School Webinar

Applying the Massage Therapy Body of Knowledge to Curriculum
About Kevin Pierce

- Florida licensed and Nationally Certified Massage Therapist with over 17 years experience in the profession.
- Experience in various arenas of clinical and hands on practice as well as in areas of training and education of massage therapists and massage therapy students.
- Currently the National Director of Massage Therapy for Anthem Education Group which has numerous campuses across the country with Massage Therapy Certificate and diploma programs.
- Work in the areas of curriculum and course design, operations, faculty training and education management.
- MTBOK Task Force Member
What is a body of knowledge?

**Body of Knowledge (BOK):** is a term used to represent the complete set of concepts, terms and activities that make up a professional domain.

It is the accepted ontology for a specific domain.

The study of the nature of being, existence or reality in general, as well as the basic categories of being and their relationships.
What is the MTBOK?

A living compendium of what a professional massage therapist should know and be able to do, and descriptions of the massage therapy field and scope of practice.

Developed and maintained by and for the massage therapy profession.

www.mtbok.org
Why a body of knowledge for massage?

- Helps **establish recognition** as a profession.
- Helps **define differences** between professions.
- Single source of information about **what a professional should know** and be able to do.
- Supports an **integrated environment** for our operating domains:
  - Practice
  - **Accreditation**
  - Research
  - **Certification**
  - Education
  - Licensure
What was our vision?

To develop and adopt a common body of knowledge for the massage therapy profession, defined as:

A living resource of competencies, standards and values that inform and guide the domains of practice, accreditation, research, certification, education, and licensure.
Who is involved?

Project Manager:
Chip Hines: MS, PMP, LMT, NCTMB (FL)

Task Force Members:
Brian Fong LMT, MBA, NCBTMB (UT)
Megan E. Lavery LMT, CZB, NCBTMB (KY)
Kevin Pierce LMT, MBA, NCBTMB (FL)
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Steven Schenkman BS, LMT (NY)
Dawn M. Schmidt BS, LMP (WA)
JoEllen Sefton PhD, ATC, CMT, NCBTMB (AL)
Michael J. Shea PhD, LMT (FL)
Who is it for?

Educators    Employers
Practitioners  Clients  Students  Graduates
Healthcare Professionals  Researchers
State Boards  Exam Writers
The General Public....
YOU!
POLL #1

What experience do you have with the MTBOK?

A. I have only heard about the MTBOK but not read the document.
B. I have read the MTBOK document.
C. My school is discussing the MTBOK and how we can utilize it.
D. We’re in the planning process to incorporate the MTBOK into our curriculum.
E. We’re currently integrating the MTBOK into our curriculum.
Exploring the MTBOK: Content

- Overview & Preamble (Sc. 0 – 20) p. 3
- A description of the Massage Therapy field (Sc. 110) p. 9
- A Scope of Practice statement (Sc. 120 – 140) p. 10
- Competencies of an entry level Massage Therapist: Knowledge, Skills, and Abilities (Sc. 200) p. 14
- Terminology related to Massage Therapy (Sc. 300) p. 41
- Acknowledgment (Sc. 400) p. 48
The intention of the MTBOK seeks to ensure that massage therapists are not restricted from integrating and applying knowledge and skills gained through education and certification when applying massage therapy provided they are operating within the scope of practice as determined by their local regulations.

It is recognized that there may be professional overlap in some areas of Scope of Practice and/or Knowledge, Skills and Abilities with other professions. In those areas, it is not the intention to limit anyone’s practice and the richness that exists in professional diversity is supported.
Description and Scope vs. KSA’s

Description and Scope of Practice (section 100)
- Focused on the S.O.P. for the entire MT profession

Knowledge, Skills and Abilities (section 200)
- Focused on entry level competencies for MT’s
Exploring the MTBOK: Definitions

**Competencies:** refer to the Knowledge, Skills and Abilities (KSA’s) that enable massage therapists to perform their work in a safe and effective manner. MTBOK is created for Entry Level.

**Standards:** the established and documented norms or requirements for the profession.
- **Scope of Practice, Code of Ethics, Nomenclature, and Standards of Education and in the Workplace**

**Values:** the unique attributes, qualities and principles that are embodied by individual massage therapists, institutions and organizations of massage therapy.
MTBOK Content Checklist*

- Overview of Massage Therapy and Bodywork History / Culture
- Anatomy and Physiology
- Kinesiology
- Pathology
- Assessment, Treatment Planning and Documentation
- Research and Information Literacy
- Business Practices, Laws and Regulations
- Boundaries, Ethics and the Therapeutic Relationship
- Body Mechanics and Self Care
- Massage Techniques and Physiological and Psychological Effects
- Therapeutic Modalities

*MTBOK Content Checklist available at www.mtbok.org.
MTBOK: Potential Uses

- Curriculum Development
- Lesson Plan Design
- Individual Assessment

What is the most effective way for YOU to use MTBOK?
Poll #2

What do you currently use to guide curriculum development?

