



THE
SHIATSU
COLLEGE
EST. 1986



PROSPECTUS
2021 - 2022



WELCOME



Welcome to the Shiatsu College - we are delighted that you are considering studying with us. Learning Shiatsu is an exciting journey and this prospectus has been written to introduce you to the Shiatsu College UK and the courses we offer.

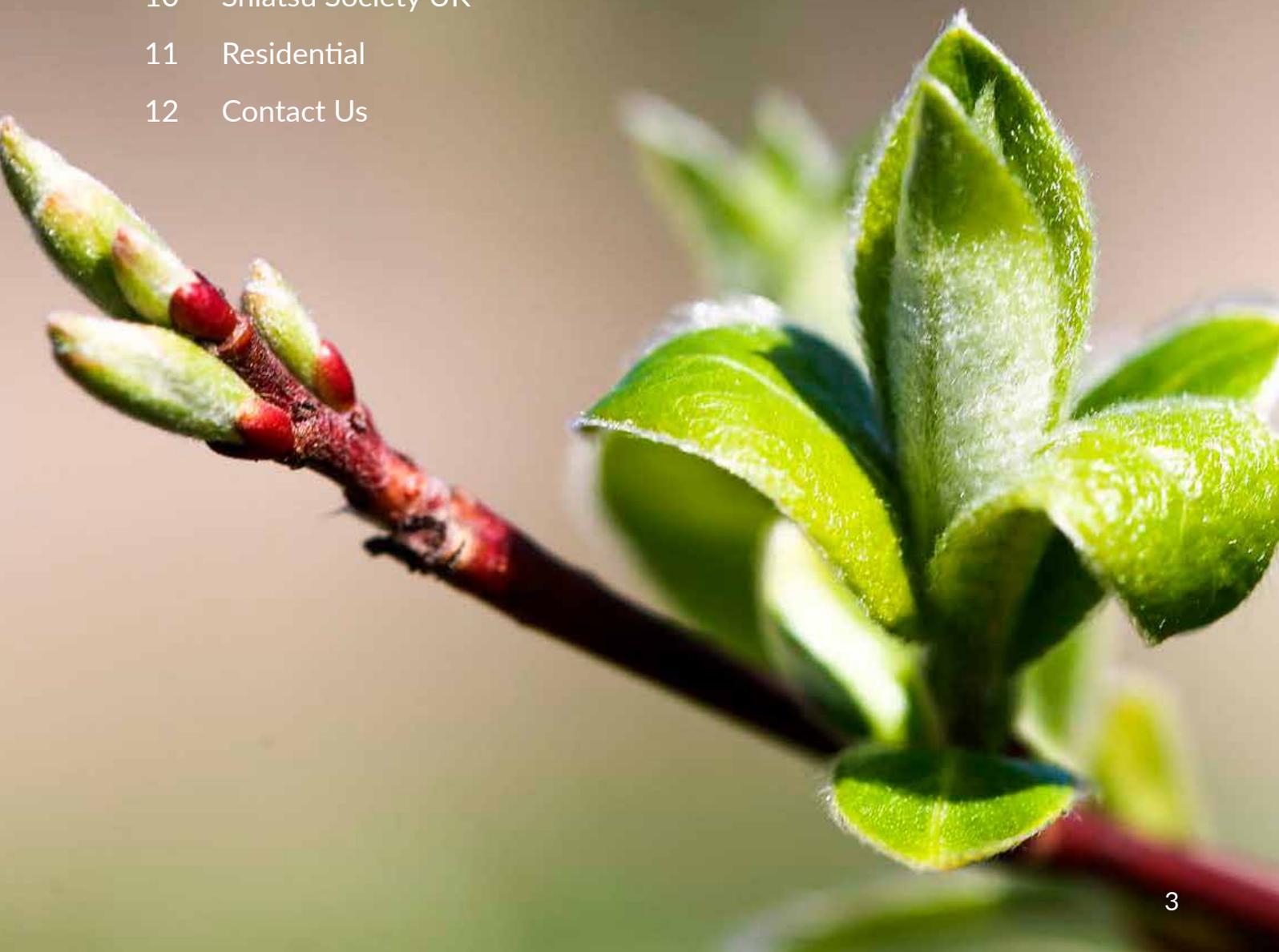
We welcome students new to Shiatsu, those who would like to study at postgraduate level, and members of any other healing professions who wish to broaden and deepen their understanding of holistic energy work.

