



## STUDENT INFORMATION

### Course offered at ACEM

### Diploma of Shiatsu and Oriental Therapies HLT50207

### Duration 10 months full time

The Diploma of Shiatsu and Oriental Therapies is designed to equip graduates with the necessary skills required to be an effective and confident health professional. Training includes a strong focus self development and awareness which are fundamental components of a good practitioner.

The 22 units of competency in the qualification have been organised into 18 units of study including:

Unit	SUBJECT	HOURS	FEES
Unit 1	SHIATSU 1	60	\$650
Unit 2	SHIATSU 2	60	\$650
Unit 3	ORIENTAL MEDICINE THEORY	80	\$650
Unit 4	MERIDIAN THEORY AND POINT LOCATION	60	\$650
Unit 5	PHYSICAL DIAGNOSIS	60	\$650
Unit 6	ORIENTAL REMEDIAL	60	\$650
Unit 7	ANATOMY AND PHYSIOLOGY	300	\$1,200
Unit 8	PRACTICE MANAGEMENT	60	\$650
Unit 9	CLINICAL PRACTICE	100	\$1200
Unit 10	SHIATSU 3	60	\$650
Unit 11	DIFFERENTIAL DIAGNOSIS	60	\$650
Unit 12	ORIENTAL THERAPIES	60	\$650
Unit 13	SHIATSU THERAPY ASSESSMENT FRAMEWORK	60	\$650
Unit 14	COUNSELLING SKILLS	80	\$650
Unit 15	FOOD AS MEDICINE	80	\$650
Unit 16	SOMATIC AWARENESS	60	\$650
Unit 17	PSYCHOLOGY AND ORIENTAL MEDICINE	60	\$650
Unit 18	FIRST AID	30	\$140
	ADMINISTRATION FEE		\$250
	TOTAL	1,520	\$12,540



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**Total number of hours: 1,520**

**Total Fees                      \$12,540.00**

**Please note that no fee rises will occur within the 10 month training program.**

**Detail of Course Content**

**UNIT 1 SHIATSU I**

The fundamental principles and practice of Shiatsu.

The emphasis is on sound Shiatsu technique development.

Emphasis is placed on correct pressure techniques, the 14 classic meridians and important pressure points along their length.

Sensitivity is developed for feeling the Ki in Meridian lines.

Meridian stretching exercises are also included at this level.

**UNIT 2 SHIATSU 2**

Leg and Arm stretch sequences,, side position.

Abdomen (Hara) massage and more advanced Shiatsu techniques for each of the 14 Meridians.

The introduction of The Spinal Stimulation exercises, personal health awareness and strategies are also developed in this unit.

**UNIT 3 ORIENTAL MEDICINE THEORY**

A solid understanding of the Theories of Oriental Medicine is vital to the Practitioner of Shiatsu and Acupuncture. Unit 3 includes study of the Yin/Yang Theory which explains the opposing forces of nature and gives the framework to understand the true balance in the body.

Zang Fu Theory covers the inter-relationship between the organs.

The Five Element Theory explains the laws of nature and the body's physiological relationship to such factors as the seasons.

The Eight Principles helps determine the character and depth of a disease state.

**UNIT 4 MERIDIAN THEORY AND POINT LOCATION**

A detailed outline of the location and function of the major pressure points on the fourteen meridians.

Major points useful for raising energy and tension release are emphasised and practiced in these lessons.



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### UNIT 5 PHYSICAL DIAGNOSIS

The four diagnostic methods used by Shiatsu practitioners are covered in depth including;

Questioning along guidelines learned in Oriental Medicine

Hara and Back diagnosis

Pulse diagnosis

Tongue diagnosis

Body and face diagnosis

### UNIT 6 ORIENTAL REMEDIAL THERAPIES

This unit focuses on safe, gentle techniques that help remedy problems due to injury , work-related and congenital disorders.

Techniques covered include moxa, cupping and ginger Compresses together with osteopathic methods to mobilise joints and ribs.

