

SHIATSU SOCIETY (UK)



New Route to joining the Professional Practitioner Register of the Shiatsu Society (MRSS)

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Dear Graduate Member,

At the 2006 AGM the members of the Shiatsu Society approved the New Route to MRSS. This means that you, as a Graduate Member, now have a choice as to how you proceed to join the professional register (MRSS). You may either take the current Assessment, or you may choose the new Post Graduate Year (PGY) route, in which case, you would undertake a year of supervised CPD (Continuing Professional Development).

The Post Graduate Year is a 12-month period during which you have to:

1. complete 100 treatments.
2. have at least two tutorials with an MRSS(T).
3. receive at least three treatments from someone on the professional register (MRSS).
4. have a minimum of four supervision sessions with people who you feel will help you develop your Shiatsu practice in this initial stage of practice.
5. compile a short portfolio which you present to your supervisor at the end of the year.

A feature of the Post Graduate Year is that you choose who you want to study with and have supervision from, according to your own personal needs. You may also choose exactly when you start your Post Graduate Year, which may be up to three years after you graduate from your School. At the end of your PGY, provided you have fulfilled the requirements listed above to the satisfaction of your supervisor, you will automatically join the professional register (MRSS). Details of the PGY and how you can register for it are enclosed with this letter. Normally your supervisor for the PGY will be the Principal of the School from which you graduated, and you must supply a letter of recommendation from them when you start your PGY.

At present, the Shiatsu Schools which are fully ratified, and whose Graduates can therefore commence their PGY, are: Aberdeen College of Shiatsu, The Shiatsu School Edinburgh, Glasgow School of Shiatsu, The Northern School of Shiatsu, The London College of Shiatsu, The Shiatsu College, University of Derby, The British School of Shiatsu-Do, The Bristol School of Shiatsu, The Devon School of Shiatsu, The European Shiatsu School (2006/May 07 and previous Graduates only). Once those Schools are fully ratified, their Graduates may also take part in the PGY scheme.

For Graduate Members who passed their School Diploma prior to 2006 (the first year in which the Society ratified Schools' practical assessment procedures), the 2006 AGM passed a clause which allows you to use the Post Graduate Year route to joining the professional register (MRSS) provided that your School's practical assessment procedures are the same as those ratified. You will have to check with your School Principal about this.

The Shiatsu Society hopes that this New Route to MRSS will encourage Members who have been on the Graduate listing to proceed to joining the professional register (MRSS). The Graduate listing is only intended to be a transitional phase between being a student and a fully registered practitioner, not a place to rest permanently. As the Society is committed to encouraging Members to do Continuing Professional Development, the Post Graduate Year route to MRSS is a logical way for Graduate Members to continue their development in

Shiatsu and work towards joining the professional register (MRSS) at the same time. You can, of course, still take the current MRSS Assessment for more speedy arrival at MRSS if you wish.

Although a slower method to joining the professional register (MRSS) than the current Assessment, the Post Graduate Year route may have several advantages for you, including ongoing supervision while you are in this transitional phase between Graduate and Professional Practitioner. If you need any more information on the Post Graduate Year, please contact your School, the Chair of Education, or any of the Ratification Group of the Education Sub-Committee.

So, you have some choices here. You have some time further as a Graduate member if you wish, and then you will need to either follow a route to join the Professional Register, or you will automatically move onto the Associate Register. Either way, we are pleased to have you as members of the Shiatsu Society, and look forward to working together in the future.

Kind regards,

Education Director

3. Information Sheet for Graduates about the Post Graduate Year

a) What is the Post Graduate Year?

The idea of the Post Graduate Year (PGY) arose out of the need to change the existing MRSS Assessment system, which is cumbersome for the Society and demands extra hoops for Graduates to jump through. Pilot studies which the Society had carried out showed that although a proportion of students sitting their 3rd year Diploma Practical Assessment were not at MRSS standard, their Shiatsu skills were in place and what was needed was more time and clinical experience to bring them to the required level of competence. The Ratification Subcommittee decided that the whole system could be streamlined by ratifying or approving the procedures used in a School's Practical Assessments (rather as Schools' Theory Assessments are already ratified), so that Schools' Theory and Practical Assessments could stand in place of the current MRSS Assessment. Graduates then undertake a Post Graduate Year during which they complete certain Continuing Professional Development (CPD) criteria. At the end of the PGY, provided the criteria have been fulfilled (see Form 3.2), Membership of the Register of Professional Practitioners of the Shiatsu Society is granted automatically.

b) What are the advantages of the Post Graduate year?

