

## **CPD Sample Activities that Members can carry out**

All activities marked with an \* are free or cost very little!

### **Category A – Practitioner/Peer exchange session**

- Arrange Shiatsu swaps with a local practitioner \*
- Book a Shiatsu treatment
- Arrange Shiatsu swaps via your local support/peer group \*
- Attend student clinics to be worked on \*
- Be worked on at Congress/Society workshops and work on other members \*
- Attend your local Society regional forum where Shiatsu swaps take place \*

### **Category B – Informal Learning Activity**

- Reading up on Shiatsu to get new skills or to brush up \*
- Reading the Shiatsu Society journal and contributing by writing articles \*
- Subscriptions to Shiatsu related journals / organisations \*
- Watching relevant TV programmes \*
- Downloading and using information from relevant websites \*
- Carrying out online learning or using CD ROMs to obtain relevant information. \*
- Using our web discussion forum or Facebook page to obtain information or guidance about approaches to treatment \*
- Liaise with a mentor (list on the website) \*

### **Category C – Promotion of Shiatsu in the Community**

- Designing your own advertising material – leaflets, business cards, posters etc\*
- Distributing your advertising material \*
- Doing local talks on Shiatsu \*
- Attending local exhibitions to promote Shiatsu (join up with other practitioners and your local support group)
- Putting up advertising posters \*
- Writing adverts / articles \*
- Getting Shiatsu promoted in your local magazines, newspapers, radio & TV \*

### **Category D – Personal Development and Reflective Practice**

- Mentoring (the Society offer a free mentoring service or become a mentor yourself) \*
- Supervision
- Write a personal statement \*

### **Category E – Volunteer Shiatsu work for special needs and vulnerable people including hospices and charities**

- Give Shiatsu at your local charities, hospices, hospitals, GP surgery's etc \*
- Attend support groups to give talks to these groups of people \*

### **Category F – National or International or other relevant Shiatsu conference**

- Attend the Society's annual Congress
- Attend research seminars
- Contact your local Business Link for courses and workshops \*
- Attend the European Shiatsu Federation annual Congress
- Attend the annual Mentoring weekend

### **Category G – Shiatsu research project**

- Undertake a research project
- Study for a degree in Shiatsu and undertake projects. Universities often provide support and funding
- Contact your local PCT to see if you can work within the NHS and carry out research \*

### **Category H – Participation on Shiatsu Sub-committees or working parties**

- Join a Society Sub-committee \*
- Contribute to a specific project on a Society working group \*

### **Category I – Contributing to the development of Shiatsu as a profession**

- Join the Education Sub-committee \*
- Write new Rules for the Society \*
- Write articles on education, regulation etc for the journal \*
- Use the Society's discussion boards or Facebook page to progress Shiatsu in terms of research, education, regulation etc \*

### **Category J – Attendance at a Shiatsu relevant event or workshop**

- Attend a Shiatsu relevant workshop
- Attend the Society's annual congress and get 12 workshops!
- Attend your local Society Regional Forum \*
- Attend the AGM \*
- Attend a local Business Link course \*
- Attend a local Inland Revenue workshop on tax, self assessment etc \*
- Attend a first aid course

### **Category K – Further Professional Training at bona-fida training establishment in other related Shiatsu enhancing therapy**

- Any other training in another therapy that you can relate to Shiatsu

**Category L – Delivery of an extra curricular/specialist Shiatsu or relevant workshops, course or seminar**

**(For teachers)**

- Teach / assist at a Shiatsu school \*
- Run a Shiatsu workshop \*
- Hold a Shiatsu seminar \*

**Category M – Publication of a case study, article or review**

- Write an article for the Society's journal \*
- Write a case study \*
- Write a review for your local media \*

**Category N – Travel to attend a CPD activity**

Must be over 50 miles.