

# The Shiatsu College

Prospectus 2011-12



## Introduction

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

After 25 years of providing one of the most respected professional Shiatsu Training courses in the UK, we have now radically re-designed our Programmes to meet the changing needs of 21st century students.

We hope you will share our excitement about this new project, which aims to make the wonderful world of 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.

Please watch our introductory video [click here](#).



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Class begins 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 first of its kind, of comparable length and depth to that of Acupuncture training.

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 Shiatsu community and continue to guide and encourage the development of the College to the present day.

The College has grown and expanded now to comprise 6 regional branches, each sharing the same ethos, aims, syllabus and assessments.

Our Professional Practitioner Training is fully ratified by the Shiatsu Society (UK) 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 College is also accredited by the National Open College Network. The NOCN is recognised by the regulatory authorities in England, Wales, Scotland and Northern Ireland and provides flexible credit-based qualifications to a range of education and training providers and employers.



Two-handed connection is important in Shiatsu

## About the Programmes

Our new Programmes provide a 2-tier system:

You may either take stand-alone Workshops, Modules or Programmes if you wish simply to explore Shiatsu and energy work or to increase your existing range of skills.

Alternatively you can register for the Shiatsu College Credit system and work through each of the 3 Programmes described below, with the aim of graduating as a professional Shiatsu Practitioner.

The 3 Programmes are:

- **The Open Programme**
- **The Core Shiatsu Programme**
- **The Clinical Programme**

Our College Credits are based on taught hours and successful completion of Portfolios, recording continuous assessment of both theory and practical components of the course. In order to graduate you will gather a total of 500 Credits.

To enter the Core Shiatsu Programme you will first need to collect a total of 135 College Credits from modules in the Open Programme.

The Core Shiatsu Programme itself awards 180 Credits.

In the Clinical Programme year you will be offered a range of options which will allow you to gather the remaining 185 Credits needed to Graduate and to be awarded our Shiatsu College Diploma.

## The Open Programme

### What is the Open Programme?

This is an Open modular programme, introducing the exciting world of working with the human energy field. You may enrol on as many or as few modules as you choose, simply out of interest or to enhance your current skills. This Programme is designed to be flexible and will vary from branch to branch of the Shiatsu College.

### Who is it for?

- For complete beginners
- For practitioners of any other type of complementary health care, or associated fields, who wish to take specific modules which interest them simply to add to their skills base
- For anyone wishing to become a Shiatsu practitioner the Open Programme is the first stage of training, allowing you to acquire the necessary 135 College Credits to gain entry to the subsequent Core Shiatsu Programme.

### What's it like?

Modules may take the form of a single weekend or may be up to 5 weekends (like the Foundations of Shiatsu module). You can choose individual modules to suit your interests. For each module, you will be given clear, relevant course notes and all the support and resources you will need.

Our range of modules include:

Introduction to Energy Work \*

Foundations of Shiatsu \*

Anatomy – online course + 1 day experiential workshop \*

Transition to Core Shiatsu Programme – 1 day workshop \*

Seated Acupressure

Energy Medicine and the New Science

Qigong & Energy Exercises

Yoga and the Meridians

The 5 Elements

Acupressure Points for Common Ailments

Daoist Cosmology – understanding Yin and Yang

Introduction to Traditional Chinese Medicine (TCM)

Meditation

Voice and Ki Work

## The Open Programme continued

Regional variations apply so please visit the website and discover what the individual branches can offer you.

If you are a complete newcomer wishing to continue into the Core Shiatsu Programme there will be a minimum attendance requirement of 9 weekends. These 9 weekends will provide you with the 135 College Credits needed to continue into the Core Shiatsu Programme, and they must include the \* starred modules in the list above.



Body positioning and posture are central to good technique

## The Open Programme continued

### What will I learn? The Outline Syllabus:

By covering the required \* modules from this Open Programme you will learn:

- How to develop your own energy
- The practical basics of energy work: breathing, postural alignment
- Awareness of Hara, centering and the relaxed use of body weight
- How to apply effective Shiatsu with the minimum of effort
- An introduction to Qigong and meditation
- New developments in energy medicine
- Basics of Chinese Medicine: Yin & Yang, Vital Substances, 5 Elements, Organ functions
- How to locate and use principal Acupressure Points
- Meridian stretch exercises for your own health
- Western Anatomy: understanding the skeletal and muscular systems

For further details of any of the optional modules offered by your local Branch please contact them directly.

### Home Study and Assessment

In order to access the College Credits for each module there will be a home study component (typically of c.2 hrs pw) and recorded practice treatments will be required between weekend workshops. Assessment criteria will be explained and a successfully completed Portfolio, recording theoretical and practical aspects of each module taken, will be required to collect the necessary 135 College Credits.

### Anatomy Module

We offer an accredited e-Learning Anatomy Course, which is assessed at a one day Experiential Anatomy workshop.

e-Learning allows us to support students with accessible, fun ways of learning, minimising class time spent on theory and maximising the time available for hands-on work.

Accredited Prior Learning (APL) is accepted for this Anatomy module

### What do I do now?

Just call or mail your local branch for more details or an Application Form. You will find the branches link on our website.

