

## Acupressure and Shiatsu Class Assignments

Five of the following assignments are required to help you grasp the course content. The remaining 7 write-ups will be case studies documenting your practice outside of class. See the reverse side of this sheet for an outline of how to write-up your case studies. Total of 12 write-ups are required.

1. Give yourself or have someone give you **a complete treatment**.  
What did you experience, learn or discover?
2. Describe yourself in terms of **yin and yang** (Basic Course Assignment).
3. Assess yourself in terms of the “**Chinese Body Clock**” (Intermediate Course Assignment).
4. What **points and meridians** on your body have been affected by past ailments, stresses, surgery, and injuries?
5. Assess yourself in terms of **the five elements**. What strengths and weaknesses do you have in each element? How can you use the elements as an ally for your own growth (using diet, exercises, visualizations, affirmations, and points)?
6. Keep **a personal journal** of the changes you go through as you complete the acupressure training program. This assignment is on-going and considered optional but highly recommended.
7. What are your **strengths and weaknesses** as an acupressurist? What have you learned about yourself? How have you changed? What are your short and long term **goals**? Make a **list of the questions** you want to ask at your final evaluation.

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**Berkeley Students:** You are encouraged to attend our supervised practice sessions on Wednesdays from 5 - 7pm. Students can document this practice or their outside sessions with family and friends using the outline on the other side.

## Guidelines for Documenting Your Sessions

Give 3 sessions to one person; the remaining 4 sessions should cover a variety of people in terms of age, sex, weight and lifestyle. Begin to document your practice soon after your first class. Write-ups must be **typed, double-spaced and 2 pages in length**. Include the following:

1. Background of Client: A specific, concise health history.
  - Basic information (age, sex, occupation, etc.)
  - Problems and complaints, length of time of complaint.
  - Previous health problems, drugs, surgery, accidents.
  - Type of treatments pursued to deal with complaint and their effectiveness.
2. Current Problems, Complaints, and Areas of Tension or Pain.
  - List and describe.
3. Observations and Assessments.
  - Posture, complexion, smell, voice.
  - Facial features and expressions.
  - Other symptoms (mental state, emotions, behavior).
  - Pulse readings (before and after each session).
  - Evaluation of this information.
4. Points that were Emphasized: List and briefly describe:
  - Why did you choose them?
  - How did they release? What did you feel?
5. Results: Record changes in:
  - Circulation
  - Emotional Tension
  - Awareness
  - Complaints/Symptoms
  - Muscular Tension
6. Feedback, Comments, Quotes: Be Specific.
  - Include words of praise as well as criticism.
7. Self-Evaluation:
  - What worked, what did not, and why?
  - How you felt before, during, and after the session.
  - What influenced these feelings: your emotional state, doubts about the session, personal stresses, body tensions, excitement, confidence.
  - What expectations or disappointments affected you and your work.
8. Follow-up: Summarize what happened as a result of the session, days later.
  - Self-help for the client (points, exercises, meditations)
  - What did you learn?