### UNIT 7 ANATOMY AND PHYSIOLOGY

The structure and function of the major body systems is covered to university level. This is an open learning unit with optional tutorials available.

### UNIT 8 PRACTICE MANAGEMENT

Strategies to be successful in running an alternate health practice including legalities, business record keeping and personal philosophies are covered in this unit.

This is also an open learning unit with optional tutorials.

### UNIT 9 CLINICAL PRACTICE

Treatment of the general public at the College under the supervision of a qualified practitioner.

Students knowledge and skills are consolidated and refined to prepare them for their own practice.

### UNIT 10 SHIATSU 3

A refinement of Shiatsu practice is developed at this level.

Students are guided in developing their own treatment approaches as well as consolidating and integrating the practical knowledge of the Certificate IV study program. Case History taking is expanded upon with the integration of the Differential Diagnosis skills.

The Oki yoga and Meridian Stretches are complimented with further Stretches that have been developed for Mind and Spirit.

Hara Diagnosis and Therapy is expanded upon in this unit.



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### UNIT 11 DIFFERENTIAL DIAGNOSIS

This unit assists the practitioner by focussing on the causes of illness and the likely possibilities that may symptomatically be evident. Differential diagnosis helps to accurately treat the cause of illness and thus formulate an accurate treatment strategy.

### UNIT 12 ORIENTAL THERAPIES

Oriental Therapies that compliment Shiatsu include;  
Ryodoraku (an electronic diagnosis and treatment system.)  
Auricular Acupuncture  
Frequency Therapy  
Laser Acupuncture

### UNIT 13 SHIATSU AND ORIENTAL THERAPIES ASSESSMENT AND CARE

This unit covers the skills required to provide specific therapy care relating to age specific and gender specific common conditions in each of the phases and epochs of life. In particular paediatrics, gynaecology and aged care.

### UNIT 14 PSYCHOLOGY AND ORIENTAL MEDICINE

The emotional cause and effect of illness is studied in this unit.  
Sound methods of treating emotional disorders with Shiatsu and pressure points and counselling are emphasised.

### UNIT 15 A COUNSELLING SKILLS

Skills necessary for Shiatsu practitioners in clinic should include a level of counselling aptitude.

This course will equip students with skills necessary to deal with a range of situations that **may be encountered in clinic.**

### UNIT 16 FOOD AS MEDICINE

The importance of nutrition in health is all-important. Students will learn how to prepare a large variety of delicious and healthy meals using the concepts of Macrobiotic cooking.

Miso, noodle and sour dough bread making is included in this module.

### UNIT 17 SOMATIC AWARENESS

Basic practice of experiential anatomy. Drawing from work in alignment and imagery work students will gain a deeper awareness of their own bodies and thus be able to initiate their own process of relaxing chronic or habitual tension.. Skills gained assist in health assessment of themselves as well



## UNIT MAPPING AGAINST THE HLT50207 HEALTH TRAINING PACKAGE

This qualification is designed to meet the standards outlined in the Health Training package for participants wishing to be Professional Health Therapists in the Shiatsu and Oriental Therapies industry.

The qualification will be delivered both on campus as well as by distance learning.

### Common Units

<b>Units of Competency</b>		
<b>Code</b>	<b>Title of Unit of Competency</b>	<b>ACEM. Units of Training where units of competency assessed</b>
<b>HLTCOM301B</b>	Provide specific information to clients and patients	Unit 9 Clinical Practice
<b>HLTCOM502B</b>	Develop professional Expertise	Unit 7 Anatomy and Physiology. Unit 11 Shiatsu 3 Unit 9 Clinical Practice, Unit 15 Counselling Skills
<b>HLTCOM503B</b>	Manage a practice	Unit 8 Practice Management, Unit 9 Clinical Practice
<b>HLTCOM404B</b>	Communicate effectively with clients/patients	Unit 9 Clinical Practice Unit 15 Counselling Skills
<b>HLTCOM506B</b>	Implement and monitor compliance with legal and ethical requirements	Unit 9 Clinical Practice Unit 8 Practise Management Unit 15 Counselling skills
<b>HLTCOM406B</b>	Make referrals to other health care professionals when appropriate	Unit 13 Shiatsu Assessment and Care Unit 7 Anatomy and Physiology. Unit 15 Counselling Skills



