

SHIATSU AND MENTAL HEALTH

LETTERS:

I have been working at an East Suffolk Mind mental health day resource centre for the past approximately 4 years. I see people there on a one to one basis working on them within 45 minute time slots. Shiatsu and the work that I do there is valued very highly by both the individuals that have treatments and by the centre, who gain feedback from my clients there who say it is of great value.

I also periodically run a course at the centre that I call "Mind your Body" which is an amalgam of gentle exercise based on Do-in and meridian stretches, and discussion about diet and other health issues and raising their awareness of their own health.

Trish Dent, Shiatsu Practitioner.