• **The Process Of Diagnosis In Shiatsu**

*Diagnosis means to understand – a 4 or 5 day seminar*

The process of diagnosis is widely misunderstood in bodywork. This maybe due to the fact that in modern societies the term “diagnosis” is a medical term that means something entirely different than what we do in bodywork.

In Medicine, diagnosis has the meaning of finding out what is wrong with the patient; once you found that out then the books or latest research results will tell you what you have to do in order free the patient from what is wrong with him.

To my understanding most forms of bodywork are energy work in first place, and for any kind of energy work this medical approach does not work. It does not work because in energy work we touch energy fields or spaces, which do not react positive if we fight them or try to force them to change. What is necessary instead in our discipline is to

- see and understand the client’s situation
- fully accept the “problem” the he reports; there is no need to fight it to go way, in a way the client has the right to be sick or have some other “problem”
- contact the energy field of the “problem” where it shows most clearly in the body, connect with it and support it in finding a way to change, to develop.

In this seminar participants will take a thorough look at a client’s situation by listening, watching and through touch. With the help of 5 Element Theory they will discuss what positive function a disease has in a human’s life. They will reflect the meaning of health and sickness and come to a new definition of health in bodywork. With the support of Dr. Rappenecker they will discover the crucial areas where a “problem” clearly manifests within the body and develop techniques according to their own bodywork faculty.

Each of these points will be extensively dealt with theoretically as well as practically. The main focus will be to trust your own perception and intuition, to discuss your results with other participants in small groups and to combine all this in an effective treatment.

Participants will follow seven steps that lead from the first meeting with a client to an effective treatment:

- first interview: the art of listening; to hear what has not been said; questions and answers (song of ten questions);
- intuitive perception of the whole body (so-called whole body Scan)
- where and in which way does my energetic impression actually manifest itself in the client’s body
• in which way does my energetic impression actually manifest itself in the client’s life
• what is the client’s strength and beauty
• designing a treatment plan with a clear focus
• giving a treatment following diagnosis and treatment plan