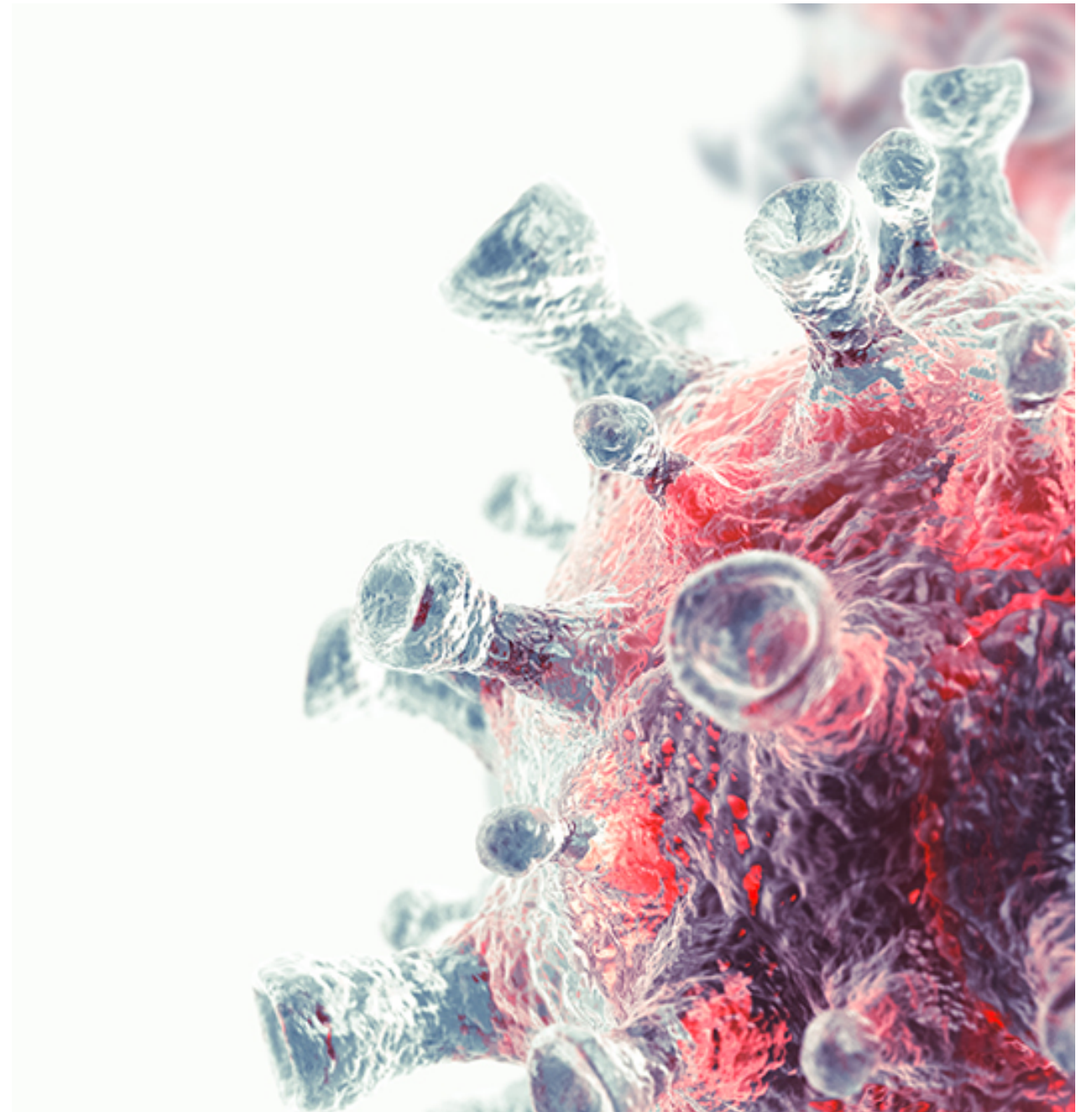


Commitment to Quality

Continuous Quality
Improvement Plan for AIMTC



A word from the director

Since the creation of the International Academy of Contemporary Therapeutic Methods (AIMTC), I have emphasised the accessibility and excellence of the training courses that would be presented there. These two elements go hand in hand with the major component of quality.

