



## **“ABOUT ISMETA” Curriculum for Approved Training Programs**

ISMETA requires that Approved Training Program’s curriculum include at least two hours of instruction on our Scope of Practice, Core Competencies, Standards of Practice, and Code of Ethics. Below are some examples of elements that might help to form the “About ISMETA” component of your training:

1. Please provide students with a copy of ISMETA’s Pillars of the Profession: Scope of Practice, Core Competencies, Standards of Practice, and Code of Ethics. A PDF of these documents can be downloaded (through a link at the top of the page) [HERE](#).
  - Students can read them ahead of time and/or in class together.
  - Your learning community can consider these questions about the documents:
    - Which, if any, parts seem surprising to you?
    - Which parts seem familiar to you given your training in this program?
    - Is there anything missing that you feel is important in any of the documents?
    - Does any component in any of the documents feel like a growing edge for you professionally?
  - Instructors can create cards with a variety of difficult or challenging scenarios. These can be discussed in the context of ISMETA’s Scope of Practice, Standards of Practice, and Code of Ethics (i.e., “What would ISMETA say/do about this scenario?”)
  
2. Based on the ISMETA Standards of Practice, practitioners are expected to maintain progress notes for each client session.
  - You can offer case studies as models
  - You can ask students to practice writing their observations after a partnering exploration in the classroom. Afterward, they can share and compare their individual designs and techniques for documenting sessions in small groups.

3. Please spend at least 15 minutes viewing the ISMETA website together as a class or in small groups. Here are the key sections to visit:

- The HOME page including
  - the description of ISMETA as a collaborative of individuals and organizations dedicated to growing the profession of somatic movement education and therapy
  - the “Sign Up for Newsletter” button
  - the five languages that ISMETA information is available in (Spanish, French, Portuguese, German, and Russian) and contact person for translation/support in each language (found on page three of each translated document)
- The ABOUT tab including
  - About ISMETA (Mission, Vision, and Values along with the Operations Team)
  - Board of Directors (Do you know anyone serving on the Board?)
  - Visioning the Future with a one-minute PowerPoint presentation
  - Equity, Justice and Accessibility statement and resources
- The LEARN tab including
  - The Professional Development Center
  - Connect with a Mentor resource
- The RESOURCES tab including
  - The ISMETA Bookstore
  - Somatic Arts and Education resources including a Sample Lesson Plan Library
- The RESEARCH tab with various resources for those interested in research
- The COMMUNITY tab with a range of ways to participate in the ISMETA community including
  - Somatic Cafes
  - Community Conversations (EJA topics bi-monthly)
  - Special Events (on Ecosomatics)
  - Study/practice groups
- The JOIN tab including
  - Join as an Individual with options to become a Student Member (\$25/year), an Associate Somatic Movement Professional (after 250 hours of training), a Registered Somatic Movement Educator or Therapist (RSME or RSMT) after 500 hours of training.

We hope these suggestions are useful!

A member of the ISMETA Operations Team or Board of Directors may be available to do an informational session for your students in addition to any classroom discussions you structure about the Pillars of the Profession.

Thank you!