A. Accreditation  
B. Standards set by School  
C. Standards set by State  
D. Curriculum mapping to discuss desired student abilities once program is completed.  
E. Follow textbook
Purpose of Checklist for Schools

- Designed to help massage therapy & bodywork programs and therapists with alignment to the MTBOK.

- To be done as an exercise of evaluation and level of comprehension.
Guiding Principles for School Curricula

State guidelines
- Minimum contact hours – transcripts
- State and or national exam / licensure

Accreditation guidelines
- Minimum contact hours
- Syllabi and competencies

Professional standards
- Relevant theory & applications
- Standardized education practices (assessments, etc.)
The MTBOK was not designed with specific program hours in mind.

Was designed to meet and exceed current standards in all states with regard to Scope of Practice and KSA’s.
NCBTMB Exam Content

General Knowledge of Body Systems (16%)
Knowledge of Anatomy, Physiology and Kinesiology (19%)
Pathology (13%)
Therapeutic Massage and Bodywork Assessment (18%)
Therapeutic Massage and Bodywork Application (22%)
Professional Standards, Ethics, Business and Legal Practices (12%)
MBLEx Exam Content

Anatomy & Physiology (14%)
Kinesiology (11%)
Pathology, Contraindications, Areas of Caution, Special Populations (13%)
Benefits and Physiological Effects of Techniques That Manipulate Soft Tissue (17%)
Client Assessment Reassessment and Treatment Planning (17%)
Overview of Massage & Bodywork History, Culture, Modalities (5%)
Ethics, Boundaries, Laws and Regulations (13%)
MBLEX Exam Content

- Pathology, Contraindications, Areas of Caution, Special Populations
- Ethics, Boundaries, Laws & Regulations
- Client Assessment, Reassessment and Treatment Planning
- Overview of Massage & Bodywork History, Culture, Modalities
- Benefits and Physiological Effects of Techniques that Manipulate Soft Tissue
- Kinesiology
- Anatomy & Physiology
How to Create Content

Follow existing practices of:

• Industry evaluation to establish standards.
• Blooms Taxonomy to create objectives.
• Assessment building to encourage retention.
• Course design for flow of information and use.
• Faculty training in curriculum management.
A Balanced Approach
# Student Learning Outcomes

Learning objectives and its relationship to the Massage Therapy Body of Knowledge (MTBOK).

<table>
<thead>
<tr>
<th>Objective</th>
<th>Section /Line #</th>
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<tbody>
<tr>
<td>Understand and apply appropriate massage considerations for clients taking over-the-counter or prescription medications</td>
<td>210.4 / Lines 665 – 672</td>
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MTBOK: For Teachers

• The checklist is an easy way to self identify subjects that you understand or that you feel you could benefit from by taking continuing education or training on.

• It can be seen as a guide to help you keep your body of knowledge, skills and abilities fresh.
Things to Remember

- The MTBOK KSA’s are focused on what an entry level massage therapist needs to know and be able to do – they may not address all additional things that experienced practitioners and those that have advanced training are able to do under their licensure.

- Massage therapists, (and individuals) must be knowledgeable about the laws and regulations in the areas they operate to be sure they meet the regulations.
"The level of Knowledge, Skills and Abilities (KSA’s) that are listed in the MTBOK are too much to expect from an entry level massage therapist.

What makes you think that schools can teach that much within the hours they have available?"
“What are the roles and the responsibilities of schools in implementing the MTBOK content within their curriculum?”
“Can you explain the difference between the entry-level KSA’s and the rest of the MTBOK?”
The Intent of the MTBOK

• The MTBOK is not a regulatory authority.
• It is a source of information.
• Meant to encourage and maintain integration.
• Clarification and advancement of the massage therapy profession are the MTBOK’s highest priorities.
Next Steps

Current Standards:
• National and state certification / licensure requirements.

Taking Steps: Practitioner and organization evaluation.
• Compare to subject matter percentage breakdown and topics covered.

Looking to the future: Through Steward organization meetings & media outlets.
• Clarify an agreed upon checklist or template.
• Make changes to further the profession.
MTBOK: Final Thoughts

- A living Document meeting the needs of the profession.
- Created by and for the massage therapy profession.
- Integrated within and among the stated domains:

  Practice, Accreditation, Research,
  Certification, Education and Licensure
QUESTIONS?
Learn More

To obtain the MTBOK content and checklist in Adobe Acrobat (PDF) format or to access the online MTBOK comment form go to: http://www.mtbok.org

Email comments to: MTBOK_comments@mtbok.org
If you have additional questions about this webinar or suggestions for future AMTA webinars, please contact:

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Look for future AMTA Webinars!

Established experts in massage therapy and massage therapy education will present relevant topics including:

- Student Recruitment
- Rubrics
- Classroom Management
- Student Retention
- And more!
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Kevin Pierce, Applying the Massage Therapy Body of Knowledge to Curriculum 12.1.10