



Shiatsu Therapy Association of Australia Inc.

ANNUAL REPORT 2013



Shiatsu Therapy
Association of Australia



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NATIONAL COUNCIL 2013–2014

Shiatsu Therapy Association of Australia Inc.

President	Susi Partridge
Vice president	Glenn Polley
Acting vice president	Kate Moran
Treasurer	Sue Brownlee
Secretary	Hillary Child
Membership secretary	Nicole Alexander
NSW representative	Barbara Richardson
Queensland representative	Matthew Earsman
Tasmania representative	Brooke Allen
Victoria representative	Kate Moran
Ordinary member	Rose McGahey
Ordinary member	Steve Dewar
Ordinary member	Linda Rago
Ordinary member	Anne McDermott
Ordinary member	Vivien Watmough

Many heart-felt thanks to our hard-working volunteers:

Cathy Cirakovic	<i>Pointers</i> editorial and advertising
Steve Dewar	IT development, maintenance and advice
Dorothy Douglas	Education and research
Dr Jennifer Hunter	Research/Government submission
Liama McConachie	Facebook
Anne McDermott	Natural Medicine Register, Industry Reference Group and Subject Matter Expert Group representative
George Viet	<i>Pointers</i> editorial
Annabel Warmington	<i>Tsubo</i> editor
Vivien Watmough	Natural Medicine Register representative

Also a big thank-you to the many wonderful contributors to *Pointers* magazine in 2013:

Scott Billings	Pasquale Nicolazzo
Simon Blow	Arwen Ogilvy
Sandra Dexter	Lucy Osborn
Thomas Ebejer	Bill Palmer
Denise Evans	Susi Partridge
Japan Shiatsu College	Glenn Polley
Michael Licenblat	Linda Rago
Annica Makoto	Marjorie Jane Scott
Master Maurizio Fabbri	Emma Strapps
Rose McGahey	Marc Webster
Kirsten Muzeen	Warren Wilson
Raquel Nagamine	

PRESIDENT'S REPORT

Susi Partridge



The past three years as President have been a most rewarding experience and it fills me with warmth to reflect on my journey within STAA over this time. You will see from the following reports what has been achieved and I know you will want to join with me in thanking everyone who has contributed to our success.

For those who do not know, STAA is run almost completely by volunteers. The only person who receives any payment is the lovely Sandra who runs the office 2 days a week. The rest of us give our time, energy, passion, knowledge and commitment to the running of STAA for the love of keeping the practice and learning of shiatsu to the highest standard. We all pay our own way, from membership, to the conference. We all donate anywhere from 4 to sometimes 20 hours in a week to STAA projects. For example, we recently had representatives at two of the forums for the National Code of Conduct — that was a half-day where those people were not in clinic, not being paid in any form. Anne McDermott, Jenny Dorrington and Kaiya Seaton have worked tirelessly with the Community Services & Health Industry Skills Council to ensure that the next upgrade of the diploma maintains a very high standard of competency requirements putting in hundreds of hours on this project. Anne and Vivien Watmough have also volunteered numerous hours to the development of the Natural Medicine Register ensuring that STAA and its members are well-represented in this important register. The submission to the Department of Health and Ageing for our case for the Health Rebate Review required dozens of hours of work. This was all volunteered by a member who is a practising GP with skills in research and passionate about shiatsu. Steve Dewar has spent thousands of hours updating, upgrading, rewriting and keeping all of our computer systems functioning well.

It is this passion, commitment and belief in the power of this modality that has kept STAA going for 27 years.

We face a number of challenges remaining a single modality association. We know that many practitioners go to other, larger associations so that their other skills can be covered by their professional indemnity insurance but we still believe that in remaining exclusive this allows for a greater focus on the practice of shiatsu and what it can bring to the world rather than getting caught up in the western culture of bigger means better. As practitioners we know that is not necessarily true.

