



ASIAN BODYWORK THERAPY EXAMINATION ***Expanded Content Outline***

This document serves as a guide to assist in examination preparation for candidates who have met NCCAOM eligibility requirements. Below is the content outline, based on the 2008 Job Task Analysis, for the Asian Bodywork Therapy examination, along with the Knowledge, Skills and Abilities (KSA) statements.

A. Practice Management (8% of total exam)

1. Obtain medical history and informed consent
 - a. obtain client's identifying information
 - Knowledge of essential identification information required in a medical file
 - b. obtain current condition, lifestyle, medical and family health history information
 - 1) occupation, exercises, stressors, and stress-relieving activities
 - 2) living situation, family, community support and risk factors
 - 3) mental and/or emotional factors and significant life events
 - 4) dietary habits and nutrition
 - 5) substance use, including smoking, alcohol, and recreational drugs
 - 6) prescription and non-prescription medications, herbs, and supplements
 - 7) history of Asian medicine treatment
 - 8) history of Western medicine treatment
 - 9) history of other health treatments and practices (e.g., Ayurvedic medicine, yoga, bodywork, meditation, etc.)
 - Ability to perform a comprehensive medical interview
 - Ability to obtain appropriate information regarding onset, frequency, severity, duration and functional changes, aggravation and amelioration, and response to the treatment including both conventional and alternative medicine
 - Knowledge of the relevance of common health conditions/biomedical diagnoses, their signs and symptoms and their progression
 - c. informed consent, including HIPAA consent
 - Knowledge of the elements of informed consent
 - d. client's comfort level with physical contact
 - Ability to properly inform the client regarding the nature of the physical contact associated with diagnosis and treatment



A. Practice Management (8% of total exam) (Cont.)

2. Maintain appropriate records (e.g., SOAP notes)
 - Knowledge of essential information required in a medical file
 - Ability to record detailed progress notes after each treatment encounter
 - Knowledge of how long to legally keep records and how to properly dispose of them
3. Comply with legal, ethical and safety standards
 - Knowledge of the best practices regarding physical contact and informed consent
 - Knowledge of HIPAA policies and client privacy rights
 - Knowledge of OSHA policies

B. Assessment (10% of total exam)

Using traditional Oriental diagnostic techniques and methods to determine physiological status, pathologies, and patterns of disharmony

1. Asking
 - a. nature, intensity, and location of pain, discomfort, or sensations (e.g., numbness or tingling)
 - Knowledge of the various qualities of pain, discomfort, or sensations and their associated patterns of disharmony
 - Knowledge of the organs, meridians, essential substances, and pathogenic factors that create and/or effect bodily sensations
 - Knowledge of abnormal bodily sensations and their associated patterns of disharmony
 - b. cognitive processes (including memory)
 - Knowledge of the associations of cognitive processes with the organs, vital substances and meridians
 - c. emotions and spirit
 - Knowledge of the associations of the emotions and spirit with the organs and meridians
 - d. sleep patterns and difficulties
 - Knowledge of associations of sleep patterns with patterns of disharmony
 - Knowledge of essential substances and organs associated with sleep



B. Assessment (10% of total exam)

Using traditional Oriental diagnostic techniques and methods to determine physiological status, pathologies, and patterns of disharmony (Cont.)

- e. skin conditions
 - Knowledge of association of the skin with organs, meridians, vital substances (Qi, Essence, Blood, Body Fluids, and Shen/Spirit)
 - Knowledge of patterns of disharmony associated with skin diseases including etiology and pathology
- f. sensations of hot or cold, chills or fever
 - Knowledge of associations of hot, cold, chills and fever with patterns of disharmony
- g. patterns and nature of perspiration or sweating
 - Knowledge of associations of perspiration conditions with patterns of disharmony
- h. eyes and vision
 - Knowledge of associations of the eye and vision with organs, meridians, vital substances (Qi, Essence, Blood, Body Fluids, and Shen/Spirit)
 - Ability to identify patterns of disharmony based on observation of eyes and vision
- i. ears and hearing (e.g., tinnitus, hearing loss)
 - Knowledge of the organs, meridians and vital substances (Qi, Essence, Blood, Body Fluids, and Shen/Spirit) that govern the function of the ears and hearing
 - Ability to recognize and identify patterns of disharmony based on signs and symptoms
- j. nose, mouth, throat and teeth
 - Knowledge of the associations of the nose, mouth, throat and teeth with organs, meridians, vital substances (Qi, Essence, Blood, Body Fluids, and Shen/Spirit)
 - Knowledge of pathological manifestations of the nose, mouth, throat and teeth and their association with patterns of disharmony
- k. breathing and chest constriction
 - Knowledge of the organs, meridians, and essential substances that govern the chest (upper Jiao) and breathing
 - Knowledge of patterns of disharmony associated with pathological signs and symptoms of breathing and chest constriction



