



EMPOWER & ENGAGE with **SHIATSU**



STAA Conference

24-27 May 2019

Burleigh Heads, Queensland





STAA CONFERENCE 2019

The National Council of the Shiatsu Therapy Association of Australia (STAA) is delighted to present a 3-day educational and inclusive shiatsu experience designed to empower and engage professional bodywork practitioners.

The conference program covers a broad application of treatments in particular areas of health – Alzheimer’s and brain injury, oncology, trauma-related conditions, child and teenage clients, diet, digestion and breath dysfunction. To support our studies and round out the experience, we will offer morning chanting, meridian stretches, guided shiatsu swaps and evening meditation.

Friends of shiatsu, students and non-members are welcome as this program offers excellent guidance to augment the training of aligned health services such as TCM practitioners, acupuncturists, massage therapists, nurses, disability and aged carers and others. Introducing the holistic power of shiatsu knowledge and touch supports both the patient and the professional.

STAA conferences are an uplifting experience based on interactive opportunities to receive and give bodywork, connecting and caring, good food and clear communication. Support the study and research of complementary medicine in Australia, empower yourself through a variety of personal learning experiences and engage in the sharing of knowledge.

We look forward to greeting you with energy and warmth on the 24th May.

Linda Rago
Conference Coordinator
Shiatsu Therapy Association of Australia

WORKSHOPS & PRESENTERS



Val Cooksley

Val is an international shiatsu teacher, and founder and director of the Shiatsu College Aotearoa (New Zealand) for the past 35 years.

She shares her deep love of shiatsu with compassion and wisdom gained from 40 years of practising and teaching shiatsu and Oriental medicine.

Her shiatsu journey began in 1979 at the London East West Centre/Community Health Foundation where she studied shiatsu and macrobiotics with many wonderful teachers. These were the first shiatsu classes to be held in England. Many students from these classes then went on to open shiatsu schools throughout Great Britain and Europe.

EXPLORING ALZHEIMER'S & DEMENTIA

In 2016 dementia became the leading cause of death among Australian females, surpassing heart disease which has been the leading cause of death for both males and females since the early 20th century. Females account for 64.4% of all dementia related deaths. With Alzheimer's and dementia statistics rapidly rising in Australia, this is a very timely workshop exploring how we can integrate shiatsu into our approach to Alzheimer's and dementia.

Val became very interested in this subject from recently spending four years as a full-time caregiver for her mother who has Alzheimer's/dementia. She successfully improved her mother's cognition and quality of life using her shiatsu knowledge, compared to other patients with Alzheimer's whose symptoms were rapidly declining. Val has lectured on dementia and Alzheimer's at New Zealand polytec diploma courses for caregivers.

This will be a fun experiential exploration about Alzheimer's/Dementia. Learn what works and what doesn't work!

Dementia is the term used to describe the symptoms of a large group of illnesses which cause a progressive decline in a person's functioning. It is a broad term used to describe a loss of memory, intellect, rationality, social skills and physical functioning. There are many types of dementia, including Alzheimer's disease, vascular dementia, frontotemporal dementia and Lewy body disease. Dementia can happen to anybody.

You will also learn practical tools and shiatsu techniques for assisting children with brain injury, Down syndrome, cerebral palsy, Asperger's syndrome, and ADHD. Val worked in an innovative program helping brain injured children who were told they would never walk and were intellectually incapable. Using shiatsu, exercises, dietary changes and Glen Dowman patterning, these children learnt to walk, see, hear, reduce fitting and develop normal social behaviours.

SHIATSU FOR GUT PROBLEMS

Your health is as only as good as your digestion. With good digestion... all is transformed into Health.

We will focus on shiatsu for good gut health. Learn how to integrate the importance of the function and anatomy of the stomach valve (pyloric sphincter), ileocecal valve and Houston valve into our shiatsu. Also the association between specific meridians, the neck and digestion.

Conditions such as bloating, headaches, acid reflux, indigestion, constipation and diarrhoea will be discussed.

Remember....Happiness is as good as our digestion.



WORKSHOPS & PRESENTERS

BREATHING DIAGNOSIS & TREATMENT

Dysfunctional breathing patterns inhibit healing and limit life-force. Functional breathing patterns can change the chemistry of the blood, calm the nervous system, create a cascade effect to release tension, soothe abdominal organs, lower blood pressure and change treatment outcomes.

