

*Well Mother TM*  
**Shiatsu for Midwives  
Managers information  
pack**

Developing sensitive and holistic care in  
Pregnancy  
Birth and Postnatally

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**Well Mother**

Supporting the wisdom of parents and babies

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To the midwifery manager

Thank you for your interest in my Shiatsu for Midwives course. I am pleased to send you some further information.

I am enclosing:

Aims and objectives of the course

Written and practical work required

Bibliography

Some curriculum vitae details

A copy of the article "Shiatsu and acupuncture in practice" from the MIDIRS conference, October 04

A copy of the article "The effects of shiatsu on post-term pregnancy"

A course leaflet

A Well Mother newsletter.

Please do contact me if you require any further information about the course. I can run it as a 1 or 2 day introduction or the full 6 days, spread over whatever time frame suits you best.

I can provide further leaflets, posters or other promotional material on request.

Kind regards and I look forward to working with you

Suzanne Yates

## Course details

### Objective

To teach some specific shiatsu skills which can be applied in normal midwifery care.

### Aims of course

1. To provide a general theoretical understanding of Shiatsu and Chinese medicine and a specific understanding of how this relates to pregnancy, birth and the immediate post-partum period.
2. To provide a practical understanding of the use of Shiatsu for specific situations including pregnancy, labour, postnatally and for the baby. This includes the use of exercise and posture.
3. To provide specific practical tools for self-development to enhance the understanding of Shiatsu, especially in developing awareness and sensitivity of touch, and also to support the well-being of midwives.
4. To consider issues relevant to integrating Shiatsu into midwifery practice - e.g. protocol, local policies, referral issues, working with Shiatsu practitioners.
5. Working towards a holistic model of pregnancy, birth and the postpartum period.

These aims will be achieved by

1. Talks, presentations and lectures and be assessed through written assignments to be completed at the end of the course.
2. Practical sessions, working with a partner under supervision by the teacher; each module being continuously assessed and corrected.
3. Exercises, breathing and bodywork with guidelines as to how to incorporate this in day to day life after completion of the course.

## Syllabus

### 1. Theory

## General Shiatsu and Chinese medicine theory

Yin/Yang, nature of Ki, Essence, body fluids, function of meridians, location and function of points or "tsubos", role of the elements, view of organs, an overview of a different perspective on health and illness

## Specific Views

The Oriental view of the reproductive cycle, Oriental view of pregnancy; how the meridian and elemental energy changes, including the development of the foetus, birth and the immediate post partum period, including the new born energy

## 2. Use of Shiatsu by midwives in specific situations

### General

To understand the importance of appropriate position for mother's and baby's well-being and comfort, to be aware of issues regarding use of oils

### Pregnancy

Points and techniques to

1. promote relaxation of mother and to help her with bonding with the baby.
  2. help alleviate specific symptoms such as back and neck ache, nausea, carpal tunnel syndrome,
  3. support the midwife in being more sensitive to the needs of the baby
- Exercises and positions for alleviating back ache, aiding relaxation and encouraging anterior, cephalic presentation of baby

### Pre-labour

Shiatsu for induction, specific points and techniques including exercises and positions

### Labour

Including involvement of partner, and ability to teach Shiatsu to partner, Shiatsu for pain relief, points and techniques, Shiatsu for speeding up labour, nausea, vomiting, headaches, shiveriness, aiding expulsion of placenta, its role in situations of post partum haemorrhage

### Postnatal

For mother - points and techniques for assisting contraction of womb, helping with excessive blood loss, poor lactation and mastitis, relaxation and alleviating or preventing postnatal depression

Baby massage; Shiatsu techniques appropriate for the new-born, including teaching some basic techniques to parents

### Nature of a Shiatsu session

Demonstration of a Shiatsu session, including an overview of the kind of ailments it can be most useful in assisting during pre-conception, pregnancy, birth and the immediate post-partum period

### Exercise

Understanding of practical ways in which the midwife can support the client through; visualisations, working with the partner, including the baby, showing exercises to relieve physical tensions - particularly, back, abdominal, pelvic floor, working with the mother's breathing for relaxation and bonding with the baby

### **3. Tools for self development**

Use of meridian stretches and building them into a personal exercise routine for well-being of midwives and also as a tool for self diagnosis, working in pairs with meridian stretches and touch, breathing into hara, abdominal breathing, building up awareness of breathing and deepening the breath, stretching exercises which focus on strengthening and relaxing the back,

touch; exploring angles of touch, developing sensitivity, posture, experiencing different postures, noting feelings in postures, good body use while giving Shiatsu, relaxation;

### **Practical Assessment**

All work will be supervised throughout the course. On the last day, there will be a practical session with a pregnant mum.