B. Assessment (10% of total exam)

Using traditional Oriental diagnostic techniques and methods to determine physiological status, pathologies, and patterns of disharmony (Cont.)

- l. secretions and excretions (phlegm, sputum, etc.)
 - Knowledge of the organs, meridians, essential substances, and pathogenic factors that govern the formation and elimination of secretions and excretions (phlegm, sputum, saliva, etc.)
- m. thirst, including temperature and taste preference of beverages
 - Ability to recognize patterns of disharmony based on patterns of thirst and temperature and taste preference of beverages
- n. appetite and digestion (e.g., temperature, quantity and timing of meals)
 - Knowledge of patterns of disharmony associated with abnormal appetite and digestion
- o. preferences and cravings for tastes or flavors (salty, sour, sweet, pungent, bitter, etc.)
 - Knowledge of associations of preferences and cravings for tastes and flavors with five elements, organs, meridians, status of the body growth and development, status of pregnancy, status of disorders
- p. abdominal bloating or distress
 - Knowledge of patterns of disharmony associated with abdominal bloating or distress
 - Knowledge of identifications of abdominal bloating or distress based on the locations and dysfunctions of the organs, and on causative pathogens
- q. bowel elimination (e.g., difficulty and frequency, gassiness, constipation, diarrhea, etc.) and characteristics of stool
 - Knowledge of the elimination patterns associated with various disharmonies
 - Knowledge of common symptoms and signs of bowel elimination, their causative factors and pathological basis, relations with patterns of disharmony
 - Knowledge of patterns of disharmony associated with the various pathological characteristics of stools
- r. urination (e.g., difficulty and frequency, burning sensations, etc.) and characteristics of urine
 - Knowledge of organs, substances and meridians associated with urination
 - Ability to recognize and identify patterns of disharmony based on pathological signs and symptoms of urination



B. Assessment (10% of total exam)

Using traditional Oriental diagnostic techniques and methods to determine physiological status, pathologies, and patterns of disharmony (Cont.)

s. urogenital pain or irregularities

- Knowledge of common qualities and manifestations of urogenital pain and irregularities
- Knowledge of patterns of disharmony associated with qualities and manifestations of urogenital pain and irregularities

t. male reproductive health (e.g., libido and sexual activity)

- Knowledge of the organs and meridians associated with the male reproductive system
- Knowledge of characteristics of normal functioning of the male reproductive system
- Ability to recognize and identify patterns of disharmony based on pathological manifestations of male reproductive functioning

u. female reproductive health (e.g., libido and sexual activity; onset, timing and characteristics of menstruation; gynecological and obstetric history, including birth control methods, pregnancies, and births)

- Knowledge of the organs, essential substances and meridians associated with the female reproductive system
- Knowledge of the characteristics associated with normal menstruation, pregnancy and obstetrics
- Knowledge of the mechanisms and effects of common birth control methods
- Knowledge of patterns of disharmony associated with pathological signs and symptoms of female reproductive functioning
- Knowledge of signs and symptoms that can occur during the different phases of pregnancy and their pathological significance

2. Looking (observe and assess)

a. physical characteristics (movement, weight, expression/demeanor, and general behavior) according to traditional Chinese medicine (TCM) theory and practice

- Knowledge of the theories and practice of traditional Chinese medicine (TCM) on the physical characteristics (movement, weight, expression/demeanor and general behavior)

b. Shen (Spirit)

- Ability to evaluate Shen of client by observing outward manifestation
- Knowledge of manifestations of pathologies of the Shen and associated patterns of disharmony



B. Assessment (10% of total exam)

Using traditional Oriental diagnostic techniques and methods to determine physiological status, pathologies, and patterns of disharmony (Cont.)

