



PROGRAM GUIDE 2026

Certified Neurosomatic Specialist Program

Everything you need to know about
the 14-month CNS certification program

PHASE 1 Clinical Massage & Somatic Therapy

650 hours | ~8 months | Mon–Thu 8am–1pm

PHASE 2 Neurosomatic Therapy & Corrective Exercise

625 hours | ~8 months | Mon–Thu 3pm–8pm

1,275

Total hours

3

Credentials

40+

Years expertise

GI Bill

VA-approved

ENROLLING NOW — Ask about our next start date

cns.edu/admissions | (727) 386-5024 | info@cns.edu

About the Center for Neurosomatic Studies

Founded in 2011 by Randall Clark, the Center for Neurosomatic Studies is the only school in the world offering a full certification program in Neurosomatic Therapy. Building on four decades of clinical practice developed by Paul St. John and Randall Clark, CNS trains therapists to treat the structural and neurological roots of chronic pain — not just the symptoms.

OUR MISSION

To develop exceptional professionals who are prepared to implement advanced therapeutic techniques and contribute to the communities they serve.

Accreditation & Licensure

- Institutionally accredited by COMTA
- Licensed by Florida CIE (#4768)
- Florida Board of Massage Therapy approved
- VA-approved — GI Bill & Veterans Readiness benefits
- MBLEx preparation — 100% graduate pass rate

School Administration

Randall Clark, BS, LMT, CNST

President / Owner / COO

Andrea Seiler

Campus Director / Director of Education

Brennan Rhodes, LMT, CNS

Director of Admissions / Registrar

Ashley Peeler, LMT, CNS

Director of Financial Services / Veterans Liaison

Campus

13923 Icot Blvd, Suite 814, Clearwater, FL 33760. Located in the ICOT Center business park — accessible, ample parking, ground-floor suite. All instruction is live and on-campus. CNS does not offer online courses.

What Is Neurosomatic Therapy?

Neurosomatic therapy (NST) is a specialized bodywork modality that bridges neuromuscular assessment with targeted soft tissue therapy. The name says it all: "neuro" (nervous system) + "somatic" (body) + "therapy" (treatment). Rather than treating muscles in isolation, NST recognizes that chronic pain, posture problems, and movement restrictions often originate from the nervous system's protective patterns and the muscle tension that follows.

KEY DISTINCTION

NST is diagnostic and prescriptive — not just relaxing. Every session begins with a structural assessment to identify root causes, not just symptoms.

How NST Works

1. Structural Assessment

Before any hands-on work begins, your therapist evaluates posture, alignment, and range of motion to identify the structural causes of your symptoms.

2. Targeted Soft Tissue Therapy

Using sustained pressure, slow stripping, and precise palpation the therapist releases tension and interrupts pain cycles — communicating directly with the nervous system.

3. Postural Retraining

Many specialists teach clients awareness exercises and home practices so the benefits carry forward and neuromuscular patterns gradually reset.

Conditions NST Addresses

- Chronic back, neck & shoulder pain
- Carpal tunnel & repetitive strain injuries
- Frozen shoulder & mobility restrictions
- Post-injury & post-surgical rehabilitation
- Forward head posture & spinal misalignment
- Headaches & migraines (cervicogenic)
- TMJ dysfunction
- Fibromyalgia & chronic pain syndromes

NST IS PARTICULARLY VALUABLE WHEN OTHER TREATMENTS HAVE PLATEAUED

Because NST addresses the neurological and postural roots of pain, it often helps when standard physical therapy, chiropractic care, or massage alone has not resolved the issue.

The 14-Month CNS Program

The CNS program is a 1,275-hour immersive educational experience designed to prepare students for a successful career as a Certified Neurosomatic Specialist. The program is divided into two sequential phases — structured around your schedule so you can keep working throughout.

PHASE 1 Clinical Massage & Somatic Therapy		PHASE 2 Neurosomatic Therapy & Corrective Exercise	
Hours:	650 clock hours	Hours:	625 clock hours
Duration:	Approx. 8 months	Duration:	Approx. 8 months
Schedule:	Mon–Thu, 8am–1pm	Schedule:	Mon–Thu, 3pm–8pm
Clinic:	Fridays, 8am–1pm	Clinic:	Fridays, 12pm–5pm
Tuition:	\$4,062/module × 4	Tuition:	\$3,900/module × 4
Total:	\$16,250 + fees	Total:	\$15,600 + fees
Credentials:	Florida Massage Therapy license (MBLEx)	Credentials:	Certified Neurosomatic Specialist (CNS) NASM CPT-eligible (Corrective Exercise)

Three Credentials. One Program.

