



# Shiatsu College

## Prospectus

2020 – 21



## Introduction

We're delighted to welcome you to this Prospectus giving details of our courses in Shiatsu and energy medicine.

After more than 30 years of providing one of the most respected professional Shiatsu training courses in the UK, we continue to develop and update our programmes to meet the changing needs of 21st century students.

We aim to make Shiatsu practice more accessible and widely available, both to complete beginners and to those of you already practising some other form of complementary health care, body work or energy medicine.



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Classes begin with warm-up exercises

## About The Shiatsu College

The Shiatsu College was established in 1986 to provide the best possible quality of Shiatsu training, among the very first of its kind.

The College is unique in having been conceived as a collaborative project between a group of founding teachers, each keen to share their enthusiasm and experience of the power and value of Shiatsu as a healing therapy. These founding teachers are among the most respected figures in the modern international Shiatsu community and continue to guide and support the development of the College to the present day.

The College has grown and expanded now to comprise 5 regional Branches, each sharing the same ethos, aims, syllabus and assessments.

Our Professional Shiatsu Practitioner Diploma course is fully ratified by the Shiatsu Society ([www.shiatsusociety.org](http://www.shiatsusociety.org)) and has maintained its reputation as one of the most in-depth, thorough and high quality Shiatsu courses to be found in the UK.

The Diploma is also **unique in the UK** in being Nationally Accredited, by Laser Learning Awards ([www.laser-awards.org.uk](http://www.laser-awards.org.uk)) – recognised by the regulatory authorities in the UK. LASER's associated Credits can be used in any other Further Education setting for courses in the Health and Social Care sector, giving our students a clear and distinct advantage with regard to possible future work within the NHS or the charity sector.



Two-handed connection is important in Shiatsu

## Workshops & Classes

These stand-alone courses include introductory Shiatsu workshops, for beginners to find out more about this wonderful healing art, as well as a rolling programme of related topics for all levels.

Grassroots community initiatives, taster workshops, FREE workshops, short courses including Qigong, Yoga, health & wellbeing, self-help, Mindful Touch and advanced master classes may all be found under this heading

**Workshops & Classes vary between Branches and are updated regularly. Please visit your local Branch page of our website for current information and events ([shiatsucollege.co.uk/branches](http://shiatsucollege.co.uk/branches))– or visit our Facebook page ([facebook.com/shiatsucollege](https://facebook.com/shiatsucollege))**

### Who are they for?

- For complete beginners who are interested to find out more
- For practitioners of any other type of complementary health care who wish to add to their repertoire of skills
- For all students and practitioners with any interest in Shiatsu and energy medicine



Body positioning and posture are central to good technique

## The Holistic Acupressure Certificate

### What is the Holistic Acupressure Certificate?

This course is taught over 11 weekends and can be taken as a stand-alone Certificated course or as the first year of the Professional Shiatsu Practitioner Diploma course.

### Who is it for?

- For complete beginners
- For practitioners of any other type of complementary health care who wish to add to their repertoire of skills
- For students on the Shiatsu Diploma course this is the first year of training and provides a Foundation level of Shiatsu, giving you an immediately marketable skill!

### What will I learn?

You will learn how to give safe, competent, deeply relaxing and highly effective basic practical Shiatsu treatments, including the understanding and use of Acupressure points. You'll be shown a range of self-help techniques to improve your own health and wellbeing – including meridian stretches, breathing, meditation and simple Qigong exercises.

The course also introduces the fascinating world of Shiatsu theory, from its ancient Daoist roots and traditional Chinese medicine through to modern scientific insights into the structure and dynamics of the human body and its energy field.

### Outline Syllabus:

- Developing your own energy and sensitivity to Ki
- Practical basics: breathing, postural alignment, relaxation, Hara
- How to apply safe, effective Shiatsu with the minimum of effort
- How to locate and use principal Acupressure Points
- Basics of Chinese medicine: Yin/Yang, Vital Substances, 5 Phases, Organ functions
- Meridian stretches, Qigong and meditation
- Holistic Western Anatomy: understanding the skeletal and muscular systems
- Ethics, practice management, professionalism, code of conduct
- New developments in energy medicine

## The Holistic Acupressure Certificate (continued)

### Home Study and Assessment

There is a home study component (typically of about 3 hrs per week), which includes recorded practice treatments, reading and assignments for students to complete between the College weekends. Assessment is ongoing through the course and the criteria will be explained for you. Award of the Certificate requires successful completion of both theoretical and practical aspects of the course.

### Anatomy Module

As part of the Acupressure course we offer a Nationally Accredited e-learning Holistic Anatomy module.

Here at the Shiatsu College we are keen to bring you the latest developments in the study of the human body. In particular, we want to share our enthusiasm for looking at the body through the paradigm of connections and energy fields.

Naming the bones, muscles and joints is important but we want to emphasise the importance of learning anatomy from a holistic point of view.

The online classroom (Shiatsucollegeonline) allows us to support students with accessible, fun ways of learning (using videos/quizzes etc), minimising class time spent on theory and maximising the time available for hands-on work.

