

The Professional Profile

of the Oceanic Bodyworker

Contents

Profile Summary	3
1 Areas of activity	4
1.1. Job title	4
1.2. Areas of practice	4
1.3. Clientele	5
2 Foundations of the Profession	6
2.1. Foundations of Oceanic Bodywork	6
2.2. Methods of Oceanic Bodywork	6
3 Professional Practice and Performance	8
3.1. Areas of action	8
3.2. Profile of Competence	9
3.3. Core Abilities	10
3.4. Supporting Abilities	11
4 Contribution to wellbeing and to society	12
4.1. Contribution to wellbeing	12
4.2. Contribution to society	13

Profile Summary

1. Areas of activity

The OB Bodyworker is a professional in the Bio-Natural disciplines. Against an holistic background, professionals strive to foster a body-mind-soul balance in people, who either pursue the maintenance and improvement of their psycho-physical well-being, or intend to undertake a path of personal growth.

OB Bodyworkers commit to their profession with a sense of responsibility, and, in most cases, work as freelancers. They can also be employed in thermal-spa facilities or wellness centres. If licensed, they are entitled to work in the medical and educational fields, or within the framework of social services.

2. Foundations of the Profession

The OB Bodyworker considers the balance of a human being as a process, which depends on individual factors; it entails the interaction of body, mind and emotions within the social fabric of a person's life. Oceanic Bodywork practices aim to strengthen self-regulation, promote self-perception, stimulate resources and consolidate personal skills.

3. Professional Practice and Performance

The OB Bodyworker:

- Establishes a relationship based on respect and trust, taking all existing resources into account;
- Uses the method in a specific way, appropriate to each body, incorporating it into the movement, contact work, and breath and energy work, in order to stimulate people's self-regulating forces in a targeted way;
- Supports processes of self-perception and awareness, thus stimulating resources, new perspectives, and new methods of intervention;
- Recommends some life-style changes for the client, which could support, help solve, &/or alleviate the needs that are presenting;
- Is entitled to collaborate with other specialists, & relevant persons indicated by the client, throughout the duration of the growth process;

- Continually improves & refines his/her professional and personal development, & takes care of his/her own personal balance;
- Promotes the profession, always behaving professionally, and respecting ethical and deontological principles;
- Establishes professional networks and promotes excellence with respect to people's well-being;
- Manages his/her business in a professional manner.

4. Contribution to the wellbeing of people and society

The OB Bodyworker promotes a holistic understanding of wellbeing.

1 Areas of activity

1.1 Job title

Bodyworker in Oceanic Bodywork Fire & Earth
Bodyworker in Oceanic Bodywork Aqua
Bodyworker in Oceanic Bodywork Air

1.2 Areas of practice

The OB Bodyworker works mainly as a freelancer, and is fully responsible & liable for his/her work. He/She can also be employed in, and be part of, an interdisciplinary group.

- in their own studio/pool;
- in thermal-spa centres, wellbeing centres, or other centres promoting an holistic approach;

- in private and/or public pools;
- within companies that promote corporate wellbeing;
- upon specific request, and only if entitled by the required license, in public education institutions, social services institutions, or within programmes targeted to wellbeing.

1.3 Clientele

All sections of the population may call upon the services of the OB Bodyworker, and there are no age limits. Within the boundaries of his/her own professional development, the OB bodyworker can specialise in the treatment of specific groups of people (for instance: newborn babies, children, teenagers, pregnant women, elderly people, etc).

The OB Bodyworker works with and supports people who:

- seek the maintenance of their wellbeing;
- pursue the improvement of their wellbeing;
- pursue a path of personal growth;

The Goals of treatment are basically:

- Understanding and treating needs and/or diseases in an holistic way;
- Strengthening the self-regulatory forces of the body in an holistic way;
- Stimulating and reinvigorating personal processes;
- Acquiring new perspectives and intervention modalities in order to improve & extend one's own expertise;
- Learning to deal better with stress and disease;
- Regaining physical, emotional, and psychological strength, stability and flexibility;

2 Foundations of the Profession

2.1. Foundations of Oceanic Bodywork

The concept of the human being (taken entirely from OB Fundamentals)

Oceanic Bodywork is based on the following vision of the human being:

- **Holistic approach** - The human being is an indivisible Unity of body, mind and soul, that continuously interacts with the surrounding environment.
- **Individuality** - Every human being is unique. Lifestyle, perception and self-regulation, as well as the ability to maintain a vital and dynamic balance, are features of an individual.
- **Collectivity** - Human beings are integrated into a network of relationships, both within a community and within the environment. They need to live in an acceptably safe environment, making the most of their potential in the community, and being loved, recognized, appreciated and respected.
- **Heterostasis** - Human beings are exposed to ever-changing influences, stress factors and risks. Discomfort, disorders, pain, illnesses, misfortune and suffering, all tangle with life in an unavoidable way, and represent challenges that every human being is called upon to face. This truth requires the individual to have the ability to adapt to difficult circumstances
- **Homeostasis** - The human body is conceived in such a way that allows it to maintain a vital and dynamic balance, even when beset by changing external influences. This continuous regulation occurs on both a conscious and an unconscious level, through thought, perception and action, while interacting with everything that is happening on the physical level.
- **Personal competence** - Human beings have an inherent potential that allows them to develop their personalities and give meaning to their lives. People strive towards self-determination, & the development and achievement of their maximum physical, mental and emotional potential. Human beings are actively involved in the creation of their own lives and well-being.

Goals

Oceanic Bodywork considers energetic balance to be an individual and holistic process, involving the body, mind and emotions.

It is therefore focused on strengthening the following issues in a targeted manner:

- **Strengthening self-regulation** - to become aware of, & acknowledge, any imbalance or dysfunction in self-monitoring, that could impact well-being & result in illness or limitation.
- **Promoting self-perception** - it encourages perceiving the body differently, thus assisting the client to be aware of the various ways of enhancing or diminishing one's personal wellbeing.
- **Strengthening self-competence** - it supports clients who come to deal with illness and stress. It also helps those in search of the best & most appropriate ways of developing and consolidating the necessary physical, mental and emotional skills and resources to assist in their personal process.

A supporting presence

Oceanic Bodywork practices are oriented towards methods, the body, processes and interactivity:

- **Method-centred approach** – OB Bodywork is based on abilities acquired through a specific method.
- **Body-centred approach** – the OB Bodyworker bases his/her work on the human body - its constitution, expression, and posture, and the Bodyworker's experience. He/She delivers his/her work through contact, movement, the breath, dynamic suspension in a fluid medium, and energy. These render the physical conditions both perceptible and able to be influenced.
- **Process-centred approach** – the OB Bodyworker takes note of and integrates those physical processes that target the strengthening of resources. This also includes the establishment and consolidation of long-lasting processes of change. The OB Bodyworker will only interview clients, and provide recommendations, upon request.
- **Interactive approach** – Oceanic Bodywork is interactive; the process of guidance unfolds within a framework of verbal and non-verbal dialogue, as well as within the relationship between Bodyworker and client.

Stages of the process

The OB Bodyworker's practice is based on the following stages :

- ◆ the initial interview & meeting
- ◆ The Oceanic Bodywork process
- ◆ integration of the process
- ◆ transference

(for a more detailed explanation see the document Skills and [Abilities](#), pt.1)

The four [phases](#) comprise a complete cycle, and are defined as :

- ◆ the single process phase;
- ◆ the single session;
- ◆ the totality of the accompanying processes.

These phases do not necessarily occur in a linear way and may overlap. The phases of the process relate to the changes and experiences initiated through physical perception. The phases of the process are also the experiences and changes initiated by the [physical](#) aspects of the treatment. They are activated, guided, and supported by the method-centred, body-centred, process-centred, and interactive approaches.

2.2 Oceanic Bodywork methods

There are three methods of approach: Oceanic Bodywork, Fire&Earth, Oceanic Bodywork Aqua, and Oceanic Bodywork Air.

3 Professional Practice and Conduct

3.1 Areas of action

The area of activity, the tasks, and related professional abilities of an Oceanic Bodyworker, include the following :

- A. performing a session based on OB techniques;
- B. a client-centred treatment approach;
- C. personal development;
- D. professional conduct;
- E. public relations and professional networks;
- F. practice management and organisation.

Areas A and B encompass the Oceanic Bodyworker's core abilities.

They represent the main aspects of their work, enabling them to work with clients, and specialists, as well as co-operate with the relevant people indicated by the client.

Areas C to F comprise supporting abilities, allowing the OB Bodyworkers to manage their practices responsibly, usually in a self-employed capacity, as well as achieving the required standards and quality.