- c. face (e.g., shape, color/hue, complexion and luster)
 - Knowledge of associations of the face with the organs, meridians, and other vital substances (Qi, Essence, Blood, Body Fluids, and Shen/Spirit)
 - Knowledge of pathological manifestations of color, moisture, texture, and organ indicative locations and their associated patterns of disharmony
- d. eyes
 - Knowledge of associations of the eyes with the organs, meridians, and vital substances (Qi, Essence, Blood, Body Fluids, and Shen/Spirit)
 - Knowledge of pathological manifestations of the eyes including color, moisture, states of movement, and their associated patterns of disharmony
- e. nose, mouth, teeth and throat
 - Knowledge of associations of the nose, mouth, teeth and throat with the organs, meridians, and vital substances (Qi, Essence, Blood, Body Fluids, and Shen/Spirit)
 - Knowledge of pathological manifestations of the nose, mouth, teeth and throat including the color, moisture, texture, the associated patterns of disharmony
- f. tongue (body and coating)
 - Knowledge of associations of the tongue with the organs, meridians, and vital substances (Qi, Essence, Blood, Body Fluids, and Shen/Spirit)
 - Knowledge of pathological manifestations of the tongue and tongue coating including color, size, moisture, texture, state of movement, organ indicative locations, and their associated patterns of disharmony
- g. skin (e.g., tone, elasticity, dryness, color)
 - Knowledge of associations of the skin with the organs, meridians, and vital substances (Qi, Essence, Blood, Body Fluids, and Shen/Spirit)
 - Knowledge of examination of the skin regarding the color, moisture, texture, organ associations, and their relation to patterns of disharmony
- h. abdomen
 - Knowledge of anatomical locations and associations of the organs and meridians in the abdomen



B. Assessment (10% of total exam)

Using traditional Oriental diagnostic techniques and methods to determine physiological status, pathologies, and patterns of disharmony (Cont.)

- Knowledge of the association of abdominal symptoms and signs with patterns of disharmony

- i. head, torso, limbs, hands, and feet

- Knowledge of the symptoms and signs of the head, torso, limbs, hands and feet with patterns of disharmony

- j. secretions and excretion (phlegm, sputum, etc.)

- Knowledge of secretions and excretions (phlegm, sputum, saliva, etc.) regarding the origin, production, formation, pathological influence, and involved organs and meridians

- Knowledge of the nature and pathology of secretions and excretions (phlegm, sputum, saliva, etc.) according to the color, thickness, odor, and combination with blood

- k. hair and nails

- Ability to examine and assess the symptoms and signs of the hair and nails

- Knowledge of patterns of disharmony related to the symptoms and signs of the hair and nails

- Knowledge of associations of the hair, nails and hands with the organs, meridians, vital substances (Qi, Essence, Blood, Body Fluids, and Shen/Spirit)

3. Listening/Smelling

- a. tonal qualities and strength of voice

- Knowledge of associations of the voice with the organs, meridians, and vital substances (Qi, Essence, Blood, Body Fluids, and Shen/Spirit)

- Knowledge of patterns of disharmony associated with and pathological tonal quality and strength of the voice

- b. respiratory sounds [according to traditional Chinese medicine (TCM)]

- Knowledge of patterns of disharmony regarding abnormal respiratory

- c. speech (quality, manner, pattern, themes, contents)

- Knowledge of patterns of disharmony regarding abnormal speech (quality, manner, pattern, themes, contents)



B. Assessment (10% of total exam)

Using traditional Oriental diagnostic techniques and methods to determine physiological status, pathologies, and patterns of disharmony (Cont.)

