



THE MACROBIOTIC ASSOCIATION

Macrobiotic Consultant

Assessment Day, Description & Application Form

Please see here information on application, assessment, and registration as an MBA Professional Member on passing. Accreditation assessment days are held twice a year, in English. Please check that your required hours of study and experience include what is in the Training Standards.

To apply, send in advance, the following documents by email or post

1) The completed Application Forms on the last two pages of this document.

2) The assessment fee of £120. The Paypal facility is on the website or send a cheque made out to 'Macrobiotic Association UK'.

3) A copy of your Professional Indemnity & Public Liability Insurance Certificate. We suggest:- Balens www.balens.co.uk or Holistic Insurance Services. www.holisticinsurance.co.uk
Please phone or email them directly & ensure you are covered for every aspect of the work you do.

NB. Candidates who work outside UK need *appropriate insurance cover for the country or countries in which they work*. If insurance is not available there please include a letter stating that you will practice without insurance and abide by the laws of those countries.

4) Case Studies = Evidence of Work Practice. Training Standards P.21. Provide well-presented reports of two new case studies. Maximum, three A4 pages, written as a summary, include small pictures.

Case Study One – Consultation to listen and give dietary & lifestyle advice to a new client and a follow-up consultation a few weeks later. Include in recommendations a short set of exercises and a meditation. The report of both is an account of your health assessment, advice, dietary suggestions, menus, comments from your client and what you learnt.

Case Study Two. Give only one consultation to a family with children and report in the same way as case study one. NB. Please be assured the anonymity of clients is always respected.

Programme for the Day

The day **will start promptly at 8.50am** and finish by 6.00pm.

- 8.50 – 9.00 Arrival. Introduction and details of the day
- 9.00 – 10.45 Theory Paper
- 10.55 - 11.30 Compress
- 11.35 - 12.45 Healing food preparation.
- 12.45 - 1.45 Lunch & walk – cooked dishes and meal prepared in advance by Assessors.
- 1.45 - 2.45 Palm healing & meditation including friends for consultations.
- 3.00 – 3.30 Consultations
- 3.30 – 4.00 Consultations
- 4.30 - 5.50 Interviews
- 5.50 - 6.00 Close and prepare to leave.

Two or three assessors are present throughout the day. When possible these will not be your teachers. There are four parts to the day - cooking, theory, bodywork, interview.

Theory Assessment

The theory paper is 1 3/4 hours, with a pass mark of 70%. It has questions on the following areas:

- * Healing cooking and health care
- * Practitioner client relationship
- * Macrobiotic forms of health assessment

To read the Sample Theory Paper as a guide to the question paper email:- coordinator@MBA.org

Compress

You decide before you arrive what compress you are going to give to a client. Assessors will prepare hot water whilst you write the Theory paper. Salt for a salt pack you prepare yourself. There is enough time for you to demonstrate only the following:-

- * Preparation
- * Application of compress
- * Care of client
- * Finishing well.

You will be marked on the above.

Healing food Preparation

You will prepare 3 healing dishes. You will be told which dishes when you at the start of this part of the assessment. A tea such as shitake tea or ume-sho-kuzu. A soup or broth. A grain dish, vegetable or seaweed dish for a certain condition, or a dessert for someone etc. You have just over an hour.

- * Cook a dish for a person who is Hindu.
- * Prepare a soup and dessert for a two year old.
- * Cook a dish and condiment for a man working all day as a builder.
- * Make a dish and condiment for someone who has Candidiasis / coeliac disease / irritable bowel syndrome / coronary heart disease / high blood pressure / hay-fever / asthma / diabetes / rheumatoid arthritis / eczema / pre-menstrual tension etc.
- * Make 1 dish, 1 drink, 1 condiment and 1 dessert for a mother breast feeding but not producing enough milk. Do the same for a mother breastfeeding but producing too much milk.

