

Rationale

It is widely accepted that the best way to encourage people to 'Get in Touch with Shiatsu' is for them to experience it. It could be argued that public education and awareness is needed before people think about engaging in Shiatsu as a therapeutic intervention.

The focus of Shiatsu Awareness Month this year is 'Grassroots Shiatsu' – promoting ways to make Shiatsu accessible and increase the opportunities for people to experience Shiatsu touch in less traditional settings, outside of our treatment space, using education and awareness as a starting point.

We wish to investigate the effectiveness of Grassroots Shiatsu sessions in increasing the uptake of traditional one-to-one work.

Definition of a Grassroots Shiatsu session for the purposes of the bursary

A session which provides an opportunity to enable participants to experience how bodywork and therapeutic touch can promote improved health, body awareness and self-understanding.

It could include:

- Qi gong
- Acupressure points
- Self-Shiatsu
- Pair work
- Breathwork
- Meditation
- Shiatsu tasters (seated or futon)

but the session **should** have some element of touch included.

Up to 25 SSUK registered practitioners will hold a Grassroots Shiatsu session, following which they will be asked complete a data collection exercise:

- a) Information about the session, its content and the demographics of the participants
- b) Information from participants (shared with their consent) about their experience of the session

Members in receipt of the bursary are also required to record their participation in their Shiatsu Society CPD log.

Methodology

SSUK invites up to 25 practitioners to apply for a £100 bursary. This bursary amount recognises the time needed to plan the session and collect data, plus costs related to the hire

of a suitable space.

The requirement of this award is that the practitioner runs a Grassroots Shiatsu workshop/session (and completes the data collection required) within the following **4 months**. The strict deadline for the submission of data is **10th October 2025**.

Data collection is centralised and managed via SSUK and the results will be collated and reported as a service review – initially via the SSUK journal but then disseminated more widely as appropriate.

SSUK will hold a Sharing Space Zoom to facilitate discussion, support and sharing of good practice so that practitioners can develop confidence if they do not have experience in working in this way.

Desired outcomes

1. To demonstrate the number of members involved in activities that raise awareness of Shiatsu
2. To gain a snapshot of awareness of Shiatsu within the community
3. To increase membership engagement in inquiry and evidence in the broadest sense and in the more formal plans within the SSUK 5-year Research Strategy.

Suggested questionnaire for session participants (this will be put together more comprehensively and in electronic format)

SAM event participant feedback

M/F/prefer not to say

Age group

Occupation

Type of activity included in the session:

- Qi gong
- Acupressure points
- Dao-yin (body and mind exercises)
- Self-Shiatsu
- Working in pairs
- Breathwork
- Meditation
- Shiatsu taster (seated Shiatsu)

Were you aware of Shiatsu prior to this event?

Yes/No/I've heard of it but never experienced it

Did you notice any changes following the event?

Would you consider using Shiatsu to support you with:

- General health and wellbeing
- Stress and anxiety
- Low mood
- Fatigue
- Poor sleep
- Breathlessness
- Back pain
- Strength and balance
- Menstrual cycle symptoms
- Menopause symptoms
- Headaches
- Digestive symptoms
- Other

Comments box

Suggested questionnaire for session leader

SAM event leader feedback

Number of participants

Setting

Is this an event that is offered regularly?

Activities offered as part of the session

- Qi gong
- Acupressure points
- Dao-yin (body and mind exercises)
- Self-Shiatsu
- Working in pairs
- Breathwork
- Meditation
- Shiatsu taster (seated Shiatsu)

Are there issues that participants are particularly interested in?

- General health and wellbeing
- Stress and anxiety
- Low mood
- Fatigue
- Poor sleep
- Breathlessness
- Back pain
- Strength and balance
- Menstrual cycle symptoms
- Menopause symptoms
- Headaches
- Digestive symptoms
- Other

Comments box