



Somato-Emotional Perspective in The Yucatan November 1-7, 2025

Thank you for registering for the CME Somato-Emotional Perspective in The Yucatan course, taking place November 1-7, 2025! We hope that you will find this course enlightening, your stay with us pleasant and opportunities for professional networking abundant.

Please review the details below for important general information. **The information packet, which contains the complete course itinerary and recommended packing list, is included in the following pages.**

For complete details on the schedule, hotel accommodations, and more, [visit the Somato-Emotional Perspective in The Yucatan course webpage](#).

Registration

Date: Sunday, November 2, 2025
Time: 7:30 a.m. – 8:00 a.m.
Location: City Express Plus by Marriot Mérida
Calle 60 No. 346, Centro, Merida, 97000, Yucatan

Hotel Accommodations

City Express Plus by Marriot Mérida
Address: Calle 60 No. 346, Centro, Merida, 97000, Yucatan

Hotel accommodation is included in your overall registration package and fee. A member of our team will book your room for you.

Meals

Daily breakfast is included with your hotel stay. Lunch and dinner will be at your own expense, except for a traditional Day of the Dead lunch and the final celebratory dinner. Please refer to the detailed course itinerary for more information.

We look forward to seeing you soon!



Somato-Emotional Perspective in The Yucatan November 1-7, 2025

Description

This course deepens our understanding of anatomy and physiology by exploring the connection between emotion and the somatic system. It builds on Wilhelm Reich's mind-body concept, emphasizing the inseparability of mind and body. Participants will learn to treat emotionally based strain patterns using a fascial model and mind-body techniques. The course also includes immersion in Yucatan's natural beauty and Maya wisdom, promoting self-exploration and personal growth to enhance osteopathic skills and patient care.

Objectives

Upon completion of this course, the participant will be able to: 1) describe differences between the conscious and unconscious with examples that pertain to the somatic system; 2) comprehend basic concepts of Gestalt therapy and be able to effectively use them during medical interview, diagnosis and treatment; 3) recognize the five characterologies in patients from both behavioral and structural perspectives; 4) perceive myofascial strain patterns characteristic of each characterology and develop appropriate treatment plans based on prioritization of the patient's specific needs; and 5) be able to relate the concepts of direct and indirect osteopathic techniques to psychotherapeutic strategies.

Teaching Faculty

Travis Gordon, DO, MSc is an Assistant Professor of Osteopathic Manipulative Medicine and DME of International Studies in Yucatan, Mexico, where he lives and works. He oversees all international projects and collaborations between MSUCOM and Mexico. He has lectured and given osteopathic courses in the US, Latin America and Europe to further global osteopathic recognition and plans to dedicate his career to bridging the knowledge gap between psychology and osteopathy in their respective mind-body approaches to understand what Dr. Still meant by his concept of a person as a unit of body, mind, and spirit.

Table Trainer

Catherine Donahue, DO graduated from Michigan State University College of Osteopathic Medicine in 2012, later completing an ONMM residency at MSU in 2015. She then served as MSUCOM International Director of Medical Education in Merida, Mexico from 2015-2016. She joined MSUCOM CME faculty in 2016, currently serving as Chairperson and Assistant Professor for the Department of Osteopathic Manipulative Medicine of MSUCOM. She is board certified by the American Board of Neuromusculoskeletal Medicine and has previously served as Course Chair for *Principles of Manual Medicine* and faculty for *Integrated Neuromuscular and Myofascial Release* and *Pediatric Manual Medicine*.



Course Itinerary

Saturday, November 1

Flight arrivals to Merida

- Transportation to hotel provided

Free day – Become acquainted with Merida

Sunday, November 2

“Dia de Muertos” (Day of the Dead)

7:30–8:00 a.m.

Registration

8:00 a.m.–5:00 p.m.

Visit “Pomuch”, one of the last Mayan villages where traditional homage is still paid to deceased family members including “cleaning of the bones” and traditional food offerings

- Osteopathic references to Dr. Still

Lunch (included in program cost)

- Traditional food served on Day of the Dead in Yucatan

Tour Merida’s Day of the Dead commemorative flower exhibit

7:00 p.m.

Dinner (on your own)

Monday, November 3

8:00 a.m.–1:00 p.m.

