



COMMUNITY COLLEGE  
OF RHODE ISLAND

**SPECIAL COURSE OFFERING**

**TMSG 2050: Integrating Shiatsu Into Full Body Massage  
(2 credits, 30 NCBTMB Continuing Education Hours)**

**Where:** CCRI Newport Campus, One John H. Chafee Blvd., Newport, RI

**When:** Tuesday evenings, 5:00 – 8:00 p.m, September 7<sup>th</sup> through November 9<sup>th</sup>, 2010

**Registration Deadline:** August 30<sup>th</sup>, 2010

**For More Information and to Register:** Email Regina Cobb, Therapeutic Massage Program Director, at [rmcobb@ccri.edu](mailto:rmcobb@ccri.edu), or call 401-851-681

This course will teach massage therapists and advanced massage students how to integrate shiatsu and acupressure techniques into full-body therapeutic massage on the table. Students will be able to explore a wide range of massage-shiatsu integration techniques. They will review traditional Chinese medicine and Zen Shiatsu principles and then learn how to apply those principles in client assessment and the development of an integrated treatment plan. The goal of this course is for students to draw on these principles to provide more diverse, effective, and ergonomically beneficial massage therapy treatments.

Students will learn how to:

- Give a full-body massage that competently integrates a variety of shiatsu and acupressure techniques to help with a range of medical conditions;
- Deepen their familiarity with traditional Chinese medicine and shiatsu principles, *yin/yang* theory, *kyo/jitsu*, five element theory, and *zang/fu* patterns and causes of disease;
- Learn an extensive range of acupressure points for addressing a variety of ailments;
- Perform an appropriate shiatsu-massage integrative assessment interview and medical history with appropriate SOAP notation, applying traditional Chinese medicine and zen shiatsu diagnostic principles as well as western musculoskeletal assessment techniques.
- Identify, document and explain a unique shiatsu-massage integrative technique to other massage therapists in a way that demonstrates knowledge of both musculoskeletal anatomy and the meridian system.
- Develop greater body awareness through the regular practice of a variety of *qi* development exercises drawn from the traditions of yoga, *t'ai qi*, and *qi gong*.