For AIMTC, the quality of training is fundamental, and it is my duty as a director to provide participants with services that are commensurate with what they represent for our society.

As I have often said, the quality of training services is non-negotiable. It is essential that it be delivered with the same rigour by all stakeholders who speak on behalf of AIMTC, although I am currently the only trainer. I work daily to ensure that all training services meet the highest standards of quality.

The main objective of AIMTC's quality commitment is to constantly renew it.

To do this, it is essential to adopt measures likely to fulfil this mission, which is essential for the professional development of therapists.

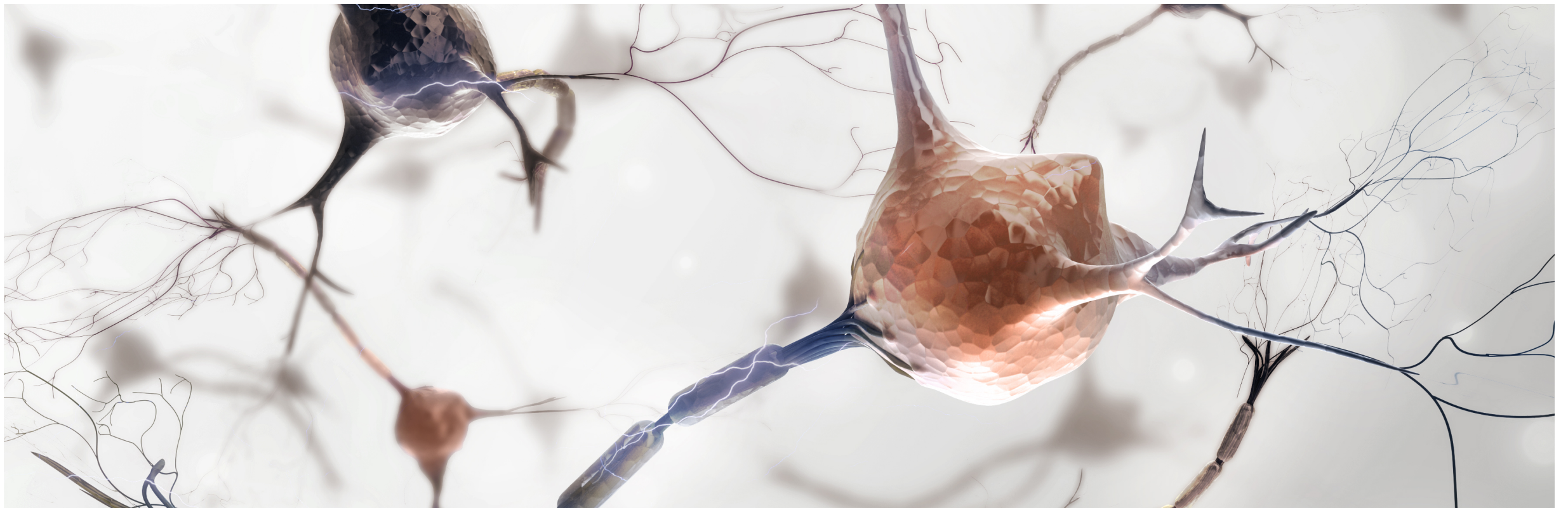
The plan I am presenting will, I am convinced, provide first-rate support to these manual therapy professionals. The Commitment to Quality will not only provide therapists with high-level training marked by excellence, but will also contribute to the future of our company.

I know that I can count on the support of partners such as ICPF & PSI, ANN and RITMA to work together to offer therapists training that promotes their full professional development.