We are artists, master craftspeople working with care and love for what we do. We delve ever deeper into the personal journey of our clients, to support, nurture, encourage and heal them in a way that no other modality can do. We hold a unique space for healing both the body and the mind. This is what drew me to shiatsu and what continues to hold me here. I believe it is what holds all of us here and I thank you for staying.

We now have excellent, robust systems and processes in place for the back-end stuff to be done in a professional and proficient manner. It is now time to call on those with other skills to come forward and take shiatsu more into the market place, to expand our networks into the community, to link up with others from around the world and share our knowledge, wisdom and experiences to keep shiatsu expanding into the future.

I believe that the new team will have the depth and knowledge to do that and I can't wait to see what they do. All positions will be declared vacant at the AGM so please consider getting involved in some small way to keep STAA strong into the future.

I thank all who have supported, encouraged and loved me through my time on National Council. We could not have achieved all that we have without the devotion to each other.

VICE PRESIDENT'S REPORT

Glenn Polley



My role on the National Council (NC) came to an abrupt halt in November 2013 when personal health issues arose that have demanded my full attention. It meant clearing everything out of my life to deal with and to start the slow process of defining and creating a new way of being and then starting to identify the steps I needed to take to rebuild from the ground up with those new understandings and learnings. This is ongoing and I would like to take the opportunity to express my deepest thanks for all the amazing love and support that has come from the shiatsu community to make my journey just that much easier. I feel blessed to be able to experience such love.

Initially I thought I could spend time helping in a transition but the reality was I had no time nor energy for that, so I am very grateful for the manner in which the amazing people on the NC stepped up to fill the gap.

Attempting to remember what I actually was involved with for the six months or so of the current National Council was a challenge, but technology has helped jog my somewhat fuzzy memory.

Nicole Alexander took on the vacant Membership Secretary role that I had covered for a year or two, so initially I had discussions with her about the historical development and evolution of the CPE&D program and where we perhaps needed to go. Based on the work Sandra had already done, we reviewed and updated recommendations to the NC for changes to streamline and simplify the process for members. Having an online recording system has been a big step in making it easier for members. This is something that will need to be a continuing process of evolution so members' feedback is most appreciated.

I also had some meetings with Kate Moran to help her find her role within the National Council to utilise both her great energy and talents. Little did I know she would step into the position I had vacated as Vice President, so she is a good example of really getting in there to have a say and drive shiatsu in a direction that is meaningful; shiatsu experience never counts for a lot on the NC.

The NC decided in order to streamline its communication, that I as Vice President would take on the role of Office Liaison so to give Sandra a clear channel of communication between herself and the NC. I spent time with Sandra setting that up and in having meetings/talking over some of the things that had come in via her or that the NC wanted her to do, although it was invariably always me that struggled with consistency! Thanks Sandra for your patience.

I spent time working with Anne McDermott both on the phone and in person (the best way with Anne), discussing and formulating ideas for getting the RTO forum (Education Forum for registered training organisations) together and what would be STAA's role in such a forum, and also generally just getting my head around the vague nature of the government guidelines! I have been very heartened to see this come into fruition with such an enthusiastic response from the RTOs for its continuation and development. This bodes well for the future of shiatsu. If Anne McDermott is not made a life member soon, she damn well should be for her vision and fortitude and simply the immense hours she puts into shiatsu in Australia under her various different guises.

Lastly it has been a great privilege to have worked alongside Susi Partridge during her three years as the president of STAA. She has always been inclusive, open to opinion and feedback and done so with good humour in what has been quite a testing time for her personally. From my perspective, overseeing the formulating of a clear, simple yet powerful strategic plan, that collectively we have got into a coherent structure that enables us to break it right back to specific tasks is one of her lasting legacies for STAA. We now have a clear direction and we know where we see ourselves in the future. In the time of increasing government input and desire for accountability, this is something that will hold us in good stead.

I have sought to be a support for her in her role, to offer my opinion and advice and take over actions where they have been too much for her. The relationship has been one built on both trust and respect. Since I have resigned, I have missed the working relationship, our regular phone calls and meetings; yet have gained a good friend from our journey together.

