

## **Code of Ethics**

A Registered Somatic Movement Educator (RSME) or a Registered Somatic Movement Therapist (RSMT) agrees to practice according to ISMETA Scope of Practice for the practice of Somatic Movement Education and Therapy whenever it holds itself out to clients or students to be practicing Somatic Movement Education or Somatic Movement Therapy.

- ISMETA practitioners may not diagnose or prescribe for medical conditions.
- ISMETA practitioners must abide by laws and statutes governing practitioner's area of jurisdiction and which shall supersede the Code of Ethics and registration entitlement of ISMETA when in conflict.
- ISMETA practitioners shall adhere to ethical boundaries and perform the professional roles designed to protect the client, the practitioner, and safeguard the therapeutic value of the relationship.
- In his/her professional role the ISMETA practitioner shall acknowledge and respect the client's freedom of choice in the therapeutic session inclusive of respecting the client's right to refuse the therapeutic session
- Recognize his/her personal limitations and be respectful of these limitations
- Recognize his/her influential position with the client and avoid exploitation of the relationship for personal or other gain
- Recognize and limit the impact of transference and counter transference between the client and the ISMETA practitioners
- Clarify all complex relationships that could impair professional judgement or result in exploitation of the client or employees and/or co-workers
- ISMETA practitioners shall respect the confidentiality of client information and safeguard all records.

In his/her professional role the ISMETA RSME/RSMT shall:

- Protect the client's identity in conversations, written communications, and all other manners unless requested by the client in writing, medically necessary, or required 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.
  - 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/therapist relationship.
  - Share only pertinent information about the client with third parties 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.
- RSMEs and RSMTs (practitioners) must offer the opportunity for clients or students who have complaints regarding the ethical conduct of the practitioner during their class or session, to contact ISMETA. Notification of ISMETA's interest in hearing about the complaint must be given to the client/student within one week after the complaint is filed.
  - Refrain from any behavior that demeans or disempowers the client. The RSME/RSMT recognizes that the intimacy of the therapeutic relationship may stimulate sexual feelings or memories
  - Do not exploit the trust and dependency of others, including clients and employees/coworkers. 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 class in a therapeutic and/or education setting. In addition, if the client and the educator or therapist have a personal relationship outside of the typical client-therapist/educator relationship, then each party must be aware of the shift from the client-therapist/educator session to the social setting of the personal relationship
  - Comply with all laws regarding sexual harassment
  - Only those authorized to use the Registered Somatic Movement Therapist or Registered Somatic Movement Educator title may use that name to address their work. ISMETA professional membership requires continued honoring of standards/ membership (and in good standing) with associated body/school of certification.
  - ISMETA practitioners will clearly identify and give credit to ideas, techniques, and principles when teaching or implementing.