### **Written work required for the course (PREP requirement)**

One of the main purposes of the written work, as well as learning the material, is to reflect on how the course work can be integrated into your midwifery practice. As part of this, you are required to keep a diary during the course.

### **Diary**

As part of the diary keeping, bring along for days 3 and 4 of the course a 'critical incident' relating to the integration of shiatsu into your

midwifery practice. I'd especially like you to reflect on how you found applying the material to your midwifery and to identify any things you would like to explore more, have questions about or simply would like to share with the group.

It could be any of the aspects of the course e.g. shiatsu work, self-development aspects, use of exercises, theory.

A 'critical incident' is really anything which was particularly significant for you. It could be at any time, e.g. during a session of shiatsu or during your own exercises. It could be a very positive experience, where you were challenged and learnt something new or a situation in which you felt very uncomfortable without being sure why. Write it out so that someone else in the group will be able to read it. It needn't be long, try to keep it between two and four pages. Use the following reflective model for presenting this incident, using the headings (in bold below) for each section. If you are used to doing reflective work and have a different format you are used to, then you could use that.

### **1. Describe your experience**

The "here and now" experience as it was.

Factors contributing to it.

The context or background of the experience.

### **2. Analyse your experience**

What was I trying to achieve?

Why did I work as I did?

What were the consequences of my actions for myself and the client (if working with client)?

What was I actually thinking and feeling at the time?

How did the client feel about it?

How do I know how the client felt about it?

### **3. Evaluate your knowledge**

How helpful was my knowledge in that situation?

How complete was my use of knowledge/understanding?

Could I have made other choices?

Challenge any of my assumptions.

### **4. Identify any learning which has occurred through this reflection - conclusion**

What have I learnt?

How do I feel now about the experience?

## 5. Action plan

This is about what you did or are going to do next as a consequence of your reflection - it could be things you are going to change in the way you work, things you thought worked well and may want to include again, things you maybe need to develop, an exercise you want to repeat. Be as specific as possible, including time schedules where relevant. It could also be a list of questions or topics you want to make sure we cover over the next four days.

(references - Gibb (1988) Reflective Cycle, Atkins/Murphy (1996)

## Case study and written assignment

You are required to present case studies and a written assignment - you have 3 months from the end of the course to complete these.

Present 4 case studies. If possible try to have more than 1 session per person. If this is not possible, then at least have some follow up on what happened after the session. For e.g. if you worked on someone in labour, then visit them or phone them postnatally to see how it helped. Include documentation of any exercises, breathing, relaxations or suggestions given and how appropriate and effective these were for the mother to do at home. I would like you to include at least one session where you worked with the birth partner, where they are shown techniques for labour (this can either be before labour, or in labour itself) and one session with the father in which they are shown massage of the womb/baby and 1 postnatal session.

## Guidelines for writing case histories

Taking an accurate and informative case history is a vital skill for any practitioner. It provides the information needed to make informed choices about treatments offered. Equally importantly it enables the practitioner to identify contraindications and cautions and therefore to work safely.

- 1) A cover sheet should be enclosed which details the key points about the client e.g. some medical background, how the pregnancy is progressing, particular issues at this time, diet, exercise etc. where relevant. **The clients` names and addresses should be removed.**
- 2) Each case history should contain details of at least one session per client. This should include **basic** information about which parts of the body were treated and what strokes, techniques, meridians and tsubos

were used. It should also describe **why these choices were made**.

Midwives should then report on how each session progressed, including how the client responded. For each session there should be an analysis of choice and effectiveness. If more case history details emerge during a course of sessions these should be recorded in the appropriate places.