Louise Tremblay
Certification Expert ICPF & PSI

AIMTC was founded in 2003 and is based in Montreal. It provides training classes (Bowen, Niromathé and DermoNeuroModulation) to therapists in many countries. AIMTC is an institution accredited by the Minister of Human Resources and Skills Development Canada with accreditation number 04-04-2872.



Objectives of AIMTC

In manual therapy, there are two worlds that do not know each other:

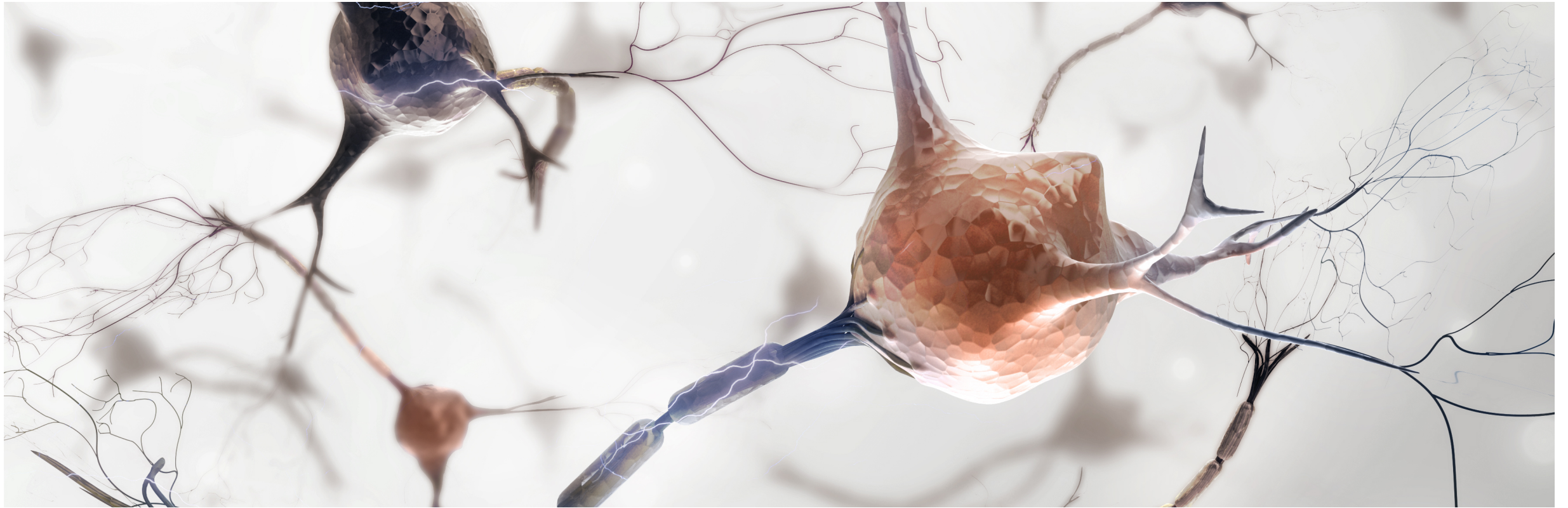
There is the European world, where methods move from one country to another quite easily and in this European world, there is the field of manual therapy in France. What is created and practised in France is very little known, or even not even known at all, outside of France.

Then there is the Anglo-Saxon world, which includes countries in North America (Canada and the United States), the United Kingdom and Australia, which are the cradle of manual therapies that are very little known, or even not at all, in France and I would even say in Latin countries in general.

The first objective of AIMTC is to bridge the gap between these two cultures, these two ways of understanding, practising manual therapies and presenting to each the other's culture. Seminars with AIMTC are in three languages: French, English and Spanish.

The second objective is to give primary importance to neuroscience. Current discoveries lead us to believe that no therapy can adjust the body, and that all of them inform the central nervous system. This is the new paradigm that AIMTC aims to develop.

The third objective is to offer very high-level training to manual therapy professionals.



