

THE DEVON SCHOOL OF SHIATSU

COURSE DETAILS

YEAR TWO

September 2011 - July 2012

(S0911/2)

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INTRODUCTION

We have given as much information as possible in these course details, so please read them carefully and make sure that you are familiar with all of them.

The Year Two Course beginning in September 2011 is primarily taught by Alex Turner, who is your Course Tutor, with additional teaching with Jean Netherway, Sara Hooley, Kate Burford, with three days on physiology with Keith Belliss. There will also be two Teaching Assistants present in each class to assist students.

During the Year Two Course a lot of new theory and technique is studied, building on the foundation created in the Foundation Year Course. By the end of the course you will have a comprehensive and in-depth understanding of shiatsu, and be able to give effective and healing individual treatments to a wide range of people.

TEACHING DATES

2011: Sept 3, 4; Sept 30, Oct 1, 2; Oct 28, 29, 30; Dec 2,3,4:

2012: Jan 13, 14, 15; Feb 24, 25, 26; Mar 23, 24, 25; May 4, 5, 6;
June 8, 9, 10; Jun 30, Jul 1.

TIMES

Each day runs from 10.00 am to 5.30 pm. Students should arrive by 9.45 am so that we can begin promptly at 10.00am.

APPLYING FOR A PLACE ON THIS COURSE

For current Devon School of Shiatsu Year One students, we ask you to complete the Application Form at the end of these Course Details and return it to us. If you are having difficulties with deciding, or with raising the deposit, [please contact us](#) to discuss your situation.

For previous Devon School of Shiatsu students rejoining our training, or for students from other schools wanting to join the Year Two course, please send an Application Form without a deposit to us at any time. We will contact you to say if we can offer you a place or not. If we offer you a place, you will need to send the deposit to secure your place. Candidates are considered in the following order:

1. Previous Devon School of Shiatsu student, in the order in which we received fully completed Application forms.
2. Students from other schools, in the order in which we received fully completed Application Forms.

If you have any queries about these procedures, please contact the school office.

VENUE

Classes are held in the shiatsu studio on the first floor of a converted barn at Buckyette Farm. Directions to the school can be found in the School's main programme and on our website www.devonshiatsu.co.uk.

There is parking space in front of the teaching room, in the courtyard containing the office and tea room, and in the lane between the two. In the yard the 4 spaces in front of the flats are reserved for residents, so please park on the opposite side next to the field.

WHAT TO BRING

Clothing Please bring clothing specific to giving shiatsu, that is different to your daily wear. It should be clean, loose, and comfortable cotton clothing, and have a tidy appearance. Track suits or shiatsu trousers are ideal. Jeans or skirts are not suitable. If your clothing is not appropriate, you may be asked to change. It is a good idea to bring several layers of clothing so you can adapt for doing exercises and sitting or lying down.

Pens & Paper Extensive course notes are provided on the first day of the course, but bring pens and A4 file paper to make your own additional notes.

Head Cloth Please bring a small cloth or towel to ALL weekends to put under your head when receiving shiatsu. This keeps the futons clean!

ON THE FIRST WEEKEND PLEASE ALSO BRING:

These Course Details as we will be running through them on the first day.

Your Diary so that you can book Clinic Day and Tutorial times.

LUNCHES

A simple vegetarian wholefood lunch is provided every day of tuition (but not on Clinic Days - see below). All lunches are dairy-free and sugar-free. A range of teas is also available at the school. If you have any particular dietary requirements, e.g. wheat-free, please provide this information on your application form, even if you have previously provided it elsewhere.

FEES

The full fee for the Year Two Course is £2190; a deposit of £400 secures your place on the course. Please send us your deposit (or full fee) together with your completed application form (at the back of these Course Details), by August 12th. The balance of £1790 is due **THREE WEEKS BEFORE THE FIRST DAY OF THE COURSE**.

