

MTWPAM Continuing Education Program

The Program Guidelines

The MTWPAM Continuing Education Program is designed to assist ALL our Massage Therapists and Wholistic Practitioners with increasing knowledge, new skills and advancements in our respective fields. In this way we can provide our clients with safe, effective and well rounded therapists.

The MTWPAM Continuing Education Program also helps to re-educate us on the very competencies that we were educated with. As a MTWPAM member, you are encouraged to further your education and credentials by taking Continuing Education Units (CEUs) each year.

Academic updates are a big commitment but add value to us as therapists and practitioners alike. Growth and development, whether personal or professional, makes for a more dynamic therapist or practitioner.

The Program Requirements for Massage Therapists

Members must collect a total of thirty (30) Continuing Education Units (CEUs) per cycle. Each cycle consists of a three (3) year period.

There are a variety of ways that CEUs can be obtained. CEUs can be accumulated very easily by volunteering, by taking a course, by reading material, by attending MTWPAM Association meetings, by taking online courses or distance education and even by watching DVDs.

The volunteering, courses, reading, online or distance education and DVDs must be relevant to the list of modalities in the scope of practice and supported modality outline.

Each activity or method of obtaining CEUs must be documented and submitted to the CEU Committee. Forms will be on the MTWPAM website available for download.

As the CEU Committee receives your supporting documents, the information will be organized and stored in a separate file for each individual member.

At the time of your yearly membership renewal, we request that you send documentation of your obtained CEUs to date.

Please keep a copy of the completed form(s) for your own records. This will help you to keep track of your learning during the three-year cycle.

An accumulation beyond the required 30 CEUs for each three (3) year cycle cannot be rolled over into the next cycle. However, obtaining more than the minimum requirements will allow you to go above and beyond the set standard. Each member is encouraged to exceed the minimum requirements for each cycle.

The Program Requirements for Wholistic Practitioners

Members must collect a total of thirty (30) Continuing Education Units (CEUs) per cycle. Each cycle consists of a three (3) year period.

There are a variety of ways that CEUs can be obtained. CEUs can be accumulated very easily by volunteering, by taking a course, by reading material, by attending MTWPAM Association meetings, by taking online courses or distance education and even by watching DVDs.

Some Wholistic Modalities have specific requirements to retain certified and will be considered as part of your CEUs fulfillment for MTWPAM.

The volunteering, courses, reading, online or distance education and DVDs must be relevant to the list of modalities in the scope of practice and supported modality outline. Due to the limiting nature of some of the scope of practice for Wholistic Modalities, focusing on science education, business practice and ethics will take the place for the Wholistic Scope of Practice.

Each activity or method of obtaining CEUs must be documented and submitted to the CEU Committee. Forms will be on the MTWPAM website available for download.

As the CEU Committee receives your supporting documents, the information will be organized and stored in a separate file for each individual member.

At the time of your yearly membership renewal, we request that you send documentation of your obtained CEUs to date.

Please keep a copy of the completed form(s) for your own records. This will help you to keep track of your learning during the three-year cycle.

An accumulation beyond the required 30 CEUs for each three (3) year cycle cannot be rolled over into the next cycle. However, obtaining more than the minimum requirements will allow you to go above and beyond the set standard. Each member is encouraged to exceed the minimum requirements for each cycle.

Information and examples for Current and New Members

As of January 2012:

Members who have been with the Association prior to Jan 2011 are now required to begin obtaining. Therefore, this cycle will begin January 2011 and expire December 31, 2013.

Members who joined the Association between Jan 2011 & June 30th 2011 will be required to obtain CEUs as of June 2012. Therefore, this cycle will begin June 2012 and expire June 30, 2014.

Members who joined the Association between July 1st and Dec 31st 2011 will be required to obtain CEUs as of January 2013. Therefore this cycle will begin January 2013 and expire December 31, 2015.

New members who join the Association between January 2012 and June 2012 are given a one (1) year grace period. Therefore, this cycle will begin in July 2013 and expire June 30, 2015.

New members who join the Association between July 2012 and December 2012 are given one (1) year grace period. Therefore, this cycle will begin January 2014 and expire December 2016.

However, any new member is welcomed and encouraged to begin collecting CEUs as soon as desired.

