



Australian Government

HLTSHU006 Provide Shiatsu therapy treatments

Release: 2

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Modification History

Release	Comments
Release 2	This version was released in <i>HLT Health Training Package release 3.0</i> . Update to mapping and metadata. Equivalent outcome.
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. Supersedes HLTSHU507C. 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.

Application

This unit describes the skills and knowledge required to prepare for and provide therapeutic Shiatsu treatments based on the outcomes of an existing health assessment and treatment plan.

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. Prepare client for treatment

1.1 Interpret treatment plans and clearly outline how the treatment will be provided and managed

1.2 Explain factors which may interfere with the effectiveness of the treatment

1.3 Inform and advise client about possible physical or emotional reactions during and following a session

1.4 Follow established protocols to physically prepare the

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client for treatment

1.5 Confirm client consent for treatment

2. Build fundamental Shiatsu principles into treatment

2.1 Ensure sensitivity to ki palpation

2.2 Explore and recognise connection to hara

2.3 Explore and develop energetic relationship between therapist and client

2.4 Maintain client-focused attention throughout the treatment session

3. Use Shiatsu techniques

3.1 Regulate the circulation of ki

3.2 Apply manual perpendicular pressure directed from the hara to the body

3.3 Use appropriate levels of pressure

3.4 Maintain therapist postures that ensure a controlled distribution of body weight

4. Follow Shiatsu sequences

4.1 Determine treatment sequence, location and degree of pressure according to assessment indications

4.2 Select and adhere to specific Shiatsu sequences according to the Shiatsu style being used

5. Work with client during treatment

5.1 Use the condition and response of the client as a continual feedback to the initial assessment

5.2 Incorporate contact with all major body regions within a reasonable time frame

5.3 Position client to optimise their comfort and support while allowing for optimum application of techniques

5.4 Recognise reactions to treatment and respond promptly according to clients needs

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

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

6. Provide advice and resources to the client

6.1 Educate client in relevant and practical techniques that support the treatment plan

6.2 Answer client queries with clarity, using language the client understands

6.3 Use honesty and integrity when explaining treatment plans, schedules and recommendations to the client

6.4 Promote client independence and responsibility in treatment

6.5 Discuss and agree on evaluation strategies

6.6 Accurately document treatment provided and details of client communications

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 HLTSHU006 Provide Shiatsu therapy treatments

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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:

- 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
- 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

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

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

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