

GUIDELINES FOR CHOOSING EDUCATOR OR THERAPIST FOR YOUR CATEGORY OF ISMETA REGISTRATION

ISMETA offers two categories of registration for individual somatic practitioners:

Somatic Movement **Educator** and Somatic Movement **Therapist**. 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 ISMETA Approved Training programs provide both Educator and Therapist training and others recommend registration in one category only. Several envision the Educator category as the initial phase of a longer training, with the Therapist category appropriate at the completion of a second phase. Still others recommend the Educator category for most students and the Therapist category 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 Somatic Movement Educator or Therapist or both.

Primary considerations:

- Does the training program you attended 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 practice?

You might choose Somatic Movement Education 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 Somatic Movement Therapy 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 physical layers of being
- Your somatic training program provided specific training and skills in providing somatic therapy
- You are licensed as a therapist in another field

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 method?
- Is your intent in working with individuals primarily intended to address or relieve a problem (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?