The Grandparent Clause

With regards to a “grandparent clause” prior credit will be acknowledged and recognized as acceptable but only for members who joined between June 2008 and December 2009. Proper documentation must be submitted as outlined in the Continuing Education program.

Continuing Education Credits Highlights

- 10 credits (min. per cycle) must be acquired in the scope of practice
- 5 credits (max. per cycle) must be earned from the First Aid & CPR - Level C
- 5 credits (max. per cycle) may be obtained through supported activities
- 5 credits (max. per cycle) for attending the MTWPAM annual general meeting
- 2 credits (max. of 6 per cycle) per year for MTWPAM Committee Head or Board position
- 1 credit (max. of 16 per cycle) per four (4) hours of teaching a newly developed course in modality.
- 1 credit (max. of 6 per cycle) per four (4) hours of volunteering in modality.

Non Compliance

If a member does not obtain their 30 CEUs within their three year cycle a letter, email or phone call will be made to assertion the reason for not complying and to arrange the receipt of the outstanding credits within 30 days. After 30 days if the member still has not complied or after any arrangement, the member will be sent an official registered letter by mail and must comply within 30 days from receipt of the member’s number will be suspended with a forwarding of information to the insurance companies. The member’s number may be unsuspended when he/she complies.

Method	Examples	Credits	Submission
Education Programs (in person)	Lectures, workshops, courses, conferences, hands on training	7 hours or less= 5 CEUs 8 to 16 hours= 10 CEUs 17 hours to 20 hours= 15 CEUs 21+ hours = 2 credits per hour	Certificate of attendance or completion.
Education Program (distant or online) where instructors and students are separated but maintain communications	Correspondence, e-learning, video teleconferencing	7 hours or less= 5 CEUs 8 to 16 hours= 10 CEUs 17 hours to 20 hours= 15 CEUs 21+ hours = 2 credits per hour	Certificate of attendance or completion.
Certification (Official recognition of training by a certifying body recognized by MTWPAM). This does not include First Aid/CPR	Any of the modalities that MTWPAM accepts.	2 credits per hour	Certificate from the official certifying body.
First Aid/CPR	Level A or C is required	5 CEUs	Certificate from the Canadian Red Cross or St. John's Ambulance.
Teaching (Initial delivery of a course or event)	Initial development and delivery of a course, workshop, lecture, seminar, hands-on training.	1 CEU for every 4 hours taught (maximum of 16 CEUs per cycle)	Documentation such as course outline, date/location, outcome, objectives, participant certificate, summary of participants evaluation
Teaching (Delivery of a pre-established course or event)	Subsequent delivery or delivery of a course designed by another person.	1 CEU for every 4 hours taught (maximum of 8 CEUs per cycle)	
Supervising (Modality)	Supervising a course, clinic or workshop.	1 CEU for every 4 hours (maximum of 16 CEUs per cycle)	
Tutoring/Mentoring (Modality)	Private tutoring of students in your modality	1 CEU for every 4 hours (maximum of 12 CEU's per cycle)	
Meetings (Only Formal Meetings: Organized structure and are related to the Association.)	Annual General Meeting, or MTWPAM organized member meetings.	5 CEUs per cycle	Self Evaluation portion of the Credit Submission Form. Member must also sign the attendance form for confirmation.
Volunteering (Must be related to your modality within the Health & Wellness Industry)	Professional: Board of Directors, Committees etc. (For MTWPAM only) Community: Health & Wellness, Sporting events. Using your modality to promote the industry. Self promotion, business marketing or remuneration are not applicable.	2 CEUs per year (maximum of 6 CEUs per cycle) 1 CEU per every 4 hours of volunteer work. (Maximum of 3 credits per cycle)	Self Evaluation portion of the Credit Submission Form
Publications	DVDs, Videos, Audio Books, Journals, Articles or Discussion Papers. (Youtube or similar internet videos do not apply.)	2 CEUs each	Self Evaluation or Practice Integration portion of the Credit Submission Form
	Research and write an article for the Compass Newsletter or another publication in your modality.	1 CEUs each (max of 3 CEUs per cycle).	Self Evaluation or Practice Integration portion of the Credit Submission Form and a copy of the article.

Continue Education Credit Submission Form

Self Evaluation & Practice Integration Form

Name of Event: _____ Author/Presenter: _____

Date of Event: _____ Location: _____

Publication

Meeting Distance / E-Learning

Volunteering

Self Evaluation & Summary: Please provide a brief description in full sentences of what you learned.