Their competence in all areas allows the OB Bodyworkers to conduct themselves in a professional manner.

3.2 Competency Profile

Areas of action		Professional competence				
		1	2	3	4	5
Core competencies	A Implementing Oceanic Bodywork	→ Encounter - initiating the growth process	Work - body and process centred approach	Integration - deepening the process	Transfer - securing sustainability in everyday life	Development of body-centred group processes
	B Client-oriented co-operation	→ Working with people indicated by the clients (according to the specific case)	Working with specialists in other disciplines (according to the specific case)			
Supporting competencies	C Personal development	→ Professional development	Evolving on a personal level	Cultivation of personal balance		
	D Professional conduct	→ Acting according to professional, ethical, and deontological principles	Commitment to, and representing, the profession			
	E Public relations and networking	→ Commitment to the promotion of people's wellbeing	Establishment of a professional network	Teamwork		
	F Practice management and organisation	→ Practice Management	Safeguarding and developing quality assurance			

3.3 Core Abilities

3.3.1. Working with Oceanic Bodywork

The OB Bodyworker supports the body's self-regulatory powers through an interactive, body-centred, and process-centred treatment approach, based on his/her specific method. He/she specifically promotes the clients' self-perception, thus furthering a sustainable, resource- and competence-oriented process. In some cases, this work can also be held in small groups, which requires an ability to hold & integrate group energies.

- 3.3.1.1. **Encounter - introduction to the path of personal growth.** The OB Bodyworker welcomes his/her clients with an empathic and exploratory attitude. He/ She establishes a relationship with them based on trust, and respect for their interests, values and rights. He/ She collects information about the client's feelings during this meeting, and whether there are any potential contraindications for the treatment. The goals to be achieved are defined together with the client. The OB bodyworker is focused on the body and its processes. He/ She envisions the client as a co-creator in the process from the beginning, but acknowledges, however, their abilities and specific limitations.
- 3.3.1.2. **Work – body and process-centred approach.** The OB Bodyworker works interactively, including touch, movement, respiration and energy. The OB Bodyworker conducts a session according to a specific method, and specifically targets the client's self-regulating forces. New body experiences are imparted, beginning the processes of self-perception and energy balance. He/she makes sure that their clients are aware that their discomforts and limitations are able to be understood and influenced.
- 3.3.1.3. **Integration – deepening the awakening process.** The OB Bodyworker continuously reflects the development of the client's process. He/She helps the client to perceive changes, and observe and interpret the influence of personal factors. The client is provided with information related to possible new ways to aid their personal process. The OB Bodyworker checks the planning of the sessions with the client, modifying it to allow the personal process to unfold freely. In this way, the client is given the opportunity to develop additional skills and abilities.
- 3.3.1.4. **Transfer – establishing generalisation and “carry-over” into everyday life.** The OB Bodyworker plans and ensures that this the personal process is able to be sustained in everyday life, and offers guidance to clients until the goals of the sessions have been achieved. Targeted assistance is offered to support the putting into practice of all the positive changes that have been experienced, and to guide them into their private and professional everyday lives with confidence & competence.
- 3.3.1.5. **Development of body-centred group processes.** The OB Bodyworker also includes holistic processes in the work with the group. He/ She provides the participants with both verbal and physical indicators in relation to movement, posture, voice and the breath. The OB Bodyworker uses a specific method in this work. He/ She encourages the clients to have clarity and insight into their experiences, and organise them. The client is provided with a frame of reference in order to explore and experience new approaches to the Self. The participants are helped to reflect the guidance they received in their everyday lives. The potential inherent in the group, for mutual help, encouragement and appreciation, is noted.

3.3.2. Client-centred cooperation

The OB Bodyworker works with relevant persons indicated by the client, and other specialists, when appropriate.

3.3.2.1. Cooperation with caregivers. The OB Bodyworker requires formal consent from those with legal rights over the client (ie: parents, guardians, relevant persons indicated by the client) and, if necessary, involves them in the process.

They are provided with any necessary explanations, in order to help the client in his/her personal process.

3.3.2.2. Multidisciplinary cooperation. After having assessed any possible needs, and discussed them with the client, the OB bodyworker may collaborate with other wellness professionals.

