

# **Terms and Conditions for Attendance of Postgraduate Programme 2011-2012**

## **What can I expect from the course?**

The course is an advanced study course in therapeutic approaches which can be applied in the context of a Shiatsu session. There are three distinct aspects to this:

- 1) The theory and techniques associated with working with the Six Combined Channels and their link to developmental movement.
- 2) The development of the quality of touch and quality of personal contact
- 3) Self-exploration and group process

The following explains what you can expect from each of these aspects:

### ***1) The theory and techniques associated with working with the Six Combined Channels and their link to developmental movement***

Theory is taught in the main by explanations given within the practical demonstrations, and by occasional lectures. Some handouts will be given but a lot more are available on the web. Since the primary aim of the course is your personal development as a warm and contactful Shiatsu practitioner, the theory given tries to be supportive of that process rather than demanding that you learn a lot of new concepts which would distract from your primary relationship with clients.

Tutors are available for support in learning and understanding the theory presented and a specific website is available for sharing course notes and for asking questions about the theory and techniques.

Techniques are demonstrated and practiced on partners. Tutors are available within the classes, as well as the course leader, for helping you to master these techniques.

There is a feedback procedure to allow you to comment on the support, information, teaching and material to help make sure that no-one is getting lost.

### ***2) The development of the quality of touch and quality of personal contact***

This is a major aim of the course and we will aim to give each participant personal feedback about the quality of their physical, energetic and personal contact. The course tutors will give you this feedback while you are practicing the techniques taught and also may suggest that you work with them directly to improve particular aspects of your touch,

### ***3) Self-exploration and group process***

This is a major component of the course and it is important that you understand what is involved. The basic philosophy of the course is that if you know yourself and are present in yourself without shame or avoidance, then you automatically have compassion for others and can be with them without judgement, shock or avoidance.

It is this unshockable contact which gives the client permission to unlock the areas of themselves that they are avoiding and to learn to be with themselves and with others without contracting.

Our basic belief is that how you are with yourself and with a client is much more important than the techniques and theory that you apply as tools.

Another basic belief is that each one of us is a group. I am sometimes a child, sometimes a parent, sometimes vulnerable and shy, sometimes confident and have authority. One can see all these different aspects as different members of an internal group.

We specifically teach and work with group process in the course as a way of helping the internal group to come together, to communicate and to self-monitor and self-challenge. Games we play to avoid contact with others mirror the ways in which we avoid contact with our selves.

This means that the group work is an important and significant part of the course. Specifically: learning to express oneself rather than describe oneself, to speak from one's experience rather than advising others, learning to be aware of avoidance of contact and challenging it rather than colluding in it and learning to value the process of making contact with people who push our buttons.

If you do this course, you should be aware that you may be challenged, that you may become aware of deeper areas of yourself that are less comfortable than your habitual way of being.

Therefore support and safety are important. At least one of the course tutors are trained counsellors and can listen and support if you need personal time. We will do our best to set up group structures, which will make it safe for you to explore deeply without feeling judged or avoided. We aim that the result of this self-exploration is a sense of deeper connection and greater aliveness.

This is not a psychotherapeutic group. We aim to teach and to bring awareness rather than use psychotherapeutic techniques to resolve and process what comes up. It is not the responsibility of the group or the tutors to help you resolve issues that come up. We can support, advise and stay in contact, but it is your responsibility to obtain personal help outside the group if issues come to the surface that cannot be properly dealt with within the constraints of a teaching group.

### **How much does it cost?**

The full fee for the course is £1045. If you pay (or commit to paying) in full by May 31st 2011 then you will receive an early bird discount of £50. In addition we ask each person to pay their own accommodation costs for the residentials, which currently come to £210 per residential if you sleep in the house, £125 if you camp, both including full board. You may, by arrangement, pay the fees by regular instalments.

(We reserve the right to increase the accommodation fees if the venue increases them - however, once the course has started, these costs will not be changed. If the accommodation fees are increased you will be notified and given the chance to cancel your booking).

If enough people book on the course then there will be a limited number of bursaries at a reduced rate for people who can demonstrate that they are keen to do the course and have limited income. These bursaries sometimes take the form of a reduction in fees in return for some administrative responsibility within the course. Bursaries are awarded at the sole discretion of the course leader.

### **What is the structure of the course?**

The course consists of three residential courses and several online modules, including an online discussion group so that the group can support each other in the times between courses.