Our professional 3 year Level 4 Shiatsu Diploma Course is a government recognised qualification, regulated by Ofqual and ratified by the Shiatsu Society UK. The College also works within the regulatory framework of the Shiatsu Society.



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ABOUT THE SHIATSU COLLEGE



The Shiatsu College was established in 1986 to provide the best possible quality of Shiatsu training - it was among the very first of its kind.

The College now has five regional Branches around the country: Brighton, Hastings, London, Manchester and Norwich.

All our Branches share the same regulatory framework with the same ethos, aims and content.

There are many styles of Shiatsu and the one we teach is called Zen Shiatsu. This is based on the principles of Classical Chinese medicine, and Japanese Meridian theory - as interpreted and extended by Master Shizuto Masunaga.

You will find details about the Structure and Content of our courses below.

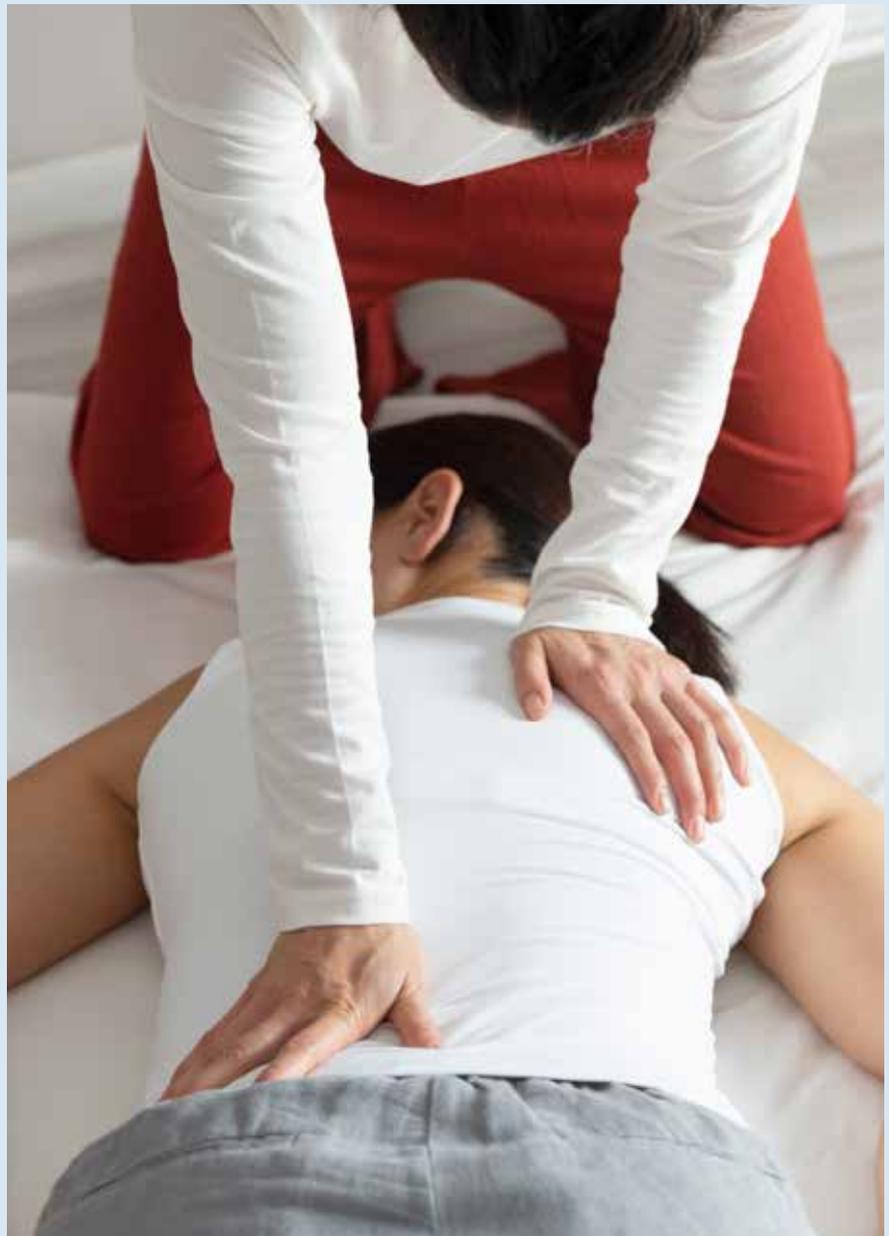
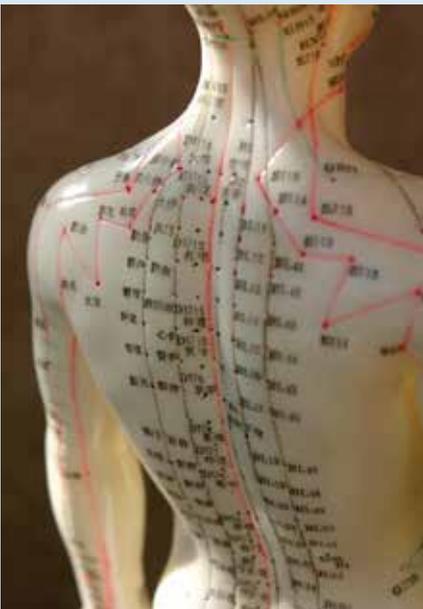
Please feel free to contact us on the College's general admin number for more information - 0800 690 6349 - or contact your preferred local Branch via contact details on the Branch page.

