

SOMATIC MOVEMENT PROFESSIONAL TRAINING REQUIREMENTS

Individuals applying to ISMETA for Professional Membership who have not graduated from an ISMETA Approved Training Program may be eligible through the independent track process. All applicants must demonstrate that they abide by the values and curricula that are articulated in ISMETA's Mission, Vision, Scope and Standards of Practice, Core Competencies and Code of Ethics as articulated in the [Pillars of the Profession](#);

Training/Curricular Requirements:

A minimum of 250, 500 or 1000 contact hours of formal instruction in somatic movement education and/or therapy, in either a classroom or tutorial format. These training hours must be geared toward professional training.

Training attended must meet the following requirements:

1. The curriculum must provide students with instruction in a balanced combination of hands-on work (where applicable), movement, and verbal facilitation, and in working with both groups and individuals.
2. The curriculum must include general movement education principles as specified in the [Core Competencies](#) as outlined in the [ISMETA Pillars of the Profession](#).
3. The curriculum should be taught in such a way that students actively experience the subject through kinesthetic or embodied movement applications, rather than through purely academic or cognitive analysis.
4. The program must provide an ethically appropriate approach to the intentional use of touch and hands-on re-patterning (where applicable). 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 essential boundaries related to touch.
5. The curriculum must address key components of developing a professional practice including business skills, and case management.
6. Student assessment processes and policies must be clear to students, teaching faculty, and program directors.
7. Online and hybrid coursework will be considered as fulfillment of contact hours.