

ISMETA Ambassador Information Guide:

History of ISMETA: Founded in 1988, The International Somatic Movement Education and Therapy Association is the world's leading somatic movement professional registry and advocacy organization. ISMETA's mandate has been and continues to be to create and maintain the highest degree of professional standards both in movement education and therapy in the ever-expanding field of somatic practice.

With an established international registry of professional practitioners^[1] and training programs, ISMETA continues to assert an internationally recognized presence in the domains of integrative health and medicine, education, social justice and the arts; and represents movement education and therapy as a credentialed profession in governmental and political forums. Throughout our history, ISMETA has sought to raise public awareness and confidence in the science and art of somatic movement specializations.

Mission Statement: Growing the Field of Somatic Movement

Statement of Vision: Transforming ourselves and the world through conscious movement

Statement of Purpose:

ISMETA's purpose is to grow the field of Somatic Movement Education and Therapy. In order to do so we:

- Maintain a professional registry of Somatic Movement Educators and Therapists
- Ensure that training programs uphold high standards of education and practice
- Advocate for the profession in legal and governmental arenas.
- Support the development of a professional community of Somatic Movement practitioners worldwide
- Educate the general public about Somatic Movement
- Communicate with our colleagues and other professional organizations in integrative healthcare, human services, education and the arts, to help them understand the benefits of Somatic Movement Education and Therapy.

From the Website:

About Us: ISMETA is a collaborative of individuals and organizations dedicated to evolving the field of Somatic Movement Education and Therapy. We ensure that training programs uphold high standards of education and practice and maintain a professional registry of qualified practitioners. We are committed to building the professional community of Somatic Movement Educators and Therapists worldwide and advocating for the profession in legal and governmental arenas. We work to educate the general public about our work and help our colleagues in Integrative Healthcare, Human Services, Education and the Arts understand the benefits of Somatic Movement Education and Therapy.

Somatic Movement is... Somatic Movement enhances human function and body-mind integration through mindful and restorative movement. Our profession encompasses distinct disciplines each with their own educational or therapeutic emphasis, principles, methods and techniques.

Our practices incorporate: postural and movement evaluation; experiential anatomy; and guided movement patterning that increases efficiency; all while refining perceptual, kinesthetic and proprioceptive sensitivity. Somatic Movement Education and Therapy supports homeostasis, co-regulation and neuro-plasticity in our students and clients.

Our Practitioners:

Registered Somatic Movement Practitioners (RSME, RSMT, RSDE) have completed extensive training in [ISMETA Approved Training Programs](#) or through a rigorous independent study process. They use knowledge of anatomy with combinations of movement, sound, breath, touch and imagery to deepen their clients' understanding of themselves in movement. Somatic Movement Practitioners work with the body but acknowledge that movement affects the dimensions of psyche and spirit as well. As a result, their work facilitates improved vitality and performance, expanded creative expression and integrated personal transformation in clients' daily lives.

Our Approved Training Programs and Affiliated Organizations:

Please keep updated by reviewing the website often and certainly when you will be at an event where outreach will be possible.

Current Membership

Total: 1379 (as of 6/21/22)

- Approved Training Programs: 38
- Individual Professional Registered Members: 968
- Affiliated Professional Membership Organizations: 9
- Associate Member Organizations: 70
- Individual Associate /Students Members: 294

Review Latest Annual Report:

Please look in the Member Portal for the most recent Annual Report

Membership Benefits:

For Individuals

- Gain valuable international professional credentials; Registered Somatic Movement Educator (RSME), Registered Somatic Movement Therapist (RSMT), Registered Somatic Dance Educator (RSDE).
- Create a webpage in the ISMETA Professional Practitioner Directory.
- Promote your activities through the ISMETA Worldwide Somatic Movement Calendar.
- Discover the Best Practices of the Leading Somatic Movement Experts through Webinars and Conferences.
- Join the organization's advocacy efforts for somatic movement issues at community, legislative, and international levels.
- Get deals on everything from magazine subscriptions, books, and videos to Affordable Liability Insurance.
- Become a part of our International Community join Roundtable Conversations, Somatic Cafes, Study Groups and more.