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PROFESSIONAL SHIATSU DIPLOMA

This is a 3 year part-time training (500 hours contact time, 1000 hours total qualification time) which prepares you for the professional practice of Shiatsu. The Holistic Acupressure course provides the 1st year of this training.





YEAR ONE

HOLISTIC ACUPRESSURE CERTIFICATE

This course can be taken as a stand-alone Certificated course or as the first year of the Professional Shiatsu Practitioner Diploma course.

This course is open to:

- Complete beginners
- Practitioners of any other type of complementary health care who wish to add to their repertoire of skills
- Students on the Shiatsu Diploma course - this is the first year of your training and provides a Foundation level of Shiatsu, giving you an immediately marketable skill!

What will I learn?

You will learn how to give safe, competent, deeply relaxing and highly effective basic practical Shiatsu treatments, including the understanding and use of Acupressure points. You'll be shown a range of self-help techniques to improve your own health and wellbeing – including meridian stretches, breathing, meditation and simple Qigong exercises.

The course also introduces the fascinating world of Shiatsu theory, from its ancient Daoist roots and traditional Chinese medicine through to modern scientific insights into the structure and dynamics of the human body and its energy field.

Outline Syllabus:

- Developing your own energy and sensitivity to Ki
- Practical basics: breathing, Hara, postural alignment, relaxation
- How to apply safe, effective Shiatsu with the minimum of effort
- How to locate and use principal Acupressure Points
- Basics of Chinese medicine: Yin/Yang, Vital Substances, 5 Phases, Organ functions
- Meridian stretches, Qigong and meditation
- Holistic Western Anatomy: understanding the skeletal and muscular systems
- Ethics, practice management, professionalism, code of conduct
- New developments in energy medicine

Home Study and Assessment:

There is a home study component (typically of about 3 hrs per week), which includes recorded practice treatments, reading and assignments for students to complete between teaching sessions. Assessment is ongoing through the course and the criteria will be explained for you. Award of the Certificate requires successful completion of both theoretical and practical aspects of the course.

Anatomy Module:

As part of the Acupressure course we offer an online Holistic Anatomy module, supported by experiential practice in class. The online classroom (shiatsucollegeonline) allows us to support students with accessible, fun ways of learning (using videos/quizzes etc), minimising class time spent on theory and maximising the time available for hands-on work.





YEAR TWO PROFESSIONAL DIPLOMA

In the 2nd year of the Diploma course you will receive an in-depth training in Zen Shiatsu, supported by its underlying foundations in Chinese medicine. This year includes study of the physiology and pathology of the body/mind, from both Eastern and Western perspectives. These studies will be informed by recent developments in understanding, for example of the liquid crystal structure of connective tissue and its relevance to healing touch.

Outline syllabus of Year Two:

- Zen Shiatsu, theory and practice
- The roots of Shiatsu in traditional Chinese medicine
- The extended Meridian System

- How to make your Shiatsu more effective
- Western physiology and pathology - online learning modules

Home Study and Assessment

Students average approximately 5 hours per week of home study during term time, in the form of regular recorded practical Shiatsu sessions and short written assignments (or video/audio submissions if you prefer).

Assessment is ongoing through the year and progression to the 3rd year of the Diploma course requires satisfactory completion of both the theoretical and practical components of the course.

