

**International
School of
Shiatsu**

*Course
Catalog*



International School of Shiatsu
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INTERNATIONAL SCHOOL OF SHIATSU

The International School of Shiatsu (I.S.S) is a network of independent schools located throughout the United States and Europe. I.S.S. has been training professional bodywork practitioners since 1978.

Using principles of natural healing, I.S.S. is dedicated to the promotion of healthy living and the realization of our creative potential.

Students may complete various stages of the program in any one of the affiliated schools located in Switzerland, Italy, Belgium, Austria, Spain, Portugal, or Croatia.

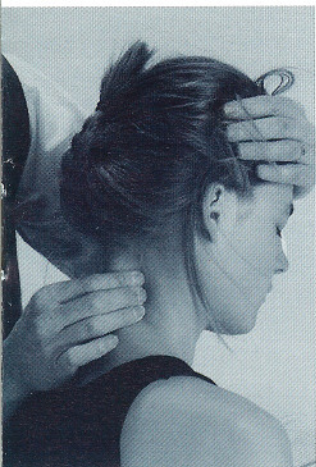


WHAT IS SHIATSU?

Shiatsu is a method of restoring and maintaining health by balancing the body's primary communication network. This network, a system of energy meridians, directs all functions, activities, growth, and awareness, from the time of conception, and throughout our lives.

In the Japanese healing tradition, all illnesses of the body and mind, with their respective symptoms, are related to underlying imbalances in a person's energy system. Shiatsu helps to correct these imbalances using methods similar to acupuncture, without the use of needles.

TOUCH— THE ESSENCE OF SHIATSU



THE SHIATSU TREATMENT

Shiatsu affects the movement of energy known as “Ki”, or “Chi”, which circulates through well defined pathways called meridians. A shiatsu practitioner applies gentle pressure along these meridians and other specific areas of the body to balance the energy as it flows to the organs, glands, muscles, nerves, and blood. The practitioner may also use stretching techniques, massage, and structural releases to achieve harmony within the energy system.

A shiatsu treatment activates the body's “relaxation response” which then stimulates all of

the body's positive regenerative functions. The “relaxation response” has been well documented to release the body, emotions, and mind from the stress and energy drain of daily living. Through the medium of touch the experienced shiatsu practitioner is able to activate the innate self-healing mechanisms within the receiver, producing a heightened sense of well being in body, mind, and spirit.

THE I.S.S. PROGRAM

The study of shiatsu is more than the development of a career in the field of healing. It is also a wonderful way to enhance one's personal well being and to get in touch with the essentials of good health and harmonious relationships. Designed to take the student from a simple introductory format through the application of advanced shiatsu technique, the program is geared toward the development of quality alternative health practitioners. Providing a complete outline for the practice of oriental bodywork, students are taught to utilize shiatsu as a tool for positive human, social, and global change.

The program supports the advancement of the student toward his/her individual goals. The program will be of great benefit whether students intend to pursue training to become full or part-time practitioners, to use shiatsu in addition to existing skills, or for personal development.

To become practitioners, students are trained in traditional shiatsu technique, which is later integrated with more contemporary healing modalities. Using innovative teaching methods, the program guides students to develop the sense of energetics required for accurate shiatsu treatment and to produce professional results. In addition, the course offers a unique opportunity to develop skills for personal transformation. It includes many forms of traditional exercises, such as Do-In, Yoga, Chi-Kung, and breathing. These exercises, combined with the effects of receiving shiatsu during each class, motivate students toward heightened energy levels and greater productivity.

The
Shiatsu
Treatment

ISS
Program

INTRODUCTION TO SHIATSU BEGINNERS' WEEKEND

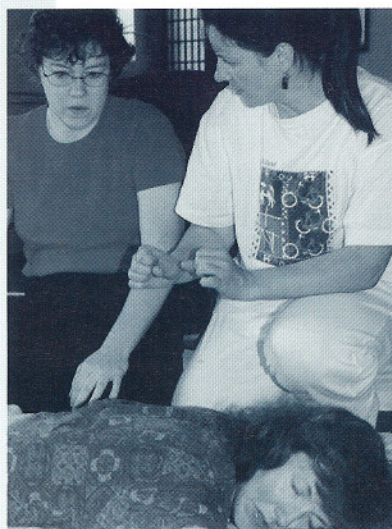
*Help others feel better while creating
your own health and well being.*

*The Beginner's Weekend is open to anyone who wishes to
experience the Art of Shiatsu. It also serves as the
introduction to the Shiatsu Foundation Program.*

Participants learn:

- A complete basic full-body treatment
- An introduction to oriental health diagnosis
- The health benefits of the Relaxation Response
- The fundamentals of healing philosophy
- Why and how touch is a powerful medium for healing
- Self-healing exercises: Do-In

Techniques learned in the Beginner's Weekend will produce beneficial results with partners, family members, and friends. Those who wish to explore oriental bodywork as a profession are now eligible to enter Foundation Program Level 1.