Alternatively you can pay the balance in monthly instalments. We make an extra charge of £40 for this, to cover the extra bank and administration costs, so the total paid is £2230. The outstanding amount is divided into 11 monthly payments of £166.36 to be made by Standing Order, starting on September 15th 2011 and ending on July 15th 2012. We will provide relevant information for you to arrange this with your bank.

Please note the following conditions of enrolment on this course:

1. Deposits are not refundable.
2. The balance of course fees or standing order agreement should be settled THREE WEEKS before the first day of your course.
3. If you cancel your place less than two weeks before the start of the course, you remain liable for the full fee, regardless of the reason for your cancellation. This applies to fees paid as a single payment or in installments.
4. If you leave the course at any time during the year, you remain liable for the full fee. This applies to fees paid as a single payment or in installments.
5. Course fees are not normally transferable to another course.

If you have any queries about payments, please get in touch with Ruth Jenni, the school administrator.

COURSE REQUIREMENTS

For students to make the best use of the training we provide, and to reach the required standard in the second year of training, there are the following requirements for completion of the Year Two Course.

1. A minimum of 85% attendance of tuition days, with full participation on all days attended, including the Clinic Days.
2. Attendance on two Clinic Days.
3. Full attendance on the 2 days teaching on Listening Skills.
4. Completion of records of a minimum of 80 full shiatsu treatments, to be started after the first day of the course, so that you can practice the material learnt in the second year sufficiently to master it.
5. Completion of all homework.
6. Received a series of at least 6 shiatsu treatments from a qualified shiatsu practitioner.
7. A pass in the Practical assessment.
8. A pass in the Shiatsu Theory assessment.

On achieving these requirements you are awarded a Year Two Completion Certificate. These requirements are normally completed by the end of the course, but in exceptional circumstances extensions can be given.

Please note that all the Year Two requirements must have been completed for students to join the Year Three course. At the latest these must be completed by the first day of the third year.

If the Shiatsu Theory exam or practical assessment is failed, it can be retaken in the following autumn in September. There is a fee of £30 for retaking each assessment.

ATTENDANCE

Ideally students should attend all the tuition days. Sometimes unavoidable circumstances may cause a student to miss some days. If this happens to you, please contact the teacher for those days beforehand if possible. A minimum attendance of 85% of course days is required, that is at least 24 days of the 28 teaching days given above. If you miss more than this, you will need to book extra tutorial time with teachers to make up the work you have missed.

If you miss days, it is your responsibility to make up the missed work. Getting together with other students who attended and going through the theory and practical work is probably the best way. Teaching Assistants may be willing to help as well.

If you would like extra tuition to help make up the missed work, the Teachers and Teaching Assistants may be able to give tutorials based on their normal hourly rates for clinical work. Please approach them individually.

HOME STUDY

Students are expected to give about 10 shiatsu treatments with records between weekend classes in order to incorporate the new material learnt into their practice. Records of a minimum of 80 full shiatsu treatments, given from the first day of the Year Two course onwards, should be presented before or on the last day of the course.

Some time will also be needed for written homework and background reading, averaging about five hours per week. Please make every effort to hand homework in on time. Please note that any homework handed in after the penultimate weekend of the course will be marked at the beginning of the following academic year.

During the Year Two Course there are three days teaching on Western physiology, accompanied by extensive homework covering the whole of the physiology syllabus. Students who have previously completed a course in physiology covering the same subjects to at least the same depth can be exempted from the homework on producing evidence of their previous studies. If this applies to you please hand details of your previous study, including syllabus covered, hours of tuition and completion certificate in to your Course Tutor. In this case you are strongly recommended to attend the three teaching days to revise and deepen your understanding of western physiology and its relevance to shiatsu.

CLINIC DAYS

Students are required to attend two of these days as part of their course. On these days a teacher gives treatments to two students, observed by the other students. These days give students the chance to observe professional treatments in a clinical setting, with time to practice new knowledge and techniques in the afternoon by exchanging shiatsu with other students.

