



Quality assurance and research in Kinesiologie- Obligational or freestyle

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Kinesiology is the doctrine of kinetics. This means motion in further as well as closer sense, including physical, mental cognitive, emotional and psychological level.

Kinesiology is a method, that embraces or is rejected, trusted or deslined.

Many people can be helped through kinesiology, with others it failes, out of different reasons.

Kinesiology is practised by trained therapists as well as untrained laypersons.

To explain this shortly, Kinesiology polarises.

A point for attack to publicity is that everybody can use Kinesiology, without the chance to reconstruct what actually happened thereby. Kinesiology is a generic term for different methods. Historically from applied Kinesiology (Dr. George Goodheart , Chiropratik) Touch for Health (healthy throug touch) of Dr. Jpohn F. Thie (Chiropraktik)was developped. Paul Dennison (Pedagogue) and his wife Gail Dennison have been both Touch for Health Instructors. Based on these fundamentals they created the Educational Kinesiolog including Brain gym. Gordon Stokes also was a Touch for Health Instructor. in comprehension of his occupational background he created the Three in One Conzept for the emotional-psychological level.

All Initiators do have the intention, to help people to help themselves throug kinesiological techniques. These techniques are easy to learn but highly effective.

The positive changes, caused by these simple practics for self-help, tempt a lot of people to overestimate their own capabilities. They overstep limits of self-help and appear in front of public. In doing so they misuse unfortunatly a vocabulary that is reserved to certain professionals (Teacher, Doctor, Naturopath, Psychologists, Therapists) and so are suggestive of being a specialist, or they present their knowledge in a fluid of esoterics, so Kinesiology is misunderstood als something sect-like.

In Germany there is a Heilmittelwerbegesetz, a law that prohibits to advertise through diseases and to promise healing. As well as kollegues and Health Care office lawyers do control advertises, flyer and webpages of Kinesiologists and in case of actions contra the Heilmittelwerbegesetz they do press charges.

Out of this reason layperson should strikly stay at help for self-help in practising Kinesiology so they are on the save side.

Everything happening in sontext with Kinesiology in pulic has to be in accordant

to legitimate conditions and requires quality assurance. This is a principal claim of EU directives of vocational education and consumer's protection. In Kinesiology practised in a medical context, quality assurance is an additional demand of CAM (Complementary and Alternative Medicine).

This quality assurance is divided in:

- structure-Quality
- process-quality
- result-quality.

The requests for quality assurance have to be converted as well in education as in practising Kinesiology in a practice and sanitary- and educational area.

Quality assurance in Education

1. Structure-Quality

Training schools, advertising in public, have to attend to the Heilmittelwerbegesetz. This means that text in advertisements, prospectuses, flyers, and webpages have to be adjusted to this law. Explicit details about complexity of education (including number of hours and period) as well as fees and additional charges for materials, and final qualification and treaties are obligatory.

The provider has to be within reach, means there have to be the common communication mediums available. Preferably information can be requested from an office with defined opening hours.

The classrooms have to be big enough and correspond to the usual standards, means there have to be sanitary rooms and parking lots. The interior should include Flipchart, Overheadprojector, Beamer and Blackboard. If there is a staff, they should have the necessary qualification. This means also the offerer himself. For a vocational training there should be the accordant background of the instructors.

2. Process-Quality

The time frame of the units being taught have to be announced in advance, means time shield and breaks are certain. Materials will be provided or compiled. When worked with materials of third persons copyright will be considered.

The mediated contents correspond with the present standard of knowledge. This includes the demand for the offerer to study further. The contents should offer a transfer for practical transaction alternatively contain the background knowledge as a reason of the method. The didactic well conditioned form of knowledge transfer.

The offerer's qualification should enable him, to manage the drive of the group and to lead it. This includes an adequate ability for appropriate reaction to questions and provocations from the circle of participants.

3. Result-Quality

After teaching it would be advisable to have a verbal feedback of the participants. Furthermore the necessity of documentation requires a written evaluation. Therewith notoric grousches have to be counted among whose statements will be far apart of the others.

Within the schooling verbal, practical and written examinations should be performed by the participants. Training of examination situations require interim audits. These enable the participant to estimate his or her state of knowledge in a realistic way. A final exam with external verifiers is just necessary for a high leveled standard.

Every course should be documented with a certificate, which lists the venue, name of the course instructor, description of content, units and hours with declaration of the minutes and signed and accredited by the offerer.

Extern acknowledgement should be aimed for, to proof the quality of the education through a neutral authority. Therefore it is necessary to fulfill the here instated requirements to relate to the least requirements.

4. Offsett

These requirements for a structure-, process-, and result quality with detailed description will lead to a detailed observance from practitioner to client and it is therefore the precondition for a detailed accomplishment, which then will be detailed documented.

Thereby exaggerated expectations can be adapted previously. Disappointments can be prevented, cut and dried opinions will be put into perspective.

The quality assurance will bring acknowledgment and security to the one seeking for advice and help in the sense of consumer protection.

