



Diploma of Shiatsu and Oriental Therapies

National Training Code: HLT50207

CRICOS Accreditation Code: 061999J

Please note: Course structure is current as of 5 June 2011

Shiatsu is a stimulating and powerful massage treatment whereby pressure is applied to the body via the acupuncture points and meridian pathways to activate the flow of "Ki" (energy). Effectively freeing the body from chronic energy blockages and tensions and providing the opportunity for physical and emotional transformation.

The Diploma of Shiatsu and Oriental Therapies takes the graduate to a high level of expertise in oriental therapies and diagnostic techniques. The aim of the course is to properly equip the professional practitioner with necessary techniques and diagnostic skills to competently support the client through their healing process.

The diploma graduate will also have the opportunity to develop expertise in speciality areas such as pregnancy, pre & post natal care, children & adolescence care, elderly care, palliative care and Traditional Chinese Medicine Nutrition.

Diploma of Shiatsu and Oriental Therapies - Course Content

▶ Shiatsu 1 (24 hours + 1x3 hr tutorial)	- 27 hours
▶ Shiatsu 2 - (24 hours + 1x3 hr tutorial)	- 27 hours
▶ Shiatsu 3 - (24 hours + 1x3 hr tutorial)	- 27 hours
▶ Zen Shiatsu - (24 hours + 2x3 hr tutorials)	- 30 hours
▶ Introduction to Oriental Healing	- 24 hours
▶ Meridians	- 36 hours
▶ Oriental Diagnosis 1	- 24 hours
▶ Oriental Diagnosis 2	- 24 hours
▶ Tsubo/Moxa	- 24 hours
▶ TCM Nutrition	- 12 hours
▶ Oriental Therapies in Practice	- 24 hours
▶ Specific Shiatsu Therapy	- 30 hours
▶ Shiatsu Health & Awareness Skills	- 40 hours
▶ Communicate With Clients	- 24 hours
<i>NB: Students who have completed Communication Skills 1A do not have to do Communicate With Clients</i>	
▶ Anatomy & Physiology 1A (Regional)	- 24 hours
▶ Anatomy & Physiology 1B (Systematic)	- 24 hours
▶ Anatomy & Physiology 1C (Applied)	- 24 hours
▶ Symptomatology & Pathology for Bodyworkers	- 36 hours
<i>Students who have completed Symptomatology, Diagnosis & Pathology 1A & 1B do not have to do Symptomatology & Pathology for Bodyworkers.</i>	
▶ Safe Practices	- 12 hours
▶ Business Skills	- 21 hours
▶ Develop Professional Expertise	- 24 hours
▶ Clinical Supervision – Tactile	- 10 hours
▶ Personal Health & Awareness Skills	- 100 hours
▶ Student Clinic	- min. 100 hours
▶ Apply First Aid Certificate	- 12 hours

Shiatsu 1 (Intensive + 1 x 3hour tutorial)

Shiatsu 1 covers the philosophy and basic techniques for performing a Shiatsu treatment. You will gain an understanding of several styles of Shiatsu including Classical and Zen Shiatsu techniques. The course will cover all of the basic Shiatsu sequences as well as introduce specific principles of Hara, postural maintenance and appropriate application of pressure to the Meridians pathways.

Shiatsu 2 (Intensive plus 1 x 3 hour tutorial)

A continuation of Practical Shiatsu, Shiatsu 2 incorporates the theoretical diagnostic framework of oriental medicine in the treatment strategy with Shiatsu practice.

Pre-requisite: Practical Shiatsu, Introduction to Oriental Healing

Co-requisite: Meridians

Shiatsu 3 (Intensive plus 1 x 3 hour tutorial)

This unit of study will cultivate your practical, theoretical and personal Shiatsu skills to an advanced professional level, preparing you for success in your clinical practice.

Pre-requisites: Practical Shiatsu, Shiatsu 2, Introduction to Oriental Healing, Oriental Diagnosis 1, Meridians

Co-requisite: Oriental Diagnosis 2

Zen Shiatsu (Intensive plus + 2 x 3hour tutorials)

Zen Shiatsu consolidates the sequences and techniques learned in Practical Shiatsu with Meridian theory & adapts these to the Masunaga Zen style of Shiatsu. The course incorporates specific diagnostic skills such as the Hara and the student learns to develop specific treatment plans tailored to suit the client.

Pre-requisites: Shiatsu 1, Meridians

Introduction to Oriental Healing (Intensive)

Oriental Healing is based on the philosophy of our relationship with, and as part of, the universe. In this unit of study, you will be presented with the traditional eastern approach to healing and learn how to develop an understanding of the philosophical foundation on which traditional Chinese medicine is based.