- d. abdominal sounds
 - Knowledge of associations of the abdominal sounds with the functions and dysfunctions of the organs and meridians regarding Qi movement, food digestive process, and water metabolism
 - Knowledge of patterns of disharmony regarding abnormal abdominal sounds
- e. joint sounds
 - Knowledge of association of the joint sounds with the functions and dysfunctions of the organs, meridians, related muscles, sinews, body fluids, essence, and blood
- f. general body odor
 - Ability to assess general body odor to identify the natures of disharmony
 - Knowledge of the association of general body odor according to Five Element theory
- g. breath and mouth odor
 - Ability to assess breath and mouth odors to identify the natures of disharmony
- 4. Touching (palpation)
 - a. radial pulses, using traditional Chinese medicine (TCM) practice
 - Knowledge of the location of the radial pulses corresponding to specific organs
 - Knowledge of associations of the radial pulses with the organs, meridians, vital substances (Qi, Essence, Blood, Body Fluids, and Shen/Spirit)
 - Knowledge of patterns of the radial pulses regarding the speed, depth, strength, shapes, and organ corresponding locations of both the normal states and pathological conditions
 - b. areas of tenderness
 - Knowledge of associations of the body parts with organs, meridians, bones, vessels, muscles, sinews, skin regions, and Qi and Blood
 - Knowledge of patterns of disharmony associated with characteristics of pain, bodily sensations, (e.g., numbness, tingling, sensitivity), quality of tissue (e.g., hard/soft, supple/brittle), and temperature change
 - c. abdomen/hara according to Japanese practice
 - Knowledge of the organ associations of the hara
 - Ability to determine Kyo/Empty – Jitsu/Full according to the hara organ associations



B. Assessment (10% of total exam)

Using traditional Oriental diagnostic techniques and methods to determine physiological status, pathologies, and patterns of disharmony (Cont.)

- d. abdomen according to traditional Chinese medicine (*Nan Jing*)
 - Knowledge of the organ associations of the abdomen according to the *Nan Jing*
 - Knowledge of patterns of disharmony associated with abnormal conditions of the abdomen assessed by palpation
- e. acupoints (e.g., channel, mu, shu, luo, yuan, transporting/antique, xi cleft, ashi)
 - Knowledge of acupoint groups
 - Ability to locate and palpate acupoints by anatomical landmarks and to hone the location by the sensation of Qi at the points
 - Knowledge of sensations of acupoints regarding etiology, pathology and indications of patterns of disharmony
- f. meridians
 - Knowledge of the anatomical and relative locations of the pathways of meridians and related tissues and organs
 - Ability to assess the condition of the meridians with regard to tenderness, pain and abnormal sensation (e.g., numbness, tingling, sensitivity), quality of tissue (e.g., hard/soft, supple/flaccid), temperature, etc.
 - Knowledge of the pathological significance of abnormal or limited range of motion of joints and limbs on related meridians
 - Skill to manipulate the limbs in specific ways appropriate to the client's condition to determine the condition of the related meridians
- g. joints
 - Ability to identify areas of restricted movement and assess functional integrity of joints
 - Knowledge of associations of joints with organs, meridians, vital substances (Qi, Essence, Blood, Body Fluids, and Shen/Spirit)
 - Skill to manipulate the joints in specific ways appropriate to the client's condition to determine the condition of the related meridians



C. Analysis and Differentiation of Syndromes/Patterns (30% of total exam)

1. Primary syndrome or symptom (Zhu Zheng) and establish chief complaint(s)
 - Ability to find and determine the Zhu Zheng from all complaints including the chief complaint(s), symptoms and signs
 - Ability to identify the disease/imbalance pattern or category that most accurately encompasses and explains the client's signs and symptoms
2. Evaluate signs and symptoms relative to:
 - a. Five Elements (Five Phases/Wu Xing)
 - Knowledge of Five Element theory including correspondences, cycles, applications to physiology and relations to organs and meridians
 - Ability to recognize and categorize signs and symptoms according to Five Element patterns and theory
 - b. Yin and Yang
 - Knowledge of the principles of Yin and Yang including definitions, associations and applications
 - Ability to recognize and categorize symptoms according to Yin-Yang theory
 - c. Eight Principles
 - Knowledge of the Eight Principles including terminology, definitions and characteristics
 - Ability to identify Eight Principle patterns based on presenting signs and symptoms (including tongue and pulse)
 - d. Channel theory (Primary, Extraordinary, Divergent, Muscle, Connecting/Luo, collaterals, and Six Divisions)
 - Knowledge of the channels and collaterals, including channel pairings and flows, functions, anatomical location, distribution, and corresponding organs
 - Ability to recognize and categorize symptoms according to patterns of the channels and the collaterals
 - Knowledge of channel pathologies/imbbalances and their manifestations
 - Ability to identify the disease/imbalance pattern or category that most accurately encompasses and explains the client's signs and symptoms
 - Knowledge of the theory of Six Divisions differentiation including the terminology, definitions, relations of Six Divisions with meridians and organs, and interrelationships of the divisions



