

INTERNATIONAL ASSOCIATION FOR COLON HYDROTHERAPY

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Dear Prospective Member,

Enclosed you will find a membership application packet that we hope you will take the time to read and complete. Being a Full Member of I-ACT ranks you with the top colon hydrotherapists nationally and internationally. Along with the incredible support and networking, your membership entitles you to many benefits including discounts on seminars, conventions, and educational training.

Another privilege is having access to the information we make available. This collection of valuable information is a source of motivation, support and ongoing study. This material is available only to Full I-ACT Members.

I sincerely hope you will consider being a part of I-ACT. We need people with your interest and enthusiasm. We are looking forward to welcoming you into our organization.

Health & Harmony,

*Gail Marie Palms
I-ACT President*

COLON HYDROTHERAPY FACT SHEET

What is Colon Hydrotherapy?

Colon hydrotherapy, is a safe, effective method of removing waste from the large intestine. By introducing a small amount of water into the colon, the waste is softened and loosened, resulting in evacuation through natural peristalsis. This process is repeated a few times during a session. Colon hydrotherapy best benefits the body when used in combination with adequate nutrient and fluid intake as well as exercise. Today's sophisticated technology makes this health practice both safe and sanitary.

Sanitation

Modern colon hydrotherapy equipment should be manufactured through compliance with strict FDA guidelines that dictate rigorous accountability. The FDA-registered equipment features temperature controlled water mixing and back flow prevention valves, pressure and temperature sensors, and a built-in chemical sanitizing unit or water purification unit. Disposable single-use rectal tubes, rectal nozzles, and/or speculums are highly recommended. The equipment should be plumbed to meet all local ordinances.

I-ACT's Work to Ensure Professional Standards

The International Association for Colon Hydrotherapy (I-ACT) advocates the highest standards of education and professional conduct to assure properly administered colon hydrotherapy. Today, colon hydrotherapists are thoroughly trained professionals, who must pass rigorous testing and adhere to strict guidelines established by I-ACT. These professionals are well schooled in the administering of colon hydrotherapy.

Colon Hydrotherapy Client & Hydrotherapist Population

There are an estimated 5,000 colon hydrotherapists in the United States. Hundreds of thousands of clients enjoy the therapeutic value of colon hydrotherapy. There are many medical, chiropractic, acupuncture and naturopathic doctors who prescribe colon hydrotherapy as an adjunct to treatment, and some insurance policies cover it.

Glossary

Colon hydrotherapy	Colon hydrotherapist	Instrument
Equipment	Device	Session
Client	Table	Rectal Nozzle
Rectal Tube	Speculum	Obturator

COLON HYDROTHERAPY:

1. Hydrates the waste and the body. (hydrated bodily fluids are able to carry nutrients and waste more effectively, these fluids include lymph, blood, mucus, intercellular fluid and extra cellular fluid)
2. Softens and loosens waste. (it is easier for the bowel to evacuate softened, hydrated waste than a hard, dehydrated mass)
3. Water enters the bowel, softening and loosing waste, this creates the reflex for evacuation. The colon evacuates through normal peristalsis. This may be repeated several times during a session, thereby exercising the muscles which make up the colon.

COLON HYDROTHERAPIST:

A person who has been trained to assist during the colon hydrotherapy session.

EQUIPMENT, INSTRUMENT, DEVICE

Colon hydrotherapy equipment does not have a motor nor a generator. It does not generate force, it controls force. Please do not call colon hydrotherapy equipment a machine, use the term equipment, instrument, or device.

SESSION

Colon hydrotherapy is a service not a treatment. Colon hydrotherapists are not medical providers unless they have completed their education in one of the medical fields.

CLIENT

Colon hydrotherapy clients are not patients. They are receiving a specific service, for reasons of their own. If they require a medical provider, help them by knowing who in your area provides good quality medical help and refer them to that person.

TABLE

The cushioned surface upon which a client of colon hydrotherapy rests is called a table.

RECTAL TUBE OR RECTAL NOZZLE

The small hollow tube which is inserted into the rectum approximately 3 inches and allows water to flow into the rectum and colon. This small tube remains in place during the evacuation of waste.

SPECULUM

A rigid tube about five and a half inches long, a little less than three quarters of an inch in diameter, which enters approximately two and a half to three inches into the anal canal. A quarter inch water tube attaches to the side of the speculum that is away from the body, with a one inch waste tube attached on the far end.

