

## Level 1 - Bioelectric Meridian Therapy

### Required for Virtual Online Training

As this course will be conducted in a virtual training environment you will require:

- Zoom capable device such as Laptop or Smartphone
- Massage Table or other suitable area
- Stool
- A volunteer to act as model for Day 2 practical sessions  
Practical sessions run from 09:30 to 10:30 and from 14:30 to 15:30 AEST
- Large bath towels for draping your model
- Small towels to remove cream from your model
- Pair of Thongs

### Who is this course for?

This Level 1 course is open to both beginners interested in entering the wellness space and to experienced health professionals seeking to expand their existing skills.

### What do you get?

- ABMMA PRO BMT Device
- Accessories & BMT Conductive Gel
- Certificate of Completion

### Course accreditation CPD/CPE

- Massage & Myotherapy Australia
- ATMS
- IICT

### Qualification description

This qualification reflects the role of a Bioelectric Practitioner who provides general health and wellbeing maintenance treatments. Practitioners may be self-employed or work within a larger health service provider.

To achieve this qualification, the candidate must have achieved 100% competency in both online theory assessments and the Practical assessment.

## Level 1 - Bioelectric Meridian Therapy

### DAY 1

- History of Bioelectric Meridian Therapy.
- BMT, its principles and beliefs.
- Benefits of self-treatment.
- Benefits of BMT as a practitioner.
- Safe use of the bioelectric machine.
- Self-treatment techniques.
- Consequences of Yin and Yang imbalance.
- Importance of a balanced blood pH level.
- Basic principles of Traditional Chinese Medicine.
- The relationship between bioelectric energy, TCM Qi & blood.
- Identify meridian lines.
- Traditional Chinese Medicine assessment skills.
- Manipulation techniques for dredging the meridian lines.
- Pre-session procedure.
- Proper Draping technique.
- Back routines method and theory.
- Demonstration of back routines without energy.

### DAY 2

- BMT treatment strategy.
- Create, implement, and manage a session plan.
- Practitioner responsibilities.
- Goals of the session.
- What can affect energy transfer.
- Workplace health and safety.
- Personal safety and hygiene.
- Manage infection control.
- Postural assessment.
- Perform back routine without energy.
- Follow session plan and perform back routine with energy.
- Day 2 Practical assessment.

Please Note: The Practical Assessment must be recorded and submitted to [info@abmma.com.au](mailto:info@abmma.com.au) for review. Certificates will be issued once the review process is complete and the Assessor deems the student competent.

### Suggested course reading:

Website: <http://www.shen-nong.com/eng/front/index.html>

Books: Acupuncture Points and Meridians - 2nd edition (ISBN 978-0-9577392-3-9) Healing is Voltage ISBN 9781508500728