

TEACHING METHOD	Lecture and Practical demonstration Group work and discussion. Case studies and audio visual material Inter active clinic
COMPETENCIES PARTIAL COMPLETION	Successful completion of this unit of study is in partial completion of the Health Training Package HLT07 Units of Competency HLTSHU506B Provide specific shiatsu therapy assessment and care
ATTENDANCE	100% minimum
PRE-REQUISITES	Shiatsu 3 Zen Shiatsu
CO-REQUISITES	Student Clinic
MATERIALS REQUIRED	Notebook, pen, comfortable clothing.
TEXTBOOKS	<p>(a) Compulsory: Beresford - Cooke Carol. <i>Shiatsu Theory and Practice</i>. Churchill & Livingstone</p> <p>(b) Recommended Reading / References: The Last Dance - Encountering Death and Dying Lynne Ann Despleder and Albert Lee Strickland</p> <p>Fourth Edition 1998 Mayfield NYhttp. www.shen-nong.com</p> <p>Aromatherapy for Healing the Spirit – Gabriel Mojay, Hodder & Stoughton</p> <p>Fan Y-L(1994) <i>Chinese Paediatric Massage</i>, Boulder, Blue Poppy Press</p> <p>Scott J (1990) <i>Natural Medicine for Children</i>, London, Avon Health</p> <p>ScottJ & Barlow T (1999) <i>Acupuncture in the Treatment of Children</i>, Eastland Press, Seattle & Chinese Medicine Pub. Hove UK</p> <p>Cline K (1993) <i>A parents guide to Chinese Paediatric Massage</i>, Institute for Traditional Medicine, Oregon US</p>

SESSION-BY- SESSION OUTLINE –

CHILDREN & ADOLESCENCE

Day 1 SESSION 1	Special features of Chinese medicine paediatrics Constitution & Innate-ness Health promotion, Growth and development Stages of childhood development
Day 1 SESSION 2	Treatment principals and methods The rise and development of childhood diseases Integrating treatment strategies Working with children and families: treatment, therapy & education
Day 2	Interactive Clinic

SESSION-BY- SESSION OUTLINE

BIRTH, PREGNANCY & PRENATAL CARE

Day 1 SESSION 1	History and overview of practical applications of Shiatsu within the clinical setting. Stages in pregnancy: <ul style="list-style-type: none">• Overview, theory and practical application of specific techniques
Day 1 SESSION 2	Shiatsu in the Birthing space. <ul style="list-style-type: none">• Theoretical and practical applications of specific techniques• Support and Recovery after birthing Shiatsu and Post natal care Interactive Clinic

SESSION-BY- SESSION OUTLINE –

MEN'S HEALTH & TREATMENT PRINCIPLES

DAY 1

SESSION 1

- An Overview of Men's health conditions in relation to TCM diagnosis. Including the TCM view of natural decline of constitution & essence with age in comparison to women. **The importance of “ Three The Treasures” Shen, Qi & Ching**
- Men's Menopause (Explanation Aetiology, & treatment) Point combinations & diagnosis
- Stress & its effect on men's health (Diagnosis & Point Combinations)
- Insomnia (Diagnosis & Point Combinations)

Clinical application:

Practical Sequences demonstrating the above conditions
Traditional exercise routines & Qi Nourishment Practice

DAY 1

SESSION 2

- Heart & high blood pressure (Diagnosis & Point Combinations)
- Bladder Disease (Diagnosis & Point Combinations)
- Qi & Blood Stagnation (Diagnosis & Point Combinations)
- Impotence (Diagnosis & Point Combinations)

Clinical application:

Practical Sequences demonstrating how to treat the above conditions
Traditional exercise routines & Qi Nourishment Practice

Assessment Quiz 1

- Prostate cancer (Diagnosis & Point Combinations)
- Hung-Po The Spiritual Aspect (Explanation, Diagnosis & Point Combinations)
- Kidney Deficiency & related disease (Diagnosis & Point Combinations)

Clinical application:

Practical Sequences demonstrating how to treat the above conditions
Traditional exercise routines & Qi Nourishment Practice

Revision

Assessment Quiz 2

Interactive Clinic

SESSION-BY- SESSION OUTLINE

PALLIATIVE CARE

SESSION 1

Personal and Sociocultural Influences in understanding death.

- Familiar and new perspectives of the stages in the dying process
- Coming to terms with death
- The caring presence: Ways of effectively providing support to others in the face of our own fears

Patient and Caregiver/ Shiatsu Therapist Relationship

- Mutuality of interest, defining healthy boundaries
- Clear communication
- Disclosure

Dealing with the stress of Palliative care work

SESSION 2

Diagnostic and Practical Skills.

- Understanding 6 divisions and the stages of chi depletion
- Treatment procedures for specific symptom relief
- Supportive adjunctive treatments

Working with the Health Care system.

- Appropriate treatments and responses within the existing structures
- As conditions change a client may need acute care and the skills and resources of a hospice. It is important for a practitioner to be able to work harmoniously in palliative care, more than any other medical condition, within the health care delivery system. These include hospice, nursing homes and home care situations.

Discussion of the protocols and communication skills required in creating treatment practice in these areas.

SESSION-BY- SESSION OUTLINE –

ELDERLY CARE

SESSION 1

An overview of “What is Ageing” and how to define old age according to TCM and Shiatsu Principles

The physical and cognitive signs of Ageing

The 5 Organs associated with the “Core of Ageing”

Aliments frequently presented by the Elderly

Contra Indications

A discussion on Systemic Inflammation in the Elderly

SESSION 2

Creating a safe environment for the Elderly

Communicating with the Elderly

Treating the Elderly

Useful tsubo points in treatment

Aids to help with treatment

Discussion on diet and exercise

Please be respectful of your fellow students and arrive on time for class.

Please ensure all mobile phones are turned off prior to the commencement of class.
