

What is Shiatsu?

Tamsin Grainger MRSS T

Shiatsu re-energises weakness and relaxes tension

- finger or thumb pressure
- bodywork
- Oriental Medicine
- Western physical therapies



Shiatsu



- pressure on specific points
- stretching
- manipulation of joints

Benefits

- re-energise weak areas
- relax tension
- help the body to work harmoniously

based on the ancient theories of yin and yang

QuickTime™ and a TIFF (Uncompressed) decompressor are needed to see this picture.

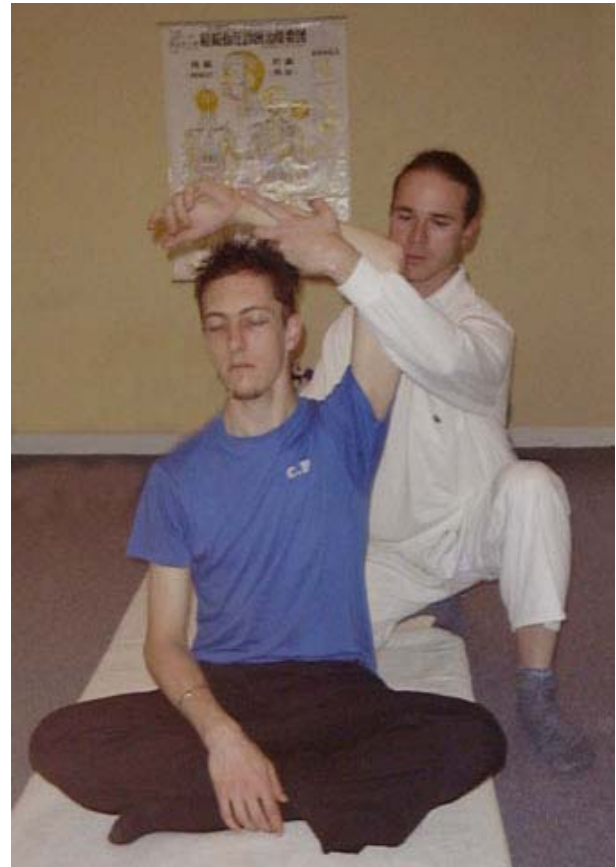
Supports the body's capacity to balance itself



- profound techniques for assessing and strengthening a range of self-balancing systems in the body, which are called Ki in Japanese.
- help the body to adjust itself by helping the Ki to function.

Shiatsu for you

- take a case history
- give information about Shiatsu
- ask the client what she/he is hoping to achieve during the sessions
- do the bodywork
- and follow up with feedback, advice and more listening



Shiatsu is holistic



Dr. Zoë Pirie PhD

‘The Impact of Delivering Shiatsu in a General Practice’

the effect that Shiatsu
had on their lives

feedback from the
clients

”I was having problems sleeping and she (Zoë) gave me some advice about cutting caffeine out and going on decaffeinated tea to be able to rest.
Client”

“I have used lots of the techniques that she showed me to help me relax. I’ve got a bad back and when the pain gets really bad, I get really uptight. There’s pressure points she showed me and deep breathing and it’s really beneficial” Client

Dr. Zoë Pirie PhD
'The Impact of Delivering Shiatsu in a General Practice'

the effect that Shiatsu had on their patients health: feedback from the GPs

Two out of the five clients, who had been diagnosed by their GPs as having long-term clinical depression, came off their anti-depressants (with full involvement of the GPs) after just 10 sessions (8 were practical and 2 were interviews).

“Certainly with Sara, over the years she’s made really good progress but it was steady, slow, steady, slow, and Shiatsu seemed to do real good...moved her forwards and off tablets”

Non-judgmental

can get in touch with their morals and
values
articulate their relationship to the more
spiritual aspects of their lives

Origins

Japan



Touch



Touch is vital



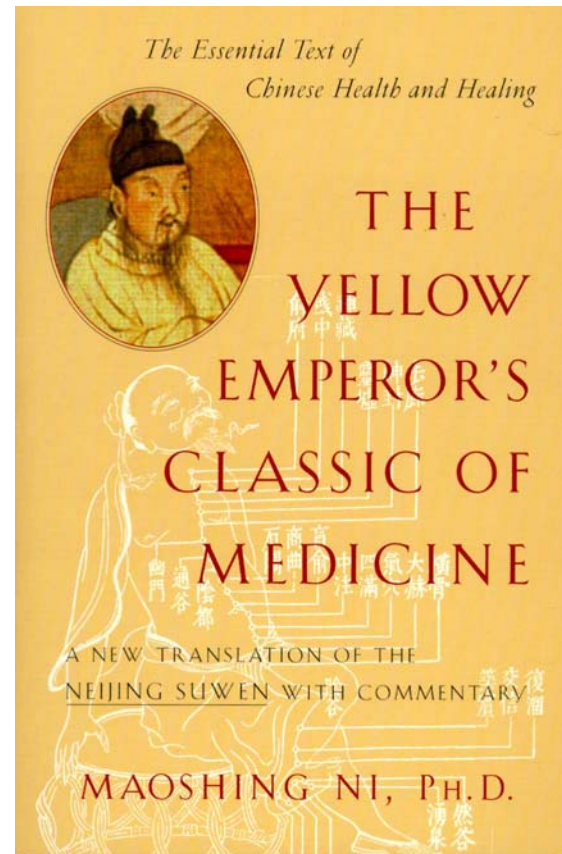
babies who are fed
and kept clean will
die if there is no-one
to touch them

