Zen Shiatsu III - Multiple Points of Contact

Zen Shiatsu is an art, a dance and an improvisation. It is also effortless for the giver, yet extremely powerful. In Zen Shiatsu III, you will begin to develop your technique as an art and meditation. You will learn to use your entire body as a graceful whole, including your elbows, knees, feet and limbs. In this way, you will learn to save your own body and work deeply without force.

Students will deepen their understanding of the Vital Substances (Jing, Qi, Shen, Blood, Body Fluids), and learn about the broad patterns of pathology observed in Chinese Medicine. This will help students interpret the information gleaned from a health history interview.

Kyo/Jitsu theory will be explored in detail. The kyo/jitsu pair found in hara assessment tells us the one specific movement of energy that is ready to happen in a client during a treatment. It indicates which symptoms are ready for resolution, and indicates which healthy movement of energy will help them make that change.

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Learning Objectives

Write a five-element analysis of yourself based on self-knowledge/awareness

Name the four methods of diagnosis (Japanese name & English translation) and give two examples of each.

Fill in blank diagrams with Yu points and Bo points

For several case examples of given kyo/jitsu assessments, identify physical, emotional and spiritual symptoms that the client might present with, and what healthy function might be ready to come online for that person.

Match CM pathology names with their symptomatology, and identify two points that can be used to treat each pathology.
**Required Texts**


**Course Outline and Reading Assignments**

| Class 1 | Introduce Fluid Movement, Lower & Upper Body Strengthening Techniques, Review Zen Shiatsu II Techniques. ZS 9-21 |
| Class 2 | Jing & Water Bladder/Kidney techniques prone w/ Forearms and Knees. Yu Point locations. T&P: 115-124, 161-188; ZS 37-52 |
| Class 3 | Blood & Wood Supine Lower Body Technique w/ Forearms and Knees. Review kyo/jitsu theory. T&P: 189-216 |
| Class 4 | Shen & Fire Supine Upper Body Techniques w/ Forearms and Knees. T&P: 124-125, 217-263; ZS 53-63, 95-100 |
| Class 5 | Fluids & Earth Side Position Techniques T&P: 125-126, 264-290* |
| Class 6 | Qi & Metal Side Position Techniques T&P: 118-120, 291-316 |
| Class 7 | 4 Pillars of Dx Review of Diagnostic Methods: 4 Tools, Hara Diagnosis. T&P: 319-343 |

**Assign Case Study**

Class 8 Bo Points. Review.
Class 9 Review
Class 10 Written and Practical Exams

**Breakdown of Grade**

| Attendance and Participation | 25% |
| Case Study | 25% |
| Written Exam | 25% |
| Practical Exam | 25% |
Case Study Guidelines

One case study consisting of one session is due at the start of class 10.

At the Zen Shiatsu III level, we give you the tools necessary to begin to work with an assessment (including questioning) and treatment plan. The written case study allows you to apply this knowledge for the first time. Please don’t be overly concerned with finding the “right” assessment, or going about treatment the “right” way.

It is a life’s work to refine the art of assessment and treatment, so don’t worry if you aren’t confident yet. It’s your first time, after all!

For your case study, we ask that you choose a receiver that you don’t know well. We also ask that you choose a receiver who is has not received Zen Shiatsu before, so that you may practice the process of educating your client about Zen Shiatsu. So, no relatives, students, or Zen Shiatsu staff or graduates, please.

The following definition of shiatsu may be useful as you communicate with your receiver.

“Shiatsu is a Japanese style of bodywork that benefits the muscles and postural alignment, like massage, and benefits the health of the internal organs and emotions, like acupuncture. It also benefits range of motion and flexibility, similarly to yoga. It uses pressure on the body to elicit healthy changes. Practitioners use their diagnostic skills of observation and work with clients’ input to determine the exact healthy change appropriate to each individual.”

