



Nature Care Clinic

What to expect at: SHIATSU STUDENT TRAINING CLINIC

What is Shiatsu Therapy?

The aim of the Student Clinic is to provide extensive clinical training to our students, and to provide an affordable shiatsu service to the public. The training clinic allows Shiatsu students to gain confidence and self assurance as they develop practical skills, observe and treat clients, and learn a range of skills including case taking, treatment, communication skills and safe practice. The clinic enables students to combine their theoretical knowledge with practical experience and provides students with an integral part of their training.

Each of our Shiatsu students must complete 100 hours of clinical practice in preparation their clinical assessments which are the final components of their shiatsu training.

The word Shiatsu means finger pressure. Shiatsu uses the pressure of the fingers, thumbs, palms of the hand, elbows to activate and support the body's natural energy flow, clearing blocked pathways and enhancing circulation.

According to traditional Eastern theory, energy (Ki or Qi) circulates in the body along channels called 'meridians.' The unobstructed flow of energy through these meridians is essential to good health. When the body is under stress, energy or Ki blockages occur causing physical, emotional, mental discomfort or pain. The Shiatsu therapist identifies these blockages and designs a treatment to restore the flow of Ki and support the body back to its natural balance.

The benefits of Shiatsu: Shiatsu is used to maintain and restore health. It is an effective preventative therapy which stimulates circulation, strengthens the body, promotes relaxation, alleviates pain and discomfort and supports the body back to its natural balance

Shiatsu treatment is a total body therapy that people of all ages, including children, may benefit from. Shiatsu effectively assists with a variety of conditions including: asthma and respiratory illnesses, depression, digestive disorders, constipation, irritable bowel, anxiety, pregnancy, menstrual issues, headaches, migraines, sports injuries, back, neck and shoulder pain, RSI, insomnia, fatigue, muscle tension, heart palpitations and stress.

Student Training Clinic Consultation

For our students to provide a quality service it is important that they gather information from clients. This involves case taking and assessment procedures, traditional diagnostic methods such as pulse or hara assessment. The whole symptom picture is needed for the student practitioner as each treatment is designed specifically for an individual's needs. Diagnosis is important in guiding the therapist with progress and changes recorded at each subsequent visit and recommendations such as exercise and dietary advice may be made.

Other things that you can expect in the shiatsu session include:

- **Treatment:** Shiatsu treatment usually takes place on a soft futon on the floor with the client fully clothed (e.g. track pants and T-shirt) or wearing a gown. Comfortable clothing is important as the treatment often includes flowing stretches and gentle rotations.
- **Duration of consultation:** Consultations generally last about hour. First consultations will consist of a health assessment which will take at least 20 minutes and around 30 minutes of shiatsu. Further sessions will generally be 1 hour consisting of case review and around 45 – 50 minutes of shiatsu.
- **Clinic Supervisors:** As our clinic is a training facility students are not qualified practitioners so supervision is a requirement of the training for shiatsu therapy. The student training clinic always has supervisors to oversee the training and assist with any questions from the student practitioners or clients. Student practitioners are able to review their treatment protocols and be assured that the advice they are giving clients is correct.

During the shiatsu sessions supervisors will enter the rooms to check if assistance is required and that the client is happy with their treatment or if they have questions they would like to ask.

- **Personal Information:** As Nature Care College's Shiatsu Clinic is a training facility, it may at times be necessary for a student to discuss a case with their supervisor. Confidentiality is observed at all times permission will be sought from the client before any details are discussed with the supervisor.
- **Appointments:** Bookings can be made by calling us on 02 9906 1566.
- **Location:** The clinic is conveniently located at 52 Nicholson street, St Leonards 2065
- **Public Transport:** Public Transport is the easiest way to get to the Nature Care Training Clinic. We are located close to a major bus route on the Pacific Highway and are only a 5 minute walk from St Leonards train station.
- **By Car:** If you're travelling by car from:
 - Chatswood;* turn left at Albany St, right into Oxley St then right into Nicholson St.
 - North Sydney;* turn left into Oxley St then right into Nicholson St.
- **Parking:** Metered street parking is available. There are also local parking stations nearby.
- **Access for the Physically Challenged:** Nature Care College has restricted facilities for the physically challenged and may not be able to accommodate their needs.