



**Fédération québécoise  
des massothérapeutes  
agréés**

**DEPUIS 1979**

## **Membership Procedures for Massage Therapy Graduates from Outside Québec**

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**Quality training**



**Professionalism**



**Professional oversight**



**Ethics and integrity**

## 1. Are you a graduate from outside of Québec?

Did you study massage therapy or a related discipline (kinesithérapie, physiothérapie, etc.), and do you wish to be recognized as a “**certified massage therapist<sup>MD</sup>**” by the FQM?

The FQM offers a prior learning recognition service that lets you enter Québec’s job market.

This document serves as a guide to FQM training equivalence practices and procedures. In it, you will find answers to all your questions.

## 2. The FQM: Your career success partner

The Fédération québécoise des massothérapeutes (FQM) has been a leader in Québec’s massage therapy field for more than 30 years.

**The FQM’s mission is to qualify and support massage therapists in their professional practice and to inform and protect the public.**

Being a member of the FQM means belonging to a group of massage therapists who are passionate about advancing their profession. As an industry leader, the FQM acts as a unifying force for all stakeholders by advocating in favour of massage therapy’s recognition by various government authorities.

The FQM is the foremost authority on massage therapy in Québec. Built in the manner of a professional order, it offers rigorous oversight and ensures compliance with its code of ethics and professional inspection regulations. To fulfil its public protection mandate, the FQM relies on the services of a syndic, a disciplinary committee and a professional inspection committee.

## 3. How to become a member

To become a member of the FQM, you must be 18 or older and must hold a high school diploma and/or the equivalent. If you meet these conditions, you will be required to complete the

following steps:

**Step 1:**

***Submit an application***

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You must pay the application processing fee and provide the following supporting documents:

- 1) Completed and signed file opening form
- 2) Signed solemn declaration
- 3) Signed consent form (not mandatory)
- 4) Curriculum vitae
- 5) A photo in passport format, about 4 cm X 5 cm
- 6) Birth certificate
- 7) Work permit attesting that you are legally entitled to work in Canada (applicable only to immigrants)
- 8) Diplomas, educational certificates and/or attestations of studies (original document or certified copy)
- 9) Course transcripts, including details on hours completed and results obtained (original document or certified copy)
- 10) Training curriculum and/or official descriptions (knowledge, know-how and interpersonal skills) of the courses and stages completed
- 11) Proof of employment and professional experience (original document or certified copy).

**Please note that you must provide original documents or certified copies of the items cited in points 6, 7 and 9. Any unofficial document (photocopy, reproduction, electronic version, etc.) will not be considered when your application is reviewed.**

## Step 2:

### ***Review of the application***

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An FQM committee will review your application. Your training hours, level of studies, and the competencies that you have acquired will be compared with the standards set out in the FQM's 400-hour training profile for purposes of recognizing (or not) your prior learning outside of Québec.

The FQM's 400-hour training profile<sup>1</sup> includes four separate modules:

- **Module 1: The Human Body**  
**90 hours** in anatomy, physiology and pathology
  
- **Module 2: Technical Applications**  
**190 hours** of training in a recognized basic massage technique: Swedish, Shiatsu, Californian, Amma, Trager®, Momentum, Thai-yoga, Polarity, Jin shin do®
  
- **Module 3: Client-centered Approach**  
**90 hours** of training in interview techniques, helping relationships, sexuality and professional practice
  
- **Module 4: Professional Supervision**  
**30 hours** in deontology

<sup>1</sup> The 400-hour program is a minimum condition for admission to the FQM. Candidates with more than 400 hours in their fil

will be evaluated based on whether they meet the requirements of our higher-level profiles (profiles 2 and 3). For complete details on these profiles, please visit <https://www.fqm.qc.ca/fr/la-formation>

**Step 3:**  
**Three possible scenarios**

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Once your application has been reviewed, the FQM will inform you about the results **within no more than 60 days. There are three possible scenarios:**

**Scenario 1**

The FQM recognizes your equivalence in anatomy, physiology, pathology, basic massage technique, interview technique and interpersonal skills (soft skills), sexuality and professional practice, and professional supervision. **You will also be required to pass a practical test on a massage technique as well as a second test on ethics** to determine whether your competencies meet the FQM eligibility criteria.

**Three possible outcomes**

**1.**

In the event that you **pass** the massage technique and ethics exams, you can become an FQM member by paying the applicable membership fee.

**2.**

In the event of a **conditional pass** on the massage technique exam, you will be required to pass a two-hour individual supervision session to gain admission to the FQM.

**3.**

In the event that you **do not pass** the massage technique exam, you will be required to complete a **190-hour training course** to acquire the necessary competencies in this technique. This training course is given in FQM-accredited schools. Once you successfully complete the course, you can become a member of the FQM by paying the applicable membership fee.

## Scenario 2

The FQM recognizes the applicant's equivalence for a certain number of courses related to the FQM training profile. However, to complete your equivalence file and meet the minimum admission requirements, **you must pass a massage technique exam and an ethics exam as well as complete a refresher course at an accredited school.**

### Three possible outcomes

1.

In the event that you **pass** the massage technique exam, you will not be asked to complete the refresher course in a basic massage technique, in addition to the courses already required. You can become a member of the FQM by paying the applicable membership fee.

2.

In the event of a **conditional pass** on the massage technique exam, you will be required to complete a two-hour **individual supervision** session. If you successfully complete the supervision session, the refresher course on a basic massage technique will not be added to the courses already required, and you will gain admission to the FQM.

3.

In the event that you **do not pass** the massage technique exam, a **190-hour course** will be added to the refresher training courses already required. Once you complete this training course, you will be able to become a member of the FQM by paying the applicable membership fee.

### Scenario 3

**The FQM does not recognize any of the training cited in your file, that's to say that you do not meet the admission criteria and standards. You will be asked to complete **400 hours of training at an accredited school of your choice.****

**1.**

Once you complete this training course, you can become a member of the FQM by paying the applicable membership fee.

### **Transmission of the results of your application:**

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The results of your application will be transmitted by telephone and in writing (by email and via a letter).

### **Return of original documents**

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We are committed to returning your original documents (diplomas, course transcripts, etc.) to you within **60 days**.

#### 4. Fees applied for the review and evaluation of equivalences

For details on all the required documents and the application submission fees, please contact us, preferably by telephone. We will explain the steps involved in the process and the potential outcomes following the review of your application.