

THE DEVON SCHOOL OF SHIATSU

COURSE DETAILS

YEAR THREE

September 2008 - July 2009

DIPLOMA IN SHIATSU

COURSE DETAILS FOR YEAR THREE

September 2008 - July 2009

INTRODUCTION

We have given as much information as possible in these course details, however if there is anything we have not covered that you would like to discuss, please do contact us.

The Year Three Course is primarily taught By Kate Burford and Oliver Cowmeadow, with additional teaching from Jean Netherway, Graham Crisp and Keith Belliss. One or two graduates of the school will also be assisting.

The emphasis of this year's course is on developing a professional standard of shiatsu and way of working with clients. From the first weekend onwards we shall be offering you guidance in establishing your own shiatsu practice, and we shall be giving you support in this throughout the third year course. It is expected that students will make a move from primarily giving shiatsu treatments to friends and family to people unknown to them in the general public during the third year course.

While some new theory and technique is taught, this third year is more orientated to integrating all that has already been studied, and applying this to many real life health problems and situations, including a wide range of physical problems, and also working with clients emotionally.

We are making a number of changes and additions to this year's third year, to give a more thorough training in shiatsu, and especially to strengthen the clinical aspect of giving shiatsu treatments. We want to do more to prepare you well for setting up a successful shiatsu practise, and have added two extra days to the Year Three course. Please note that to minimise any financial difficulties for you in making a sudden raise in course fees, we are staggering the increase in fees for these two extra days, with the fees for 2008-09 only being increased to cover one extra day.

We have added more teaching around helping clients with a range of common problems that shiatsu often helps, and also a little western pathology so that you can understand the physical side of various illnesses better. We are changing the nature of the Clinic Days for third year students, from observing teachers working, to having a teacher supervise you giving shiatsu treatments to the general public. We are also introducing a Work Placement scheme, which we piloted on the 2007-08 Year Three course, to give you more real life experience of giving shiatsu.

TEACHING DATES

2008:

September 12th to 14th; October 10th to 12th; November 15th & 16th; December 12th to 14th.

2009:

January 23rd to 25th; February 21st & 22nd; March 13th to 15th; April 18th & 19th; May 15th to 17th; June 6th to 8th, June 19th to 21st; July 11th & 12th.

TIMES

Each day runs from 10.00 am to 5.30 pm. Students should be ready to start in the teaching room by 9.55am, so that we can begin promptly at 10.00am. As part of a developing a more professional attitude, students are expected to take responsibility for their time keeping, and be ready to start at the times requested by teachers.

APPLYING FOR A PLACE ON THIS COURSE

For current Devon School of Shiatsu Year Two students, we ask you to complete the Application Form at the end of these course details and return it to us by August 15th. This is to allow us time to find out if we have spare places to offer previous Devon School of Shiatsu students, or students from other schools. If you want to join the Year Three course it is essential you book your place by this time! If you are having difficulties with deciding, or with raising the deposit, please contact us before August 15th 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 Three course, please send an Application Form without a deposit, at any time. After August 15th, 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 will be considered in the following order:

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

VENUE

The Shiatsu Studio, Buckyette Farm, Littlehempston, Totnes. Directions can be found in the School's main programme. Occasionally in winter after much rain the village of Littlehempston becomes flooded, blocking the road. If this is the case, take the turning off the Totnes to Buckfastleigh road sign posted to Staverton. Go to Staverton, straight through the village, and half a mile the other side take a right fork sign posted to Littlehempston. Stay on this road, and after 1 mile turn right into Buckyette Farm drive.

There is parking space in front of the teaching room, in the yard containing the office and tea room, and in the lane. 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 or in the barn.

WHAT TO BRING

Clothing Please bring clothing specific to giving shiatsu, that is different from 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 will 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). All lunches are dairy and sugar free. A range of teas is available at the school. If you have any particular dietary requirements, e.g. wheat-free, please contact the school at least two weeks before course starts.

FEES

The full fee for the Year Three Course is £2095; 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 15th. The balance of £1695 is due *TWO WEEKS BEFORE THE FIRST DAY OF THE COURSE*.

We provide a facility for paying 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 £2135. The outstanding amount is divided into 10 monthly payments of £173.50 to be made by Standing Order, starting on September 25th and ending on June 25th 2009. 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 2 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 instalments.
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 instalments.
5. Course fees are not normally transferable to another course.

COURSE REQUIREMENTS

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

1. A minimum of 85% attendance of tuition days, with full participation on all days attended.
2. Full attendance on two Clinic Days.
3. Completion of records of a minimum of 120 full shiatsu treatments, to be started after the first day of the Year Three course.
4. Completion of homework.
5. Successful completion of a Work Placement.
6. Completion of two Case Histories.
7. A pass in the tsubo location assessment.
8. A pass in the practical assessment.
9. A pass in the Shiatsu Theory assessment.
10. A pass in the Interview.

