THE MACROBIOTIC ASSOCIATION

Training Standards
Macrobiotic Consultant

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Introduction

These requirements were formulated by the Macrobiotic Association UK, with the intention to set a high standard for people studying the macrobiotic healing arts, and it is pleased to collaborate with other associations and schools. Please contact them for details http://www.macrobiotics.org.uk

After three or four years of formal teaching, study, practice and apprenticeship, and having taken the Macrobiotic Cook & Health Coach MA Accreditation, you are well placed to take the MBA Accreditation as a Macrobiotic Consultant.

Please note these Training Standards have incorporated 90% of Macrobiotic Specialist Cook training, and Macrobiotic Cook & Health Coach incorporate the other 10%.

Holistic Health Assessment

AIMS

1 To have a comprehensive knowledge of traditional Oriental assessment.
2 To be able to interpret some basic modern health assessments.
3 To be able to recognise common signs of possibly serious illness.

OUTCOMES

1. To be able to explain the difference between a traditional Oriental assessment and a modern Western medical assessment and describe the possible limitations of both.
2. To be able to use the following methods of traditional Oriental assessment.

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

Questioning
Information to be gathered, includes age, family situation, family history, present and past health, diet and lifestyle, what is happening emotionally, type of work, hobbies and life dreams, bowel movements, urination and digestion, smoking or not, menstrual cycle & contraceptive methods, supplements or medications being taken, any medical treatment that has been or is currently used. How you interpret this information using the theoretical systems yin/yang, the Five Transformations and the following:-

Listening
Voice quality (from the Five Transformation correspondences)

Smell
Smell (from the Five Transformation correspondences)

Touch
The general flexibility and feel of the body (by holding the arm and wrist)
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.

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

Macrobiotic Healing

AIM
Through practice to know and understand the principles of macrobiotic healing.

OUTCOMES
1. To be able to assess our own health and the health of others by using the model of the Seven Conditions of Health by George Ohsawa.
2 Or by the model of the Seven Levels of Sickness by George Ohsawa
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 aspects of health, and to give recommendations with consideration to the whole person, rather than their symptoms alone.
5 The benefit that positive thinking and self-empowerment have on the immune system and over-all health.
6 The physical and energetic function of the organs of the body according to the theory of the Five Transformations or Chinese Oriental medicine.

7 The effect of stress on the body and on long-term health.
8 To have comprehensive knowledge, from a scientific and energetic perspective, and to understand the effect macrobiotic healing can have on the following diseases:-

Digestive System
Stomach and duodenal ulcers, Candidiasis, Crohn's disease, celiac disease, food allergies and gluten intolerance, irritable bowel syndrome, colitis, constipation, diarrhea, abdominal bloating and pain, acid reflux, gastroenteritis, hemorrhoids.

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

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

Respiratory System.
Hayfever, sinusitis, bronchitis, pneumonia, asthma, pleurisy, tonsillitis, catarrh.

Nervous System
Forms of dementia and Alzeimer's disease.

Endocrine System Diabetes, hypothyroidism, hyperthyroidism

Skeletal System Osteoporosis, osteoarthritis, gout, scoliosis

Skin. Eczema, psoriasis, acne, boils, ringworm, athlete's foot, itching.

Immune System
Allergies to food, air-borne particles & other substances, autoimmune disease, HIV, AIDS.

Reproductive System
Female system: pre-menstrual tension, menstrual cycle irregularities, endometriosis, fibroids.
Male system: prostate hypertrophy, impotence, infertility.

Most Common Cancers & their medical treatment.
Colon Cancer treatment of chemotherapy, radiotherapy & surgery – the implications on choice of food & its preparation.

Mental Illness
Mild to moderate depression,

9. To be able to demonstrate you have a clear understanding of the potential risk in giving dietary and other advice, including the possible effect of long-term nutrient deficiencies as a result of recommending very limited diets.

Helping Day-to-Day Ailments

AIM
To be able to assist clients alleviate a range of common, day-to-day ailments.

OUTCOMES
The Consultant needs to be able to describe how they would assist with the following ailments in a variety of ways such as adjusting daily food, special dishes and teas, use of compresses and lifestyle changes, Do-in exercise, body work and meditation.

