

# Approved Continuing Education

(See Rule .0701)

Continuing Competence Activity	CE Hour Value	Max. Points Allowed	Documentation
<b>ACADEMIC COURSEWORK</b>			
Includes participation in on-site or distance learning academic courses from a university, college, or vocational technical adult education course in anatomy, physiology, pathology, psychology, pharmacology, massage and bodywork therapy or business management.	1 contact hour for each clock hour; one credit hour equals 21 contact hours.	No max.	Original official transcript indicating successful completion of the course, date, and a description of the course from the school catalogue or course syllabus.
<b>CONTINUING EDUCATION COURSES</b>			
Includes attendance and participation at a live presentation by an approved provider pursuant to Rule .0702(7) of this Chapter such as a workshop, seminar, conference, or in-service educational program. It may also include participation in other continuing education activities that require a formal assessment of learning, such as an evaluation or survey. Examples include distance learning, electronic, or Web-based courses.	1 contact hour for each clock hour.	No max.	Certificate of completion or similar documentation including name of course, date, author/instructor, sponsoring organization, location, and number of hours attended.
<b>MENTORSHIP AS A MENTEE</b>			
Participation in a formalized mentorship agreement with a mentor currently licensed by the Board with at least two years of professional experience and as defined by a signed contract between the mentor and mentee provided by or approved by the Board that outlines goals and objectives and designates the plan of activities that are to be met by the mentee. These activities must be related to massage and bodywork therapy skills, knowledge, or practice.	1 contact hour for each clock hour.	5 points	Mentorship Agreement provided by the NCBMBT with name of mentor and mentee, dates, time spent, focus of mentorship activities and outcomes of mentorship agreement.
<b>MENTORSHIP AS A MENTOR</b>			
Participation in a formalized mentorship agreement with a mentor currently licensed by the Board with at least two years of professional experience and as defined by a signed contract between the mentor and mentee provided by or approved by the Board that outlines goals and objectives and designates the plan of activities that are to be met by the mentee. These activities must be related to massage and bodywork therapy skills, knowledge, or practice.	1 contact hour for each clock hour.	5 points	Mentorship Agreement provided by the NCBMBT with name of mentor and mentee, dates, time spent, focus of mentorship activities and outcomes of mentorship agreement.
<b>PRESENTATION &amp; INSTRUCTION</b>			
Presentation for the first time of an academic course, workshop, or seminar related to massage and bodywork therapy.	1 contact hour for each clock hour.	5 points	Copy of syllabus including presentation title, date, hours of presentation.

<b>PROFESSIONAL MEETINGS &amp; ACTIVITIES</b>			
Participation in board or committee work with agencies or organizations to promote and enhance the practice of massage and bodywork therapy.	1 contact hour for each clock hour.	5 points	Name of committee or board, name of agency or organization, purpose of service, and description of licensee's role. Participation and hours shall be documented in writing by an officer or representative of the organization or committee.
<b>PROFESSIONAL WRITING</b>			
Publication or written acceptance for publication of a book, chapter, or article evaluated by experts in and related to massage and bodywork therapy.	15 contact hours as author of book. 10 for a chapter. 5 for an article. 5 as editor of a book.	15 contact hours as author of book. 10 for a chapter. 5 for an article. 5 as editor of a book.	Full reference for publication including title, author, editor, and date of publication; or copy of acceptance letter, if not yet published.
<b>RESEARCH &amp; GRANTS</b>			
Development of or participation in a research project or grant proposal related to massage and bodywork therapy.	1 contact hour for each 3 hours spent.	5 points	Verification from the primary investigator indicating the name of the research project, dates of participation, major hypotheses or objectives of the project, and licensee's role in the project or name of grant proposal, name of grant source, purpose and objectives of the project, and verification from the grant author regarding licensee's role in the development of the grant if not the author.
<b>SMALL GROUP STUDY</b>			
Includes on-site, in-person review and discussion, by at least two licensed practitioners, of professional medical journal articles, clinical videotapes or audiotapes related to the practice of massage and bodywork therapy.	1 contact hour for each clock hour.	2 points	Title, author, publisher, time spent, and date of completion. Licensee must complete the Small Group Study Form provided by the NCBMBT and include a statement that describes how the review and discussion relates to a licensee's current or anticipated roles and responsibilities.