



ISMETA

International Somatic Movement
Education & Therapy Association

TRAINING PROGRAM Guidelines and Requirements

We encourage eligible professional training programs to join ISMETA in growing the field of somatic movement education and therapy. A training program is approved for membership in ISMETA based on the determination that:

1. The program has values that align with those of ISMETA and its activities are consistent with ISMETA's mission and Scope of Practice as articulated in the guidelines, and
2. The program meets the curricular, organizational, ethical, and financial requirements outlined below.

GUIDELINES:

Approved Training Programs educate individuals as professional somatic movement educators or therapists through a curriculum that includes experiential, practical, and theoretical approaches to promoting ease of movement and insightful body awareness.

Those qualities of awareness and ease are supported by:

- Effective self-expression through movement;
- A lexicon that describes the sensations of creating, observing and experiencing movement;
- A theoretical model for movement facilitation that releases patterns of restriction and encourages total body integration;
- Exercises and explorations that promote physical and mental re-organization;
- The recognition that deepening self-awareness fosters a process of self- inquiry, renewal and wellness;
- The recognition that movement is essential to life.

Training programs in somatic movement education and therapy should:

- 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.

As it is assumed that each organization will specialize and develop unique approaches to the somatic movement field, particular foci may arise that help to define the program.

Examples might be those programs that highlight:

- Emotional expression and balance
- Spiritual awareness
- Transpersonal processes
- Movement of energy
- Developmental Processes
- Protocols for specific physical conditions

REQUIREMENTS:

I. Curricular Requirements

ISMETA-Approved Training Programs must meet the following curricular requirements:

1. Training programs should provide a minimum of 500 class hours of formal instruction in somatic movement education and therapy, in either a classroom or tutorial format. ISMETA believes live, in person instruction is the best way to train Somatic Movement Educators and Therapist. We will consider a limited number of instructional hours that are delivered via video conferencing. No more than 50 hours will be considered. All instruction must be geared towards professional training rather than personal development. (Somatic movement programs that offer certifications with fewer hours are encouraged to join as Associate Member Organizations.)
2. The curriculum must provide students with instruction in a combination of hands-on work, movement, and verbal facilitation. Each program must include some instruction for working with groups and individuals.
3. The curriculum must include general movement education principles, including but not limited to movement observation and analysis; efficient alignment; spatial awareness, perceptual and motor development; neuromuscular, skeletal, tissue, and fluid awareness;
4. The curriculum should be taught in such a way that students actively experience the subject through kinesthetic or embodied movement applications, rather than through purely academic or cognitive analysis.
5. 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.
6. The curriculum must include course work that will strengthen professionalism in areas such as business skills, case management, and development of a private practice.
7. The curriculum must include a minimum of two hours of instruction on ISMETA as the Professional Credentialing Organization for Somatic Movement Education and Therapy, the ISMETA Code of Ethics, Scope of Practice, and Standards of Practice.
8. The program director must demonstrate that there are procedures in place that support faculty members in understanding the goals and objectives of the curriculum.
9. There must be grading and/or student assessment policies in place.
10. The program must have policies and procedures in place to support and contain psychophysical processing and emotional expression by students.

II. Organizational Requirements

A. ISMETA-Approved Training Programs must meet the following requirements:

1. The program director must be an ISMETA registered practitioner, either a Registered Somatic Movement Educator (ISMETA-RSME) or a Registered Somatic Movement Therapist (ISMETA-RSMT). The program director should have taught for at least 300 hours in a professional movement-based certification program or provide evidence of equivalent experience facilitating groups.
2. All teachers in the program must be current ISMETA Registered Somatic Movement Educators or Therapists. Unregistered teachers can teach ancillary non-movement courses such as anatomy or meditation, or three hours or less of the approved program material. When a non-ISMETA member is teaching as a guest in a program, there must be an ISMETA member present. Exceptions to this rule must be approved by the ISMETA Board of Directors.
3. There must be avenues for student feedback and evaluation as well as an articulated policy to guide students in registering a grievance against a faculty member or the program.
4. The program has clearly stated tuition and refund policies.
5. The program director must agree to provide updated curricular details and policy changes through the Annual Approved Training Program Questionnaire and be available for a full program review not more than once every three years.
6. The program director must agree to notify ISMETA promptly of any changes in school curriculum, policies, procedures, faculty or philosophy.
7. The program director must agree to allow ISMETA representatives to observe classes or programs at the school site, if requested, or to submit sample classes for review by videotape.
8. The program director or a representative must attend two out of four Leadership Council meetings on the third Wednesday of September, March and/or other dates listed in the Leadership Council Portal. Representatives may be school faculty members, administrators, or graduates informed of school policies and the somatic movement field at large. Representatives must keep Program Directors and all Faculty up to date on Leadership Council activity.
9. The program must agree to participate in occasional conferences and other types of ISMETA advocacy.
10. The program must demonstrate that it encourages its students to join ISMETA as student members and their graduates to join ISMETA as Professional Registered Practitioners.
11. The program's website and marketing materials must state clearly that graduates are eligible to become ISMETA-Registered Somatic Movement Educators and/or Therapists upon graduation and their website should provide a link to the ISMETA website with the ISMETA Logo and language identifying the program as an ISMETA Approved Training Program.
12. Each program agrees to keep their ISMETA Webpage updated with the latest activities.

B. Additional requirements for training programs applying for approval by ISMETA:

1. Applicant programs need to have been in existence for at least one complete cycle of the full training program, with at least 6 students, some of whom are graduates available to be interviewed by ISMETA representatives.
2. If an applicant program has not completed a full cycle of training, it is possible to apply for special consideration.

III. Ethical Requirements

As an Approved Training Program, the institution must agree to abide by the ethical standards articulated in the ISMETA Code of Ethics, Scope of Practice, and Standards of Practice, and to train its students to abide by those standards.

IV. Financial Requirements

Each school applying for ISMETA approval agrees to pay a non-refundable application fee of \$250. If your program is an Independent Authorized Site of another training, the application fee is reduced to \$50. ISMETA Approved Training Programs agree to pay annual dues of \$250 in January of each year in order to maintain ISMETA Approved Training Program status.