Objectives of the trainings

For the three methods, Bowen, Niromathé and DNM:

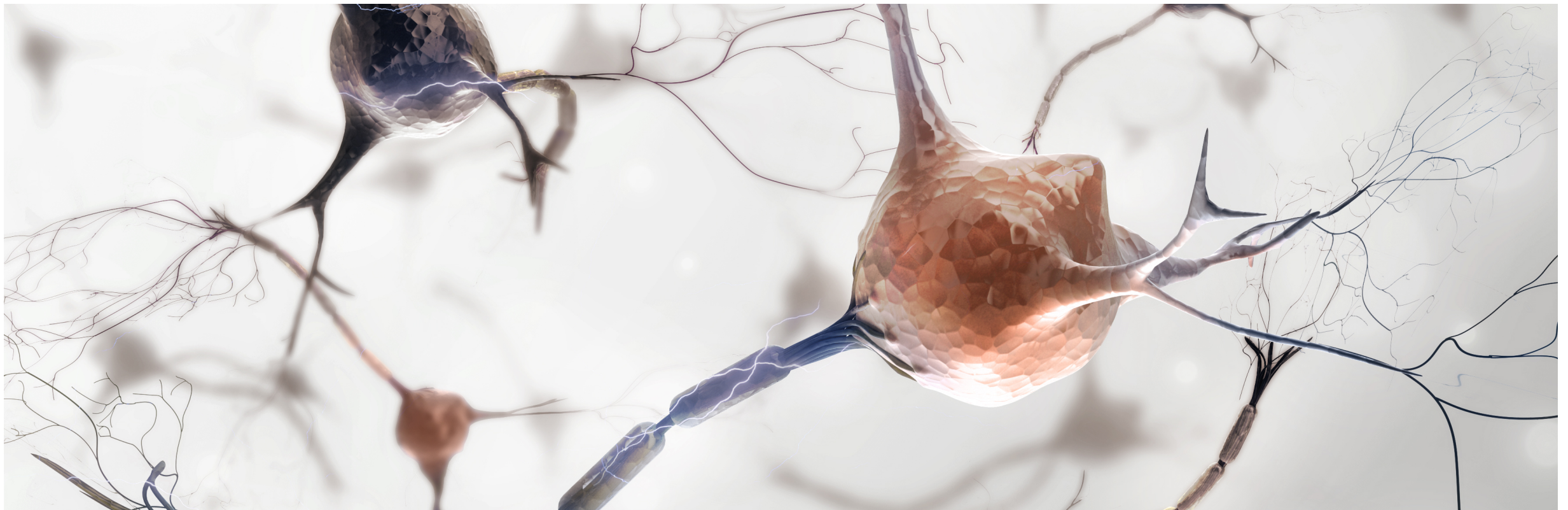
- Acquisition of knowledge and techniques immediately applicable by all participants in their professional environment.
- Recognise the indications for applying the techniques and, if necessary, refer the client to a doctor.
- Learn to create a favourable environment for the client and to communicate with him in clear and positive terms in order to promote a top-down modulation.
- Open up to the existence of other manual therapies and broaden your general understanding of their effects on the body.

Specific for Bowen:

- Understand the notion of lateral challenges of the muscle and their effect on specific nerve fibres.
- Use somatosensory integration time to encourage homoeostasis.

Specific for Niromathé:

- Understand Niromathé's dynamic gesture and its effect on specific nerve fibres.
- Take advantage of the notion of patient positioning.



Objectives of the trainings

Specific for DNM :

- Understand the gentle and slow moves of DNM and their effect on the skin's mechanoreceptors.
- To be able to explain what a tunnel syndrome is.
- Recognise neuropathic pain not related to a medical problem.
- Understand the new definitions of pain as outlined by the International Association for the Study of Pain.

Neurophysiology :

- The participant will acquire the basics of neurophysiology necessary to understand the practice of manual therapies in general.
- Develop an interest in neuroscience and lead the participant to understand the importance of constantly updating themselves in order to develop an increasingly sophisticated understanding of the effects of manual therapy.
- To stimulate the regulation of homoeostasis through different types of stimulation of specific sensory fibres.

