



INFORMATION ABOUT SHIATSU

JULY 2018

1 WHAT IS ZEN SHIATSU?

Originated in Japan from the Traditional Chinese Medicine, with influences from more recent Western therapies, Zen Shiatsu is a physical therapy that supports and strengthens the body's natural ability to heal and balance itself. It works on the whole person - not just with the physical body, but also with the psychological, emotional and spiritual aspects of being.

In practice the Zen Shiatsu Therapist uses touch, comfortable pressure and manipulative techniques to adjust the body's physical structure and balance its energy flow.

2 WHAT ARE THE BENEFITS OF ZEN SHIATSU?

Shiatsu moves stagnant energy, removes blockages and creates balance in the body's energy systems. By applying pressure to energy points, the flow of energy is restored. Shiatsu Therapists facilitate this change. The body then begins to repair itself and all major systems begin to improve. The client begins to feel more empowered and more responsible for small changes so, over time, the body feels rejuvenated, calmer and more energized.

Continual stress leads to pain and illness. Ignoring the body's signals for sleep, exercise, good nourishing foods, and equally nurturing relationships, causes more stress and more illness. Clients, who realise the importance of positive change, seek Zen Shiatsu as a framework to help them make changes in their lives.

Regular Zen Shiatsu sessions can make a real difference to your quality of life, physically and emotionally but this is not a substitute for conventional medicine, medical examination or diagnosis.

3 CAN ZEN SHIATSU DO ANY HARM?

The aim of Zen Shiatsu is to shift energy around the body in such a way as to relieve areas of tension and enliven weak areas. This is effectively a collaboration between the therapist and the client's body, which will instinctively want to do the same thing, but may need a little help to get started.

Occasionally clients may have healing reactions after the first few sessions. These reactions occur when toxins have been released during the treatment, and as they work out through the body there may be physical symptoms such as headache, muscle stiffness, stomach upsets or diarrhoea, desire to urinate frequently, or emotional symptoms such as lethargy, low mood, urge to cry. Such symptoms are transitory and soon pass. Drinking water and resting will help, as well as asking the practitioner for advice and reassurance. Emotional releases may take longer to work through, and deep-seated emotional patterns may be uncovered. As it can have profound effects on the patient's life, extra contact between sessions may be necessary to talk through the reactions to treatment.

4 WHAT TO EXPECT IN A ZEN SHIATSU TREATMENT?

4.1 THE INITIAL SESSION LAST 1H30

Initially the therapist asks for details of your current health, any medical conditions, history, and lifestyle. The therapist takes notes and keeps your records safe and confidential.

The treatment itself lasts 60min and is followed by another discussion to get your feedback. This feedback is important for the therapist to assess your experience and important for you to self-reflect your experience.

4.2 THE FOLLOW UP SESSION LAST 1H

Initially the therapist asks for details of your sensations and observations noticed during the days following your previous session and any new signs and symptoms you would like to focus on this session.

The treatment itself lasts 45min and is followed by another discussion to get your feedback.

4.3 RECOMMENDATIONS

The session usually takes place on a padded mat or futon at floor level, although it is possible to receive Zen Shiatsu seated or on a treatment couch depending upon the client physical condition.

Zen Shiatsu can involve rotation and stretches of joints and limbs and you will remain fully clothed at all times. Therefore, it is advised to bring or wear loose, warm, comfortable clothing, preferably cotton, e.g. sweatshirt, tracksuit trousers and cotton socks. A changing space will be made available for you.

Do not eat heavily in the two hours prior to treatment. Do not drink alcohol before or after treatment. After treatment drink plenty of water to smooth the flow of changes through the system. If possible, please avoid strenuous or stressful activities after your session.

Please print the form below, fill it in, sign it and bring it with you at your coming session



CLIENT CONSENT FORM

JULY 2018

1 STATEMENT OF CONSENT FOR RECEIVING SHIATSU

Please tick the following boxes

- I have carefully read and understand the information about Shiatsu made available to me.
- I understand that I can communicate any concerns or questions at any time.
- I understand that regular primary care by a licensed physician is strongly recommended.
- I understand I can stop Shiatsu session(s) and/or seek alternative/complementary option(s) at any time.

2 DATA PROTECTION ACT 2018 [\(ALSO AVAILABLE ONLINE\)](#)

Please tick the following boxes

- I have carefully read and understand the Data Protection Policy and Privacy Notice provided (*July 2018 Version*)
- I agree the Data Protection Policy and Privacy Notice provided (*July 2018 Version*)

3 INFORMED OPT-IN FOR ELECTRONIC COMMUNICATION

Please tick the relevant assertion(s)

- I want to receive email communication from Zen Shiatsu Therapy in relation to my Shiatsu Course (Booking Confirmations/Reminders and Recommendation Handouts).
- I want to receive **Zen Shiatsu Therapy Newsletter**.
- I want to join the **Zen Shiatsu Therapy Community**, a confidential Facebook group dedicated to Zen Shiatsu Therapy Clients only, to benefit from general health and wellbeing recommendations.
- I want to receive email communication about workshops hosted or run by Zen Shiatsu Therapy only.

My email address is: _____

Printed Full Name: _____

Address: _____

Telephone: _____

Signature: _____

Date: _____