- i) There are no more Assessments after the School Diploma. For many adult learners exams and assessments are a major challenge, and have prevented Graduates putting themselves forward for MRSS.
- ii) The framework of the PGY encourages Graduates to keep in touch with their School or other mentors, and to work actively towards setting up their professional practice.
- iii) The flexibility of the system enables Graduates to create their own programme of study and to request the support they personally feel necessary in making the transition from student to practitioner.

c) What do I have to do?

Once you have passed your School's Assessments and obtained your Diploma, you may register for the Post Graduate Year (see Form 3.1 Registration for the Post Graduate Year). You may choose exactly when you begin the PGY: it is a fixed 1 year period which can be commenced at any time within the 3 years following Graduation. For example, you may choose to start your PGY in the November following Graduation). You must have been a Member of the Shiatsu Society for 2 years prior to registration for the PGY.

During the PGY you need 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) in which issues such as client/ practitioner relationship, practice management, self-awareness and personal growth in relation to Shiatsu practice are covered. Your School Principal can give you guidance as to the direction and focus of attention of your supervision sessions.

- 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.)
- vi) As from 1st June 2009 Graduate Members on the PGY need to compile a short portfolio detailing the tutorials and Practice Development Activities you have engaged upon during the PGY. The portfolio may take the form of certificates or letters of attendance, reflective writing upon what they have gained from the Activity, any marked work generated, etc. This should be given to your supervisor at the end of the year for them to approve.

At the end of the Post Graduate Year, you apply for Membership of the Register of Professional Practitioners of the Shiatsu Society (see Form 3.2 Application for MRSS), and provided all criteria are fulfilled and relevant signatures obtained you will be granted Practitioner Membership within one month of Application.

Notes:

- a) Your School Principal will provide you with a letter of recommendation when you register for the PGY. It is also expected that normally your School Principal will be the one who agrees your focus of study for your PGY and signs off your Application for MRSS checklist (form 3.2) at the end of your PGY. Schools can make a charge for this at a rate recommended by the Shiatsu Society (presently £60 at October 2006). You may choose another MRSS (T) to supervise your PGY if you wish.
- b) Graduate Members can only have Graduate Member status for 4 years: after that time they must either progress to MRSS status via the Post Graduate Year route, or they will be re-designated as Associate Members (which means that their details will be removed from the public registers).
- c) Graduates should have obtained their Diploma not more than 3 years prior to registering for the PGY, and not more than 4 years prior to applying for MRSS (except see note d) below, and Special Notes for “older” Graduates below).
- d) In exceptional circumstances a Graduate may interrupt their PGY. They must inform the Shiatsu Society Office of the date when they commence this interruption and must inform the Office again when they re-commence their PGY.
- e) Members on the Post Graduate year are responsible for the costs of their treatments, tutorials and supervision sessions.
- f) Please also read Shiatsu Society Rules and Regs. Section 13.
- g) From 1st June 2009 all graduates enrolling for the PGY will be required to compile a short portfolio detailing the Tutorials and Practice Development Activities they have engaged upon during the year. This should be given to your supervisor at the end of the year.

Special Notes for ‘older’ Graduates

If you obtained your Diploma prior to the start of the New Route to MRSS scheme (January 2006), please see document 3.3 Notes for Current Graduate Members.

Definition of supervision

Supervision in this context is intended to cover a wide range of possibilities, so that you are appropriately supported in your first year of professional practice. The supervision sessions may include:

- a) Client – practitioner relationship (recommended 2 of the minimum 4 supervision sessions).
- 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.

