

# APPLICATION FOR ASSESSMENT AS A REGISTERED PRACTITIONER

## GUIDELINES

The Purpose of the Shiatsu Society (UK) and the Assessment Panel is:

- To enhance and promote the high quality study, teaching and practice of Shiatsu, for the benefit of humanity
- To be representative of the Shiatsu community as a whole, being independent of any particular school of individual interest
- To act as a safety net for the general public and Shiatsu community, ensuring a high standard of Shiatsu from therapists recognized on the Practitioners Register.

### **Criteria for Acceptance onto the Practitioners Register:**

Before coming for assessment candidates must have:

- Undertaken a minimum of three years study
- Completed a minimum of 500 hours class time, a minimum of 350 of those hours taught by Shiatsu Society Teachers (MRSS(T)). The 500 hours to have included 440 hours of Shiatsu theory and practice and 60 hours anatomy, physiology and pathology (for training commencing on or after 1<sup>st</sup> January 2002)
- Been a member of the Shiatsu Society for at least the previous two consecutive years

These will form the basis of discussion with Panel members during the interview part of the Assessment. A letter of recommendation is required from a Shiatsu Society Registered Teacher. You must have completed a theoretical and practical assessment with this teacher who must either be the Principal of your shiatsu school or a recognised Shiatsu Teacher who has taught a major part of your 500 hours.

- Candidates should show a high standard of sensitivity and positive energy. They must be able to demonstrate a high level of competence in a range of techniques appropriate for different situations, including sitting, prone, supine and side positions.

The theoretical range within Shiatsu is a wide one and students presenting for Assessment should be familiar with the Core Curriculum requirements. They should be aware of the correct use of Hara in giving treatment, and the concept of two-handed Shiatsu (i.e., use of support/mother hand). A sufficient knowledge of anatomy, physiology and contra-indications to understand clearly the limits and ensure the safety of Shiatsu in different circumstances is expected.

The Panel will wish to be confident that the candidate has the sensitivity, understanding and experience to recognize and help different kinds of physical and Ki conditions which may manifest themselves.

The Panel will also wish to feel that candidates are able to unify and utilize their physical, mental and spiritual powers, in order to project good healing energy through their Shiatsu.

## THE ASSESSMENT EXAMS

The Assessment is currently in two sections:

### 1. Theory Exam

Written theory exams are held twice a year. This must be passed before you may take the practical exam. It is in two parts: Anatomy, Physiology and Pathology; and Shiatsu Theory.

There will be no negative marking for incorrect answers. The pass mark for both papers is 65%. Should a candidate fail in one paper they will only have to resit that paper.

If you have taken the exam of a school whose exam paper has been ratified, then you are exempted from this paper. If in doubt, check with your school principal or the Shiatsu Society office for confirmation. Please forward a cheque for £50.00.

### 2. Practical Exam

The format for this is relatively informal. You will be required to demonstrate your ability to diagnose correctly by whichever method you favour, and will be asked to work on members of the Panel in three out the four following positions:

Prone position, Supine position, Side position, Sitting position

There are 12 criteria for the practical exam:

- |   |                                   |
|---|-----------------------------------|
| 1 Relaxation and Comfort of both giver and receiver | 7 Correctly angled pressure       |
| 2 Centre of Gravity, Grounding                      | 8 Technical ability               |
| 3 Mental and Physical Focus/ Steady breath          | 9 Continuity/Fluency              |
| 4 Support   | 10 Empathy/Sensitivity            |
| 5 Positive Connection                               | 11 Diagnostic ability             |
| 6 Channel/Point location                            | 12 Confidence/Professional Manner |

There will then be an **Interview** for which there are currently 5 criteria:

1. Empathy, Rapport
2. Appearance, Professional Manner
3. Presentation and content of 2 Case Histories based on treatments performed within the last 12 months prior to application. One Self Development essay based on your personal development during your Shiatsu training.
4. 100 most recent Treatment records, all in the year leading up to your assessment date.
5. Ethical issues/self development

## THE ASSESSORS

We realise that in assessment situations, there will inevitably be some nervousness, but every effort is made to make the assessment a supportive and positive experience for all. There is no attempt to make this a pass/fail situation, but more to provide a mirror to show you where you are with your Shiatsu and to give guidance to assist you in your development. If you are ready to be on the Practitioners Register we will let you know, and may also recommend areas where you could strengthen yourself. If the assessors find you are not ready you will be advised as to which aspects need further work or study. You will be asked to attend again at a specific time appropriate for your development.

