



Bach Foundation
INTERNATIONAL REGISTER

Bach Centre Approval Criteria for Level 1

Introduction

This document sets out minimum standards that Bach Centre-approved Level 1 courses must meet. Courses that meet or exceed these requirements can be considered for approval as Level 1 courses.

Decisions about course approval are taken on a case-by-case basis. Meeting these criteria does not in itself guarantee course approval. Where granted, approval may be for a specified time only, and renewal and withdrawal of approval will at all times be at the Bach Centre's entire discretion.

Overall aims of courses at Level 1, 2 and 3

The aim of a Level 1 course is to provide a solid foundation for any student who wants to learn about Dr Bach's system of 38 flower remedies. Level 1 is primarily designed for people who need to understand the basics in order to use the remedies for themselves, their friends and family. Level 1 is also a required foundation course for people who want to attend an advanced course (Level 2) and a practitioner training course (Level 3).

Level 1 courses aim to present basic information to students and to start them off on a journey of self-development. Students then have an opportunity, either on or after the course, to use the remedies and deepen their knowledge. Level 2 courses aim to encourage reflection on personal experience and refine remedy knowledge, and Level 3 courses aim to give remedy users the tools they need to help other people in a professional setting.

Detailed aims and objectives of Level 1 courses

Aims of the course – a Level 1 course aims to:

- take an in-depth look at Dr Bach's crisis formula and its uses
- give an overview of the seven groups and detailed information on each of the 38 remedies including case histories and practical examples
- introduce the history and philosophy of Dr Edward Bach
- show how to use the remedies in everyday situations for oneself, and for friends and family
- explain fundamental concepts behind remedy use, including simplicity and the exclusive focus on personality and emotion
- inspire students to learn more about the remedies

Student learning objectives – after attending a course where these aims have been met a student could reasonably expect to:

- be familiar with Dr Bach's crisis formula and know how to use it
- recognise the names of the 38 remedies in Dr Bach's system and know most of their main indications
- understand how the remedies apply to common everyday situations
- know how to dilute and take remedies
- have some first-hand experience of the effects of taking one or more remedies
- know who Dr Bach was
- describe the broad outlines of Dr Bach's philosophy and of the Bach Centre's approach to remedy use
- understand how remedies are made
- be aware of further opportunities for learning, including courses and books

Approval criteria

The following sections list the different aspects of planning and running a Level 1 course. For each of these aspects we give the minimum standards expected. The Bach Centre will consider these criteria when assessing a course's eligibility for approval.

Section 1: Course provider

The course provider manages the supply of courses. The provider may be an institution, company, school or college, or an individual tutor.

Area of concern

Minimum standards

Reputation

- the Bach Centre shall be satisfied that the course provider demonstrates integrity and an honest approach to its work

Teaching premises

- the room and facilities available to students shall be appropriate for the type of course offered
- the room and facilities shall be appropriate for the number of students recruited
- the atmosphere and layout of the teaching facilities shall be conducive to learning

Bach Centre contact

- where appropriate, the provider shall supply the Bach Centre with the name and contact information of a senior responsible administrator for each area, country or zone in which the provider operates
- where any such administrator is not already a BFRP, he or she will seek to complete within 24 months all levels of Bach Centre-approved training available in that region, and will (when qualified) apply to register as a Bach Foundation Registered Practitioner

Section 2: Course administration

Area of concern

Minimum standards

Course fee

- the fee suggested for the course shall be reasonable for the type of course and its delivery method
- the fee shall take into account the range of fees demanded locally for similar types of courses

Advertising

- advertising shall be appropriate and avoid sensationalism and unwarranted claims
- advertising and certificates associated with a course shall display the 'Bach Foundation' logo only after written course approval has been granted
- the Bach Centre's name, logo and images shall not be used in a way that might suggest the Centre has validated or approved other courses the provider offers
- the course shall be advertised as teaching Dr Bach's generic system of 38 remedies
- trade names, trade marks, logos and company names may be used to denote the name of the course provider or sponsor; no other use is allowed

Refunds

- there shall be a clear and fair policy on refunds
- the refund policy shall be explained to students at or prior to the point at which they book a place on a course