We offer Clinic Days with a range of teachers as we feel it is very valuable for students to observe different styles and approaches to shiatsu. This can greatly help students in developing their own

individual style. Some Clinic Days are on weekends and some on weekdays, and are held on the following dates:

2011	1. November 5	Saturday	Jean Netherway
2012	2. January 19	Thursday	Oliver Cowmeadow
	3. February 23	Thursday	Alex Turner
	4. March 21	Wednesday	Kate Burford
	5. April 19	Thursday	Sara Hooley
	6. May 24	Thursday	Jean Netherway
	7. June 13	Wednesday	Lucie Thring

Times: 10.00am - 5.00pm. Students **MUST** attend the whole day for it to count as one of the two required Clinic Days.

Cost: The cost of the Clinic Days is included in the course fee. Please bring your diary to the first weekend to book your dates, any changes can be made by telephoning the office. If you would like to receive a treatment there is an additional fee of £20 payable on booking. Please book by with your Teaching Assistant, or through the office. Bookings are not accepted without a payment.

Lunch: please remember to bring your own on Clinic Days.

COURSE ASSESSMENTS

Assessments form an integral part of the Year Two Course, not only to let us know how you are progressing, but also so that we can give you feedback on how you are getting on in learning all the various skills, knowledge and qualities necessary for giving shiatsu.

We use a mixture of continuous assessment during the course and final assessment at the end of the course. Continuous assessment includes regular feedback during each tuition weekend, giving mini-treatments to the Course Tutor and Teaching Assistants over the year, and written homework. On the last weekend of the course there is a written exam on shiatsu theory, and a practical exam with Alex Turner and Sara Hooley.

YOUR PERSONAL TUTOR

Your personal tutor for the Year Two Course is Alex Turner. She will arrange a personal tutorial with you at some time during the course. If you have any questions or problems regarding shiatsu, the course, or people you are treating at home, she is the first person to contact for help or discussion. Please feel free also to contact the school principal, Oliver Cowmeadow, if there is anything he can help with.

If you require further tutorials, e.g. to make up on missed study at weekends, Alex or other teachers will usually give these at their normal hourly rates for clinical work. Please contact the individual teacher directly to arrange. Note that if you share a tutorial with another student or students, it will make the tutorial much cheaper.

YOUR PERSONAL DEVELOPMENT

Shiatsu is a holistic therapy, that can bring about healing on a physical, emotional, mental and spiritual level. To give shiatsu we need to be developing our own health on all these levels. The further we develop health in ourselves, the more we can help others to heal. When we give shiatsu we are contacting a person's whole body and being, we are asking them to relax, open themselves to us and put their trust in us. Obviously the more open and sensitive we are, the more clients will feel safe to open to us and to their own healing.

As well as teaching the theory and techniques of shiatsu, every weekend we use a variety of ways of encouraging students personal development. We use various exercises to increase students' flexibility and Ki flow, and breathing exercises and simple meditations to enhance inner stillness and greater awareness. Of course receiving lots of shiatsu on teaching weekends often brings about changes, and the process of communicating and opening to one's group of students plays a very important part.

Most students find themselves going through changes on this course, sometimes quite dramatically. You may touch places of pain or vulnerability within you, and you may find yourself reassessing your life. Please don't be too alarmed if this happens to you - it is a part of your healing. And please do ask for help or support from the school's teachers or teaching assistants, as we are here to help you with your own healing as well as your learning of shiatsu.

TAKING TIME OUT OF STUDYING

Sometimes students may want to take a year or two out from their studies after completing the Year Two course. From the Devon School of Shiatsu point of view this can be fine, especially if some practice of giving shiatsu is kept up during the time off. A number of students have taken time out to have a baby, raise funds, move house, etc., and have then returned to complete their training successfully and gain a Diploma in Shiatsu.

The one possible difficulty on readmitting a student onto our courses is where there are more people wanting to join a course than there are places. In this situation the school's policy is to give priority to students in the following order:

1. Students who have just completed a course and are carrying straight on to the next level, i.e. from Year 1 to Year 2, or Year 2 to Year 3.
2. Students who have previously studied at the Devon School of Shiatsu and have taken time out from studying.
3. Students who have studied at other schools wishing to join a Devon School of Shiatsu course.

