

## Professional Competence Profile Quadrivas therapist QT09-25

### Preface

We are pleased to present the *Professional Competence Profile for the Quadrivas therapist*. This document describes the professional activities of the Quadrivas therapist, the context in which these are carried out, and the competencies required for their execution.

The BCP–Quadrivas therapist is intended for certified Quadrivas therapists (who meet the established quality standards) as well as for student Quadrivas therapists enrolled at the Quadrivas Academy. In addition, we expect that other healthcare disciplines, client associations, KTNO (Quality and Assessment of Nature-Oriented Education), and other parties involved in Quadrivas Therapy will also make use of this document.

This document consists of the professional profile and the competence profile. The professional profile sets out the requirements for the professional practice of a Quadrivas therapist trained at higher professional education (hbo) level. The professional profile and competence profile together form the basis for the educational profile.

*Note: Wherever “she/her” is used in this document, “he/his” may equally be read.*

*Note: The original Dutch document, Beroepscompetentieprofiel Quadrivas Therapeuten, serves as the authoritative source for this translation. Any discrepancies, inaccuracies, or mistranslations from Dutch into English do not constitute grounds for legal, professional, or formal claims, objections, or resistance. The Dutch version remains definitive and binding in all professional and legal contexts.*

### 1. Job description Quadrivas therapist

#### Introduction

Quadrivas Therapy is a manual method with both therapeutic and preventive effects in the treatment of physical complaints and conditions. The profession of Quadrivas therapist is a (para)medical-related profession, based on the provision of healthcare within the framework of health and disease, using an exclusively manual form of therapy. In order to arrive at a job description, the following conceptual framework is applied.

#### The Quadrivas therapist

A Quadrivas therapist is understood to mean: a higher professional education (hbo)-qualified therapist who is fully trained to work with a unique treatment method, aiming to establish an independent position within (para)medical healthcare.

#### The profession of Quadrivas therapist

The Quadrivas therapist is active in both curative and preventive healthcare, with the goal of promoting the client's health. The Quadrivas therapist practices independently and has an overall understanding of the healthcare field.

#### Field of practice

The Quadrivas therapist works in primary healthcare. They are an independent practitioner with their own practice. No referral from a general practitioner or specialist is required to request a consultation with a Quadrivas therapist. Where contact with a third party is necessary, and the client has given explicit consent, the therapist collaborates with physicians, specialists, and other healthcare disciplines.

#### Competencies derived from the higher professional education character of the Quadrivas therapist training

A competence is an integrated set of knowledge, understanding, skills, attitude, and personal qualities that enable the achievement of results in a given work context or professional practice. Competencies describe the required knowledge, understanding, skills, and attitude to perform core tasks. Competencies are a cluster of skills, knowledge, attitudes, qualities, and insights, which a professional

is expected to apply in the practice of the Quadrivas therapist profession. Competencies refer to individual capacities in relation to the demands of the profession of Quadrivas therapist.

### **Holistic perspective**

The holistic perspective from which the Quadrivas therapist works is based on the recognition of the interconnectedness of the physical body with emotional, mental, energetic, and spiritual aspects.

## **2. Responsibilities in different domains**

The Quadrivas therapist has responsibilities in several domains, all of which are directly connected to the professional practice. These responsibilities are expressed in:

- A. Lawful conduct
- B. Discipline-oriented tasks
- C. Therapist-oriented tasks
- D. Organization-related tasks

### **A. Lawful conduct**

A Quadrivas therapist must adhere to the legislation applicable to the therapist's field of practice. These laws include:

#### **A.1 The BIG Act (Individual Healthcare Professions Act)**

The BIG Act and its associated general administrative orders leave alternative healthcare providers entirely free. The title *Quadrivas therapist* is not a protected title. Patients/clients may choose freely between conventional or alternative treatment. Only the professions listed under Article 3 (physician, dentist, pharmacist, healthcare psychologist, psychotherapist, physiotherapist, midwife, nurse) are authorized to decide whether a medical intervention involving significant risk to the patient is necessary. These interventions are known as reserved procedures.

The scope of practice of the Quadrivas therapist falls under the provision: "*causing (a significant risk of) harm to health.*" This also includes omissions, such as failing to refer a client when this is indicated.

