



5. European ANME-Symposium «CAM in Europe – wellCAM!»

Our topic for 2013:

«Legal practice of CAM»

Report by Cécile Cassini

Small but successful, challenging, inspiring, calling for action: This description applies to this year's symposium in Brussels with participants from France, Germany, Italy, Spain, England, Ireland, the Netherlands, Norway and Switzerland.



It looks as though a fresh wind has given us a new voice and more self-confidence: We've obtained a **clear and positive result for the development of a profile for a CAM (complementary and alternative medicine) profession in Europe** on the basis of voluntary self-regulation with the approval of the EU commission. In order to reach this ambitious goal, we founded the “**European Committee for a CAM profession**”. The committee will start working as early as this fall, initially coordinated by the ANME office.

This year in Brussels, we were able to meet, exchange ideas, work together, learn from each other, but also laugh and celebrate. All of this made the symposium a special experience. Below you will find a summary of the different presentations:

Dominique Delaporte – What is ECVET? A study.

Secretary General of AMPP (World Association for the Promotion of Phytotherapy), president and founder of REFORMED, as of December 2012 expert for ECVET (the European Credit System for Vocational Education and Training). Reviewer and lecturer at EURONATURE institute and various other schools in France and Belgium.

For 20 years, Dominique Delaporte has worked towards „**good quality in schools, good practical work and the recognition of the latter**“.



These are goals of REFORMED in the area of non-conventional medicine. Know-how, goals and competencies are defined for eight areas. They range from general to specific and are being monitored and accounted for within the scope of the **ECVET-System with Credit Points, which is a recognized European form of recommendation.** (http://ec.europa.eu/education/lifelong-learning-policy/ecvet_en.htm). This is increasingly being used in France, which creates more transparency, interregional mobility and permeability (according to the LEONARDO DA VINCI program for “life-long learning” from 2007-2013 and now with “Erasmus for all” 2014-2020). REFORMED works with organizations from seven countries: Belgium, France, Greece, Italy, Luxemburg, Romania and Switzerland.
<http://reformed.free.fr/>

Dr. Vera Paola Termali – The current CAM situation in Italy

PhD, founder and president of SIHeN (Italian naturopathy organization), honorary president of the German professional association for naturopathy, president of Felico Onlus, the Italian association for the rights of therapists.

In Italy, acceptance for CAM is on the wane. In 2003, osteopathy, chiropractic and naturopathy were reclassified from the health section to biological and natural disciplines. Ever since, practitioners have had to self-regulate according to the Italian UNI norm, just like many other unprotected professions. After ten years, it is considered a success that only doctors may practise acupuncture, homeopathy and phytotherapy. Professional standards for CAM as well as minimum requirements for education only exist in Tuscany and Lombardy. These are designed to protect patients and have been created cooperatively over the course of several years.

Through C.E.S.E. (Culmulative Effects of Subclinical Everything) it is possible to legally treat physical ailments, promote health and teach a healthy lifestyle. Research is of great

importance. First and foremost, it is necessary and important to regulate CAM professions, not as a medical discipline, as each profession draws on their own traditional expertise, but to complement them with additional knowledge on first aid, hygiene, ethics and safety issues. We must define what we CAM practitioners are doing and teaching. We must **find clear and understandable professional language for this. There are WHO standards for CAM and we need to go through Europe. A common platform would help prepare a common declaration.**



Cécile Cassini – The Swiss CAM model

CEO of Xund until 2011, member of the board of OdA KT (Professional association of practitioners of complementary medicine) and delegate of the Swiss Umbrella Organisation for complementary medicine. Registered nurse, trainer and complementary therapist (polarity).



We have come a **long way** since 1996: Now we finally have the federally recognized professions of “**complementary therapist**” (in methods such as shiatsu, Feldenkrais and polarity) and “**naturopath**” (for Ayurvedic medicine, homeopathy, traditional Chinese medicine TCM and traditional European naturopathy TEN).

This was in part made possible **by the persistent and intensive cooperation between the different associations** and the people’s 67 % “yes to complementary medicine”. Under the auspices of the Swiss State Secretariat for Education, Research and Innovation (since 2010), we have drawn up even more professionalized vocational profiles with their specific competencies. We have reached this goal through consultations with all associations concerned, with registration authorities, other health care professionals and possible opponents. This allowed us to base our assumptions on the newest developments and the latest teaching requirements for the profession. The latter are the groundwork for the **Advanced Federal PET Diploma Examination** and country-wide recognition. The first examinations will be held in 2014. It would be great if our experience as well as the results from this laborious process could be helpful to CAM in the EU.

www.oda-am.ch/fileadmin/sites/oda/files/berufsbild/Berufsbild_NHP_Broschuere_englisch.pdf
www.oda-kt.ch/fileadmin/user_upload/pdf/berufsbild/OKT_VS_BERUFSBILD_KT_E_120615.pdf

