Australian Government

Assessment Requirements for HLTSHU006 Provide Shiatsu therapy treatments

Release: 1

INDUSTRY SKILLS COUNCILS
Creating Australia's Future

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Modification History

Release	Comments
Release 1	This version was released in *HLT Health Training Package release 2.0* and meets the requirements of the 2012 Standards for Training Packages. Merged HLTSHU504/507. Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence. Minimum clinic hours added. Additional assessor requirements.

Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

- performed the activities outlined in the performance criteria of this unit during a period of at least 200 hours of Shiatsu client consultation work
- prepared for and managed at least 60 Shiatsu treatment sessions - clients must include males and females from different stages of life with varied presentations
- used each of the following sequences during client consultation sessions according to client needs:
  - back sequence
  - upper back and arm sequence
  - side sequence
  - head and neck sequence
  - leg sequence in supine
  - back diagnosis zones for treatment
  - back shu/front mu diagnosis areas for treatment
  - abdominal palpation
  - face sequence
  - feet sequence
  - hip sequence
  - chest sequence
  - arm sequences
  - leg sequence

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    - a range of different styles including namikoshi, ohashi zen and barefoot Shiatsu sequences and specific techniques
    - hara palpation and diagnosis
    - tonification and dispersion methods
- used the following pressure and tsubo techniques during client consultation sessions according to client needs:
    - perpendicular pressure
    - non perpendicular pressure
    - moving and stationary pressure
    - sustained/continuous and intermittent/moving pressure
    - deep and superficial pressure
    - strong and gentle pressure
    - use of elbows, feet, knees, ball of thumb and hand pressure techniques
- used the following stretching and opening techniques during client consultation sessions according to client needs:
    - stretching exercises
    - stretching across and along the fibres
    - stretching to open channels/meridians, points and joints
- used the following manual techniques during client consultation sessions according to client needs:
    - percussion
    - pinching
    - rolling
    - rubbing
    - vibrating
    - qi projection on and above the body surface
    - muscular contraction and resistance
    - mobilisations of joints
    - use of mother hand
    - palpation of ki along meridians and tsubos
    - tonification and dispersing techniques
- provided other advice to support optimum health
    - lifestyle
    - dietary
    - yoga
    - relaxation
    - meditation

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Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- legal and ethical considerations (national and state/territory) for client assessment:
  - codes of conduct
  - duty of care
  - informed consent
  - mandatory reporting
  - practitioner/client boundaries
  - privacy, confidentiality and disclosure
  - records management
  - working role boundaries:
    - working within scope of practice
    - presenting symptoms that require referral to a medical practitioner
  - work health and safety
- principles of Shiatsu that are integrated in all treatments
- different Shiatsu styles and sequences, and their indications for use
- Shiatsu treatment techniques, how to apply them, what each technique does, what effects it might have, and what the contraindications are, for the following:
  - Shiatsu sequences
  - Shiatsu pressure and tsubo techniques
  - stretching and opening techniques
- potential reactions during treatment and how to respond:
  - discomfort
  - emotional reactions
  - feedback - verbal, tactile, visual
  - muscular spasms
  - body temperature discomfort
  - deep relaxation
- potential reactions following treatment and appropriate client advice
- types of advice and resources that can be provided to clients for their use outside the clinical environment
- documentation requirements for recording treatment details
- basic structure and function of western medicine systems and regions of the body
- common disease states and functional problems of each body system
- fundamental principles of biomechanics

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Assessment Conditions

Skills must have been demonstrated in the workplace or in a clinical environment that reflects workplace conditions. The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources, including:
  - client information – case history, treatment plan
  - futon
  - linen
- modelling of industry operating conditions, including provision of services to the general public
- clinic supervision by a person who meets the assessor requirements outlined below for at least 120 of the 200 hours of client consultation work

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.
In addition, assessors must:

- have at least 3 years current clinical experience working as a Shiatsu therapist providing services to the general public
- hold practising membership of an Australian professional body that represents Shiatsu therapists
- fulfil the continuing professional development requirements of the professional body to which they belong

Links

Companion volumes from the CS&HISC website - http://www.cshisc.com.au

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