C. Analysis and Differentiation of Syndromes/Patterns (30% of total exam) (Cont.)

- Ability to recognize and categorize client symptoms according to Six Divisions patterns and theory
- e. Organ theory (Zang Fu, 12 Officials, Curious Organs)
 - Knowledge of Zang-Fu Organ Theory including terminology, physiological functions of organs, interrelationships, and correspondences with tissues, fluids, sense organs, emotions, and areas of the body
 - Knowledge of curious organs and their functions, locations and pathologies
 - Ability to recognize and categorize signs and symptoms according to Zang-Fu patterns and theory
 - Knowledge of correspondences with Western medical diagnoses
 - Knowledge of Zang-Fu Organ pathologies/imbances including signs, symptoms, tongue and pulse
- f. Essential substances (Qi, Blood/Xue, Fluids/Jinye, Essence/Jing, Spirit/Shen)
 - Knowledge of the theory of Essential substances (Qi, Blood, Body Fluids/Jin-ye, Essence/Jing, Spirit/Shen) including definitions, physiological functions, formations, interrelationships, relationship with organs and meridians
 - Knowledge of Essential substance pathologies/imbances and their manifestations
- g. Circadian rhythms/body clock and/or time of day
 - Knowledge of the theory of circadian rhythms/body clock
 - Ability to recognize and categorize client symptoms according to circadian rhythms/body clock
- h. Kyo/Empty – Jitsu/Full
 - Knowledge of the theory of Kyo/Empty – Jitsu/Full
 - Ability to recognize and categorize client symptoms according to Kyo/Empty – Jitsu/Full
- i. Internal, external and other causes of disease [according to traditional Chinese medicine (TCM)]
 - Knowledge of the Internal, External and Other causes of disease including terminologies, definitions, characteristics, manifestations, interrelationships, and effects on organs, meridians and vital substances
 - Ability to recognize and categorize symptoms according to Internal, External and Other causes of disease



C. Analysis and Differentiation of Syndromes/Patterns (30% of total exam) (Cont.)

j. Six Stages of disease progression

- Knowledge of the theory of Six Stages differentiation including the terminology, definitions, relations of Six Stages with meridians and organs, and interrelationships of the stages
- Ability to recognize and categorize client symptoms according to Six Stages patterns and theory

k. San Jiao (Triple Heater)

- Knowledge of the theory of San Jiao (Triple Heater) differentiation including the terminology, definitions, relation of the three heaters with meridians and organs, and interrelationships of the heaters
- Ability to recognize and categorize client symptoms according to San Jiao differentiation

l. Four Levels (Wei, Qi, Ying, Xue)

- Knowledge of the theory of the Four Levels (Wei, Qi, Ying, Xue) differentiation, including terminology, definitions, relations of the four levels with meridians and organs, interrelationships of the levels
- Ability to recognize and categorize client symptoms according to Four Level differentiation

m. Syndromes (Wei or Bi)

- Knowledge of the theory of syndromes
- Ability to recognize and categorize client symptoms according to syndromes

n. Mechanism of disorders (Bing Ji)

- Knowledge of the theories of the mechanism of disorders (Bing Ji) including the basic pathologic mechanism/mechanism of imbalance (Yin and Yang, Evil Qi and Genuine Qi, Qi and Blood, and Body Fluid), the pathological mechanism/mechanism of imbalance of exogenous febrile diseases (Six Meridians, Wei-Qi-Ying-Xue, Triple Heaters), the pathological mechanism/mechanism of imbalance of the seven endogenous evils, and the pathological mechanism/mechanism of imbalance of the Zang-Fu organs

o. Root and Branch theory

- Knowledge of the principle of root and branch (primary and secondary) including the definitions, indications, characteristics of the interrelationships



