

SHIATSU CERTIFICATE PROGRAM

Shiatsu Certificate (604 hours)

Lourdes Institute offers a 604-hour Shiatsu Certification program. Similar to the Wholistic Massage program, the Shiatsu curriculum prepares students to take the National Certification Exam.

Required Curriculum for Shiatsu Certification:

First Semester - 182 Hours

Course	Hours
Shiatsu Therapy Level I	60
Professional Ethics	6
Structures and Functions I	60
Structures and Functions II	40
Eastern Therapeutic Concepts	16

Second Semester - 210 Hours

Course	Hours
Shiatsu Therapy II	75
Therapeutic Herbal Applications	30
Pathology	60
Documented Clinic Hours	35
Workshops	10

Third Semester - 212 Hours

Course	Hours
Shiatsu Therapy III	85
Business Management	30
Theory of Chinese Medicine	45
Documented Clinic Hours	40
Workshops	12

Total Hours 604

Business Management

DESCRIPTION: This course provides information regarding the business aspect of Massage Therapy and helps students gain information about themselves and their personal priorities to facilitate success as professionals.

CPR/First Aid

DESCRIPTION: Participants will learn normal cardiovascular anatomy and physiology and cardiovascular dysfunction (diseases). This course will also cover the principles of primary and secondary prevention of unnecessary death and disability from heart attack and other causes of sudden death. Finally, students will learn CPR and relief of foreign body airway obstruction (FBAO).

Eastern Therapeutic Concepts

DESCRIPTION: Eastern Therapeutic Concepts are fundamental to the understanding of Eastern medicinal theory and healing arts. The course links fundamental Eastern medicine concepts to the diagnosis and treatment of disharmony and disease. The course first covers the basic concepts of this medicine and how it relates to human health. Building on this foundation, students learn the significance of signs and symptoms of disease.

Infectious Diseases

DESCRIPTION: At the completion of this course, students will possess knowledge to differentiate between HIV infection and AIDS as well as other infectious diseases such as Hepatitis. Students will learn the symptoms of various infectious diseases and different ways they can be transmitted and prevented. Additional topics include the psychological and social impacts of living with an infectious disease. This course will also list HIV infection anonymous testing and counseling sites in New Jersey.

Pathology

DESCRIPTION: This course gives students an appreciation of the mechanisms that generate pain, as well as the transmission, perception and control of that pain. Students learn to assess the signs and symptoms of various diseases and disorders. Students will have the opportunity to formulate a reflexology plan and remedial exercises for specific diseases and physical disorders.

Professional Ethics for the Bodyworker

DESCRIPTION: This course explores the elements at the heart of ethics, problem-solving, dealing with difficult clients, creating a personal code of ethics, issues of transference and counter-transference, setting boundaries, confidentiality, and understanding scope of practice will be discussed.

Shiatsu Therapy – Level I

DESCRIPTION: This course is designed to teach the therapeutic techniques of Shiatsu. The program is an introduction to the meridian system and application of acupressure points. Level I focuses on specific concepts of Shiatsu and reinforces these concepts to establish a firm foundation for more advanced study.

Shiatsu Therapy – Level II

PREREQUISITE: Shiatsu I

DESCRIPTION: This course presents an opportunity for students to develop greater skills in creating continuity and creativity in giving shiatsu treatments. Level II explores a large variety of techniques for working with specific problems and treating the body as a whole. Stretching and strengthening exercises as well as meridian stretches and self-shiatsu are learned and practiced. Additional workshops such as yoga and macrobiotics will be included.

Shiatsu Therapy – Level III

PREREQUISITE: Shiatsu II

DESCRIPTION: This course presents an opportunity for students to develop and refine their understanding of body mechanics, diagnosis and energetic movement. The study of the expanded meridian system gives students the opportunity to work with the body in more detail. Business plans and goals will be taught to help the student ease into the health field. Chinese medicine is explored further in relation to the healing processes used to work on clients. Workshops such as Qi-Gong will be explored to expand the students views of energy relationships.

Structures & Functions for the Bodyworker I

DESCRIPTION: This course is designed to increase the student's knowledge base in applied human anatomy, physiology and kinesiology. Aspects of human disease, injury, nutrition, and wellness concepts will also be introduced. This course will prepare students for the national certification examination as well as the state certification requirements. This course also focuses on safe and effective practice, professional communication with clients and health care professionals, understanding shiatsu and medical information, and participation in other advanced shiatsu courses.

Structures & Functions for the Bodyworker II

PREREQUISITE: Structures and Functions for the Bodyworker I

DESCRIPTION: To integrate the body workers' knowledge of applied anatomy and physiology into various methods of both eastern and western massage techniques. Emphasis is placed on understanding muscular structure and its importance in effective shiatsu practice.

Theory of Chinese Medicine

DESCRIPTION: Traditional Chinese Medicine is a foundation for understanding Chinese medicinal theory and Chinese healing arts. The course links fundamental Chinese Medicine concepts to the diagnosis and treatment of disharmony and disease. The course first covers the basic concepts of Chinese medicine - Tao, Qi, yin and yang, the five elements correspondences and cycles known as wu xing - and how they relate to human health. Building on this foundation, students learn significance of signs and symptoms of disease by studying various approaches to diagnosis, and forming a treatment strategy.

Therapeutic Herbal Applications

DESCRIPTION: This course will cover approximately 48 herbs that are used for both pharmaceutical and culinary purposes. Information will be given about an herb's flavor, properties, and clinical applications. The course will familiarize the students with the therapeutic herbal applications in relation to specific conditions.