

Acupuncture

NEW BRUNSWICK

AVANT DE SUIVRE LA RECOMMANDATION.

1. true copies of the originals of diplomas and certificates relating your studies in TCM.
2. The organizations or registry to which you belonged.
3. Your course programs indicating the number of hours of your course (minimum required 1500 hours).
4. Provide a letter or certificate of recommendation that describes your practice of an association, a school, or a sosiee
5. Provide a certified copy from your medical error insurance company, which covers the practice of acupuncture and other modalities.
6. Provide an original certificate from the police department including an extract from the criminal record and sexual offense.
7. One (1) current passport photo.
8. File review fees: \$ 25 payable to FMA must accompany your request before initiating official recognition of your training.

THE COSTS OF THE FILE STUDY MUST CONTAIN ALL THE LISTED PARTS (1 TO 8). IT IS NOT REFUNDABLE.

Acceptance grants you to be registered on the list of FMA members, in MTC. The membership fee is \$ 168. It can be combined with other disciplines. The membership number is valid from April 01 to March 31.

Fasciatherapy

Around 750 hours of lessons, broken down as follows:

- 530 hours of therapeutic techniques, mobilizations
 - 90 hours anatomy / physiology
 - 90 hours of pathology
 - 40 hours covering: professional ethics, psycho / helping relationship, sexuality, legal aspect, interview technique, etc.
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- Danis Bois method: first cycle (260 hours of training), second cycle (260 additional hours), and graduate (780 hours in all).
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- Christian Carini approach, fasciapulsology, nine seminars of three days and one of five days, spread over 30 months.

Herbalism

- Training in phytotherapy accredited by the Association québécoise des phytothérapeutes
- 1000 hours, divided between theory and practice.

Homeopathy

1,500 hours of lessons, broken down as follows:

- 735 hours of homeopathic theory
- 240 hours of observation training
- 180 hours of anatomy and physiology
- 150 hours of medical pathology and microbiology
- 135 hours of complementary disciplines: energy, nutrition, helping relationship, office management and ethics
- 60 hours of individual clinical training.

Kinésithérapie

- 1000 hours including a first massage technique (385 hours min.)
 - Have at least 2 massage techniques (150 hours each)
 - Body approach in masso-kinesitherapy - (157 hours minimum)
 - Anatomy physiology pathology - (135 hours)
 - Physio-pathologies of the musculoskeletal system - (45 hours)
 - Postural analysis - (30 hours)
 - Body language - (45 hours)
 - Supervised internships - (112 hours minimum)
 - Introduction to passive mobilizations - (15 hours)
 - Synthesis and integration - (30 hours)
 - Trigger points - (15 hours)
 - Chair massage - (15 hours)
 - Massage adapted to pregnant women - (15 hours)
 - Professional success and business plan - (30 hours)
- * Studies and homework are not considered.

Kinotherapy

- 600 hours of lessons, broken down as follows:
 - 385 hours of massage therapy training (mandatory)
 - 100 hours of therapeutic techniques
 - 100 hours of anatomy / physiology, pathology, etc.
- * Homework and studies are not considered.

Massage therapy

Minimum training requirements: Several training programs

massage therapy training in Quebec offer a

1,000 hours or an advanced postgraduate massage therapy training program that focuses on patient health, specific medical conditions, or treatment of a condition or injury.

The FMA recognizes two levels of training:

License A, massage therapy: training in massage therapy of less than 1000 hours.

License B, massage therapy: training in massage therapy of 1,000 hours or more.

For the province of Quebec:

The title of massage therapist is not protected in Quebec; therefore, the FMA designates the massage therapist with massage therapy training of less than 1000 hours as an A license massage therapist and one with massage therapy training of 1000 hours or more as a B license massage therapist.

Professional equivalence and grandfather clause for massage therapist members of the FMA: The FMA has chosen to assign the title of license B to an applicant who received training in massage therapy several years ago and who has since been actively working as a massage therapist. ACQUIRED RECOGNITION SYSTEM FOR A PERSON WISHING TO BE RECOGNIZED AS A MASSAGE THERAPIST, ACQUIRED RIGHTS CLAUSE (GRANDFATHER CLAUSE) FOR MASSOTHERAPIST MEMBERS OF THE FMA.