Offenses by unauthorized persons include, among others:

- Performing a reserved procedure without authorization, such as: surgical procedures, obstetric procedures, catheterizations and endoscopies, punctures and injections, anesthesia, use of radioactive substances and ionizing radiation, cardioversion, defibrillation, electroshock therapy, lithotripsy, artificial fertilization.
- Delegating a reserved procedure without meeting the legal requirements.
- Causing (a significant risk of) harm to health.
- Unlawfully using a legally protected professional title.

#### **A.2 The WGBO Act (Medical Treatment Contracts Act)**

The Quadrivas therapist must clearly inform the client about the nature of the therapeutic examination and treatment, as well as the reasonably foreseeable developments. Children under the age of 12 may not be able to understand the nature of potential pain experienced during treatment; therefore, it is not recommended to treat children younger than 12 years.

The Quadrivas therapist must inform the client of any possible risks associated with the treatment. The Quadrivas therapist must obtain the client's consent before sharing client information with third parties.

#### **A.3 Criminal Code, Article 272**

Anyone who deliberately violates a secret which they know, or could reasonably be expected to know, they are obliged to keep due to their office, profession, legal provision, or previous office or profession, shall be punished with imprisonment of up to one year or a fine of the fourth category.

#### **A.4 GDPR (General Data Protection Regulation)**

The Quadrivas therapist informs the client about how the collected data will be used. The Quadrivas therapist may only collect and process data that is necessary for the treatment. The client has the right to access their personal data and, if necessary, request corrections. A privacy statement must always be accessible to the client.

#### **A.5 Wkkgz (Healthcare Quality, Complaints, and Disputes Act)**

The Quadrivas therapist falls under the Wkkgz because they perform actions in which clients are presented with the prospect of healing.

The Quadrivas therapist is obliged to be affiliated with an independent complaints committee or dispute resolution body.

#### **A.6 Medication changes**

The Quadrivas therapist is not permitted under any circumstances to alter the medication prescribed to the client by the attending physician(s). Any changes to medication may only be made by the attending physician(s) after consultation with the client and, if applicable, with the Quadrivas therapist. If a client independently changes their medication, the Quadrivas therapist is not responsible for such changes.

### **B. Discipline-oriented tasks**

These are tasks that must be completed before a therapist can practice as a Quadrivas therapist and relate to:

#### **B.1 Registration criteria**

The Quadrivas therapist must:

- Be registered with the Chamber of Commerce.
- Possess a VAT number.
- Hold professional liability insurance.
- Be affiliated with the *Samenwerkende Quadrivas Therapeuten*.
- Optionally, the Quadrivas therapist may take out legal assistance insurance.

#### **B.2 Competencies across different domains required of the Quadrivas therapist**

Competencies of the Quadrivas therapist are based on the knowledge acquired during training, professional experience, and additional skills gained through ongoing education. These competencies include:

- a. Acting and thinking in a professionally competent manner
- b. Communicating effectively with clients
- c. Collaborating with fellow therapists, trainees, and other healthcare providers
- d. Reflecting on one's professional expertise and substantiating therapeutic actions
- e. Promoting client health and understanding the societal context
- f. Acting in a problem-solving, creative, and complex manner
- g. Continuing professional development

#### **B.2 a) Professional competence**

A Quadrivas therapist is capable of acting and thinking effectively within their professional domain. In this context, the Quadrivas therapist has the competencies to:

- Set realistic goals, estimate treatment duration, frequency, and effects, and plan work in an organized manner.
- Reflect on professional practice based on the collection and analysis of relevant information, supervision, peer consultation, continuing education, and self-study.

- Based on the results of initial screening and findings from the therapeutic assessment, decide on or advise the client about the treatment plan, or refer if necessary.
- Identify risk factors that hinder recovery.
- Apply self-reflection.
- Act responsibly, with integrity, respect, care, and professional expertise.
- Be aware of both the client's and their own feelings in the present moment and, if in the client's best interest, discuss them.
- Maintain professional distance and see matters in a broader context.
- Tailor the treatment to the client's abilities and limitations.
- Determine whether a relationship exists between the client's physical and mental health.
- Use a positive, solution-focused approach to bring and/or keep the client in a mindset that maximizes the treatment's effectiveness.
- Be sensitive to the client's sense of pace, rhythm, space, language, and way of thinking and acting.
- Know their own quality in these areas and apply it flexibly within the client interaction while maintaining individuality.
- Distinguish between main and secondary issues.
- Logically and methodically determine the cause of the health problem according to the standards of their discipline, discuss it with the client, and identify missing information needed to establish the cause.
- Discuss potential outcomes with the client.
- Be self-critical and capable of higher-order thinking and acting.
- Set and maintain personal boundaries.
- Manage conflicts professionally and functionally.
- Engage third parties if necessary to resolve the health problem.
- Remain open to ideas from others.

