

## SMA CERTIFICATION

### Become a Professional Somatic Movement Educator or Therapist . . .

The Somatic Movement Arts (SMA) Certification Program is a twelve-course, 500 hour program, that Includes in-person sessions and virtual online sessions that enable you to facilitate health and transformation in yourself and others.

This training qualifies you to register as a Somatic Movement Educator with ISMETA, the International Somatic Movement Education and Therapy Association. SMA fosters depth and dimensionality to the practice/instruction of movement and therapeutic disciplines such as athletics, fitness training, dance, yoga, martial arts, meditation, massage, physical/occupational therapy, education, performance, child development, psychotherapy, healthcare, and more...

#### **Requirements for the completion of the SMA Certification Program include:**

- Completion of the 500 hours: 12 in-person courses + 12 Virtual Online Trainings
- Receive 6-12 individual mentoring sessions (\$100/session) with SMA Faculty
- Evidence of Anatomy/Physiology study outside the training program
- Case Studies - 12 clinical practice sessions performed outside of class, each with case study reports
- 12 Community Service hours

To graduate, students must successfully complete all coursework (classroom and homework), fulfill all financial obligations and merit a testimony of character and skill from the director, faculty and peers. Practitioner graduates abide by the SMA code of ethics and standards of practice, sign a letter of agreement with SMA promising to stay in contact at least once yearly to pay annual dues and update their listing on the Directory, and to use the appropriate language for Somatic Movement Arts™ in all their publicity.



#### **COURSES**

The curriculum is based on the knowledge that we are primarily fluid beings, 70-80% water, and the fluid within our bodies is the primary agent of change. Our body's structure of connective tissue is form that is 'negotiable' on physical and energetic levels, able to transform, heal

and innovate by engaging in experiential somatic processes of movement, touch, sounding/voice and mind. A body-based language to describe fluid movement and body-mind relationships is utilized.