3.4 Supporting abilities

3.4.1. Personal development

The OB Bodyworker makes a commitment to continuous personal and professional development, including the nurturing of his/her own balance.

3.4.1.1. **Professional development.** The OB Bodyworker conducts his/her work with awareness of the ever-changing development of the profession, and continually assesses and expands his/her professional activity ie : knowledge, skills and attitudes.

3.4.1.2. **Personal development.** The OB Bodyworker evaluates the phases of his/her own personal growth and development, bringing this into harmony with his/her professional activity.

3.4.1.3. **Supervision.** The OB Bodyworker seeks supervision when appropriate.

3.4.1.4. **Cultivation of personal balance.** The OB Bodyworker should take care of his/her personal balance, being aware of the particular challenges inherent in the profession. He/she should know how to manage stress, recognize the signs of psychophysical overload, and act accordingly.

3.4.2. Professional conduct

The OB Bodyworker should be committed to the profession and aware that he/she is representing it, and work in compliance with ethical and deontological principles.

- 3.4.2.1. Works in compliance with professional, ethical and deontological principles. The OB Bodyworker is required to abide by professional ethics and principles, and adhere to legal requirements and conditions. Their work should be competent, and respect both professional and personal boundaries.
- 3.4.2.2. Is committed to, and represents, the profession. The OB Bodyworker supports the development of the profession, and contributes to the public's positive perception of it.

3.4.3. Public relations and networking

The OB Bodyworker is committed to promoting well-being in society.

He/She is open to other holistic methods, and participates in groups, projects and networks in a constructive and solution-oriented way.

- 3.4.3.1. **Commitment to promoting well-being.** OB Bodyworkers are committed to promoting well-being in general, and to developing their own abilities in order to promote and enhance this well-being.
- 3.4.3.2. **Establishment of a specialized network.** The OB Bodyworker organizes his/her business within an interdisciplinary network, and collaborates with other related specialists and professional organizations.
- 3.4.3.3. **Specialist teamwork.** The OB Bodyworker may work in study groups, interdisciplinary groups, projects and team networks in the social, educational and recreational fields.

3.4.4. Practice management and organisation

The OB Bodyworker recognises the measures necessary for managing his/her practice, and ensures that the work is carried out impeccably for the well-being and safety of clients.

- 3.4.4.1. **Managing a business.** The OB Bodyworker manages his/her business according to entrepreneurial, economic and ecologically sustainable principles. He/she is responsible for the administration and success of the business . All business with customers must be legally documented to protect their privacy.
- 3.4.4.2. **Ensuring and developing quality.** The OB Bodyworker regularly evaluates the quality of his/her professional work, adopting measures to guarantee and develop this to the highest degree.

4 Contribution to well-being and to society

4.1 Contribution to well-being

Versatility – Oceanic Bodywork is indicated for the maintenance of personal wellbeing, commitment to a path of personal growth, or when dealing with stress or tension unrelated to any pathology.

Low risk – Oceanic Bodywork adopts a body-oriented approach. It uses tools such as touch, movement, breathing, dynamic suspension in a fluid medium, and energy, to stimulate the self-regulating forces of the organism.

Field research indicates that this approach is very low risk.

Holistic – Oceanic Bodywork focuses on the interaction of body, mind and emotions, which is used to initiate personal processes.

Develops and strengthens abilities – Oceanic Bodywork fosters the development of new perspectives, motivation, and the strengthening of personal power, all directed towards solving present difficulties.

Serves a need – Oceanic Bodywork answers an increasing demand for Bio-Natural disciplines. A section of the population has been involved with this type of approach for many years, and the trend is growing.

4.2 Contribution to society

Oceanic Bodywork offers a vital contribution to society with respect to developing a new understanding of ‘well-being’.

It highlights the importance of:

- Dealing with stress, challenge & time constraints in an adaptable & flexible manner.
- Realising that feeling “bad”, feeling that well-being is compromised, is a signal that change is required, is a signal that a fresh look at the meaning of “well-being” is indicated.
- From a holistic point of view, considering inconvenience and limitation as multidimensional phenomena
- Developing specific processes of self-perception and awareness in clients, that strengthen their resources and encourage new ways of promoting well-being;
- Taking the customers’ opinions into account, as they are an integral and active part in their own processes. Once their input has been included, this contributes to the strengthening of the clients’ personal skills;
- Ending the association if no improvement in balance and well-being is evident.