D. Treatment Principle (20% of total exam)

1. Formulate treatment principle using:

- Knowledge of treatment principles generally suitable for each diagnosis/assessment

a. Five Elements (Five Phases/Wu Xing)

- Knowledge of traditional Chinese medicine (TCM) on the theory of Five Elements in identifying the treatment principle (e.g., son disease mother) and formulating strategy (e.g., reinforcing the mother and reducing the child)

- Ability to identify the mechanism of imbalance in the client

b. Yin and Yang

- Ability to determine the treatment principle and strategy based on Yin and Yang

c. Eight Principles

- Ability to determine the treatment principle and strategy based on Eight Principles

d. Channels

- Ability to determine the treatment principle and strategy based on Channel imbalance

1) Primary channels

2) Extraordinary channels

3) Divergent channels

4) Muscle channels

5) Connecting (Luo) channels and collaterals

6) Six Divisions

e. Organ theory (Zang Fu, 12 Officials)

- Ability to determine the treatment principle and strategy based on Organ theory (Zang Fu)

f. Essential substances (Qi, Blood/Xue, Fluids/Jinye, Essence/Jing, Spirit/Shen)

- Ability to determine the treatment principle and strategy based on the Essential substances

g. Circadian rhythms/body clock and/or time of day

- Knowledge of impact of the time of day and the circadian rhythms on the body on treatment

h. Kyo/Empty – Jitsu/Full

- Ability to determine the treatment principle and strategy based on Kyo/Empty – Jitsu/Full



D. Treatment Principle (20% of total exam) (Cont.)

- i. Pathogenic Factors [according to traditional Chinese medicine (TCM)]
 - Knowledge of treatment principles relevant to pathogenic factors
- j. Six Stages of disease progression
 - Knowledge of treatment principles relevant to the Six Stages of disease progression
- k. Root and Branch theory
 - Knowledge of the principle of treating root and branch (primary and secondary) including the definitions, indications, characteristics of the interrelationships
- l. Acupoints
 - Knowledge of acupoint groups, functions, locations, and indications
 - Ability to choose acupoint combinations to treat imbalances

E. Evaluation/Adjustment of Treatment (8% of total exam)

- 1. Reassessment of signs and symptoms
 - Assess the changes in client's signs and symptoms relative to effectiveness of treatment
 - Ability to recognize positive and negative changes in the client during and/or after treatment and document them
- 2. Evaluation and revision of treatment plan
 - Ability to make appropriate modifications to treatment plan based upon variations in client's progress
- 3. Client referral
 - Knowledge of practitioners in other medical and health fields
 - Skill to know when to refer clients to practitioners in other fields
 - a. other Asian medicine practitioner
 - b. Western medicine practitioner
 - Ability to determine if the nature of the condition is outside of scope of practice or if the client/client is in need of immediate emergency care
 - Knowledge of the ability to recognize potential signs of eating disorders and be able to discuss with client/client and make referral when appropriate
 - c. other bodywork therapies



E. Evaluation/Adjustment of Treatment (8% of total exam) (Cont.)

- d. mental health or social services
 - Knowledge of and ability to recognize potential signs of trauma, domestic violence, sexual abuse, elder abuse, etc. and discuss the matter with the client and make appropriate referral when warranted
 - Ability to recognize potential signs of emotional instability which may require medical intervention/referral
- e. substance use treatment
 - Knowledge of signs and symptoms of substance abuse
- f. other adjunctive therapies (e.g., yoga, meditation, etc.)