Your School Principal or other MRSS (T) should be able to recommend local supervisors and trainers, and to suggest/ offer appropriate post-graduate training.

Form 3.1 Registration for the Post Graduate Year

Name: Membership Number:

Address:

..... Telephone:

E-mail:.....

1. I graduated from (name of School)
.....
on (date)..... and enclose a copy of my certificate.

2. I wish my Post Graduate Year to commence on (date):

3. I enclose evidence / certify that I am a current Graduate Member of the Shiatsu Society,
and that I have been a Member (Student or Associate) in the 2 years prior to Registration
for PGY.

4. I enclose evidence of current professional indemnity insurance for Shiatsu.

5. I enclose a letter of recommendation from my School Principal.

6. a) My overseeing supervisor is(print name)

b) Our lead-in session was on(date)

Signed: Date:

(Applicant Graduate to join the PGY)

**Form 3.2 Application to join the Professional Register
(MRSS - Member of the Professional Register of Shiatsu Practitioners)**

Name: Membership number:

Address:
.....

Telephone:Email:.....

I graduated from (name of School).....on
(date)

My Post Graduate Year ran from (date):..... to (date):

1. I enclose evidence of current professional indemnity insurance for Shiatsu.

2. My **Shiatsu tutorials** were held on:

1) Date: Topic:

Taken by: Tutor's signature:

2) Date: Topic:

Taken by: Tutor's signature:

3. My **Supervision sessions** were held on:

1) Date: Topic:

Taken by: Supervisor's signature:

2) Date: Topic:

Taken by: Supervisor's signature:

3) Date: Topic:

Taken by: Supervisor's signature:

4) Date: Topic:

Taken by: Supervisor's signature:

I have attached a list of the names, addresses and telephone numbers of my supervisors

4. My three **treatments** took place on:

1) Date: / / 20 Practitioner:

Practitioner's signature:

2) Date: / / 20 Practitioner:

Practitioner's signature:

3) Date: / / 20 Practitioner:

Practitioner's signature:

5. My **100 treatments** were completed on / / 20

Checked by Overseeing Supervisor/Tutor (MRSS (T)):

Overseeing Supervisor signature:

6. I have had my **concluding session** with my Overseeing Supervisor

..... (insert name) on (date)

7. I have completed the requirements of the Post Graduate Year and I now apply for Membership of the Register of Professional Practitioners of the Shiatsu Society.

8. I have given my supervisor a short portfolio detailing the Tutorials and Practice Development Activities I have engaged upon during the year.

I enclose the **administration fee** for joining the Register of Professional Practitioners of the Shiatsu Society: £25 + VAT = £30.00

Signed: Date:

3.3 Notes for current Graduate members

You may move into the Post Graduate Year if the following apply:

1. The School from which you graduated has had their current Practical Assessment procedures verified.
2. You completed your studies when the School' Theory Assessment was ratified by the Shiatsu Society.
3. There has been no major change in how your school assesses their final year since your graduation.
4. The school has a record of your pass mark (both Theory and Practical) and date of graduation/ qualification.
5. You are on the Graduate list of the Shiatsu Society.

Please check the first four with your school and the last with the Shiatsu Society.

You may then complete the requirements for the Post Graduate Year. Please contact the Office to get a form.

If you completed your studies before your School was ratified, or your School no longer exists, then you are free to join the professional register (MRSS) via the current theory and practical assessments, or you can be assessed by another School via their theory and practical assessments, so as to join a post graduate year.

Graduates may only stay in the Graduate category for four years after this new system starts (summer 06). They would have to move on to the Post Graduate Year, and so to the professional Register (MRSS), or they would have to move to the Associate category.

**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.

Feedback Sheet for new members of the Professional Practitioner Register of the Shiatsu Society (MRSS)

This space is for you to give any feedback to the Society about any aspect of your training.

1. What aspects worked for you?

2. What aspects were problematic?

3. What do you feel needs to be changed about your training and/or PGY (post-graduate year) experience?

Name (optional):

Membership number (optional):

Please complete and return to the Shiatsu Society office, preferably by email, but by post if that is more convenient for you.