

MACROBIOTIC COUNSELLOR TRAINING STANDARDS

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INTRODUCTION

This syllabus includes the present Macrobiotic Cook & Health Advisor and Macrobiotic Specialist Cook & Healing Guide syllabi, so all the knowledge and skills in those syllabi are assumed.

1. HOLISTIC HEALTH ASSESSMENT

To have a comprehensive knowledge of the following methods of traditional Oriental diagnosis.

Visual

Constitution including using yin and yang
Overall impression of yin, yang, or yin and yang conditions.
Facial area diagnosis
Skin colour
Posture and movement
Hands and feet
Sclera
Basic tongue diagnosis
The eyes

Questioning

Information to be gathered, including age, family situation, family history, present and past health, diet and lifestyle, what's happening emotionally, type of work, hobbies and life dreams, bowel movements, urination and digestion, smoking or not, menstrual cycle and contraceptive methods, supplements or medications being taken, any medical treatments that have been or are currently being used.

The interpretation of this information using the following theoretical systems - yin and yang, and the Five Transformations.

Listening

Voice quality (from Five Transformation correspondences)

Smell

Smell (from Five Transformation correspondences)

Touch

The general flexibility and feel of the body

Abdominal palpation of physical organs

Back Area diagnosis

Tsubo palpation

Simple assessment of the 12 pulses, from either assessment of the strength of the pulse in the 12 positions, or of some of the qualities of the pulse such as tight, slippery, fast or slow.

Intuitive

How to make a comprehensive health assessment using all the above methods, synthesising all the information to make a simple and clear overall assessment of a person's constitution and condition.

Modern Assessment Methods

Blood Tests

Practitioners to be able to understand and interpret the iron and cholesterol levels in blood tests.

pH Tests

The Practitioner should be able to take the pH of a person's saliva and urine, and to understand the relevance of the results.

Blood Pressure Tests

The practitioner should know the normal range of blood pressure results, and be able to recognise and to know the relevance of higher and lower readings.

Blood Sugar Tests

The practitioner should know the normal range of blood sugar results, and be able to recognise and to know the relevance of higher and lower readings.

Assessment of Anaemia

The Practitioner should be able to make a rough assessment of whether a person may be anaemic from examining the person's nails and the inside of their lower eyelid.

2. MACROBIOTIC HEALING

1. Using George Ohsawa's model of the Seven Conditions of Health to assess one's own and others' health.
2. George Ohsawa's model of the Seven Levels of Sickness.
3. To be able to discuss the advantages and disadvantages of using these two models.
4. To take a holistic approach to clients, including the physical, emotional, mental and spiritual basis of health, and to give recommendations with consideration of the whole person, and not just their symptoms.
5. The physical and energetic functions of the organs of the body according to the theories of the Five Transformations or Chinese medicine.
6. A thorough and comprehensive understanding of the following diseases from a scientific and energetic point of view.

DIGESTIVE SYSTEM

Tonsillitis, stomach and duodenal ulcers, Candidiasis, Crohn's disease, coeliac disease, food allergies and gluten intolerance, irritable bowel syndrome, colitis, constipation, diarrhoea, abdominal bloating and pain.

CIRCULATORY SYSTEM

Coronary heart disease, high and low blood pressure, angina, atherosclerosis, arteriosclerosis, heart palpitations, varicose veins, glandular fever.

URINARY SYSTEM

Kidney infection, passing kidney stones, kidney failure, cystitis, incontinence and bed-wetting, urethritis.

RESPIRATORY SYSTEM

Hayfever, sinusitis, bronchitis, pneumonia, asthma, pleurisy.

NERVOUS SYSTEM

Multiple sclerosis, Parkinson's disease, neuralgia, meningitis, sciatica, epilepsy, shingles, motor neuron disease, dementia and Alzheimer's disease.

ENDOCRINE SYSTEM

Diabetes, hypothyroidism, hyperthyroidism.

SKELETAL SYSTEM

Osteoporosis, rheumatoid arthritis, osteoarthritis, gout, scoliosis.

MUSCULAR SYSTEM

Sprains, strains, muscular dystrophy.

SPECIAL SENSES

Eyes – long and short sightedness, glaucoma, macular disease, cataracts.

Ears – tinnitus, deafness, Meniere's disease, vertigo

SKIN

Eczema, psoriasis, acne, boils, ringworm, athlete's foot. _____

IMMUNE SYSTEM

Allergies to food, airborne particles and other substances, autoimmune disease, HIV and AIDS.

REPRODUCTIVE SYSTEM

Female system – pre-menstrual tension, menstrual cycle irregularities, endometriosis, fibroids, dysmenorrhoea, amenorrhoea, breast cysts, mastitis, cervical cell abnormalities, infertility.

Male system – prostate hypertrophy, impotence, infertility.

COMMON CANCERS & THEIR MEDICAL TREATMENT

Lung, brain, bladder, breast, prostate, colon, liver, pancreas, leukaemia, skin, stomach, bone, cervical, testicular, uterus, ovary. Also cancer treatment with chemotherapy, radiotherapy and surgery, and their implications on food selection and preparation.