For Organizations:

- Have a Feature Page on the ISMETA Website dedicated to your program.
- Let the world know you meet ISMETA's high standards of excellence.
- Identify your work with the rapidly expanding professional field of Somatic Movement Education and Therapy.
- Join Leadership Council Meetings and help guide the future of the organization and the field of Somatic Movement Education and Therapy.
- Have your voice heard in professional, governmental and political conversations.
- Offer graduates of your program a Fast Track to Somatic Movement Educator or Therapist credentials.
- Offer Joint Membership Discounts to your members if you are a Professional Membership Organization.

Membership Registration

There are different categories for becoming an individual member or a member organization. Invite people to the website so they can learn about them.

Be sure to mention our *International Fee Schedule*:

As an organization, ISMETA recognizes differences in the cost-of-living in different regions of the world. We are committed to making our membership and services accessible to all who seek them. Our finance committee uses both a cost-of-living comparison as well as a consumer price index to set our international fees. We use the most current data available, and our fees are set on a case-by-case basis for those requesting consideration.

ISMETA has decided to extend the sliding scale fees to all members who face financial challenges. **The cost of ISMETA services should never stand in the way of participation.** Contact info@ismeta.org for assistance.

Pillars of the Profession:

1. Scope of Practice
2. Core Competencies
3. Standards of Practice
4. Code of Ethics

ISMETA Board of Directors:

The ISMETA Board of Directors works in partnership with the Executive Director of ISMETA. The Board is made out of 16 elected directors who are somatic movement registered members, each serving in at least 2 of the following committees:

- Audit and Finance Committee
- Board Development Committee
- Communications Committee
- Equity, Justice, and Accessibility Committee
- Events Committee
- Executive Committee
- Government Relations and Regulations Committee
- International Weavers Committee
- Professional Standards Committee

- Research and Publications Committee
- Somatic Arts and Education Committee

IMPORTANT NOTE: Board Members please refer to the Committee Structure, the Committee Reports, and Action Items List (all in the Board Portal) to stay updated with the current projects that committees are involved with.

ISMETA's Equity and Justice Statement

As we continue to grow the field of Somatic Movement Education and Therapy, the ISMETA Board of Director's Equity, Justice and Accessibility Committee supports the on-going development of ISMETA's organizational values and practices related to social equity and justice. We acknowledge that this is a living and partial document that is actively in process and will evolve according to the work we are committed to do as an organization.

ISMETA is an international organization guided by a vision of transforming lives through conscious movement. We recognize, cultivate, and honor the sanctity of the embodied experience of people of all racialized identities, ancestral and environmental antecedents, social or economic status, genders, ages, abilities, religions, sexual orientations, and expressions of care and love.

As we seek to understand the historical waters we swim in, we are aware of structural inequities that have compromised these values and created the conditions whereby, as we strive to enact the realization of this vision, ISMETA is required to re-examine its practices as an organism.

We are committed to a long-term strategic visioning process within ISMETA that catalyzes equity and justice as living realities in our organization and in our field. We also recognize this is a multigenerational process that has begun and must continue with humility and fierce determination. Simultaneously, we aspire to purposefully engage our shared humanity and our divergent perspectives with courage, honesty, curiosity and respect.

We believe this commitment to equity, justice, and accessibility is essential to developing compassionate and competent somatic practitioners. As such, we will develop accountability measures that hold us all responsible and we will continually reflect on the progress made towards fulfilling these actions.

We acknowledge these growth processes will require a relationship with the whole organization and its membership.

We, the members of the Equity, Justice and Accessibility Committee (Rebecca Frost, Ray Schwartz, Elisabeth Osgood-Campbell, Maria Luisa Diaz de Leon, Kehinde Ishangi, E.E. Balcos, Elisa Cotroneo, Florian Filtzinger and Kima Kraimer), welcome input to this statement for consideration: R.Frost@ismeta.org.

We are aware we necessarily have blind spots and are committed to growing our awareness as we continue in solidarity with this global struggle.