

CCSP Certification Chart

Draft — 7/31/98

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 (NCBTMB) 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

Certified Teacher of the Alexander Technique (Certificate of Qualification)

No. American Soc. of Teachers of Alexander Technique (NASTAT)
 Contact: Cynthia Knapp
 NASTAT Govt Relns Cmte
 306 West 93rd St. #47
 New York NY 10025
 tel: (212) 222-7663
 CKnappAT@aol.com

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

Renewal: One time certification
 Note: Bylaws, Code Conduct, training approval committee, grievance, teacher cert. reqmts, etc. under development

Professional org & certification - sets standards, approves courses

Aston Patterning®

Aston Training Center
 Aston-Patterning Training Center
 P.O. Box 3568
 Incline Village, NV 89450
 702-831-8228
 Astonpat@aol.com
 Training provider offers CE. Service Marks

Requires: Almost 700 hours (1,000 hours with advanced options)
 Training: lecture and practical classroom hours.
 Testing: Written test and 3 day practicum

Renewal: Yearly fee to use service marks
 CE recommended but not req'd
 Note: Possible development of professional org with COE, SOP. etc., later on.

Registered Dance Therapist (DTR) / Advanced Registered Dance Therapist (ADTR)

American Dance Therapy Association
 Contact: Gail Frizzell, ADTR, CMA
 (707)747-6858
 Movement11@aol.com
 Professional assn

Requires: 2 year Masters program plus one year internship (700 supervised hours) / additional 48 supervised hours, plus presentation
 Testing: Masters Thesis or exam / Presentation & validation of clinical experience

Renewal: annual
 Note: ADTR status entitles a dance therapist to supervise and to practice privately. ADTA is seeking testing which would put "Board Certified" after current credentials.

Certified Feldenkrais Practitioner®

Feldenkrais Guild of North America (FGNA)
 P. O. Box 489
 Albany, OR 97321
 800/775-2118
 feldngld@peak.org
 www.feldenkrais.com

Requires: 800 hour training over 3-4 years.
 Testing: Informal assessment during training

Renewal: 2 years — 20 hrs/year CE & 100 hours/year of practice.
 Note: FELDENKRAIS® is a registered service mark of the Feldenkrais Guild.

Professional org. Sets training standards & accredits training programs, maintains SOP, COE, Grievance, Service Marks.

Certified Hanna Somatic Educator®

Association for Hanna Somatic Education®, Inc. (AHSE)
 925 Golden Gate Drive
 Napa, CA 94558-9601
 Contact: Phil Shenk, President
 E-mail: pshenk@interx.net
 Phone/Fax: 707-255-1259
 www.somatics.com

Professional org: set training standards, codes of conduct, coordinate research projects, provide CE

Requires: 300-hour training over 2-3 years
Testing: Demonstrations of competency and written examinations.

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.

Hellerwork

Hellerwork International
 406 Berry St
 Mt Shasta, CA 96067
 916-926-2500
 Hellerwork@Hellerwork.com

Professional org: certifying body, standards & licensing, approves schools, COE, SOP

Requires: 1250 hours over 1 year training, evaluation & 6 month practical internship before final evaluation.

Renewal: Lifetime certification, no renewal

Lomi Associate

Lomi School
Training provider, certification

Requires: 500 hour training, 100 sessions & interviews, 5 day intensive
Prerequisites: Received 10 sessions, 100 hours massage/bodywork.
Testing: Final presentation to teacher & group

Renewal: None

Note: Journal required, including sessions given, progress notes, insights. Must have private meditation & body-oriented discipline. Supervision & CE recommended.

Nationally Certified Therapeutic Massage and Bodywork (NCTMB)

National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)
 www.ncbtmb.com
 Contact : Nancy Roylance
 Certifying organization only, COE, SOP, Grievance.

Requires: 500 hrs formal training from a state approved or licensed training institute (or school exempt from licensing)
Testing: Exam is psychometrically developed by professional testing company

Renewal: Every 4 years.

50 hours of CE every 4 years
 Note: Accredited by the National Commission of Certifying Agencies.

Internationally Certified in massage (ICMT), bodywork (ICBT), or somatic (ICST) therapy.

Associated Bodywork and Massage Professionals (ABMP)
 28677 Buffalo Park Road
 Evergreen, CO 80439-7347
 1-800-458-226
 expectmore@abmp.com
membership org, insurance, COE, certification

Requires: State license or one of:
 1)500 hrs "approved" school
 2)Registered or certified in a "recognized" massage association.
 3)50 hrs massage & BS in nursing or PT.
 4) “recognized” certification exam
Testing: none

Note: No definition of “approved” school, “recognized” certification exam or “registered or certified” member of massage association.

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-Boydon Psychomotor Practitioner

Pesso-Boydon 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
SATVAHQ@aol.com

Professional org, SOP, COE,
Grievance.

Requires: 155hours / 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 Roling 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 Roling & 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