



American
Organization for
Bodywork
Therapies of
Asia

Competencies for the Professional Practice of Asian Bodywork Therapy

Competencies for the professional practice of Asian Bodywork as defined by The American Organization for Bodywork Therapies of Asia® (AOBTA®)

This description of competencies is intended to serve as an elaboration and clarification of the AOBTA®'s 500-hour educational requirements. This information can be useful to help schools and programs refine their existing curriculum or as a reference tool for the evaluation of either students or practitioners of Asian Bodywork Therapy.

This document includes seven sections detailing our required knowledge and skills starting from general knowledge and concluding with clinical experience.

I. A. Western Science

ANATOMY / Identify, locate and describe the anatomical organization and structures of the following:

- Skeletal System: Including but not limited to bony prominences, especially as related to origins/insertions
- Muscular System: Including but not limited to origin, insertion, and action
- Circulatory System
- Nervous System
- Endocrine System
- Lymphatic System
- Digestive System
- Reproduction System
- Respiratory System
- Integumentary System
- Urinary System

PHYSIOLOGY / Describe the functioning in the human body of:

- Skeletal System
- Muscular System
- Circulatory System
- Nervous System
- Endocrine System
- Lymphatic System
- Digestive System
- Reproduction System
- Respiratory System
- Integumentary System
- Urinary System

PATHOLOGY / Describe the pathologies commonly encountered in the practice of Asian bodywork therapy for the following systems. Include specific indications, contraindications, and precautions to touch.

- Skeletal System
- Muscular System
- Circulatory System
- Nervous System
- Endocrine System
- Lymphatic System
- Digestive System
- Reproduction System
- Respiratory System

- Integumentary System
- Urinary System

I. B. Eastern Science

Identify and describe general Asian philosophy and cosmology:

- Philosophical foundation
- TCM cosmology
- Concepts of Dao, Qi (Chi, Ki), Yin/Yang, 10,000 things
- History of TCM and Asian Bodywork Therapy

Define, identify, and describe the following elements of Asian/TCM anatomy, physiology, and pathology:

- Five Elements/Transformations
- Eight Principles
- Fundamental Substances
- Qi (Chi, Ki)
- Xue Blood
- Jing (Essence)
- Shen (Spirit)
- Jin Ye (Fluids)
- Zang (Storing), Fu (Administrative), and curious organs
- Meridian Theory
- Twelve Main Meridians
- Anatomical location
- Function and organ relationships

- Paired relationships (Yin/Yang; Communicating)
- Direction and order of circulation - 24-hour cycle
- Eight Extraordinary Vessels
- Description
- Function
- Anatomical location
- Tendino-Muscular Pathways
- Effective Points
- General description
- Anatomical location and main indications
- Twelve general points (LI4, ST36, SP6, SI10, BL40/54, GB20, GB21, GB30, LV3, CV4, CV17, GV20)
- Tonification and sedation points
- Source points (Yuan points)
- Luo connecting points
- Front Mu (Bo or Alarm points)
- Back Shu (Yu or Associated points)
- Beginning and Ending points
- Hara
- Additional pathological considerations and patterns
- Exogenous causes - the six exogenic pathogens
- Endogenous causes - the seven emotions
- Other causes - infections, injury, lifestyle
- The Four Levels (defense, qi, nutritive, blood)

II. EFFECTS OF TOUCH AND ASIAN BODYWORK THERAPY TECHNIQUES

Identify or describe the following:

- Theory relative to Asian Bodywork Therapy Form including effects on major body systems
- Principles of manipulation
- Full body treatment
- Passive and active exercises
- Integration of techniques focused upon pathologies treated by practitioners
- The physiological and emotional effects of manipulation
- Contraindications and potentially harmful techniques (cautions)
- Classifications of western medications, including implications for Asian Bodywork Therapies

III. PLANNING and IMPLEMENTING an ASIAN BODYWORK THERAPY SESSION

Identify and describe the necessary aspects of organizing an Asian Bodywork Therapy session. Include:

- Interpersonal and physical components of a therapeutic environment
- Active listening, rapport, empathy, and feedback.
- Strategies to effectively deal with emotional and behavioral client responses to an Asian Bodywork Therapy session.
- Four pillars of Assessment and data collection
- Assessment and data collection
- Health history form
- Verbal intake (asking)
- Written data collection
- Looking (observation) including:

- Spirit (Shen)
- Complexion
- Body appearance
- Tongue
- Palpating (touching)
- Radial Pulse
- Abdomen (including Hara)
- Channels and points
- Mu and Shu points
- Listening/smelling
- Signs and symptoms assessment
- Goal setting
- Evaluation of response to previous treatment
- Formulation of treatment strategy
- Obtain informed consent from the client prior to beginning a treatment session.
- Clinical reasoning and treatment planning based on client goals, assessment findings, and understanding of effects of Asian bodywork therapy:
- Identify and describe local, general, and absolute contraindications
- Develop a safe and effective initial session
- Develop a safe and effective on-going treatment plan
- Identify and describe documentation of client treatment sessions
- Formulate treatment findings and therapeutic results using healthcare and bodywork terminology to communicate
- Communicate and confer the plan and rationale for a treatment session to the client.