OBTURATOR

The obturator is a stick with a smooth, half sphere on one end and a small handle on the other end. It is placed within the speculum to allow the speculum to enter the anal canal without disturbing the tissue.

OTHER NOTES

Please don't put the initials for colon hydrotherapist after your name, write it out in full. According to state law in most states, initials after your name is not allowed unless you have a degree from an accredited professional school. For certification, education is a must for a colon hydrotherapist. To complete Foundation Level Certification (Level 1) through I-ACT, the colon hydrotherapist must complete the 100 hours of training, and all requirements detailed in this packet and the Foundation Level Syllabi.

I-ACT Policy Statements

1/1/2020

I-ACT requires the use of currently registered FDA equipment and only disposable speculums, rectal tubes, or rectal nozzles. However, should the Therapist use reusable speculums, these speculums should, at a minimum, be autoclaved for sanitation and cleanliness (30 minutes). Additionally, the autoclave unit must be tested and inspected by competent authority at least four times per year- maintain documentation. (Under NO conditions should a disposable speculum or rectal tube be reused). Individuals that use reusable speculums and/or are not using FDA registered devices will be removed from I-ACT membership on 12/31/2018.

I-ACT recognizes the FDA classifies equipment used to instill water into the colon through a nozzle inserted into the rectum to evacuate the contents of the colon into three distinct classes; Class I (Enema Kits), Class II and Class III are (Colon Irrigation Systems). Follow the guidelines of your manufacturer, as approved by the FDA for the type of equipment (devices) you are using. Make no claims as to the use of your device other than those approved by the FDA.

The main differences between Class I and Class II devices:

The code of federal regulations CFR 876.5210 & 876.5220 describe the differences between the Class I and the Class II devices. From that regulation, a Class I device is an enema system and does not include “colonic irrigation devices”. A “colon irrigation device” is a Class II device, which in part is described as: “The system is designed to allow evacuation of the contents of the colon during the administration of the colonic irrigation.

The Class I Device:

- The Class I device is defined as an enema system and may not have temperature control, temperature gauges or water purification as part of the device. Class I enema systems must be self-administered.
- Manufacturers of Class I devices are not required to have third party oversight as they need not comply with the good manufacturing practices and record keeping that are required of Class II manufacturers. Class I devices are not as heavily regulated and controlled by the FDA as Class II devices are.
- Owners of Class I devices may not market their service using the terms “colonics or colonic irrigation” in describing the scope of their practice of evacuating the contents of the lower bowel.

The Class II Device:

- The Class II Device is a “colonic irrigation device”.
- Manufacturers of Class II devices are required to have third party oversight and must comply with the good manufacturing practices and record keeping that are required by the FDA. Class II devices are heavily regulated and controlled by the FDA.
- The FDA requires Class II devices to be sold and used on or at the order of a physician or health care practitioner. This may be different in each state.

Although I-ACT is not aware of any laws that preclude you from assisting an individual with an enema, I-ACT does want you to consider upgrading your equipment to the equipment that provides the greatest safeguards to the public. In this profession, that would be equipment marketed as Class II devices.

Remember that I-ACT strongly recommends that all I-ACT members use FDA registered Class II devices or devices equivalent to Class II devices regulated by the appropriate agency in your country. Only individuals using FDA registered equipment will be placed on the I-ACT Web Site. As of 12/31/2018, only individuals that use FDA registered devices may be I-ACT members. Purchase equipment at your own risk. Ensure you are in compliance with your local, state, federal and country guidelines. Ensure that equipment you purchase is cleared for use in your country.

I-ACT recognizes there are two distinct types of colon irrigation systems; open and closed systems. However, it is I-ACT policy that the colon hydrotherapist / technician is always in attendance / or is immediately available to the client throughout the session. The degree of assistance is to be in compliance with the instructions of the manufacturer of the equipment as registered with the FDA, and/or as directed by a physician.

The policy on insertion is to require the client to insert the rectal tube or speculum; or, follow the instruction of the referring physician; the guidelines of the manufacturer as approved by the FDA; or the directives from the authority of your city, county, state, or country ordinances.