As of January 1, 2020, insurance companies will only accept members with this additional training as eligible claimants.

a. a minimum training requirement of 1,000 hours or more; or,

b. two titles to differentiate the minimum training from the level 2 training.

Observation: an acquired right clause for massage therapist members of the FMA is put in place to accompany the member during this new provision.

License A, massage therapy

massage therapy training of less than 1,000 hours (minimum 400 hours)

Approach: 165 hours minimum. You have the choice of one of the following approaches: Swedish, Shiatsu, Californian, Polarity, Esalen, Amma, Jin Shin Do or Mouvement TragerMD (member of Trager Institute)

- Anatomy,
- Pathophysiology,
- Professional aspects,
- Ethics, legal aspects,
- Sexuality and professional practice,
- Counseling,
- Interview techniques,
- Internship and supervision,
- Interview technique and record keeping.

License B, massage therapy

1000 hours of lessons and more or two different techniques, additional training broken down as follows:

- One, two or more techniques,
- Internship and supervision,
- personal integration and professional intervention,
- helping relationship with situation scenario, in order to establish an intervention plan to improve therapeutic follow-up
- administration, business start-up and growth, marketing, record keeping.
- anatomy / physiology / pathology
- optional courses including: psychopathology, psychosomatics, helping relationship, psychology, nutrition, etc ...
- Complements and / or improvement in connection with the disciplines of your choice, recognized by the FMA while respecting the maximums of each.

- Additional techniques: Trigger-points, Lymphatic drainage, sports massage, reflexology, therapeutic touch or deepening in a basic technique in one of the bodily, energetic, psycho-bodily approaches recognized as a practitioner. Gestalt personal growth process, transactional analysis, rebirth, eutony, feldenkrais, psychosynthesis, bio-energy, anti-gymnastics. Postural awareness: anti-gymnastics, Alexander, feldenkrais, eutonia, tai chi, mentastics, yoga. Professional development: physiotherapy, TRP, occupational therapy, homeopathy, acupuncture, naturopathy, osteopathy, etiopathy, somatotherapy, nutritional approaches, aromatherapy, algotherapy.

Massage therapy

(Title of practitioner in massage therapy)

Minimum of 400 MINIMUM HOURS of supervised training broken down as follows:

- Approach: 150 hours minimum. You have the choice of one of the following approaches: Swedish, Shiatsu, Californian, Polarity, Esalen, Amma, Jin Shin Do or Mouvement TragerMD (member of Trager Institute)
 - Anatomy: 45 hours
 - Pathophysiology: 45 hours
 - Professional aspects 15 hours
 - Ethics, legal aspects: 15 hours
 - Sexuality and professional practice: 45 hours
 - Helping relationship: 30 hours
 - Interview techniques: 15 hours
 - Internship and supervision: 30 hours minimum 60 hours maximum
 - Interview technique and record keeping: 20 hours.
- * Homework and studies are not considered.

Naturopathy

1000 hours of lessons, distributed as follows:

- 270 hours of vitamin therapy, trace elements, iridology, file evaluation, etc.
- 150 hours of herbal medicine
- 150 anatomy hours
- 150 pathology hours
- 150 hours of nutrition
- 45 hours essential oils
- 45 hours of healthy living
- 40 hours covering: professional ethics, psycho / helping relationship, sexuality, legal aspect, etc.

Naturopathic doctor

- In Canada, medical education for naturopathic doctors consists of a four-year, full-time, 4000-hour program, which includes extensive clinical residency training.
- At the end of the four-year program, students must have successfully passed the internationally sanctioned naturopathic examinations, which lead to licensure from the North American Board of Naturopathic Examiners before obtaining a license giving them the right to practice.

