

The Licensed Complementary and Integrative Healthcare Professions * At-a-Glance¹

	Philosophy	Role of Practitioner	Approach to Care	Tools and Techniques	Training
Acupuncture and Oriental Medicine	<p>Health is based on the movement of qi 气 (simplified) or 氣 (traditional) pronounced “chee”, meaning energy/life force, and its flow through the body along channels or meridians</p> <p>When qi is stagnant, deficient, or out of balance, which can result from natural, physical or emotional causes, illness and premature aging can occur.</p>	<p>Identify a pattern or multiple patterns of disharmony within a patient and redress that disharmony in a variety of ways that may include any or all of the tools of Oriental medicine.</p>	<p>To achieve balance by restoration of the harmonious movement of qi through the application of opposite energetic forces, through elimination of stagnation, or through the strengthening of weak or deficient areas.</p>	<p>Acupuncture and related therapies (various needle techniques and tools, cupping, gwa sha (or scraping technique), moxibustion, modern use of electrical stimulation and cold laser therapy; Asian forms of massage such as acupressure, shiatsu, and tui na; herbal medicine; exercise (tai qi and qi gong); Oriental dietary therapy; and meditation.</p>	<p>Masters of Acupuncture: minimum 3 years and 1900 hours of training</p> <p>Masters of Acupuncture and Oriental medicine: 3 -4 year program, averaging 2,700-3,465 hours of training</p> <p>Doctorate of AOM (DAOM)** requires Masters level degree with additional 1200 hours of training</p>
Chiropractic	<p>Chiropractic is a healthcare discipline that emphasizes the inherent power of the body to heal itself.</p> <p>A normally functioning nervous system, in the presence of structural normality, should lead to normal health.</p>	<p>Approach to patient care is similar to conventional medical doctors including examination, diagnosis and chiropractic treatment.</p> <p>Identify possible dysfunctional articular lesion, referred to by many as a subluxation.</p>	<p>Treatment is designed to optimize and support the body’s natural self-healing and intrinsic regulatory systems.</p> <p>Seeks to promote or restore optimal health. Relieve symptoms, restore joint motion, enhance posture and balance, provide necessary support, strengthen muscles, improve flexibility and facilitate coordination to optimize body function.</p>	<p>Spinal Manipulative Therapy, specifically spinal adjustments, and often other manual approaches. May include exercise, stretching, rehabilitative measures, physical therapeutics (such as electrotherapy, hydrotherapy, or ultra- sound), diet and nutritional counseling, lifestyle advice, and recommendations for stress reduction.</p>	<p>Doctor of Chiropractic (DC): 4-5 year program, minimum of 4200 hours of training, requires three years of baccalaureate education for admission to DC program.</p>
Massage Therapy	<p>The intentional and systematic manipulation of the soft tissues of the body to enhance and create health and healing.²</p> <p>Focuses on the relationship between soft tissue manipulation and health.</p> <p>Balanced structure promotes health and healing.</p>	<p>Employs a variety of techniques intended to influence blood flow & lymph flow, and encourage the optimum function of locomotor tissues including, but not limited to muscle, tendon, ligament, fascia and nerve. Practitioners also aim to produce an optimum state of relaxation through a reduction in stress, tension and anxiety.</p>	<p>Soft tissue manipulation intended to create relaxation through the facilitation of parasympathetic dominance, increasing blood & lymph flow, restoring normal muscle tone, fascial integrity, and improving joint mobility.</p>	<p>A wide assortment of soft-tissue manipulation techniques (including western and eastern technique systems) are used to facilitate relaxation, reduce stress and address local tissue dysfunction. Techniques aimed at reducing stress are more general while those intended to address soft-tissue dysfunction are more localized and tissue-specific.</p>	<p>Entry-level massage therapy degree: minimum of 600 hours of training.</p>

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Direct Entry Midwifery	<p>Women have within themselves the innate biological wisdom to give birth.</p> <p>Physical, emotional, psychosocial and spiritual factors synergistically shape the health of individuals and affect the childbearing process.</p>	<p>Support and empower the mother and to protect the natural process of birth.</p> <p>Educate and care for families through the physiological processes of pregnancy, labor and birth, lactation and mother-baby attachment.</p> <p>Assess and manage most complaints of pregnancy and birth and post-partum complications; identify and refer for serious complications in pregnancy, birth, and postpartum.</p>	<p>To optimize the well-being of mothers and their developing babies.</p> <p>Minimizing technological interventions.</p> <p>Monitoring the physical, psychological and social well-being of the mother throughout the childbearing cycle.</p>	<p>Includes preventive measures, the promotion of normal birth, the detection of complications in mother and child, the accessing of medical or other appropriate assistance, and the carrying out of emergency measures.</p> <p>Collaborate with integrative health professions to support mother and child.</p> <p>Health counseling and education, not only for the woman, but also within the family and community.</p>	<p>Competency based training for Certified Professional Midwife (CPM):</p> <p>Education varies, but includes both didactic and clinical work.</p> <p>Serve a minimum of 55 clients throughout the childbearing year, including attending a minimum of 55 births, 100 prenatal visits, 40 newborn exams and 50 postpartum appointments.</p>
Naturopathic Medicine	<p>A holistic approach to primary health care that emphasizes prevention, treatment and optimal health.</p> <p>The fundamental principles are: First, Do No Harm; Use the Healing Power of Nature; Identify and Treat the Cause; Treat the Whole Person; Educate the Patient (doctor as teacher); Focus on Prevention.</p>	<p>Providers diagnose and treat the underlying causes of disease and remove any obstacles to health.</p> <p>Provide education and empower the individual to take responsibility for his/her own health.</p>	<p>To assess the comprehensive health of the patient holistically including: physical, mental, emotional, spiritual, social, and environmental factors.</p> <p>Treatment is highly individualized and facilitates the inherent ability of the body to heal itself.</p>	<p>Diagnosis includes clinical assessment and laboratory testing.</p> <p>Therapeutics, emphasizing prevention, include nutritional medicine, botanical medicine, homeopathy, physical medicine, public health measures, hygiene, minor surgery, acupuncture, intravenous and injection therapy, natural childbirth, prescription medication and counseling.</p>	<p>Doctor of Naturopathic Medicine (ND): 4 year doctoral level post-baccalaureate program with 4100 hours of training.</p>

1. Format inspired by Professor James Giordano, Survey of Complementary & Alternative Medicine [class lecture], Washington DC: Georgetown University; December 2012.

2. Benjamin P, & Tappan F. *Tappan's Handbook of Healing Massage Techniques: Classic, Holistic, and Emerging Methods 5th ed*. Boston, MA: Pearson Education; 2009.

*Content from the ACCAHC's Clinicians' and Educators' Desk Reference with additional input from the ACCAHC Education Working Group.

**ACAOM recently approved a new first professional doctoral degree program and has approved a few colleges to begin offering it. The DAOM is a post-graduate (post-master's) degree program.