

# **SOMATIC MOVEMENT ARTS**

## **Scope of Practice**

SMA was developed in 2013 by Teri Carter as an experiential study that recognizes when the body and mind work together in harmony as a fluid system, individuals can effortlessly connect with their 'innovative-self' and the world around them. SMA integrates practices of Embodied Anatomy, Continuum based movement, principles of Chi Gung, Authentic Movement, nature retreats, and a touch component for therapeutic and educational processes.

### **The Theory and Practice of Somatic Movement Arts Integrates Several Core Values:**

Core values of SMA are the creation of health, wellness, and innovation by consciously accessing the body's internal landscape and fluid system to free oneself from patterned restrictions. Psycho-physical integration allows bio-creativity within our organism.

Continuum provides access to water's interplay of movement as information that shapes our being, and the fact that our body is composed mostly of water is significant in our self-realization. Continuum is a dynamic inquiry of learning to fluidly meet any limit, in any aspect of our living, by exploring our natural state using breath, sound, and somatic based movement. It thrives on openness and a curiosity for what is possible.

The practices of SMA encompasses postural and movement evaluation, communication and guidance through touch and words, experiential anatomy and imagery, and movement re-patterning. This practice can be applied to everyday and specialized activities for persons in all stages of health and development.

SMA is a process of refining our ability to sense, feel, and experience each circumstance in our life and to give an individual the resources to explore the less known aspects of what it means to be human.

## **Standards of Practice**

### **Somatic Movement Arts Code of Ethics**

#### **A Somatic Movement Arts Practitioner (SMAP):**

Agrees to conduct his or her somatic practice according to the SMA Scope of Practice and adheres to the following values:

- To be honest in dealing with the public and colleagues.
- Not to diagnose or prescribe for medical conditions.
- To refrain from behaviors that demean or disempower the student or client.
- Not to exploit the trust and dependency of others, including clients and employees.
- To clearly identify and give credit to ideas, techniques, and principles derived from other people, disciplines, and modalities within the field when teaching or sharing them.

**Practitioner's Responsibilities:**

- Provide a safe physical setting that meets all applicable legal requirements for health and safety
- Maintain adequate and customary liability insurance
- Obtain informed consent from the client prior to providing services.
- Obtain liability waivers from each student and client.
- Make financial arrangements in advance that are clearly understood by and safeguard the best interests of the consumer
- Make appropriate referrals for clients to other professionals when needed
- Recognize the value of constructive feedback from clients in sessions, students in classes, and participants in research, and strive to work professionally, self-critically, and creatively within the inherent holism of somatic work
- Be prompt with annual payment of professional SMA Practitioner dues

**Self-Representation as a Professional:**

- Honestly represent all professional qualifications and affiliations
- Only use the initials SMA to designate his or her professional ability when in good standing with Somatic Movement Arts
- Promote his or her business with integrity and avoid potential and actual conflicts of interest
- Not use sensational, sexual, or provocative language or images to promote business
- Advertise in a manner that is honest, dignified, and representative of services that can be delivered and remains consistent with the Somatic Movement Arts Code of Ethics
- Submit to peer review processes conducted by Somatic Movement Art's Ethics and Standards Committee in the case of any alleged violations of the Code of Ethics or Standards of Practice.

**Legal Rights and Compliance**

- Obey all applicable local, regional and national laws, including obtaining and maintaining business licensing and professional registration required by the nation, state, province, or local jurisdiction in which the practitioner practices.
- Refrain from being discriminatory towards clients (relative to age, race, gender, ethnicity, religion, sexual orientation, disability, socio-economic status);
- Report to Somatic Movement Arts any criminal convictions regarding his/her practice;
- Report to Somatic Movement Arts any pending litigation and resulting resolution related to his/her practice.
- Respect existing publishing rights and copyright laws.

**Practitioner Confidentiality with Students-Clients**

- The Somatic Movement Arts Practitioner (SMA) shall respect the confidentiality of the students. In his or her professional role the authorized practitioner shall:
  - Protect the student's identity and pertinent information in conversations, written communications, and all other manners unless requested by the client in writing, medically necessary, or mandated by law;
  - Protect the interests of clients who are minors or who are unable to give voluntary consent by securing permission from an appropriate third party or guardian;

- Solicit only information that is relevant to the professional client/practitioner relationship;
- Share pertinent information about the client with third parties only when required by law;
- Maintain the client files for a minimum period of three years and store and dispose of client files in a secure manner.

### **Professional Boundaries in Relationships**

- Respect and acknowledge the client's freedom of choice and right to refuse services;
- Provide a clear demarcation in, and ensure that both parties are aware of, the shift from the client-practitioner session to the social setting of the personal relationship;
- Refrain from becoming sexually involved with a current client even if the client initiates or consents to the contact;
- Understand that sexual intimacy is inappropriate, as is the use of touch on any part of the client's body with which he or she is not comfortable (as part of the individual or group in a therapeutic and/or educational setting);
- Consult with a colleague or other professional before becoming sexually involved with a former client;
- Comply with all local, regional and national laws regarding sexual harassment.

### **Inter-collegial Relationships**

The authorized Somatic Movement Arts Practitioner (SMA) will never falsely impugn the reputation of any colleague.

### **Grievance Procedures**

The authorized Somatic Movement Arts Practitioner (SMA) must provide the opportunity for clients or students to contact Somatic Movement Arts and file a grievance if they have complaints regarding the ethical conduct of the practitioner. Notification of Somatic Movement Arts' interest in hearing about the complaint must be given to the client or student within one week after the complaint is registered with the practitioner.