

Getting to the point – focussed working in Shiatsu

Shiatsu offers an extraordinary wealth of possibilities for working with a client. At the same time, interesting, and even fascinating moments of contact continually arise during a treatment. It can therefore easily happen, even to experienced professionals, that one becomes lost in a treatment so that one moves without clear guidance from one moment to the next. Afterwards, everything appears somewhat nebulous; you don't really know exactly what you have done, even if the treatment felt good.

However, it is more meaningful and also more effective if, at the end of the treatment, you know why and where in the body you have worked with a particular topic. To achieve this requires an overview of what one is doing and how this has an effect on what happens in the treatment and what changes occur. This overview can be achieved by working with a clear topic resp. a distinct focus.

This focus is like an anchor, to which you can return time and again during a treatment, or, if necessary, from which you can start anew, and from which you can evaluate the course the treatment is taking. Last but not least, having a focus allows treatments to be shorter and at the same time more effective. Less is more in Shiatsu.

Still, working with a focus does not restrict the practitioner in any way. She can work with what ever makes sense or seems to be of interest in this moment and relate it to the focus.

Working with a focus requires some discipline – but very quickly you will be rewarded with a better overview. And it requires lightness – working with a focus has to be like an easy game.

In this course we will demonstrate how to do this. Several different applications of working with a focus will be presented:

- in meridian work
- in meridian-free Shiatsu
- for concrete disorders
- when working with emotional topics

Even with a rather vague client concern ('I would like to have more clarity', 'I would like to feel better') participants will be shown how to arrive at a clear and simple overview of the client's situation, and how to work with it in a focussed way.

This course combines the topics of some other of Wilfried Rappenecker's seminars from the perspective of focus. It is suitable for Shiatsu therapists and Shiatsu students who have completed at least the first half of a well-founded training.