

ISMETA COMMITTEE REPORTS

February 2018

Arts and Education Committee

Co-Chairs: Anna Rider and Beth Riley

NDEO 2017 Outreach was very successful; Panel room was packed, there was a lot of interest at our table, people remarked about the information they got from our table and how the table was very professional. This was a good beginning with NDEO, we made many new connections.

NDEO 2018 Submitted proposals for a Pre-conference workshop, a Panel during the main conference and are in deepening conversations about collaborating on a Special Topic conference in 2019

Invited to participate in the development of items related to Somatic Movement Education for NDEO's Dance Entry Level Teacher Assessment (DELTA).

Board Development Committee

Co-Chairs: Jane Okondo and Kima Kraimer

The revised ISMETA Board Handbook is ready and posted in the Board Portal. All Board Members are asked to review and refer to it often.

The committee is approaching board development from both a qualitative and quantitative approach. Qualitatively, we want to maximize the skills and interests each board member brings to the board. We are developing a short survey for board members which will be sent after the February 1, 2018 Board Meeting. Quantitatively we are also scrutinizing the needs of the organization from a 2-5 year standpoint. We are asking committee chairs what it is they will be needing to best actualize the mission of committee which feeds mission of organization. Please send any requests to the Board Development committee chairs.

Communications Committee

Co-Chairs: Donna Brooks and Maria Luisa Diaz deLeon Z.

Activities since October meeting include:

- Completion of Logo Badges for ATP's and RSME, RSMT, RSME/T
- Changed website video section named Anatomy Lab to Science of Somatics
- Further clarified criteria for Members on the Move
- Hosted and produced first ISMETA Study Group. Creating an ideal schedule for the whole year for Study Groups and Webinars. Martha Eddy will offer the first Webinar – March 1, 2018 Beth Riley will Host
- Created new, beautiful ad for Contact Quarterly
- New letter of invitation for ATP students
- Discussed Handspring Publishing proposal and recommendations to move forward sent to the Executive Committee for review
- Editing of monthly newsletter
- Posting of monthly newsletter on Facebook and on website
- Facebook up to 2850 followers
- Developing an Instagram account and linking FB and Instagram

Conferences Committee

Co-chairs: Caryn Heilman and Elisa Cotroneo

We have begun to receive proposals for ISMETA 30th Anniversary Events.

Accepted Proposals:

Melbourne Australia: Thinking Bodies Moving Minds Symposium: September 15-16, 2018

Taiwan: International Somatic Movement Education Symposium in Taiwan, April 19-23, 2018

Proposal pending:

UK: Somatic Movement Gathering

UK: Dartington, Devon UK from Integrative Bodywork + Movement Therapy July 6-8 2018

Interest expressed:

Tamalpa, Moving Body Resources Festival, Mexico City, BodyMindMovement + MariaLuisa

Somatic Writing Symposium NY, BodyWisdom Spain, BodyIQ Germany

Webinars and Study Group: Scheduling a tutorial for editing Zoom footage, cataloging library and collaborating with Com Com on schedule of events. First Study Group a success, first Webinar Martha Eddy March 1, 2018. Research 101, and How to Create a Book Proposal ready to be scheduled.

Outreach:

Jane Okondo representing ISMETA (along with Bibiana Badenes organizer) at BodyWisdom Spain, May 25-27, 2018 and will conduct Roundtable Conversation.

Teri Carter representing ISMETA in Taiwan and hosting a Roundtable Conversation

Executive Committee Report

President: Beth Riley, Vice President: Caryn Heilman, Secretary: Maria Luisa Diaz deLeon Z., Treasurer: Tony Rezac

Approved and hired a Bookkeeping consultant with Finance Committee

Handspring recommendation:

Executive Committee received Com Com's recommendation and agreed that we move ahead with a partnership. It's a big benefit for our members. Handspring is willing to create and operate the page and payment gateway. Would have certain featured publications in the "store" that we would curate. They will have their staff and authors do webinars for us including one on "How to develop a book proposal". Still in need of discussion: Memorandum of Understanding and How to create flexibility to potentially expand this in the future to include other books and/or publisher's that aren't part of Handspring but important to the profession and our members