F. Client Education (10% of total exam)

- 1. Pre-treatment orientation
 - Ability to communicate to the client what they might expect during and after the treatment
- 2. Explanation
 - Ability to communicate appropriate information for the client's level of understanding and experience
 - Ability to recognize the progression of disease of this client and begin to formulate client education instruction
 - a. Asian medical theory
 - b. healing process and affects on treatment
 - c. body mechanics and ergonomics
 - Ability to summarize/advise proper body mechanics
- 3. Post-treatment instructions (self-care)
 - a. Asian and Western dietary principles
 - Knowledge of dietary and nutritional influence on the body health conditions
 - Knowledge of Oriental medicine dietary principles
 - Knowledge of Western scientific dietary principles
 - b. topical preparations
 - Knowledge of the indications for liniments, oils, salves, compresses and/or plasters and their contraindications
 - c. mindful movement (e.g., Qi Gong, Tai Chi Chuan, meridian exercises, yoga)
 - Ability to instruct the client in mindful movement appropriate to their condition



F. Client Education (10% of total exam)

- d. Western exercise methods (e.g. strength training, aerobics)
 - Knowledge of stretching and exercise appropriate to the client's condition
- e. breathing, relaxation and meditation techniques
 - Knowledge of healthy amounts of rest versus activity, and the benefits of stress management activities
 - Skill in demonstrating the given breathing technique and guiding the client through the exercise
 - Ability to provide the client with instruction or resources to engage in relaxation or meditation techniques
- f. self-acupressure and self-massage
 - Knowledge of acupressure points and techniques of self-acupressure
 - Knowledge of self-massage techniques and ability to guide client through the techniques

G. Apply Treatment (14% of total exam)

- 1. Treat acupoints and meridians (including treatment of points and meridians, body mechanics, client positioning and contraindications)
 - Ability to find acupoints and meridians using anatomical locations, traditional finger measurements and by sensing Qi at the point
 - Knowledge of proper practitioner body mechanics and body positioning involved in applying pressure to acupoints and meridians (relative to the style of ABT being used)
 - Knowledge of how to position the client for ease of treatment and client comfort
 - Knowledge of correct hand/finger placement involved in applying pressure to acupoints and meridians
 - Skill at applying the pressure appropriate to the acupoints and meridians and the client's condition
 - Knowledge of acupoints and meridians at endangerment sites and precautions to take when applying pressure to them
 - Knowledge of contraindicated acupoints and meridians relative to client's disease or condition
 - Knowledge of clinical indications of the techniques listed below



- Knowledge of finger/hand/arm movements involved in the application of the techniques listed below
- Knowledge of proper body mechanics and body positioning involved in the application of the techniques listed below
- Skill to adapt application of the techniques listed below based on client condition, client feedback or proprioceptive awareness

- a. hold
- b. press statically/perpendicular
- c. press in a circular fashion
- d. press rhythmically
- e. stretch
- f. palpate
- g. grasp/compress
- h. lightly stroke
- i. oscillate/vibrate
- j. chafe/stroke vigorously
- k. strike/percuss rhythmically
- l. pump
- m. pluck
- n. rock
- o. roll
- p. knead

2. Move joints (passive or active)

- Knowledge of anatomical structure and physiology of the joints
- Ability to assess imbalance (e.g., stagnation of Qi and blood)
- Knowledge of the contraindications against moving the joints (e.g., inflammation, injury, etc.)
- Ability to assess the appropriateness of applying joint movement to the client's condition
- Knowledge of appropriate body mechanics for the practitioner and client
- Ability to control hand, fingers, and arm movements
- Skill in proprioceptive awareness and the use of the hands
- Knowledge of possible clinical indication(s) for and/or expected outcome of these techniques