MENTAL ILLNESS

Schizophrenia, bipolar disorder, depression, panic attacks, eating disorders including bulimia and anorexia.

MISCELLANEOUS DISEASES

ME (chronic fatigue syndrome)

7. Having a clear understanding of the potential dangers of giving dietary and other advice, including the possible effect of long-term nutrient deficiencies as a result of recommending very limited diets.
8. A basic understanding of the Four Humours, as used in Greek and European medicine. [Anna to enlarge]

3. HOW TO PROMOTE A HEALTHY PREGNANCY, BIRTH AND NATURAL BABY CARE

AIMS

1. To be able to offer parents an informed perspective on natural approaches to pregnancy, which includes advice on diet, lifestyle, and methods or ways of support that may be helpful to use in conjunction with those given by the medical profession.
2. To be able to support parents with an understanding of their own health, before, during and after birth so that they are able to trust and embrace the body's innate instincts.

OUTCOMES

1. To be familiar with the theory of the spiral pattern of growth of a baby.
2. To be able to talk on: i) The best natural food sources of nutrients which may be needed in larger amounts during pregnancy, such as protein, fat, iron, calcium magnesium, copper, and vitamins B12 and D. ii) When fish, organic meat, fowl, eggs or dairy foods may be necessary.
3. To be able to explain how the placenta functions, and its ability to let through nutrients needed by the foetus and protect it from possible toxins.
4. To be able to recommend possible natural remedies, shiatsu or exercises for the following conditions (this list includes some remedies in Macrobiotic Specialist Cook & Healing Guide syllabus):
 - a) Anaemia: iron rich foods such as hiziki or dulse, leafy greens, burdock, nori condiment, fish miso soup, eating a sufficient variety including light dishes, stews, less salt and grains. Walking in nature, and other forms of exercise. Eating vitamin C rich foods.
 - b) Oedema: radish drinks and dishes especially using daikon e.g. large pieces steamed daikon, the importance of salt levels.
 - c) Haemorrhoids after birth: topical egg oil, ice or frozen peas, rescue remedy, shiitake, shio kombu, and avoidance of baked foods.
 - d) Breech position: shiatsu or moxa to Bladder 67.
 - e) Natural methods for inducing birth: raspberry leaf tea, shiatsu and acupuncture.
 - f) Blocked milk ducts: cabbage leaf compresses, grated carrot, rinsed kombu.
 - g) Helping milk production: mochi, sweet rice and aduki beans, Guinness, rest and relaxation, increased use of oil, pressed salad, fennel tea and breast massage.
 - h) Jaundice in baby: shiitake or daikon tea, pressed salad, light dishes, steamed greens, less grain, exposure to sunlight.
5. To be able to describe how they would support parents to know the choices they have of: birth venue, positions in birth, various medical interventions, or complementary medical help.
6. To be able to write a description of the natural stages of labour (not medically prescribed timings) and the physiological changes in the mother's body that assist the birthing process.
7. To be able to recommend simple recipes to encourage breast milk and healthy restoration of the womb after birth.

4. PROMOTING HEALTH FOR BABIES AND CHILDREN

AIMS

1. To be able to offer guidance on how to promote the health of babies and children through diet, exercise, emotional upbringing, education etc.
2. To be able to advise parents on how to use natural healing methods to help with health problems commonly found in babies and children.

OUTCOMES

1. To be able to diagnose the yin or yang constitution and condition of babies and small children.
2. To understand the particular physical, dietary, emotional and other needs of babies and children at different stages of their development.
3. To be able to suggest healthy recipes and meals that are attractive to children at different ages.
4. To be able to advise on how to cook for families to cater for different needs for different ages.
5. To be able to offer possible natural healing approaches for the following baby ailments: not growing fast enough, sleeping problems, crying constantly, abdominal colic, fever, runny nose and blocked noses, teething, ear problems, throat problems, skin rashes, diarrhoea and constipation.
6. To be able to offer possible natural healing approaches for the following baby ailments: measles, chickenpox, mumps, rubella, bedwetting, rickets, glue ear and ear infections, sore throat and tonsillitis, lack of appetite or eating narrowly, whooping cough, worms, hyperactive behaviour.
7. To understand the cause of constitutional problems like cleft palate and Down's syndrome and to be able to offer advice to help children with these kinds of problems.

5. NINE STAR KI

AIMS

To have a working understanding overview of the tradition and use of Japanese Nine Ki style of divination.

OUTCOMES

1. To be able to write a time line that includes the I Ching, Chinese five element and twelve animal calendars along with the introduction of nine ki calendars.

