

## TRAINING PROGRAM Guidelines and Requirements

We encourage eligible professional training programs to join ISMETA in growing the field of somatic movement education and therapy. A training program is approved by ISMETA based on the determination that:

1. The program has values and curricula that are consistent with ISMETA's Mission, Vision, Scope and Standards of Practice, Core Competencies and Code of Ethics as articulated in the [Pillars of the Profession](#);
2. The program meets the Guidelines and Requirements outlined below.

### PEDAGOGICAL GUIDELINES:

Approved Training Programs educate individuals as professional somatic movement educators and/or therapists through curricula that include experiential, practical, and theoretical approaches to promoting body-mind integration through movement awareness.

Training programs in somatic movement education and therapy should:

- Instruct students in approaches for working with fully clothed clients in movement and/or hands-on facilitation;
- Train students in methods that utilize movement exercises or explorations that involve the whole person — by accessing awareness of emotion, thought, and sensation;
- Articulate a theoretical model of body-mind exploration and integration that is implemented in the program's approach;
- A lexicon that describes the sensations of creating, observing and experiencing movement;
- Teach in such a way that teachers and students are co-active in the processes of learning through somatic awareness;

### REQUIREMENTS:

#### I. Curricular Requirements

ISMETA-Approved Training Programs must meet the following curricular requirements:

1. Training programs should provide a minimum of 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. (Somatic Movement programs that offer certifications with fewer hours are encouraged to join as Associate Organizations.)

2. The curriculum must provide students with instruction in a balanced combination of hands-on work (where applicable), movement, and verbal facilitation.
3. The curriculum must include general movement education principles as specified in the Core Competencies.
4. As it is assumed that each organization will specialize and develop unique approaches to the field of somatic movement, particular foci may arise that help to define the program. Examples might be those programs that highlight:
  - a. Developmental Movement Processes;
  - b. Effective self-expression on physical, emotional and mental levels;
  - c. Transpersonal processes;
  - d. Awareness of the interconnectedness of Body, Mind, Emotions, and/or Spirit;
  - e. Protocols for specific physical conditions;
5. 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.
6. 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.
7. The curriculum must address key components of developing a professional practice including business skills and case management.
8. The curriculum must include a minimum of two hours of instruction on the [ISMETA Pillars of the Profession](#): Scope and Standards of Practice, Core Competencies, and Code of Ethics.
9. Faculty must understand and apply the goals and objectives of the curricula. Program Directors are responsible for ensuring that Faculty implements the curricula as designed.
10. Student assessment processes and policies must be clear to students, teaching faculty, and program directors.
11. The program must have policies and procedures in place to support the psychophysical integration of material being learned.
12. Training program directors are responsible for determining the best instructional delivery method for their program (In-person, online or hybrid).

## **II. Organizational and Administrative Requirements**

ISMETA Approved Training Programs must meet the following requirements:

1. The Program Director and 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 professional member present. Exceptions to this rule must be approved by the ISMETA Professional Standards Committee.

2. There must be avenues for student feedback and evaluation of the program as well as an articulated policy to guide students in registering a grievance against a faculty member or the program.
3. The program must have clearly stated tuition and refund policies.
4. 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.
5. 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.
6. The program director or a representative must attend two out of four Leadership Council meetings held in September, December, March, and June. 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. They must agree to check the Leadership Council Portal regularly, and notify ISMETA when there is a change to the Leadership Council Roster.
7. The program must agree to participate in occasional conferences and other types of ISMETA advocacy and outreach.
8. 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.
9. The program's website and marketing materials must state clearly that graduates are eligible to become ISMETA-Recognized Somatic Movement Professionals upon graduation and their website should provide a link to the ISMETA website with the ISMETA Logo and language identifying the program as an ISMETA Approved Training Program.
10. Each program agrees to keep their 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, with at least 6 graduates. ISMETA's Professional Standards Committee may request to interview one or two graduates as part of the application process.
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 Code of Ethics as articulated in the [ISMETA Pillars of the Profession](#), 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.