TREAT YOURSELF!

By the end of the Year Two Course students should have received a series of at least six shiatsu treatments from one shiatsu practitioner who is an MRSS (one of the teachers or any other qualified practitioner) to benefit your health, to give you a clear idea of the therapeutic process from the point of view of the client, and so that you experience the effectiveness of professional shiatsu.

The six treatments should be as a series of weekly or fortnightly sessions, so that the student feels the effect of regular treatments. This is an important part of your learning of shiatsu. The form included in your Year Two Course Notes should be signed by the practitioner and handed in to your Course Tutor.

RECOMMENDED READING FOR THIS COURSE

NERVOUS SYSTEM RESPONSE METHOD

1. The Book of Shiatsu, Saul Goodman. Avery.

CLASSICAL MERIDIAN LOCATION

1. Fourteen Classical Meridian Charts, Sue Hix. Rosewell Publications.

THE FIVE TRANSFORMATIONS

1. Traditional Acupuncture: Law of the Five Elements. D. Connelly.

ZEN SHIATSU

1. Zen Shiatsu, Shizuto Masunaga. Japan Publications.
2. Meridian Exercises, Shizuto Masunaga. Japan Publications.
3. Shiatsu Theory and Practice, Carola Beresford-Cooke. Churchill Livingstone.

PHYSIOLOGY

1. Human Form and Function. Minett, Wayne & Rubenstein. Collins Educational.
2. The Penguin Medical Encyclopaedia, or other medical dictionary.

Many of these books are available at the school. If you want to purchase a book, please ask a Teaching Assistant, who will record the sale and take your money.

RECEIVING MONEY FOR YOUR TREATMENTS

During the year two course you will be learning many new techniques, and much practical and theoretical knowledge. The primary purpose of treating clients is so that you can practice everything that you are learning. Therefore it is not appropriate to be charging any kind of set fee for your treatments, or accepting any donations. Note that during the Year Three Course students are encouraged to be working towards professional practice, including the charging of an appropriate fee, which can start generating income from giving shiatsu treatments.

For ethical reasons students must make it very clear to those they give shiatsu to that they are students, and are not yet professionally qualified. Any written information you produce about yourself must clearly include the word 'student' to describe your current status.

THE LIBRARY

The school has a small library of books and videos on shiatsu and related subjects. It is located in the teaching room. Items can be taken out on a tuition weekend, and **must be returned on the next weekend** of your course. To take out or return a book, please ask a Teaching Assistant to record the details of the book, your name and the date.

TEA ROOM AND OFFICE

The students' tea room is in the flat in the courtyard, and is used for tea breaks and lunch. It is open before 10.00 am should you arrive early and want to make a drink before a class. We supply a

range of herbal teas and Barleycup, with soya milk in the fridge. If you want to make yourself other kinds of drinks, do bring in your own speciality. Please wash up, dry and put away your own cups, plates etc. No food or drink other than water is allowed in the main teaching room. If you think you may get thirsty during classes, you may want to bring some bottled water with you.

The school office is in the same flat above the tea room. Please do not go upstairs to the office unless doing business with a member of staff.

YOUR FEEDBACK TO THE SCHOOL

Feedback from students to teachers and staff of the school is very valuable to us, in giving many good ideas on how we can improve our courses for you. We ask you for written feedback every weekend. Of course, if there is anything that you are unhappy about or that you want to tell us, you do not have to wait for these occasions - please tell us as soon as you can so that we can take any remedial action as soon as possible.