IV. OVERVIEW OF ASIAN BODYWORK THERAPY CULTURE AND HISTORY

- Communicate the history of TCM and Asian Bodywork Therapy
- Compare and contrast massage modalities and Asian Bodywork Therapy in U.S.
- Comparison of Eastern and Western medicine

V. ETHICS, BOUNDARIES, LAWS, REGULATIONS (15 %)

- Define and describe ethical behavior in Asian bodywork therapy practice:
- Professional boundaries
- Code of ethics
- The therapeutic relationship and dual relationships
- Sexual misconduct
- Massage/bodywork - related laws and regulations
- Scope of practice
- Professional communication
- Informed Consent
- Confidentiality
- HIPAA Compliance
- Americans with Disabilities Act (ADA)
- Effective resolution of ethical issues.
- Influence of personal and cultural values, attitudes, and ethics on professional values, attitudes and ethics.

VI. GUIDELINES FOR PROFESSIONAL PRACTICE AND DEVELOPMENT

Demonstrate or describe the importance of the following:

- Proper and safe use of equipment and supplies

- Therapist hygiene
- Sanitation and cleanliness
- Safety practices
- Facilities
- Therapist personal safety
- Client safety
- Successful completion of First Aid and CPR
- Therapist care
- Body mechanics: Ergonomic physical skills necessary for the safe and effective performance of bodywork techniques
- Infectious disease and protective gear (masks, gowns, gloves, etc)
- Self-care
- The effect of physical fitness and lifestyle habits on the performance of Asian bodywork therapy techniques.
- The effect of centering, focusing, grounding, and breathing on the performance of Asian bodywork therapy techniques.
- Injury prevention
- Business Practices
- Business planning and marketing
- Office management and maintenance
- Hiring/Interviewing
- Documentation and Records: Retention of client records (intake, session documentation, informed consent), bookkeeping/accounting, insurance, licensure
- HIPAA

- Financial responsibility
- Research literacy
- Explain the value of research to the profession.
- Identify sources of published research literature on bodywork.
- Critically read and evaluate a published research article in the field of bodywork.
- Ongoing education
- Discuss the value of ongoing education and skill development as a professional.
- Describe methods for identifying advanced training programs to enhance performance, knowledge, and skills.
- Update First Aid and CPR as needed
- Professional referrals
- Identify strategies for effective communication with other professionals regarding client care and referrals.
- Describe the process used to identify the scope of practice of allied health professions.
- Describe the appropriate use of medical release and consent forms.

VII. STUDENT CLINICAL EXPERIENCE

Student Clinical Practice: Has complete a minimum of 50 one-hour sessions under the supervision of an instructor/supervisor or bodywork professional who has completed at least two years of professional Asian Bodywork Therapy practice or 500 paid professional sessions.

- Perform assessment and data collection
- Health history form
- Verbal intake
- Written data collection
- Four pillars

- Looking (observation)
- Spirit (Shen)
- Complexion
- Body appearance
- Tongue
- Asking
- Palpating (touching)
- Pulse
- Abdomen/Hara
- Channels and points
- Mu and Shu points
- Listening/smelling
- Symptom assessment
- Goal setting
- Evaluation of response to previous treatment
- Formulation of treatment strategy
- Obtain informed consent from the client prior to beginning a treatment session.
- Clinical reasoning and treatment planning based on client goals, assessment findings, and understanding of effects of Asian bodywork
- Identify and describe local, general, and absolute contraindications
- Develop a safe and effective initial session
- Develop a safe and effective on-going treatment plan
- Identify and describe documentation of client treatment sessions

- Formulate and communicate treatment findings and therapeutic results using healthcare and Asian Bodywork Therapy terminology
- Application of techniques
- Obtain informed consent from the client prior to beginning a treatment session.
- Demonstrate technique which is within the scope of training and practice of an AOBTA recognized Form. Practices of Asian Bodywork Therapy (ABT) include but are not limited to: Acupressure, Amma, AMMA Therapy®, Chi Nei Tsang, Five Element Shiatsu, Integrative Eclectic Shiatsu, Japanese Shiatsu, Jin Shin Do® Bodymind Acupressure®, Jin Shou Tuina™, Macrobiotic Shiatsu, Medical Qigong, Nuad Bo 'Rarn (Traditional Thai Bodywork), Shiatsu, Shiatsu Anma Therapy, Tuina (or Tui Na), and Zen Shiatsu.
- Describe and demonstrate standard precautions.
- Demonstrate techniques that are appropriate for each body area, including endangerment sites.
- Identify and apply principles and protocols for Asian bodywork sessions.
- Modify the plan and therapeutic approach used during a treatment session based on client response.
- Demonstrate the ability to vary the choice and application of techniques as appropriate to the client's needs, including those of special populations.
- Identify and practice appropriate methods of sanitation and personal hygiene in the performance of Asian bodywork sessions.