Both the interview and the practical are important and there is a balance between the two. The quality of touch and Ki you show at the practical are essential, as is your ability to get into hara and work from there whatever the circumstances.

**PLEASE NOTE:** If you are visually impaired, dyslexic or have learning difficulties, please contact the office as soon as possible to discuss whether special arrangements can be made for you.

## Guidelines for Writing Case Histories

The Society's main aims in requiring Case Histories are to see how you approach and relate to clients and their problems, and how you use shiatsu theory to support, focus and give increased effectiveness in your treatments and over a series of treatments.

The main areas of information and application of Shiatsu theory we are looking for are:

### 1) Personal History

The client's lifestyle, work, important relationships, diet, moods, outlook on life etc.

### 2) Medical History

Specific problems suffered in the past, plus operations and previous treatments.

### Presenting Symptoms

The physical problems and/or psychological imbalances and/or difficulties in life which the client comes to you with. Any medications or other treatments currently being used.

### Diagnosis

The energetic patterns in meridians, elements and organs underlying the client's lifestyle, medical history and presenting symptoms, using 2 of the theoretical frameworks that you usually use, eg. Zen Shiatsu, Five elements, TCM.

### Treatments Given

Your aims of treatment, specific diagnoses, treatments and any recommendations given for the energetic imbalances diagnosed. A series of at least 6 treatments is required, so you may need to summarize your diagnoses and treatments so as not to exceed 250 words. Please state the date of each treatment session.

### Results of Treatments

The changes in symptoms, lifestyle, psychological outlook and energetic patterns that have taken place during the series of treatments and/or by the end of the series of treatments.

### Conclusions

A wider look at how your shiatsu has affected the client's life, for example changes in attitudes, lifestyle, interest in their own healing process.

### PLEASE NOTE THE FOLLOWING:

Candidates must comply with the following compulsory criteria: The two Case Studies must:

- Keep the client names anonymous
- Present differing client profiles e.g. age, conditions
- Relate to treatments given in the year leading up to application for assessment
- Include two different theoretical models in the case histories. You may use 1 style per case history or 2 styles in each case history.

You must provide three copies of each case study. In presenting the case study it must be:

- Typed
- No more than 1500 words of which a maximum of 250 words describe the treatments given
- Numbered on each page
- Double line spaced
- In a prose style rather than note form, although the usual abbreviations for meridians e.g. GB, BL are quite acceptable. It will need to be concise, so as to convey a lot of information within the word limit
- Indicate the date of each treatment session
- Include a cover sheet that clearly shows the name of the candidate, the number of words used and the time frame of the case e.g. start date of treatments – finish date of treatments'.

## Guidelines for Writing Self - Development Essay

The main focus of this self development essay should be on Shiatsu and working with Ki.

In 1000 – 1200 words you use this essay as an opportunity to:

- reflect on how your Shiatsu training and practice has affected your own growth and development
- show you have an understanding of your own health in terms of Shiatsu Theory
- show you have an awareness of your own psychological and emotional being
- show what practices you use to improve your own health, such as physical and ki exercises, meditation, counselling and attention to diet and lifestyle
- show what practices you are using to increase your awareness of your own ki and that of others
- explain your own experience of receiving shiatsu. Candidates must have received at least six sessions with one MRSS practitioner and have received shiatsu from at least another two MRSS practitioners.'

**You need to submit 3 copies of your self-development essay.**

## CORE CURRICULUM

### A) Core Theory

#### 1) General

- The concept of pervasiveness of Ki, within the body and throughout nature.
- The concept of dynamic equilibrium of complementary forces, described as Yin and Yang.
- Understanding the movement of Ki throughout the body.

#### 2) Meridian Tsubo Theory

- Location of the classical meridians
- The nature of Tsubo, e.g. their depths, responsiveness and how touch may effect them beneficially.
- The location of the following list of 113 Tsubo and the common uses of the 52 Tsubo highlighted and underlined in the list