Meridians (Intensive)

This unit of study will show you the basic principles of meridian therapy, covering the 14 Classical Meridian pathways and selected Tsubo or acupuncture points on these pathways as well as the 12 Zen Meridian extensions and related stretches. Thereafter, you will be able to apply the principles to Shiatsu Practice.

Pre-requisite: Introduction to Oriental Healing, Shiatsu 1

Co-requisite: Shiatsu 2

Oriental Diagnosis 1 (Intensive)

This unit of study will provide you with the fundamental principles of Yin/Yang, Hot/Cold, External/Internal and Empty/Full criteria upon which the diagnostic procedures are based. You will learn about the basic methodology of the four types of diagnosis, including inspecting, listening, seeing and feeling.

Pre-requisite: Introduction to Oriental Healing

Oriental Diagnosis 2 (Intensive)

In your second term of Oriental Diagnosis, you will learn more subtle differentiations of diagnostic skills in terms of Zang-Fu pathology, pain qualities, anatomical observations and integrating the various aspects of diagnosis.

Pre-requisites: Introduction to Oriental Healing, Oriental Diagnosis 1

Tsubo/Moxa (Intensive)

This unit of study will enable you to differentiate pathological conditions according to traditional Oriental medicine. You will learn to give treatment with pressure, massage and/or heat to specific acupuncture points, restoring balance and health to the body/mind.

Pre-requisites: Introduction to Oriental Healing, Meridians, Oriental Diagnosis 1

TCM Nutrition (Two day workshop)

This practical and theoretical model will introduce you to the concept of Oriental Dietary Therapy, which is the appropriate selection of foods and the combination of Chinese Herbal Traditional Medicinal foods. You will learn about diet basics, cooking techniques and properties of food and how to recognize different constitutions and problems that require unique dietary solutions.

Co-requisite: Introduction to Oriental Healing

Oriental Therapies in Practice (Intensive)

This unit of study is a practical application of various skills that a practitioner will have to use or have knowledge of in a clinical setting. Topics include differential diagnostic skills for the oriental therapies practitioner & information about complementary modalities that can be used in practice.

Pre-requisites: Oriental Diagnosis 2, Zen Shiatsu 2 and Shiatsu 3

Specific Shiatsu Therapy (Intensive)

In this unit of study you will learn the uses and applications of shiatsu techniques for special populations such as the aged and the young. These skills are essential to the working practitioner, allowing them to tailor their treatments and treatment outcomes to the specific needs of special population groups. It also aims to integrate diagnosis, technical skills, theory, practitioner/patient relationship & the student's own internal dynamic when treating.

Pre-requisites: Shiatsu 3, Zen Shiatsu

Co-Requisite: Student Clinic

Shiatsu Health & Awareness Skills (Intensive)

This course includes cultivates an understanding and awareness of how to *implement develop and maintain* values consistent with shiatsu philosophy and practice – lifestyle options i.e. personal disciplines such as yoga and meditation, dietary choices and healing food preparation for healthy lifestyles.

Personal Health & Awareness Skills

This External unit of study will significantly contribute to the cultivation of skills required to maintain personal and professional health in order to effectively treat clients and maintain professional integrity. Students will be required to complete 100 hours of bodywork exercises e.g. yoga, Chinese exercise, tai chi etc or a combination of these. They can be completed at Nature Care or externally. See Student and learning Services to obtain form for recording attendance.

Communicate With Clients (2 hours a week for 12 weeks OR Intensive)

This unit of study covers the skills required by practitioners to establish and maintain effective communication with the client throughout all interactions and provide basic counselling as required and as appropriate to facilitate the treatment or health service being provided.

Anatomy & Physiology 1A (Regional) (2 hours/week for 12 weeks OR Distance learning)

A fundamental component of all major modalities, this unit of study will teach you about the structure, general function and organisation of the human body.

Anatomy & Physiology 1B (Systematic) (2 hours/week for 12 weeks OR Distance learning)

This unit of study introduces you to the structure and function of the following body systems: nervous, endocrine, cardiovascular, lymphatic, digestive, respiratory, & genito-urinary.

Pre-requisite: Anatomy & Physiology 1A

Anatomy & Physiology 1C (Applied) (2 hours/week for 12 weeks OR Distance learning)

This unit of study integrates your knowledge of Anatomy & Physiology 1A & 1B, increasing your understanding of a wide range of body functions. Subjects studied include the anatomy and physiology of stress, sleep consciousness, memory, emotions and behaviour.

Pre-requisites: Anatomy & Physiology 1A & 1B

Symptomatology & Pathology for Bodyworkers (3 hours/week for 12 weeks OR Distance learning)

This unit of study is designed to cover the basic principles of pathology, methods of collecting data on clients, problem-solving, establishing a treatment plan and when to refer a client. Common complaints, illnesses and skin conditions that may be encountered by a bodywork therapist will also be covered in depth.

