This chart contains information which CCSP has collected about certifications offered by various forms of somatic practice in California. The current version of the chart should be treated as an incomplete and possibly erroneous draft. We do not have information on all forms of somatic practice, and much of the information we do have has not yet been reviewed by the responsible organizations.

**Organization of the Chart**

Information associated with each certification is organized into three columns.

The first column contains the name of the organization responsible for issuing the certification, its address and contact information if we have that, and a description of the nature of the organization and the functions it performs. Many of the certifying organization are practitioner professional organizations, while a few exist solely to provide certification. Functions may include providing training; accrediting or authorizing other training providers; maintaining a Code of Ethics (COE), Standards of Practice (SOP) and Grievance Procedures; and providing general professional support for members.

The second column indicates training or other requirements for the certification, prerequisites for entering the training program, if any, and the nature of the testing and evaluation required to obtain the certification.

The third column contains information on renewal intervals and requirements, if any, continuing education (CE), and any additional notes.

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This chart reflects a diverse range of modalities, in terms of what they do and the kinds of training they require. These modalities focus on different body systems, ranging from muscular to energetic to connective tissue to neurological control systems. They require widely varying amounts of training, from less than 100 hours to more than 1000 hours — and it seems reasonable to assume that this variation reflects a legitimate variation in the amount of training required to turn out a competent practitioner in the various modalities. We see this variation as indicative of the difficulty of attempting to impose common standards across somatic modalities.

**Proprietary and generic certifications**

The certifications fall into two primary categories, which we will call *proprietary* and *generic*. These categories represent different types of needs and different ways of meeting those needs.

*Proprietary* certifications are administered by certifying organizations which have significant responsibilities for defining and managing the modality being certified.
In some cases (Aston, Lomi, Rolfing, Self-healing, Trager) the certifying organization provides the training. In other cases (Feldenkrais, Polarity), training is provided by separate providers, but under standards defined by the certifying organization.

Many of the certifying organizations are practitioner organizations or guilds which maintain a Code of Ethics, Standards of Practice, Grievance Procedures, and the like. A few certifications (Aston, Self-healing) are still administered by the originating school, but are in the process of developing these more mature organizational structures. In only one case (Reflexology) is a proprietary certification overseen by a separate certifying organization.

Generic certifications apply to more generically defined modalities, such as massage therapy and bodywork. These certifying organizations do not define the modality, nor control the training needed to practice the modality. Instead, they define what they consider to be adequate training from schools meeting specified criteria. One generic certifying organization (ABMP) is a membership organization which also provides professional structures such as a Code of Ethics and Standards of Practice and member benefits such as group insurance. Another (NCTBMB) exists solely to provide certification, but also maintains additional professional features such as a Code of Ethics and Standards of Practice as part of that certification. The NCBTMB is the only certifying organization accredited by the National Commission of Certifying Agencies.

Please send additions or correction to the chart to:

California Coalition on Somatic Practices
P.O. Box 5611
San Mateo, CA. 94402-0611

Or by email to beverlysmay@home.com or rstrauch@somatic.com

(Prepared by Ralph Strauch, Beverly May, Amy MacLennan)

Note: The California Coalition on Somatic Practices is a volunteer coalition of organizations and individuals concerned with California state policy toward the regulation of massage therapy and other forms of somatic practice. We meet three or four times a year, and function as a community in which all voices are considered and the diversity of our approaches and beliefs respected.