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<b>CHCORG28A</b>	Reflect and improve upon professional practice	Unit 8 Practice Management, Unit 9 Clinical practice.
<b>HLTCOM408B</b>	Use specific terminology to communicate effectively with client/patients fellow workers and health professionals.	Unit 7 Anatomy and Physiology Unit 8 Practice Management, Unit 9 Clinical Practice , Unit 14 Shiatsu Therapy Ass Framework
<b>HLTAP401A</b>	Confirm physical health status	Unit 7 Anatomy and Physiology Unit 3 Shiatsu 2
<b>HLTOHS300A</b>	Contribute to OHS processes	Unit 1 Shiatsu 1
<b>HLTIN301A</b>	Comply with infection control policies and procedures in health work	Unit 9 Clinical practice
<b>HLTHIR506B</b>	Implement and monitor compliance with legal and ethical requirements	Unit 9 Clinical practice Unit 15 Counselling skills



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<b>HLTSHU501B</b>	Apply oriental therapies assessment framework	Unit 10 Shiatsu 3 Unit 9 Clinical Practice Unit 14 Shiatsu Therapy assessment framework
<b>HLTSHU511B</b>	Apply Shiatsu assessment framework	Unit 10 Shiatsu 3 Unit 3 Oriental Medicine Unit 6 Oriental Remedial Unit 9 Clinical Practice , Unit 14 Shiatsu therapy assessment framework
<b>HLTSHU510B</b>	Perform Shiatsu Health assessment	Unit 3 Oriental Medicine Unit 5 Physical Diagnosis, Unit 11 Differential Diagnosis , Unit 6 Oriental Remedial Therapy, Unit 9 Clinical Practice Unit 15 Counselling skills
<b>HLTSHU504B</b>	Plan the Shiatsu therapy treatment	Unit 5 Physical Diagnosis, Unit 9 Clinical Practice Unit 11 Differential Diagnosis
<b>HLTSHU501B</b>	Apply oriental therapies assessment framework	Unit 12 Oriental Therapies
<b>HLTSHU506B</b>	Provide specific Shiatsu therapy and Care	Unit 10 Shiatsu 3 Unit 13 Shiatsu and Oriental Therapies assessment a
<b>HLTSHU507B</b>	Provide shiatsu therapy treatment	Unit 1 Shiatsu 1
<b>HLTSHU508B</b>	Work within the Shiatsu framework	Unit 1 Shiatsu 1 Unit 2 Shiatsu 2, Unit 10 Shiatsu 3



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<b>HLTSHU509B</b>	Maintain Shiatsu personal health and awareness as a professional responsibility	Unit 1 Shiatsu 1, Unit 9 Clinical Practice, Unit 16 Food as Medicines
<b>HLTSHU510B</b>	Perform Shiatsu therapy health assessment	Unit 11 Differential Diagnosis Unit 9 Clinical Practice
<b>HLTSHU511B</b>	Apply Shiatsu therapy assessment framework	Unit 10 Shiatsu 3 Unit 11 Differential Diagnosis Unit 9 Clinical Practice
<b>HLTFA2A</b>	Apply Advanced First Aid	Unit 18 Senior First Aid Certificate

**Clients**

The key clients for this qualification are new or existing students wishing to reach a Diploma in Shiatsu and Oriental Therapies qualification.

The group may include;

School leavers

Unemployed workers

Recent migrants

Those wishing to pursue a new career path

Existing health care practitioners who wish to further their qualifications.



## **Delivery modes**

The program is delivered at the College Campus and via distance learning. It involves face to face trainer led theory and practical classes as well as small group and individual designated activities.

