

NQA Definitions of Terms for Certification



~ The National Qigong Association defines Qigong as a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing techniques, self-massage, sound, and focused intent. The NQA represents all forms of Qigong personal/general practice and clinical practice (rooted in Classical Chinese Medicine and Traditional Chinese Medicine) as well as martial, religious, or any combination thereof.

For a more in-depth description and some of the benefits of Qigong practice please see the NQA website.

<https://www.nqa.org/what-is-qigong->

(Definitions are listed in alphabetical order)

~ **Application Review Committee (ARC)** means... an NQA committee that will review applicants' credentials for certification.

~ **Adverse Qi Reaction/Qi Deviation** means... an abnormal occurrence in the practice of Qigong which may appear as dizziness, shortness of breath, nervousness, tightness in the chest region, insomnia and other Qi deviations signs.

~ **Applicant** means... person desiring certification and who has applied for any level of instructor/teacher/clinician under the NQA certification guidelines.

~ **Book and DVD study** means... time spent by the applicant in the study and practice of what has been viewed or read by applicant. Title and description of content should be given.

~ **Certification** means... The process by which a person receives a formal certificate and holds credentials for a certain specified level of teaching and instructing others. The certificate holder has the opportunity to inform the public of the depth and scope of Qigong principles and practices. The certificate holder is supported by the full faith of the NQA membership.

~ **Clinical contact and non-contact of Qi emission** means... ways in which a Qigong healer will use to emit and transfer Qi to another with the intention to balance Qi flow and for healing purposes.

~ **Clinical Qigong** means the assessment and facilitation of physical, mental, emotional and spiritual alignment rooted in Chinese medical principles and skills derived through formal instruction and self-cultivation. The scope of practice of a Clinical Qigong Practitioner [CQP] includes Qi transmission through non-touch and/or light touch methods and recommendation of Qigong exercises and meditations. Other techniques, practices and adjunct therapies may be used by properly trained practitioners.

~ **CPR certification** means... person has taken a cardio pulmonary resuscitation course and has in their possession a current Cardio Pulmonary Resuscitation certification card.

~ **Correspondence learning courses** mean... there is no real in person face to face time interaction between teacher and student. Student does self-study of course materials and personally engages in the principles and practices put forth.

~ **Current Qigong healing practice schedule under Section 6** means... time spent as the primary clinician in the cultivation of healing others, through energy transference and Qigong application. This is time spent in a healing environment with the primary intent to restore energy balance.

~ **Current liability insurance** means... having a current policy with an insurance carrier that will legally protect the practitioner from a Qigong accident or an accusation of gross negligence or misconduct of a client/patient.

~ **Didactic hours** mean... time that was direct instruction you received in a formal or virtual class setting (see "virtual" definition below), from an instructor rather than in a clinical practice with patients. These hours should include energetic anatomy & physiology, Chinese medical theory, and Qigong history, theory, and philosophy. It is strongly recommended that these hours also include physical anatomy and physiology as well as other subjects listed under 'Formal Qigong Training' and 'Related Studies'.

~ **Documented hours** mean... Documented instruction time in the principles and practices of Qigong given by a Qigong instructor/teacher. This may be through formal training, online and virtual classes and tutoring, correspondence courses, book and DVD study, seminars and conferences.

~ **Formal Qigong training** means... In-person training where teacher and student are physically present in the same location at the same time. Formal training generally includes the cultivation and perception of Qi, the experience of Qi and the Qigong state, centering, rooting, grounding, the knowledge of Qigong theories of what Qi is and how Qi works, an understanding of the three Dan Tians, Jing, Qi and Shen, Yin/Yang, the Five Element Theory, and the Meridian/Acupoint system. As well as how Qi is utilized in practice, teaching and Qi emission.

~ **Instructor/teacher** means... someone who is qualified to teach students and other teachers/instructors in Qigong principles and practices. They may be a member of the NQA or not.

~ **Interview with Application Review Committee** means... to sit with members of the Application Review Committee, either online or in person, and discuss one's sense of Qigong and one's personal practice.

~ **Membership in Good Standing** means... a member of the NQA who has remained current with their NQA membership, has fulfilled the requirements of NQA in accordance with their level of certification, possesses credentials that can be checked, and has not been censured, expelled or suspended from the NQA for a breach of the NQA bylaws.

~ **Personal Cultivation practice** means... an individual's Qigong practice, what it consists of, as well as frequency and duration of practice time daily/weekly. This is one's personal journey of self-discovery of Qigong through the use of focus, breath and intention.

~ **Primary Qigong teacher** means... one's main or principal teacher.

~ **Professional member certification** means... Professional Member Certification in the National Qigong Association provides an opportunity to inform the public of the depth and scope of Qigong study and practice. Though certification is internal to the NQA as there is presently no national standard, it is supported by the full faith of the NQA membership organization and may act to enhance and highlight one's professional standing.

~ **Qigong clinical instructor** means... in a clinical or healing environment one has been instructed and trained by a medical Qigong healer, or has developed an intuitive and innate sense, to detect energy, maintain a high degree of awareness and possesses the skills needed to help correct energy imbalances. They now teach and treat others this skill and art.

~ **Qigong healing practice** means... the ability to describe and discern health patterns in the terms of energy balance of a patient. And to effectively use Qi transmission methods and teach prescriptive Qigong exercises and /or meditations which are based upon a variety of diagnostic and assessment systems to restore health and wellness. Qigong healing utilizes Qigong methods and a strong internal focus to treat the patient as an energy being.

~ **Qigong Integrative Practitioner** means... a professional who should be a service provider in their respective health, wellness or medical field and be practicing legally in their State or Province. Practitioners of Western Medicine, Chinese Medicine, nursing, naturopathic medicine, chiropractic, osteopathic medicine, homeopathy, psychotherapists, functional medicine practitioners and massage therapists are among the prime candidates for this level of NQA certification.

~ **Qigong** means...the ability to generate, circulate and balance Qi utilizing posture, breath and intention developed through personal practice and/or clinical treatment.

~ **Relevant instruction** means... instruction that is pertinent and appropriate such as, but not limited to, personal, Martial and Religious Qigong training.

~ **Related studies** means... personal participation in healing art forms and personal practices that are meridian/acupoint based. These studies need to incorporate some of the basic principles of Qigong such as Yin/Yang, the three Dan Tians, Jing, Qi and Shen, meridian/point knowledge and the Five Elements.

~ **Senior Qigong Teacher** means... the highest level of certification/recognition of the organization and denotes wisdom, insight, Qi transmission, and the embodiment of the Qi State in the teacher's field. This level exemplifies a mutual empowering and reciprocating attitude of respect. A Qigong practitioner at this Senior level has taught instructors of Qigong and/or clinical therapists for 10 years or more. This level acts as a mentor for others in the field, training them,

and refining their practice, and a person at this level is acknowledged as such by their peers and the Application Review Committee of the NQA. This level is recognized to teach all levels of formal Qigong instruction. As a teacher of teachers, this means teaching people who then go on to become teachers, teaching people how to become teachers, teaching advanced practice programs, and teaching courses or training programs where there are participants who are already teachers in the group seeking to refine their offerings.

~ **Strong letter of recommendation** means... a statement letter testifying to the applicant's abilities, training, character and dedication, written and signed by a teacher, colleague or student.

~ **Virtual Qigong Training** means...Classes where the teacher and student are connected online and can see and speak to each other. It may be one on one or a larger group. A letter of explanation from the teacher outlining the format of the virtual training and what was taught may be necessary as part of the Application Review Committee's assessment of the value of this training.