Pre-requisites: Anatomy & Physiology 1A, 1B

Note: Students who have completed the units 'Symptomatology, Diagnosis & Pathology 1A & 1B' do not have to do 'Symptomatology & Pathology for Bodyworkers

Safe Practices (Two Day Workshop OR Distance Learning)

This unit of study incorporates two topics: Infection Control in Alternative Health Clinics and Occupational, Health and Safety (OHS). This unit incorporates the skills and knowledge required to comply with infection control policies and procedures and contribute to OHS processes.

Business Skills (Intensive OR Distance Learning)

This unit of study will prepare you for working in a clinical health setting by providing you with the knowledge and skills required to administer a practice. You will also learn how to make referrals to other health care professionals and community services when appropriate, develop your networking skills, comply with statutory obligations and maintain ethical work practices.

Develop Professional Expertise (2 hours/week for 12 weeks, Intensive OR Distance Learning)

This unit of study will provide you with the knowledge and skills required to establish and manage a successful complementary health care practice. You will also learn how to continue your professional development once your formal study is completed, keep up to date with the latest industry news, make a positive contribution to the knowledge base of your profession and critically evaluate some specific types of research.

Pre-requisites: Business Skills

Clinical Supervision - Tactile (2 hours/week for 5 weeks)

This unit of study supports students in the facilitation of effective communication in relation to clinical practice and the health sector.

Pre-requisite: 50 Clinic Hours

Co-Requisite: Student Clinic

Apply First Aid Certificate

It is a requirement of the course that students hold a current First Aid Certificate at graduation.

Assessment

All courses are assessed through a variety of assessments eg practical and written examinations, assignments, class presentations, role plays etc. Individual subject outlines detailing the timing and assessment methods and weighting will be given out in your first week of class for each subject and are available prior to enrolment by contacting Student and Learning Services on 02 8423 8333 or info@naturecare.com.au

Teaching Methods

A range of teaching methods are incorporated for delivery of course content as relevant to the subject. These include a combination of modified lectures utilizing visual aids, workbooks and handouts, class and group discussions, theory and practical exercises, demonstrations, role plays and presentations.

Student Clinic

Total requirement: 100 hours

Pre-requisites: Shiatsu 1; Shiatsu 2, Introduction to Oriental Healing, Meridians, Oriental Diagnosis 1 and Safe Practices.

Recognition of Our Course

The Diploma of Shiatsu and Oriental Therapies is fully Government accredited with VETAB (Vocational Education and Training Accreditation Board), the Shiatsu Therapy Association of Australia (STAA) and the Australian Traditional Medicine Society (ATMS).

Note: Professional Training Association recognition is determined by the Professional Association and may be subject to change. Whilst the information printed on this outline is current at the time of printing, Nature Care College cannot take responsibility for changes that occur in relation to Professional Association requirements.

Financial Assistance

The Diploma of Shiatsu and Oriental Therapies is fully funded by VET FEE-HELP. Students can obtain an Australian Government student loan for all or part of their tuition fees.

Please refer to www.naturecare.com.au for information on the variety of "Flexible Payment Options" available or alternatively contact Student and Learning Services on +61 2 8423 8333 for assistance.

Degree Pathway

This Professional Training Course is eligible for Degree articulation into the Bachelor of Health Science (Complementary Medicine) at Charles Sturt University.

NB: In the recommended study plans contained within the timetable, the length of course applies to the subjects listed and does not include Health & Awareness Skills. Students wishing to study the Diploma of Shiatsu and Oriental Therapies are welcome to make an appointment with a Course Advisor to discuss their study plan.

Five Term Study Plan

Set Part-time Program

DIPLOMA OF SHIATSU AND ORIENTAL THERAPIES 2012 New Intake
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Term One

Anatomy & Physiology 1A

Communicate with Clients

Introduction to Oriental Healing

Shiatsu 1 Tutorial

Term Two

Anatomy & Physiology 1B

Develop Professional Expertise

Meridians

Shiatsu 2 Tutorial

Term Three

Anatomy & Physiology 1C

Oriental Diag. 1

Safe Practices

TCM Nutrition

Zen Shiatsu Tutorials

Term Four

Oriental Diagnosis 2

Shiatsu 3 Tutorial

Shiatsu Health & Awareness Skills

Student Clinic

Symptomatology & Pathology For Bodyworkers
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Tsubo Moxa

Term Five

Business Skills

Clinical Supervision Tactile

Oriental Therapies in Practice

Shiatsu Health & Awareness Skills

Specific Shiatsu Therapy

Student Clinic

Units Of Competency

The Diploma of Shiatsu and Oriental Therapies (HLT50207) is nationally recognised under the Australian Quality training Framework. The following table lists the Units of Competency achieved up on successful completion of the award. Subject that correspond with each Unit of Competency are also listed below/over.

