

Shiat su College

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Practitioner Training Prospectus 2010

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What is Shiatsu?

Shiatsu is rooted in Traditional Oriental Medicine, which has been an effective system of health care for over 3000 years. Shiatsu originated in Japan. It is both a form of physical therapy and a means to greater integration of body, mind and spirit.

In the oriental view all physical and emotional problems are viewed as disruptions in the body's flow of life energy called Chi or Ki. From observation Ki has been found to flow along channels or meridians that are linked to the functions of the major organs. By applying both pressure and stretching techniques the Shiatsu practitioner is able to initiate the movement of Ki to revitalise affected areas. The purpose of the Shiatsu treatment is to re-balance energy along these channels and to promote self-healing.

Shiatsu is Japanese for 'finger pressure', but the practitioner may also use thumbs, palms, elbows, knees and feet during a treatment. Touch is the essence of Shiatsu. Through the medium of touch the experienced Shiatsu practitioner is able to activate innate self-healing mechanisms within the patient, resulting in a heightened sense of well-being in body, mind and spirit.

Why Study Shiatsu?

Studying Shiatsu will allow your mind, body and spirit to come into a greater harmony so you can look, feel and be healthier. The training focuses on developing self-awareness and improved health for students. This is achieved through a carefully designed exercise programme which incorporates many oriental exercise systems including Chi Gong, Do-In Taoist exercises, Yoga. The course also

includes some meditation to help develop the mind and thus affect change in the energetic and body systems.

Studying and giving Shiatsu is an enjoyable experience. You don't necessarily have to want to become a practitioner. You may simply wish to improve your own health and learn about Shiatsu as a means to a more satisfying and happier life.

Shiatsu as a Profession

Shiatsu is available within the NHS - from hospital based pain management clinics to GP surgeries and community outreach services. Shiatsu is bought by other public sector organisations, such as the Probation Service, and charitable bodies running facilities including drug addiction centres and cancer care services.

Organisations as varied as M&S, legal firms, software development companies and The Inland Revenue invite Shiatsu practitioners in as part of their staff support schemes.

Private practice is an aspect of many practitioners' work, often working from a complementary health centre or a home-based clinic. Shiatsu College trained practitioners have flourishing full-time practices from the Donegal to West Cork and across Europe.

A popular aspect of a Shiatsu career can be the opportunity to work for yourself, and to determine the pattern of work hours. Shiatsu practitioners can choose to work full-time or may build their practice around child-care or life-style choices.

Our Aims

The Shiatsu College of Dublin was founded out of the love and passion of this healing art and is dedicated to the promotion of good health and improved well-being for ourselves. With this as a grounding, we aim to enable students to become professional Shiatsu Practitioners that feel they can work with clients with a confidence and ability that will bring ease and comfort to the clients.

Our aims are:

- *To provide courses that are interesting, challenging, educational, rewarding and fun.
- *To produce graduates whose professional work is of the highest standard?
- *To bring comfort and care to people without intrusion.
- *To bring awareness to students of the natural healing body.
- *To provide support for students, on their individual needs, on any issue whether it is administration or teaching related.
- * To create greater awareness in society of the need for the prevention of illness rather than the simple treatment of recurring symptoms.
- * That all courses (except introductory courses) are taught by at least two teachers and thus bringing a variety of style and input.

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About the College

As the general public recognises the health benefits of Shiatsu and looks for qualified practitioners, we felt it created a demand for more formal and in-depth training in this ancient healing art. With this in mind, Shiatsu College Dublin was born.

Although the Shiatsu College Dublin is a new Shiatsu training facility, it is supported and taught by some of the teachers and founders of the original Irish School of Shiatsu. The course has been updated and re-structured to accommodate the changes in today's way of living.

The course week-ends take place in the Yoga centre in The Healthy Way, Leixlip, Co Kildare and the residential weeks will be held in a centre within easy reach of Dublin.

Course Outline

The Shiatsu College Dublin offers a three-year part-time course leading towards a practitioner diploma. No prior knowledge of bodywork or educational qualifications is required to begin your studies. However the Foundation course (2 week-ends) is a prerequisite to starting the full practitioner training programme.

This course meets the requirements of The Shiatsu Society of Ireland, the governing body of Shiatsu in Ireland. This society requires that each professional course is at least 500 hours over 3 years. It must also follow a Core Curriculum and be taught by registered teachers. Workshops with international teachers will also form part of the training.

Supervision and further study groups support the practitioner towards Registration with the Shiatsu Society of Ireland. Study groups will also be held at appropriate venues during the training. It is a requirement of the course that participants attend all the weekends, residential and study groups. Some exceptions may be made where there is a suitable alternative. It is also a requirement that participants receive regular Shiatsu from a registered practitioner.

There are specialist teachers in Anatomy and Physiology. Experienced teachers from other Shiatsu schools will be presenting weekends in years 2 and 3, bringing in depth experience and knowledge.

Course Materials

You will need to wear loose, comfortable clothes, preferably of a natural fabric like cotton which should be kept clean and fresh for wearing in class only(not necessary for Foundation Course). You will need a pen and notebook. A handbook of basic Shiatsu and "Shiatsu Theory and Practice" by Carola Beresford Cook, the text book used on the course will be required; the School will order these for you. In addition, a book-list will be provided with information of other texts.

