

TaoMountain

Teaching Apprenticeship Study Guide

Written Test

The written test will be comprehensive and difficult. You should expect to answer 3 essay questions with 2-3 pages each of writing, as well as a series of short answer questions (not multiple choice). This test may take 4-6 hours in total. You have the option of recording your spoken answers to the essay questions, but in either case, you will be passed or failed based on your accuracy, detail, and organization of thoughts. We want you to succeed and have devised the following to guide you every step of the way. However, this examination will be difficult (on par with a college-level course midterm or final exam), and it is advised that you take care to read over this study guide carefully, and use it to your advantage.

For the written test, you should have completed all of the required reading included with this package. You will be tested on the following titles:

- *Encyclopedia of Thai Massage*
- *A Thai Herbal*
- *Spiritual Healing of Traditional Thailand*
- *Traditional Thai Medicine: Buddhism, Animism, Ayurveda*

Additional recommended readings to help you prepare (not included):

- *Yoga the Iyengar Way*: Principles of alignment for postures used in Thai massage (not required for those with adequate prior yoga training)
- *Anatomy of Movement*: One of the best and most practical introductions to anatomy around.
- *Traveler's Tales*: Stories of Thailand (not required for those with prior experience in Thailand)
- *"Readings in Thai Medicine" Packet*: from the academic section of TaoMountain.net.
- *On-line academic resources*: You should be familiar with all of the articles in the Membership Area's Academic Resources (<http://www.taomountain.org/thai-massage-resources/thai-massage-resources.html>), and should acquire additional readings from the Academic Bibliography.

Refer to the attached sample questions for examples of the type of questions which will be asked. By completing this reading, you should be familiar with the following topics in detail...

The Circle of Life (Source: Spiritual Healing)

- What are the three essences?
- How do they relate to traditional Thai medical practices and medical centers?
- How do they relate to Chinese and Ayurvedic medicine?
- How do they relate to modern medical options?
- Discuss the importance of metta to the practice of Thai healing.

History of Thai Massage (Source: Traditional Thai Medicine, Spiritual Healing)

- Biography of Shivago
- Basic timeline for development and expansion of Buddhism in Asia
- Wat Po, its importance
- Chiang Mai, its importance

Shivagakomarpaj Lineage (Source: Spiritual Healing of Traditional Thailand)

- The importance of lineage in Thai healing arts
- History and major schools of Thai massage
- History of Ajahn Sintorn and the Old Medicine Hospital

Sen Theory (Source: Encyclopedia of Thai Massage)

- Identify the appropriate sen for treatment of specific disorders
- Devise a therapy approach based on a set of hypothetical symptoms
- Broken and Blocked sen lines

Traditional Thai Medicine (Source: A Thai Herbal)

- Properties of Herbs Used in Thai Herbal Compress Massage
- Hot vs. cold compresses
- Basic 4-element diagnosis

Practical Test

For the practical test, you will be required to administer a 2 hour massage. An additional ½ hour session of herbal compresses is required afterwards if you expect to teach this modality. (You should bring your own equipment and supplies as these will not be provided). This massage should be flawless, smooth, and professional from beginning to end. It should include intake interview, and a ½ hour therapy session within a 1½ hour classic routine as described in Part II of *The Encyclopedia*. The symptoms of your client will be revealed to you immediately before the test. You will be provided with a critique of your massage in writing following its execution.

Other Requirements

You will be expected to demonstrate your ability to perform the following functions:

Setting up the altar & leading the Wai Khru ceremony (Source: *The Spiritual Healing of Traditional Thailand*)

You will be expected to set up the altar, as well as to lead the ceremony. Note that memorization of the “Om Namó” chant in Pali is required.

Performing a demonstration (Source: *Encyclopedia of Thai Massage*)

You will be expected to perform massage demonstrations for students. Special attention must be paid to principles of alignment and you must be familiar with the relevant basic anatomical terms required to describe the movements. You must also have the ability to clearly convey your explanations of each movement in the massage, as well as to field questions from the students professionally and accurately.

Tham Khwan ceremony (Source: *The Spiritual Healing of Traditional Thailand*)

You will be required to know how to perform this graduation ceremony.

Cultural Project

A central part of our teaching apprenticeship is the cultural project you must complete before certification. This is a requirement in addition to all testing, and you will be expected to present your project to the group during the exam.

The cultural project is an opportunity to delve more deeply into a particular facet of Thai culture which appeals to you personally. This may or may not be within the realm of Thai medicine, but may be in any area of traditional Thai culture. This project is open-ended. It may be written, multi-media, hand-made, etc., but must represent a detailed familiarity with your chosen area. This is also an opportunity to demonstrate your public speaking style.

Examples of projects include:

- Papers on Thai medicine, history, Buddhism, or culture. (These can be written using source materials provided in the Supplemental Reading below).
- Participation in a Buddhist ceremony or festival, with commentary on your experiences
- Research of and participation in a Thai festival with a local Thai community
- Submission of final exam or paper from any courses taken at the college level in Southeast Asian history, culture, anthropology, art, language, etc.
- Hand-made replicas of Hill-Tribe handicrafts
- Participation in Thai cuisine course
- Participation in any TaoMountain Correspondence Course on History.

If your project is a written or hand-made object, you still must present this to the group. All presentations should be 20-30 minutes.

Creativity and research are required... but this should be fun! Please contact us if you are having doubts about your project.

Note: All projects topics must be cleared with us before submission.

Log Form

As part of the Instructor Examination, you will be required to present a log form indicating that you have practiced 500+ hours of hands-on Thai massage. (You can use the log form available in the Members Area of TaoMountain.org.)

This log form must be supplemented by SOAP notes for at least 3 clients with whom you have been working for 10-20 sessions or more within 3-6 months with therapeutic Thai massage. For these clients, you must record their original complaints, describe your treatment protocol, and explain your reasoning for the therapeutic treatments you chose. For each session you gave, log your approach, any issues that arose during the session, and client feedback. After 4-6 months, follow up with them and give a full report of the efficacy of your treatment.

There is a specific SOAP form to use for this project available in the online Member Area, and your notes must be of sufficient quality to be published in the upcoming issue of the Jivaka Journal as a guide for therapists working with similar issues.

Re-Testing

If any of the above sections are not performed to our expectations, you will be required to re-take this section of the Instructor Exam by coming back for another week at additional expense. Our standards will be exacting, and unless you have done multiple courses and have studied the required materials diligently, you should not expect to do well. Re-payment of the full fee for the Instructor Exam will be required when repeating (see website for current pricing).

Teaching Apprenticeship Checklist

Thai massage teacher certification requires the following to be completed:

- ___ 300+ hours of massage coursework, including:
 - TM Advanced Course
 - TM Intro to Thai Ayurveda Correspondence Course

- ___ 500+ logged practice hours, including:
 - 3 therapy clients logged with TM's Sen Diagnostic form (see form in Membership Area)

- ___ Cultural project

- ___ Instructor Examination, including:
 - Written test on history and culture
 - Practice test on Shivagakomarpaj basic routine with therapy session

- ___ Optional for herbal compress teaching:
 - add herbal compress session to practice test