Code	Title	Core/ Elective
HLTCOM502B	Develop professional expertise	Core*
HLTCOM404B	Communicate effectively with clients	Core*
HLTCOM405B	Administer a practice	Pre-requisite for HLTCOM503B*
HLTCOM503B	Manage a practice	Core*
HLTCOM406B	Make referrals to other health care professionals when appropriate	Core*
HLTCOM408B	Use specific health terminology to communicate effectively	Core*
HLTFA301B	Apply first aid	Core*
HLTHIR501A	Maintain an effective health work environment	Core*
HLTOHS300A	Contribute to OHS processes	Core*
HLTIN301A	Comply with infection control policies and procedures in health work	Core*
HLTAP401A	Confirm physical health status	Core*
HLTAP501A	Analyse health information	Core*
CHCORG28A	Reflect and improve upon professional practice	Core*
HLTHIR506B	Implement and monitor compliance with legal and ethical requirements	Core*
HLTSHU508B	Work within a shiatsu framework	Specialist**
HLTSHU510B	Perform shiatsu therapy health assessment	Specialist**
HLTSHU511B	Apply shiatsu therapy assessment framework	Specialist**
HLTSHU501B	Apply oriental therapies assessment framework	Specialist**
HLTSHU504B	Plan the shiatsu therapy treatment	Specialist**
HLTSHU505B	Provide oriental therapies treatment	Specialist**
HLTSHU506B	Provide specific shiatsu therapy assessment and care	Specialist**
HLTSHU507B	Provide shiatsu therapy treatment	Specialist**
HLTSHU509B	Maintain personal health and awareness as a professional responsibility	Specialist**

Unit(s) of competency	Unit title	Subject(s)
HLTCOM502B	Develop professional expertise	Develop Professional Expertise
HLTCOM404B	Communicate effectively with clients	Communicate With Clients
HLTCOM405B	Administer a Practice	Business Skills
HLTCOM503B	Manage a practice	Develop Professional Expertise
HLTCOM406B	Make referrals to other health care professionals when appropriate	Business Skills
HLTCOM408B	Use specific health terminology to communicate effectively	Anatomy & Physiology 1A, 1B S&P for Bodyworkers
HLTFA301B	Apply first aid	Apply First Aid
HLHIR501A	Maintain an effective health work environment	Clinical Supervision – Tactile
HLTOHS300A	Contribute to OHS processes	Safe Practices
HLTIN301A	Comply with infection control policies and procedures in health work	Safe Practices
HLTAP401A	Confirm physical health status	Anatomy & Physiology 1A, 1B S&P for Bodyworkers
HLTAP501A	Analyse health information	Anatomy & Physiology 1C
CHCORG28A	Reflect and improve upon professional practice	Clinical Supervision – Tactile
HLHIR506B	Implement and monitor compliance with legal and ethical requirements	Business Skills
HLTSHU508B	Work within a shiatsu framework	Intro to Oriental Healing Shiatsu 1 Shiatsu 2 Zen Shiatsu Oriental Therapies in Practice
HLTSHU510B	Perform shiatsu therapy health assessment	Shiatsu 1 Shiatsu 2 Shiatsu 3 Zen Shiatsu
HLTSHU511B	Apply shiatsu therapy assessment framework	Shiatsu 3 Zen Shiatsu Oriental Diagnosis 1 Oriental Diagnosis 2
HLTSHU501B	Apply oriental therapies assessment framework	Shiatsu 3 Meridians Oriental Diagnosis 1 Oriental Diagnosis 2 Oriental Therapies in Practice
HLTSHU504B	Plan the shiatsu therapy treatment	Shiatsu 1 Shiatsu 2 Shiatsu 3 Zen Shiatsu Meridians TCM Nutrition
HLTSHU505B	Provide oriental therapies treatment	Oriental Therapies in Practice Meridians Tsubo/Moxa

diploma

HLTSHU506B	Provide specific shiatsu therapy assessment and care	Specific Shiatsu Therapy Shiatsu 3
HLTSHU507B	Provide shiatsu therapy treatment	Shiatsu 1 Shiatsu 2 Shiatsu 3 Zen Shiatsu
HLTSHU509B	Maintain personal health and awareness as a professional responsibility	Shiatsu Health & Awareness Personal Health & Awareness Oriental Therapies in Practice
Supervised Student Clinic – 100 hours		

The College reserves the right to change the course curriculum to reflect the changing needs of the profession and to retain leadership in academic standards.