



ISMETA

International Somatic Movement
Education & Therapy Association

Dear Board of Directors and Operations Team,

Happy February! We continue to be busy stewarding our organization and the profession of Somatic Movement Education and Therapy. As you know, this internal newsletter serves to keep Board and Operations Team members informed about important activities within our organization.

First, to protect the integrity of our email and computer systems, please DO NOT reply to any of the spam messages from fake IONOS addresses. If there is ever a problem with our ISMETA email that requires you to verify your email address or change your password (for example), *you will receive a message from our Operations Team about it.* Please disregard all other messages you receive about your IONOS email account.

Second, we have received a few requests to review the distribution of responsibilities among our Operations Team members. [HERE](#) is the spreadsheet we shared during the leadership transition last year that details how paid staff collaborate to keep our organism functioning. This document can be found in the Board portal under “Ongoing Support Materials for the Board.”

Here are other important reminders and updates that we want to share:

- Our joint conference with the National Dance Education Organization (NDEO) is happening July 19 -21, 2024 in New York City. The deadline for proposals is February 29, 2024. If you or anyone you know would like to submit an application to teach there, please read the details [HERE](#). The Somatic Arts and Education Committee is organizing the review of applications to teach workshops there. If you or anyone you know wants to be an adjudicator of proposals, please contact Kehinde Ishangi (k.ishangi@ismeta.org) and/or Rich Sims (r.sims@ismeta.org).
- The Professional Development Center (PDC) Workgroup has received 8 proposals from members to teach classes and workshops in the PDC. The first member-initiated event on the topic of “Movement Meditations for Persons with Life-threatening Illnesses” will be taught by the founder of ISMETA, Dr. Jim Spira, on March 23 at 9 am Pacific time. Stay tuned for emails publicizing this workshop! Other workshops and classes are being finalized for this spring and next fall. As a reminder...
 - The ongoing [Call for Proposals](#) can be found at the bottom of the landing page for the PDC.
 - All members (including you!) can submit proposals to teach workshops and courses. Please encourage people you know who might be interested to send us proposals.
 - If you know someone who is not a member but wants to teach, they can become a Friend of ISMETA for \$95. (A sliding scale fee is available for anyone who is experiencing financial challenges.)



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- The PDC Workgroup (Elisabeth, Nirvan, Rich, and Gayatri) invited all ATPs to attend an informational meeting on February 15 at 2 pm ET about “The Essential Elements of Somatic Movement Education and Therapy: A video library of ISMETA Approved Training Programs.” These recorded introductory sessions (2-3 hours in length) will both publicize their training programs and to help define the profession of somatic movement education in the broader context of popular but vaguely defined “embodiment” and “somatic” practices. We look forward to scheduling these video launches/live events through the PDC in the coming months. Please stay tuned for details.
- The Board Development Committee has been busy interviewing potential candidates to join our Board! Three people have been invited to continue with the nomination process and they plan to attend the first part of our April 24 Board meeting: Madelanne Rust-D'Eye, Magaly Sun Vallejo, and Servaas Mes. Up to two more candidates will be interviewed and may possibly join the April meeting as well. You will receive a packet with information about the candidates at least two weeks before that meeting. New members who are approved by the Board and elected by the membership (in a May election) will begin their Board service on June 1.
- The Executive and Communication Committees are beginning to plan a Global (or International) Somatic Movement Day for October 3, 2024 (per Bibiana’s suggestion during the September Board meeting). If you would like to be involved, please reach out to anyone on either of those committees!
- The Operations Team updated the [Approved Training Program Handbook](#) as well as the Leadership Council Portal so that new (and established) training programs have easy access to information about how to participate more actively in our organization. It "lives" in the Leadership Council portal, but we have attached a link to this message for your convenience (in case you want to read it).
- The next Equity, Justice, and Accessibility Community Conversation will occur on March 8 at 10:30 am ET. All are invited to attend!
- Rich, Elisabeth, and Nirvan are writing an Annual Report for 2023. We intend to share the report with you by March 1 at the latest.
- Here are the new members in the calendar year of 2023 (in the third column) and the percent increase for each category of membership (in the fourth column):



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Member Type	Total	New	New% of Total
AMO	29	2	7%
APO	10	0	0%
ATP	40	5	13%
Friend	26	5	19%
Professional	866*	94	11%
Student	106	45	42%
TOTAL	1078	151	14%

***Note:** of the 866 Total Professional members, at least 21 upgraded from Student to Registered Professional this year.

Here are what the various acronyms in the chart stand for:

- AMO - Associate Member Organization (for any group or org that wants to be associated with us)
- APO - Affiliated Professional Organization (such as the Feldenkrais Guild of North America)
- ATP – Approved Training Program

Thank you again for the ways in which you contribute to this organization and our profession!

With appreciation,

Elisabeth Osgood-Campbell, Executive Director
Nirvan Ananda, Managing Director
Richard Sims, President of the Board of Directors