

NBMA Approved Continuing Education Activities

This List of Approved Continuing Education Activities is compiled by the Education and Professional Director and is updated periodically based on the recommendations of the Education and Professional Development Committee.

Requests for additions to this list should be directed to the Education and Professional Development Director.

Category A (Primary) Activities

These activities are directly related to the Scope of Practice of Massage Therapy.

One hour of Primary Activity produces 1 CEU [16 hours = 16 CEUs]

1. Active Release
2. Acupressure
3. Acupuncture
4. Anatomy
5. Applying Treatments
 - a) Pre-treatments
 - b) Hot Stone Therapy
6. Aquatic Massage Therapy
7. Business Acumen and Development
 - a) Problem-solving
 - b) Decision Making
 - c) Records Management
8. Canine / Equine / etc. Certification
9. Client Assessment
 - a) Orthopaedic Assessment
 - b) Ongoing Client Evaluation
10. Communications
11. Cranial Sacral Therapy (including Unwinding)
12. Deep Muscle / Connective Tissue
13. Feldenkrais
14. Healthcare Services Knowledge
 - a) Public Health
15. Hydrotherapy
 - a) Hot Packs
 - b) Cold Packs
16. Indian Head Massage
17. Integrative Manual Therapy

18. La Trame
19. Labour Support
20. Manual Empowerment Therapy
21. Manual Lymph Drainage
22. Massage Theory / Techniques
 - a) Joint Mobilization
 - b) Myofascial Release
 - c) Swedish
 - d) Trigger Point Therapy
23. Muscle Energy
24. Neuromuscular Therapy
25. Orthobionomy
26. Osteopathy
27. Pathology
28. Physiology
29. PNF
30. Reflexology (Includes Massage Métamorphique)
31. Reiki
32. Remedial Exercise (including exercise therapy)
33. Rolfing
34. Shiatsu (including Moxibustion)
35. Sports Massage (including athletic taping and bracing)
36. Strain / Counterstrain
37. Structure Integration
38. Teaching at an accredited or approved school
39. Therapeutic Touch (including Quantum Touch, Healing Touch)
40. Traditional Thai
41. Various Client Massage
 - a) Pregnancy
 - b) Advanced Pregnancy
 - c) Child
 - d) Infant
42. Workplace Standard First Aid and Level "C" CPR (may only be claimed once in each 3 year cycle)
43. Attending workshops, seminars or courses directly related to massage therapy.

44. Online or Correspondence Courses directly related to massage therapy.
45. Presenting workshops, seminars or courses relevant to massage therapy [This is Category 'A' only if the subject matter qualifies as category A; i.e. massage therapy]
46. Serving as an examiner or peer assessor
47. Participating in conducting or collaborating in formal research
48. Submitting articles for publication in massage therapy publications [This is Category 'A' only if the subject matter qualifies as category A material].
49. Conferring with peers individually or participating in regional association functions where the outcome is learning relevant to the self assessment competencies and/or scope of practice.
50. Reviewing books, articles or videos that are relevant to the self assessment competencies and/or scope of practice [This is Category 'A' only if the subject matter qualifies as category 'A' material]
 - a) One (1) article will be (1) CEU. Please keep a copy of the article with your education file for audit purposes.
 - b) One (1) book/video will be two (2) CEUs. Please keep a reference of the book/video with your education file for audit purposes.

Category B (Secondary) Activities

These Activities are complementary to the Scope of Practice of Massage Therapy.

Two hours Secondary Activity produces 1 CEU [16 hours = 8 CEUs]

1. Alexander Technique
2. Aroma Therapy
3. Electrical Therapy techniques including:
 - a) IFC
 - b) TENS
 - c) Therapeutic Ultrasound
 - d) Pulsed High Frequency
 - e) Low Intensity Laser Therapy
4. Guided Imagery
5. Inhalation Therapy
6. Kinesiology
7. Meditation
8. Pilates / Yoga Instruction
9. Trager
10. Attending workshops, seminars or courses complementary to massage therapy.
11. Attending on-line or correspondence courses complementary to massage therapy.
12. Presenting workshops, seminars or courses relevant to massage therapy [This is

Category 'B' only if the subject matter qualifies as category B; i.e. complementary to massage therapy]

13. Participating in conducting or collaborating in formal research complementary to massage therapy.
14. Submitting articles for publication in Massage Therapy publications. [This is Category 'B' only if the subject matter qualifies as category B; i.e. complementary to massage therapy]
15. Conferring with peers individually or participating in regional association functions where the outcome is learning complementary to massage therapy.
16. Reviewing books, articles or videos that are complementary to massage therapy.
 - f) One (1) article will be 0.5 CEU. Please keep a copy of the article with your education file for audit purposes.
 - g) One (1) book/video will be one (1) CEU. Please keep a reference of the book/video in your educational file for audit purposes.

Category C (Secondary with Assigned Values) Activities

These Activities are relevant to the massotherapist and not directly related to his or her practice of massage therapy.

CEUs that can be earned per membership year are specified for each activity.

1. Being an Active NBMA Committee Member for a 1 year term (2 CEUs maximum).
2. Attending the Annual General Meeting (2 CEUs per meeting).
3. Attending meetings in the Member's Region (2 CEUs per meeting).
4. Self Care (i.e. receiving a massage, taking a Pilates, Qi Gong or Yoga Class (1 or more sessions per membership year.) (2 CEUs maximum).
5. Personal Fitness or other fitness-related courses (1 or more classes/sessions per membership year). (2 CEUs maximum.)
6. Total Biology (2 CEUs maximum)
7. Natural Medicine [Correspondence Course – Natural Health Counsellor – In harmony with nature] (2 CEUs maximum)

Please remember to convert course/activity hours to CEUs in the Member professional portfolio (see the CEU Activity Log Sheet 3.16.03).