

520-Hour Neuro Somatic Integration Curriculum Syllabus

With Emphasis on Trauma-Informed, Structural Integration
International Institute of Healing and Cultural Arts (IIHCA)

1. Anatomy, Physiology, and Kinesiology – 120 Hours

- Human body systems: Musculoskeletal, nervous, circulatory, lymphatic, etc.
- Planes of movement & anatomical landmarks
- Biomechanics & body mechanics
- Kinesiology: muscle origins, insertions, and actions
- Introduction to movement practices (e.g., Tai Chi, Yoga)

2. Pathology and Contraindications – 40 Hours

- Common conditions and diseases
- When massage is indicated or contraindicated
- Working safely with clients with chronic illness, injury, or trauma
- Trauma and its physical manifestations (e.g., PTSD, chronic pain)

3. Massage Theory and Practice – 200 Hours

- Swedish Massage (basic techniques and full-body protocol)
- Deep Tissue & Myofascial Release
- Touch modalities for trauma recovery
- 10 Sessions of Structural Integration
- Breathwork, grounding, and nervous system regulation techniques
- Cultural and historical foundations of bodywork in African and global majority communities

4. Ethics, Law, and Professional Practice – 40 Hours

- NCBTMB Code of Ethics
- Boundaries and consent (especially with trauma survivors)
- HIPAA & client confidentiality
- Cultural humility and anti-oppression practices
- Business setup, marketing, and community service obligations

5. Neuro-Somatic Integration for Trauma Healing – 80 Hours

- Introduction to trauma and the nervous system (polyvagal theory)
- Intergenerational and racialized trauma in the body
- Somatic tracking, titration, and resourcing

- Vagal toning, movement, sound, and breath
- Safe and attuned touch practices
- Client-centered dialogue, co-regulation, and pacing

6. Clinical Practice / Internship – 40 Hours

- Supervised hands-on practice with diverse populations
- Trauma-informed intakes and treatment plans
- Peer feedback, supervision, and mentorship
- Integration of theory into real-world practice
- Required community service hours (100 hrs post-grad)

Optional Add-Ons or Emphases (Not included in 520 Hours)

- Prenatal & Postpartum Massage
- Somatic Psychology Foundations
- Aromatherapy and plant-based healing
- Ethics of touch and consent in LGBTQ+ communities
- Cultural bodywork traditions from Africa, the Caribbean, and the Diaspora

Total Hours: 520

Graduates will be eligible to sit for The Massage & Bodywork Licensing Examination (**MBLEX**), where applicable.

This curriculum meets or exceeds the requirements of many U.S. states and can be adapted for hybrid delivery.