Headaches
Excessive ear wax
Painful or inflamed eyes
Congested nose and sinuses
Toothache
Mouth ulcers
Tension in neck and shoulders
Indigestion and acid reflux
Nausea

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Tension and bloating of the solar plexus
Lack of appetite or over-eating
Constipation and diarrhoea
Oedema
Insomnia
Mild fever
Hypoglycaemia and sugar cravings
Abdominal pain
Pre-menstrual tension
Muscular pain including in the lower back
Excess or hardened skin on the soles of the feet

Working with Science Based Medicine

AIMS

1. For Macrobiotic Consultants to be able to research the scientific evidence that supports the dietary, nutritional, exercise, lifestyle and other natural approaches to healing specific health problems.
2. To be able to work in co-operation with practitioners of orthodox medicine and other healing modalities, in a way that is the most effective for the client.

OUTCOMES

1. To be able to present scientific research showing that specific illnesses can be helped or prevented through diet, exercise and other lifestyle choices.
2. To demonstrate the ability to research scientific evidence that supports the effective results of macrobiotic healing methods; for example by presenting evidence for a specific health condition such as diabetes, obesity, high blood pressure, high cholesterol, or rheumatoid arthritis.
3. To be able to explain to a client the advantage of having a medical blood test or other form of medical diagnosis.
4. To be able to understand and interpret the following medical health assessments:-

Blood Tests
To be able to understand and interpret the iron, vitamin B12 and D, calcium, thyroid hormones and cholesterol levels in blood tests.

pH Tests
To be able to take the pH of a person's saliva and understand the relevance of the result.

Blood Pressure Tests
To be familiar with the normal range of blood pressure results, and be able to recognise and know the relevance of higher and lower readings.

Blood Sugar Tests
To be familiar with the normal range of blood sugar results and able to recognise and know the relevance of higher and lower readings.

Assessment of Anaemia
The Consultant needs to be able to make a provisional assessment as to whether a person may be anaemic by examining their nails, tongue, and inside of the lower eyelid.

5 To be able to make a list of common warning signs of serious illness, or in other situations, when a symptom has become progressively worse and not responding to complementary treatment, and you would recommended the client to seek orthodox medical help.
For example if any of the following are prolonged or persistent:-
bleeding from the ears, lungs, anus, bladder or vagina - severe pain anywhere in the body, weight loss - mental confusion – vomiting - loss of balance - visual disturbance. Severe headaches - loss of consciousness - irregular or expanding skin moles - lump or other abnormality in the breasts - high fever or breathlessness.

How to Promote Healthy Pregnancy – Birth

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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 their own health, before, during and after birth so they can trust the body's natural process.
3 To be able to offer advice on natural baby care, breast-feeding, alternative milks, weaning, and treatment for minor ailments.

OUTCOMES FOR PREGNANCY

1. To be familiar with the normal physiological stages of pregnancy and foetal growth
2 To be familiar with the energetic theory of the spiral pattern of growth of a baby.
3 To be able to talk on the best natural foods that contain nutrients which may be required more during pregnancy, such as: protein, fat, iron, calcium, magnesium, copper, vitamins B12 and D. Also when fish, organic meat, fowl, eggs or dairy food may be necessary.
4 To be able to explain the function of the placenta and its ability to let through nutrients required by the foetus and protect it from possible toxins.
5 To be able to explain how important it is to listen to the mother and babies' needs during pregnancy and understand the strong desire for certain foods at this time.

6. To be able to write an essay on basic embryological education and include: how to promote relaxation in the Mother, confident, optimistic, with supportive extended family where possible. To have fresh air, water, good quality food. To avoid upsetting experiences such as arguments, violent films and books, loud music, troubling situations or thoughts.
7. To be able to explain and demonstrate deep breathing, squatting and pelvic floor exercises, and encourage appropriate, gentle exercise such as walking, Do In, yoga, swimming, Tai Chi, and the benefit of active birth classes.

8 To be able to explain the importance of balance between activity and rest through pregnancy to help when the birth comes and demonstrate how they would introduce a simple meditation or visualisation in a peaceful environment with soft music, low light. Equally important in the first year after birth.

