

Union Europeenne de Naturopathie
Unione Europea di Naturopatia
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European Union of Naturopathy
Ευρωπαϊκή Ένωση Φυσικοπαθητική

EUROPEAN PROFILE OF THE NATUROPATH / EUN

Of course, this profile mainly describes the common points about who is a professional naturopath in the different member countries of E.U.N. In accordance with the laws, the history and local trends, some nuances could exist in any countries. Those nuances are specified below.

1. Roots of the profession
2. Definition
3. Areas of professional practice
4. Professional activity
5. Customers
6. Independence
7. Deontology and action's limits
8. Professional areas of activity
9. Formation
10. Certification
11. Continuant adult Education
12. Administrative controls
13. Outlook for an integrative medicine

1. Roots of the profession

If naturopathy draws its historical roots from the Hippocratic hygienic medical culture, it was mainly born end of the 19th Century in United States and Europe.

The Anglo-Saxon, German and North-American trends quickly attract a following in most of the world.

Nowadays, naturopaths are more and more to practice in Europe and answer the request of more than 100 million of Europeans.

Naturopathy is considered as a « Traditional Medicine » by the WHO (World Health Organization), as one of « Non Conventional Medicine » by the European authorities and is apart of CAM or Complementary Alternative Medicine in United States.

In the other continents, naturopathy is incorporated in a dozen of North-American States, in English part of Canada, in Australia, in New Zealand, as well as in India or China... So they are partners of a new multi-disciplinary concept: the « Integrative Medicine ».

2. Definition

In Europe, all professionals can see themselves in all of those common features:

- European naturopathy is coming from traditional practices and knowledge. It gathers every natural methods of hygienic life useful to maintain, recover and develop well-being, vitality, quality of life and so the health of anyone.
- This whole well-being (holism) is made with physical, biological, energetic, psychological, socio-cultural and environmental dimensions.
- Naturopathic help's relation (consultations, acts, advices and services) is, in consequence, the one of educators – counselors of health and global well-being.

3. Areas of professional practice

A naturopath participates, through his acts, advices and services, to better quality of life, and more precisely:

- to the promotion active primary prevention for any ages in life
- to the help of the intrinsic abilities for a positive reaction of the patient
- to a positive restoration of the biologic ground and humors
- to the promotion of the best quality of life, well-being and global health of the patient
- to the evaluation of the behavioural, environmental and social influences which can damage well-being, vitality or quality of life, and so human health
- making aware the patient of his responsibilities in order to make him more and more autonomous
- to the upholding and restoration of the psychobiologic, energetic, ecologic et homeostatic balance
- to individualized corrections of the ground, energetic, functional and psychosomatic derangements

4. Professional activity

His activities can defined in two different types:

- a) Educator of health: information, awareness and popular educational methods in most of well-being areas (individual, familial, professional, social, cultural, school, university, media, ecologic...).
- b) Counselor, via acts and individualized services, for a global well-being restoration (improvement of environmental factors, stress management, life habits and behaviours to optimize vital resources, natural immunity, regeneration, self-regulation, spontaneous restoration of the vital functions...).

5. Customers

His clientele is made of:

- Anyone who wants to optimize his life habits to get an active primary prevention of health
- Anyone healthy, concerned about keeping the best well-being ever and having a keen interest in getting to know himself better or self manage better his life habits
- Anyone healthy but wanting to optimize his capital, to develop his potential and resources
- Anyone being convalescing who wish to support his processes
- Anyone affected by minor functional or chronic troubles (diagnosis first set down by a traditional doctor) wishing a non allopathic complement
- Anyone affected by minor acute troubles (diagnosis first set down by a traditional doctor) wishing a non allopathic complement
- Anyone affected by degenerative or lesion-causing troubles, of course followed by institutional medicine (allopathic), but who wish more pieces of information, advices or support to go through this life crisis.

6. Independence

Naturopaths neither belong to medical sector nor paramedical. They totally work in a professional independence.

7. Deontology

Besides the professional independence mentioned above, the different Deontology Codes share:

- The professional confidence of practitioners
- Respect of human being, whatever ethnic group, belief, religion, culture, condition and standard of living
- The duty of reaching the best results for his patient
- Professional qualities : listening, empathy, relevance, communication and educational methods towards his patient
- Rigour, ethics and seriousness of his job in order to maintain the corporation at the best level of respectability and ethics

- The fact that a naturopath practitioner never interferes within the scope of a pregnancy breaking off and neither conducts a surgical, dental, obstetric, nurse act, nor another reserved act according to laws in force
- The fact that he is always concerned about practice his job with a continuous research of efficiency and the vigilance of harmlessness
- The fact that he keeps the best relationship with his colleagues as well as the assistance relations partners, medical, paramedical or other one. He is aware of the fact that multidisciplinary quality is an important key for efficiency and harmony within public health services
- His fees are made with delicacy and fairness, as suggested by professional institutions

8. Professional areas of activity

A naturopath never interferes in the medical diagnosis or symptomatic treatment first set down by an allopathic doctor about real or supposed diseases.

- If a naturopath approves the « therapeutic free choice of his patient », he is as well conscious of his limits and knows when to refer his patient to a medical service each time it is necessary.
- A naturopathic diagnosis is sometimes allowed (for example: Germany) or legalized (for example: Portugal). This « naturopathic diagnosis » (non medical) is therefore never in competition or substitution with an allopathic diagnosis, but is equivalent to a set of vitality and ground check-up.
- He never influences his patient to change or stop an eventual medical treatment in progress. His advices and services are mainly useful to complete other medical cares.

9. Formation

Formation of naturopath practitioners is nowadays exclusively assured by private structures in Europe.

It is provided either as a « first-degree course » (young students reaching an academic degree or students starting a professional retraining), or as a « secondary modern school » (professionals from medical or paramedical sectors who can justify recognized diplomas equivalent to this formation).

The average level of those formations is at least equivalent to European level II.

A degree course includes educational keys specific to knowledge, savoir-faire, good being and good teaching (or good communication).

10. Certifications

Certification of naturopaths is assured by their unions, federations, or professional associations.

The professional independence of naturopaths implies they received the best formation and their administrative supervision guarantees their skills, deontology, administrative regulation and their adult education.

11. Continuant Adult Education

Every practitioner has to regularly follow professional formations (supervision, to be brought up to scratch, improvement).

Those formations are compulsory imposed and supervised by their associations, federations, unions or professional unions

12. Administrative regulation

According to the current country, local differences can exist, but naturopath practitioners always have the duty to be in compliance with taxes and administrative institution.

For instance:

- They got specific professional insurances
- They are members of their union or federation or association or professional union
- They regularly pay their taxes

□ More and more mutual insurance companies or complementary insurances take care of the refund of some referenced naturopathic consultations and services, even some food complements prescribed by the practitioner.

13. Outlook for an integrative medicine

Naturopath practitioners aim in long term at becoming integrated in a partnership with all professionals of well-being and public health sectors in a mutual respect. They all practice their art in a perfect conformity to technical, ethical, philosophical and scientific basics and structures of each one while keeping their own autonomy.

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