**Due by April 1, 2026.**

*Formal approvals for admittance to the program are sent via e-mail by June 1st, 2026. The program is scheduled to begin first week of August of 2026. Final steps for approval are still in process with the university system—should there be a delay in start of the program we will communicate any changes in advance.*