



ISMETA

International Somatic Movement
Education & Therapy Association

2023 Annual Report

The International Somatic Movement Education and Therapy Association (ISMETA) was created in 1988 by a group of practitioners and training program directors who recognized the need for an organization to support the development of the profession of Somatic Movement Education and Therapy.

Mission Statement:

Growing the Profession of Somatic Movement Education and Therapy

Statement of Vision:

Transforming Ourselves and the World Through Conscious Movement

Statement of Purpose:

Our purpose is to grow the profession of Somatic Movement Education and Therapy. In order to do so we:

- *Maintain a registry of qualified Somatic Movement Professionals*
- *Ensure that training programs uphold high standards of education and practice*
- *Advocate for the profession in legal and governmental arenas*
- *Connect the global somatic movement community*
- *Further recognition of the profession by defining and upholding standards*
- *Partner with organizations in Integrative Healthcare, Human Services, Education, and the Arts*

Elisa's Retirement

Elisa served as ISMETA's first Executive Director, from 2013 to 2023. During her tenure, ISMETA's membership expanded from 300 to 1,000, and the annual budget grew from \$35,000 to \$235,000. Other significant accomplishments included expansion in membership services, professional conferences, and a comprehensive remodeling of ISMETA's website to enhance community connections and professional development. It is with great appreciation for her service that we wish her well in her retirement, as share some of her departing words:

"When I reflect on the last 15 years, my life has been so enriched by my relationships with our current and past Board Presidents, Board members, leaders and members of our profession, leaders within the integrative healthcare and education fields, and all of you, the ISMETA community. I am grateful for the work we have done together to grow our profession, strengthen the integrity of our work, and to provide concrete benefits to support you, our members. My heart has been fully dedicated to the mission of ISMETA and now, in my

70th turn around the sun (we all start this after our 69th birthday), it is time for me to retreat, deepen my inner work, and listen to what's next in service to the greater good. With great love and appreciation, Elisa”

The Path Ahead

ISMETA's Strategic Visioning & Implementation process serves as a bridge from the time before Elisa's retirement to our new leadership and the future we're all creating together. A map summarizing *Our Journey Together* is linked below, it includes 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 are introduced, and a brief overview of the current Board of Directors committees is shared. The presentation concludes 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.](#)

Current Board

[ISMETA's Board of Directors](#) is comprised of ten volunteer members: Richard Sims (President), Kehinde Ishangi (Vice-President), Ray Schwartz (Treasurer), Gayatri Maya Schriefer (Secretary), Ellen Barlow (Member-at-large), Bibiana Badenes, E.E. Balcos, Florian Filtzinger, Sylvain Méret, and Jane Okondo.

Operations Team

[ISMETA's Operations Team](#) includes four paid consultants: Elisabeth Osgood-Campbell (Executive Director), Nirvan Ananda (Managing Director), Dana Davison (Communications Consultant), and Danique Peynado (Member & Operations Coordinator).

Conferences

ISMETA is co-hosting a joint conference with the National Dance Education Organization (NDEO) on July 19-21, 2024 at the Gibney Studios in New York City. The [Call for Sessions](#) was published in December and had a deadline of February 29, 2024. [Registration](#) for the conference is open.

ISMETA's 35th Anniversary Celebrations 2023

Two gatherings that were part of ISMETA's 35th Anniversary Celebrations received funding in 2023: The Continuum Immersion at Omega Institute, Rhinebeck, NY called, "Interdependence in Motion" and the Somatic Dance Conference at Hobart and William Smith Colleges called, "Tensegrity: Connection and Resilience." The Continuum workshop ran from July 2 – July 7 and involved eight Continuum teachers and over 20 participants, including multiple mentees who are training to become registered Somatic Movement professionals. The Somatic Dance Conference entitled, "Tensegrity: Connection and Resilience," ran from July 6 – July 8 and incorporated a variety of somatically-based workshop sessions, panels, and performances by presenters from diverse somatic modalities. Informational sessions about ISMETA, featuring the benefits of membership and the resources that are available through our website, were given at both events by Executive Director, Elisabeth Osgood-Campbell.