Study Groups/Webinars:

Discussed the distinctions between Study Groups and Webinars. Recommendations to Com Com include:

- Webinars (one person presenting on a topic) be recorded and out on the website for public viewing and study groups won't be recorded for public viewing.
- Webinars will be hosted by a member of the Executive Committee - a standard scripted opening for each Webinar.
- Webinars might evolve out of Study Groups.
- Potential to have Study Groups create a concise synopsis from the learning that took place and record it for other members.

Conversation with Lawyer to clarify Bylaws:

Whereas we thought Bylaw changes needed to go through a vote of the membership, there was actually a revision the last time we Updated Bylaws in 2015, that the membership approved, which empowers the Board to make Bylaw changes.

Section 1. By-Law Amendment. These By-Laws may be amended, repealed or altered, by a two-thirds (2/3) majority vote of the Directors present at any Annual Meeting, Regular Meeting or Special Meeting of the Board called for that purpose, excepting that the Board shall have no authority to amend, repeal or alter Article III, this Article XIV or any other By-Law applicable to the rights, entitlements and/or obligations of the Members. Any amendment, repeal or alteration of the By-Laws authorized by the Board shall be presented to the Membership at the next Annual Meeting or Special Meeting of the Membership called for that purpose, and may be vetoed, in whole or in part, or otherwise modified by majority (50% +1) vote of the Members present. The Membership may by majority (50% +1) vote of the Members present at any Annual Meeting or Special Meeting of the Membership called for that purpose, amend, repeal or alter Article III, this Article XIV, any other By-Law applicable to the rights, entitlements and/or obligations of the Members or the By-Laws, in their entirety, with or without the consent of the Board,

Legislative Advocacy Committee

Chair: Kima Kraimer

The committee continues to work in collaboration with the Federation of Therapeutic Massage Bodywork and Somatic Practice Organizations (FedMBS). Mary Abrams serves as ISMETA's representative to the FedMBS Joint Government Relations Committee. Because of the growing concern about human trafficking many US state legislatures are rewriting bills which have the potential to take away RSME and RSMT's right to practice without obtaining a Massage License.

We ask and encourage all ISMETA members to participate as watchdogs in their particular region or country.

Mary Abrams and Elisa Cotroneo will be attending the Annual FedMBS meeting in Evanston Illinois April 6-7, 2018

We are proposing a change of name for our committee to better describe our activities and to align with other Professional Membership Organizations language for our committee's activity. A more appropriate name is: Government Relations & Regulation Committee.

New Language for website which is more inclusive of all members worldwide:

Legislative Advocacy Committee is actively monitoring regulatory activities that could potentially impact ISMETA members' right to practice. We hold in equal importance our professionals across the USA and in all countries where we have members.

We currently participate in coalition activities to assure that appropriate exemptions for the profession of Somatic Movement are included in laws, especially massage and body work laws, that are currently being written or being changed. The Legislative Advocacy Committee responds to legislative actions and regulatory conditions, that would be harmful to our profession by writing to legislators and other interested parties on behalf of our members. We welcome information about legislative issues happening in cities, states, regions, and countries with regard to ways we can support our members ability to practice.

We will use this section of the website and direct email correspondence to alert members about issues and the need to act. Please help ISMETA learn about your country or regions' regulatory requirements and current activities by sending our government relations representative information at any time. Please also check for updates on our website, and consider participation as a local ISMETA representative for regulatory advocacy.

Professional Standards Committee

Co-Chairs: Maria Luisa Diaz de Leon and Jane Okondo

Report on Action items from October 2017 Board Meeting:

Professional Standards Committee to investigate: the question of reviving Advisory Council for ISMETA to further define the field and provide oversight (from Jamie McHugh's letter.)

The PS committee recommends NO to the Advisory Council at this time for ISMETA as we have the Leadership Council.