9 To be able to recommend natural remedies, shiatsu or exercise for the following:-

a) Anaemia: iron rich food such as hiziki or dulse, leafy greens, burdock, nori condiment, fish miso soup, eating sufficient variety that includes light dishes, stews, less salt and grain. Walking in nature and other forms of exercise. Eating vitamin C rich foods.
b) Oedema: radish drink and dishes especially using daikon e.g. large pieces steamed, the importance of salt levels.

c) Morning sickness: fresh ginger, ume extract, raw watercress, tangerines, apple, sauerkraut, lemon, organic vinegar on salads, something dry like rice cakes, small frequent meals.
d) Backache: shiatsu, massage and beneficial exercise.
e) Heartburn: umeboshi kuzu, umeboshi pit condiment, light pickles, smaller meals, eating lightly, stretching, massage upper abdomen
f) Stretch marks: massage with almond oil and daily in pregnancy, stretch, walking in nature.
g) Vaginal itching when pregnant - wash lightly with slightly salted bancha tea or water, kombu liquid or organic plain yoghurt

10 To be able to describe how to suggest to parents the choices they have and can research in their area such as: where to give birth, home or hospital birth, birthing positions, mid-wives, medical interventions, complementary help.
11 To make a list of useful sources of support from local or other groups for natural birth, breast feeding, mother support groups, websites and internet discussion groups, midwives and experienced macrobiotic or natural birth mothers.
12 To discuss the role of the father during pregnancy, the birth and in baby care.
13 To be able to demonstrate to fathers how they can use basic shiatsu to help their partner.

OUTCOMES FOR BIRTH

1. 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.

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2. To be able to use or recommend natural methods for assisting birth: ie, raspberry leaf tea, shiatsu and acupuncture.

Outcomes for Baby Following Birth

Jaundice in baby: shiitake or daikon tea, pressed salad, light dishes, steamed greens, less grain, exposure to sunlight.

1. Discuss the effect of commercial soaps, detergents and shampoos on a baby's skin.
2. To be able to suggest natural skincare for the baby, including rice or oat bran bathwater, corn flour, sesame oil, calendula cream.
3. To be able to write home remedies for minor baby ailments e.g. nappy rash, colic, teething.
4. Demonstrate making rice milk & rice cream recipes for the baby's weaning before solid foods.
5. Describe the cooking method, timing and order, in which solid foods are introduced to the baby.

Outcomes for Mother Following Birth

1. .For haemorrhoids after birth, ice or frozen peas, Calendula cream, drink shiitake, shio kombu, and avoid baked food.
2. Aids for healing grazes or stitches in the perineum. - bancha tea, arame or sea salt hip bath.
3. To be able to give recommendations for 2 or more weeks after birth, on lifestyle and care for Mother and family, to allow for recovery, bonding, adjustment and welcome to the new baby.
4. To be able to recommend recipes to encourage breast milk and healthy restoration of the womb, such as: mochi, sweet rice & aduki beans, Guinness, REST, tempura, pressed salad, fennel tea, breast massage.
5. To give a talk with advice on breast preparation for breast-feeding and any possible difficulties relating to it, such as cracked nipples and mastitis, and use of a breast pump.
6. To be able to recommend natural remedies, shiatsu or exercises for the following conditions:
   a) Blocked milk ducts: cabbage leaf compresses, grated carrot, rinsed kombu.
   b) Engorged breasts: Hot towel over breasts, steamed daikon dishes.
   c) Cracked nipples - almond oil, cabbage leaf, grated carrot and juice.

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 the health problems commonly found in babies and children.

OUTCOMES

1 To be able to assess the Yin or Yang constitution & condition of babies & 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 recipes and meals that children find attractive at different ages.
4 To be able to advise on how to cook for the family and the requirements of all ages.
5 To be able to offer natural healing approaches for the following baby ailments: not growing fast enough, sleeping problems, constant crying , abdominal colic, fever, runny nose & blocked nose, teething, ear problems, throat problem, skin rash, diarrhoea & constipation.
6 To understand and continuously study the cause of constitutional developments such as, cleft palate and Down's syndrome, and to be able to offer helpful advice concerning them.
7 To be able to recommend 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, coughs, worms, hyperactive behaviour.