Overview

The completed case study should consist of the following information:

1) Initial intake interview and evidence gathering
2) An assessment of the intake evidence
3) A one-to-two paragraph description of your treatment
4) Conclusions and description of future treatment plan

Your client should fill out a Feedback Form which must be attached to the case study. Please also type out their written comments and attach those separately.
Each component of the case study will now be described in detail:

**Heading**

Please head your case study with the following information:

Your name

Date of treatment

Your instructor’s name

Receiver’s Initials, Occupation, Age and Sex

Kyo/Jitsu Hara Resonant Pair: Kyo - ______  Jitsu - _______

**Intake/Evidence** (approx. 300 words)

Have your client complete the intake form provided in your handout folder. **Read it completely, with special attention to their primary complaint (their reason for receiving shiatsu),** their areas of typical tension, and any irregularities in function that they may experience. Follow up with basic verbal questioning (even though some of these were asked on the form):

1. How can I most be of help today?  
2. Where in your body do you typically hold tension?  
3. Have you had any injuries?  
4. Have you had any illnesses or operations?  
5. Do you have any complaints that you wouldn’t ordinarily see a doctor for, but register with you as irregular? Say, in the areas of digestion, elimination, respiration, sleep, energy levels, menstruation, etc?  
5. Are there any particular stress factors in your life right now?

In this Intake/Evidence section, please give a recount of your intake interview. Document your client’s health history, living situation, occupation, life stresses. Document your client’s statements relative to their own health issues and well-being of their mind and spirit. Record your own observations of structural/postural/movement idiosyncrasies, five-phase associations such as color, sound of voice, odor, emotion, or body tissues or fluids where dysfunction exists. **Please also make an attempt to identify the specific meridians along which their pain/discomfort complaints lie.**

Summarize your findings by re-iterating the main complaint, their goal for treatment, any areas of physical pain they are experiencing (with attempt to locate on a meridian), and any other health issue findings from your intake. These are the things you are going to try to help address through your treatment.
Assessment (approx. 100-300 words)

Record your kyo/jitsu resonant pair of meridians from hara assessment. Decide on ways in which both of these meridians relate to their pain and their goals. If the meridian is not literally on their pain, see if you can come up with any way that the meridian goes through a body area. For example, if they have hip pain on GB meridian but Spleen comes up, consider that Spleen runs through the hip as well and might help their hip pain.

Choose up to two additional meridians that you might give extra focus. This should especially include a meridian that their pain is on (if different from the hara resonant pair meridians), and can include another relevant meridian based on the “Questioning Assessment - What can we know for sure”? Document.

If you noticed a pattern standing out of many associated signs of a certain element within five-element associations, please name the element that seems to stand out (for example, this client exhibits a shouting voice, slightly green around the eyes, overall muscle stiffness, recurrent anger/frustration, it seems like Wood element stands out). Or if two or more elements stand out, or you are confused, please indicate the multiple things you see or indicate what you see and why it is confusing.

Five-element analysis does not necessarily indicate which meridians you will treat. In later classes, we will explain how to merge this analysis with your hara assessment. For now, we want to see your clinical thought process as you analyze the evidence and see implicated elements.

Treatment (approx. 100-300 words)

Begin by describing the resonant pair you found in hara, and any third meridian you planned to treat. Then go on to describe the most important observations of the session. Sequentially describe what you did and why and any significant reactions and communications from your client. It is ok if you work meridians other than the 2-4 you’ve chosen. However, please try to have an “aim” as you work each one, even if it is as simple as “relax the muscles” or “relax the knee” or “benefit the Lungs and breathing”, and share that in your case study.
Conclusions (approx. 100-300 words)

Describe your client’s feedback and reaction to the treatment. Was there any noticeable effect on the primary complaint, pain patterns, or any other background issues? Describe your treatment plan if you were to work on this client in the future. By the end of the session, did you learn any information that you would incorporate into future sessions? Would you give this receiver any movement/lifestyle recommendations to assist their progress?

Feedback Form

Your client should fill out a Feedback Form at the end of the session. This form is used by you and the school to give you valuable feedback about your client’s experience, so please encourage them to be specific and critical.

Please re-type your receiver’s comments on a separate sheet of paper and attach the typewritten comments and original feedback form to your case study.

The completed Case Study will consist of the following three pages:

1. Your written work
2. The original Feedback Form
3. The typed comments from the Feedback Form
4. The original Intake Form completed by client