

Eligibility for APA Therapist Membership

The APA criteria for granting membership to Ayurvedic Lifestyle Therapists has been created in collaboration with educationalists and experts who have particular experience in this field. These criteria are in accordance with the [UK Quality Code for Higher Education](#).

At present there are no National Standards for Ayurvedic Lifestyle courses in the UK. In setting criteria for members, the APA aims to preserve the authenticity of the science of Ayurveda without dilution. There are many courses available in the marketplace that offer to train people as Ayurvedic practitioners and therapists however it is outside the scope and ability of the APA to audit all the courses available either in the UK or abroad. With this in mind the Educational Board from the APA committee has set entrance criteria to give clarity to prospective members of our expectations of the standards of their training.

The APA's key role is to ensure that those practising Ayurveda in the UK have a sound knowledge of Ayurvedic science and can apply it safely and authentically. The APA therefore recommends existing schools and colleges to adapt their courses to meet the standards outlined below, and encourages all current members to keep expanding their knowledge and skills through professional training, both in the UK and abroad.

This recommendation is for new members who wish to apply for associate membership of the APA. It is understood that there currently are associate members of the APA who have trained over many years in complementary professions, i.e. Herbalism, GP, who have then integrated Ayurveda into their practice via ongoing study, training and years of practical experience. Therefore these criteria will not apply to current APA members.

APA requirements for therapist membership from January 1st 2015

1) To be recognised as an Ayurvedic course, all teaching staff of the training establishment must be at least full Ayurvedic practitioners and the key tutor/s must have additional qualifications as education providers.

2) Ayurvedic therapists will have a sound knowledge of anatomy, physiology, foundations of Ayurveda, basic Sanskrit language for Ayurveda understanding, essential Ayurvedic spices, Ayurvedic principles for health maintenance, Ayurvedic nutrition, Ayurvedic health maintenance focused body therapies (e.g. Abhyanga, Shirodhara).

3) At the end of the full time study (minimum of 1000 hours, of which 60% has been delivered face-to-face at level 5), graduates will have the knowledge and skills to advise clients on managing their lifestyle from an Ayurvedic perspective. Where study has been undertaken over a period of time at possibly different training establishments, points 1 & 2 must be applicable to the training establishments.

4) Graduates must produce transcripts of their assessments along with appropriate certificates.

5) Graduates must provide the full curriculum document outlining core competencies and assessment methods from their training establishment.

6) The course providers can be located either in the UK or outside of the UK. However, if a graduate has studied outside the UK, unless they are first language English speakers, they must provide evidence for English language competency (IELTS academic minimum score of 6). Also, the graduate must provide evidence of student visas for the duration of study if undertaken outside of the EU, if he/she is not a citizen of the respective locality of the institution. If graduates are unable to provide IELTS English competency, evidence may be provided via work experience or via a board interview.

7) The Clinic for Boundaries Studies Professional Boundaries course must be completed within the first year of APA membership.

8) There is a non-refundable processing fee for therapist membership approval. This is because providers offer courses with mixed delivery methods set at varying levels, none of which can be compared easily. Currently there is not an agreed core curriculum for an Ayurvedic body therapist / nutritionist / lifestyle therapist. A £25 non-refundable fee will be chargeable to the applicant, which will be deducted from the membership fee for successful applications. Please note, additional fees may be applied where necessary, for example if an interview is required with the APA Educational board.

9) Anyone who does not fulfill the entrance criteria but wishes to apply for therapist membership may request an interview with the membership committee. A £70 fee will be charged to cover the costs of the interview, however, should the applicant subsequently be found eligible to join, the application fee mentioned in 8) above will be waived.

10) The APA reserves the right to ask an applicant to appear for an interview.

11) Ayurvedic lifestyle therapists have the right to use the APA logo.

12) Ayurvedic service providers do not have the right to use the APA logo.

These criteria have been developed in accordance with the [UK Quality Code for Higher Education](#).

For more detailed information regarding Level 5 standards, please visit the "Education" section of the APA website.