I-ACT recommends that you do not put the initials (CT) for colon hydrotherapist after your name, write it out in full. According to most state laws, putting initials after your name is not allowed unless you are licensed or have a degree from an accredited professional school.

Advertising copy which states or implies that colon hydrotherapy can treat any disease, promise cure for any disease, or that makes unsubstantiated medical claims SHALL NOT be used.

I-ACT RECOGNIZED - COLON HYDROTHERAPY SCHOOLS

A LIBBE Colonic School (Formerly MIND BODY) 10911 West Ave San Antonio, TX 78213 210-308-8888 - info@colonic.net	Lifestream Colon Health Institute 1106 Main, #1740 Bastrop, TX 78602 512-326-3737	Suzanne Childre School for Colon Hydrotherapy 910 Broadway, Ste. #112 Santa Monica, CA 90404-2713 310-576-6360, suzanne@gwchealth.com
Alder Brooke Healing Arts 1477 Lake Dr. Eugene, OR 97404 541-513-7894 - taralyn@alderbrooke.com	Ohio Colon Hydrotherapy School 14100 Cedar Rd., ste. #250 University Heights, OH 44121 216-200-5577 - colonichealthandwellness@gmail.com	Tennessee Institute of Colonics & Cleansing 420 South Lowe, Suite 23 Cookeville TN 38501 931-295-8779 - tncolonicschool@gmail.com
California Coastal Cleansing Institute 2146 Encinitas Boulevard, Suite 101 Encinitas, CA 92024 760-918-0030 - lwrc159@gmail.com	ReNew Life Wellness Center 15511 N. Florida Ave., suite C 2&3 Tampa, FL 33613 813-871-3200 - suzgray11@gmail.com	The Colonic Training Center LLC 3044 Third Ave. Bronx, NY 10451 718-992-7741 - info@thecolonicinstitute.com
Christian Wellness Center & Treatment Center 1011 Englewood Tyler, TX 75702 903-372-2652	Rooted in Wellness Center & Colonic School 215 Wilkes Street, suite 104 Steilacoom, WA 98388 253-961-2888 - gaylepalms@hotmail.com	Waters of Life Cleansing & Renewal 711 W. 17th St., suite D9 Costa Mesa, CA 92627 714-472-5617 - watersoflifecleansing@gmail.com
Hadiya Institute of Colon Hydrotherapy Lakeside Office Park 1830 Water Place NW, Suite 295 Atlanta, GA 30339 770-575-3644 - hadiyainstitute4cht@gmail.com	School of Colon Hydrotherapy Australaisa 3570 Orara Way Kungala, NSW, Australia 2460 6-12-6649 4464 - info@gumtreeretreat.com	Wellmore Mind & Body Center 9600 Bellaire Blvd., Ste 112 Houston, TX 77036 713-777-7711 - cwonecw@yahoo.com
Inner Spa Colon Hydrotherapy Instructional Center 4 Terry Dr., Ste. 12 Newtown PA 18940 215-968-9000 - cathy@innerspa.org		

Although I-ACT recognizes these schools, it is your responsibility to ensure the school is structured to meet your needs. Ensure you have a contract for services with the school and an understanding about refunds if you are required to depart prior to completing your training.

How to be Certified by I-ACT
New Requirements as of 4/1/2021
Exams and their requirements
Also review the guidelines on the website at <http://www.i-act.org/foundationlevel.html>

Professional Colon Hydrotherapy Training Course (265 hour course - 200 hours online, 65 hours in person)

Prerequisites for Entry into Training and Certification

1. Any individual not using FDA registered devices may not be an I-ACT member and no I-ACT instructor/school may train any individual that does not use FDA registered devices.
2. Each student MUST have a high school diploma or equivalent requirement showing they have achieved high school standards. This may be documented by diploma, GED or equivalency exam such as the Wunderlich Ability to Benefit Test.
 - a. This must be completed prior to entering into training.
3. I-ACT recommends that each new student receive 1-3 colonics prior to entering training. This recommendation can be waived if the student has contraindications to receiving colonics.
4. Each student MUST show proof that they have taken a CPR Class and have a current CPR card.
 - a. This must be completed prior to certification; however, it is strongly recommended this be accomplished before entering training.
 - b. The instructor/school must document completion of this requirement on the official I-ACT transcript.
5. Each student MUST be an I-ACT member prior to taking any I-ACT training. The Instructor / School must collect current I-ACT administration fee which covers:
 - a. I-ACT Membership Application
 - b. NBCHT Membership Application including test fee
 - c. Cengage registration fees

This I-ACT administration fee MUST be received by the I-ACT Office prior to the start of any training either through Cengage, or training in-person at the training facility. This fee is non-refundable.