THE SHIATSU SOCIETY

The Shiatsu Society is the umbrella organisation for shiatsu in this country, maintaining high standards of shiatsu practitioners and in the teaching of shiatsu. It publishes a quarterly Shiatsu Society News, with a range of articles and information on new developments within shiatsu and the Society. We encourage all students to become student members of the Shiatsu Society. Note that you are currently required to have been a member for at least two years before applying to enter its register of practitioners. To join its register at the end of your training you must have joined the Society by the beginning of the Year Two course at the latest! The present cost for a Year Two student is approximately £46 for a year's membership. The address of the society is:

The Shiatsu Society, PO Box 4580, Rugby CV21 9EL.
Telephone: 0845 130 4560
Email: admin@shiatsu.org
Website: www.shiatsu.org

INSURANCE

Once you begin giving shiatsu treatments to the general public you are strongly recommended to have therapist's insurance. Claims of malpractice against shiatsu practitioners are rare, however it is wise to make sure that you are covered in the unlikely event that something should happen. The Devon School of Shiatsu does not have insurance cover for students' individual practice of shiatsu.

If you are a member of the Shiatsu Society you can benefit from the special scheme run for them by the following insurer:

H & L Balen and Co., 33 Graham Road, Great Malvern, Worcs., WR14 2HU
Telephone 01684 893006.

Their present rate for student insurance is around £42 per year.

ADMINISTRATIVE MATTERS

If you have any questions regarding administrative matters such as dates, payment of fees, booking Clinic Days etc. please ring Ruth Jenni in the office on Mondays to Fridays between 10.00am and 4.00pm.

LOST PROPERTY

If you leave items at the school, such as clothing or books, they are put in a lost property box in the teaching studio. Please ask a teacher or teaching assistant if you need to look. Valuables, such as jewellery or watches, are kept in the office. Please phone the office to ask about these. At the end of the academic year any unclaimed lost property is given to a charity shop or otherwise disposed of.

ACCOMMODATION

if you need accommodation at weekends, please check the website and the noticeboard in the tea room for a list of possibilities. Local students in your group might also be able to help with accommodation.

INTERNATIONAL MACROBIOTIC SCHOOL

This is a sister school to the Devon School of Shiatsu, run by Oliver Cowmeadow and Marijke De Coninck. It uses the same principles of Oriental Medicine as the shiatsu school, using energetics to understand the physical, emotional and spiritual affects of foods and cooking styles.

Some food energetics will be studied during your shiatsu course, but if you would like to take this further and especially if you would like some hands-on cooking tuition, you may like to take some cooking and nutrition classes. Please see the school's programme of short classes and longer training courses for details. We appreciate that extra studies can be difficult financially, so we offer a 25% discount on all International Macrobiotic School short courses and 10% discount to the longer training courses to current Devon School of Shiatsu students.

COMMUNICATION WITH THE SCHOOL

For quick and efficient communication with the school throughout the course, we ask all students to have an email address as well as a phone contact. Students not owning a computer can still register an email address, for example with yahoo, and pick up and send emails from a computer at a friend's, a library or an internet café.

TELEPHONE NUMBERS

The School	01803 762593 info@devonshiatsu.co.uk
Alex Turner	0117 950 2344 daikualex@yahoo.co.uk
Kate Burford	01736 350517 kateburford@blue-earth.co.uk
Jean Netherway	01803 525447 jean.netherway@sky.com
Sara Hooley	01643 851500 hooleys@madasafish.com
Keith Belliss	07970 504659 keithbelliss@tiscali.co.uk
Oliver Cowmeadow	Please use school number. In emergency use home number: 01803 762393. oliver@devonshiatsu.co.uk

09.11.2 YEAR TWO COURSE PROGRAMME 2011-2012 (10.6.11)**1. September 3,4**

Alex day 1: Welcome back to Buckyette.
 CONSOLIDATION: review of past material.
 PREPARATION for Year Two – client questionnaire.
 day 2: TECHNIQUE: Kyo & Jitsu. Nervous system response method. Hara Development.
 Knee walking. Transitions.

2. September 30, October 1,2

Alex day 1: ZEN SHIATSU: introduction to Masunaga's theories on shiatsu.
 ZEN BACK DIAGNOSIS: the back areas used for meridian diagnosis.
 Day 2: ZEN SHIATSU: Lung/Large Intestine meridians.
 Sara HARA DIAGNOSIS: learning of meridian-related areas on the hara, one and two handed techniques.