### **B.2 b) Communication competence**

The therapeutic process is optimally focused on the individual within their context and the client's requests for help. It results from joint decision-making by the Quadrivas therapist and the client. Therefore, an optimal and functional relationship with the client is essential, and the client must be actively involved. Transparent and flexible communication is crucial.

- The Quadrivas therapist must possess strong communication skills, balancing equality, involvement, and professional distance.
- The Quadrivas therapist fosters an atmosphere of trust.
- The Quadrivas therapist can professionally conduct a holistic intake interview.

- The Quadrivas therapist is able to evaluate the treatment process midway, reflect on original goals, and, if necessary, adjust the treatment approach based on evolving insights.

**B.2 c) A Quadrivas therapist is socially and communicatively capable of working in a multidisciplinary context** From the perspective of professional multidisciplinary practice, the integration of knowledge, insights, attitudes, and skills (from various professional disciplines) is of great importance.

To achieve this, the Quadrivas therapist must:

- Be aware of the boundaries and capabilities of their own practice.
- Know when and how to refer to other healthcare providers.
- Know how to collaborate with other healthcare providers.
- Know how to communicate effectively with other healthcare providers.
- Stay informed of relevant developments in the social and professional environment through written and oral sources.

**B.2 d) A Quadrivas therapist is capable of acquiring knowledge to reflect on their own expertise and substantiate their actions**

The therapist has acquired knowledge of research methodology, the application of science, feedback, and related areas.

The therapist is up-to-date with the approaches and objectives of the Quadrivas Academy.

**B.2 e) A Quadrivas therapist has acquired knowledge about the societal context and the promotion of health**

They have obtained knowledge in areas such as prevention, social networks, lifestyle promotion, public health education, and related fields.

**B.2 f) A Quadrivas therapist is capable of acting in a problem-oriented, creative, and complex manner**

Based on an analysis of strengths/weaknesses and opportunities/threats, the Quadrivas therapist contributes to the development and implementation of strategic decisions regarding the demand for and provision of Quadrivas Therapy.

The objectives of this are:

- To help the client as effectively as possible;
- To optimize the quality of Quadrivas Therapy services;
- To improve the national position of the professional group.

This requires that the Quadrivas therapist is capable of:

- Analyzing and defining complex problems in professional practice based on relevant knowledge and insights.
- Applying or further developing meaningful solution strategies.
- Assessing the effectiveness of applied Quadrivas Therapy.

Issues in professional practice, where the problem is not clearly defined in advance and standard procedures do not apply, require the Quadrivas therapist to collaborate with the client to find solutions.

- The Quadrivas therapist analyzes and synthesizes information in complex cases and identifies the core issues.
- The Quadrivas therapist is capable of devising and applying alternative interventions.
- The Quadrivas therapist is able, when necessary, to deviate from procedures and schedules to achieve desired results if this serves the client's healing process.

### **B.2 g) A Quadrivas therapist is committed to ongoing professional development**

The Quadrivas therapist contributes to the professional development, profiling, and societal legitimization of the profession by:

- Implementing quality improvements and safeguarding innovation processes.
- Absorbing new information, ideas, and developments (after analysis and evaluation) and applying them effectively.
- Systematically and deliberately working on personal professionalism, quality, and improvement of professional practice.
- Meeting the requirements set by the professional group or association.
- Demonstrating involvement in and the ability to apply high-quality therapy in professional practice, resulting in progressive advancement of professional expertise.
- Maintaining a high level of self-awareness and self-confidence.
- Being willing to engage in self-reflection.
- Maintaining openness to a continuous learning process in professional practice.
- Learning reflectively from interactions with clients and colleagues, leading to quality improvement in therapy.
- Critically evaluating the principles underlying therapeutic practice, remaining open to new developments, and responsibly integrating them into professional practice.
- Continuously evaluating their own performance and applying quality improvements where possible.
- Actively monitoring and assessing new developments, opportunities, and scientific insights that affect professional practice.