<p>LMT</p> <p>Licensed Massage Therapist</p> <p>Eligible to sit for the Florida MBLEx exam after Phase 1.</p>	<p>CNS</p> <p>Certified Neurosomatic Specialist</p> <p>The clinical designation commanding \$140–\$300+/hr rates.</p>	<p>CPT/CE</p> <p>Corrective Exercise Specialist</p> <p>NASM CPT-eligible upon Phase 2 completion.</p>
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Phase 1 is the foundation of the CNS program. Over 650 hours across four modules, students develop clinical massage technique, anatomy mastery, and the somatic assessment skills that set CNS graduates apart from general massage therapists. Hands-on client work begins in Module 2.

Module 1 — 156 hours

Intensive I (IN1): Analytic Skills & Massage Technique	25 hrs
Posturology and the foundation of Integrative Neurosomatic Therapy.	
Massage Theory & Practicum I (MT1)	25 hrs
History, theory, basic technique, ethics, and professional standards.	
Anatomy & Physiology I (AP1)	50 hrs
Immune, lymphatic, and musculoskeletal systems. Shoulder and upper arm.	
Somatic Technique I (TEC1)	40 hrs
Hands-on study of the shoulder and upper arm. Pathological conditions and treatment.	
Business Skills I (BUS1)	36 hrs
Professional conduct, practice development, and client management.	
Allied Modalities I (AM1)	15 hrs
Lymphatic drainage, special populations, and CPR certification.	

Module 2 — 157 hours

Massage Theory & Practicum II (MT2)	25 hrs
Advanced applications and clinical settings.	
Anatomy & Physiology II (AP2)	50 hrs
Integumentary, nervous, endocrine, and sensory systems. Elbow and forearm.	
Somatic Technique II (TEC2)	40 hrs
Forearm and hand. Pathological conditions and repetitive strain treatment.	
Allied Modalities II (AM2)	15 hrs
Eastern thought and Asian modalities.	
Student Clinic (SC2)	clinic hrs
First supervised clinic. Instructor-guided treatment of real clients.	

Module 3 — 156 hours

Massage Theory & Practicum III (MT3)	25 hrs
Advanced massage applications and case study analysis.	
Anatomy & Physiology III (AP3)	50 hrs
Reproductive and urinary systems. Pelvis, thigh, lower leg, and foot.	
Somatic Technique III (TEC3)	40 hrs
Lower body in depth. Hip, knee, and ankle pathology.	
Allied Modalities III (AM3)	15 hrs
Client assessment, treatment planning, self-care, and medical error awareness.	
Student Clinic (SC3)	clinic hrs
Continued supervised client work.	

Module 4 — 181 hours

Massage Theory & Practicum IV (MT4)	25 hrs
Clinical research literacy and evidence-based practice.	
Anatomy & Physiology IV (AP4)	50 hrs
Cardiovascular, digestive, and respiratory systems. Head, neck, and torso.	

Phase 2 is where the neurosomatic designation is earned. Students advance into cranial balancing, TMJ treatment, visceral techniques, Atlas/Axis work, and a comprehensive corrective exercise curriculum that adds a personal training credential. Evening schedule allows a seamless transition.

Module 1 — 156 hours

Exercise Physiology I (EX1)	25 hrs
Personal training program design and functional movement screening.	
Anatomy & Physiology I (AP1)	40 hrs
Cranium, TMJ musculature, and detailed study of cranial structures.	
Advanced Technique I (TEC1)	50 hrs
Cranium, temporomandibular joints, and motor musculature. Cranial balancing.	
Research & Allied Modalities I (RES1)	15 hrs
Business development and evidence-based research foundations.	
Student Clinic	incl.
Supervised application of cranial and advanced technique work.	

Module 2 — 157 hours

Exercise Physiology II (EX2)	25 hrs
Cervical spine, Atlas/Axis, shoulder, arm — musculoskeletal and biomechanical focus.	
Anatomy & Physiology II (AP2)	40 hrs
Cervical spine, shoulder, and upper extremity detail.	
Advanced Technique II (TEC2)	50 hrs
Cervical spine, Atlas/Axis, shoulder, arm, forearm. Upper body treatment.	
Research II (RES2)	15 hrs
Eastern thought, Asian modalities, and integrative research.	

Module 3 — 156 hours

Exercise Physiology III (EX3)	25 hrs
Lower body biomechanics and corrective exercise programming.	
Anatomy & Physiology III (AP3)	40 hrs
Pelvis, thigh, lower leg, and foot musculoskeletal detail.	
Advanced Technique III (TEC3)	50 hrs
Torso treatment including visceral techniques and trunk protocols.	
Research III (RES3)	15 hrs
Student-guided research project — evidence synthesis and clinical application.	

Module 4 — 156 hours

Exercise Physiology IV (EX4)	25 hrs
Comprehensive exercise programming for full-body integration.	
Anatomy & Physiology IV (AP4)	40 hrs
Cardiovascular, digestive, and respiratory systems. Torso detail.	
Advanced Technique IV (TEC4)	50 hrs
Torso and visceral mastery. Advanced NST protocols integrating all prior learning.	
Research IV (RES4)	15 hrs
Final research project demonstrating evidence-based clinical reasoning.	
Student Clinic	75 hrs total
Supervised hours across Modules 2-4. Advanced case management.	

