



# Training standards and Competencies

## Bioregulatory Medicine Training Standards

Standards of Competencies and Specialisation are regulated by the Specialist Board at ISBM (SBBM) that sets specialisation standards in Bioregulatory Medicine, required to join specialist registers of affiliated national Societies for Bioregulatory Medicine.

- To receive adequate structured 'in-house' and guided 'self-study' teaching, and supported Learning Guidelines in covering the syllabus parameters to achieve the aims of the course.
- To be aware of tutor support facilities, administrative support facilities and their easy and regular availability; each student will have a designated Personal Tutor.
- To receive comprehensive teaching in a consistent manner, with continuous assessment procedures, monitoring, and total guidelines of subject knowledge, methodology and 'need to know' parameters.
- Specialist training lasts one year of combined theory and practical applications of bioregulatory modalities, according to the educational programme set by the standards of SBBM (programme is continuously updated with new research in the field).
- Required standards to all national registers thus warrant continual professional education and maintenance of high levels of practice for bioregulatory specialists within the specialist register.
- Requirement for taking this specialist course are outlined in the curriculum document, comprising previous medical undergraduate education; medical or veterinary doctors, naturopathic doctors or complementary practitioners with long experience in the complementary field leading to approval by national society register for undertaking specialisation.

## Training Standards and Competencies

- Specialisation is completed by passing a board certified exam and dissertation that is implemented by the national register in cooperation and supervision by the SBBM, who issue the final specialist certificate as a requirement to join the specialist register of a national body.

### Bioregulatory Medicine Specialist Competencies

- Taking complete bioregulatory anamnesis of correlative psycho-mental and physiological systems signs of imbalance (dis-ease).
- Diagnostic parameters according to progress of the disease process laboratory findings that reflect faulty homeostatic feedback system(s).
- Bioregulatory diagnosis requires a series of laboratory tests, as described in the specialist coursebook, towards diagnosis of faulty homeostatic systems (basic blood tests, vitamins, minerals, antioxidants, allergy/sensitivity tests, hormonals / neurotransmitters profile....), and other functional tests.
- Bioregulatory therapeutical protocol is comprised according to the training programme, based on balancing higher and lower system levels and removing systems' dysregulation factors.
- Bioregulatory standards and competencies include treatment of detoxification prescription of nutraceuticals, homeotherapeutics and adjuvant therapies as described in the specialist coursebook.
- Bioregulatory training competencies include bodywork techniques; psychosomatic bodywork and neurovegetative treatment.
- Bioregulatory invasive treatment is a subspecialist discipline outside of the main programme, that includes: segmental mesotherapy, dry needling and biopuncture.
- Subspecialist invasive bioregulatory therapies, which require additional training are depicted in Module 5 of post specialist continual professional training.