

Dear Principal / Teacher,

Re: Post Graduate Year

As more students are joining the Post Graduate Year, we felt we would remind you of what you need to do to help them along this process.

Any student from a Shiatsu School that has had their theory and practical exams ratified can join the Post Graduate Year. This also covers previous students if the methods of assessment have not changed. Additionally, students who have undergone some verification of their skills by a fully ratified School may support them to join the Post Graduate Year.

Some Graduates may be clear on what they want to do with the year; others may need help in recognising their needs. You may already mention in a letter at the end of the 3rd year or in other written feedback you give what areas that they would benefit from working on.

A graduate needs a letter of recommendation from the Principal from where they graduated to join the Post Graduate Year. This does not need to be a long letter, just a sentence saying you are recommending them.

All graduates who join the Post Graduate Year are given a form that needs to be signed when they attend tutorials/ treatments/ supervision and to get their 100 treatment notes checked at the end of the year.

People who join the Post-Graduate Year need to have a 'lead-in' session with the Principal or Senior Teacher of the School endorsing them for this year. There is then a concluding 'completion' session at the end of the year where Principal/Teacher discusses how it has gone, where they may want to go next, and checks the 100 treatments etc.

The Shiatsu Society has suggested a fee of £30 for Post-Graduates to pay for each session, totalling £60. It is imagined that each session will be about one hour in length.

The first session

The first session needs to include an assessment of where the Post-Graduate is presently in their work, and how they need and would like to develop during this year. This can be done in a more informal way, or a more formal using the Educational tools of Intended Learning Outcomes.

Examples of these might be:

Intended Learning Outcome 1: To develop confidence and skill in my shiatsu practice.

Intended Learning Outcome 2: To explore boundary issues which may come up during giving shiatsu treatments.

Intended Learning Outcome 3: To develop skills to manage a complementary health practice as a business successfully, e.g. business and financial planning, publicity etc.

You may, optionally, encourage Post-Graduates to write reflectively on their development during the Post-Graduate Year. For example, they could write 500 words about one or all of their supervision sessions, depending on what you think is most useful, and practicable.

The final session:

This should be run by the person who led the first session of the PGY. In this session, you need to review the development of the Post-Graduate during the preceding year, and sign off relevant paperwork, and check the 100 treatments. These latter could be used as a focus for discussion, as well as the supervision sessions and tutorials attended, and treatments received. This may be done more or less formally. A more formal approach would be to revisit the Intended Learning Outcomes developed from earlier in the year, and take each in turn, and see how far they have been achieved or otherwise. Bear in mind that the Post-Graduates development may have taken unexpected turn, but still beneficial to their professional practice.

Post Graduate Year required sessions.

During the PGY the graduate needs to fulfil the following criteria:

- i) Be a fully insured Graduate Member of the Shiatsu Society.
- ii) Attend a minimum of two one-hour tutorials with an MRSS(T).
- iii) Attend four supervision sessions with a suitably qualified supervisor (not necessarily a Shiatsu practitioner).
- iv) Receive a minimum of 3 treatments from a current MRSS.
- v) Complete and write up professional standard notes on 100 treatments. (These treatments need to be conducted during the PGY period, and so may not be the same treatments used to obtain your School Diploma.)

Definition of supervision

We have deliberately kept the supervision wide, so they can do business skills or post graduate workshops. If they reflect on what they have learnt then that is great, it may include:

- a) Client – practitioner relationship (recommended 2 of the minimum 4 supervision sessions). A counsellor may be suitable for this.
- b) Practice management.
- c) Self-awareness and personal growth in relation to Shiatsu practice.
- d) Building and marketing your business.
- e) Advanced Shiatsu techniques/ workshops.
- f) Peer supervision and support.

Tutorials are aimed at developing touch skills, both quality of touch and advanced skills, so are between you and the graduate.

If you have any queries about the Post Graduate Year please get in touch.

Kind regards,

Catherine Scanlon
Education Director

with the Ratification Group of the Education sub-Committee: Laura Davison, Carol Dean, Veronica Howard, Elaine Liechti, Anne Palmer.