2. To be able to discuss the influence of Fu Hsi on the art of divination and trying to unify various interpretations of energy flow into one cycle of nine.
3. To discuss the difference and merits of astrology and divination.
4. To be able to explain the concept of using a cycle of nine and applying it to years, months and days.
5. To draw out the magic square / ba gua with the nine ki numbers in their relevant places with five in the centre.
6. To be able to read the table for all nine types of energy, and apply to different years and months.
7. To be able to calculate a person's nine ki year, month and axis energies.
8. To be able to use the nine ki table to work out which energy each nine ki type might experience in each year.
9. To write out a personal history of events and years and see if there is any correlation to the student's nine ki year number position.
10. To write out a list of each of the nine energies and associate them with the appropriate times of day and year.
11. To experience each type of energy by going out into nature at the relevant time of day and year.
12. To be able to make simple interpretations of a person's energy in terms of their year and month nine ki energies.
13. To be able to discuss the advantages and disadvantages of using a form of divination such as Nine Ki to try and make an assessment of someone's energy.
14. To be able to discuss the possible contradiction of the macrobiotic philosophy of being non-judgemental, non-dualistic and seeking oneness with the nine ki emphasis on trying to classify and differentiate people in terms of their energy and according to their date of birth.
15. To be able to discuss the relevance of a Nine Ki reading compared to methods of health assessment such as those listed above.

6. MACROBIOTIC COOKING & HOME REMEDIES

AIMS

To cook for healing, including the cooking of special dishes, drinks and condiments and preparation of plasters and compresses.

OUTCOMES

As covered in the Macrobiotic Specialist Cook & Healing Guide syllabus.

7. BASIC COUNSELLING SKILLS

AIMS

To use basic listening skills when giving macrobiotic counselling, to create a safe place for emotional opening and discussion of personal issues.

OUTCOMES

1. To be able to clearly explain the ethics and responsibilities of being a macrobiotic counsellor, as described in the Macrobiotic Association of GB Code of Conduct and Ethics.
2. To demonstrate basic skills of listening well and counselling, including the use of open and closed questions, echoing, paraphrasing and confronting.
3. To be able to describe the important qualities of a good counsellor, such as being empathic, acting with compassion and in client's best interest at all times, having integrity, setting clear boundaries, clear communication of fees and way of working, maintaining confidentiality etc.
4. To recognise one's limitations in emotional counselling, and when it is necessary to refer to a professional emotional counsellor or psychotherapist.

8. INTERVIEWING SKILLS

AIMS

To be skilful in interviewing clients, to obtain the information necessary for giving a health consultation, to give recommendations appropriate to the individual clients, and to inspire clients to follow recommendations beneficial to their health.

OUTCOMES

1. To demonstrate how to take comprehensive case notes while interviewing a client.
2. To show adequate case notes for all their clients.
3. To demonstrate the giving of clear and appropriate recommendations to clients, including the use of information leaflets or booklets.

9. QUALITIES OF A MACROBIOTIC COUNSELLOR

AIMS

To understand the qualities that are unique to macrobiotic counselling.

OUTCOMES

1. To explain how the role of a macrobiotic counsellor is to advise, guide and educate the client.
2. To recognise that any consultant gives temporary advice, which needs to be updated regularly.
3. To be able to describe how the long-term aim of macrobiotic advice is for the client to develop their own intuition and understanding as to the foods and life style choices creating health.
4. To discuss the difference between being in service and imposing.
5. To explain the importance of not imposing over-simplistic explanations as to why a client has become ill.
6. To explore how the macrobiotic philosophy of everything changes, non credo, having a beginners mind, being non-judgmental, being non-dualistic, being humble, having gratitude and of service influence the way we interact with our clients.

10. OTHER APPROACHES TO DIET

AIMS

To have a basic understanding of the principles and practice of common approaches to diet today.

OUTCOMES

1. To be able to explain the underlying principles and practice of common approaches to diet such as the GI diet, raw foods diet, food combining, Vegan diet, alkaline forming diet, Atkins diet and other slimming regimes.
2. To describe the possible health benefits and the pitfalls of these approaches from a macrobiotic point of view.

11. BUSINESS SKILLS

AIMS

To have the knowledge and skills to run a successful business as a Macrobiotic Counsellor.

OUTCOMES

1. To explain how a student intends to promote him or herself and build a practice, including preparing suitable advertising leaflets and business cards.
2. The reasons for using disclaimer forms in consultations.

12. ETHICS

AIMS

To be familiar with the normal ethical standards of conduct for health professionals, and how these relate to practice as a Macrobiotic Counsellor.

OUTCOMES

1. To be able to explain the reasons for and importance of all the points in the Macrobiotic Association Code of Ethics.
2. To explain when it is important and necessary to refer clients to a medical doctor.
3. To clearly describe why clients often need on-going support during their healing.
4. To say how the giving of inspiration and a positive view on health and life is important with clients' healing.
5. The importance of using an appropriate environment for giving health consultations.
6. Maintaining client records within current Data Protection legislation.

13. SUPERVISED PRACTICE

AIMS

For the student to have built up their knowledge and skills in macrobiotic counselling through giving supervised macrobiotic counselling sessions.

OUTCOMES

1. Students should have given a minimum of 60 full macrobiotic counselling sessions. This should include giving a series of three macrobiotic counselling sessions to a minimum of 20 clients.
2. At least 3 of these sessions should have been directly observed by tutors.
3. For all 60 sessions, full client records including the diagnosis made and recommendations given, should be checked by tutors.