

**BRITISH COLUMBIA  
ACUPRESSURE THERAPISTS' ASSOCIATION**

**CONSTITUTION**

**Name and Purpose**

1. The name of the society is "BRITISH COLUMBIA ACUPRESSURE THERAPISTS' ASSOCIATION" (referred to as BCATA).
2. The purposes of the Society are:
  - (1) to encourage public awareness of and education in acupressure;
  - (2) to elevate and maintain the standards of the practice of acupressure;
  - (3) to provide a forum for the exchange of knowledge and support among its members;
  - (4) to promote and assist in the establishment of just laws and codes that support and uphold the practice of qualified acupressure practitioners.

**BYLAWS**

Here set forth, in numbered clauses, are the bylaws providing for the matters referred to in Section 6(1) of the Society Act and any other bylaws.

**MEMBERS**

- 1.1 The membership requirement for full voting membership in BCATA is 390 hours of acupressure training which includes:

a. acupressure theory and technique	190 hours
b. Chinese medical theory	35 hours
c. communications skills	25 hours
d. practicum	125 hours
e. ten (10) personal sessions	15 hours

- 1.2 Detailed descriptions and hours are listed below:

A. ACUPRESSURE THEORY AND TECHNIQUE (minimum of 190 hours)

1. General Theory (minimum of 14 hours)
  - a. history of acupressure
  - b. principles of bodymind acupressure
  - c. theory and focus of two point combinations

- d. contraindications and cautions regarding specific conditions
  - e. concepts of yin and yang: properties and principles
2. Eight Segments (minimum of 14 hours)
    - a. history based on Wilhelm Reich's work
    - b. relationship to emotions
    - c. release methods using specific point combinations
    - d. body focusing techniques
    - e. main pathological signs
  3. Five Phases (minimum of 32 hours)
    - a. description, historical basis and context within Chinese philosophy
    - b. laws of the five elements (cycles)
    - c. five elements as related to the body
    - d. correspondences
    - e. emotional kaleidoscope
  4. Eight Extraordinary Vessels (minimum of 46 hours)
    - a. description
    - b. anatomical location
    - c. main pathological signs
    - d. function
    - e. effective points including master and couple points
  5. Twelve Meridians (minimum of 63 hours)
    - a. description
    - b. function and relationship with organs
    - c. paired relationships
    - d. order and direction of circulation (24 hour cycle)
    - e. anatomical location
    - f. main pathological signs
    - g. relationship to five phases
    - h. psycho-physical associations
    - i. effective points, usage and location, including:
      - (1) source points
      - (2) lo (connecting) points
      - (3) mu (bo or alarm) points
      - (4) shu (yu or associated) points
      - (5) tonification and sedation points
      - (6) windows of the sky (neck) points
  6. Assessment (minimum of 21 hours)
    - a. looking (observation)
      - (i) spirit
      - (ii) colour

- (iii) body appearance
- b. listening/smelling
- c. asking (intake both written and oral)
- d. palpating (touching)
  - (i) meridians and points
  - (ii) mu and shu points
  - (iii) pulse reading

## B. CHINESE MEDICAL THEORY (minimum of 35 hours)

1. Etiology – The Cause of Imbalance (minimum of 5 hours)
  - a. exogenous causes - six external pathogens
  - b. endogenous causes - seven evil emotions
2. Patterns of Imbalance and Assessment (minimum of 10 hours)
  - a. eight principles
  - b. zang-fu organ patterns
  - c. six channels (divisions)
  - d. four levels (defense, nutritive, qi, blood)
3. Fundamental Substances of the Body (minimum of 5 hours)
  - a. qi (ki)
  - b. blood (xue)
  - c. jing (essence)
  - d. shen (spirit)
  - e. fluids
4. Function of Points – usage and location (minimum of 15 hours)
  - a. entry and exit
  - b. general and group lo
  - c. combining
  - d. six main
  - e. eight meeting
  - f. accumulation
  - g. independent associated
  - h. reunion
  - i. four seas

## C. COMMUNICATION SKILLS (minimum of 25 hours)

1. Active Listening
2. Body Focusing Techniques
3. Guiding the Client's Process
4. Supporting a Client
5. Applying the Code of Ethics in a Therapeutic Relationship

## D. PRACTICUM (minimum of 125 documented hours)

E. TEN (10) PERSONAL SESSIONS (minimum 15 documented hours)

1. A minimum of five (5) personal sessions must be from an authorised instructor of the applicant's modality.
2. The remaining five (5) personal sessions may be from an authorised practitioner or an authorised instructor of the applicant's modality.

1.3 The curriculum shall include adequate clinical instruction with fifty percent (50%) of hours devoted to demonstration and clinical practice.

1.4 Members who have graduated from trademarked or authorised programs must be in compliance with all registration or licensing requirements of that program.

**Phasing In The Thousand Hour Membership Requirement**

1.5(a) The requirements for the admission of new voting members to the BCATA will be increased to one thousand (1000) hours between 2002 and 2006 in accordance with the following Protocol. All requirements must be fulfilled by December 31 of the year in which they come into effect.

<b>DATE</b>	<b>Requirement</b>	<b>Hours</b>	<b>Total</b>
<b>Present</b>	As in section 1.2.A	390 hours	390
<b>October 2003 AGM</b>	First Aid Mandatory Practicum Supervision	7	397
<b>October 2004 AGM</b>	Personal Development Professional Ethics Contraindications	100 25 3	525
<b>October 2005 AGM</b>	Supervised Practicum Anatomy and Physiology Related Acupressure, Acu- puncture theory, counselling, or adjunctive modality courses	75 100 85	785
<b>October 2006 AGM</b>	Pathology Professional Business Management	25 42	

Advanced Treatment Design	42	
Related Acupressure, Acu- Puncture theory, counselling, Or adjunctive modality courses	106	1000

1.5(b) The directors will create guidelines and evaluate as to whether applicants' curriculum meet or fulfil membership requirements. They have the power to credit similar classes or make substitutions within a category as long as the total number of hours within that category is fulfilled.

### **Grandparenting Clause**

1.6 Current voting members are grandparented in.

### **New Admissions**

1.7(a) Up until the October 2003 AGM, applicants for full voting membership as acupressurists must meet the requirements under sections 1.1, 1.2, 1.3, and 1.4; and

(b) After the October 2003 AGM, applicants for full voting membership are admitted according to the membership requirements in effect at the time of their application.

### **Lapsed Members**

1.8 Members who allow their memberships to lapse will have to adhere to the new registration standards that apply at the time of their reapplication.

### **Student Membership**

1.9 Student Membership is non-voting and requires the student to be enrolled in an approved acupressure program.