For more information contact us at the address above, or visit our website at

www.somatic.com/ccsp
<table>
<thead>
<tr>
<th>Certification</th>
<th>Requirements</th>
<th>Renewal</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td><strong>Certified Teacher of the Alexander Technique (Certificate of Qualification)</strong></td>
<td>Requires: At least 1600 hours in 3-4 academic years. At least 80% class hours are practical. Most schools require supervised teaching. Testing: Recommended by training director. No formal testing.</td>
<td>One time certification</td>
<td>Bylaws, Code Conduct, training approval committee, grievance, teacher cert. reqmts, etc. under development.</td>
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<tr>
<td><strong>Aston Patterning®</strong></td>
<td>Requires: Almost 700 hours (1,000 hours with advanced options) Training: lecture and practical classroom hours. Testing: Written test and 3 day practicum</td>
<td>Yearly fee to use service marks</td>
<td>CE recommended but not req’d Note: Possible development of professional org with COE, SOP, etc., later on.</td>
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<td><strong>Registered Dance Therapist (DTR) / Advanced Registered Dance Therapist (ADTR)</strong></td>
<td>Requires: 2 year Masters program plus one year internship (700 supervised hours) / additional 48 supervised hours, plus presentation Testing: Masters Thesis or exam / Presentation &amp; validation of clinical experience</td>
<td>Annual</td>
<td>ADTR status entitles a dance therapist to supervise and to practice privately. ADTA is seeking testing which would put &quot;Board Certified&quot; after current credentials.</td>
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<tr>
<td><strong>Certified Feldenkrais Practitioner®</strong></td>
<td>Requires: 800 hour training over 3-4 years. Testing: Informal assessment during training</td>
<td>2 years — 20 hrs/year CE &amp; 100 hours/year of practice</td>
<td>FELDENKRAIS® is a registered service mark of the Feldenkrais Guild.</td>
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<tr>
<td>Certification Category</td>
<td>Requirements</td>
<td>Renewal</td>
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<tr>
<td>Certified Hanna Somatic Educator®</td>
<td>Requires: 300-hour training over 2-3 years</td>
<td>Note: The “Novato Institute for Somatic Research and Training” (1516 Grant Avenue #212, Novato, CA 94945; 415-897-0336) currently authorizes use of service marks and in association with the AHSE provides professional trainings and certifies graduates.</td>
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<td>Testing: Demonstrations of competency and written examinations.</td>
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<td>Note: The “Novato Institute for Somatic Research and Training” (1516 Grant Avenue #212, Novato, CA 94945; 415-897-0336) currently authorizes use of service marks and in association with the AHSE provides professional trainings and certifies graduates.</td>
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<td>Hellerwork</td>
<td>Requires: 1250 hours over 1 year training, evaluation &amp; 6 month practical internship before final evaluation.</td>
<td>Renewal: Lifetime certification, no renewal</td>
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<td>Lomi Associate</td>
<td>Requires: 500 hour training, 100 sessions &amp; interviews, 5 day intensive</td>
<td>Renewal: None</td>
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<td>Prerequisites: Received 10 sessions, 100 hours massage/bodywork.</td>
<td>Note: Journal required, including sessions given, progress notes, insights. Must have private meditation &amp; body-oriented discipline. Supervision &amp; CE recommended.</td>
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<td>Testing: Final presentation to teacher &amp; group</td>
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<tr>
<td>Nationally Certified Therapeutic Massage and Bodywork (NCTMB)</td>
<td>Requires: 500 hrs formal training from a state approved or licensed training institute (or school exempt from licensing)</td>
<td>Renewal: Every 4 years. 50 hours of CE every 4 years Note: Accredited by the National Commission of Certifying Agencies.</td>
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<td>Testing: Exam is psychometrically developed by professional testing company</td>
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<tr>
<td>Internationally Certified in massage (ICMT), bodywork (ICBT), or somatic (ICST) therapy.</td>
<td>Requires: State license or one of: 1)500 hrs &quot;approved&quot; school 2)Registered or certified in a &quot;recognized&quot; massage association. 3)50 hrs massage &amp; BS in nursing or PT. 4) “recognized” certification exam</td>
<td>Note: No definition of “approved” school, “recognized” certification exam or “registered or certified” member of massage association.</td>
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<td>Testing: none</td>
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</table>

Professional org: set training standards, codes of conduct, coordinate research projects, provide CE.
### ISMETA - Registered Movement Therapist

Int’l Somatic Movement Educ. & Therapy Ass’n (ISMETA)
148 W. 23rd Street #1H
New York, NY 10011
212/229-7666
ISMETA-SKVOG1@aol.com

Practitioner organization

COE

Requires: 500 hours training in somatic movement. Min. 250 hours in hands on repatterning. + 200 hrs post-grad. Experience teaching or in private sessions or graduate of approved trainings

Testing: None for graduates of approved schools. Otherwise may submit video & work and training history

### Pesso-Boydorn Psychomoter Practitioner

Pesso-Boydorn Institute

Training provider, certifying body, COE, SOP

Requires: 3 years training

Prerequisites: M.D. or M.A. in psych or MSW and established in field work.