Beyond this it will be the base for acknowledgement of TRh Educational Institute through Institutions from outside.

Precondition for successful interaction between practitioner and client means the method has a positive effect and is appropriate to be forwarded. The practitioner must be legitimated through to his education in his occupational authority. The clients concern has to match the practitioners offers. These three factors, if matched, will lead to a successful interaction.

1. Structure Quality

First there will be the approach. The client has seen advertisement of the practitioner or he/she has found recommendation. Best case is recommendation, because the referring person will tell about what has happened and how it affected him or her, which gives the consulter a base information.

First of all the practitioner will explain that two similar problems can have two different causes that require two different procedures.

Ex ante the client will be informed about expenses and charges, possible recharge from private health insurances.

The practitioner declares his qualification enables him to cover the reported problem. So this makes it important to adjust a differential diagnosis. Not in a medical way but to encircle the possibility of interaction in this special case.

On medical or psychological concern the already done results should be ordered in copy. These copies will stay with the documentation of the client. He or she will be asked to write down a short anamnesis at home before the appointment to bring with. This will also be taken in the documentation of the client.

The arranged appointment will be taken down written by the practitioner and notified to the client. It is advisable to send information materials previously. It is expedient to show a short overview about the method and a description of the way to the practise, also the date of appointment. Verbal arrangements will sorrowly not always be held.

The client agreement, which notifies that Kinesiology can not replace a medical treatment and that advises not to break of a medical treatment should be with this in double dispatch so the copy can be send back to the practitioner in copy.

2. Process-Quality

The practitioner of a method is bound by law to lead a steady documentation of his interventions and to archive this for 10 years. At medical or psychological context a anamnesis is obligative and in the center of the cliental interaction it is

sensible to keep the described concern preferably literal.

Then an intervention can take place. This should take place in an exchange with the consultant, means duty of information is insisted. The client should know at anytime what happens to him/her.

The duty for spoken verbal testing and to ask for permission to interact is obligatory for Kinesiologists. If permission is rejected, this will be obeyed and if desired by client a new appointment will be arranged.

After an interaction the practitioner will inform his client about the effects and reviews, which steps will be taken at home or further by the practitioner.

3. Result-Quality

It is important to make the client aware of how his condition changed through the intervention. How has he/she been when starting the treatment and how does he/she feel now? The client should be invited to give a feedback. The statements will be written down by the practitioner. A representation needs the own reflection and stabilizes the went-through-process.

With the next consultation the client will report about how he felt in the meantime and what kind of changes have happened. When indicated, the first causes will be asked for. Experience shows that with elimination of the symptoms clients do forget about them occasionally. This has the consequence that the done active work and the intervention through the practitioner lose its value to the client.

Is a client content with the interventions he/she will commonly arrange a new appointment. Cautious and doubtful people will wait and see what effect shows up. This freedom of choice is therefore to treat respectfully. Nobody should be forced into a new arranged appointment.

4. Offset of Structure,-Process,-and Result-Quality

Recapitulatory has to be said the outer frame of Structure quality and the chain of intervention has to be put in a transparent process and to a result that means to a progress with the advice seeking client. The advantage or also benefit will be charged monetary. Please keep in mind that arrangements have to be made, but not a service contract with a warranty in it.

Usually the charges will be liquidated against receipt on location (in situ).

The client's contentedness, in most cases verbalized is often associated with thankfulness. This leads to the feeling of successful doing with the practitioner.

Recapitulation

The International Kinesiology Akademie will implement these orders in education. The absolvents will be educated in practising and implementation of Kinesiology in practice, also supervised. These 95 examples analyzed by these criteria and in the masterthesis "can changes or improvement of the subjective sense of physical, emotional and spiritual themes and problems through kinesiological balances in the sense of a quality assurance with standardised cases comprehensible documented?" is worked on. 60 more examples are analyzed at this moment.

At this time further examples (6 Brain Gym-Balances with 17 documented examples) are statistically gripped. The result will be presented at the international Forum "exemplary Projects in the network Kinesiology - from praxis for praxis" Results of research.

The researches are a base for the development of certificated Kinesiology - Seminars on Colleges and Universities.

The International Kinesiology Akademie was after its acceptance through several institutions () awarded with the seal of quality further education Hessen e.V.

This initiative of Hessens Ministeria for Economy, traffic and agrarculture. Institutions with this seal are allowed to collect qualificationcheques, with these the participants can be reimbursed 50% of the costs for the education. The origin idea was to bring elder employees further. Livelong learning will be in regard of demographic change obligational, through financial appeal this structure of thinking different is easier to be forced.

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Since 1993 Naturopath in own practice. Foundation and leading of the International Kinesiology Academie in Frankfurt/Main.

Foundtion and first chairwomanof european alliance for Kinsiology e.V.

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Since 2007 studies of Gerontology University Heidelberg

Apprenticeship in Kinesiology (more than 2000 hours) with the different initiators of classic Kinesiology.