FOUNDATION

The Shiatsu Foundation Program consists of three levels, including 270 hours. It establishes the foundation of oriental medical theory, shiatsu techniques and healing principles. Students progress through a series of studies which build on the information and techniques learned in each previous class.

The minimum time frame for completion of the Shiatsu Foundation Program is ten months, with a maximum of three years. Students test for a Foundation Program Diploma at the end of their coursework.

LEVEL 1 (78 Hours)

Level 1 focuses on specific concepts of traditional and Zen Shiatsu. It establishes a firm foundation for the development of the student's personal and professional skills

Level 1 is a valuable course for massage therapists, psychotherapists, nurses, and professionals who wish to add shiatsu and oriental healing to their skills and practice.

- Meridian theory and treatment
- Philosophy and application of Yin and Yang
- Do-In exercises (self massage)
- Hara diagnosis/Body evaluation
- Chi Kung exercises
- Yu/Bo points
- Five element theory
- Nervous system response
- Proper application of pressure
- Visualization of healing channels
- Visual health analysis
- Kyo/Jitsu
- Diet & health
- Ampuku (abdominal massage)

Weeknights (includes 3 weekends)
Weekends only
Intensive

See class schedule for tuition and class times.

Foundation

Level 1
Topics

Class Options

Tuition/Times

SHIATSU FOUNDATION PROGRAM LEVEL 1•2•3

LEVEL 2 (90 Hours)

Level 2 gives students greater facility in working through the body. It enhances treatment continuity and expands diagnostic abilities. Level 2 presents a model for working with specific needs of the client's condition.

- Treatment in side position
- Extended treatment of head neck and shoulders
- Treatment in the seated position
- Exercises to increase sensitivity
- Principles of healing discharge
- Zen Shiatsu meridian system
- Dynamic stretching and strengthening exercises
- Zen shiatsu hara diagnosis
- Moxibustion
- Study of reproductive problems

Weeknights (includes 4 weekends)

Weekends only

Intensive

See class schedule for tuition and class times.

LEVEL 3 (90 Hours)

Level 3 further refines the students understanding of diagnosis and energy assessment. The extended Zen Shiatsu meridians are continued. The role of posture with regard to energy is introduced, and structural corrections are added to the treatment protocol.

- Zen Shiatsu extended meridians
- Treatment of specific systems and pain
- Five element theory continued
- Postural evaluation
- Chakra balancing and sound healing
- Principles of a successful practice
- Vibrational diagnosis
- Chi self-massage
- Meridian stretches
- Intro to fascial release
- Correction of structure and joints
- Meridian role in emotional wellbeing

Extended weekends

Intensive (Not offered every year, please inquire)

See class schedule for tuition and class times.

SHIATSU FOUNDATION PROGRAM



TREATMENT REPORTS

Treatment Reports are documented practice treatments, which assist both students and instructors to monitor students' progress, as well as the receiver's results. A total of 100 treatment reports are required, as follows:

- Level 1, 20
- Level 2, 40
- Level 3, 40

FOUNDATION PROGRAM DIPLOMA

After completion of the above classes and submission of 100 treatment reports, students take a final exam. The exam consists of a written test, an oral review and demonstration of the location and use of pressure points, and a shiatsu treatment given to an instructor. Upon passing the exam, the student will be awarded a Shiatsu Foundation Program Diploma. We encourage students to begin a part or full time student practice at the completion of Level 3, as they continue into the Practitioner Program.

INSURANCE

We recommend that our students and graduates enroll as members of the American Organization for Bodywork Therapies of Asia (AOBTA), or the Associated Bodywork & Massage Professionals (ABMP). Members acquire practice liability insurance and are listed in a national membership directory. Students may apply to these organizations after 100 hours of shiatsu study.