Pedagogy at AIMTC

The workshops allow participants to learn the gestures and techniques and also to feel them on themselves.

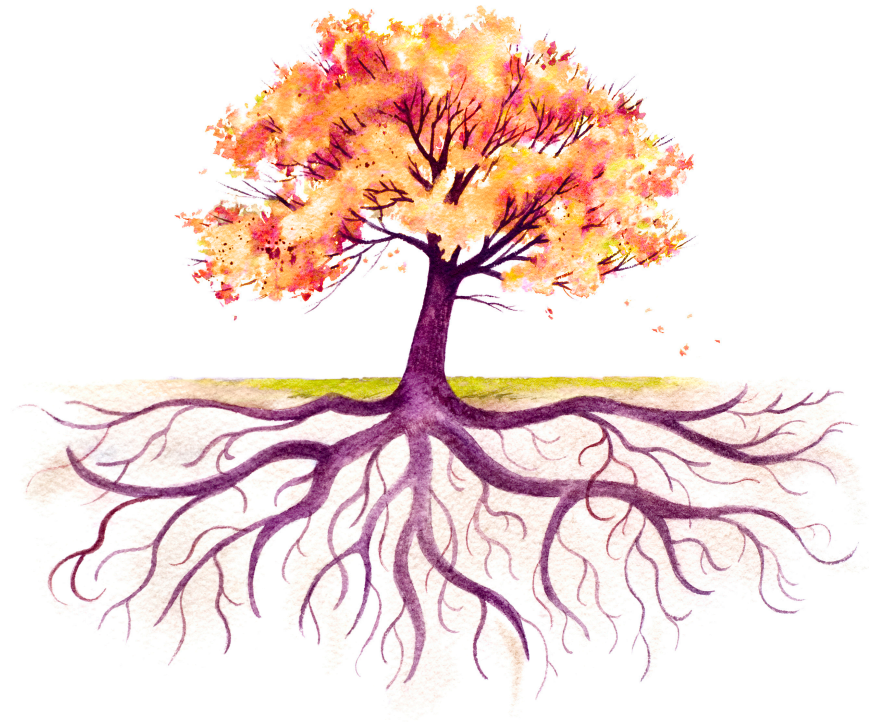
Learning is facilitated by the small number of trainees (15 to 20 people per seminar). This allows a better connection between the instructor and the participant, a quasi-compagnonage, where the instructor is totally present for each of the participants.

The numerous PowerPoint presentations allow participants to better integrate the theoretical parts.

The teaching manuals are included in the price of the courses. These range from 122 to 206 pages. They contain many photos and anatomical images. They are printed on high quality coated paper.

A document will be sent to each participant at the beginning of the class which consists of worksheets that can be completed as the class progresses. The participant will receive the certification of his seminar when he has submitted these forms.

The practitioner will acquire expertise through this training with many practices as well as the basics for the understanding of the neurophysiological mechanisms involved.



At each workshop, the participant will be able to hear, see and feel all the sequences of each of the modalities. By using vision, hearing and kinaesthetic sense, AIMTC ensures that the sensitivity of each participant is achieved.

During the Bowen training process, at each class, the participant will be able to review the previous class either through practical revisions, or through questions they have noted that the instructor will answer, or through the shared experience of other participants.

A detailed program of each training can be found in the document entitled: AIMTC Syllabus