### Shiatsu Society UK

The Shiatsu College is a school which is fully ratified by the Shiatsu Society, the national Professional Association for Shiatsu in the UK. All students of ratified schools must be registered with the Society throughout their training in order to join the Register of professional practitioners on graduation – designated as ‘MrSS’ (Member of the Register of the Shiatsu Society). The College will notify the Shiatsu Society when you’ve enrolled for your first year with us and the Society will send you details for joining as a ‘Student Beginner’ member. If you’d like to find out more about the role and benefits of Society membership please just go to [www.shiatusociety.org](http://www.shiatusociety.org) or telephone 01788 547 900. Membership entitles you to a block insurance scheme for students, a quarterly Journal, regular e-news bulletins, a Code of Conduct & Ethics under which to practice, a free Mentoring scheme, discounted workshops, subsidised attendance at the national Congress etc.

### What do I do now?

**Just call or mail us for more details of the Holistic Acupressure Certificate course or for an Application Form.**

**Please go to our website for your local Branch phone number / email address or fill in the Contact form, or just call us on 0800 690 6349**

**[www.shiatsucollege.co.uk](http://www.shiatsucollege.co.uk)**

## The Professional Shiatsu Practitioner Diploma

### What is the Professional Shiatsu Practitioner Diploma?

This is a 3 year part-time training (500 hours contact time, 1200 hours total qualification time) which prepares you for the professional practice of Shiatsu. As described above, the Holistic Acupressure course provides the 1st year of this training, allowing you to continue on to the:

### Year 2 – Zen Shiatsu

### Year 3 – Shiatsu Diploma

### What will I learn?

#### Year 2 – Zen Shiatsu:

You will receive an in-depth training in Zen Shiatsu, supported by its underlying foundations in Chinese Medicine. This year includes study of the physiology and pathology of the body/mind, from both Eastern and Western perspectives. These studies will be informed by recent developments in understanding, for example of the liquid crystal structure of connective tissue and its relevance to healing touch.

#### Outline syllabus of the 2nd year:

- Zen Shiatsu, theory and practice
- The roots of Shiatsu in traditional Chinese medicine
- The extended Meridian System
- How to diagnose and treat effectively with Shiatsu
- Western physiology and pathology – online learning modules

#### Home Study and Assessment

Students average approximately 5 hours per week of home study during term time, in the form of regular recorded practical Shiatsu sessions and short written assignments (or video/audio submissions if you prefer).

Assessment is ongoing through the year and progression to the 3rd year of the Diploma course requires satisfactory completion of both the theoretical and practical components of the course.

## The Professional Shiatsu Practitioner Diploma (continued)

### Direct Entry to the 2nd Year

You may be eligible for Direct Entry via Accredited Prior Learning (APL):

We are happy to consider you transferring qualifications and skills from other allied modalities such as Massage, Physiotherapy, Acupuncture etc.

If you already have qualifications / experience in these (or similar) you may be eligible to enter the 2nd year directly, without completing the Holistic Acupressure course first.

Direct entry applicants are assessed individually via interview at your chosen Branch of the College, and it may be possible simply to book a number of tutorial sessions with a local teacher to cover necessary material allowing you to gain direct entry to the 2nd year.

### Year 3 – Shiatsu Diploma:

This is the year designed to prepare you for professional Shiatsu practice. Our aim is to provide you with all the necessary skills and experience to give Shiatsu with competence and confidence in any setting. The focus of the year will be on individual tutorial support, supervised clinical practice and case studies.

#### Outline syllabus of the 3rd year:

- Integration and consolidation of all aspects of theory and practice
- How to develop and manage your professional practice
- Treating a range of specific health problems
- Increasing resources to further enhance your own wellbeing and personal development
- Western physiology and pathology online modules, continuing from 2nd year

#### Home Study and Assessment

Project work and written assignments form the basis of your home study, as well as regular practical homework treatments and Case Studies to build experience and synthesise learning. Client/practitioner relations, Ethics, professional Codes of Conduct and effective management of your practice are all integral to the 3rd year.

Assessment is through satisfactory completion of a Portfolio, built up over the year, recording both practical and theoretical components of the course.

### Continuing Professional Development

Post-graduate support is provided by a range of workshops offered within Branches and from our linked international project New Energy Work: [newenergywork.com](http://newenergywork.com)

## The Residential

The College runs a very popular annual Residential course as part of the training. This is open to all levels: Holistic Acupressure students, 2nd year students, College Graduates and class Assistants are welcomed – as well as the 3rd year students, for whom it is a required part of the course. It has now been combined with the College's annual Teachers' meeting.

The nature of a residential is very special as the group comes together in a lovely peaceful setting, without the distractions of daily life and with a clear, shared focus. The wider College teaching team is there, with students from all 5 national Branches meeting up, and the format includes workshops, demonstration treatments, individual tutorials, and the opportunity to share, connect and exchange with your peers.

It's currently held at Oxon Hoath Manor in Kent, ([www.oxonhoath.co.uk](http://www.oxonhoath.co.uk)) where delicious food, comfortable accommodation and beautiful grounds provide us with a perfect setting for this inspiring part of the course.



**Thank you very much for your interest in the Shiatsu College and we look forward to hearing from you**

[www.shiatsucollege.co.uk](http://www.shiatsucollege.co.uk)

0800 690 6349