### **C. Therapist-oriented tasks**

To perform the various tasks associated with the profession of Quadrivas therapist, the therapist must be aware of the different perspectives involved. These perspectives include:

1. Entry tasks.
2. Tasks related to intake, anamnesis, and diagnosis.
3. Formulating a treatment plan.
4. Implementing the treatment plan.
5. Evaluation and closure of the treatment plan.

### **C.1 Entry tasks**

Entry tasks refer to all tasks that must be carried out to ensure adequate access to therapy for the client.

- The Quadrivas therapist must provide the client with information about the organization of the practice, such as opening hours and accessibility.
- During the first (telephone) contact, the Quadrivas therapist must inform the prospective client about the duration and fee of the consultation.
- The Quadrivas therapist informs the client that a complaints procedure is in place.
- The Quadrivas therapist draws the client's attention to the existence of the privacy statement, specifically for Quadrivas Therapy.

During the first contact, the Quadrivas therapist is responsible for:

- Providing the client with the opportunity to briefly explain their request for help.
- Reflecting on whether they are able to address the client's issue, or whether the client should be referred to another discipline or a more experienced Quadrivas therapist.
- Being open to the client's request for help, regardless of age, social or economic status, education, culture, race, beliefs, or life stage.
- The Quadrivas therapist is not obliged to accept a client if it is clear in advance that a professional and ethical contact cannot be established. The therapist may also refuse a client based on sex.
- Providing the client with information and insight regarding the possibilities of therapy and the assistance that can be offered.
- Ensuring referral if the therapist anticipates that they cannot provide adequate assistance themselves. The Quadrivas therapist must not offer more help than they can competently provide based on their knowledge and skills.
- Being open and willing to consult with other involved healthcare providers.

### **C.2 Tasks related to intake, anamnesis, and diagnosis**

These tasks encompass all actions that the Quadrivas therapist must perform to clarify the client's holistic profile (physical, mental, emotional, and spiritual), upon which the therapist can base a targeted treatment. A medical diagnosis remains the responsibility of a physician.

#### **Intake phase**

The Quadrivas therapist is responsible for registering client information in collaboration with the client.

#### **Anamnesis phase**

The purpose of the anamnesis is to clarify the essence of the client's request for help across physical, emotional, mental, and spiritual dimensions, and to identify which complaints exist and on which levels the needs lie.

Tasks of the Quadrivas therapist during the anamnesis phase include:

- Asking detailed questions about the desired changes.
- Identifying actions the client has already taken to address the complaints and the findings of previous practitioners.

- Assessing the client's willingness to cooperate to ensure successful therapy.
- Identifying stress factors that may negatively affect the client's health.
- Asking about medical history, accidents, surgeries, digestion, nutrition, etc.
- Asking about contraindications for therapy, such as coagulation issues, previous thrombosis/embolism, current physical condition (fitness to exercise), or cardiac issues.
- Asking about familial diseases.
- Asking about medication use (prescribed or self-administered).
- Recognizing high-risk situations requiring specialized medical care and, if necessary, arranging immediate referral to a physician.
- Referring clients whose issues cannot be addressed through Quadrivas Therapy to an appropriate practitioner.

To conduct an anamnesis, the Quadrivas therapist must have:

- The skill to perform a thorough anamnesis.
- The ability to maintain a professional relationship with the client, being aware of communication processes, projection mechanisms, inequality in responsibility, interpersonal respect, and confidentiality.
- The ability to communicate openly and approach the client honestly.
- The ability to focus the investigation solely on obtaining information relevant to the treatment.

### **Diagnosis phase**

The diagnosis phase involves drawing conclusions based on information obtained from questions, examination, and observation.

Tasks of the Quadrivas therapist in this phase include:

- Assessing the client's vital life energy to determine recovery potential.
- Identifying any potential blockages in the client.
- Identifying possible factors that may hinder recovery.
- Observing the client for physical, mental, emotional, and spiritual symptoms, as well as non-verbal body language.
- Exercising due care when providing feedback to the client regarding findings.
- Assessing whether therapy is indicated or if there are contraindications that make treatment inadvisable.

