

The Skills and Abilities of a Bodyworker in



FOREWORD

A human being is an indivisible whole of body, mind and soul, in constant interaction with the surroundings.

Each person is distinctive, unique in his/her perception of life, and acts in accordance with their individual resources.

The percentage of water in the human body is approximately 80% in newborns and 50% in adults.

The human body is designed to maintain a vital and dynamic balance and thus regulate itself.

The human being has a natural capacity to develop and fulfill his/her physical, mental and spiritual potential, and become independent.

Working in the water stimulates an individual and the holistic processes that encompass body, mind, soul and the surrounding environment.

Clients feel supported, cared for, safe from outer influence, and free in this medium of their original primal environment.

It allows people to acknowledge their resources and their potential, *and the development of these abilities.*

PROFESSIONAL COMPETENCE AND SKILLS

OBA Bodyworkers need to have an empathetic attitude, demonstrating interest in their clients, and being respectful of their interests, values and rights. They need to be centered inwardly and outwardly.

1. Professional activity

Meeting. The OBA Bodyworker establishes a relationship of trust

- discusses the client's wishes and expectations
- recognizes the customer's abilities
- discusses / explains the OBA session

Processing. The OBA Bodyworker assumes a neutral attitude whenever coming into contact with the client and his/her process

- consciously uses OBA techniques
- is centered in "sky/earth/spine/Hara"
- pays attention to touch, movement and breathing
- fosters the client's perception of him/herself

- offers the client new physical and emotional experiences
- welcomes spontaneous body movements
- avoids using techniques that are not in harmony with the client's state of being at the time
- upon request, he/ she draws the customer's attention to potential disturbances / blocks
- elucidates how potential disturbances / blocks can be influenced by the customer's awareness

Integrating: OBA bodyworkers support the client whenever he/she comes into contact with his/her inner world

- can discern the client's emotions
- observes any resistance
- brings hidden resources to awareness

Transferring: OBA Bodyworkers and clients can use strategies in order to blend the experience of the session into their daily life

- upon request, he/she reflects on the client's energetic and emotional flow
- shares the impressions and results that he/she has noted
- if required, the Bodyworker suggests strategies to support the client when he/she feels the need to spend time alone.

2. Collaboration

OBA Bodyworkers should collaborate, when necessary, being mindful of keeping within the bounds of their profession, and with the prior consent of the client :

- with reference people indicated by the client
- with other competent professionals

3. Development of the personality

OBA Bodyworkers shall commit to:

- working at their level of proficiency & staying up to date with new techniques & different approaches.”
- constantly evaluating their work
- keeping up to date with continuing education
- fostering personal development
- taking care of and keeping themselves balanced

4. Organization and professional activity

OBA Bodyworkers should know how to:

- create a network of contacts for pools and land-based activities
- make enquiries about the conditions of use and insurance
- be organized on an administrative and financial level
- keep adequate records and documentation of their activities

TRAINING

STRUCTURE	HOUR OF CONTACT	HOUR OF STUDY
OBA method	215	100
OBA personal process	55	25
Sessions received	40	25
OBF&T course	15	
Common knowledge (Water & Earth)	193	385
<u>Fundamentals of the profession</u>	26	
<u>Concept of well-being, Conception of a human beings, Ethics</u>		140
<u>Communication and approach to the client</u>	104	
Psychology, Communication, Conducting an interview, Learning and processes of change		
<u>Fundamentals of medicine</u>		190
BLS / AED	55	
Biology, Anatomy, Physiology, Pathology, Pharmacology		
<u>Activity management</u>	8	55
Relevant legislation, quality assurance, insurance aspects, documentation and filing, customer safety		
Certification of practice	50	70
Final essay and final celebration	7	100
Total	520	680
Total training hours OBA 1'200		

Contact hours: these are the hours of one to one teaching and supervision with a qualified teacher.

Study hours: sessions with clients, the protocols and the study of the subjects carried out independently

One hour of study or contact corresponds to 60 min.

OBA Method

Techniques belonging to the OBA Method can only be acquired by participating in 5 courses: Base (15h), OBA1 Fluid Body (50h), OBA 2 Aquatic Body Body (50h), OBA 3 Oceanic Body (50h), OBA 4 Cosmic Body (50h).
The specific part of the OBA technique is aimed at acquiring the relevant listed skill.

The OBA Bodyworker

History

- knows the origin, development and history of the OBA

Scientific basis

- has knowledge of the OB code of ethics
- has knowledge of the effects of hot water on the human body
- has knowledge of the effects of Archimedes' principle on bodies immersed in a fluid like water

Proprioception

- is aware of his/her own familiarity/comfort/competence & readiness to work in water
- is rooted in their center (Hara)

Techniques

- has mastered the use of cushion and floating tools
- knows how to practice surface techniques
- knows how to practice underwater techniques
- has knowledge of the extension techniques
- has knowledge of the bending techniques
- has knowledge of the wave techniques
- has knowledge of the rotary techniques
- has knowledge of the techniques with lever movements
- has knowledge of the techniques of stretching
- has knowledge of the techniques with embryonic positions
- can integrate moments of stillness

Fundamentals of medicine

- describes the effect of various techniques and of warm water on the body, and on the physiological, neurological systems
- has knowledge of the effects of hot water and various techniques on the emotional system
- knows how to integrate the water/land transition

Customer safety and hygiene

- knows the "Red flags" ie: symptoms or somatic disorders that need an urgent medical attention
- recognizes the levels of emergency of the "Red flags" (ie: immediately / within a few days)
- describes the practical application of the principles and measures of hygiene in the pool and on land
- describes the practical application of safety and accident prevention measures in the pool

OBA personal process

The OBA personal process is necessary for one's own self-reflection and experience.

