



ISMETA

- A WORKING LIST OF BASIC SOMATIC EDUCATION AND THERAPY PRINCIPLES -

Initially Compiled by Ryan Kennedy, RSME/T
From Multiple Sources

Adapted from Hakomi Therapy and Experiential Therapy for Couples by Rob Fisher

1. Mindfulness: This principle refers to a state of consciousness in which present-time internal events can be observed without judgment
2. Organicity: This principle reflects the belief that inherent in the psyche is a natural drive toward health and healing.
3. Nonviolence: This principle has to do with the commitment to not do harm, which can take many forms.
4. Body/Mind Holism: This principle holds that psychological issues are manifest in the body just as physical issues have their psychological counterparts.
5. Unity: This principle calls for a non-hierarchical relationship between therapist and client and supports the appreciation and integration of the various parts of the self.

Adapted from Laban Movement Analysis and Body-Mind Centering

6. Ontogeny recapitulates phylogeny.
7. Support precedes movement.
8. All movement is communication.
9. Movement is about meeting needs.

Adapted from General Systems Theory

10. Change one level results in changes on all other levels.
11. Development includes and incorporates previous levels.
12. Systems orient toward equilibrium and dynamic balance.

Adapted from Gestalt Therapy

13. Contact is the life blood of human growth
14. Change happens in the present moment
15. Organisms orient toward completion. When completion is interrupted, the organism continues to invest energy in trying to complete what wasn't completed.
16. Change comes from taking responsibility for experience rather than reacting.

Adapted from Rubenfeld Synergy (http://www.rubenfeldsynergy.com/02rsm_3.htm)

17. Each individual is unique: Approach clients and their sessions with this principle of honoring their uniqueness.
18. The body, mind, emotions and spirit are dynamically interrelated: Each time a change is introduced at one level, it has a ripple effect throughout the entire system.

19. Change occurs in the present moment: Clients may experience memories of the past and fantasize about the future, but change itself can occur only in the present.
20. Awareness is the first key to change: By bringing the unconscious into awareness, clients have the opportunity to explore alternate choices and to develop possibilities for emotional, physical and psychophysical change.
21. The ultimate responsibility for change rests with the client: Support clients to recognize dysfunctional behavior and guide them to try new ones. They cannot force clients to change.
22. Clients have the natural capacity for self-healing and self-regulation: Innate healing ability already exists in clients, waiting to be actualized. We do not "cure" or "correct" but rather facilitate clients' healing.
23. The body's energy field and life force exist and can be sensed: We use gentle touch to sense energy, its pulsations, and movement. When tight holding patterns in the body/mind are released, there is a marked change in the energetic quality.
24. Touch is a viable system of communication: We develop "listening hands" to dialogue with clients, thus opening new gateways to their unconscious mind.
25. The body is a metaphor: Clients' postural positions and movements may represent emotional issues in their lives.
26. The body tells the truth: Often what clients communicate verbally is not congruent with their body's story. We guide their clients to listen to their body's message.
27. The body is the sanctuary of the soul: Our sessions may progress toward a spiritual dimension when clients deal with their "soul" issues—questioning their life values in relationships, families, communities, and the world.
28. Pleasure needs to be supported to balance pain: We help clients contact their strengths and joy so that they can experience pleasure to balance pain.
29. Humor can lighten and heal: Appropriate humor, not sarcasm, interrupts habitual, painful patterns. Laughing invites deeper breathing, releases tense muscles and can heal pain.
30. Reflecting clients' verbal expressions validates their experience: When clients hear what they have said, they often use this opportunity to reflect on their initial statements and take them to a deeper level.
31. Confusion facilitates change: Confusion usually interrupts habit patterns, creating a window of opportunity in which clients can experiment with new and non-habitual behavior.
32. Altered states of consciousness can enhance healing: Altered states are pathways to the unconscious mind. They facilitate heightened awareness and enable clients to access physical and emotional memories that still inhabit their bodies
33. Integration is necessary for lasting results: any physical problems change when their associated emotional material is processed. Unless clients integrate their new insights and behaviors into their daily lives, they may revert back to their previous problems.
34. Self-care is the first step to client care: We are trained to take care of ourselves from burnout by maintaining personal boundaries, paying attention to our physical environments, and listening to our bodies, minds, and emotions.

Others Principle from ISMETA Professional Standards Committee Brainstorm

- Awareness of sensory experience moment by moment
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Brainstorm at Leadership Council Meeting September 2018

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