I-ACT Certified Instructor or I-ACT Recognized School

Cengage 200 Hour Online Learning Modules

- Module W01 – Colon Hydrotherapy History/Theory/Practice (30 hours)
- Module W02 – Anatomy & Physiology (60 hours)
- Module W03 – Microbiology (25 hours)
- Module W04 – Intestinal Health – Function vs. Dysfunction (14 hours)
- Module W05 – Nutrition (16 hours)
- Module W06 – Drug Interactions (10 hours)
- Module W07 – Business Ethics (40 hours)
- Module W08 – Complementary Modalities (5 hours)

I-ACT Certified Instructor or I-ACT Recognized School

In-Person 65 Hours Training

- Module 101 – Office Procedures (5 hours)
- Module 102 – Health & Sanitation (5 hours)
- Module 103 – Anatomy & Physiology of the Alimentary Tract (5 hours)
- Module 104 – Practicum (50 hours)

The Advanced Level

Prerequisites

1. Must have a high school diploma/GED, or equivalent
2. Must have postsecondary education level A&P (equivalent to 3 semester hours)
3. Must have a current CPR card
4. Recommendation - each new student should have received 1 - 3 colonics prior to entering training
5. Individual may not enter training for the Advanced Level (Level 3) until they have been fully certified by I-ACT at the Intermediate Level (Level 2) for a minimum of 1 year/ This is the date on the I-ACT Intermediate Level Certificate.
 - Only exceptions are Licensed Health Care Providers (MD, DO, PA, RN, LAc, ND, Massage Therapists Licensed by the State Board of Medicine/Health, Etc.) - does not mean Estheticians, Reiki masters, etc.
6. Each student must attend a mandatory webinar on I-ACT Standard Office Procedures - put on by the I-ACT office before starting the classroom course.

Requirements:

1. 50-hours of training, 26 hours may be by webinar put on by the School / Instructor and 24 hours (3 days minimum including practicum) must be in the actual “brick and mortar” classroom of an active I-ACT instructor / school.
2. Must pay for, take and pass the I-ACT Advanced Level 3. Exam.
 - The Level 3 exam may only be offered after the 50-hour course is completed.

How to be Certified by I-ACT - Continued

New Requirements as of 1/1/2018

Exams and their requirements

Also review the guidelines on the website at <http://www.i-act.org/foundationlevel.html>

The Instructor Level

Prerequisites

1. Must have a high school diploma/GED, or equivalent
2. Must have postsecondary education level A&P (equivalent to 3 semester hours)
3. Must have a current CPR card
4. Recommendation - each new student should have received 1 - 3 colonics prior to entering training
5. Individual may not enter training for the Instructor Level (Level 4) until they have been fully certified by I-ACT at the Advanced Level (Level 3) for a minimum of 1 year/ This is the date on the I-ACT Advanced Level Certificate.
 - Only exceptions are Licensed Health Care Providers (MD, DO, PA, RN, LAc, ND, Massage Therapists Licensed by the State Board of Medicine/Health, Etc.) - does not mean Estheticians, Reiki masters, etc.
- Request for Waiver Option to the one year between certification at Level 3 and starting the Instructor Level - An individual that has previous experience training adult learners may apply for a waiver to the one-year time frame. The waiver must be in writing through the Senior Education Committee. Criteria for approval might include:
 - an individual who has had college level coursework in education.
 - an individual who has been trained as an instructor in the military.
 - an individual who is a state certified instructor (ie. massage instructor, etc).
 - Individuals who are "company" approved instructors are not eligible for the waiver.
6. Each instructor must be NBCHT Credentialled before Instructor certification will be offered (optional for International Instructors).
7. All individuals MUST take this instructor course BEFORE presenting their one hour presentation at the Convention. The Course must be completed and their power point Presentation sent to the I-ACT office no later than April 30 of the year of the desired exam at the convention. No later than May 15, the student will submit (to the I-ACT office) their 50 question exam (with answers and source documents), their class handouts, A&P review exam, evaluation forms, lesson plans (three minimum), textbooks, references, etc., (or provide via Kindle or I-Pad). Additionally, by May 15, the student will submit (to the I-ACT office), their enrollment application, enrollment agreement, class schedule of 100 hours, and the certificate of training completion that they will be using in their class.(see attachments for samples of these documents). Individuals that do not submit all requirements to the I-ACT office by May 15, will not be allowed to present their final hour presentation at the convention until the following year..