Macrobiotic Cooking and Home Remedies

AIMS

1 To be able to recommend all the special dishes, drinks, condiments, plasters and compresses in the Macrobiotic Cook & Health Coach training standards.

2 To keep practising, studying and experiencing the principles of Expansion and Contraction (Yin/Yang) in your preparation of healing food for yourself and the people you are advising.

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OUTCOMES
1. To be able to describe and cook a wide variety of dishes according to Yin and Yang energetic principles.
2. To be able to vary meals for different Yin and Yang constitutions and conditions.
3. To be able to demonstrate and describe how a tiny taste of Yin in a Yang dish or drink makes the yang more active, and vice versa.

Compresses and Plasters – how to prepare & administer them.

AIM
1 To be able to prepare and administer compresses and plasters to aid detoxification and relaxation, as well as strengthen the metabolism in organs and systems, as an essential support to the well being of a person, in addition to the affect of healthy food and exercise.

OUTCOMES
1. To be able to describe how to do a skin scrub with hot water or ginger-water.
2. To be able to demonstrate how and where to apply ginger compress or hot water compress.
3. To be able to demonstrate the use of a ginger footbath.
4. To be able to demonstrate how and where to apply a salt pack.
5. To be able to demonstrate how to apply tofu pack & greens plaster.
6. To be able to describe & demonstrate when to use alternate hot and cold compresses.
7. To be able to demonstrate how to prepare a hip bath with dried leaves or seaweed.
8. To be able to explain contra-indications for each of the above.

The Five Transformations / Elements, in the Art of Cooking.

AIM
1) To deepen and refine your senses and creative skill as you use the energetic system of the Five Transformations for the maximum enjoyment of the people you are cooking for.

OUTCOMES
1. To be able to demonstrate on the board how the 5 transformations express themselves in the body, mind, spirit and emotion. For example when they are 1) flowing and 2) when the flow is disturbed in part of the cycle.
2. To be able to draw a diagram showing all the foods attributed to each of the Five Transformations or Elements. For example; grain, bean, root vegetable, brassica's, sea vegetable, pickle, seed, nut, fruit, alcohol, meat, fish
3. To be able to cook and present a variety of meals or dishes which restore and support the healthy flow of each Element or Transformation. Dishes that cool – warm – gather- disperse strengthen – soften – focus – relax, and so on.
4. To be able to describe the individual nature of each Element or Transformation.
5. To be able to demonstrate the colour of the elements in the cycle, and the cooking styles.
6. To be able to explain the transformative energy of both cycles and how it manifests in the symptoms and expression of our body, mind, spirit and emotion.
7. To be able to write a full menu for 2 weeks. (There may be changes but it is important to develop confidence in advance planning.)

The Energy Exchange Between Us and our Environment.

AIM
To be able to explain the difference between the quality and quantity of what we take in as vibrations from our environment, nature, animals, other people - and what we put out through elimination, creative expression, love, work and play.

OUTCOMES
1. To be able to explain the body's methods of physical elimination and discharge.
2. To be able to explain common creative life expressions.
3. To be able to explain how human life interacts with the Universe.

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4. To be able to explain the difference between giving and receiving.
5. To be able to describe how adequate quantities of food, liquid, fresh air, sunshine, sleep and physical exercise assist in the replenishment of cell activity at night, so that the lymph system, blood, liver, kidney and bowel, detoxify and replenish efficiently.
6. Explain how to recognise symptoms of dehydration and suggest the simplest way to relieve it.

Complementary Lifestyle Advice

AIMS
To be able to explain to the client, a range of lifestyle changes that will complement eating natural foods. For example gentle or vigorous exercise, walking in nature, swimming, doing things they enjoy, being creative, singing, dancing, painting, writing, massage, yoga, tai chi, spirit quest, cycling, running, gardening, mountaineering, tennis and so on.

OUTCOMES
1. To be able to give a description of 10 effective methods to assist healing besides food.
2. To be able to describe various activities the Macrobiotic Consultant and practitioner does to create balance and health in their own life.
3. Give a talk about a person in your family (living or deceased) who has been through a healing experience that has inspired or influenced you.
4. To know when it is appropriate to recommend specific Do-in, meditation, and palm healing practices and other life style suggestions to a client.

