

# TRAGER Therapy Education in Switzerland

The curriculum to learn Trager in Switzerland is a 500 hour program. It is divided in two parts. The first 250 hours are similar like the international core curriculum for becoming a practitioner:

<b>International curriculum</b>	<b>Switzerland curriculum</b>
Level 1	<b>Level 1</b> 4 days, 25 hours Part of content former Level 1 + Mentastics for yourself
Mentastics (day 1 + 2)	<b>Level 2</b> 4 days, 25 hours Part of content Level 1 + Mentastics for clients
	<b>Level 3</b> 4 days, 25 hours Deepening of Level 1 + Mentastics for yourself and clients + Introduction Sidelying + Introduction Reflex Response
Trager Anatomy 1 + 2	<b>Level 4</b> 4 days, 25 hours + inclusive anatomy for Reflex Response
	<b>Level 5</b> 4 days, 25 hours
Level 2	<b>Level 6</b> 4 days, 25 hours + Mentastics for yourself and clients + some Reflex Response
	<b>Level 7</b> 4 days, 25 hours + Mentastics for groups introduction + some Reflex Response
Level 3 + 3. day Mentastics	<b>Level 8</b> 4 days, 25 hours + Mentastics for groups
	<b>Level 9</b> 4 days, 25 hours + Mentastics for groups
2 Recommending-Tutorials	<b>Level 10</b> 4 days, 25 hours Practitioner status class
<b>Total 208 hours class time</b>	<b>Total 250 hours class time</b>

<b>CE international</b>	<b>Switzerland training for therapist title</b>	
Sidelying	<b>Level 11</b>	4 days, 25 hours Alternative + Side position
Level 4	<b>Level 12</b>	4 days, 25 hours Deepening class, Presentation/Marketing skills
Reflex Response 1	<b>Level 13</b>	4 days, 25 hours Reflex Response 1
Advanced Mentastics	<b>Level 14</b>	4 days, 25 hours Mentastics group leading, deepening Mentastics
Level 5, Elective classes	<b>Level 15</b>	4 days, 25 hours Classes about the three-dimensional understanding
Reflex Response 2	<b>Level 16</b>	4 days, 25 hours Reflex Response 2
Trager Clinic, Advanced R+R	<b>Level 17</b>	4 days, 25 hours Trager Clinic, Advanced Reflex Response
Teaching Groups	<b>Level 18</b>	4 days, 25 hours Gain competence in guiding groups
Level 5, Elective classes	<b>Level 19</b>	4 days, 25 hours Scientific findings concerning touch and movement and integrate in the Trager work
-	<b>Level 20</b>	4 days, 25 hours Diploma class Therapist
		<b>Total 250 hours class time</b> <b>500 hours with the practitioner status</b>

**It also needs**

**343 hours of a common education together with other methods about:**

Medical foundations	182 h
Social science basis	105 h
Professional foundations	56 h

**A Total of 250 documented hours that includes:**

- clinical observation
- practice sessions
- supervision days
- tutorials
- case studies

**Individual meetings with instructors or tutors**