New credentials / Mentor resource

- In this calendar year, two new credentials were created: The Master level Somatic Movement Educator and/or Therapist (MSME/T) and the Associate Somatic Movement Professional (ASMP). Registered members with 1,000 hours of training, 500 professional practice hours, and significant contributions to our profession in the form of published writing, curriculum development, professional conference

presentations, university teaching, and/or embodied praxis are eligible to become Master Somatic Movement Educators and/or Master Somatic Movement Therapists. Approximately 15% of our current membership now enjoys this advanced registration.

- A new resource, the Mentor registry, has been created for Master level members. Found [HERE](#) on the website, this listing provides contact information for Mentors who are available to work individually with learners in a range of areas of expertise, from how to start a private practice to how to build a training program. About 10% of the Master level professionals have made the \$155 annual investment to be included in this optional registry.
- Another new credential was created this year: the ASMP, or Associate Somatic Movement Professional. This level of registration is designed for people who have completed a minimum of 250 hours of training in Somatic Movement and have primary professional identities in a field other than Somatic Movement Education and Therapy (SME/T). For example, a Physical Therapist or Psychotherapist may train in SME/T and use Somatic Movement in their work, but they do not publicize their work as Somatic Movement Education and Therapy. Professionals with this credential have access to these [BENEFITS](#).
- In response to the interest expressed by a number of individual and organizational members, ISMETA also created a new category of Approved Training Programs (ATPs) that will offer 250 hours of training. Three 250-hour ATPs have recently been approved: Expressive Arts Institute of Oregon, Chi for Two, and GoldenBridge: SomaSource Training. The first two have both 500-hour and 250-hour programs now. Potential students can now search for 250-hour, 500-hour, or both types of training programs through a drop-down menu on the [Approved Training Program registry](#).

Somatic Cafés

[ISMETA Somatic Cafés](#): A Place for Collective Wisdom

The Somatic Cafés are designed to deepen participants' understanding of the Somatic Movement Profession. This past year we have hosted a wide range of Somatic Cafés including:

- International Community Gathering, What's Happening in Your Part of the World.
- Learn About the New Credentials
- Celebrate Elisa Cotroneo's Retirement
- Meet the New Operations Team
- Next Generation Gathering for Student Members
- Applied Somatic Movement Therapy
- Martial Arts & the Somatic Experience

Special Events

ISMETA hosted several [Special Events](#) for our membership and the general public in 2023:

- A podcast series of three conversations created and facilitated by Jamie McHugh, "Earth Matters: Ecosomatics in the Anthropocene"
- A film showing of the documentary, "Not My Enemy," created and presented by Kehinde Ishangi
- Dr. Rae Johnson's book launch for *Embodied Activism: Engaging the Body to Cultivate Liberation, Justice, and Authentic Connection*

Recordings of these events can be found [HERE](#).

Open Houses

Starting in 2023, the ISMETA Board of Directors and Operations Team members facilitated four, well-attended Open Houses. These events are designed to give potential and current ISMETA members a "tour" of our organization, primarily by sharing features on the updated website ([Home](#), [News](#) and [Events](#), Community, Resources, etc.).

Community Conversations

In 2023, the Equity, Justice and Accessibility (EJA) Committee's bi-monthly [Community Conversations](#) explored the theme of "Coloniality in Somatics: Continuing the Conversation." Consistently, between 22 and 26 participants from our membership and the general public attended these virtual gatherings. All sessions involved large group discussions and breakout room conversations for smaller groups.