Lastly my time on the NC has been enriching and something that has given me both confidence in myself and many opportunities to develop some great relationships with people from all over Australia and overseas. I certainly hope that when my life has been recreated, time will open to give more back to the shiatsu community to ensure it retains a strong presence in Australia.

SECRETARY'S REPORT

Hillary Child



I went to the May 2013 conference as a participant and went home as Secretary to the STAA National Council. This was an unanticipated turn of events. All members of the Council were and continue to be very supportive of each other and particularly to new members of Council.

It was very interesting for me as I had at the beginning of the year rejoined STAA after being away for a few years and I found a lot of the jargon unfamiliar, but over time I learnt what the terms NMR, RTO and numerous other acronyms meant and who is who.

The duties I have fulfilled May to December 2013 have mainly been collating and circulating agendas for

meetings, reminders for reports for meetings and writing up the minutes of the meetings. There was definitely more that I would have liked to have done for this role, however a working mum of young children sometimes runs out of time.

I will miss working with the current President, the wonderful Susi Patridge, her ethics, kindness and vision.

MEMBERSHIP SECRETARY'S REPORT

Nicole Alexander



In my first year as Membership Secretary I experienced firsthand the intricacies of STAA's online CPE&D system. I had many questions to ask National Council and Steve Dewar in particular. Personally what I found to be most beneficial was that I too needed to log my annual activities online. And so the queries naturally rose — from keying in issues to what activities actually attract points etc.

STAA's CPE&D explained document is a "living" guideline, the wording is not set in stone. When members ask questions, this allows us to re-evaluate these words, and encourages the ironing out of ambiguity; therefore making the process clearer for each member. We continue to compare our wording with other therapy associations to ensure we are up to date in providing the best membership product possible. I think this movement and flexibility is akin to a balanced Liver/Gall Bladder pairing!

This year within the actual online program, some small IT changes have been made making it a more user-friendly system.

National Council's more pressing task at hand is to look closely at the system of rollover points from one year to

the next, by reviewing the requirements set between the health funds and STAA.

In the future STAA is looking at presenting educational talks for new or existing members, on how to use the online system and answer queries relating to what qualifies for CPE&D points etc. Just as shiatsu is vast and expansive, so too are the number of different modality workshops members attend, to further expand their knowledge, plus gain required points. Clarity is vital with what is and isn't an acceptable activity.

My aim as Membership Secretary is to keep our system evolving in a way that is compatible to all. There are many ideas, but one step at a time, so stay tuned.

Please members, continue asking the questions and providing feedback, as it is the only way we can keep growing. We welcome fresh pairs of eyes, ideas and input! Email Nicole at membersec@staa.org.au

ACTING VICE PRESIDENT & VICTORIA REPRESENTATIVE'S REPORT

Kate Moran

As some of you know, I have been filling the role of Vice President as our good friend, teacher and mentor Glenn Polley takes time to focus on his health.

For nearly 12 months now, I have been a part of National Council. This evolved out of seeing the 2013 conference details on the STAA website and making the decision to attend. As a new graduate, the conference offered the opportunity to meet new and experienced shiatsu practitioners and other therapists and the members of National Council. It is a chance to learn new skills whilst being away in a beautiful setting. The feeling at the conference was incredible and something that still inspires me now.

Shortly after I took the role of Vic Rep. This role has provided an opportunity for me to reach out to new members and existing members, whilst working with the wonderful people on National Council.

I received support from NC in this role beyond anything I had imagined, both personally and professionally and was



helping to fulfil my own goal of being a part of shiatsu moving forward in the community. Our president Susi has supported me immensely through this experience, along with all of the members of NC.

Throughout this short time, I have experienced being part of a very special collaboration. Many Skype meetings, phone calls, emails and texts later we have managed to move forward with NMR (as we approach a very exciting time ahead), and finalised our projects list. This is in addition to council members writing articles for *Pointers*, budget reports, minutes of meetings and the many tasks involved in organising the upcoming conference.