We will learn two protocols useful in assessing breath, practise several techniques which help change breathing patterns and discuss scientific information to support your knowledge base in this area.

GUIDED SHIATSU SESSIONS

These guided shiatsu sessions are a vehicle for exploring the quality of touch and the seven principles of shiatsu outlined in Russell's book *Touch of Awareness*.

In the role of Nage (giver) you are free to be guided by your intuition in the selection of techniques and the direction of the session. In the role of Uke (receiver) you are asked to energetically draw Nage to the areas of your body where you wish to be witnessed.

During the session both Uke and Nage will be reminded of the nuances and signposts that direct the communication of shiatsu.

HARMONISING FOOD TRENDS WITH THE WISDOM OF MACROBIOTICS

Each of the current trends in food consumption has their merits/ challenges, which we will cover. The aspect that clients may not have considered is: how to adjust their current dietary preferences to best enhance their current personal health/constitution?

Macrobiotics may not be the current 'in vogue' diet, however its principles can be applied to whatever diet a client chooses to follow. Foods for the season, the organ and the energy/movement that will best help to harmonise the current imbalances.

Linda Rago

Linda holds Diplomas of Meiso Shiatsu & Okido Yoga - Practitioner and Instructor levels (Libera Universite Okido Mikko Yoga, Italy), Diploma of Shiatsu & Oriental Therapies (East West College), B Bus Comm, Integrative Breathing Practitioner Levels 1 & 2, Okido Yoga Life Training and various certificates in aged care.

Linda operates two clinics on North Stradbroke Island and in Stanthorpe (Qld). Her postgraduate studies have been focussed on the biomechanical, neuromuscular, biochemical and psychophysiological aspects of breathing.



Russell Makoto

Russell began studying shiatsu with Takao Nakazawa in the early 90s. He also studied at the Australian Shiatsu College, as well as in Japan and the UK. He holds qualifications in remedial and relaxation massage, traditional Thai massage and transpersonal counselling.

Author of *Touch of Awareness* (an exploration into intuitive shiatsu), he taught at the Australian Shiatsu College for many years until moving with his wife Akhalita to their property *Nin Gen Do* in the north-east of NSW in 2012 where they work with uchi-deshi (live-in students).



Julie Phillips

Julie's love for food as medicine started 30 years ago, with macrobiotics. Since then she has studied an incredibly diverse range of dietary protocols, including trialling them all to glean what they actually 'feel' like. For the past 20 years, she's been teaching food, including as the 'food as medicine' lecturer to the shiatsu students at the Australian College of Oriental Medicine.

Julie's qualifications include Diploma of Shiatsu & Oriental Medicine, B.A.R.M., Macrobiotics (Aus and Kushi Institute USA), whole food medicine with Paul Pitchford USA, GAPS practitioner (Gut and Psychology Syndrome), Weston A Price chapter leader (15 years).



EXPLORE SHIATSU THERAPY FOR KIDS & TEENS

This practical based session will explore the energetic and dynamic interplay of mind, body and spirit in the second of the Jing cycles: children transitioning to adolescents. In the 1st Jing a child's health and immunity is consolidated. The 2nd Jing awareness of one's inner identity, imagination and emotions becomes the developmental focus as they continue their rapid physical growth.

This session will focus on diagnosis and treatment for facilitating this time through tactile sensation, movement, discussion and observation ~ drawing on the wisdom and flexible flow of 5 elements, restorative practises, exercises, strategies and ideas.

Joanne Hafey

A shiatsu therapist and educator for over 25 years, Joanne's general practice focuses on integrating Eastern and Western medicine with special interest in children, adolescence, family health, acute and chronic mobility restrictions and lifestyle based wellbeing.

Through her diverse experience in the secondary and tertiary sector, community organisations, corporate groups, health resorts and STAA, Joanne has enriched her practice. In clinic Joanne integrates shiatsu therapy, acupuncture, Chinese herbs, aromatherapy, yoga, movement prescription and TCM dietary principles.

An active member of STAA, Joanne has consulted on shiatsu education, various focus groups, as well as an editor and contributor to STAA's journal *Pointers*.