### **C.3 Formulating a treatment plan**

The purpose of a treatment plan is to establish a structured approach for both the client and the Quadrivas therapist, ensuring that the client is fully informed about the methodology and steps involved in the therapeutic process. The treatment plan provides a clear roadmap, aligning the therapist's interventions with the client's needs, expectations, and capabilities.

The specific treatment methodology is designed to strongly support and stimulate the client's self-healing capacities. This approach aims to help the client return to a state of balance as quickly as possible, alleviate existing complaints, and increase the client's awareness of behaviors that contribute to their issues. By involving the client in this process, they are made an active participant and share responsibility for the progression and outcomes of the therapy. Furthermore, the treatment plan emphasizes self-care strategies and encourages the client to take responsibility for their own actions, in accordance with their abilities and limitations, as well as those of the Quadrivas therapist.

### **Tasks of the Quadrivas therapist in developing a treatment plan**

- Align the therapy with the findings from the anamnesis and assessment phases, ensuring that the treatment is tailored to the client's specific needs.
- Develop the treatment plan based on a holistic understanding of the individual, addressing the physical, mental, emotional, and spiritual dimensions of the client's complaints.
- Design a phased treatment plan in collaboration with the client, taking into account the client's personal capacity, lifestyle, and environmental context to optimize the effectiveness of the therapy.
- Provide the client with detailed information about the therapy, including the methods used, expected physiological and psychological reactions, and the role and limitations of the Quadrivas therapist.
- Minimize the risk of unwanted side effects for the client or others involved, ensuring that the treatment is safe and appropriate.
- Understand the boundaries of the therapy and, when necessary, refer the client to other healthcare providers or specialists to guarantee comprehensive care.
- Allocate sufficient time and resources to allow the therapy process to proceed successfully, including regular check-ins and adjustments as the client progresses.
- Foster an environment where the client feels engaged, informed, and empowered to participate actively in the therapy, strengthening their commitment and adherence to the treatment plan.
- Continuously monitor and evaluate the client's progress, adapting the plan as needed to respond to changing circumstances, new insights, or unforeseen challenges during the course of treatment.
- Encourage reflection and feedback from the client, integrating their observations into ongoing therapeutic decisions to ensure that the approach remains personalized and effective.

The development of a treatment plan is not merely procedural but requires critical thinking, professional judgment, and a deep understanding of both the client and the therapy methodology. It represents a dynamic framework that guides the entire therapeutic process while remaining flexible enough to adapt to the client's evolving needs and responses.

By thoroughly implementing these steps, the Quadrivas therapist ensures that the therapy is effective, safe, and empowering, allowing the client to actively engage in their own healing process and achieve optimal outcomes.

### **C.4 Implementation of a treatment plan**

The Quadrivas therapist works in a structured and phased manner, applying the methodology systematically and purposefully, both in the short and long term, depending on the client's abilities and needs and the insights of the therapist. To achieve this, the Quadrivas therapist must:

- Maintain an overview of the client's overall symptom profile in relation to their request for help through repeated diagnostics and additional anamnesis as needed.
- Inventory and evaluate the client's personal experiences with the therapy and incorporate these insights into the treatment plan to monitor progress toward the established goals.
- Critically review and, if necessary, adjust the treatment plan in consultation with the client to ensure that the intended outcomes are achieved.
- Promote the client's independence to prevent unnecessary dependence on the therapy or the Quadrivas therapist.
- Provide the client with insights into the healing process and explain the progress being made, increasing awareness of their own contribution to the complaints and helping to prevent recurrence.
- Offer advice and guidance regarding self-care measures that are relevant for maintaining dynamic balance, reducing or eliminating the need for continued therapy.
- Conduct interim consultations with referring practitioners if necessary.

### **C.5 Evaluation and closure of the treatment plan**

At the conclusion of the treatment plan, the Quadrivas therapist evaluates the final results with the client. This evaluation includes:

- Assessing the extent to which therapeutic objectives have been achieved.
- Discussing outcomes, improvements, and any remaining concerns.
- Providing recommendations for ongoing self-care or follow-up actions if needed.
- Ensuring the client is informed and confident in maintaining the benefits achieved during therapy.

