

# Standard SPOTLIGHT

## Client-centred Care

### About the Standard Spotlight

Standard Spotlights are educational resources to help Registered Massage Therapists (RMTs) reflect on whether they are practising in a way that meets the expectations established by CMTO's *Standards of Practice (2022)*. This document is not a *Standard of Practice* or a regulation.

### What are some of the key expectations within the Standard?

Key expectations for the *Standard* include promoting the client's involvement in their care, using an evidence-informed approach to treatment, and protecting the client from abuse.

### Why are these expectations important?

RMTs have a duty to provide safe and ethical care that meaningfully engages the client and focuses on the client's best interests.

### How do you assess whether you are meeting the expectations of the Standard?

Questions to help you reflect on whether you are meeting the expectations of the *Standard* include:

- How do you determine whether Massage Therapy treatment is safe and ethical for each client?
- What steps do you take to stay informed of new evidence and research in Massage Therapy?
- How do you seek and incorporate client feedback in your practice?
- What steps do you take to maintain professional boundaries with each client?
- What steps do you take to protect each client from abuse in your practice?