Complaints

- there shall be a clear and fair policy on dealing with complaints by students
- the complaints procedure shall be made available to students whenever it is reasonable to do so

Section 3: Course tutor(s)

Area of concern

Remedy knowledge

Minimum standards

- tutors must be eligible for¹ and maintain a current and continuous registration with the Centre as a Bach Foundation Registered Practitioner or Registered Animal Practitioner (BFRP or BFRAP)
- tutors shall have been using the remedies in line with the Bach Centre's Code of Practice for at least two years
- tutors shall have at least one year's experience of helping other people select remedies
- tutors shall be aware of the limits of their knowledge and know how to research questions they cannot answer unaided
- tutors shall be aware of their own needs as far as remedies are concerned and shall use the remedies when appropriate

Teaching ability

- tutors shall demonstrate a grasp of basic communication, presentation and organisational skills
- tutors shall *either*:
 1. be licensed graduates of a Bach Foundation Teachers Programme Level 1 course (BFTP1) *or*
 2. have completed a Level 1 teacher training programme run by an Institute authorised by the Bach Centre to license teachers *or*
 3. have received appropriate training from an existing Level 1 tutor who has been licensed by the Centre to train tutors *or*
 4. be employed by a course provider that has satisfied the Bach Centre of its ability independently to recruit and train suitable teachers

¹ Eligibility involves attending Levels 1, 2 and 3; completing the Level 3 assessments to a satisfactory standard; and agreeing to work under the Bach Centre's Code of Practice.

Personal qualities

- tutors shall be focused on student needs
- the tutors' approach to teaching shall be based on openness, humility, simplicity and genuineness
- tutors shall demonstrate respect for others and a high degree of self-awareness

Complaints

- tutors shall not have any professional conduct complaints of any kind outstanding against them

Section 4: Educational material(s)

Area of concern

Delivery materials

Books

Printed materials

Remedies

Minimum standards

- tutors shall have access to and make use of appropriate teaching aids such as projectors, flipcharts, whiteboards
- tutors shall have access to a selection of Bach Centre-approved texts for Level 1 (www.bachcentre.com/reading) and will make these available to students
- texts and other material that explicitly contradict Dr Bach's completed system as taught by the Bach Centre shall not be recommended to students
- handouts and other printed materials shall refer to Dr Bach's generic system of 38 remedies
- trade names, trade marks, logos and company names may appear as course providers or sponsors; trade marks must not be used to refer to the system or elements of the system
- all handouts distributed to students shall be available for the Bach Centre's inspection on request
- the course shall *either*
 1. make stock remedies, treatment bottles etc. available to students for use during the course *or*
 2. explain how students can obtain remedies that they can take while on the course
- the course shall encourage students to begin using remedies for self-help during and after the course

Section 5: Course content(s)

Area of concern

Minimum standards

Overall accuracy

- all the material taught and referred to in the course shall be in line with Dr Bach's final intentions as embodied by the Bach Centre's teachings, philosophy, publications, guidelines and Code of Practice
- the course will not teach or support the use of products, concepts, ideas, techniques and approaches that do not form part of the traditional system of 38 single liquid remedies plus the traditional crisis formulas

Philosophy

- the course shall stress the simplicity of Dr Bach's approach at all times
- the course shall give an overview of Dr Bach's approach to health
- the course shall introduce students to Dr Bach's book *The Twelve Healers*

History

- the course shall give a short résumé of Dr Bach's medical career
- the course shall sketch the processes by which Dr Bach made remedies
- the course shall explain the role of the Bach Centre in overseeing education and running the Bach Foundation International Register of Practitioners

Overview of the system

- the course shall explain the basic principles of using the system, i.e. ignore any disease, treat the emotions, and keep things simple
- the course shall explain what Dr Bach meant by 'the true cause of disease'
- the course shall explain that the remedies form a complete system that is relevant to all humanity in all times and places