**3)** There should be a final summary where the midwife discusses the overall treatment plan for that client. This should include comment on the types of strokes and techniques chosen and their effectiveness when applied; other choices which, in retrospect may have been preferable; and suggestions for a future course of treatment if it is appropriate that the client should continue to receive shiatsu in some form. It should include an assessment of the effectiveness of shiatsu and how it linked in to the overall care of that client, including comments from the client on their perceptions of the use of shiatsu and how your colleagues responded. Evaluate your role in enabling the mother and father to connect with the wisdom of their bodies and their baby

### **Project**

I'd like you to engage in a project relating to an aspect of introducing shiatsu into midwifery practice. You might want to look at the policies in your unit, you might want to undertake a research project, you might want to look at difficulties in using shiatsu in your unit. It can simply be a reflective piece about your work, or it could be a proposal for a research project, or it could be the research project itself.

I will give you some specific guidelines to help you develop your project.

*Include any bibliography and appendices.*

*Approximately 3,000 words.*

## Bibliography

### Recommended reading

The best reading for the course is my own book  
Suzanne Yates "Shiatsu for Midwives" (Elsevier), which you can order  
from my website [www.wellmother.org](http://www.wellmother.org)

*The following books are about Chinese medicine and Shiatsu*

Ted Kaptchuck - *The Web that has no Weaver* (Century Hutchinson)  
Harriet Beinfield and Efrem Korngold - *Between Heaven and Earth - A  
Guide to Chinese Medicine* (Ballantine)

Introductory books on Shiatsu have been written by Paul Lundberg, Chris  
Jarmey, Nicola Pooley and Elaine Liechti. Choose the one which appeals  
most to you.

*Natural Childbirth the Eastern Way - A Healthy Pregnancy and Delivery  
through Shiatsu* by Wataru Ohashi with Mary Hoover (Ballantine) (fairly  
basic)

*Touch for Love - Shiatsu for your baby* - Wataru Ohashi and Mary Hoover  
(Ballantine) (good)

*Obstetrics and Gynaecology in Chinese Medicine* - Giovanni Maciocia  
(Churchill Livingstone) (extremely detailed)

*Shiatsu for Women* - Ray Ridolfi and Suzanne Franzen (Thorsons)(basic  
section)

*Shiatsu therapy and pregnancy* - Bronwyn Whitlocke (Spinifex) (poorly  
written)

*The following books are about holistic approaches to birth including touch  
and exercise*

Elizabeth Noble- *Childbirth with Insight* (Houghton Mifflin)

Grantly Dick-Read - *Childbirth without Fear* (Harper and Row)

Ashley Montagu- *Touching - The Human Significance of the Skin* (Harper  
and Row)

D. Tiran and S. Mack - *Complementary therapies in pregnancy and  
childbirth* (Bailliere Tindall)

Judith Goldsmith - *Childbirth Wisdom*

Elizabeth Noble - *Essential exercises for the Childbearing Year*  
(Houghton Mifflin)

Books by Janet Balaskas on yoga

### **Main tutor and course developer**

**Suzanne Yates,**

**body-worker and birth educator,**

**BA (Hons), DipHSEC, MRSS(T), APNT, PGCE**

Suzanne has been developing a holistic approach to maternity since 1989. Motivated by her first pregnancy, she began to deepen her professional shiatsu and massage work to specialise in maternity care. She established 'Well Mother' in 1990, teaching shiatsu, massage and exercise to women and their partners in Bristol, UK, to help them connect with the wisdom of their body.

Following the success and demand for her work, in 1998 Suzanne set up courses for health professionals (midwives, shiatsu and massage therapists). She now teaches internationally, regularly visiting N America, Australasia and Europe. She has written numerous articles on the subject and has spoken at many international conferences ranging from midwifery conferences to shiatsu conventions. Her first book "Shiatsu for Midwives" was published by Elsevier in 2003.

She continues to work with mothers as well as professionals and this guides her to deepen her knowledge and expand her skill base. She works with women trying to conceive as well as women going through the menopause. Her passion lies with integrating eastern and western approaches to offer a complete health care system for women at all stages of their lives. She served on the National Health Service Maternity Services Liaison Committee from 1995-2000 and was involved with a practice audit on shiatsu for post-term pregnancy at her local maternity unit in Bristol, published 2005. She continues to learn from her students, the women she works with and through on-going study and research. She especially values the learning from parenting her two children Bram and Rosa, who were the original inspiration for her work.