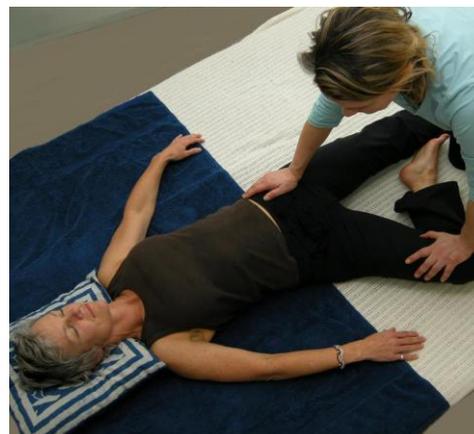
Seamus Connolly – Practising Shiatsu in Ireland and England

B.A., H. Dip. Ed. President of EFCAM. Developed standards for a Europe-wide curriculum for teaching and examining students in Shiatsu. ESF coordinator, sponsored by Europe-wide research projects on the effects of Shiatsu therapy. President of ESF (European Shiatsu Federation) since 1998, registered Shiatsu teacher.

Shiatsu is a safe practice that helps maintain and improve health. Through body-awareness, we learn to take on more responsibility in life and lifestyle choices, such as taking fewer medications or working less. The practitioners’ innovative approach helps form a strong bond with patients that aids in their recovery. In the 28 EU member states, there are different recognition and regulation schemes for Shiatsu and CAM. Common Law countries allow practitioners more freedom. In countries with Napoleonic law, the practice must be legally approved. While Shiatsu is not officially recognized or regulated, its practice is still allowed. In Ireland, however, there are no clear regulations yet in this area, not even on the health-promoting qualities of the method.

www.shiatsufederation.eu

Linking CAM modalities, training practitioners appropriately as well as ensuring their rights are an EU-wide goal.



Tina Hausser – Legal perspectives for CAM in Spain

Vice president of the Spanish Alternative Practitioners' Organisation OCN-FENACO, responsible for international relations, teacher for continuing education in acupuncture and TCM in Germany and Spain. Has her own naturopathy practice in Almu-écar, Granada, has been a political representative of the German Naturopathy Association (FDH) for Bavaria in Spain since 2009



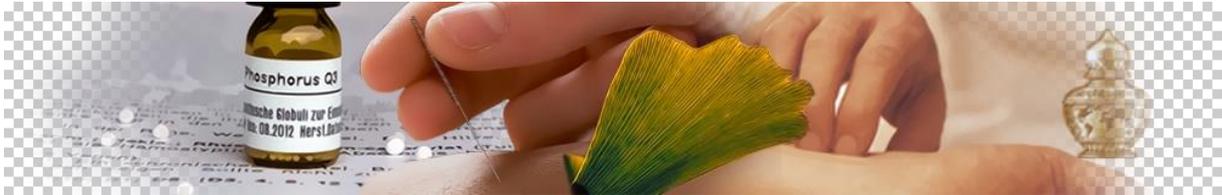
In 1984, it became possible to practice CAM again in Spain, which was forbidden during the Franco regime. Now CAM is very popular and is growing by 15 % every year. As of 1997, practitioners of naturopathy are officially recognized again, which means that they are

paying taxes and levies for the official INE code (naturopathy code 85.141: "Freelance health practitioners). They even have their own union. The ministry of health has recognized the practice of naturopaths and healers and ratified the corresponding law in 2011 – unfortunately, it is not in force yet.

In Portugal, naturopathy is regulated as seven specific disciplines without a vocational profile. For this reason, only doctors may practice these disciplines now. **This is why a European CAM profile is of the utmost importance! Not only that, but also for the history of naturopathy, the specification of our activities and for standards in training.**
<http://naturopatiafenaco.com>

Uwe Sieber – Voluntary training of German naturopaths (Heilpraktiker)

Member and spokesperson (since 2011) of the Heilpraktikerverband of Bavaria (HVB). Received training at the "Josef-Angerer Berufsfachschule für Naturheilwissen" in Munich, working as a Heilpraktiker since 1985.



Thanks to the so-called „Kurierfreiheit“-law, which states that anyone may practice medicine, naturopaths have been able to practice in Germany. German naturopaths are the only freelancers who work in the field of diagnostics/healing apart from doctors. The profession called "Heilpraktiker" has been regulated since 1939 and is widely accepted by the people. Doctors and naturopaths have different approaches: Doctors base their work on the model of science, whereas naturopaths work according to the model of traditional medicine. This is an overall ontological model that has been developed over centuries in different parts of the world. The principles of Traditional Medicine are applied in CAM. German naturopaths are accredited with a written, oral and practical examination by the health authorities and the official doctor concerned.

Training itself is not regulated. It is organized by the professional Heilpraktiker associations in question. At the officially recognized applied school of HVB Bavaria, naturopathy and medical knowledge is being taught in a three year full-time program. However, despite official recognition, schooling is paid for by students and the professional association www.heilpraktikerverband-bayern.de.

