

Body Harmony Practitioner Certification Requirements

This document sets out the criteria for applicants seeking certification as Body Harmony® Practitioners by the Body Harmony Association (BHA).

The BHA is keen to support people wanting to become Body Harmony® Practitioners and intends to make the process as enjoyable as possible. The BHA also aims to create environments of equality, connection and personal growth. With that in mind any assessment against the following criteria will be approached in a way that asks ‘How can we help you become the Body Harmony® Practitioner you want to be?’.

To be certified applicants must have the approval of 3 certified BHA Teachers. Those teachers are required to satisfy themselves that the applicant meets all of the criteria listed below.

Criteria	Description/ Notes
1. Commitment to ongoing learning	<p>This is criteria 1 because the BHA wants to be clear that certification as a practitioner is more a beginning than an ending. Cultivation of a ‘beginners mind’ and an openness to learning, including learning from each person we work with, is a fundamental protocol of Body Harmony®.</p> <p>Once certified, there is a requirement for regular participation in BHA training environments to ensure the practitioner’s skills are polished through interaction and feedback with Body Harmony® teachers and other practitioners. This also helps practitioners keep up to date with developments in the continuing evolution of Body Harmony®.</p> <p>The current requirement for maintaining practitioner certification is 16 hours of Body Harmony® class time every 12 Months.</p>
2. BHA Body Harmony class time – At least 250 hours	<p>Applicants are responsible for tracking the hours they have completed in Body Harmony® classes taught by BHA certified teachers and need to provide a summary of these hours when seeking certification. When attending a Body Harmony® class the teacher can advise how many hours can be counted towards certification.</p> <p>These hours can include up to 20 hours spent in 1 on 1 Body Harmony® teaching/feedback sessions or personal sessions with a BHA teacher.</p> <p>The hours will also include the documented highlights and learnings from 15 sessions delivered by the applicant.</p>

<p>3. Demonstrated proficiency</p>	<p>Applicants need to demonstrate they can consistently and effectively apply Body Harmony®. Teachers will assess if they meet this criteria through hands on experience of the applicant and class observation. The assessment can include consideration of all aspects of a Body Harmony® session including:</p> <ul style="list-style-type: none"> • elements of touch • communication skills • working with intention • reading the body • awareness of self and how this contributes to a session. • giving homework suggestions <p>The guiding question for teachers when considering this criterion is: <i>'Would I be comfortable referring someone to this person for a professional paid session?'</i></p>
<p>4. Anatomy</p>	<p>Demonstrated understanding of functional anatomy and how this applies to Body Harmony®. The applicant should know the main anatomical elements of areas they touch and how these elements can support the breathing, movement, and healthy functioning of the human system.</p>
<p>5. Basic counselling skills</p>	<p>The applicant must display basic counselling skills such as:</p> <ul style="list-style-type: none"> • Active listening and communication skills. • Helping clients recognise and manage experiences of overwhelm and underwhelm. • Maintaining healthy professional client/practitioner boundaries. • Creating a safe space which respects a client's privacy and maintains trust. • Body Harmony® Practitioner certification is not a counselling qualification. Applicants should know when to suggest a client seek professional counselling services (unless the applicant already has appropriate counselling qualifications).
<p>6. Commitment to joining the BHA</p>	<p>Once certified, a practitioner is approved by the BHA to advertise they are a BHA Certified Practitioner and will be promoted on the BHA website. By default the practitioner also becomes a representative of the BHA. In this context the BHA needs to have an ongoing relationship with the practitioner and this is achieved through membership. There are a number of benefits to BHA membership including voting rights within the association, which is run by members.</p>

The BHA recognises that an individual may have unique circumstances worth taking into account when considering certification. If an individual does not meet all of the above criteria but still has 3 BHA teachers willing to support their certification as a practitioner, an application explaining the circumstances can be submitted to the BHA Committee for a consideration. The BHA Committee may then, if it chooses, approve certification of the practitioner.