"They could not live
without petting"

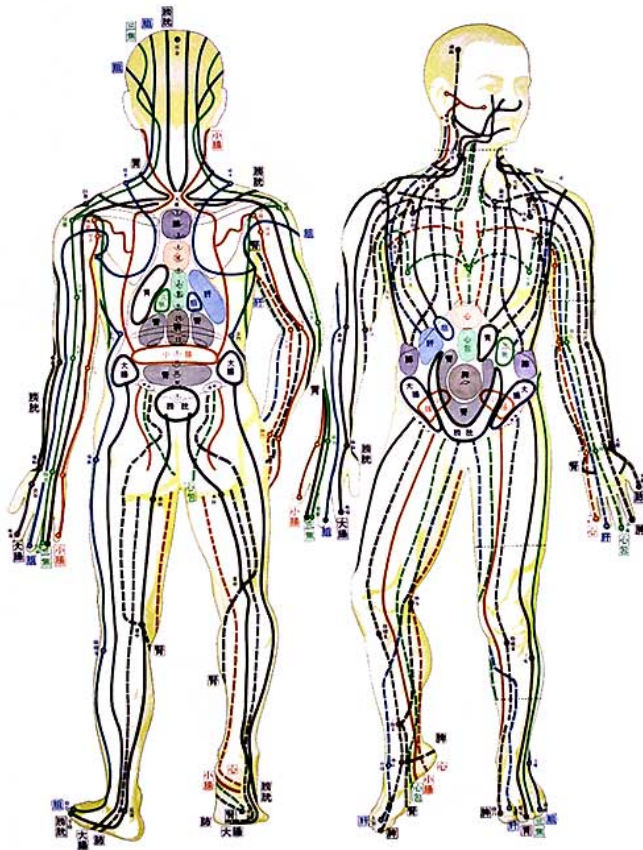
The 13th century historian
Salimbene 1248

Chinese heritage

- named Shiatsu in 1925 in Japan
- acupuncture
- 8000 BCE in China
- Yellow Emperor's Classic dated around 1st century CE



Meridians and Tsubos



Meridians: internal channels through which our Ki flows

Tsubos: acupuncture points located along meridians

ESF study

Reference:

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[http://www.shiatsu-
esf.org/english/index_
gb.html](http://www.shiatsu-esf.org/english/index_gb.html)

Training

minimum of 3 years
training in

- Chinese Medicine
- Japanese techniques
- Western anatomy, physiology and pathology

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the Core Curriculum of The Shiatsu Society



- **rigorous and broad syllabus**
- diagnostic methods
- practitioner self development
- safety
- when it is necessary to refer clients to their GP or A&E



Developing and evidencing your Shiatsu practice

If you are on the Graduate Register, are you interested in joining the Professional Register (MRSS)?

If so, there are two ways you can do this:

Assessment Day Route

1. Write an essay reflecting on your personal development during training.
2. 100 recorded treatments and three case studies.
3. Assessment day:
 - a) Give shiatsu to other practitioners.
 - b) Attend an interview to discuss your case studies, practice and ethics.

'New Route'

1. Discussion and Planning with Overseeing Supervisor.
1. Two Tutorials with a Shiatsu Teacher to check in about your practice.
2. Three Shiatsu Treatments with an 'MRSS' practitioner.
3. Four Supervision sessions.
4. 100 recorded treatments.
5. Complete a reflective portfolio and have a completing session with your Overseeing Supervisor



Give Treatment

If you would like to explore either of these options further, then please contact Samantha or Doreen in the Shiatsu Society Office for application forms and further information.



Receive Treatment

The Shiatsu Society (UK)

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- supports practitioners
 - promotes the practice of Shiatsu
 - informs the public
 - provides a support network
 - runs an annual Congress
 - publishes a quarterly newsletter
 - lays down ethical guidelines and standards
 - communicates with statutory and governmental bodies
- professional standard of practice**

MRSS: Member of the professional
Register of the Shiatsu Society

Complementary and Natural Healthcare Council

- registers of practitioners
- National Occupational Standards
- CPD
- inform and protect the public
- complaints

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Tamsin Grainger
Chair
The Shiatsu Society



Thank You

Thanks to:

- Bristol School of Shiatsu
- The Shiatsu Place, Edinburgh
- London College of Shiatsu
- Nicola Endicott
- Images were taken from the websites of members of the Shiatsu Society (UK)