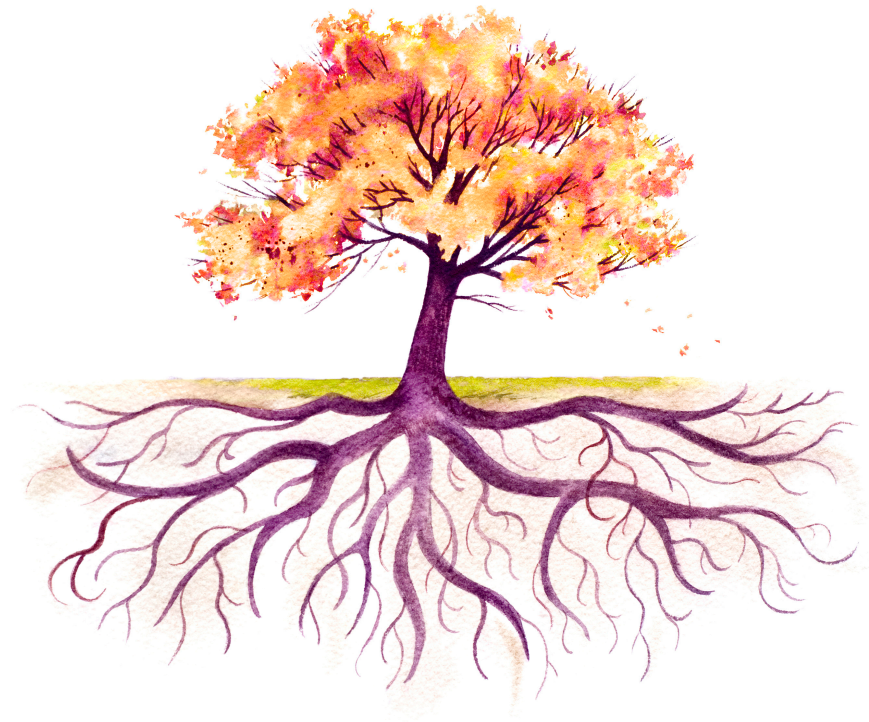
Evaluation Process

AIMTC is a continuing education school. In this sense, the participants are already therapists and already have a licence to practise that corresponds to the laws of their own country. AIMTC awards certificates (Bowen, Niromathé and DNM) for completing training. These are not diplomas that give a licence to practise manual therapy.

Participants who are health or manual therapy professionals, i.e. doctors, osteopaths, physiotherapists, acupuncturists, chiropractors, etiopaths, kinesitherapists with a French diploma (MKDE), or Belgian or Spanish diploma, massage therapists and fasciatherapists, as well as nurses are exempt from the Bowen final exam. There is no exam for the Niromathé and DNM trainings.

All participants, including manual therapy professionals, must return the completed exercise sheets given to them at the beginning of each seminar (Bowen, DNM and Niromathé). They can complete them as the class progresses. They will receive their certification after submitting these forms, which will be marked.

Participants with other training, such as naturopaths, naturopaths, homoeopaths, herbal therapists, reflexologists, reiki therapists, sports trainers, hypnotherapists, yoga teachers, and other therapists who are not on the list of



health professionals or manual therapists must take a final exam to graduate from the Bowen training.

Additional efforts are required from those who are not health or manual therapy professionals and validation by a practical test and a written test is one of these requirements.

This evaluation will be conducted once a year, per country, in groups of at least 10 participants and will last two days. There will be additional charges. During these two days, the written test will be done individually and will last one hour and thirty minutes.

Prerequisites to AIMTC trainings

In order to follow the above-mentioned training action as closely as possible and to obtain the qualification or qualifications for which it is preparing, the participant is informed that it is necessary to have, before entering training, the following level of knowledge:

Category 1: Manual therapy professionals who are kinesi therapists with a French diploma (MKDE), physiotherapists, osteopaths, etiopaths, chiropractors and physicians.

Category 2: practitioners of other manual therapies, such as fascia therapy, massage therapy, myofascial therapy, energy osteopathy, biokinergie, Quebec kinesitherapy, orthotherapy, acupressure, lymphatic drainage, reflexology, and all other manual therapies that are not those of category 1.

Category 3: Therapists who are not trained in manual therapies, such as psychologists, sports coaches, Pilates, yoga coaches, naturopaths and naturotherapists, all therapists who are neither category 1 nor category 2.

Category 1 candidates: must complete and submit the worksheets presented at each class to obtain the certification.

Category 2 candidates: must complete and submit the exercise sheets presented at each class and are strongly



encouraged to participate in at least two annual meetings within four years of the first class, in order to firmly establish their skills.

