



Australian Government

HLTSHU002 Develop Shiatsu practice

Release: 1

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Modification History

Release	Comments
Release 1	This version was released in <i>HLT Health Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages. Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence.

Application

This unit describes the skills and knowledge required to establish the foundations of Shiatsu practice, evaluate what makes a sustainable practice and then to develop an approach to own practice. It also includes the ability to communicate key information about Shiatsu to others.

This unit applies to Shiatsu therapists.

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand standards and industry codes of practice.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

1. Establish foundations of Shiatsu practice

1.1 Identify, access and interpret information on the central philosophies of Shiatsu

1.2 Evaluate the Shiatsu system of treatment and its application to current health issues

1.3 Compare and contrast Shiatsu, other complementary health modalities and broader health practice

2. Represent the Shiatsu framework

2.1 Determine information needs of different individuals and groups

2.2 Identify key messages that represent the philosophy

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

and practice of Shiatsu therapy

2.3 Communicate information about Shiatsu therapy at level of depth appropriate to audience needs

3. Determine requirements for sustainable Shiatsu practice

3.1 Identify key issues that affect the development and sustainability of professional practice

3.2 Identify economic, environmental, human and social considerations, and their impact on professional practice

3.3 Access, interpret and collate current information that supports professional practice

4. Develop approach to own practice

4.1 Reflect on professional goals and aspirations

4.2 Identify and assess professional opportunities in Shiatsu

4.3 Reflect on opportunities and constraints of individual personal circumstances

4.4 Make decisions about practice direction, based on reflection and research

4.5 Develop practical strategies that address own practice goals

Foundation Skills

The Foundation Skills describe those required skills (language, literacy, numeracy and employment skills) that are essential to performance.

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>

Assessment Requirements for HLTSHU002 Develop Shiatsu practice

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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:

- used critical thinking skills to:
 - review and reflect on information from a range of sources about Shiatsu practice
 - evaluate and articulate requirements for sustainable Shiatsu practice
- communicated key messages about Shiatsu therapy to meet the information needs of at least 3 different individuals or groups
- developed goals for own practice that reflect the values and philosophies of Shiatsu

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:

- philosophies and principles of Shiatsu:
 - historical development of Shiatsu
 - central philosophies:
 - meridians and meridian therapy
 - yin and yang
 - ki, kyo and jitsu
 - hara

- importance of personal health strategy
- philosophical tradition of western and eastern body therapies:
 - rationalistic, analytical approach to an understanding of disease
 - vitalistic, empirical approach to health
 - key features of qualitative, quantitative, cultural and traditional lines of evidence used in Shiatsu
 - nature of the dynamic interchange between the physical, mental, social, environmental and spiritual landscape
- Shiatsu system of treatment and effects of Shiatsu application to the body surface
- different styles of Shiatsu treatments and their key features and purpose:
 - stretching, posture and exercise techniques
 - elbows, feet, knees, ball of thumb, hand pressure techniques for whole body treatment
 - meridian stretching techniques
 - hara diagnosis, tonification/dispersion
 - lifestyle and dietary advice
 - relaxation and breathing techniques
 - meditation
- key features of complementary therapies used in conjunction with Shiatsu, including:
 - Traditional Chinese Massage
 - acupuncture
- place of Shiatsu in relation to allied health services
- professional Shiatsu networks and industry bodies
- different models of professional Shiatsu practice and their key features:
 - sole practitioners
 - employment opportunities
- components of sustainable practice:
 - economic – opportunities and viability
 - environmental
 - human – personal health, professional development
 - social responsibility
- legal and ethical considerations (national and state/territory) and how these are applied in individual practice:
 - children in the workplace
 - codes of conduct
 - continuing professional education
 - discrimination
 - dignity of risk
 - duty of care
 - human rights

- informed consent
- insurance requirements
- mandatory reporting
- practitioner/client boundaries
- privacy, confidentiality and disclosure
- records management
- work role boundaries – responsibilities and limitations
- work health and safety

Assessment Conditions

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

- use of suitable facilities, equipment and resources
- modelling of industry operating conditions and contingencies

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

Links

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