

## **REGISTERED SOMATIC MOVEMENT EDUCATOR AND THERAPIST TRAINING REQUIREMENTS**

Individuals applying to ISMETA for Professional Membership who have not graduated from an Approved Training Program must demonstrate that they have met the following requirements:

### **Scope of Practice:**

The purpose of somatic movement education and therapy is to enhance human function and body-mind integration through movement awareness. Our profession, as represented by ISMETA, encompasses distinct disciplines or methods each with its own educational or therapeutic emphasis, principles, methods, and techniques.

The practice of somatic movement education and therapy includes:

- postural and movement evaluation
- experiential anatomy and imagery
- movement patterning and re-patterning
- communication and guidance through touch and verbal cues

Each method helps students and clients in some way to:

- focus on the body both as an objective physical process and as a subjective process of lived consciousness
- refine perceptual, kinesthetic, proprioceptive, and interoceptive sensitivity that supports homeostasis, co-regulation, and neuroplasticity
- recognize habitual patterns of perceptual, postural and movement interaction with the environment
- improve movement coordination that supports structural, functional and expressive integration
- experience an embodied sense of vitality and create both meaning for and enjoyment of life

Somatic movement education and therapy is applied to both pedestrian and specialized activities for people in all stages of health and development. The work can be communicated either on an individual basis or with groups.

## Training programs attended must:

- Instruct students in approaches to working with fully clothed clients in movement and hands-on facilitation;
- Train students in methods that utilize movement exercises or explorations that involve the whole being — accessing awareness of emotion, thought, and sensation, encouraging insight into self and nature, and providing a platform for personal growth.
- Engage students in a curriculum that employs pedagogical approaches in which teachers and students are co-active in the process of learning, discovering, and self-inquiry through somatic movement;
- Provide students with skills and tools for exchanging information to support their clients' in their own self-discovery process;
- Provide students with ways to identify the potential for change in their clients and ways to offer movement-based resolutions to functional and developmental problems when the need arises;
- Provide students with an understanding of the functional, biological, affective/emotional, and environmentally inter-relational aspects of movement experience;
- Teach students ways to identify and work with a client's movement inhibition and resistance;
- Instruct students in ways that enhance their internal sensory and kinesthetic movement awareness, and techniques for teaching others in the same manner;
- Articulate the philosophy of a body-mind approach, providing a fluid interconnection between movement, sensation, and thought;
- Prepare students to serve a diverse range of clients by exposing them to methods of learning about different cultures and promoting a non-judgmental approach to working with others.

## Curricular Requirements:

A minimum of 500 class hours of formal instruction in movement education and/or therapy, in either a classroom or tutorial format. These class hours must be geared toward professional training.

The minimum of 500 hours will give an individual the ability to demonstrate facility with skills as described in the ISMETA Scope of Practice via a combination of skilled touch, movement, and verbal guidance. This includes practice in hands-on facilitation and movement protocols for one-to-one sessions and groups.

- A. Curriculum must include general movement education including but not limited to: movement observation and analysis; efficient alignment; spatial awareness;

perceptual and motor development; neuromuscular, skeletal, tissue, and fluid awareness;

- B. This course work must be geared toward the training of a movement practitioner so that the individual is skilled in working with movement patterns in others, and not geared simply for purposes of personal development. The courses of study may include experiential anatomy, physiology, kinesiology, and movement classes. These courses must include active experiencing of the subject through kinesthetic or embodied movement applications, rather than only through academic or cognitive analysis.
- C. The program must provide an ethical and culturally appropriate approach to the intentional use of touch and hands-on re-patterning for the purpose of communication with clients. Hands-on re-patterning is defined as employing guidance with one's hands to teach the client active movement patterns that he or she will be able to continue to utilize independently. Instruction must include discussion of the benefits and cautions of touch techniques. It is required that assessment skills and interventions use knowledge from efficient alignment, ease of movement, neuromuscular awareness and/or perceptual-motor development. In addition, the curriculum should include biomechanical attention to the educator, therapist, or practitioner's own movement patterns and usage during hands-on work.
- D. The Curriculum must also include course work aimed to strengthen professionalism in areas such as counseling, business skills, case studies, ethics, and development of a private practice.
- E. The majority of the student's course work must have been graded and / or assessed by the attending faculty and/or program director.

### **Professional Practice Requirements:**

Within two years of your acceptance by ISMETA you must send evidence of 150 hours of professional practice. 75 hours must be after you completed 500 hours of training. Of the entire 150 hours at least 75 hours must be sessions with individuals.

### **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
- 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 judgment 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.

### **Code of Ethics**

A Registered Somatic Movement Educator (RSME) or a Registered Somatic Movement Therapist (RSMT) agrees to practice according to ISMETA Scope of Practice for the practice of Somatic Movement Education and Therapy whenever it holds itself out to clients or students to be practicing Somatic Movement Education or Somatic Movement Therapy.

- ISMETA practitioners may not diagnose or prescribe for medical conditions.
- ISMETA practitioners must abide by laws and statutes governing practitioner's area of jurisdiction and which shall supersede the Code of Ethics and registration entitlement of ISMETA when in conflict.
- ISMETA practitioners shall adhere to ethical boundaries and perform the professional roles designed to protect the client, the practitioner, and safeguard the therapeutic value of the relationship.
- In his/her professional role the ISMETA practitioner shall acknowledge and respect the client's freedom of choice in the therapeutic session inclusive of respecting the client's right to refuse the therapeutic session
- Recognize his/her personal limitations and be respectful of these limitations
- Recognize his/her influential position with the client and avoid exploitation of the relationship for personal or other gain
- Recognize and limit the impact of transference and counter transference between the client and the ISMETA practitioners
- Clarify all complex relationships that could impair professional judgment or result in exploitation of the client or employees and/or co-workers
- ISMETA practitioners shall respect the confidentiality of client information and safeguard all records. In his/her professional role the ISMETA-RSME/T shall:
  - Protect the client's identity in conversations, written communications, and all other manners unless requested by the client in writing, medically necessary, or required 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/therapist relationship.
  - Share only pertinent information about the client with third parties when required by law
- Maintain the client files for a minimum period of three years and store and dispose of client files in a secure manner.
- RSMEs and RSMTs (practitioners) must offer the opportunity for clients or students who have complaints regarding the ethical conduct of the practitioner during their class or session, to contact ISMETA. Notification of ISMETA's interest in hearing about the complaint must be given to the client/student within one week after the complaint is filed.
- Refrain from any behavior that demeans or disempowers the client. The RSME/RSMT recognizes that the intimacy of the therapeutic relationship may stimulate sexual feelings or memories
- Do not exploit the trust and dependency of others, including clients and employees/co-workers. 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 class in a therapeutic and/or education setting. In addition, if the client and the educator or therapist have a personal relationship outside of the typical client-therapist/educator relationship, then each party must be aware of the shift from the client-therapist/educator session to the social setting of the personal relationship

- Comply with all laws regarding sexual harassment
- Only those authorized to use the Registered Somatic Movement Therapist or Registered Somatic Movement Educator title may use that name to address their work. ISMETA professional membership requires continued honoring of standards/ membership (and in good standing) with associated body/school of certification.
- ISMETA practitioners will clearly identify and give credit to ideas, techniques, and principles when teaching or implementing.