

**The Post Graduate Year (PGY)**  
**Tutorials (2 minimum) and Supervision sessions (4 minimum)**  
**Defining and Frequently asked questions**

Tutorials:

**FAQ 1 If a Tutorial is a session with a Shiatsu Teacher (MRSST), does a workshop with a T count as a Tutorial?**

A tutorial should include practical work with the Teacher (T).

It should include specific, individual instruction and guidance from the teacher.

A workshop with a T does not count as a Tutorial (but it might count as advanced shiatsu technique supervision – see below).

**FAQ 2 How many people are there in a tutorial?**

Generally, a tutorial includes the Teacher and 1-2 others.

Tutorials should not include more than 4 Graduates, as well as the Teacher (T).

**Is there a maximum number of people in a tutorial?**

4 Graduates + 1 Teacher

Supervision:

**FAQ 2 What is a supervision session?**

It may be an opportunity to discuss personal responses to being in professional practice. However, p.29 of the New Route October 2007 document allows for, e.g. advanced shiatsu techniques/ workshops, so in this case a workshop with a larger group would be legitimate.

**a) Is it a one-on-one session (as would be defined in some situations)?**

Some kinds of supervision are one-to-one;

Peer supervision might include a group of up to 6 Graduates.

Business development supervision could be one-to-one or in a small group (up to 6).

See FAQ above on defining supervision – a larger group would be legitimate in some contexts.

**b) Could it include workshops ?**

yes – see FAQ2 above.

**Peer supervision clarification:**

1. Peer supervision may comprise 1 or 2 of your PGY minimum 4 supervision sessions.
2. When you have a session you would like to count toward your PGY, then all present need to put their names on your form, and sign it.

**NB for tutorials and supervisions, it is important to check with the leader that:**

1. they feel that their session is acceptable to count as a tutorial or supervision, and
2. that they are willing to sign the PGY form to verify attendance.

**If in doubt, please contact the Shiatsu Society Office for clarification.**