3. October 28,29,30

Alex days 1 + 2: ZEN SHIATSU: revision of Lung/Large Intestine, Stomach/Spleen meridians.
 Using bone and muscles to accurately locate meridians.
 Keith day 3: PHYSIOLOGY of the main systems of the body.

4. December 2,3,4

Alex day 1: developing Presence connecting with Zen, deepening effectiveness of touch
 Sara Days 2 and 3: LISTENING & COMMUNICATION SKILLS: for use within shiatsu sessions, to enhance building a rapport with clients and giving basic skills for working with emotions. Practice within context of giving shiatsu.

5. January 13,14,15

Alex ZEN SHIATSU: Heart/Small Intestine meridians.
 PRACTICAL WORK: working in different positions, techniques for working jitsu, posture, structuring treatments.
 Keith day 3: PHYSIOLOGY: continuation of the study of Western physiology.

6. February 24,25,26

Sara day 1: ZEN SHIATSU: Bladder/Kidney meridians.
 day 2: ZEN SHIATSU: Bladder/Kidney meridians continued.
 Keith day 3: PHYSIOLOGY: continuation of the study of Western physiology.

7. March 23,24,25

Alex ZEN SHIATSU: Heart Protector/Triple Heater
 Jean days 2 & 3: FOOD ENERGETICS, DIAGNOSIS & DIETARY RECOMMENDATIONS: further study of food energetics using yin and yang and Five Transformations, and the giving of dietary, emotional and lifestyle recommendations for specific health problems.

8. May 4,5,6

Kate day 1: SUBTLE ANATOMY: Conception and Governing Vessels.
 Alex days 2 & 3: ZEN SHIATSU: review Heart Protector/Triple Heater and look at Liver/Gall Bladder meridians.

9. June 8,9,10

Alex days 1 & 2: ZEN MERIDIANS: revision of all the Zen meridians, hara and back diagnosis
 REVISION of the whole course.
 Kate day 3: YU and BO points for diagnosis and treatment, including review of spinal anatomy.

10. June 30, July 1

Alex & Sara day 1: WRITTEN AND PRACTICAL ASSESSMENTS.
 Alex day 2: deeper study of the Nervous System Response Method and other exercises for further development of touch and ki perception. Treatment swap and course completion.

This programme may be changed according to the progress and needs of individual groups.

APPLICATION FORM FOR DEVON SCHOOL OF SHIATSU YEAR TWO COURSE

Course start date 3rd September 2011 (code S0911/2)

PLEASE return your form BY 29th July 2011

Name ATTACH A

Address RECENT

..... PHOTO

Postcode

Landline: Mobile:

Email:

Dietary restrictions? (lunches are vegetarian, dairy free and sugar free)

Your place on the Year Two course will not be confirmed until we have received this form, signed and with your photo and deposit of £400. Cheques are payable to 'Devon School of Shiatsu', or we accept BACS payments. We will then contact you to confirm that you have a place.

The full fee for the year is £2190. Please indicate below how you wish to pay the balance of the course fees. If you choose to pay by instalments, we will send you a Payment Schedule with bank details and dates and amounts due. There is an administration charge of £40 for instalments, so the total paid (including deposit) is £2230.

Balance in one payment _____

Balance in 11 instalments of £166.36 _____

Please note the following **conditions for enrolment**:

1. Deposits are not refundable.
2. We need to receive the balance of your course fees, or confirmation by email that you have set up your standing order, three weeks before the first day of the course.
3. If you cancel your place less than two weeks before the start of the course, you remain liable for the full fee, regardless of the reason for your cancellation. This applies to fees paid as a single payment or in instalments.
4. Course fees are not normally transferable to another course.

If you agree to these conditions, please sign below.

Signed

Date

Send your completed form with photo and deposit to: The Devon School of Shiatsu, The Coach House, Buckyette, Littlehempston, Totnes, Devon TQ9 6ND