Credentials You Earn

Licensed Massage Therapist (LMT)

After Phase 1 you are eligible to sit for the Florida MBLEx licensing exam. This credential authorizes you to practice massage therapy in Florida and most other states.

Certified Neurosomatic Specialist (CNS)

The advanced clinical designation earned upon completion of Phase 2. This is the credential that commands premium hourly rates and opens doors to chiropractic, pain management, and clinical settings.

Personal Training / Corrective Exercise

Phase 2 makes you eligible to sit for NASM CPT certification with a corrective exercise specialty, expanding your scope into fitness, rehabilitation, and sports medicine.

Where CNS Graduates Work

\$140–\$200+/hr

Private Practice

Launch your own clinic. At 20 clients/week at \$140/hr = \$140,000+ gross annually.

Negotiated salary

Chiropractic Offices

Chiropractors actively recruit neurosomatic specialists. Built-in patient flow from day one.

\$170/hr (5+ yrs)

Clinical & Pain Management

Work alongside physicians. Build referral networks and access insurance billing.

\$300/hr

Practice Ownership

Build a team of associate therapists alongside your own high-value sessions.

SALARY AT A GLANCE

Entry-level: \$140/hr

Expert (40+ yrs): \$200/hr

Senior (5+ yrs): \$170/hr

Practice owner: \$300/hr

Admission Requirements

- High school diploma or GED (certified copy)
- At least 18 years of age
- Fluent in written and spoken English
- Able to lift and move 50 lbs
- Able to stand for extended periods

How to Apply

- 1. Complete application & pay \$100 fee
- 2. Complete discovery questionnaire
- 3. Schedule a session with a somatic therapist
- 4. Personal interview with COO or designee
- 5. Complete pre-enrollment questionnaire
- 6. Receive & review catalog
- 7. Complete enrollment agreement

Tuition & Fees — Phase 1

Application fee (non-refundable)	\$100
Linen fee (non-refundable)	\$375
Tuition (\$4,062 x 4 modules)	\$16,250
Total Phase 1	\$16,725

Tuition & Fees — Phase 2

Application fee (non-refundable)	\$100
Linen fee (transfer student)	\$175
Tuition (\$3,900 x 4 modules)	\$15,600
Total Phase 2 (standard rate)	\$15,875

Payment Plans (Phase 1)

Plan 1 — Pay in full

0% interest. Full \$16,250 due 2 weeks before class.

Plan 2 — Per module

0% interest. \$4,062 due 2 weeks before each module.

Plan 3 — Monthly

3% interest. \$2,338 down + 7 payments of \$2,004/mo.

COMBINED PROGRAM INVESTMENT

\$27,500

Combined tuition for Clinical Massage & Somatic Therapy followed by Neurosomatic Therapy & Corrective Exercise, after transfer credits from the first program reduce the second program's tuition. Speak with an advisor for your personalized breakdown.

Financial Aid & Veterans Benefits

GI Bill

CNS is VA-approved. GI Bill covers tuition for qualifying veterans.

Title IV Federal Aid

Students may qualify for federal student loans. Contact Financial Services.

Veterans' Readiness (Ch.31)

Vocational rehabilitation benefits accepted. Contact our Veterans Liaison.

International Students

CNS issues I-20 for F-1 visa students. Early application recommended.

What Students Say About CNS

“

In this school I found a family, a support system, inspiration, encouragement, deep friendships, and healing of my body, mind and soul. It's hard work but it's so worth it! The staff are all wonderful and always here to help and support you in any way they can.

Calista

CNS Graduate

“

As a veteran looking for a new career path I stumbled upon CNS while looking for schools. I was thrilled to see they accepted GI Bill benefits and offered evening classes. I was offered a job immediately upon graduating and all graduates from my term are working in a clinic or started their own business.

Kenia Eagal, LMT, CNS

U.S. Veteran — CNS Graduate

“

Being a former graduate from FGCU with a Bachelor's in Exercise Science I can confidently say I have learned more at CNS than in my 4-year degree. The anatomy, movement, dysfunctional pain patterns, and how structure affects function is remarkable.

Nick Bologno

Exercise Science Graduate — CNS Graduate

“

I've learned so much through the school and have met such amazing people, both peers and educators. Learning from Paul St. John has been the most incredible experience. Truly have nothing but amazing things to say about this school and the education they provide.

Sam Franko

ALP Program Graduate

MORE REVIEWS

Read Google reviews and student stories at cns.edu/reviewsandexperience

Or search "Center for Neurosomatic Studies reviews" for unfiltered third-party feedback.

READY TO START YOUR NEUROSOMATIC CAREER?

Three ways to take the next step:

PROGRAM GUIDE

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