Registration

Lecture and Hands-On Practice

- **Introduction: Mind-Body Concept**
 - Gestalt principles, neurological process of body language, effective medical interviewing
 - Diagnostic advantages of using the unconscious
- **Schizoid Character**
 - Concept of In-utero trauma, emotional inheritance and imprinting in the body, parasympathetic nervous system, Polyvagal Theory
 - Medical diagnoses related to the eyes
 - Anatomic and physiologic considerations: Head, neck, ribs
 - Treatment: Head, neck, ribs
 - Anatomic and physiologic considerations: Trunk, pelvis, lower Extremity
 - Treatment: Trunk, pelvis, lower extremities

Please note: This information is subject to change.



1:30–3:00 p.m.

Lunch (on your own)

3:00–6:00 p.m.

Excursion Activity

- Umbilical Cord Trauma
 - Linea Alba treatment through suspension in water

7:00 p.m.

Dinner (on your own)

Tuesday, November 4

8:00 a.m.–1:00 p.m.

Registration

Lecture and Hands-On Practice

- **Rigid Character**
 - In-utero and childhood formation, “great regulator”
 - Obsessive Compulsive Disorder, Trauma blocking
 - Anatomic and Physiologic considerations anatomy/physiology
 - Medical diagnoses related to pelvic floor dysfunction
 - Treatment: Pelvic floor, posterior lower extremities
 - Treatment: Temporo-mandibular joint dysfunction, SBS compression, spinal compression
 - Integration of cranio-sacral axis through emotion – theory and practical application
- **Oral Character**
 - Introduction: Breast feeding, maternal-infant connection, dependence
 - Neonatal meditation exercise: finding the key dysfunction

1:30–3:00 p.m.

Lunch (on your own)

3:00–6:00 p.m.

Excursion Activity

- “Feeling the Tide Within the Tide”: Osteopathic Cranial Manipulative Medicine
 - Feeling cranial rhythms and treating the cranium on the beach



7:00 p.m.

Dinner (on your own)

Wednesday, November 5

8:00 a.m.–1:00 p.m.

Registration

Lecture and Hands-On Practice

- **Oral Character**
 - Oropharyngeal anatomic and physiologic considerations
 - Medical diagnoses related to chronic oropharyngeal tension
 - Dental trauma, orthodontics, recurrent streptococcal pharyngitis, bile acid diarrhea
 - Treatment of cranio-cervical region, anterior strap muscles
 - Treatment of low back and pelvis as related to oropharynx
- **Masochistic Character**
 - Introduction: Childhood formation, defensive posture
 - Anatomic and physiologic considerations: the abdomen
 - Systemic considerations of the respiratory diaphragm

1:30–3:00 p.m.

Lunch (on your own)

3:00–6:00 p.m.

Excursion Activity

- “Fascia: The Human Fiber”
 - Visit to Yucatan hacienda
 - Comparison of tensile properties of human fascia with henequen, the “Green Gold of Yucatan”

7:00 p.m.

Dinner (on your own)

Thursday, November 6

8:00 a.m.–1:00 p.m.

Registration

Lecture and Hands-On Practice

- **Masochistic Character**
 - Treatment: Shoulders, Abdomen, Respiratory Diaphragm
 - Treatment of abdominal surgical scars

Please note: This information is subject to change.



- Linea Alba, Chapman points: Theory and practice
- **Psychopathic Character**
 - Introduction: Childhood formation, aggression and narcissism, anatomy and physiology
 - Treatment: The sternum, the heart
 - Treatment: Lower extremities, pelvis, pubic bone
 - Tying it all together:
 - Clinical questions
 - Synthesis of covered material in global practice with patients

1:30–3:00 p.m.

Lunch (on your own)

3:00–6:00 p.m.

Excursion Activity

- “The Embodiment of Indirect Treatment”
 - Gestalt-Forest therapy in a vanilla farm
 - Elicit the key lesion and treatment (OMM)

8:00–10:00 p.m.

Farewell Celebratory Dinner (included in program cost)

- End of Program -

Friday, November 7

Return flights to US

- Transportation to airport provided



Recommended Packing List

- Passport, photocopy of passport
- Weather-appropriate clothing (90° / 65°)
- Comfortable clothing for evenings (jeans, short/long sleeve shirt, etc.)
- OMM-appropriate clothing (scrubs, sweatpants, shorts)
 - Plan for temp variability between indoor and outdoor environments
- Comfortable shoes (tennis or light hiking). No boots necessary.
- Bathing suit, water shoes
- Wide-brimmed hat, sunglasses
- Sunscreen and insect spray (long-sleeved, light clothing also helps)
- Laptop or tablet, if preferred, for note taking
- Money for personal costs:
 - Lunch and dinner (total of ~8 meals = ~\$200)
 - Extra spending money
 - Note: Can draw from US accounts using local ATMs for peso conversion
- Cell phone charger, extra battery