We now head towards this 2014 Conference and AGM at stunning North Stradbroke Island. A new chapter begins with changing of roles and we continue to work together with members towards achieving our goals.

2014 CONFERENCE COORDINATOR'S REPORT

Linda Rago

It has been a wonderfully stimulating year on National Council. As Coordinator of our International Conference in my hometown of Point Lookout, I have enjoyed relearning the processes and steps involved with international communication and community consultation. When our funding applications have been successful I've jumped with joy. Old promotional and advertising skills have been rebooted. I'm most grateful for the mentoring and support of Sue Brownlee in several areas (budget forecasts, grant applications and logistical planning) and the administrative skills and editing/publishing initiatives of Sandra Dexter.

As this report will be submitted at that conference, may we as an association be enjoying and benefitting from this project. My goal is to uplift and support the lives of shiatsu practitioners, educators and students around Australia who believe in the principles of practising

shiatsu. Before or after the conference, I will happily show any interested STAA member through my North Stradbroke Island clinic.

As a member of the National Council, I attended a forum to discuss the National Code of Conduct for Health Workers which will be implemented by the end of 2014/15 to bring all states into alignment on matters of professional complaint and procedural outcomes. A report will be put to members in collaboration with Susi Partridge in Melbourne and Sue Brownlee in Darwin as the forums wind up Australia-wide and after the AGM.



TREASURER'S REPORT

Sue Brownlee



Income and Expenditure for the Shiatsu Therapy Association of Australia during the period January to December 2013 are detailed in the table on page 7.

STAA has had a steady year in terms of finances.

The work of Sandra Dexter, the STAA Administrator, has been invaluable once again in keeping clear and accessible accounts. It is she who liaises with our accountant, ensures payments and deposits are processed promptly, and deals calmly with questions from the Treasurer. The integrity she brings to her work brings credit to STAA members, the National Council, and all who have contact with STAA.

As Treasurer, my work throughout the year has included the co-signing of approved online payments, the review and approval of claims for reimbursement of expenses incurred, development of the annual budget, monitoring of expenditure and income against that budget, and the tabling of reports on the financial status of the organisation at each National Council meeting.

I also spent time assisting with grant applications related to presenting the STAA 2014 International Conference and assisted with budget development and other finance related tasks. It seems like a long time ago now that I travelled to North Stradbroke Island in February 2013 to meet our Conference Coordinator Linda Rago, and spend time scoping venues, catering and sponsorship possibilities, as well as talking through themes, guest presenters, transport options and meeting many delightful and supportive local people and businesses who will support the conference.

Separate to this Annual Report are financial statements as compiled by our accountant Mark Callinan for the year ending June 2013. There is a mismatch between our reporting year to members which is based on the January to December calendar, and the financial year which ends in June of each year.

To comply with our Constitution, the National Council reports to members based on the previous calendar year. There are plans to change our reports to members so that they are consistent with the generally recognised financial reporting year. This will require a Special Resolution to be put to members, and will occur at a Special General Meeting to be held late in 2014.

For January to December 2013, as can be seen on page 7, our total income for the year was \$82,942.81 with total expenses of \$67,716.08, leaving an overall profit for the year of \$15,226.73. Impressive as this might seem, it needs to be viewed with the knowledge that of that amount, \$14,691.00 was income for 2014 conference registrations and sponsorship and therefore earmarked for future expenditure, and \$17,090.00 represents income from the 2013 STAA conference.

At the end of December 2013, STAA held \$25,336.15 in our accounts (see comment above about funds received for 2014 conference). It is recommended that National Council always hold \$10,000 in reserve to meet contingencies, and there is no reason why this cannot be sustained into the future.

Membership fees made up the bulk of income at \$48,419.50, with other income sources comprised of the 2013 Conference \$17,090.00, Advertising \$3,035.00, the high interest account accrued \$906.16 interest, and other miscellaneous items made up the balance. As can be seen in the summary table below, an interesting feature of the STAA annual financial cycle is that income flows in during the first four months of the year, and after that, expenses exceed income for the rest of the year.

