

THE DEVON SCHOOL OF SHIATSU



YEAR THREE COURSE DETAILS
September 2007 - July 2008

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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 Oliver Cowmeadow, with additional teaching from Sara Hooley and Kate Burford. There is also a special weekend with a visiting teacher, to introduce you to a wider variety of approaches used in shiatsu. This year there is one weekend with Keith Philips, founder and director of the Bristol School of Shiatsu. 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. As a part of this it is expected that students during the third year adopt a more responsible and professional attitude towards their shiatsu and studies. 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.

TEACHING DATES

2007: September 21st to 23rd, October 20th & 21st, November 16th to 18th, December 14th to 16th.

2008: January 26th & 27th, February 22nd to 24th, April 11th to 13th, May 9th to 11th, June 6th to 8th, June 28th & 29th.

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 July 31st. 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 July 31st 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 to us at any time. After July 31st, 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 also available at the school. If you have any particular dietary requirements, e.g. wheat-free, please contact the school at least two weeks before the course starts.

FEES

The fees for the Year Three Course are £1970 with a deposit of £400 to secure your place on the course. Please send your deposit (or full fee) together with the attached application form to us. The balance of fees of £1570 is due 2 WEEKS BEFORE THE FIRST DAY OF THE COURSE.

If you are unable to pay the balance in one go, we have a facility for paying the balance in monthly instalments. We make an extra charge of £35 for this to cover the extra banking and administrative costs. After paying the deposit, the remaining course fee is divided into a number of monthly payments. We send you a Standing Order Authority, with the monthly payments set out below, for you to give to your bank. We like to get the financial side of courses completed well before a course begins, so if you want to use this facility please tell us AT LEAST TWO WEEKS before the course begins.

Full fee:	£1970
Deposit:	£400
Instalments:	£1605 divided into 10 monthly payments of £160.50, the first for September 25th 2007 and the last for June 25th 2008.

If you have any queries about paying in instalments, please get in touch with the school administration.

Please note the following conditions of enrolment:

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. Should you cancel your place on this course, you are liable to pay the full fees if cancelling less than two weeks before the first day of the course, whether the balance of fees have been paid in one payment or are being paid in instalments.
4. Once a course has started you are financially committed to paying the whole course fee.
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. Completion of two Case Histories.
6. A pass in the tsubo location assessment.
7. A pass in the practical assessment.
8. A pass in the Shiatsu Theory assessment.
9. 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 23 days out of the 27 teaching days.

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:

2007: November 22	(Thursday)	Oliver Cowmeadow
2008: January 24	(Thursday)	Kate Burford
February 21	(Thursday)	Jean Netherway
March 8	(Saturday)	Keith Belliss
March 9	(Sunday)	Daniela Coronelli
April 18 (Friday)		Sara Hooley
May 22 (Thursday)		Alex Turner
June 19(Thursday)		Daniela Coronelli

Times: 10.00 am - 5.00 pm. 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 school office. 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.

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 also a practical in which you will give shiatsu to Oliver and Sara, 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 meridian diagnosis. Zen
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 encyclopedaediass.
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 Oliver Cowmeadow. He 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, he is the first person to get in touch with.

If you require further tutorials, e.g. to make up on missed study at weekends, 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
3. Students who have studied at other schools wishing to join a Devon School of

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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 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 is no longer valid.

THE DEVON SCHOOL OF SHIATSU PRACTITIONERS REGISTER

The school maintains a register of all its students who have graduated with a Diploma in Shiatsu. 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.

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 at the beginning of this course. 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 ask us 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 CONTACTS

The School	01803 762593
Email	info@devonshiatsu.co.uk
Oliver Cowmeadow	Please use the school number. In emergency use home number
Sara Hooley	01643 851500
Kate Burford	01736 350517
Daniela Coronelli	01803 862653
Jean Netherway	01803 525447
Keith Belliss	07812 523447