Natural Cycles of Life

AIMS
To have discovered, experienced, researched, good information or teaching on different cultural systems and approaches to healing, that explore its' wider context alongside that of prescriptive medicine. This will include looking at the nature of society, relationships, at the innate quest for truth and freedom of all people.

OUTCOMES
1. To give a presentation on the Theory of the Spiral of History by Michio Kushi
2. To be able to give a talk on how our ancestral or family influences have an effect on our physical, psychological, spiritual and emotional health.
3. To be able to describe or tell a story to illustrate the natural cycles of change throughout life. Physical, emotional, mental and spiritual changes, that typically happen during pregnancy, giving birth, babyhood, childhood, puberty, as an adult man and woman, menopause, as an elder, dying, and passing over.

Do-In Exercise and Shiatsu

AIMS
1. To know well the classical meridian system of 14 meridians.
2. To be able to give a simple shiatsu treatment for the whole body, for relaxation and healing.
3. To practice Do-in or other health-promoting exercise, and know how to recommend specific Do-in exercises for individuals to practise.

OUTCOMES
1. To be able to show on the body, the pathways of the 12 classical meridians and Governing Vessel and Conception Vessel.
2. To be able to locate the following tsubo and to know what they are commonly used for:- LG 1, LI 4, ST 36, HT 1, SI 11, KD 1, BL 67, TH 5, HP 8, LV 3, GB 21, GV 4, GV 12, GV 16, CV6, CV17, CV 22.
3. To demonstrate giving an effective, full body shiatsu treatment, using a variety of techniques including pressure, stretch and percussion
4. To know how to practise and teach breathing techniques and chanting; such as upper, middle and lower breathing and abdominal breathing.

Meditation

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AIM
1. To practise and be able to teach a simple method of meditation.

OUTCOMES
1. To learn and practice a simple method of meditation and be able to describe the changes it has brought about.
2. To be able to teach a simple method of meditation.
3. To know and teach correct posture and breathing during meditating.

Giving Help to those with Terminal Illness - optional

AIM
To be able to be with someone who is dying. To understand that this journey is different for everyone and It can take time and can be deep inner preparation for leaving this life (and entering a new one)

OUTCOMES
1.To be aware you may be the only person helping the client, or you may be an auxiliary helper.
2.To be able to offer gentle advice and council without interference or imposition.
3.To be able to listen to the whole person, aware of new and unexpected questions that may arise within this process of preparing for another world.
4.To understand and express the possibility that they are moving to a world of light and love, compatible with any religion.
5.To understand the fear some people have of dying and to know enough spiritual practice oneself to be able to sit with that fear and have a calming influence. Give examples of three practices such as a chant, a prayer, lighting a candle, asking to be held in grace, holding intention, gratitude and forgiveness.
6.To be able to hold an appreciation of the dying process when cooking for a person preparing to leave this world.
7.To be able to cultivate patience and express humour in this service.
8.Give a talk on six types of food or drink you would prepare for a person in their last week or weeks at the end of life.

9.To be able to describe the changes in the digestive tract of people who are sick and dying and elderly, and how to alleviate common problems as when the acid juices move upward instead of downward causing rejection of food, vomiting or coughing.
10.When the appetite is flagging or diminished, be able to prepare food that is attractive and appetizing.
11.To recognize the appropriateness of a client choosing to eat any food they desire at this stage of their life, and to prepare and serve it with love.
12.With a partner give a short presentation, including a role-play, on how you can sit with, talk to, hold the hand or stroke the brow of someone approaching death.
13.To be able to work with doctors, medications, and the foods they advise. Even if recommended foods don't seem healthy, to offer them to the client with love.
14.To be able to accept the situation when a client consciously decides to stop eating when their time is near.
15.To be able to administer water from a feeding cup, pipette, cloth or sponge.

Consulting and Counselling Skills

AIMS
To use all your' listening skill when giving a consultation and create a safe place for the client to discuss personal issues and emotions.