Practice Integration: Please describe how you were able to incorporate what you learned into your practice.

NAME: _____ MTWPAM #: _____

Please send this completed record with your supporting documentation to:

MTWPAM
1791 Barrington Street,
TD Building Suite 300, Halifax, NS B3J 3K9

Course Provider Application

ATTENTION: MTWPAM CONTINUING EDUCATION

CONTACT INFORMATION

Name of organization: _____

Name of applicant(s): _____

Address: _____ City: _____

Province: _____ Postal Code: _____ Tel: _____

E-mail: _____ Website: _____

COURSE INFORMATION

Name of course: _____

Proposed date(s) and location(s) of training: _____

Total hours of training (excluding lunch and breaks): _____

Please provide detailed information on the following, in the order listed: (* If this information is not provided, application will be returned to provider).

1. Proposed course content

- Program content - provide a detailed breakdown of time spent of each part of the program (lesson plan).
- Learning outcomes - list outcomes in behavioral/measurable terms (which are attainable, can be evaluated, and relate to the scope of practice).

2. Presenter list and biography

- Presenter's specific qualifications for teaching this course, including theoretical background.
- List presenters for each topic/content area.
- Include work experience in chronological order, summary of qualifications and professional memberships, for each presenter.

3. Teaching strategies

- List strategies / methods used.

Please submit copies of all documentation to the address below and allow 3-4 weeks for the completion of the application process.

*MTWPAM
1791 Barrington Street,
TD Building Suite 300, Halifax, NS B3J 3K9*

OFFICE USE ONLY

Date received: _____ Reviewed by: _____ Date: _____

Approved _____ Not approved _____ Primary credits: _____ Secondary credits: _____

ATTENTION: MTWPAM CONTINUING EDUCATION

SCOPE OF PRACTICE CREDITS: (Minimum of ten (10) credits per cycle)

The following are directly related to the Scope of Practice of massage but are not limited to:

Anatomy
Applying Treatments
Client Assessment
Hydrotherapy
Physiology
Pathology
Massage Theory
Massage Techniques
On-going Client Evaluation
Remedial Exercise

Modalities in the Scope of Practice include, but are not limited to:

*** These are Continuing Education Credits. They may not be recognized by insurance companies for reimbursement or issuing receipts. Please check with each insurance company.**

Active Release
Acupressure
Cold packs
Cranial Sacral Therapy
Deep Connective Tissue
Deep Muscle Tissue
Eselan
Hot Packs
Hot Stone Therapy
Infant Massage
Integrative Manual Therapy
Jin Shin Jyutsu
Joint Mobilization
Labour Support/Pregnancy Massage
Lomi Lomi
Manual Lymph Drainage
Muscle Energy
Myofascial Release & Unwinding
Neuromuscular Therapy
Proprioceptive Neuromuscular Facilitation (PNF stretching)
Remedial Exercise
Rolfing
Shiatsu
Sports Massage (including athletic taping & bracing)
Strain/Counterstrain
Structural Integration
Swedish Massage
Traditional Thai Massage
Trigger Point Therapy
Visceral Manipulation

SUPPORTED ACTIVITIES: (maximum of five (5) credits per cycle)

*** These are Continuing Education Credits. They may not be recognized by insurance companies for reimbursement or issuing receipts. Please check with each insurance company.**

Modalities considered complementary to massage therapy include, but are not limited to:

Alexander Technique
Acupuncture (from approved colleges)
Aromatherapy
Business related course for home business or clinic setting, bookkeeping, government tax preparation.
Cupping
Feldenkrais
Electric therapy techniques including:
 IFC
 TENS
 Therapeutic Ultrasound
 Pulsed High Frequency
 Low Intensity Laser Therapy
Ethics
Guided Imagery
Inhalation Therapy
Kinesiology (applied or specialized)
Meditation
Nutrition consultant
Pilates
Quantum Touch
Reiki
Reflexology
Therapeutic Touch
Trager
Yoga

SUPPORTED WHOLISTIC MODALITIES

Alexander Technique
Aromatherapy
Bowen
CranioSacral Therapy
FeldenKrais
Healing Touch
Hellerwork
Nutritional Counseling
Polarity Therapy
Reflexology
Reiki
Rolfing
Therapeutic Touch
Trager