

Guidelines for Documenting Your Sessions

Professional Specialization Program (200 Hours)

Choose clients who will support your area of specialization (e.g. athletes for sports massage).

10 Case studies are required, consisting of:

- 6 documented sessions: a series of 3 sessions given to 2 different people
- 4 documented sessions that apply to your specialization to 4 other individuals

1. **Background of Client:** Be specific, concise.

- Basic information (age, sex, occupation)
- Effectiveness of types of treatments pursued.
- Previous health problems (drugs, surgery, accidents)
- Past problems and complaints, including duration and time of complaint

2. **Current Problems:** Areas of tension, pain, or discomfort

3. **Observations and Assessments:**

For each client, note which element, meridian, or burner corresponds to observations of the following areas:

- Posture, complexion, smell, voice
- Facial features and expressions
- Other indicators such as mental state, emotions, behavior
- Pulse readings taken before and after each session

Assess your client with all of this information taken into account.

4. **Track Important Points on the Client's Body:**

- How did you use the point?
- How or why did you choose the points?
- What changes occurred?
- Which meridians are the points on?
- What other points or areas of the body helped to release the points that were blocked?

Also:

- Include an anatomical drawing to illustrate blocked areas
- Make a sketch of the five elements to help explain your results, indicate the main imbalances and graphically show how your client changed.

5. **Feedback:**

Be specific. Include praise, criticism, perceived disappointments, and how these affected you. Draw the body areas that you worked on.

6. **Results:** Make a chart of the client's five elements to explain your results. Indicate how the client changed in terms of circulation & awareness, pulses, muscular tension, emotional state, complaints & symptoms.

7. **Self-Evaluation:**

- What acupressure and/or shiatsu technique(s) worked, what did not, and why?
- How did you feel before, during, and after the session?
- What expectations or disappointments affected you and your work?
- What happened? What did you learn?

8. **Follow-up and Summary:** Summarize what happened as a result of the session, days later.

- What self-help suggestions do you have for the client (points, exercises, meditations)
- What would you do next time for this client and why?