On achieving these requirements you are awarded a Diploma in Shiatsu. We encourage you to aim to complete all these requirements by the end of the course, so that you and we can have a good summer holiday! If you have not completed one or two, for example the 120 shiatsu treatments, we encourage you to complete them as soon as possible.

Should you not complete everything within one year of your final examination day, it will be necessary to retake the theory and practical assessments and interview, to ensure that you are still strong in all areas of your shiatsu practice.

If the Shiatsu Theory exam is failed, it can be retaken in the following autumn in September. There is a fee of £40 for retaking the assessment. If it is necessary to retake the practical and/or interview, this can be at a mutually agreed time in the autumn. There will also be a charge for this.

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 you miss days, it is your responsibility to find out what you have missed and to learn the material as best you can. Getting together with other students who attended and going through the theory and practical work is often the best way.

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

A minimum attendance of 85% of course days is required, that is at least 25 days out of the 29 teaching days.

SUPERVISED CLINIC DAYS

There will be two Supervised Clinic Days during the course, in which students will give three or four shiatsu treatments to members of the public over one day, with a teacher supervising your work and answering any questions you have. These are designed to be another aid in helping you step into professional practise, for example experiencing how you can see a series of clients on one day. You will also have the chance to receive guidance and feedback from a teacher. Dates for these days will be worked out on the first day of the course.

Should you wish to attend the teacher led Clinic Days run by the school, the dates are given below. This is optional. Please note that priority may need to be given to first and second year students if there is a shortage of places on any one day.

2008	November 1	Saturday	Graham Crisp
2009	January 22	Thursday	Jean Netherway
	February 16	Monday	Keith Belliss
	March 19	Thursday	Oliver Cowmeadow
	April 24	Friday	Sara Hooley
	May 21	Thursday	Alex Turner
	June 18	Thursday	Kate Burford

Times: 10.00 am - 5.00 pm. Students MUST attend the whole day.

Receiving A Treatment: If you would like to receive a treatment there is an additional fee of £20 payable on booking. Please book by sending your £20 to the office. Bookings are not accepted without a payment.

Lunch: Please remember to bring your own lunch.

HOME STUDY

Students are expected to give 120 shiatsu treatments with records during the year, that is about 12 treatments per month (or 3 a week) in order to incorporate new material learnt at weekends into your practice. These treatments must have been given after the first day of the course, so that they incorporate what you are learning on the Year Three course. Something like 6 hours a week will also be needed for background reading, writing two case histories, an assignment on western pathology, and other homework.

WORK PLACEMENTS

After Christmas you will be helped to find a suitable place to work giving shiatsu treatments. This will be for a three month period, in which you will give three hours of shiatsu on a weekly basis. This may be in a hospice, a business, a drug recovery centre or any other place where workers or other people can benefit from receiving shiatsu. Further details will be given in your Course Notes.

COURSE ASSESSMENTS

Assessments form an integral part of the Year Three 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, a practical Tsubo Location Assessment on the eighth weekend, and written homework.

Your knowledge of shiatsu theory is assessed with a written paper on the last weekend of the course, on the shiatsu theory taught during this year. There is a practical assessment in which you give shiatsu to another student in the four positions of sitting, prone, supine and side. Then there is an individual assessment giving shiatsu to Oliver and Kate, followed by an interview to discuss ethical responsibilities of a practitioner and your readiness for the professional practice. Please present yourself in a professional manner for this practical and interview.

RECOMMENDED READING FOR THIS COURSE

ZEN SHIATSU

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

DIAGNOSIS

1. How To See Your Health: Book of Oriental Diagnosis, Michio Kushi. Japan Publications.
2. Shiatsu Theory and Practice, Carola Beresford-Cooke. Churchill Livingstone. Chapters 6-11 for Zen meridian diagnosis.
3. Shiatsu: The Complete Guide, C.Jarmey & G.Mojay. Thorsons. Chapters 17, 18 &19 on diagnosis.

WESTERN PATHOLOGY

1. Understanding Disease, John Ball. C.W.Daniel.
2. The Penguin Medical Encyclopaedia.
3. Any other medical dictionary or encyclopedias.
4. The Clinical Medicine Guide, Stephen Gascoigne, Jigme Press.

