



STRUCTURAL INTEGRATION

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

2026/2027

APPLICATION



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 1940s.

Dr. Kirstie MacDonald Scott, 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



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

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



Anatomy, Physiology, and Ethics, enrollees may take classes offered through the Medical Massage program or by other similar programs.

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 <https://taos.unm.edu/stin>.

Applications are due by April 1st, 2026, 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 the director and two faculty members. Formal approvals for admittance to the program are sent via e-mail by May 1, 2026. The program begins in August of 2026 (see calendar below).

Once you are accepted to the program, you need to apply for enrollment at UNM-Taos via our online 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 online. 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.



Step One: Apply directly to program by April 1, 2026. Notification of acceptance will be by May 1st. If accepted you will need to apply to both the following for financial aid and enrollment at UNM-Taos.

Step Two: Apply to Admission at UNM-Taos

• <https://taos.unm.edu/students/admissions-and-enrollment/apply-today.html>

Step Three: Apply for Financial Aid

• <https://taos.unm.edu/students/admissions-and-enrollment/financial-aid/index.html>

TODD STRIMPLE MEMORIAL SCHOLARSHIP

In honor of one of our first graduates, Todd Strimple, who passed away just shy of his 50th birthday, we established a perpetual scholarship fund for students in financial need. To apply, please visit the Financial Aid office.

PREREQUISITES AND CORE CURRICULUM

IASI requires a total curriculum length based on 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 assess 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

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

DETERMINING IF YOU MEET THE PREREQUISITES

Applicants who have graduated from UNM-Taos Integrative Massage Therapy Program meet the prerequisites for the program. Students graduating from the UNM-Taos Yoga Teacher Training Program meet 40 hours of A&P, 20 hours of Ethics and Therapeutic Relationship, as well as 10 hours of Business. Students will need to take additional classes to meet the transfer hours in A&P, Kinesiology, Pathology, and Contraindications.

Other applicants will need to send in transcripts for review and may have to obtain further training from approved institutions. If you hold a New Mexico Massage License or equivalent, you meet the prerequisites for the program.

Please contact Student Program Coordinator for review of your previous training.

APPLICATION FORM FOR UNM TAOS STRUCTURAL INTEGRATION PROGRAM 2026/2027

DUE APRIL 1, 2026

Full Name: _____ Date: _____
Last First M.I.

Mailing Address: _____
Street Address Apartment/Unit #

City State ZIP Code

Phone: _____ Email: _____

Summary of Education

High School: _____ City & State: _____

From: _____ To: _____ Did you graduate? YES NO Diploma: _____

College Name: _____ City & State: _____

From: _____ To: _____ Did you graduate? YES NO Degree _____

Experience

Total Year of Experience in the field _____.

Primary Field (Check all that apply to you):

__ 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)

Summary of Continuing Education

Please summarize your continuing education by including total contact hours for each course and the total in all of accumulated continuing education.

Total Continuing Education Hours after graduation from bodywork training and or movement field is _____.

The following are courses I took or attach a list of courses via CV/Resume.

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

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.

Signature: _____ Date: _____

Please e-mail submissions by April 1, 2026 in one PDF file to Dr. Kirstie Scott at kmacdonald.scott99@unm.edu or mail at Program Coordinator of Structural Integration UNM-Taos, 1157 County Road 110, Ranchos de Taos NM 87557.