



Shiatsu Manifesto

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Addresses

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Preamble

The goal of this manifesto is to give national and international institutions all over the world suggestions concerning the recognition of Shiatsu as a profession by the state and the positioning of Shiatsu in society.

This Shiatsu Manifesto is a framework of the ISN members' common strategies.

1 International Shiatsu Network (ISN) – members and goals

This manifesto has been developed by the International Shiatsu Network (ISN). The ISN was founded in 2003 by the national Shiatsu Federations of France, Germany, Italy and Switzerland (see appendix) and it welcomes further developments and discussions with other associations.

These federations represented about 8000 members and more than 100 schools in 2013.

The main goal of the ISN is to be a platform for the exchange of information, for cooperation between national federations all over the world. It also cares for the further development of and wants to guarantee a high quality standard of Shiatsu as a profession.

The International Shiatsu Network ISN aims at supporting the recognition of Shiatsu as a profession worldwide.

It coordinates and provides documents by various federations like papers on the legal situations, curricula, definitions, code of ethics, quality standards and so on.

2 Definition, background and aims of Shiatsu

Shiatsu is an autonomous and natural system of energetic and physical touch to support and bring on human health, wellbeing and personal development.

Shiatsu has its roots in Japan. The holistic understanding of life and health in Shiatsu is based on ancient far-eastern philosophies and integrates western concepts of health-promotion according to the principles of the World Health Organisation (Ottawa Charta, Salutogenesis, Resilience and others).

Shiatsu is applied to a person by using Shiatsu-specific techniques with perpendicular leaning pressure through fingers, palms, elbows and knees.

The aims of Shiatsu are:

- to maintain and promote health
- to stimulate the self-regulatory system of the organism
- to support the natural and free flow of the vital energy
- to balance the energetic system of a person as a wholeness (body and mind)
- to increase self-awareness and to support the development of the self-responsibility to take care for one's health.

3 Identity and professional profile of the Shiatsu practitioner

Shiatsu Practitioners often work in their own practice. They work independently as well as in cooperation with professionals of other disciplines.

Furthermore they are employed in different fields such as:

- healthcare institutions (hospitals, clinics, healthcare practices and centres)
- nursing homes and homes for the handicapped
- companies
- hotels, sanatoriums, institutions of sport, wellness and fitness
- public schools and course centres

They also work as Shiatsu teachers and course instructors if they are qualified by specific trainings.

Shiatsu as a profession demands specific abilities. Practitioners must have competences such as

- to evaluate and describe a person's energetic state which is the base of the treatment
- to use Shiatsu techniques adequately according to the person's given situation
- to be empathic, relaxed, centred, aligned and concentrated during the treatment
- to evaluate the effects of the treatment
- to support personal developments
- to recognize the possibilities and limits of Shiatsu
- to be aware of their own personal processes
- to develop their professional quality
- to plan and run their own practice.

4 Vocational Training of Shiatsu Practitioners and Teachers

To develop the competences needed in the practice the Shiatsu vocational training integrates different elements:

- Theory (e.g. holistic Far-Eastern and Western concepts of health and health-promotion; history of Shiatsu, legal conditions)
- Techniques (Shiatsu-specific types of evaluation and techniques for treatment and touch)
- Personal and social competences (self-awareness, communication, giving exercises).

The focus of the training is on practice and practical skills: to integrate theory and techniques to gain the competence to do practical work in interaction with receivers.

The achievement of practical experience and the development of personal and social competences are important goals of the training.

The minimum duration of the shiatsu training should be 3 years and an absolute minimum of 500 contact hours.

The training has to be completed with a final theoretical and practical examination.

The national Shiatsu Federations control and guarantee the quality of the vocational training. They develop quality standards for the teachers' training and control it.

5 Code of Ethics

The members of the national Shiatsu Federations commit themselves to the following goals and principles:

- To practice Shiatsu according to the Professional Profile and the Code of Ethics of their national federation.
- To know and to respect the respective legal situation.
- To be aware of the fact that through Shiatsu-specific techniques the self-regulatory system of the organism and the health resources can be stimulated and to take responsibility for that.
- To further develop the quality of their work and to fulfil the demands of the quality system of their national federation.
- To commit themselves not to promise healing, not to make medical diagnoses, and not to interrupt or modify any other treatments.

- To create a space of confidence, in which openness and transformation may take place, and to guarantee strict confidentiality to and for the persons asking for Shiatsu.
- To support their personal processes and to respect their physical integrity and personal beliefs.
- To consider any relations with other colleagues on the base of correctness, professional solidarity, trust and respect, and to cooperate with other professionals if needed.
- To be engaged in the continuous personal processes of self-development and maintaining a professional attitude.

6 National Shiatsu Federations

The national Shiatsu Federations develop and guarantee the identity of Shiatsu and the quality of the vocational training and of the professional practice in their country.

- They define Shiatsu and its position in their national society and culture.
- They define the professional profile of Shiatsu and the competences which have to be gained in the training.
- They guarantee the quality of the vocational training and the teachers.
- They support and guarantee for the quality of their members by demanding them to keep adequate standards.
- They define a Code of Ethics and guarantee that its goals and principles are respected by their members, and that violations will be sanctioned.
- They have the goal of Shiatsu achieving the status of a recognized profession.

7 National Regulations

The regulations of Shiatsu vary according to different national legal situations.

All ISN member countries seek legal recognition to get status, support and credibility and to guarantee quality standards and clients' safety.

8 Suggestions concerning the recognition of Shiatsu as a profession

The members of the ISN invite the political and institutional world

- To accept national Shiatsu Federations as partners in negotiations concerning the national regulation of Shiatsu.
- To accept that the definition of Shiatsu, the Professional Profile, the vocational formation, the Code of Ethics and other instruments of quality-development and control are the genuine task of the national Shiatsu Federations.
- To recognize ISN as the international representative of its national Shiatsu Federations.
- To recognize Shiatsu as an independent, natural, holistic method and discipline to promote health, which is practised without any risks for the receivers.
- To acknowledge that Shiatsu as a profession is practised with the aim of health promotion, even when it is applied to people with health disturbances or illness.
- To acknowledge that the professional practice of Shiatsu needs qualifications equivalent to the standards of ISN members, even when applied in the framework of other professions.

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