

## GUIDELINES FOR CHOOSING YOUR CATEGORY OF ISMETA REGISTRATION

ISMETA offers two categories of registration for individual somatic practitioners: Registered Somatic Movement Educator (RSME) and Registered Somatic Movement Therapist (RSMT). The two categories were established to address a variety of needs including the preferences of somatic movement training programs, individual approaches to somatic process, and differences among governmental regulations regulating somatic work.

Some training programs see themselves as encompassing both registration categories and others recommend registration in one category only. Several envision the RSME category as the initial phase of a longer training, with the RSMT category appropriate at the completion of a second phase. Still others recommend the RSME category for most students and the RSMT for people who demonstrate a deeper level of maturity in the work.

While the final decision is yours to make, the following guidelines may help you choose whether you wish to register as RSME or RSMT.

### Primary considerations:

- Does your training program clearly recommend that you register in one of the categories?
- What are the governing regulations for somatic movement education and therapy in the locality where you live? For the USA you can access information regarding those regulations by contacting the Federation of Therapeutic Massage, Bodywork and Somatic Practice Organizations at <http://www.federationmbs.org/index.html>.

### You might choose RSME registration when:

- You specialize in facilitating group work
- You tend to facilitate with imagery or movement instruction rather than hands-on work
- You teach experiential anatomy and movement
- You guide improvisation or work with expressive arts media
- You work as an educator in another field such as dance, yoga, athletics, primary or secondary education

### You might choose RSMT registration when:

- You see clients to address specific issues or challenges
- You consciously use somatic movement exploration to support change in the energetic, emotional, psychological, and spiritual layers of being as well as in the body
- Your somatic training program provided specific training and skills in providing somatic therapy
- You are licensed as a therapist in another field
- You incorporate multiple modalities in your work or have many years of experience and a high level of emotional maturity

### Additional considerations:

- What aspects of your training categorize you as either an educator or therapist?
- What is the context for your work in somatic movement? Will you be utilizing your somatic training as a supplement to your educational work in another discipline or will you be utilizing your training to work therapeutically with individual clients in a specific somatic modality?
- Is your intent in working with individuals primarily to change a dysfunction (therapy) or to support self-awareness through instruction, dialogue, and exploration (education)?
- Do you see your group work as primarily educational or therapeutic?
- Are there requirements based on the setting you will be working in—medical, clinical, educational, institutional, or other workplaces?