G. Apply Treatment (14% of total exam) (Cont.)

- Knowledge of the normal range of motion of each joint addressed
 - Skill at applying the appropriate movement and rhythm for the client
 - Knowledge of the effects of pathology on joint movement
3. Perform cupping
- Knowledge of the clinical indications for using cupping
 - Knowledge of best practices, risks, cleanliness and safety precautions
 - Ability to communicate with the patient/client about cupping and what to expect
 - Knowledge of the necessity of obtaining informed consent
4. Perform guasha
- Knowledge of the clinical indications for using guasha
 - Knowledge of best practices, risks, cleanliness and safety precautions
 - Ability to communicate with the patient/client about guasha and what to expect
 - Knowledge of the necessity of obtaining informed consent
5. Apply external herbal preparations (e.g., liniments, salves, oils, compresses and/or plaster)
- Knowledge of the energetic qualities and effects of said external preparations
 - Knowledge of treatment principles and action of herbal preparations used
 - Knowledge of the clinical indications for use and expected outcome of using an herbal preparation
 - Ability to communicate with the patient/client about external preparation including possible contraindications (e.g. known allergic reactions)
 - Knowledge of the necessity of obtaining informed consent
 - Knowledge of possible cautions or contraindications of external preparations
 - Knowledge of the indications for external preparations
6. Apply indirect moxibustion
- Knowledge of the clinical indications for using indirect moxibustion
 - Knowledge of best practices, risks, cleanliness and safety precautions
 - Ability to communicate with the patient/client about indirect moxibustion, what to expect and possible contraindications
 - Knowledge of the necessity obtaining informed consent
 - Knowledge of possible cautions or contraindications of indirect moxibustion



G. Apply Treatment (14% of total exam) (Cont.)

7. Apply heat/cold (e.g., TDP lamp, hydrocollator pack, ice pack, heat pad)

- Knowledge of the clinical indications for Heat and Cold techniques
- Ability to distinguish the need for heat and cold
- Knowledge of best practices, risks, cleanliness and safety precautions
- Knowledge of possible cautions or contraindications of the use of heat or cold
- Ability to communicate with patient/client what to expect
- Skill in communicating to the patient/client when the patient should give feedback regarding discomfort of heat or cold

8. Use guided imagery/visualization and/or breathing

- Knowledge of the internal and external channel pathways
- Knowledge of breathing/visualization techniques that assist the flow of Qi during treatment
- Knowledge of guided imagery/visualization and/or breathing techniques
- Ability to choose appropriate guided imagery/visualization and/or breathing techniques for the client's condition
- Ability to guide the client in appropriate techniques



Asian Bodywork Therapy Examination Bibliography

There is no single text recommended by NCCAOM. All NCCAOM modules and examinations reflect practice in the United States as determined by the most recent job analysis.

NCCAOM's item writers and examination development committee members frequently use the following texts as resources; however, the sources used are not limited to the books listed here. The NCCAOM does not endorse any third-party study/preparation guide.

Beresford-Cooke, C. (2003). *Shiatsu theory and practice*. New York: Churchill Livingstone.

Biel, A.R. (2005). *Trail guide to the body: How to locate muscles, bones, and more* (3rd Ed.). Boulder, CO: Books of Discovery.

Cheng, X. and Deng, L. (Eds.). (2005). *Chinese acupuncture and moxibustion*. Beijing: Foreign Languages Press.

Deadman, P., Al-Khafaji, M., and Baker, K. (2007). *A manual of acupuncture*. (2nd Ed.). East Sussex, England: Journal of Chinese Medicine Publications.

Dubitsky, C. (1997). *Bodywork shiatsu: Bringing the art of finger pressure to the massage table*. Rochester, VT: Healing Arts Press.

Kailin, D.C. (2006). *Quality in complementary & alternative medicine*. Corvallis, OR: CMS Press.

Kaptchuk, T. J. (2000). *The web that has no weaver: Understanding chinese medicine*. (2nd Ed.). New York: McGraw-Hill.

Leggett, D. (1999). *Recipes for self-healing*. Devon, UK: Meridian Press.

Maciocia, G. (2005). *The foundations of chinese medicine: A comprehensive text for acupuncturists and herbalists*. (2nd Ed.). New York: Churchill Livingstone.

Sohn, T and Sohn R.C. (1997). *Amma therapy: A complete textbook of oriental bodywork and medical principles*. Rochester, VT: Healing Arts Press.

Sohnen-Moe, C. M. and Benjamin, B.E. (2004). *The ethics of touch: The hands-on practitioner's guide to creating a professional, safe, and enduring practice*. Philadelphia: Lippincott Williams & Wilkins.

Teeguarden, I.M. (1996). *A complete guide to acupressure*. Tokyo: Japan Publications.

Web Sites:

Occupational Safety & Health Administration (OSHA)
Health Insurance Portability and Accountability Act (HIPAA)

www.osha.gov
www.hhs.gov/ocr/hipaa