



Australian Government

Department of Education, Employment and Workplace Relations

HLTSHU508C Work within a shiatsu framework

Release: 1

HLTSHU508C Work within a shiatsu framework

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to work effectively within a shiatsu framework

Application of the Unit

Application

This unit applies to work in a range of health settings

Application of this unit should be contextualised to reflect any professional requirements, issues and practices specific to each workplace

Licensing/Regulatory Information

Not Applicable

Pre-Requisites

Not Applicable

Employability Skills Information

Employability Skills

This unit contains Employability Skills

Elements and Performance Criteria Pre-Content

Elements define the essential outcomes of a unit of competency.

The Performance Criteria specify the level of performance required to demonstrate achievement of the Element. Terms in italics are elaborated in the Range Statement.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

- | | |
|---|--|
| 1. Demonstrate commitment to the central philosophies of shiatsu practice | 1.1 Provide a definition of shiatsu and the shiatsu system of medicine |
| | 1.2 Provide an overview of the historical development of shiatsu |
| | 1.3 Identify and explain <i>the central philosophies of shiatsu</i> |
| | 1.4 Apply shiatsu philosophy to own health practices |
| | 1.5 Draw on shiatsu philosophy to interpret health issues |
| 2. Identify and describe the principles and practices of shiatsu | 2.1 Identify and describe <i>major methods of treatment</i> used in shiatsu |
| | 2.2 Identify and describe <i>other complementary therapies</i> used in shiatsu |
| | 2.3 Identify and describe <i>shiatsu assessment techniques</i> |

ELEMENT	PERFORMANCE CRITERIA
3. Develop knowledge of complementary therapies	3.1 <i>Provide information on other complementary therapies</i> 3.2 <i>Identify the relationship between therapies</i>
4. Represent shiatsu framework to the community	4.1 <i>Explain practices and principles of shiatsu in an easily understood way in a one-to-one and group setting</i> 4.2 <i>Clarify enquiries and provide appropriate information</i> 4.3 <i>Requests for client to bring relevant data to the consultation are made</i> 4.4 <i>Discuss alternative sources of information/advice are discussed with the client</i>
5. Work within clinic and regulation guidelines	5.1 <i>Access and follow clinic guidelines</i> 5.2 <i>Access and follow legal and regulatory guidelines</i> 5.3 <i>Undertake relevant documentation</i>

Required Skills and Knowledge

REQUIRED SKILLS AND KNOWLEDGE

This describes the essential skills and knowledge and their level required for this unit.

Essential knowledge:

The candidate must be able to demonstrate essential knowledge required to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes knowledge of:

- A range of alternative and complementary therapies
- Basic knowledge of the principles of shiatsu therapy and its epistemology within the therapeutic systems of the east and west
- Basic knowledge of the qualitative, quantitative, cultural and traditional lines of evidence

REQUIRED SKILLS AND KNOWLEDGE

used in shiatsu

- Ethical issues in natural medicine
- OHS requirements in the workplace
- Philosophical tradition of western and eastern medicine
- Sociology of health and the healthcare system
- The concepts of ki (qi or chi), kyo and jitsu, tonification and dispersal and masanaga's zen shiatsu
- The dynamic interchange between the physical, mental, social, environmental and spiritual landscape
- The eastern medicine integration of these approaches to health
- The effects of shiatsu application to the body surface
- The history and development of shiatsu
- The philosophies, principles and tools of shiatsu practice
- The principles of hara and its role in shiatsu
- The rationalistic, analytical approach to an understanding of disease
- The theory of meridian therapy
- The vitalistic, empirical approach to health

Essential skills:

It is critical that the candidate demonstrate the ability to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes the ability to:

- Appropriately record details of client enquiries according to clinic guidelines
- Communicate with people from diverse cultural and linguistic backgrounds
- Correctly identify client information needs
- Demonstrate communication skills in a one-to-one and group setting
- Explain relevant products and services
- Provide client with required information
- Work or model work which demonstrates an understanding of underpinning values and philosophies in the shiatsu framework

Evidence Guide

EVIDENCE GUIDE

EVIDENCE GUIDE

The evidence guide provides advice on assessment and must be read in conjunction with the Performance Criteria, Required Skills and Knowledge, the Range Statement and the Assessment Guidelines for this Training Package.

