

Our Thoughts on Certifications

We offer our Body Trust Certification Program with the deep awareness of critiques made in our field about certifications. As we have been revisioning our program, we have spent more time discussing the yes's and no's of certification, as well as the impact of them, than almost any other topic. We believe certifications are a tricky trap of white supremacy and capitalism. And even though certifications ostensibly support oppressive systems, this trap has a disproportionately negative impact on BIPOC individuals and those with other intersecting marginalized identities who may be shut out of employment opportunities, not receive fair compensation for their labor, have their expertise questioned, or have their voices silenced because they do not have a certification. We have chosen to continue offering our certification program as an option for people who would benefit most from having one, particularly those doing revolutionary work in a capitalist system that is largely transactional when it comes to "expertise" and "credentials."

The truth is, certifications matter and we find that this is a place where the reality about certifications trumps our feelings about them. While we continue to engage in the deeper work of dismantling systems of oppression, it may be that certifications lose their importance. But, until then, we are choosing to give people something tangible to communicate their commitment to learning this weight inclusive model of care. We will continue to ask ourselves questions about certifications and this document will live on our site as a place where we will share our thoughts and analysis over time. We remain dedicated to addressing the presence and impact of white supremacy, dominance and hierarchy in our fields.

*Signed,
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