Traditional Medicine is ancient and complex and must be continuously developed. **It is important that Traditional Medicine with its independent and unique theory on health and humans' innate capacity for self-healing can be taught, applied and developed within the EU.**

Vinjar Magne Fønnebø

MD and PhD from the University of Tromsø, MSc in Epidemiology from the University of London. Director of the National Research Center in Complementary and Alternative Medicine (NAFKAM) and professor for preventative medicine at the University of Tromsø in Norway.



The EU has repeatedly confirmed that it is up to each member state to regulate their health care system.

Unfortunately, we will have to wait for the coming generations to regulate these professions within the EU. The **EU CAMbrella project** www.cambrella.eu pointed out the discrepancies between what is being taught and offered in terms of CAM in the different countries, which makes it near impossible to even think of a common regulation.

He recommends **voluntary European** regulation following the positive example set by physiotherapists.

In Norway, the acceptance of acupuncture caused a slump in demand in this area. The question that remains is the following: Do the people really want such therapy methods to be officially recognized and incorporated into health care or do they prefer a non-regulated approach?

Jürgen Tiedje

DG Internal Market and Services of the EU Commission., Head of Unit "E4: „Free movement of professionals“.

The Commission's goal is a Green Card for the recognition of professional qualifications received in another member state. Along with modernizing and simplifying current regulations, this would simplify the mobility of professionals within the EU. This is important for the internal market and services and may also apply to CAM in the future.

http://ec.europa.eu/internal_market/qualifications/index_en.htm

Explanations of the EU

- on temporary mobility
- on automatic recognition of professional qualifications
- on the recognition of professional experience for certain activities
- on the overall system

With the journal system, the commission has increased permeability by up to 70 % - this means that only certain specialized qualifications have to be re-attained instead of retraining as a professional. To ensure consumer safety, a warning-mechanism has been created for employers.

The directorate's work is very complex and laborious and also takes into account the political context, such as the European elections in May 2014. There is now a common framework for training on the basis of knowledge, goals and competencies, which helps with article 15 for non-regulated professions.

He suggests national recognition for CAM professions with subsequent recognition by other countries as a first step, a so-called bottom-up approach.



Roundtable Moderation with Dr. Harsha Gramminger

Chair of the European Ayurveda Association (EUAA) und vice chair of ANME.



Harsha Gramminger moderated the round table discussion. Two EU MEPs had cancelled on short notice, which meant that our round table was composed of: Tina Hausser (FENACO), Ton Nicolai (EUROCAM), Stephen Gordon (ECCH) and Sascha Marschang of the European Public Health Alliance (EPHA). The

discussion focused on two main topics: **Which form of voluntary regulation is best suited for CAM professional profile or many individual CAM specialists?**

The second point was the question of whether and how **regulation for CAM doctors would differ from regulation of other CAM practitioners**. It became evident that CAM doctors are still subjected to restrictive professional regulations on the one hand and on the other hand are still part of a system that discriminates against them.

Legal practise of CAM in all Council of Europe member states is not possible yet for all CAM practitioners.

Nora Laubstein

Founding member and chair of ANME e.V., Naturopath

All CAM practitioners and others who are involved should speak with one voice!

CAM can contribute significantly to public health care. A sustainable health care policy integrates the change in values that has already happened within society in the spirit of a health care system that focuses on relationships. **CAM is holistic, effective and safe.** We are doing a good job and people are coming to us, because they think our approach makes sense. Today's public health care has unfortunately become a motor for economic growth (cf EU programme "Health for Growth") and is only being pushed in this direction. However, there is not much support for the studies and research projects on quality and safety issues that CAM has been requesting on a political level. The CAMbrella research project was an exception, but there is a risk that no one will talk about it anymore. This situation makes it imperative that we put an end to competition between doctors, naturopaths and other CAM practitioners and unite in order to achieve common goals.

www.anme-ngo.eu



What we need:

- **Communication,**
- **Accepting our historically grown responsibility**
- **Tolerance and a joint CAM spirit**
- **A political definition of CAM**
- **Self-confidence to step out of the shadow**
- **A solid strategy for the future**

Results from the Workshop:

- *Overall goals:* Look at the innate capacity for the preservation of health and recovery from the point of view of relationships and promote them according to the principles of salutogenesis and traditions in order to change people's awareness of health.
- *Longterm goal:* More self-confidence for CAM, developing a Europe-wide system of voluntary self-regulation in cooperation with the EU commission and national authorities.
- *Today's goal:* Form a strong bond and draft up CAM vocational profiles, potentially based on the "Swiss example".

The European Committee for a CAM profession was founded on the 26th of September 2013 in Brussels. Several members of ANME and symposium participants from various countries have pledged their support. The "European CAM Act" will be reworked by the new committee.

All speakers and representatives of European and national associations as well as individual participants of the 5th European ANME Symposium agree that it is important to speak with one voice on a political level in order to sustainably shape the future development of CAM in Europe.



Flowers and many thanks go to Nora Laubstein and all other organizers, as well as helpers in the background and to all participants.