Category 3 candidates: must have completed at least 160 hours of training in anatomy and physiology. They must complete and submit the exercise sheets presented at each workshop. These forms will be marked, and they will need to obtain a passing grade of 80% to register for the next module. They must take a final exam to receive certification in the Bowen training. Finally, they must attend at least one annual meeting every two years to maintain their registration in iBowen (referential website).

Continuing Education

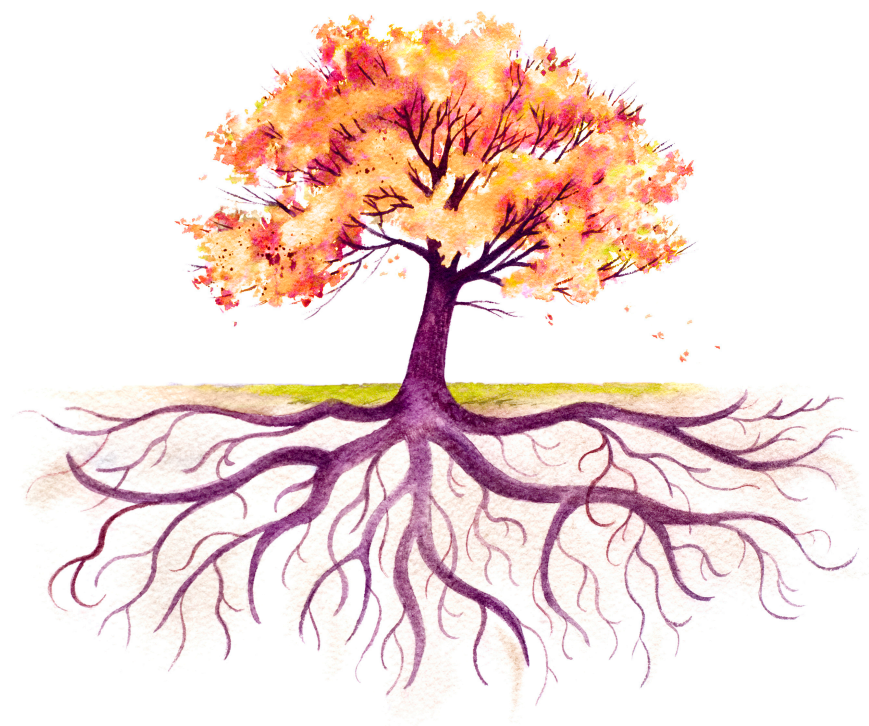
Continuing education at AIMTC takes the form of annual, or biannual, meetings where the three methods are discussed, practised and often new advances in neuroscience, in terms of manual therapy, are presented.

The blog www.louisetremblay.com also features many articles about the importance of understanding these advances in neuroscience to better practice manual therapy.

The instructor is easily reachable by email to answer participants' questions.

Each participant may come back once, free of charge, to repeat the seminar he has already done, as long as he does so within two years of the date of his first seminar, and as long as there is still a place in the group.

Therapists who practise Bowen, DNM and Niromathé are not allowed to diagnose or treat a disease under any circumstances. AIMTC asks them to ensure that their patients have already consulted a doctor and that they already have a diagnosis of their medical condition.



Continuing Education of the teachers:

AIMTC understands the issue of the continuing education for the teacher themselves. It is with great enthusiasm that Louise Tremblay pursues the study of neuroscience; she earned her first certificate from Harvard University in May 2019 for their neuroscience program: «Fundamentals of Neuroscience: The Electrical Properties of the Neuron». A second certificate from Harvard University was issued to her name in July 2019 for the class: « Fundamentals of Neuroscience: Neurons and Networks ».



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Continuous Quality Improvement Plan for AIMTC

Les Éditions Louise Tremblay

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www.dermoneuromodulation.fr, www.niromathe.ca and
www.aimtc.ca under the heading « Commitment to Quality ».

July 24, 2019