



Standards of Practice:

The following standards define the professional level of practice of an RSMT and/or an RSME. Together with the Code of Ethics and the Scope of Practice, these Standards of Practice establish guidelines for the conduct of ISMETA registered practitioners.

Standard I: Education and Training

In the interest of the public and the profession as a whole, an ISMETA registered practitioner practices only after professional preparation. This consists, at a minimum, of the completion of a 500-hour ISMETA-approved training program or an approved alternative route of education, and consequent acceptance to ISMETA as a Registered Somatic Movement Educator (RSME) and/or Therapist (RSMT). It is advised that all ISMETA registered practitioners engage in on-going professional development.

Standard II: Practitioner Responsibilities

The Registered Somatic Movement Educator (RSME) and/or Therapist (RSMT) shall practice with honesty and integrity and provide services of the highest caliber. The purpose of the practices of somatic movement education and therapy is to enhance human processes of psychophysical awareness and functioning through movement learning. In his/her professional role the ISMETA registered practitioner shall:

- Be knowledgeable of the Scope of Practice (See full document) and practice within these limitations;
- Accurately and truthfully inform the public of the types of services provided;
- Recognize his/her personal limitations as a practitioner and be respectful of these limitations;
- Display ISMETA certificate of registry prominently in the principal place of practice;
- Provide a physical setting that is safe and meets all applicable legal requirements for health and safety;
- Use standard precautions to insure professional hygienic practices, and maintain a level of personal hygiene;
- Maintain adequate and customary liability insurance;
- Develop a clear agreement with clients about the nature and scope of work together;
- Obtain informed consent from the client prior to providing services;
- Display and/or discuss schedule of fees in advance of the session that are clearly understood by the client or potential client;
- Make financial arrangements in advance that are clearly understood by and safeguard the best interests of the consumer;
- Maintain adequate progress notes for each client session;

- Make appropriate referrals for clients to other professionals when needed;
- Follow acceptable accounting practices, file all applicable taxes, and maintain accurate financial records, contracts and legal obligations, appointment records, tax reports and receipts for at least three years;
- Recognize the value of constructive feedback from clients in sessions, students in classes, and participants in research, and strive to work professionally, self-critically, and creatively within the inherent holism of somatic work;
- Seek professional supervision when needed.

Standard III: Representation as a Professional

The Registered Somatic Movement Educator (RSME) and/or Therapist (RSMT) must comply with high standards of professional conduct, and must accurately represent him/herself in regards to the profession of somatic movement education and therapy. In his/her professional role the ISMETA registered practitioner shall:

- Honestly represent all professional qualifications and affiliations;
- Only use the initials RSME and/or RSMT to designate his/her professional ability and competency within the field of somatic movement education and therapy when in good standing with ISMETA;
- Clearly identify and give credit to ideas, techniques, and principles derived from the unique contribution of each discipline within the field;
- Promote his/her business with integrity and avoid potential and actual conflicts of interest;
- Do not use sensational, sexual or provocative language and/or pictures to promote business;
- Advertise in a manner that is honest, dignified, and representative of services that can be delivered and remains consistent with the ISMETA Code of Ethics;
- Be prompt with annual payment of professional dues to receive updated certificate of registry;
- When using the ISMETA registration number on business cards, brochures, advertisements, and stationery, do so only in a manner that is within established ISMETA guidelines;
- Do not duplicate the ISMETA certificate of registry for purposes other than verification of the practitioner's credentials;
- Immediately return the certificate to ISMETA if it is revoked or suspended;
- Submit to peer review processes conducted by ISMETA's Ethics and Standards Committee in the case of any alleged violations of the Code of Ethics or Standards of Practice.

Standard IV: Legal Rights and Compliance

The Registered Somatic Movement Educator (RSME) and/or Therapist (RSMT) must comply with all the legal requirements in applicable jurisdictions that regulate the profession of somatic movement education and therapy. In his/her professional role the ISMETA registered practitioner shall:

Obey all applicable local, regional and national laws;

- Refrain from being discriminatory towards clients (relative to age, race, gender, ethnicity, religion, sexual orientation, disability, socio-economic status);
- Report to ISMETA any criminal convictions regarding his/her practice;
- Report to ISMETA any pending litigation and resulting resolution related to his/her practice.
- Respect existing publishing rights and copyright laws.