OUTCOMES
1. To be able to explain the ethics and responsibilities of being a Macrobiotic Consultant, as described in the Macrobiotic Association UK Code of Conduct and Ethics.
2. To be able to demonstrate the skill of listening well and counselling, including the use of open and closed questions, echoing, paraphrasing and supporting self-reflection.
3. To be able to describe the important qualities that make a good consultant or counsellor, such as empathy, acting with compassion and in the client's best interest at all times. Integrity, the maintenance of confidentiality at all times, setting clear boundaries and conducting clear communication about fees and way of working,

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4 To be able to recognise one's limitations in emotional counselling, and know when it is necessary to refer a client to a professional emotional counsellor or psychotherapist.

Interviewing Skill and Care

AIMS

1 To be skilful and compassionate when interviewing a client to discover the information required in order to give a consultation and recommendations appropriate to each individual.
2 And to inspire them to follow a path beneficial to their health and life.

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 be able to demonstrate how to give clear and appropriate recommendations to a client including the use of information leaflets or booklets.
4 To be able to choose a few simple recommendations that are most likely to help a client with common health problems.
5 To be able to work with a client over a period of time and make ongoing adjustments to the recommendations.

Qualities of a Macrobiotic Consultant

AIM

To understand the qualities that are particular to macrobiotic counselling and consulting

OUTCOMES

1. To be able to explain how the purpose of a Macrobiotic Consultant is to be of service by offering advise, guidance and education.
2. To recognise that dietary advice is appropriate for a certain period of time and needs to be updated regularly.
3. To be able to describe how the long-term aim of macrobiotic advice is to enable the person to develop their own intuition and knowledge of the foods and life style that affect their health.
4. To be able to explain the importance of giving clear, realistic observations as to what has caused a client to become ill.
5. To explore how the maxims of macrobiotic philosophy:- "everything changes", "non credo", "having a beginner's mind", "being non-judgmental", "being non-dualistic", "being humble", "having gratitude and being of service", influence the way we interact with our clients as well as with ourselves.

Other Approaches to Diet

AIM

To understand the basic principles and practice of many types of diet used today.

OUTCOMES

1. To be able to explain the principles and practice of some main diets used today, such as the GI, raw food, food combining, Vegan, alkaline forming, Atkins, Ketogenic and also some slimming regimes.
2. To be able to describe the possible benefits and pitfalls of these diets from a macrobiotic point of view.

Business Skills.

AIM

To have developed the skill, attention and knowledge to be able to run a successful business as a Macrobiotic Consultant

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OUTCOMES

1. To be able to explain how a consultant intends to promote their work and build a practice, including explaining the reason for using ‘disclaimer forms’ in all consultations and how to prepare suitable advertising leaflets and business cards.
2.

Ethics

AIMS

To be familiar with the normal Code of Conduct and Ethical Standards for health professionals and how these relate to the practice of a Macrobiotic Consultant.

OUTCOMES

1. To be able to explain the important reasons and purpose of all the points in the Macrobiotic Association UK Code of Ethics.
2. To recognise the common warning signs of serious illness when it is necessary to refer a client to a medical doctor. For example with expanding skin moles, blood in the urine or faeces, dizziness, or any symptom which is unexplained and getting progressively worse.
3. To be able to describe clearly why clients often need on-going support during their healing.
4. To be able to explain how to give inspiration and a positive view on life and health as an important aspect of healing.

5. To know the importance of giving consultations in a pleasant, appropriate environment.
6. Maintaining client records within current Data Protection legislation.

Supervised Practice

AIMS

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

OUTCOMES

1. Graduates need to have given a series of three macrobiotic consultations to a minimum of twenty clients.
2. At least three of these sessions need to have been directly observed by tutors.
3. Full client records, including the health assessment you made, and the recommendations that you gave, must be checked by tutors for all sixty sessions.

Cooking and Coaching Practice.

AIM

To purposefully organize to cook and give healing guidance to several clients

OUTCOME

To deliver a professionally presented and typed report on how you worked supporting and cooking for three different clients. The report will include menus and your reasons for choosing the dishes, drinks and condiments. Photographs of the food you cooked and written reflections on what worked well and what didn’t. What you learnt from the assignments. The feedback you received for the work and cooking (This can be a feedback form you give your clients to fill in).

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