CLINICAL PRACTICE

1. The Shiatsu Handbook, Patrick Mc Carty & Shizuko Yamamoto. Japan Publications. Pages 119-169.
2. The Natural Way of Zen Shiatsu, David Sergel. Japan Publications. Pages 110-188.
3. Shiatsu for Women, Ray Ridolfi & Susanne Franzen. Thorsons.
4. Zen Shiatsu, Shizuto Masunaga. Japan Publications. Pages 149-172.
5. Tsubo. Vital Points for Oriental Therapy, Katsusuke Serizawa. Japan Publications.
6. Macrobiotic Path to Total Health. Michio Kushi & Alex Jack. Ballantine Books Publications.
7. Oriental Pathology, Oliver Cowmeadow in Year 3 course notes.

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.

YOUR PERSONAL TUTOR

Your personal tutor for the Year Three Course is Kate Burford. 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 get in touch with. Oliver will also be teaching you regularly, and will be happy to be contacted with any questions or problems you have with clients or with your studies.

If you require further tutorials, e.g. to make up on missed study at weekends, Kate, Oliver or other teachers will usually give these at their normally 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

During the Year Three Course we encourage students to actively develop greater awareness of their own physical, emotional, mental and spiritual health, as part of becoming effective holistic practitioners of shiatsu. There is specific teaching, group activities, and homework to help students get a clearer picture of their health in terms of shiatsu theory, and to see possible steps for improving their health. The regular sharing of feelings and life experiences within the group helps develop more awareness and openness in a gentle and supportive way. The staff of the school are here to give help with your personal development, as well as your learning of shiatsu, so do please ask if you would like our help.

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's 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 Two to Year Three.
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.

Please note that throughout the school's history there have always been enough places for students continuing straight on with their studies. The difficulty has only arisen for previous students of the school who have taken time out, or people from another school wanting to join the course.

RECEIVING MONEY FOR YOUR TREATMENTS

During the Year Three Course you are encouraged to charge an appropriate fee for some or all of your shiatsu treatments, as you move towards working professionally. For ethical reasons students must be very clear with clients that they are third year or advanced students, but are not yet professionally qualified.

Please note that you should not include your membership of the Shiatsu Society in any publicity you create. You should also include the word 'student' in any description of your status in any publicity, to make your present state very clear to any potential clients.

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 or video, 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 10am 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 during the year. 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 if necessary we can remedy the situation as quickly as possible.

INSURANCE

You should now have definitely taken out malpractice insurance. Claims of malpractice against shiatsu practitioners are rare, as shiatsu is not an invasive therapy, 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. Their present rates for student insurance are around £46. Note that once you have graduated with a Diploma in Shiatsu, you need to upgrade your insurance to Graduate level - your student insurance will no longer valid.

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

THE DEVON SCHOOL OF SHIATSU PRACTITIONERS REGISTER

The school maintains a register of all its students who have graduated with a Diploma in Shiatsu, together with a contact phone number. When we receive enquiries for shiatsu practitioners, we pass on the names of people on the register in the appropriate geographical area. The register is also published on the school web site.

If you do not want to appear on this register, want us to use a particular phone number, or include particular information, please tell us when you graduate.

THE SHIATSU SOCIETY

The Shiatsu Society is a forum for all people interested in shiatsu, and maintains a register of practitioners. We strongly recommend that you complete the current requirements to become a Member of the Register of the Shiatsu Society (MRSS) which is the most common and best recognised national qualification in shiatsu. As the Shiatsu Society requires students to have been members for at least two years, if you have not yet joined the Society we strongly recommend that you do so immediately. The present cost is around £65 for a year's student membership as a third year student. The address of the society is:

The Shiatsu Society, Eastlands Court, St Peters Road, Rugby CV21 3QP.
Telephone: 0845 130 4560. Email: admin@shiatsu.org
Web site: www.shiatsu.org

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 ask the office 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 look on our website for a list of bed and breakfast accommodation at Buckyette Farm and in the local area.

ADMINISTRATIVE MATTERS

If you have any questions regarding administrative matters such as dates, payment of fees, booking Clinic Days etc. please ring Iso Barnden in the office on the school number Monday to Friday between 10.00 am and 4.00 pm.

HOLISTIC COOKING SCHOOL

This is a sister school to the Devon School of Shiatsu, run next door 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 30% discount on all Holistic Cooking & Nutrition School courses to current Devon School of Shiatsu students.

USEFUL TELEPHONE & EMAIL CONTACTS

The School 01803 762593 info@devonshiatsu.co.uk
Kate Burford 01736 350517 kateburford@blue-earth.co.uk

Oliver Cowmeadow Please use the school number. In emergency use home
number 01803 762393 oliver@devonshiatsu.co.uk
Jean Netherway 01803 525447 jeannetherway@btinternet.com
Graham Crisp 01822 832723 kikai@btopenworld.com
Keith Belliss 07812 523447 keithbelliss@tiscali.co.uk