Naturopathy

500 hours of lessons, distributed as follows:

- 230 technical hours, nutrition, essential oils, lymphatic drainage, aromatherapy, oligotherapy, Ayurvedic, Reiki, etc.
 - 90 hours anatomy
 - 90 hours of pathology
 - 50 hours of internship or supervised practices
 - 40 hours covering reflexology, ethics, psychotherapy and / or helping relationship ...
- or :
- 385 hours in massage therapy + 3 approaches, eg. Reiki, DLM, and aromatherapy.

Orthotherapy

1200 including work and studies or 1000 hours of supervised training, broken down as follows:

- 1st year: 385 hours of training (Massage therapy)
- 2nd year: 300 hours of training (Physiotherapy)
- 3rd year: 300 hours of training (Orthotherapy)
- 400 additional technical hours, advanced anatomy, pathology, etc. (1000 closed hours, home work and studies are not considered.)

Osteopathy D.O.

1,700 hours of training according to the criteria of the Register of Osteopaths, namely:

- A university degree in health science or equivalent
 - 1200 hours of training in osteopathy including theoretical and practical exams.
- The Register of Osteopaths of Quebec (ROC) admits as a member any person having obtained a university degree in health sciences or the equivalent (physiotherapy, biology, pharmacy, etc.), as well as a training in osteopathy of 1,200 hours, and theoretical and practical exams passed before a jury of osteopaths. The program is spread over six years in seminars of four or five days at a time.

Hypnotherapy

Certified hypnotherapist title

120 hours distributed as follows:

- 30 hours of introduction
- 45 hours of supervised clinical internship
- 45 hours of lessons chosen from the following
 - 15 hours Study of types of inductions
 - 15 hours Interview technique, protocol and record keeping
 - 15 hours Helping relationship
 - 15 hours Suggestion technique
 - 15 hours Fields of knowledge in other types of therapy
 - 3 p.m. Anatomy of pain

- 15 hours Acquired vs innate behavior
- 15 hours Guided viewing / reinterpretation of internal mechanisms
- 20 hours Somatic / psychosomatic disorders
- 3 p.m. Pedohypnosis
- 10 hours Ethics / legal aspects

The certificate allows receipts to be issued for insurance reimbursement and the member has one year to complete their 210-hour training to become a graduate hypnotherapist. (see graduate hypnotherapist).

Training as a certified hypnotherapist is a prerequisite for training as a certified hypnotherapist. The certified hypnotherapist status cannot be continued beyond one year. The "certified hypnotherapist" member must therefore make sure to complete his additional 90-hour training, otherwise he will lose his certified hypnotherapist title and therefore no longer be able to issue a receipt.

- * Homework and studies are not considered.
- * Some additional training such as psychology and psychotherapy are recognized

Graduated hypnotherapist (210h)

Prerequisites: Certified hypnotherapist (120h)

90 hours of lessons, chosen from the following:

(The courses chosen must differ from those that were completed during the certified hypnotherapist training)

- 15 hours Study of types of inductions
- 15 hours Interview technique, protocol and record keeping
- 15 hours Helping relationship
- 15 hours Suggestion technique
- 15 hours Fields of knowledge in other types of therapy
- 15 hours Anatomy of pain
- 15 hours Acquired vs innate behavior
- 15 hours Guided viewing / reinterpretation of interior mechanisms
- 20 hours Somatic / psychosomatic disorders

- 3 p.m. Pedohypnosis
- 10 hours Ethics / legal aspects

* Homework and studies are not considered.

* Some additional training such as psychology and psychotherapy are recognized

Reflexology

- 100 heures minimum de formation ferme en réflexologie des pieds, des mains, méridiens. Peut être contenu dans la formation oreilles et méridiens de la tête. La formation doit comprendre un volet anatomie et pathologie.