Standard V: Professional Boundaries in Relationships

A. The Registered Somatic Movement Educator (RSME) and/or Therapist (RSMT) must be cautious about assuming the role of a professional with family members, close friends, or closely associated employees and colleagues. Problems may include inadequate assessment as a result of role-related discomfort on the part of client or practitioner. The practitioner's emotional proximity can result in a loss of objectivity. Fulfilling the role of informed and caring adviser, however, is not precluded. The ISMETA registered practitioner shall:

- Acknowledge and respect the client's freedom of choice and right to refuse services;
- Recognize his/her influential position with the client and avoid exploitation of the relationship for personal or other gain;
- Clarify all dual relationships that could impair professional judgement or result in exploitation of family members, close friends, or employees and/or colleagues.

B. Issues of dependency, trust, and transference, and inequalities of power can lead to increased vulnerability on the part of the client and require that a practitioner not engage in a sexual relationship with a client. In his/her professional role the Registered Somatic Movement Educator (RSME) and/or Therapist (RSMT) shall:

- Recognize the impact of transference and counter transference between the client and the practitioner;
- Refrain from any behavior that demeans or disempowers the client, and recognize that the intimacy of the practitioner-client relationship may stimulate sexual feelings or memories;
- Avoid the exploitation of the trust and dependency of others, including clients and employees;
- If the client and the practitioner have a personal relationship outside of the typical client-practitioner relationship, then each party must be aware of the shift from the client-practitioner session to the social setting of the personal relationship;
- Understand that sexual intimacy is inappropriate, as is the use of touch on any part of the client's body with which he or she is not comfortable (as part of the individual or group in a therapeutic and/or educational setting);
- Refrain from becoming sexually involved with a current client even if the client initiates or consents to the contact;

- Consult with a colleague or other professional before becoming sexually involved with a former client;
- Comply with all laws regarding sexual harassment.

Standard VI: Client - Practitioner Confidentiality

The Registered Somatic Movement Educator (RSME) and/or Therapist (RSMT) shall respect the confidentiality of client information and safeguard all records. In his/her professional role the Registered Somatic Movement Educator (RSME) and/or Therapist (RSMT) shall:

- Protect the client's identity and pertinent information in conversations, written communications, and all other manners unless requested by the client in writing, medically necessary, or mandated by law;
- Protect the interests of clients who are minors or who are unable to give voluntary consent by securing permission from an appropriate third party or guardian;
- Solicit only information that is relevant to the professional client/practitioner relationship;
- Maintain the client files for a minimum period of three years and store and dispose of client files in a secure manner.

Standard VII: Inter-collegial Relationships

The Registered Somatic Movement Educator (RSME) and/or Therapist (RSMT) understands the need for collaboration with other professionals within the fields of human services, health and education. To further implement relationships the Registered Somatic Movement Educator (RSME) and/or Therapist (RSMT) shall:

- Develop collegial relationships and show respect for diversity among colleagues/associates (age, race, gender, ethnicity, religion, sexual orientation, disability, socio-economic status);
- Show respect for various personalities, styles, educational trainings and backgrounds;
- Act with integrity and in a constructive manner with colleagues, other organizations, agencies, institutions, referral sources and other professionals;
- Possess basic knowledge of the nature of other somatic practices while maintaining clear identification of one's own expertise;
- Never falsely impugn the reputation of any colleague.

Standard VIII: Grievance Procedures

The Registered Somatic Movement Educator (RSME) and/or Therapist (RSMT) must provide the opportunity for clients or students to contact ISMETA and file a grievance if they have complaints regarding the ethical conduct of the practitioner. Notification of ISMETA's receipt of the complaint must be given to the client/student within one week after the complaint is filed.