

Dear Leadership Council Representative,

Thank you to all those who joined us on December 11, 2023. We gathered together to discuss ISMETA's evolution and the ways that we can work together to achieve our common goals. Our meeting began with a beautiful somatic arrival piece facilitated by Ellen Barlow, ISMETA Executive Committee Member-at-Large, with the theme of *moving forward together*.

Then we heard from Nirvan Ananda, ISMETA Managing Director, who shared *Our Journey Together: Strategic Visioning & Implementation*. The presentation included a timeline of key milestones, and a summary of our foundation of culture building, membership engagement, core confirmation, and essential results. The new Executive Committee and Operations Team were introduced, and a brief overview of the current Board of Directors committees was shared. The presentation concluded with an overview of ISMETA committees and workgroups, current implementation objectives, and an invitation for members to consider future volunteer opportunities. [The full slide presentation is available as a video on the ISMETA website.](#)

Next, recent resources that ISMETA is offering to Approved Training Programs and Affiliated Professional Organizations were described. First and foremost, a Call for Proposals to teach workshops and courses in the [Professional Development Center](#) (PDC) was shared, and subsequently sent out to the membership on December 12. Details can be found at the bottom of the landing page. Richard Sims, ISMETA Board President, also emphasized that Approved Training Programs will be invited to create videos for the "Roots and Legacy" learning pathway of the PDC on the "Essential Elements" of their work. The purpose of these introductory videos is to showcase each training program and to help define Somatic Movement Education and Therapy as a profession in the broader landscape of the increasingly popular but vaguely articulated realms of "somatics" and "embodiment" practices. Please stay tuned for an invitation to participate in this exciting project!

Second, the new [Mentoring resource](#) is active on our website. Any Master Somatic Movement or Educator can become a Mentor and work with mentees in a one-on-one context. Details about being listed in this registry appear in the link above.

Third, Approved Training Programs have the option to create a 250-hour training program for students to become Associated Somatic Movement Professionals (ASMPs). Please contact Elisabeth Osgood-Campbell, ISMETA Executive Director, with any questions: e.osgoodcampbell@ismeta.org.

Next, ISMETA Vice President, Kehinde Ishangi, discussed ISMETA's upcoming joint conference with the National Dance Education Organization. A [Call of Proposals](#) went out to the membership at the beginning of December, and the deadline is February 29, 2024. If you or anyone you know would like to serve as an adjudicator for these proposals, please contact Kehinde Ishangi: k.ishangi@ismeta.org.

The remainder of the meeting was dedicated to gathering input from the Leadership Council (LC) representatives about ways in which we can work together to continue to grow our profession. Gayatri Maya Andersson, ISMETA Board Secretary, and Nirvan Ananda underscored the amount of expertise on the Leadership Council and asked for their perspective on this question:



ISMETA

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- Given that ISMETA has about 1,000 active members, and that the National Center for Complementary and Integrative Medicine (of the National Institutes for Health in the U.S.) looks at the size of our membership when considering how to represent our profession at the national level, how large do you think our membership can be in 1 year? With 40 training programs, each program may have brought a total of 25 members on average into the organization. Could this number increase? By how much? (Answers were invited in the chat and a figure of 45% growth was offered.)

Then, participants did “Membership Growth” and “Income Generation” brainstorms in breakout rooms and discussed these questions:

- How do you see us growing together to increase membership?
- How do you see us growing together to increase income?

The discussions ended in the main gallery with a summary of the ideas that were generated. Those ideas will be organized, explored, and incorporated into ISMETA’s portfolio of implementation objectives. The future steps will be discussed in our next Leadership Council meeting.

We concluded our time together with these announcements:

- The next **ISMETA Open Houses** (for students and others interested in learning more about ISMETA) will occur on **Wednesday, January 10 at 12 pm and 8 pm** Eastern U.S. time to accommodate different time zones across the globe. Please invite people to attend!
- The yearly questionnaire will be coming soon. The Professional Standards Committee will generate a new one based on relevant parts of previous years’ surveys.

The 2024 Leadership Council meeting dates are:

- Wednesday, March 13 (12 – 1:30 PM Eastern U.S. Time)
- Monday, June 10 (10 – 11:30 AM Eastern U.S. Time)
- Wednesday, September 11 (12 – 1:30 PM Eastern U.S. Time), and
- Monday, December 9 (10 – 11:30 AM Eastern U.S. Time)

We look forward to seeing you in the new year!

Warm regards and best holiday wishes,

ISMETA Leadership Council Team
And the entire Board of Directors