LU	<u>1</u> , 5, 7, 9, 11	LI	1, <u>4</u> , <u>10</u> , 11, <u>15</u> , 16, <u>20</u>	HT	1, 3, <u>7</u> , <u>9</u>
ST	1, <u>3</u> , 9, 17, 25, 30, <u>36</u> , 40, 44, 45	SP	1, <u>3</u> , <u>6</u> , <u>9</u> , <u>10</u> , 15, 20, 21	HC	1, 3, <u>6</u> , 7, <u>8</u> , 9
BL	1, <u>2</u> , 10, 11, <u>13</u> , <u>14</u> , <u>15</u> , 17, <u>18</u> , <u>19</u> , <u>20</u> , <u>21</u> , <u>22</u> , <u>23</u> , <u>25</u> , <u>27</u> , <u>28</u> , 36 (50), 40 (54), 43 (38), 52 (47), 57, 67	KI	<u>1</u> , <u>3</u> , 6, 7, 10, <u>27</u>	LV	1, <u>3</u> , 4, 5, 8, <u>13</u> , <u>14</u>
		GB	<u>1</u> , 14, <u>20</u> , <u>21</u> , <u>24</u> , <u>25</u> , <u>30</u> , <u>34</u> , 40, 44	TH	1, 4, <u>5</u> , 10, 14, 23
		CV	<u>3</u> , <u>4</u> , <u>5</u> , <u>6</u> , 8, <u>12</u> , <u>14</u> , <u>17</u> , 24	SI	1, 3, 10, <u>11</u> , <u>19</u>
				GV	1, 2, <u>4</u> , 14, 16, 20, 26

#### 3) Five Elements

- The pervasiveness of cycles through five stages or transformations of energy in nature, human life and the human body.
- The Creative or Shen Cycle and Controlling or Ko Cycle.
- Signs or symptoms of imbalance in the Elements in human health
- The correspondences normally used in Five Element Theory, e.g. season, time of day.

#### 4) System of Meridian and/or Organ Theory

There are various systems used in Shiatsu but for the core curriculum in addition to the mandatory Five Elements section, at least one of the following systems should be covered in depth as an integrated framework for understanding patterns of Ki in organs or meridians, diagnosis and treatment strategies:

##### a) Traditional Chinese Medicine

Zang Fu  
Eight Principles  
The Five Vital Substances  
Six Divisions  
Three Burners  
Causes of disease  
Understanding the philosophy of Shen, Yi, Po, Zhi and Hun.

##### b) Zen Shiatsu

Functions of the Meridians  
Location of the extended (Zen) meridians  
Kyo-Jitsu theory and usage  
The six Makko-Ho meridian stretching exercises  
Masunaga's stretches for the treatment of meridians  
Hara and back diagnosis

#### 5) Diagnosis

##### a) Visual

Distribution of Ki in the body  
Posture  
Gesture  
Facial Hue  
Movement

##### b) Touch

Knowledge of two of the following forms:  
Meridian palpation  
Masunaga hara and back diagnosis  
Yu and Bo points  
Pulse diagnosis

#### 6) Giving Recommendations

The practitioner should be able to give information to clients on how they can improve their health using means such as specific exercises and changes in diet and life style where appropriate.

### B) Principles of Touch

Sensitivity to Ki and positive connection to the receiver's Ki  
Supportive touch  
Empathy and compassion for the receiver  
Relaxed Pressure

Mental and physical focus  
Correctly angled pressure  
Posture and movement centred in the Hara  
Continuity, appropriate pace and fluency of movement

### C) Technique

- Shiatsu in prone, supine, side and sitting positions
- Appropriate positions for giving Shiatsu during pregnancy or when there is restricted movement
- Accurate Meridian and Tsubo location
- Application of diagnosis in planning treatment.

### D) Case Histories & Self Development Essay

The writing of two Case Histories and one Self-Development Essay, case histories based on treatments performed within the last 12 months prior to your application and your essay on your personal development during your Shiatsu training, all with a maximum length of 1,000 to 1,500 words each.

## **E) Client/Practitioner Relationship**

### **Listening and Communication Skills**

- Basic skills such as non-judgmental listening, open and closed questioning, showing empathy
- The client is encouraged to accept responsibility for his/her health and the direction and frequency of the sessions
- The practitioner can give clear feedback on the client's state of health
- The practitioner can give clear guidelines on planning future sessions
- Clear communication of fees, working times, the nature of Shiatsu sessions and suitability of Shiatsu for particular clients.
- Application of the Shiatsu Society (UK) Code of Ethics
- Knowledge of the Code of Ethics, the underlying ethical principles and its application in practice.

## **F) Self Awareness and Personal Growth**

A practitioner should:

- have an understanding and diagnosis of their own health in terms of Shiatsu theory
- have an awareness of their own emotional and psychological being, including areas which can be beneficially changed
- Be using practices to improve their own health such as physical and energetic systems of exercise, breath meditation, counselling and attention to diet and lifestyle
- Be using practices to increase awareness of Ki in self and others
- Have received a course of at least six Shiatsu sessions with a MRSS practitioner
- Have received Shiatsu sessions from at least two other MRSS practitioners
- Have been a member of the Shiatsu Society (or another Shiatsu organization, if trained abroad) for at least two consecutive years.
- Awareness of any legal issues pertaining to Shiatsu

## **G) Practice Management**

- Punctuality, reliability and honesty in the professional relationship
- The setting up of a suitable environment for giving Shiatsu
- Hygiene as necessary in giving Shiatsu
- The keeping of clear records of all sessions
- Maintaining records within the current legal framework e.g. Data Protection legislation
- Maintaining appropriate insurance
- Awareness of taxation and National Insurance laws for self-employment
- Awareness of any legal issues pertaining to Shiatsu.