Treatment
Reports

Foundation
Program
Diploma

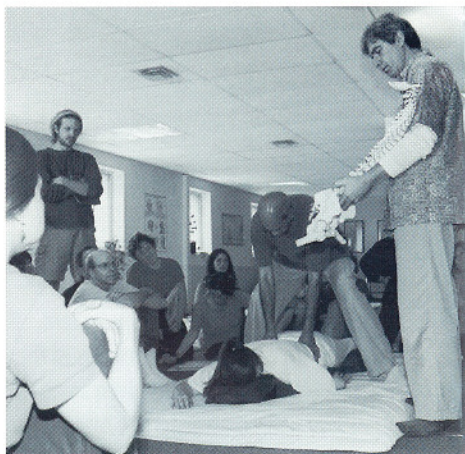
Insurance

This 370 hour program is for professional training. Students entering the Practitioner Program show a desire to become certified professionals. The program extends previous study, and includes Anatomy, Physiology, Oriental Medical Theory, Clinical Skills, Advanced Shiatsu Techniques, and Food & Healing.

Advanced studies are designed to give students experience in applying all of their prior studies. The Practitioner Program may be completed in 1 1/2 to 3 years.

ANATOMY (54 Hours)

This course is structured specifically to accommodate the development of shiatsu practitioners. It enables students to understand the relationship between the energy meridians and anatomical structures (muscles, joints, and bones). Anatomy class increases knowledge of body mechanics, improves physical examination/palpation skills, and reinforces the anatomical locations of important pressure points.



PHYSIOLOGY (48 Hours)

In Physiology students delve into the body, examining internal tissues and systems. This course draws the contrast between oriental and western medical theory, improving the student's ability to communicate with clients and other health care providers.

ORIENTAL MEDICAL THEORY (48 Hours)

This course presents the science of Chi and the functioning of the body in terms of transformation of energy, the functions and dysfunction of the organ-meridian system, the inter-relationship of organs, meridians, and outside influences. This course helps improve diagnostic and treatment skills.

ENERGETICS OF FOOD & HEALING (12 Hours)

Food is an important key to taking charge of one's energetic condition. This class continues the theoretical understanding of the energy of food, and the practical knowledge needed for the selection and preparation of seasonal, energetically balanced meals. From the introduction to Food & Healing in Foundation Program Levels 2, and 3, students will explore the five elements through style, taste and texture. Healing dishes and drinks are also discussed.

PRACTITIONER PROGRAM

CLINICAL SKILLS - 4 Modules (94 Hours)

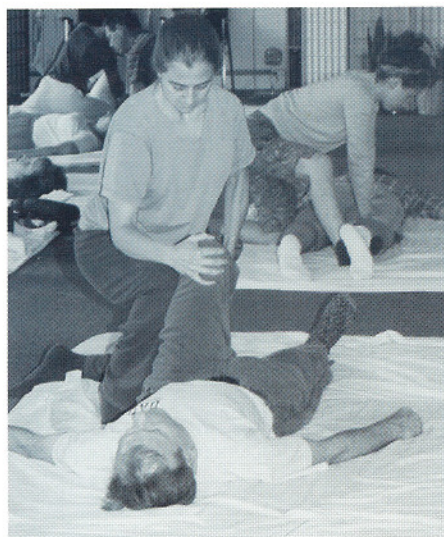
This comprehensive course is comprised of 4 areas of concentration. These areas include Clinical Skills Observation and Development, Supervised Clinic, Communicating with Clients, and Business for Bodyworkers as primary facets of administering a professional clinical bodywork practice.

Observation and Development will offer students an opportunity to observe an instructor giving treatments, take case histories, discuss treatment strategies, and perhaps, participate in the treatments.

Supervised Clinic is designed to allow students to gain treatment experience in a professional setting, applying skills explored in Observation and Development.

Communicating with Clients sections are used to empower students in their relationships with their clients by identifying and moving through self-limits, exploring issues of trust, empathy, and compassion, and entering into frank discussions of ethics, setting and maintaining personal and professional limits, open communication, and issues of sexuality.

Business for Bodyworkers will concentrate on the business side of a practice, such as fees, third-party payments, the treatment space, working for others, etc. Continued discussion regarding ethics, and personal/professional issues as related to this area of maintaining a professional bodywork practice.