Each Instructor candidate must attend an Instructor training class put on by an I-ACT Instructors or an I-ACT School

Requirements:

1. Each instructor must be NBCHT Credentialled before Instructor certification will be offered (optional for International Instructors).
2. All individuals MUST take the 60 Hour instructor course BEFORE presenting their one hour presentation at the Convention. The Course must be completed and their power point Presentation sent to the I-ACT office no later than April 30 of the year of the desired exam at the convention. No later than May 15, the student will submit (to the I-ACT office) their 50 question exam (with answers and source documents), their class handouts, A&P review exam, evaluation forms, lesson plans (three minimum), textbooks, references, etc., (or provide via Kindle or I-Pad). Additionally, by May 15, the student will submit (to the I-ACT office), their enrollment application, enrollment agreement, class schedule of 100 hours, and the certificate of training completion that they will be using in their class.(see attachments for samples of these documents). Individuals that do not submit all requirements to the I-ACT office by May 15, will not be allowed to present their final hour presentation at the convention until the following year..
3. Must demonstrate one hour of teaching at an I-ACT Convention - eight people in attendance desired.

ATTENTION - ALL Individuals seeking to achieve the Instructor status at the next Convention MUST be registered for the Convention and MUST have checked the Instructor block BEFORE April 30, of that year.

Any individual that does not meet the April 30 cutoff, MUST then register for the next annual Convention.

Testing Policy:

1. Members will be allowed to take a test 2 times without additional test fees. If the member fails the exam 2 times they will be required to show additional training before they can retest. They may retest and pay \$75 for the test. If they fail this test, they will be required to wait 6 months and show they have had additional training before they can retest and pay an additional \$75 test fee. If the person does not pass this exam they will be required to retrain with A & P at a school, instructor or tutor and present a transcript.
2. Maximum time allowed for Advanced Level (Level 3) exam shall be 3 hours. This time may be extended by the proctor as required for International students that English is not their first language or if the student has documented learning disabilities.

INTERNATIONAL ASSOCIATION FOR COLON HYDROTHERAPY APPLICATION

(- Please Print only -)

(Note: Not Required for those entering Professional Colon Hydrotherapy Training Program)

Which of the following classifications of membership correspond to your situation?

Affiliate Member (groups, organizations, or companies)

\$250 per year -- Groups, organizations, or companies who want to support the growth of colon hydrotherapy and the goals of this Association are invited to become Affiliate Members of I-ACT. Affiliate Members subscribe to I-ACT's ethical and professional guidelines, receive a newsletter subscription and can designate a representative to serve on committees. Affiliate Members are not eligible to vote and are not eligible to serve as an officer or a member of the Board of Directors.

Full Member (Professional colon hydrotherapist) How did you hear about I-ACT _____

\$150 - {International Members pay \$125 - U.S. funds}

(Please provide a passport size picture) -- Professional colon hydrotherapists are welcome to join I-ACT as Full Members. A Full Member has one vote, receives a newsletter subscription and is eligible to serve as an officer, member of the Board of Directors, or on committees. Dues are required annually. Membership will lapse if dues are not paid in a timely manner.

Donating Member (clients, health care practitioners, family, friends)

\$35 or \$ _____ or _____ Goods and Services (please specify)

Individuals who want to support the growth of colon hydrotherapy and the goals of this Association are encouraged to join I-ACT as Donating Members. A Donating Member receives a newsletter subscription, can serve on committees or advisory boards, but is not eligible to vote or serve as an Officer or member of the Board of Directors.

Retired Professional Member (CHT that worked for min 10 years and is not longer working)

\$75 or \$ _____ or _____ Goods and Services (please specify)

A Retired Professional Member is an individual who has been a practicing colon hydrotherapist and Full Member of I-ACT for a minimum of 10 years, during which time they maintained all the requirements of said membership, and who is no longer working in the field due to retirement.