## **H) Study Requirements**

- Study of Shiatsu (excluding anatomy, physiology and pathology and communication skills) for a minimum of 420 hours
- Study over a minimum period of three years
- Study with at least 3 Teachers for at least 24 hours each

## **Assessment of the Core Curriculum**

The Core Curriculum will be assessed in the following ways:

### **1) Application for Assessment**

Applications will be accompanied by the following evidence:

- Two typed Case Histories based on treatments performed in the last 12 months prior to application and following the format in the Guidelines for Writing of Case Histories. Please submit three copies of each case history.
- A typed Self Development Essay on the candidate's personal development during Shiatsu training and following the format in the Guidelines for Writing a Self Development Essay. Please submit three copies.
- A letter of recommendation from a Shiatsu Society Registered Teacher or other resident Shiatsu teacher with whom the candidate has most recently trained and been assessed, to confirm that s/he is ready to take the Shiatsu Society assessment
- The records of 100 Shiatsu sessions completed prior to the interview should be submitted at the practical assessment. These should be prefaced by a numbered index recording the date and client name/initials for each session
- Your Shiatsu Society Membership and Training Card completed by your teachers and showing the number of hours studied.
- A cheque for the current assessment fee, made payable to; Shiatsu Society (UK).

### **2) Theory Assessment**

All sections of the Core Theory will be assessed. Where the Theory assessment is replaced by ratification of a student's School Assessments, proof of attainment in all sections is required from the School.

### **3) Practical Assessment**

The following sections will be assessed: (a) Principles of Touch (b) Technique

### **4) Interview**

The following sections will be assessed prior to or during the interview:

(a) Case Histories (b) Client-Practitioner Relationship (c) Self Awareness and Personal Development (d) Practice management

**5) Case Histories**

Case Histories will be used to assess a wide variety of skills including the use of Shiatsu theory in forming a clear diagnosis and treatment plan with appropriate use of recommendations.

## **PRACTICAL ASSESSMENT INFORMATION**

### **Brief Outline:-**

You will need to allow up to 3 ½ hours for your assessment. During the practical part of it one Assessor will work on you initially for 10 minutes (this is optional). You will then work on your first assessor for 20 minutes. You will then work on your second Assessor for 20 minutes. You will need to base your treatments on some form of diagnosis – as specified in the Core Curriculum - asking questions and identifying the main meridians you have used. You should include at least 3 different positions (out of the 4 - prone, supine, side, sitting) over the whole 40 minutes. You may be asked to work on a third Assessor if further clarification is needed.

As part of the interview process you will be questioned on point location (not point usage). You do not have to give the anatomical location of points but if this helps you find them then this is alright. There will be no indication or feedback from the assessor as to 'right' or 'wrong'. The discussion part of the interview takes around 20 minutes and will focus on your case histories and self development essay, plus questions on practice and ethics. Please remember to bring with you 100 treatment records (from the past year leading up to your assessment date) and also your case histories for your own reference.

Please find enclosed a form for self-assessment which you will be asked to complete at the end of your assessment, and which will be read by the Assessors. The result of your assessment will be sent to you within two weeks of your assessment day.

### **Cancellation/Withdrawal Charges:-**

0-4 weeks of assessment date - No refund

4-8 weeks of assessment date - 50% refund

8+ weeks of assessment date - 90% refund

The Society realises that in such situations, there is inevitably going to be some nervousness, but every effort is made to make the assessment a supportive and positive experience for all. If you are ready to be on the Practitioners Register we will let you know, and may also recommend areas where you could strengthen yourself. If the Society finds you are not ready you will be advised as to which aspects need further work or study. You will be asked to attend again at a specific time appropriate for your development.

Both the interview and the practical are important and there is a balance between the two. The quality of touch and Ki you show at the practical are essential, as is your ability to get into hara and work from there whatever the circumstances.

### **Graduate Membership Status**

Many students do not realise that when they graduate they need to contact the office for a Student to Graduate Upgrade form. This form enables you to update your membership and insurance to the correct category.