

SOMATIC WISDOM Student Certification Requirements

ISMETA Approved Training and Professional Development Program

To graduate and become a Somatic Movement Educator & Therapist (SME/T) students need to fulfill the following Somatic Wisdom criteria:

Pre-requisite

50 hours of study with Alice the director of the program.

Booklist

Students are sent a booklist and are required to purchase these beforehand.

10 modules – 500+ hours

Student Essays & Feedback

Students are required to submit a 500-word essay at the end of each module with their reflections and self-assessment.

Essays need to be completed within a month of completing the module.

Feedback forms are required as part of completion of the module.

A Certificate of Completion will be issued to all students who complete a module.

Private Sessions

Students are required to do a minimum of **10 hours** private sessions with professional practitioners of their choice. They are encouraged to try different somatic modalities i.e. Alexander Technique, Shiatsu, Cranio-sacral Osteopathy and Feldenkrais, as well as BMC. These sessions are an extra cost to the student and not covered by the tuition fees.

Certification

Students who fulfill all the above criteria and requirements will receive a Somatic Wisdom Graduation Certificate.

Somatic Movement Educator/Therapist

Graduates can then apply to become SME/T's with ISMETA (International Somatic Movement Education & Therapy Association).