Renewal: no renewal

### Associate Polarity Practitioner / Registered Polarity Practitioner

American Polarity Therapy Association
2888 Bluff St. #149
Boulder, CO 80301
Contact: Gary Peterson, RPP Executive Director
SATVASH@aol.com

Professional org, SOP, COE, Grievance.

Requires: 155 hours / 615 hours (incl practicum)

Testing: Testing administered by the training centers/schools

Renewal: Annual dues, 12 hrs CE every two years

### National Reflexology Certification

American Reflexology Certification Board
P.O. Box 620607
Littleton, CO 80162
303/933-6921
fax: 303/904-0406

Certification only. COE, SOP

Requires: 110 hours plus 90 documented sessions

Testing: Written, practical exam

Renewal: Annual fee to remain on referral list

### Certified Rolfer® / Certified Rolling Movement Teacher® / Certified Advanced Rolfer®

The Rolf Institute
Gary S. Wolfe, Exec. Dir.
205 Canyon Rd
Boulder, CO 80302
303-449-5903
GarySWolfe@aol.com

Professional org, training provider, certification, SOP, COE, Service Marks

Requires: CR - 768 (500 for MT) CRMT- additional 144 hrs CAR - additional 216 hrs after certification as Rolfer

Prerequisites: 10 Rolfing & 8 Rolf Movement sessions, essay, Bachelors degree. Tested in Anatomy, Kinesiology, and Physiology

Testing: Written essay

Renewal: Annual. Recertification -- Certified Rolfers must complete advanced cert in 3-7 years
**Self-Healing Practitioner / Educator**

School for Self-Healing
Contact: Claudia Singer
Training provider, Professional guild now in planning stage.

Requires: 760 hours, incl 500 apprenticeship. (Level 1 at 160 hrs, level 2 before apprenticeship.)
Testing: Evaluation by Meir Schneider during training
Renewal: No renewal. CE available but not required.
Note: Offers training in the Meir Schneider Self-Healing Method

**Touch Pro Certification**

Touch Pro Institute
David Palmer, Exec. Dir.
584 Castro St #555
S. F. CA 94114
800/999-5026
415/621-6817
TouchPro@csi.com
http://www.touchpro.com

Professional org, training provider, certification, SOP

Requires: Technique class appr 17 hrs
Marketing class appr 7 hours
Documentation of 100 TouchPro chair massages
90 minute tutorial
Prerequisites: active massage professionals or currently enrolled massage school. Basic anatomy & massage experience.

Renewal: Annual cert fee- $40

**Trager®**

The Trager Institute
Don Schwartz, Ph.D., Exec Dir
21 Locust Avenue
Mill Valley, CA 94941
415/388-2688
Fax: 415/388-2710
admin@trager.com

Professional org, Training provider, SOP, COE, Grievance, Service Marks

Requires: 269 hours
Trainings authorized by The Trager Institute.
Testing: No written test - Evaluation via private tutorials
Renewal: annual to use service marks.
CE required
Note: Certificate of completion for completing the program, and an annual certificate which is a license to use the service marks.
"TRAGER" is a registered service mark of The Trager Institute.

**Zero Balancing**

Zero Balancing Assn
PO box 1727
Capitola, CA 95010
phone/fax 408-476-0665
ZBAOffice@aol.com

Training provider, certification, professional assn

Requires: 100 hours plus case studies, essays, sessions with instructors or peers
Testing: practical evaluation