SHIATSU WELLNESS - ONCOLOGY & INTEGRATIVE HEALTH

Catherine will present an overview of shiatsu for oncology patients at the BRICC Wellness Centre and in her private practice, from an integrative health care perspective and incorporating person centred care.

Shiatsu treatment considerations for people receiving oncology care will be explored. This will include associated side effects and emotional responses.

The presentation will also look at common treatment patterns, including a case study.

Video interviews with the Wellness Centre Coordinator, staff, patients and private clients will provide an appreciation of the benefits of shiatsu for people during and post their oncology care.

Practically, participants will be able to explore person centred care through paired treatments.

Catherine Caven

Catherine has comprehensive experience in complementary health care (since 1998) and shiatsu (since 2013). She is the Shiatsu Therapist at the Ballarat Regional Integrated Cancer Centre (BRICC) Wellness Centre and operates a private practice in both Ballarat and Melbourne CBD. Integrative health and person centered care are foundational to her shiatsu.

Catherine is also an experienced community development facilitator and she has completed numerous postgraduate training courses in shiatsu, encompassing treatment options for stress and trauma and chronic health patterns. These are now focus areas of her practice.



TRAUMA INFORMED SHIATSU

Alex Caldwell has been working with clients who have survived extreme forms of trauma for the past 14 years. In this presentation she will share fundamental aspects of her work with survivors of trauma.

Alex will discuss some of the theoretical foundations that underpin her work. Case studies and self-help techniques will offer real life examples of how the theories can be applied.

Alex's work is informed by the teachings of Cliff Andrews, Bill Palmer, the Complementary Therapies team at the Victorian Foundation for Survivors of Torture, the psychologists and counsellors at Foundation House and West Centre Against Sexual Assault. Other influences include craniosacral techniques as taught by Scott Brisbane, Qi Gung, yoga ... and her clients.

Alex Caldwell

Alex has been a shiatsu practitioner for over 14 years. She graduated with a Diploma in Shiatsu & Oriental Therapies from the Australian Shiatsu College in 2005. Alex studied at Melbourne University in the 70s, graduating with a Bachelor of Arts (Psychology) and a Diploma of Social Studies. Her first profession was psychiatric social work. She now works exclusively as a shiatsu therapist.

Currently, Alex has a private practice in Fitzroy, a part-time position at Victorian Foundation for Survivors of Torture and a position with West Centre Against Sexual Assault. Alex lives with 2 cats, a partner, and has 2 children and 2 grandchildren.



WORKSHOPS & PRESENTERS

EXPERIENCE THE MERIDIANS THROUGH KI MERIDAN YOGA

In these sessions you will learn a sequence of Ki Meridian Yoga that will address problems with the Spleen/Pancreas and the Stomach Meridians and strengthen their function. You can use this sequence to:

- improve your personal health and development
- teach your students or patients and extend your shiatsu practice
- demonstrate the power of Meridian-based therapy to the general public

And what will you gain from practising this sequence?

- A clearer understanding of the regions and quality of these Meridians:
 - Better, more sustained energy. Better moods. Better digestion. Better focus. Better absorption. Better relationships and love!
 - Pain-free menses. No more bloating.
 - A deeper experience and knowledge of the quality of the Earth Element and the regions it covers
- ...and you'll be better looking and more intelligent too!



Jack Marshall

Jack Marshall is a yoga and shiatsu teacher, who has practised and taught in Sydney for more than 20 years, bringing together the healing and diagnostic arts of Ki Yoga, Zen Shiatsu and the Tao of food and philosophy.

He was the founder and teacher at the Zen Renaissance Healing Centre in Sydney (1996-2009). Jack is currently teaching at the NSW School of Massage, as well as writing and giving seminars on Meridian Medicine.

VENUE

CYC Burleigh is located at 22-28 Rudd St, Burleigh Heads, Queensland. Nestled in the Burleigh Heads National Park, within walking distance of the famed Burleigh Heads surf break and the beautiful Tallebudgera Creek. CYC offers comfortable dormitory style accommodation.

Less than 20 minutes by taxi from Gold Coast airport, the Gold Coast Hinterland, theme parks, Surfers Paradise and the Gold Coast's many other attractions are only minutes away via bus.