Residential 1: Thursday 3rd - Sunday 6th November 2011

Residential 2: Thursday 2nd - Sunday 5th February 2012

Residential 3: Thursday 17th - Sunday 20th May 2012

On top of this, you are strongly advised to have at least one session with Bill Palmer during the course. Feeling how the content of the course is embodied in a bodywork session is invaluable. These sessions can be booked on the Thursday that each residential starts, where he will see four or five people in the afternoon. Otherwise, he regularly sees people in London and in Bath. Bill charges students on this course a special discounted rate of £40 per hour.

### **Who do I write the cheque to?**

The School for Experiential Education

### **Can I pay directly into a bank account?**

Yes. The bank account details are available if you email [bill@seed.org](mailto:bill@seed.org)

### **Where are the Residential Courses held?**

In Gaunts House, Gaunts Common near Wimborne, in Dorset

### **What is the timetable for the courses?**

Residentials start at 6pm on the Thursday, dinner is served at 6.30pm and then we have an evening session 8.30- 10.30. On Sunday the courses end after lunch with a short finishing group .

### **How much deposit is required?**

We ask for an initial deposit of £200 to reserve your place on the first residential. A month before the course starts we will need a further deposit of £220 to confirm your place for the year. If you are booking less than a month before the course starts, you should pay £400 as an initial deposit unless we have come to some other arrangement in writing (email is OK).

### **Who do I write to to discuss payment terms.**

Bill Palmer (bill@seed.org)

### **How do I pay the balance?**

You may pay the balance in two ways:

1. Payment of the entire course fee + accommodation costs for the first residential can be paid at the beginning of the first residential course.
2. Payment by instalments may be negotiated but must be agreed in writing before the end of the first residential. This must take the form of a standing order, paid at regular intervals. If you pay by instalments, you will sign a contract stating that you will pay the full fee + accommodation costs.

### **If I just do the first residential, what is the cost?**

You will pay £375 for the teaching fee and, in addition, you pay the cost of the board and lodging at the venue (this is reduced if you are camping - you still get meals and can use bathroom facilities).

If you then decide to commit to the whole course then these payments will be subtracted from the fee for the course. Discounts will still apply as long as you pay the whole sum before the end of the first residential or shortly afterwards by agreement with the Director of the School for Experiential Education.

### **What happens if I want to cancel?**

If you want to cancel before the course starts, you will simply lose the deposits you have made since we will have to pay these to the residential venue in any case.

If you want to cancel after the course starts, it will depend on the reason for cancellation. If you are seriously ill and cannot attend the rest of the course for medical reasons, we will refund you most of the value of the remainder of the course, calculated pro-rata on the number of teaching days the course still has left to run. For this to apply, you need to give us an official signed letter from your doctor, describing the condition and the reason that you cannot continue.

If you want to cancel after the course starts for another reason then we will listen to your reasons and, at our sole discretion, give a refund if we feel it is appropriate. We are under no obligation to refund any course fees but will do so, without prejudice, in a way we feel is fair to the circumstances.

### **Does the course count for Shiatsu Society CPD hours?**

Yes.

### **What qualification do I get from the course?**

If you attend the entire course you will get a Postgraduate Diploma from the School for Experiential Education. If you attend the course for further years and your practical work and group contributions during the course show a real understanding and application of the material of the course, then you will be awarded an Advanced Diploma in Movement Shiatsu. This latter qualification can be granted after the course is finished on completion of a practical and oral assessment.

### **Complaints and Feedback**

If you have a complaint or any feedback about the course, the course tutors, the mentors or the venues then you can at any time fill out our feedback and complains form (which can be anonymous) at <http://www.seed.org/feedback> or write to SEED. We promise to take your feedback seriously and to follow up any complaint with a discussion with you. Our teachers and tutors try to be careful to always make clear what is expected of you and to gain your agreement before putting it into practice. If you feel that they have been negligent in this or any other matter then we will, in addition to discussing the matter with you and if your complaint seems to be a real breach of our code of conduct, suggest methods of reparation and of future change to our conduct to satisfy you.

As our teachers and tutors are members of the Shiatsu Society, they are bound to adhere to the Shiatsu Society's Codes of Conduct and Ethics and, if you are not satisfied with our internal procedures for dealing with your complaint, then you may write to the Shiatsu Society to mediate the issue.

### **Changes to these Terms**

We affirm the right to change these terms and conditions at any time. However, if you have paid deposits or fees on the basis of these terms then the terms as published on the date of your last payment or agreement will hold for the purpose of any legal contract between you and the School for Experiential Education unless you agree in writing or by electronic confirmation to the proposed changes.