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## **D. Organization-related tasks**

The Quadrivas therapist has responsibilities that extend beyond direct therapeutic practice to include organizational and professional management. These tasks ensure the effective functioning of the practice, legal compliance, and professional development. Key domains include:

1. **Practice management and entrepreneurship**
2. **Providing and maintaining structure (time management)**
3. **Record-keeping and documentation**
4. **Marketing and professional visibility**

### **D.1 Practice management and entrepreneurship**

The Quadrivas therapist manages a professional practice in which they operate independently and responsibly. This includes:

- Establishing and maintaining a functional and legally compliant practice environment.
- Overseeing administrative, financial, and operational aspects of the practice.
- Ensuring efficient scheduling and client flow while balancing workload and resource allocation.
- Maintaining professional liability insurance, accounting records, and compliance with all relevant laws and regulations.
- Strategically planning and developing the practice to ensure sustainability and growth, while safeguarding the quality of therapeutic services.
- Making informed business decisions that support both the viability of the practice and the quality of client care.

#### **D.1 Practice management and entrepreneurship (continued)**

- The Quadrivas therapist has organized practice operations efficiently, ensuring that administrative tasks for themselves, clients, and others can be completed quickly and effectively.
- The Quadrivas therapist maintains financial matters in order, is able to provide financial accountability, has knowledge of financial aspects, and may consult with a financial expert if necessary.
- Ensures that practice administration is properly maintained.
- Develops and maintains a vision, mission, and policy plan for the practice.
- Operates in accordance with applicable (legal) requirements, standards, guidelines, and any relevant protocols.
- Estimates revenue and expenses and monitors financial performance.
- Demonstrates the ability to manage risks and uncertainties effectively.
- Ensures that the practical conditions for the practice are maintained, including inventory management, archiving, cleaning, and maintenance.

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#### **D.2 Providing and maintaining structure (time management)**

- The Quadrivas therapist schedules appointments with clients appropriately, taking into account time required for administrative duties and overall practice management. If necessary, a timetable or schedule is created to support this.
- Provides a waiting area if required for client comfort.
- Ensures that the practice space is accessible and adequately soundproofed.
- Handles complaints carefully and systematically, using findings to support peer review, reflection, and continuous quality improvement.

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#### **D.3 Record-keeping and documentation**

- The Quadrivas therapist maintains a file for each client, containing client information and treatment records (see C.2 Therapeutic Tasks).
- This file must be available for the client to inspect at all times.
- Exchange of information with other therapists or healthcare providers is only permitted with the client's written consent (in accordance with GDPR/AVG).
- Record-keeping and documentation may be digital, provided that procedures comply with GDPR/AVG regulations.
- The statutory retention period for client records must be strictly observed.
- Client records must be stored in a secure, lockable location to ensure confidentiality and protection of personal information.

#### **D.4 Marketing**

- The Quadrivas therapist applies creativity in client acquisition and promotion, which may include providing information sessions, lectures, or presentations to the public and other institutions.

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### **3. Job requirements**

Regarding the requirements for the position, it is stipulated that the Quadrivas therapist must be trained and qualified to ensure that:

- The Quadrivas therapist is certified or licensed, enabling them to recognize fundamental aspects of anatomy, physiology, pathology, psychopathology, and technical expertise. This ensures that the manual treatments provided are appropriate and fall within the scope and limitations of Quadrivas Therapy.
- The Quadrivas therapist adheres to the Code of Ethics and Professional Conduct for therapists as established by the Samenwerkende Quadrivas Therapeuten and as described in this job profile.
- The Quadrivas therapist functions in accordance with the professional description outlined in the occupational profile.
- The Quadrivas therapist bears responsibility for education within their field and contributes to the Samenwerkende Quadrivas Therapeuten organization to the extent of their abilities and capacity.
- The Quadrivas therapist ensures participation in continuing education and professional development, including self-assessment and peer review, to maintain high standards of professional practice.
- The Quadrivas therapist complies with the continuing education requirements set by the Samenwerkende Quadrivas Therapeuten.
- The Quadrivas therapist remains informed about societal, political, and medical-scientific developments that directly or indirectly affect the practice of their profession.