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Course Levels

Foundation Course

The Foundation course includes:

- *A simple full body treatment in sitting and lying positions
- *Sensing energy (ki)
- *The basic Shiatsu techniques
- *Exercises to relax and improve posture

The Foundation course is compulsory to proceed to Year 1 of the Practitioner Training Programme.

This short course over 2 weekends allows you to find out if Shiatsu is for you, without committing yourself to the expense of a full years study.



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Full Practitioner Training Programme

This three-year part-time course, leading towards a practitioner Diploma covers the essential aspects of Shiatsu and helps the student develop all skills necessary to practice this therapy in a professional manner. The structure of the course involves a:

- Two year Practitioner Training Programme and then a final Clinical practice year.
- Ten week-ends per year, with one week residential in years 2 and 3.

Year one

A comprehensive introduction is presented over 10 non-residential weekends or equivalent.

Topics include:

- *Full body treatment, prone, supine, side-lying and sitting positions
- *Sensing Ki
- *Traditional Chinese Medicine theory including Yin & Yang and Five Elements
- *The Zen Meridian system (covers 14 meridians - location, treatment and personality profile)
- *Zen Shiatsu Theory
- *Zen Hara Diagnosis
- *Basic Anatomy and Physiology
- *Self-Development (including Do-In, Makko-Ho, Chi Gung and Yoga exercises, developing intuition, awareness of posture and breathing)
- *Oriental Diagnosis

There are short exams in Shiatsu theory and practice at the end of Year 1 and approximately 3 hours per week of home study and practice is required. You will be asked to submit 25 recorded treatments to go to the next level.

Year Two

This year comprises of 11 weekends and a 5-day residential component, and the opportunity to work with the general public at supervised student clinics. During this year your treatments will become more flowing and confident as you develop your own style within the framework of the Shiatsu 'form'.

Topics covered are:

- *The Classical Meridian System
- *Zen Back Diagnosis
- *Oriental Medicine Theory (continued)
- *Bo & Yu points for treatment and diagnosis
- *Anatomy, Physiology and Pathology
- *Ethics and the Client - Practitioner Relationship
- *Further Self - Development exercises

Year 2 demands more time and commitment than Year 1 - approximately 5 hours per week of home study/practice. Completion of a theory and practical assessment and 100 recorded treatments are required to go to the next level.

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Year Three (Probationary)

Year 3 is the Probationary year during which you will receive a Probationary Diploma from the college (valid for one year), entitling you to begin your clinical practice and to practice professionally under the supervision of the College with insurance through the Shiatsu Society of Ireland.

The course comprises of 10 weekends and a four and a half day residential component (or equivalent), plus supervised student clinics and a theoretical and practical assessment (two days). Students undertake a Shiatsu placement providing a written report at the end of it.

Topics covered are:

- *Revision and refinement
- *The therapeutic relationship
- *Point location & usage
- *Sotai muscle balancing techniques
- *Sports Injuries
- *Pregnancy & Childbirth
- *Oriental Medicine Theory (continued)
- *Anatomy, Physiology and Pathology (continued)
- *First Aid
- *Moxibustion and Cupping
- *Nutrition/Food Energetics
- *Your Shiatsu Business (marketing and business skills)

The Year 3 demands similar time and commitment to Year 2. Completion of 100 recorded treatments and a Special Project is required before sitting the final assessment.

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Course Fees and Bookings

Foundation Course

€320 for the 4 days (deposit of €100 required)

Practitioner Training Programme

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|--------|--------|-------------------------------------|
| Year 1 | €1,950 | (10 weekends) |
| Year 2 | €2,500 | (11 weekends and 5 day residential) |
| Year 3 | €2,500 | (10 weekends and 5 day residential) |

These fees include:

- All week-end tutoring and course notes.
- Study workgroups.
- All Examination Fees.
- Residential Costs (B&B, light lunch and dinner).

For Year 1 a deposit €500 secures a place and then monthly direct debits of €145 over 10 months. For Year 2 and 3, monthly direct debits of €250 over 10 months. Course fees can also be paid in 3 instalments over the year.

Practitioner Course scheduled start date for Year 1 is Oct 09.

Contact Information

For more information please contact: Helena on 087-2613355 or email helena@shiatsu.ie

Further information is available on our websites www.shiatsu.ie and www.thehealthyway.ie

Booking Form Practitioner Course

Venue: The Healthy Way, Leixlip, CO Kildare

Name

Address

County

Telephone

Email

Please enclose a deposit of € 500, cheque payable to 'Helena O Loughlin
We also accept credit/debit card payments at our The Healthy Way, tel
01-6244288

Send this form and deposit to
Helena O'Loughlin, 4 Bancroft Court, Tallaght, Dublin 24

Email: helena@shiatsu.ie

web: and www.shiatsu.ie and www.thehealthyway.ie

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Training and Courses

- Shiatsu Introductory Days
- Shiatsu Foundation Training
- Full practitioner training
- Oriental Medicine
- Practice Classes
- Enhancing your personal growth
- Excellent Bodywork training
- Development of Ki sensitivity
- Skills enhancement workshops
- Food Energetics
- Supervision