

Guiding Scope of practice for Somatic Movement Dance Practitioner



Somatic Movement dance practices are uniquely crafted around the following approaches. Practitioners tend to work in groups, while therapists work one-on-one, and in groups. Registered SMDP adhere to the following health & safety, ethical and practice-based guidelines.

Health & Safety Guidelines	Growth, reflection and healing	Ethical guidelines
<p>It is expected that all SMDP members will adhere to the following health & safety guidelines:</p> <p>All association members are required to;</p> <ul style="list-style-type: none"> • Complete or update an Emergency First Aid at Work Course (EFAW) • Undergo a CRB check (N.B. All criminal convictions must be declared before registration) • Have valid insurance cover for practicing • Attend one top-up training a year (CPT) • Obtain on-going supervision, and seek out extra supervisory support when needed <p>Considerations for work environments and client documentation.</p> <ul style="list-style-type: none"> • Work spaces must be safe & clean, with appropriate flooring and heating • Relevant risk assessments need to be completed 	<p>SMDP offer offering practice that support people to,</p> <ul style="list-style-type: none"> • Integrate the body-mind through conscious awareness in movement • Help people connect to their sensory-motor feedback loop (sensing, feeling, perceiving, reflecting, and moving consciously) • Explore somatic movement fundamentals such as: gravity, weight, mass, breath, space and time • Balance, synthesize and integrate polarities: inhalation/exhalation, sympathetic/ parasympathetic ,high/low, left/right, up/down, centripetal/centrifugal etc. • Create a balance between rest (slow-time afferent sensing) and conscious action (efferent motor expression), supporting the nervous system to balance • Utilise hands-on bodywork (touch) to enhance flow, develop imaginal movement range, and explore new movement pathways and articulations • Stimulate, improve, and expand one's movement range, such as exploring different qualities, rhythms, 	<p>It is expected that all SMDP members will adhere to the following ethical guidelines:</p> <p>All association members will;</p> <ul style="list-style-type: none"> • Exhibit their certificate at their place of work and/or on their website • Not discriminate against age, disability, ethnicity, gender or sexuality • Work within data protection laws • Protect client confidentiality, unless a safeguarding necessitates disclosure • Have the option to withdraw from working with a client in the interest of safety • Obtain on-going supervision, and seek out extra supervisory support when needed • Clearly reference and acknowledge sources, when sharing somatic movement materials and practices in

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<p>before sessions</p> <ul style="list-style-type: none"> • A data protection form must be completed and signed, prior to working with a client. (available from UKSMDT) • A COVID-19 waiver form must be completed and signed, prior to working with a client (available from UKSMDT) • A medical history form must be completed before working with a client (available from UKSMDT) • A consent form to offer touch within sessions must be completed and signed, prior to working with the client (available from UKSMDT) 	<p>tempos, directions, planes of action, energies, and spatiality</p> <ul style="list-style-type: none"> • Support easeful posture • Offer integrative processes that enable reflection, contemplation after moving/dancing 	<p>public talks, thesis and publication</p>
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Sensory-perceptual motor expression	Resting, releasing, easing and softening	Hands-on, Touch and bodywork
<p><u>SMDP may offer processes and practices that:</u></p> <ul style="list-style-type: none"> • Connect people to their sensory-motor feedback loop (through sensing, feeling, perceiving, and moving consciously) • Support the development of sensory-perceptual movement awareness • Explore interoception, proprioception, gravi-ception, and kinaesthetic intelligence • Explore interoceptive awareness, reducing exteroceptive overwhelm, in order to ease the nervous system • Explore experiential anatomy and physiology, uniquely blending objective knowledge with subjective experience 	<p><u>SMDP offer processes and practices that:</u></p> <ul style="list-style-type: none"> • Creatively explore the fluid nature of the human organism, supporting the free flow of fluids through tissues • Support breath awareness, inviting the vagus nerve into a state of health • Release restrictions, tension and stress in living tissues, via inviting free-flowing movement patterns • Support the fascia into a state of health, exploring bio-tensegrity • Use gravity as a source for change; using the ground to release, rest, and soften tissues, letting go of structure and accumulations of daily stress 	<p><u>SMDP may use touch and bodywork processes in order to:</u></p> <ul style="list-style-type: none"> • Teach anatomy and physiology through subjective experience and objective knowledge • Reconnect participants to their sensory-motor feedback loop • Enhance afferent sensing and conscious efferent motor expression • Bring awareness to living tissues and body systems that are often beneath consciousness • Support skeletal-muscular alignment • Balance asymmetries, releasing stress and strain, and supporting easeful posture • Support anatomical differentiation and movement integration • Release habituated patterns of neuromuscular

<p>(first-person sensory-perceptual experience of the living body)</p> <ul style="list-style-type: none"> Facilitate a balance between resting (afferent sensing) and action (efferent motor expression) <p>Support people to connect with their breath and diaphragm</p>		<p>holding and support movement fluidity</p> <ul style="list-style-type: none"> Calm and balance the nervous system (reduce sympathetic arousal and support parasympathetic ease) Connect with Self, others, and the community group through the nonverbal language of touch, dance and movement Support expressivity, creativity and the imagination-in-movement Support imaginative sensory-perceptual movement pathways, inviting the embodied imagination to arise
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Movement & the imagination	Movement fundamentals and development	Body-mind-spirit and soul-nature
<p><u>SMDS's may offer processes and practices that:</u></p> <ul style="list-style-type: none"> Explore the relationship between sensation, emotion, image, symbol, impressions, and the embodied imagination Explore the imagination-in-movement as the bridge to the soul: a unique process where unconscious contents can be integrated into symbolic form through imaginal expression Work in a dyad, exploring the witness/mover container Explore the transpersonal as a vital source of knowledge and connection Create a non-judgemental environment and heart-centred co-regularly space 	<p><u>SMDS's may offer processes and practices that:</u></p> <ul style="list-style-type: none"> Explore developmental movement patterning Explore somatic movement fundamentals such as: gravity, weight, mass, breath, time, space Explore different rhythms, qualities, directions, energies, forces, and planes of action Explore the differentiation and integration of body parts Explore free-improvisation, supporting fascial fluidity, skeletal-muscular dexterity, spatial awareness and movement range Explore and integrate movement 	<p><u>SMDS's may offer processes and practices that:</u></p> <ul style="list-style-type: none"> Explore the joy of movement and kinaesthetic intelligence Explore the intelligence of the living body, sensing source energy Explore consciousness, developed through sensory-perceptual movement awareness, breath awareness, and subjectively directing and investigating the body-mind relationship Explore somatic movement/dance meditations Explore body and nature, developing an understanding of our connection to a wider ecosystem Offer reflective processes of digestion, reflection and integration after moving/dancing

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	polarities, such as: parasympathetic/sympathetic, inspiration/expiration, up/down, high/low, left/right, direct/non- directional, inhalation and exhalation etc	
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