Professional Standards Committee to further clarify:

If ISMETA has a consistent policy about hands-on hours required for our approved training programs, and if not, do we need to implement one?

The PSC revised the hands-on policy as stated on Approved Training Programs Guidelines and Requirements and decided:

- To stay with the established guidelines regarding hands-on which allows for a range in number of hours while asking for an ethical instruction. It is a qualitative policy. Read two points below:
 - "The curriculum must provide students with instruction in a combination of hands-on work, movement, and verbal facilitation, and in working both with groups and individuals."
 - "The program must provide an ethically 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."
 - Will be adding awareness to the cross-cultural element regarding hands-on and touch. Training program to bring this awareness to their training students and each practitioner to be responsible in doing research when working with other cultures.
- We'll be revising documents to replace using the word "healing" with the words "inquiry" or "exploration".

Professional Standards Committee to investigate: Should all faculty members, including those training independent track applicants be RSMT/E's?

The PSC recommends that not at this time, Independent Track is its own special track and applicants need to demonstrate training and competency.

Discuss possible addition of categories beyond RSME, RSMT, Individual Associate, Student, ATP, Associate Org and Professional Membership Organization.

The PSC will discuss in the coming meetings.

Research and Publication Committee

Co-chairs: Dana Davidson and Elisabeth Osgood-Campbell

This new committee, which is an outgrow of the Research Working Group, had our first meeting on January 17, 2018. Our regular meeting time will be the first Tuesday of every month from 1:30 – 2:30 pm, East Coast time;

ISMETA's proposal for the Movement2018: Brain, Body, Cognition conference to be held at the Harvard Medical School, July 27-29, 2018 has been accepted !

Elisa Cotroneo established contact with the conference organizer and Elisabeth Osgood-Campbell coordinated the presentations of four experts in our field and we will present a “collective voice” on the impact that somatic movement can have on cognition. The central theme (for this conference of neuroscientists and neurologists) of our proposal is interoception, or the sensing of internal sensation.

Title: Cultivating Neuroplasticity through Interoception in Somatic Movement Practices: Evolving Research Methods

Abstract: Somatic, or consciously sensed, movement is associated with neuroplasticity, including increased interoception. Experts in this professional field present data from clinical case studies and quantitative research projects, and address the need for new research methods to measure the multidimensional effects of mindful movement on cognition.

Presenters and their topics:

Panel Moderator: Elisabeth Osgood-Campbell

Presenter 1: Dr. Martha Eddy, St. Mary’s College, Moraga, USA: drmarthaeddy@gmail.com;

Overcoming Movement Limitations through Interoception in Somatic Movement Practices: Pioneers’ Case Studies and Current Applications among Cancer Survivors.

Presenter 2: Bonnie Gintis, Physician in private practice, Mindfulness Based Stress Reduction instructor and Continuum Teacher, Burlington, VT, USA: bonnie@bonniegintis.com; Breath and Body Awareness in Somatic Movement Practices Augments Awareness of Self and Others.

Presenter 3: Peter Payne, Geisel School of Medicine at Dartmouth College, Dartmouth, New Hampshire, USA: ppptfe@gmail.com; The Impact of a Somatic Movement Intervention on Interoceptive Ability and Stress Resilience among Flight Attendants Exposed to Second-hand Smoke.

Presenter 4: Dr. Martha Herbert, Founder and Director Emeritus, TRANSCEND Research Program, Neurology Department, Massachusetts General Hospital, Harvard Medical School, Boston Massachusetts, USA: martha.herbert@mgh.harvard.edu; Movement Research with Fidelity to Practice-Driven Transformation.

Discussant: Dr. Mardi Crane-Godreau, Geisel School of Medicine, Dartmouth College, Dartmouth, New Hampshire, USA: Margaret.A.Crane@Dartmouth.EDU

During the Conference we are considering hosting a research agenda meeting, in which we would gather with somatic movement experts and researchers to discuss the next steps in building a foundation of quantitative research for our field. Finally, we may also have a table (possibly shared with the Feldenkrais Guild) to display ISMETA publicity and educational materials.