Dr Bach's crisis formula

- the course shall encourage participants to share their experiences of using Dr Bach's

crisis formula

- The course shall give a full explanation of what the crisis remedy is and when to use it and how, giving case study examples of its use
- the course shall describe the five remedies in the formula
- the course shall introduce the equivalent cream and its uses and ingredients
- the course shall outline why the Bach Centre does not teach or approve any other pre-mixed combinations

The 38 remedies

- the course shall discuss in sufficient depth the indications for every remedy in the system
- the course shall give practical examples of situations and cases in which each of the remedies could have been used
- the course shall introduce students to the seven groups and explain the rationale behind them

Taking remedies

- the course shall explain the difference between mother tinctures, stock remedies and treatment (or mixing) bottle dilutions
- the course shall explain the three main ways of taking remedies (undiluted, in water and in a treatment bottle) and when each method might be used
- the course shall explore ways of taking the remedies externally
- the course shall explore the concerns of individuals for whom alcohol is contraindicated and shall describe ways to deal with this problem

Effects of taking remedies

- the course shall explain how the remedies work and their benefits
- the course shall stress the gentle nature of the remedies
- the course shall briefly explore the concept of 'peeling the onion'

- the course shall discuss apparent 'side-effects' and their real nature
 - the course shall discuss cases where the remedies appear not to work, and shall account for and suggest responses to these cases
 - the course shall encourage students to experience for themselves the effect of taking remedies
- Everyday use of remedies
- the course shall include case histories and examples of people using the remedies in their everyday lives
 - the course shall include a range of sample scenarios showing how the remedies could apply in different contexts (for example: for pregnant women; at work; at school; with teenagers)
- Further study
- the course shall aim to inspire people to use the remedies after the course itself finishes
 - the course shall outline opportunities for further study, including approved Level 2 courses
 - the course shall provide suitable suggestions for further reading (see www.bachcentre.com/reading)
 - the course shall give clear guidance on what additional work and personal experience students may need before attending an approved Level 2 course

Section 6: Course design(s)

Area of concern

Length of course

Teaching methods

Minimum standards

- the length of the course shall be consistent with the course contents to be covered
- a variety of teaching methods shall be used consistent with the number of students taught and the basic delivery system (e.g. distance learning, small groups, large groups etc.)
- opportunities for student feedback shall be actively encouraged and built into the course design

Section 7: Quality control

Area of concern

Minimum standards

Student information

- students shall be encouraged to use online feedback forms (such as the one at www.bachcentre.com/evaluation) in order to provide feedback direct to the Centre
- where paper evaluation forms are used, they shall be collected by the provider after each course and retained for at least five years
- a register showing the attendance record of each student shall be maintained and retained for at least five years after the course finishes

Tutor's report

- the tutor shall write a short report on each course which will be retained by the provider for at least five years
- the tutor's report shall include a self-assessment on teaching methods and performance and suggestions for improving the course in the future

Provider's report

- if no formal minuted meetings have been held between the provider and the Bach Centre in a calendar year, the provider shall prepare a report on its Bach Centre-approved courses in December of the year, detailing any changes, developments and issues that have arisen during the year, and pass this to the Bach Centre on or before the following 10th January
- the provider shall send copies of evaluation forms, registers and/or tutor's reports on courses to the Bach Centre at the Bach Centre's request

Feedback from the Bach Centre

- the provider and tutor shall accede to any reasonable requests by the Bach Centre regarding any aspect of the course and its delivery
- the Bach Centre may at any time request a formal observation of a course and any such request shall be acceded to without

delay by the provider and the tutor

Section 8: Other concerns

Area of concern

Educational need

Impact on existing programmes

Co-operation with other providers

Code of Practice

Minimum standards

- providers proposing a new course shall demonstrate a demand for the course
- providers proposing a new course shall demonstrate that the proposed course will not reduce the overall provision of approved remedy education
- providers shall not seek to operate outside their normal geographic area without prior written permission from the Bach Centre
- providers and tutors shall demonstrate a willingness to co-operate with other providers and tutors of approved courses so as to raise the profile and reputation of all Bach Centre-approved courses
- providers shall refer to one or more of the Bach Centre's web sites in their literature and advertising as a source of information on training
- the course and its advertising and delivery shall not contradict any clause of the Bach Centre's Code of Practice