

GIVING IT AWAY

When starting out as a Shiatsu Therapist you may find getting clients to work on somewhat challenging, and if we don't practise our skills we may not be progressing at a level we would like to. It can be awkward to continue to work for free on friends and family, and you may not wish to do so after you have graduated. This is a personal decision to make, and your views may change in time.

In order to keep your skills honed for your clients, volunteering can be an excellent solution. It offers

the gift of shiatsu which I have been given. I think that if I had not got this varied and truly educational experience from volunteering I would not be nearly as effective a therapist.

2 experiences from volunteering remind me why I am still a volunteer. The first occurred at a Beauty Night event. Beauty Night is an organization which goes to shelters for abused women, addiction facilities, etc and offers hair care, bodywork, and perhaps most importantly, some attention to people who are in need of some pampering. I was working on a woman who told me about coming

feel safe and let go of some of her stress and tension while receiving shiatsu.

A second incident occurred at PWA. A client came in for a treatment and seemed to be in a very black mood. He had been ill for quite a long time, and said he felt very frustrated by his illness. The client did not smile once as I talked to him, and it seemed as though he hadn't smiled for a long time. After the treatment the client made a joke, smiled, and gave a short laugh. The treatment allowed him to let go of some of his suffering, and brought him some much needed relief.



you the opportunity to practise shiatsu on some people who have a lot to teach you, and to improve your skills through practice. I have volunteered at the Toronto People With AIDs Foundation (PWA), the Friend's for Life Bike Rally, Beauty Night, several sports events, and various one time charities. The experiences have taught me to be a much better shiatsu therapist, and have allowed me to give back

to this country and having her husband becoming more and more physically abusive to her. She had been in the shelter for a short time, and was still afraid for her safety. About halfway through the short treatment she gave a big sigh and the surface of her back under my hands seemed to almost dissolve. She had found that even though a short time ago touch meant pain and difficulty, she could

I smiled for a few days afterwards myself.

You may find that every shiatsu treatment has something to teach you, and volunteering allows you to learn from some very special clients.

-- CAROL CULHANE, E.S.T