In addition to a degree, she holds diplomas in shiatsu and therapeutic massage, a postgraduate certificate in teaching and has trained in antenatal and postpartum exercise with Elizabeth Noble ( Boston, USA). She continues to deepen her shiatsu studies with Japanese masters in Europe.

## **Relevant CV details**

### **Teaching Experience**

#### **Courses**

1998 - now Well Mother TM teaching health professionals. Set up and teach the 4 day diploma (Association of Physical and Natural Therapists) Massage and Pregnancy for massage therapists. Courses run 6-8 times a year internationally.

Set up and teach 14day Postgraduate diploma for shiatsu practitioners. Courses run 2-4 times a year.

Set up and run 6 day Shiatsu for Midwives courses - run 3-6 times a year  
Establishing courses shiatsu for babies and massage for labour and postnatal care.

Have taught these courses myself and also in conjunction with other organisations eg Essentials for Health (London), Shambala School of Shiatsu (Vienna), St Michael's Hospital (Bristol), Scottish Network of Baby Massage instructors, Zen School of Shiatsu and British School of Shiatsu (London), Seattle School of Midwifery (Seattle USA) School of Shiatsu (Vancouver) Australian College of Shiatsu (Melbourne, Australia), Charles River School of Shiatsu (Boston, MA, USA).

1990-2002 Well Mother teaching parents antenatal and postnatal exercise, baby shiatsu/massage, birth preparation days. Private and NHS classes. A minimum of 4.5 hours per week.

#### **Conferences**

I have spoken and presented workshops at various conferences including:  
American Association of Oriental and Asian Bodywork national conference, San Francisco, USA, January 05

European shiatsu congress, Kiental, Switzerland, September 04  
MIDIRS and Foundation for Integrated Health, Maternity care, naturally, October 04

Royal College of Midwives (UK) National conference May 03

Guild of Complementary therapists conference 2000

#### **Other relevant experience**

2000-04 working with the Research and Development department of UBHT and St Michael's hospital to set up a randomised controlled trial on the use of shiatsu for induction.

1999-2000 served as a consumer representative on St Michaels (Bristol Maternity Hospital) on the Central Delivery Suite Advisory Group

1995-2000 served as a lay representative on the Avon Maternity Services Liaison Committee - originally invited to serve a 4 year term and then asked to stay on for another year.

### **Published work**

#### **Book**

"Shiatsu for Midwives" (Elsevier 2003)

#### **Articles**

The effects of shiatsu on post term pregnancy; using an audit to establish a research base (Shiatsu Society News, Winter 2005)

"The effects of shiatsu on post term pregnancy" (Complementary therapies in medicine, Vol 13 pp 11-15 2005)

Integrating Shiatsu and Massage into Holistic Maternity Care, (Massage and Bodywork April/May 2003)

Redefining the role of Shiatsu in Pregnancy, Birth and Babyhood  
*The Shiatsu Society News (Winter 1997)*

Supporting Women with Shiatsu - another tool for keeping birth normal  
*MIDIRS Midwifery Digest Vol.8 No.4 (December 1998)*

Shiatsu and Massage in Pregnancy and Childbirth  
*Positive Health Issue 41 June 1999*

Shiatsu Und Massage Während Der Schwangerschaft, Geburt Und Nach Der Geburt Für Mutter Und Kind  
Ein Artikel auf Deutsch

The Heart-Uterus, Kidney-Uterus and Penetrating Vessel Meridians in Maternity  
*The Shiatsu Society News Number 71 (Autumn 1999)*

Optimal Fetal Positioning - perspectives from a shiatsu practitioner  
*The Practising Midwife\** (\*email link)

Book review of Shiatsu Therapy for Pregnancy by Bronwyn Whitlocke  
MIDIRS Midwifery Digest

Shiatsu Books on Pregnancy and Childbirth

The Shiatsu Society News

Reviews of shiatsu practitioners books on pregnancy and childbirth