PRACTITIONER PROGRAM

ADVANCED SHIATSU TECHNIQUES - 5 Modules (114 Hours)

This advanced bodywork course is comprised of 5 areas of concentration. These areas include Shiatsu Shin Tai, Structural Alignment, Fascia Work for Shiatsu, Advanced Treatment of the Hara, and Integration and Development of Zen Shiatsu. These areas of advanced bodywork study for the shiatsu practitioner will provide for deeper development and application of skills acquired in the Foundation Program, as follows:



Shiatsu Shin Tai. This 3 day section continues with the structural work presented at the end of Level 3. The technique focuses on harmonizing the structure of the body with the energetic aspect. This material helps the practitioner adapt more specifically to the needs of each client. Working in this way furthers the development of observation skills and enhances the creative element in a practitioner's work.

Structural Alignment. Students are presented with a dynamic approach to evaluating and correcting the hips and sacrum. These corrections have a positive effect on the hormonal system and all lower body functions. Passive corrections of the lumbar and thoracic spine are learned along with a unique reflex method for determining misalignments.

Fascia Work For Shiatsu. Modern research now shows that the fascia is one of the most influential systems of the body. Fascia affects organ function, as well as the nervous and circulatory systems. It profoundly affects the posture. Treatment of the fascia produces many positive treatment results, both physically and emotionally. Asian research has shown fascia to be the medium through which meridians circulate in the body. This makes treatment of the fascia an important technique for the Shiatsu practitioner.

Advanced Treatment of the Hara. Treatment of the hara gives the practitioner one of the best opportunities to positively influence the client's well being. It improves digestion, absorption, and elimination. Circulatory and respiratory functions are improved, as are many musculo-skeletal problems. New, contemporary methods of hara diagnosis are introduced.

PRACTITIONER PROGRAM

Integration and Development of Zen Shiatsu. This section focuses on refining the use of the extended meridian system. By integrating a combination of five element, Kyo-Jitsu, and postural awareness, the student discovers how to put many of the previously learned theories and techniques into dynamic action within the professional practice.

ADDITIONAL REQUIREMENTS

- Cardio-Pulmonary Resuscitation Certificate (CPR)
- Red Cross First Aid Certificate
- Submission of 150 treatment reports
- Documentation of 10 shiatsu treatments received from an AOBTA Certified Practitioner, over the course of training.

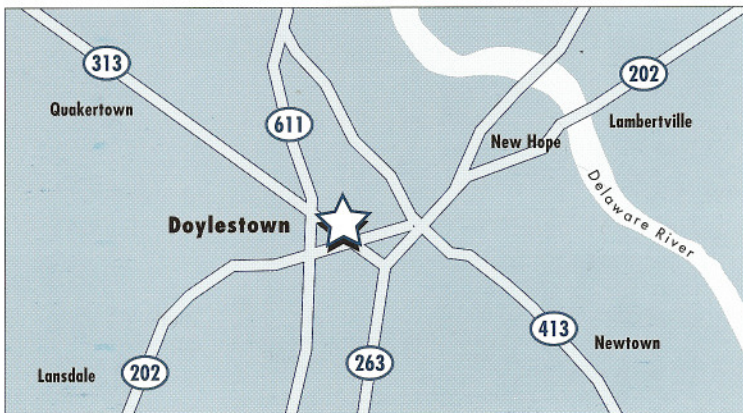
FINAL EXAM

After successfully completing the above requirements and courses, students take a final exam. This exam has four parts: an evaluated treatment given to an instructor, written and oral exams on the theoretical principles of the program, and a review of the student's participation, proficiency, and understanding in all areas of Clinical Skills.

DIPLOMA

Upon completion of all courses, exams, and additional requirements as listed above, all Pennsylvania State, AOBTA, and I.S.S. requirements will be fulfilled. I.S.S. will then award the student with a diploma, and the student may apply for Certified Practitioner membership in the AOBTA.

GENERAL INFORMATION



HEALTH CENTER

The International School of Shiatsu offers a treatment center where students and the public receive bodywork. Tai Chi classes are offered on an ongoing basis. Natural foods cooking classes are available as part of the professional training, and are open to the public.

LOCATION

ISS is located in Doylestown, PA, a suburban area about a one-hour drive north of Philadelphia. Surrounded by farms, parks and nature preserves, Doylestown can be easily accessed by car, bus, train or plane. Please call the school for travel and housing information at 215-340-9918.



Member of AOBT's Council
of Schools & Programs

Licensed by the PA State Board
of Private Licensed Schools

Type A Provider for NCTMB
Continuing Education Units (CEU's)