## The Core Shiatsu Programme

### What is the Core Shiatsu Programme?

This is a one year Programme exploring the fascinating world of Shiatsu theory and practice, from its ancient Daoist roots through to cutting edge scientific insights into the structure and dynamics of the human body.

### What's it like?

In a year's Programme, usually spread over 12 weekends, you will receive an in-depth training in Zen Shiatsu, supported by its underlying foundations in Chinese Medicine. The Programme includes study of the physiology of the body – from both Eastern and Western perspectives. These studies will be informed by recent developments in understanding of the liquid crystal structure of connective tissue and its relevance to healing touch.

### Who is it for?

This year is open to those of you who really want to be able to work with Shiatsu – either heading towards the full professional Diploma, using Shiatsu to expand existing energy work skills or simply for enjoyment and self-development.

To access the Core Shiatsu Programme you will need to fulfil the following minimum requirements:

- 9 weekends from our Open Programme – including the \* required modules
- A completed Portfolio of Assignments from the Open Programme

### OR you may be eligible for Direct Entry via Accredited Prior Learning (APL):

We will be happy to consider you transferring qualifications and skills from other allied modalities such as Massage, Physiotherapy, Cranio-Sacral therapy, Acupuncture, Martial Arts, Qigong, Reflexology, Indian Head Massage, Bowen Technique.

If you already have qualifications / experience in these (or similar) you may be eligible to enter the Core Shiatsu Programme directly without completing all the listed requirements.

Direct Entry via Accredited Prior Learning:

If you are a 'direct entry applicant' you will be assessed individually via interview and, if appropriate, may be asked to share a treatment with the local Shiatsu College teaching team. Direct entry to the Core Shiatsu Programme will be in consultation with, and at the discretion of, branch Principals.

## Core Programme continued

### What will I learn? The Outline Syllabus:

In this Core Shiatsu year you will learn:

- Zen Shiatsu, theory and practice
- The roots of Shiatsu in Traditional Chinese Medicine
- The extended Meridian System
- The energetic actions of major Acupuncture points
- How to diagnose and treat effectively with Shiatsu
- Western physiology and pathology

### Home Study & Assessment

Students will carry out approximately 5 hrs pw of home study during term time, in the form of regular recorded practical Shiatsu treatments and short written assignments.

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

### What do I do now?

If you feel you may be eligible and you would like directly to enter our Core Shiatsu Programme please contact your local branch now.

## The Clinical Programme

### What is the Clinical Programme?

This is the year designed to prepare you for professional Shiatsu practice.

Successful completion of the Programme leads to Graduation and the award of the Shiatsu College Diploma. Our aim is to provide you with all the necessary skills and experience to give Shiatsu with competence and confidence in any setting.

### What's it like?

The focus of the year will be on individual tutorial support, supervised clinical practice and project work.

Students on this Programme will be welcome to re-visit classes in the Core Shiatsu Programme (at no extra cost) and will also be offered a range of weekend workshops on specific health issues e.g. back pain, joint problems, women's health etc

Regional variations apply so please visit the website and discover what the individual branches can offer you.

You may attend the workshops provided locally or you may choose to visit other branches for alternative topics of particular interest to you.

**A Combined 4 day Residential Workshop** for all final year students is held in March and led by the Founding teachers of the College. These Residential workshops are a highlight of our Shiatsu training, when your learning is enhanced by the very special atmosphere of working together in a beautiful country venue with no distractions. You will be given not only inspirational teaching from our most experienced teachers but also the opportunity to connect with the whole of your peer group from around the country.

### Who is it for?

All who have completed the Core Shiatsu Programme – either locally or from elsewhere around the country, plus anyone with equivalent experience who can be given APL to join this Programme (via interview).



Self-awareness exercises play an important role in learning Shiatsu

## Clinical Programme continued

### The Outline Syllabus: What will I learn?

In this graduating year you will learn:

- How to integrate and consolidate all the practical and theoretical material you have learned
- How to develop and manage your professional practice
- How to treat a range of specific health problems
- How to build on your resources to further enhance your own health, sensitivity and stamina
- Western physiology and pathology

### Home Study and Assessment

Project work and written assignments will 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, Codes of Conduct and effective management of your practice are an integral part of the Clinical Programme.

The College Credits for individual or small group tutorials and for supervised clinical practice sessions (where you work on members of the public under direct supervision from a teacher) will be awarded at a rate of 5 Credits per session.

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

### e-Learning Modules

e-Learning Modules provided will include 'How to Create and Maintain a Successful Shiatsu Practice' and 'Combining Zen Shiatsu with TCM in Practice' – each is spread over 5 weeks, please check with your branch for further details. An Open Discussion Forum will be available at [www.shiatsucollegeonline](http://www.shiatsucollegeonline) to give ongoing support and input both from your peer group and from the wider College teaching team.

## What to do now

If you are interested in any of our Programmes the next step is to contact your nearest branch. On our website you will find their contact details. Each branch sets its own fees and adjusts its local courses to best serve its local community.

Thank you very much for your interest in the Shiatsu College, and we hope to hear from you soon.