Les approches suivantes sont reconnues :

Massage suédois (190 h), Massage californien (190 h), Shiatsu (190 h), Massage Esalen (190 h), Amma, Massage néo-reichien (210 h), Jin Shin Do (250 h minimum), Polarité (190 h), DLM Méthode Leduc (30 h min.), DLM Méthode Vodder (125 h), Chinois, Massage sportif (195 heures) o incluant Points Trigger (15 h) o, Shiatsu thérapeutique (330 heures à 480 heures), Suisse (1300 h), Toucher thérapeutique (24 h minimum), Massage adapté pour personne âgée (15 h), Aromathérapie (21 h) minimum, Massage aux pierres chaudes (15 h) minimum, Massage pour contrer la cellulite (45 h), Moxibustion (15 h), Nutrition (45 h), Points trigger (15 h), Premiers soins (15 h), Physiologie énergétique chinoise (45 h), Réflexologie (100 h), Focusing (30 h), Intégration personnelle – langage du corps (35 h), Lecture du corps et armure caractérielle (25 h), Pathologies musculo-squelettiques et applications pratiques (45 h), Psychopathologie-Psychosomatique (45 h), Psychothérapie corporelle intégrée (p.c.i.) (60 h), Schéma corporel et analyse posturale (45 h), Massage spécifique sur points de tension (points de Knap + points Triggers) (15 h), Nutrition, Reiki, DLM, Aromathérapie, Oligothérapie, Réflexologie, Ayurvéda, Élixirs floreaux, Sels de Schussler, Vitaminothérapie, Phytothérapie, Gemmothérapie etc.

Complements

Therapeutic Swedish - Level II (190 hrs)

Prerequisites: Swedish - level I

Kinésithérapie (295 h)

Advanced shiatsu (190 h)

Prerequisites: Shiatsu - level I

Advanced therapeutic shiatsu

Prerequisites: Advanced Shiatsu - level II

Massage suitable for babies and children (15 hours)

Prerequisite: Swedish massage (385 hours)

Intensive Level I - Thai Yoga Massage (30 hours)

Prerequisite: Introduction to Thai Yoga massage.

Massage adapted for pregnant women (30 hours)

Prerequisite: Swedish massage (385 hours)

Chair massage: Swedish (30 h) or Shiatsu (30 h)

Prerequisite: Swedish massage (385 hours)

Sports massage (195 hours)

Prerequisite: Swedish massage (385 hours) and Intro passive mobilization (15 hours)

This training includes the following courses:

- Massage techniques and mobilizations - (75 hours)
- Sports trauma - (45 hours)
- Preventive flexible restraint - (15 hours)
- Sports psychology - (15 hours)
- Supervised internships - (45 hours)

Therapeutic shiatsu (330 hours to 480 hours)

This training includes the following courses:

- Basic shiatsu - (15 hours)
- Study and practice of basic and advanced forms of Shiatsu - (45 hours)
- Study of the main meridians and tsubos - (60 hours)
- Study of the five elements and their clinical applications - (25 hours)
- Shiatsu in latero-ulna (sideways) - (10 hours)
- Supervised internships, supervisions - (45 hours)
- Anatomy, physiology and pathology - (90 hours)
- Interview technique and helping relationship - (45 hours)
- Sexuality and professional practice - (45 hours)
- Political, legal and ethical aspects - (15 hours)

The following disciplines are recognized:

- Aromatherapy
- Auriculotherapy
- Occupational therapy
- Phytotherapy
- Polarity
- Reiki

- Physical rehabilitation therapist
- Therapeutic touch

It is understood that candidates will:

- Meet the standards required by the FMA and hold diplomas.
- Respect the code of ethics
- Demonstrate a balanced personality.
- Pass a practical exam and, if necessary, a theoretical exam proving the candidate's competence and the validity of the documents presented.
- Hold a high school diploma or the equivalent or have experience deemed relevant
- Be 18 years old

Complement to disciplines

Please note that the FMA recognizes only the disciplines mentioned above. However, if yours is not there, additions can be considered.

Modifications

The number of hours of training required, for the disciplines and their complements mentioned above, may be subject to change.

Members accredited by the FMA will have one of the following titles: therapist, namely: Acupuncturist, Chiropractor, Fasciatherapist, Homeopath, Physiotherapist, Kinotherapist, Massage therapist, Massage therapy practitioner, Naturopath, Naturotherapist, Orthotherapist, Psychotherapist, Osteopath. You can also hold 2 titles. Example: Massage therapist-Naturotherapist, Dr in Chinese medicine-Naturotherapist, Physiotherapist-Naturotherapist etc.