The MBA provide:

- * A well-equipped kitchen
- * A 4-ring gas burner and an electric oven.
- * Wooden chopping board, cooking utensils, electric mixer.
- * A set of saucepans & pressure cooker.
- * Sea salt, shoyu, barley miso, white miso, sesame & olive oil, rice & ume vinegar, fresh vegetables and some dried ones such as daikon.

You will need to bring:

- * Your own cutting knife. *An apron. * Non-slip footwear. *Any other clothing to wear for cooking.

You will be assessed on the following criteria:

- * Being prepared and organised - tidy and suitably dressed – posture.
- * Setting up clear, organised work space - timekeeping
- * Good cutting technique - consistent - variety
- * Yin / yang balance - Five Transformations, colour, cooking style, taste
- * Use of water, fire, oil, flavour

Lunch will be provided in addition to what you cook.

Please ask a friend to join you at the venue by 1.30 at the latest. (They can have some food.) They will participate in palm healing, meditation and consultations.

Palm Healing

Please bring suitable clothes to wear for Palm healing & meditation

You will have approx' 10 minutes palm healing to 1 assessor and be assessed on:

- * Quality of healing touch - sensitivity and empathy
- * Being in Hara
- * Posture, stability, receptivity, ability to be grounded.
- * Your Ki connection
- * Ability to be a clear channel without being sentimental.
- * Accuracy in working on meridians, tsubo and diagnostic areas

Meditation

You will be asked to give meditation instruction to 2 assessors and others, with clear guidance on posture, breathing, focusing the mind etc.

Consultation

For the assessment your client will be one of the friends of your fellow candidates that came for this – it will not be your friend. The consultation will take 30 minutes only. Using the right questions, this is plenty of time to make an assessment or Oriental diagnosis. Determine the organs most requiring attention.

Have 5 main points of advice to offer. Be able to do this succinctly and generously.

You will be assessed on the following:-

- * Your rapport with the client – relaxed – posture – body language
- * Listening skill – response skill
- * Clear communication – ability to be compassionate yet detached.
- * Clarity of thought – clarity of assessment or diagnosis
- * Quality of questions.

Note: Your friend could wait for you in another room or leave after the interview.

Interview

This will last 20 minutes and take place with two or three assessors who will ask questions to assess the following:

- * How you work professionally in making clear consultation arrangements, follow ups, pricing, invoices, boundaries etc.
- * How you work with a macrobiotic cook e.g. to know when to contact them or the client, to know that all is going well or small adjustments are necessary.
- * You are aware of the limits of your professional skills.
- * Your awareness of your own life & health condition, strength and vulnerability.
- * That you are actively involved in continuing studies and development.
- * You can discuss your Case study assignments.
- * Your understanding of ethics and behaviour described in the MBA UK Code of Conduct and Ethics.
- * That you have a professional manner including appearance and confidence.

You need to pass adequately in all these areas.

Your Accreditation Assessment Results.

Within two weeks of the Assessment you will receive a letter with your results.

On passing and wishing to be a Professional Member of The Macrobiotic Association, please go to www.macrobiotics.org click on **About MBA**, click on dropdown **Join Us** on dropdown **Membership - Professional Members** click on **Join Today**.

If you fail a part of the assessment you will be advised what to do to pass and then retake that part .The fee is £40 for the Consultation or Theory assessment, and £20 for Bodywork or Interview.

Please arrange this by emailing:- accreditation@macrobiotics.org.uk

Assessment Application Form

MBA Consultant

Date of the assessment _____

Your name _____ Date of birth _____

Address _____

Email address _____

Telephone number: day _____ evening _____

Please make a list of all the courses you have attended in Macrobiotic way of life studies - include the start and end date of each course, and the hours of study. Attach copies of any certificates, or other evidence of completion, of these courses. If you need additional space to write, continue on another piece of paper. What other courses, workshops, therapies or adventures have influenced your life?

Dates of course	Hours of study	Name of course or teacher

Please explain why you want to be a Macrobiotic Consultant - what inspires you?