It is made up of:

- 35 sessions to be received from qualified practitioners or from students (max 15) and 5 to be received from teachers.

At the end of each session, the student writes a summary assessment based on what he/she has just experienced.

- 15 hours of OBT & F connection with the origins of OBA

Commun knowledge OBA, OBF&T e OBAir

The OBA Bodyworker

Fundamentals of the profession

Concept of well-being

- explains the concept of well-being
- describes the concepts and principles of promoting well-being
- explains well-being and discomfort as a process of dynamic self-organization

- analyzes the aspects related to his/her concept of well-being (mind/body/soul)
- describes the determinants of well-being and behavior (eg lifestyle, risk behavior, stress and coping determinants, resources, resilience factors, social, economic, demographic and cultural influences)
- is able to self-manage (his/her own behavior in matters of well-being, prevention of burnout, work / private life balance, resource management, management of strong feelings, mental hygiene: mental stability / vulnerability)

The concept of a human being

- understands OB's idea of a human being
- compares his/her previous idea of a human being with the one that is proposed by OB
- is aware of the unique & distinct individuality of each person.

Ethics

- reflects on the deontological principles and guidelines of behavior (autonomy, utility, damage prevention, equal treatment, principle of proportionality, responsibility, professional skills and limits, relationship of trust with clients, presentation to the public, collaboration with other professionals)
- exchanges views on ethical dilemmas in the profession
- knows the legal obligations towards clients (confidentiality, privacy protection, duty of care)
- is aware of professional limits
- shares OB's code of ethics

Communication and client approach

Psychology

- knows the basics of psychology
- describes the main aspects of cognitive psychology, development and learning psychology, communication psychology, attachment theories (Bowlby and further developments)

Communication

- describes aspects of communication
- can use a wellness-oriented communication approach, with great attention and respect for the client; the Bodyworker acts as an observer of the process
- knows his/her professional limits and the concept of a professional network
- can organize Bodyworker / client reports (Bodyworker's role, closeness and distance, empathy, delimitation, improve sense perception)
- recognizes non-verbal language
- recognizes elements related to psychic traumas and takes necessary precautions

Conducting an interview

- describes (being, knowing, knowing what/how to do) different forms of interviewing techniques and uses them within the framework of known rules and limits
- knows how to manage the first interview, recognizes targets and limits
- recognizes the main dynamics of a group.

Processes of learning and change

- knows the different resource-oriented processes of learning and change
- knows and uses techniques of self-perception of the body, of feelings, of thoughts, models of thought and behavior (mindfulness, visualizations)
- observes risk and protection factors in relation to the maintenance of well-being
- has knowledge of the different methods of thought. Water as a mediator of communication. The healing / pathogenic power of the various states of consciousness
- has knowledge of self-reflection, intervention (supervision within the OB), supervision
- knows solutions-oriented actions (troubleshooting, SMART goals, win/win)

Fundamentals of medicine

First aid BLS/AED, with valid certification

- knows how to revive people
- raises the alarm correctly
- takes into account his/her own safety when giving first aid
- applies BLS measurements correctly, including the use of the AED on adults, children and dummies
- recognizes the typical signs of respiratory and cardio-circulatory arrest, cardiac infarction and stroke
- properly performs a lateral position in case of unconsciousness
- applies BLS measures in concrete case scenarios
- describes how to deal with factors obstructing the efficient application of first aid

Biology

- explains the structure and functions of cells and tissues
- broadly enumerates the main general metabolic processes
- describes the structure and importance of microbiological agents, especially with reference to hot water
- knows the basic concepts of hygiene, and can describe the principles and measures of hygiene relevant to the practice

Anatomy / Physiology

- outlines the anatomy and physiology of the human being
- knows the systems of the human body and their functions

Pathology

- outlines the main phenomena and notions of general pathology and understands their importance
- knows the main notions of infectious pathology inherent in working in hot water
- describes the main infectious diseases, transmission routes and prevention options, especially related to treatments performed in warm water

Pharmacology

- enumerates the main effects, and the most frequent side effects, of the main groups of medications, particularly with respect to treatments practiced in hot water

Activity management

Relevant legislation

- describes the particular legal issues for practitioners in the area of natural bio disciplines
- understands privacy management (minimal applicable standards: GDPR in Europe)
- illustrates the importance of the relevant standards for the OB
- has knowledge of the rights that protect the registered trademark
- is informed about national or regional authorizations

Quality assurance and customer safety

- Explains the use of systems and tools for quality development with reference to selected examples
- Knows and respects the limits defined by his/her own training regarding the knowledge of the human body and the possibilities of support
- Correctly assesses his/her role and the possibilities of the applied technique

Activity management

- has basic knowledge of commercial and accounting management
- knows various types of marketing
- has knowledge of the OB register
- knows forms of documentation, archiving

Practice

Contact hours: 10 sessions with tutor supervision, minimum 40 treatments with clients

Study hours: protocols for each session

Final essay

Prepare a written work on a personal life experience ... a single experience, or a reflection on it, that has relevance to OBA and / or water, as well as an achieved goal in your personal growth.

Examination party

Final examination