Enclosed is my payment of \$ _____ by **Check** **Mastercard** **Visa** **Discover** **AMEX**

Signature _____ Today's Date _____

Cardholder's Name _____

Credit Card # _____ Credit Card (3 or 4 digit code) _____

Expiration Date _____ CC Zip Code _____

Name to appear on Membership Certificate: _____

Mailing Address _____

City/Province _____ State/Region _____ Zip/Postal Code _____ Country _____

Home / Cell Phone () _____ Email _____

Name of Business _____

Business Address _____

City/Province _____ State/Region _____ Zip/Postal Code _____ Country _____

Business Phone () _____ Fax Number () _____

Please tell us about yourself:

Membership in Other Organizations _____

Skills, Hobbies & Interests _____

Have you ever been convicted of a felony or other misdemeanor, please describe: _____

If you are a colon hydrotherapist, please answer the following questions:

When did you begin working as a colon hydrotherapist? _____

How many clients per week do you currently see? _____ What type of equipment do you use? _____

What complementary modalities do you use? (e.g., massage, iridology)? _____

Please describe your education and training in colon hydrotherapy: _____

I-ACT Policy Statements

I-ACT requires the use of currently registered FDA equipment and only disposable speculums, rectal tubes, or rectal nozzles. However, should the Therapist use reusable speculums, these speculums should, at a minimum, be autoclaved for sanitation and cleanliness (30 minutes). Additionally, the autoclave unit must be tested and inspected by competent authority at least four times per year- maintain documentation. (Under NO conditions should a disposable speculum or rectal tube be reused). Individuals that use reusable speculums and/or are not using FDA registered devices will be removed from I-ACT membership on 12/31/2018.

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I-ACT recognizes there are two distinct types of colon irrigation systems; open and closed systems. However, it is I-ACT policy that the colon hydrotherapist / technician is always in attendance / or is immediately available to the client throughout the session. The degree of assistance is to be in compliance with the instructions of the manufacturer of the equipment as registered with the FDA, and/ or as directed by a physician.

The I-ACT policy on insertion is to require the client to insert the rectal tube or speculum; or, follow the instruction of the referring physician; the guidelines of the manufacturer as approved by the FDA; or the directives from the authority of your city, county, state, or country ordinances.

I-ACT recommends that you do not put the initials (CT) for colon hydrotherapist after your name, write it out in full. According to most state laws, putting initials after your name is not allowed unless you are licensed or have a degree from an accredited professional school.

Advertising copy which states or implies that colon hydrotherapy can treat any disease, promise cure for any disease, or that makes unsubstantiated medical claims SHALL NOT be used.

I acknowledge the I-ACT policies and agree to comply with all I-ACT policies. I understand that failure to comply with the policies listed above may result in my removal from the association.

Signature of Applicant *** required for all applications***

Date of Application

STOP!!! All applications to I-ACT MUST include a photograph for our file... by signing this application, the applicant certifies that they have read the I-ACT By-Laws and Standard Operating Procedures, Regulations and Guidelines and the statements below, and will comply with the information contained in them.

Information for all new members outside of Texas:

“Colon irrigation devices are prescription devices and their purchase must be authorized by a practitioner licensed by state law to use such devices in that state. A colon hydrotherapist must be supervised by such a practitioner to use a colon irrigation device and must have a written order on file for each procedure from a practitioner licensed by state law in the state where the procedure is to be performed.”

Information for all new members inside of Texas:

“Colon irrigation devices are prescription devices and their purchase must be authorized by a physician licensed by the Texas Board of Medical Examiners. A colon hydrotherapist must be supervised by such a physician to use a colon irrigation device and must have a written order on file for each procedure from a physician licensed by the Texas Board of Medical Examiners.”

Signature of Applicant *** required for all applications***

Date of Application

All applications to I-ACT require a sponsor. The sponsor must be a Full Member in good standing of I-ACT. No Sponsor? Write in I-ACT Home office or call us (210) 366-2888 for assistance.

Signature of Sponsor / Instructor *** required for all applications***

Sponsor's / Instructor's I-ACT Membership #

Thank you. Your application will be reviewed for membership and you will be notified promptly.

Return this form with your current resume, picture, and payment to:

I-ACT, P.O. Box 461285, San Antonio, TX 78246-1285

(Rev: Oct 2023)