

ISMETA-APPROVED TRAINING PROGRAM Guidelines and Requirements

We encourage eligible professional training programs to join ISMETA in growing the profession of Somatic Movement Education and Therapy. A training program is approved by 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, Vision, Scope of Practice and Code of Ethics as articulated in the [Pillars of the Profession](#) policies on the website;
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 body-mind integration through movement awareness. Lessons are done fully clothed, with individuals and/or groups, and can be applied to both pedestrian and specialized activities for people in various contexts across the lifespan.

ISMETA-Approved Training Program curricula do not include:

- psychotherapy
- physical therapy
- massage therapy
- diagnosis of medical conditions
- prescription of medications

REQUIREMENTS:

I. Curricular Requirements

ISMETA-approved training programs must meet the following curricular requirements:

1. Training programs must provide 250 or 500 class hours of formal instruction in somatic movement education and therapy, in either a classroom or tutorial format. The instruction must be geared towards professional training rather than personal development.
2. The curriculum must provide students with live (virtual and/or in-person) instruction in which teachers and students are co-active in learning processes. Some pre-recorded materials may be included in the curricula. Please see the [ISMETA Online Learning Guidelines here](#).

3. The curriculum must include facilitation of these activities for training students:
 - postural and movement observations
 - experiential anatomy and physiology explorations
 - movement patterning and re-patterning
 - communication and guidance through touch, verbal cues, and/or demonstration
4. The curriculum must teach students to do the following with individuals and groups:
 - increase awareness of the sensations of the moving body, including interoception and proprioception
 - focus on the body both as an objective physical process and as a subjective process of lived consciousness
 - recognize habitual patterns of perceptual, postural, and movement interactions with the environment
 - discover new possibilities for perceptual, postural, and movement interactions with the environment
 - enhance the awareness of biological, psychological, social, and ecological aspects of the human experience through movement
5. The program must provide an ethically appropriate approach to the intentional use of touch and hands-on re-patterning. Hands-on re-patterning is defined as employing guidance with one's hands to teach the client active movement patterns that they 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 coursework that will strengthen professionalism in areas such as business skills, case management, and the development of a private practice.
7. The curriculum must include a minimum of two hours of instruction on the ISMETA Code of Ethics, Scope of Practice, Standards of Practice, and Core Competencies found in [the Pillars of the Profession](#).
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 student assessment policies and procedures in place.
10. The program must have policies and procedures in place to support psychophysical processing and emotional integration 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 Master Somatic Movement Educator or Therapist (MSME or MSMT) or a Registered Somatic Movement Educator or Therapist (RSME or 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 registered practitioner 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 must have clearly stated tuition and refund policies.
5. The program director must agree to provide updated curricular details and policy changes through an annual 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 all four Leadership Council meetings each year, with the option of viewing the recordings of up to two of these meetings if they are not able to attend synchronously. They occur on the second Wednesday of March and September from 12-1:30pm EST and/or the second Monday of June and December from 10-11:30am EST 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 Registered Professional Practitioners.

11. The program's website should provide a link to the ISMETA website, with the ISMETA logo and language identifying the program as an ISMETA-Approved Training Program. The program's website and marketing materials must state clearly that graduates are eligible to become Associate Somatic Movement Professionals (ASMP) upon completing 250 hours, or Registered Somatic Movement Educators and/or Therapists (RSME and/or RSMT) upon completing 500-hours of training.

12. Each program agrees to keep its ISMETA webpage updated with their 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, 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. 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.

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