Critical aspects for assessment and evidence required to demonstrate this competency unit:

- The individual being assessed must provide evidence of specified essential knowledge as well as skills
- Observation of performance in the workplace or a simulated workplace (defined as a supervised clinic) is essential for assessment of this unit
- Consistency of performance should be demonstrated over the required range of situations relevant to the workplace
- Assessment may contain both theoretical and practical components and examples covering a range of clinical situations
- Where, for reasons of safety, space, or access to equipment and resources, assessment takes place away from the workplace, the assessment environment should represent workplace conditions as closely as possible
- Assessment of sole practitioners must include a range of clinical situations and different client groups covering at minimum, age, culture and gender
- Assessment of sole practitioners must consider their unique workplace context, including:
 - interaction with others in the broader professional community as part of the sole practitioner's workplace
 - scope of practice as detailed in the qualification and component competency units
 - holistic/integrated assessment including:
 - working within the practice framework
 - performing a health assessment
 - assessing the client
 - planning treatment
 - providing treatment

EVIDENCE GUIDE

- Context of and specific resources for assessment:*
- An appropriately stocked and equipped clinic or simulated clinic environment
 - Relevant texts or medical manuals
 - Relevant paper-based/video assessment instruments
 - Appropriate assessment environment
 - Skilled assessors
- Method of assessment*
- Observation in the work place
 - Written assignments/projects or questioning should be used to assess knowledge
 - Case study and scenario as a basis for discussion of issues and strategies to contribute to best practice
 - Practical demonstration and simulations
 - Short tests and essays
 - Oral questioning and discussion
 - Clinical skills involving direct client care are to be assessed initially in a simulated clinical setting (laboratory). If successful, a second assessment is to be conducted during workplace application under direct supervision
- Access and equity considerations:*
- All workers in the health industry should be aware of access and equity issues in relation to their own area of work
 - All workers should develop their ability to work in a culturally diverse environment
 - In recognition of particular health issues facing Aboriginal and Torres Strait Islander communities, workers should be aware of cultural, historical and current issues impacting on health of Aboriginal and Torres Strait Islander people
 - Assessors and trainers must take into account relevant access and equity issues, in particular relating to factors impacting on health of Aboriginal and/or Torres Strait Islander clients and communities

EVIDENCE GUIDE

Related units:

This unit should be assessed in conjunction with the following related unit:

- HLTHIR301B Communicate and work effectively in health

Range Statement

RANGE STATEMENT

The Range Statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Add any essential operating conditions that may be present with training and assessment depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts.

Central philosophies of shiatsu include:

- Meridians
- Yin and yang
- Kyo and jitsu
- Hara
- Five phase/element theory
- Development of personal health strategy eg ki building and ki projection

RANGE STATEMENT

Major methods of treatment include:

- A range of shiatsu sequences and techniques
- Tsubo/acu-point techniques
- Moxibustion
- Stretching, posture and exercise techniques
- Elbows, feet, knees, ball of thumb, hand pressure techniques
- Meridian stretching techniques
- Namikoshi, barefoot, and oshashi shiatsu zen shiatsu sequences and techniques
- Hara diagnosis, tonification/dispersion and whole body sequence
- Lifestyle and dietary advice
- Relaxation techniques
- Meditation

Other complementary therapies may include:

- Traditional Chinese Massage
- Therapies in which the practitioner is trained or informed

Shiatsu assessment techniques may include:

- Examination of physical features
- Palpation of the abdomen, back and meridians
- Observation
- Listening and smelling
- Masunaga meridian palpation assessment
- Back and spinal palpation assessment
- Anatomical or mobility/flexibility assessment
- Discussion/questioning
- Any other method in which the practitioner has been trained to a competent standard
- Procedures which are conducted according to legislative and regulatory requirements

RANGE STATEMENT

Information on other complementary therapies may include:

- Historical development
- Current availability
- Tools and techniques
- Interactions between different therapies
- When therapies may be used
- Underpinning philosophy

Relationship between therapies may include:

- Contraindications to treatment
- Effects of one treatment over or with another
- Treatment according to stage of condition

Enquiries may require explanation of:

- Duration of treatment
- Limitations of expected treatment outcomes
- Possible approaches to treatment
- Estimated cost of treatment
- Availability of health fund rebates
- Work cover eligibility
- Limitations of professional status of practitioner
- Availability of home visits
- After hours service
- Provision for hospital visits.

Appropriate information may include:

- Confirmation of appointment date and time
- Clinic location and directions
- Cost of initial consultation
- Payment options

Clinic's guidelines may include:

- Procedures and guidelines
- Purpose or mission statement
- Code of ethics or practice
- Level of competency and degree of supervision
- Partnership/group decisions, agreed practice
- Handling client complaints

RANGE STATEMENT

Legal and regulatory guidelines may include:

- OHS guidelines
- Anti-discrimination legislation
- Privacy Act
- Infection control

Relevant documentation may include:

- Nature of enquiry
- Client contact details
- Recording of incidents
- Appointment details

Unit Sector(s)

Not Applicable