Direct Entry to Year Two

You may be eligible for Direct Entry via Accredited Prior Learning (APL).

We are happy to consider you transferring qualifications and skills from other allied modalities such as Massage, Physiotherapy, Acupuncture etc. without completing the Holistic Acupressure course first.

Direct entry applicants are assessed individually via interview at your chosen Branch of the College. It may be possible simply to book a number of tutorial sessions with a local teacher to cover necessary material allowing you to gain direct entry to the 2nd year.





YEAR THREE PROFESSIONAL DIPLOMA

This is the year designed to prepare you for professional Shiatsu practice. Our aim is to provide you with all the necessary skills and experience to give Shiatsu with competence and confidence in any setting. We would also like to empower you to share your many Shiatsu-related skills in community settings - sharing the benefits to health and wellbeing more widely.

The focus of the third year of your course will be on individual tutorial support, supervised clinical practice and case studies.

Outline syllabus of Year Three:

- Integration and consolidation of all aspects of theory and practice
- How to develop and manage your professional practice

- Supporting clients with a range of specific health issues
- Increasing resources to further enhance your own wellbeing and personal development
- Learning to teach simple self-help exercises in the community
- Western physiology and pathology online modules, continuing from 2nd year

Home Study and Assessment:

Project work and written assignments form the basis of your home study, as well as regular practical homework treatments and Case Studies to build experience and synthesise learning. Client/practitioner relations, Ethics, professional

Codes of Conduct and effective management of your practice are all integral to the 3rd year.

Assessment is through satisfactory completion of a Portfolio, built up over the year, recording both practical and theoretical components of the course.

What do I do now?

Just call or email us for more details or for an Application Form to join the course.

Please go to our website for your local Branch phone number and email address or fill in the Contact form, or call **0800 690 6349**





COLLEGE WORKSHOPS AND CLASSES



These stand-alone courses include introductory Shiatsu workshops, for beginners to find out more about this wonderful healing art, as well as a rolling programme of related topics for all levels.

Taster workshops, Grassroots community initiatives, FREE workshops, short courses including Qigong, Yoga, health & wellbeing, self-help, Mindful Touch and advanced master classes may all be found under this heading.

Workshops & Classes vary between Branches and are updated regularly.

Please visit your local Branch page of our website for current information and events (shiatsucollege.co.uk/branches), or visit our Facebook page (facebook.com/shiatsucollege).

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SHIATSU SOCIETY UK FOR YOUR INFORMATION



The Shiatsu College is a school which is fully ratified by the Shiatsu Society, the national Professional Association for Shiatsu in the UK. All students of ratified schools must be registered with the Society throughout their training in order to join the Register of professional practitioners on graduation - designated as 'MrSS' (Member of the Register of the Shiatsu Society).

Membership of the Shiatsu Society includes a special reduced-rate block insurance

scheme for students. Other benefits it offers are: connection to the wider national Shiatsu community via regular e-news bulletins; a host of resources, via their website and social media, to support your learning and practice; a quarterly Journal with fascinating articles relating to Shiatsu; a Code of Conduct & Ethics under which to practice; a free Mentoring scheme and a range of discounted workshops. It also collaborates with other organisations to raise the public and political profile of complementary and natural health

care and the great potential it offers for a more integrated and holistic health care system.

The College will notify the Shiatsu Society when you've enrolled for your first year with us and the Society will send you details for joining as a 'Student Beginner' member.

If you'd like to find out more about the role and benefits of Society membership please go to www.shiatusociety.org / 01788 547900.



THE RESIDENTIAL



The College runs a very popular annual Residential course as part of the training. This is open to all levels: Holistic Acupressure students, 2nd year students, College Graduates and class Assistants are welcomed - as well as the 3rd year students, for whom it is a much anticipated part of the course.

The nature of a residential is very special as the group comes together in a lovely peaceful setting, without the distractions of daily life and with a clear, shared focus. Staff and students from all 5 national Branches meet up, and the format includes workshops, demonstration treatments, individual tutorials, and the opportunity to share, connect and exchange with your peers.

Attendance at the Residential is usually a course requirement for our third years but, given the global pandemic, attendance is optional for the time being.

We currently hold our Residential in the very beautiful Rydal Hall in the Lake District.



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Thank you very much for your interest in the Shiatsu College
We look forward to hearing from you

www.shiatsucollege.co.uk

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