Candidates are provided with training manuals for each unit as well as assessment materials (other than tests and reference materials)

A recommended text list is provided to the students for each unit of training.

## **Teaching Methods**

Teaching methods vary depending on the unit of training.

Practical units of training involve teaching by demonstration with student practice time as well as lectures.

Theoretical units are lecture based training sessions.

## **Assessment Methods**

Assessment methods include written integration, closed book examinations and practical demonstrations of skills..

## **Facilities**

The College is located on an 18 acre rainforest hinterland property and is an excellent environment for study in Complimentary Health Care.

The facilities include classrooms, library, internet access a kitchen, bathroom

## **Equipment and Learning Resources**

The College is well equipped with white boards, video equipment, futons, massage tables and all therapeutic involved in training in Shiatsu and Oriental Therapies including Laser, Ryodoraku, Moxa, Frequency Therapy equipment Ion Pumping Chords, Acupoint detectors Ear seeds and towels.

## **General Information**



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Entry to Diploma of Shiatsu and Oriental Therapies in Shiatsu require the successful completion of secondary school education (year 12 or equivalent) and be at least 18 years of age.

## **Mature Age Entry**

Mature age students (18 years of age or over) may be admitted to a course without meeting the formal academic requirements if they have relevant work experience or other acceptable qualifications.

## **Assessment**

Students are assessed in a number of ways including , written, physical demonstration of techniques, oral.

Where necessary special needs students assessment methods will be made available including interpreters ,Braille documentation, etc.

Each unit of training requires the successful completion of one or more of the following methods of assessments :

- a. Written integration Assignments.
- b. Closed book examinations
- c. Physical demonstration assessments
- d. Oral assessments
- e. Verbal and written presentations

*A time frame of one calendar month is granted to all students to complete all assessments for all units of training.*

*Under special circumstances students may apply for an extension of time to complete assessments.*

If students fail to satisfy the assessment criteria, a repeat of the unit will be deemed necessary.

## **Appeals against Assessment**

Students may appeal any assessment granted by ACEM by lodging an Appeals against Assessment form within 21 days of the assessment notification date.

Appeals must include details of cause for appeal and must be signed and dated. All appeals will be reviewed within 14 days of lodgement date.

## **Recognition of Prior Learning (RPL)**

ACEM offers RPL from any other RTO and will also review submissions of RPL's for previous study and skills which can be supported by documentation and/or by clinical demonstration.

The RPL process fee is \$200 per unit .



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## **Student Conduct**

It is an expectation of ACEM that students conduct themselves in a dignified and courteous manner at all times.

Expectations include:

- a. Follow guidelines outlined by ACEM staff
- b. Accept and respect the rights of fellow students (physical, emotional and spiritual).
- c. Respect and care for all ACEM's, staff's and fellow students' property
- d. Approach all school activities with a positive attitude

## **Sexual Harassment**

Sexual harassment as defined by Australian Legislation, occurs when a person is subject to:

- a. An unsolicited act of physical intimacy; or
- b. A request for sexual favours; or
- c. A remark with sexual connotations; or
- d. Any other form of unwelcome sexual conduct where the harassment is carried out with the intention of:
  - i) offending, humiliating or intimidating the other person or
  - ii) where there is reason to believe that the harassed person would see the incident as offensive, humiliating or intimidating

Sexual harassment will not be tolerated at ACEM. Serious offences may be grounds for instant expulsion.

## **Complaints**

All complaints regardless of their nature will be dealt with confidentiality, sensitivity and discretion. The complainant is free to pursue the matter further through the Anti-Discrimination Commission if no resolution can be achieved.

Complainants must not be treated unfavourably as a result of making a complaint.<sup>1</sup>

## **Privacy**

ACEM staff will respect the privacy of all students and staff.

Students are also expected to respect the privacy of other students and all members of the general public who may be attending the college for treatments or other matters.

<sup>1</sup> V 2011

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