CYC Burleigh website



PROGRAM

FRIDAY 24 MAY

- 5pm Registration desk open
- 6pm-7pm Dinner | Welcome address by STAA president Dorothy Douglas
- 7pm-9pm Explore Shiatsu Therapy for Kids & Teens | Jo Hafey
- 9pm Swap session

SATURDAY 25 MAY

- 6.30am-6.45am Chanting ~ Hannya Shingyo (Heart Sutra)
- 6.45am-7.30am Meridian Stretches | Jack Marshall
- 7.30am-8.30am Breakfast
- 8.30am-9am Cleaning practice
- 9am-11.30am Explore Alzheimer's and Dementia | Val Cooksley
- 11.30am-12.30pm AGM & STAA update
- 12.30pm-1.30pm Lunch
- 1.30pm-2.45pm Free time/rest/swap
- 3pm-5pm Shiatsu Wellness ~ Oncology & Integrative Health | Catherine Caven
- 5pm-6pm Guided Shiatsu Session | Russell Makoto
- 6pm-7pm Dinner
- 7pm-9pm Breathing Diagnosis & Treatment | Linda Rago
- 9pm Meditation | Marjorie Scott

SUNDAY 26 MAY

- 6.30am-6.45am Chanting ~ Hannya Shingyo (Heart Sutra)
- 6.45am-7.30am Meridian Stretches | Jack Marshall
- 7.30am-8.30am Breakfast
- 8.30am-9am Cleaning practice
- 9am-11.30am Shiatsu for Gut Problems | Val Cooksley
- 11.30am-12.30pm Harmonising Food Trends with the Wisdom of Macrobiotics | Julie Phillips
- 12.30pm-1.30pm Lunch
- 1.30pm-2.45pm Free time/rest/swap
- 3pm-5pm Trauma Informed Shiatsu | Alex Caldwell
- 5pm-6pm Guided Shiatsu Session | Russell Makoto
- 6pm-7pm Dinner
- 7pm-9pm Insight ~ Bringing Shiatsu to the Community | Matt Sincock, Anne McDermott, Con Margaritis
- 9pm Meditation | Marjorie Scott

MONDAY 27 MAY

- 6.30am-6.45am Chanting ~ Hannya Shingyo (Heart Sutra)
- 6.45am-7.30am Meridian Stretches | Jack Marshall
- 7.30am-8.30am Breakfast
- 8.30am-9am Cleaning practice
- 9am Depart

7 REASONS TO ATTEND

1. **Empower yourself and your practice** with a variety of personal learning experiences
2. **Increase your confidence** treating clients with Alzheimer's, brain injury, cancer, trauma and breath dysfunction.
3. **Engage with practitioners** experienced working with kids and teenagers, diet and digestion.
4. **Connect and share** with fellow practitioners and students.
5. **Receive** hours of deeply restorative bodywork.
6. **Earn 20 continuing professional education points.**
7. **Relax and explore** beautiful Burleigh Heads on the Gold Coast.

WHAT'S INCLUDED

- All shiatsu tuition sessions
- Morning exercise sessions and evening meditation
- Basic shared accommodation at CYC Burleigh Heads (includes linen – sheets, doona, pillow and towel)
- All meals for the duration of the conference (5pm 24 May - 9am 27 May)
- Conference pack and presenter notes
- Free time to explore, walk or swim



REGISTRATION FEES

	EARLY BIRD	STANDARD
	Before 1 March 2019	From 2 March 2019
STAA/SPAANZ member	\$535	\$600
STAA/SPAANZ student	\$485	\$550
Non member	\$635	\$700
Day only 25 May 9am-6pm		\$215
Day only 26 May 9am-6pm		\$230

Registrations close 3 May 2019.

Refund policy

Registration cancellations received in writing at the STAA office by Friday 3 May 2019 will receive a refund less a handling fee of \$30. No refunds will be made after 3 May 2019, however an alternative delegate name may be provided in writing. Where there is extenuating circumstances a refund outside of these terms may be considered by, and at the discretion of the Organising Committee. Participants are strongly advised to secure appropriate travel insurance. Registration fees do not provide any insurance cover.