Study Groups

The Equity, Justice and Accessibility (EJA) Committee and volunteer members facilitated two study/practice groups in 2023. The group finished Staci Haines' book, *The Politics of Trauma: Somatics, Healing, and Social Justice*, which it had begun the previous year. Then, the group chose to read and practice activities in Rae Johnson's new text, *Embodied Activism: Engaging the Body to Cultivate Liberation, Justice, and Authentic Connection – A Practical Guide to Transformative Social Change*. This group will continue into 2024.

Professional Development Center

ISMETA created a new online learning platform, the [Professional Development Center](#). It offers our members a place to share their knowledge and allows professionals within our field and in allied professions to enhance their knowledge and expertise. ISMETA members receive discounts or free access to these offerings.

The Professional Development Center launched its inaugural live course entitled, "Introduction to Trauma Informed Practice for Somatic Movement Professionals." It was well attended and set the stage for many exciting new courses that are already in the pipeline.

Currently, there are four learning pathways open for submission. [CLICK HERE](#) for submission guidelines.

All past webinars are available in the [ISMETA Professional Development Center](#).

Leadership Council Meetings

Four times a year, representatives from 40 ISMETA Approved Training Programs, 10 Affiliated Professional Organizations, and former Presidents of the Board of Directors meet to guide the future direction of ISMETA and the profession at large. This year's conversations included: "Values and Values in Action" and proposed revisions to the Scope of Practice language, "Assessing Student Learning" to further professionalize our field, and "Moving Forward Together" to achieve our common goals.

Website + Social Media

In 2023, ISMETA completed a major revision of our website, [ISMETA.org](#). In the calendar year, there were over 15,000 unique visitors to the website, which serves to publicize our field and our professional members through their profile pages.

We continue to have a presence on social media by announcing upcoming events and news regularly on Facebook, Instagram, and LinkedIn. Members can "Like" and "Share" ISMETA's posts to increase the visibility of their work and our profession as a whole.

ISMETA Outreach

Our outreach efforts are an important part of our strategy to grow the profession of Somatic Movement Education and Therapy. In 2023, Executive Director Elisabeth Osgood-Campbell attended three conferences representing ISMETA and Somatic Movement Education and Therapy: the [Society for Acupuncture Research](#)

(SAR) in NY, NY; [The Science of Tai Chi and QiGong for Whole Person Health](#) through the Osher Center at Harvard Medical School; and the [Symposium on Yoga Research](#) at Kripalu Institute in western Massachusetts.

In addition, Elisa Cotroneo and then Elisabeth Osgood-Campbell consistently attended the virtual meetings of the [Federation of Therapeutic Massage, Bodywork and Somatic Practice Organizations](#).

ISMETA has continued as an organizational member of the [Academic Collaborative for Integrative Healthcare](#). Membership includes a feature on their website, in their newsletter, and in their Clinicians and Educators Desk Reference on the Integrative Health and Medicine Professions. Engagement with ACIH provides organizational support for strengthening our profession.

Calendar Year 2023 Finance Report

It was another year of growth for ISMETA! The key numbers from the Balance Sheet and Profit and Loss Statement (as of December 31, 2023) are as follows:

From Profit and Loss Statement:

- Registered Member Dues ~ \$ 173,765 (up 10% from last year)
- Total Income ~ \$ 211,149 (up 5% from last year)
- Total Expenses ~ \$ 236,044 (down 2% from last year)
- Net Income ~ \$ -24,981 (up 37% from last year)

From Balance Sheet:

- Total Assets are \$28,237 (down \$22,806 from last year)
- Total Liabilities and Equity are \$28,237 (\$17,470 are liabilities consisting of payments received for multi-year memberships; \$10,767 is our Total Equity).

Calendar Year 2023 Membership

Active Member Summary	New	Total	New Member %
AMO	2	29	7%
APO		10	0%
ATP	5	40	13%
Friend	5	26	19%
Professional*	94	867	11%
Student	45	106	42%
Grand Total	151	1078	14%

*New Professional Member Details	New
ASMP	3
RSME/Ts	87
MSME/Ts	4
Grand Total	94