As is to be expected, the largest expenditure was wages at \$29,959.82. Other significant expenses include outlay for the conference of \$11,473.65, with printing of the Pointers Journal \$3,778.50, Postage \$1,325.46 and Office Rent and Storage \$3,640.00, also being notable expenses in 2013. Expenditure on costs associated with STAA representation at Natural Medicine Register meetings and forums totalled \$3,718.77. The commitment to engagement with the NMR on behalf of members is subsidised by the volunteer hours contributed to this work by Viv Watmough and Anne McDermott.

I will not be re-nominating for the position of Treasurer in 2014. I appreciate the opportunity to have worked with this Council which experienced a surge of fresh energy with new members joining at the last AGM.

I commend the experience to all who are considering joining the National Council. It is a great opportunity to work collectively, and contribute to shiatsu in Australia.

Income and Expenditure

January – December 2013

INCOME	Jan-13	Feb-13	Mar-13	Apr-13	May-13	Jun-13	Jul-13	Aug-13	Sep-13	Oct-13	Nov-13	Dec-13	Total 2013
Advertising				1,020.00	60.00		120.00	60.00	1,440.00	60.00	215.00	60.00	\$3,035.00
Brochures									195.00			140.00	\$335.00
2013 conf registrations	240.00	2,010.00	7,275.00	7,260.00	115.00	190.00							\$17,090.00
2014 conf registrations							480.00		1,440.00	1,990.00	1,955.00	1,440.00	\$7,305.00
2014 conf sponsorship			2,386.00							5,000.00			\$7,386.00
Interest	43.65	61.47	85.13	117.87	103.50	81.13	93.96	75.76	62.46	61.60	57.82	61.81	\$906.16
Membership	9,685.00	21,455.00	4,936.50	4,644.00	1,880.00	598.00	1,014.00	432.00	484.00	489.00	536.00	2,266.00	\$48,419.50
Merchandise				25.00	180.00	35.00					30.00		\$270.00
Miscellaneous				0.15									\$0.15
Conference refunds			-240.00	-260.00						-480.00	-480.00		-\$1,460.00
Membership refunds	-91.00											-253.00	-\$344.00
TOTAL INCOME	\$9,877.65	\$23,526.47	\$14,442.63	\$12,807.02	\$2,338.50	\$904.13	\$1,707.96	\$567.76	\$3,621.46	\$7,120.60	\$2,313.82	\$3,714.81	\$82,942.81
EXPENDITURE													
Accountant fee											500.00		\$500.00
AGM				975.00									\$975.00
Bank charges	1.00	1.00	0.50	0.75	1.75	3.25	0.75	0.50	0.75	2.00	0.75	1.25	\$14.25
Brochures										451.00			\$451.00
2013 conference costs				2,894.30	8,279.35	300.00							\$11,473.65
2014 conference costs				3,056.00									\$3,056.00
Electricity	50.00	40.00	40.00	40.00	50.00	40.00	50.00	40.00	40.00	40.00	50.00	40.00	\$520.00
NMR fees	318.62						2,000.00						\$2,318.62
NMR meetings	180.00		261.90	327.17	90.00			88.00	12.00		88.00	353.08	\$1,400.15
Insurance								1,035.06					\$1,035.06
Internet	29.99	29.99		59.98	98.99	29.99	29.99	29.99	29.99	29.99	29.99	288.99	\$687.88
Journal editing/layout									1,417.60				\$1,417.60
Journal printing			1,679.70						2,098.80				\$3,778.50
Merchant fees	33.00	33.00	95.00	52.34	59.73	33.00	33.00	33.00	33.00	33.00	33.00	33.00	\$504.07
Office equipment						38.40							\$38.40
Petty cash	171.85			197.00					287.40				\$656.25
Postage	90.00	393.90	219.00		60.00			389.16				173.40	\$1,325.46
Rent – storage	100.00	80.00	80.00	80.00	100.00	80.00	100.00	80.00	80.00	80.00	100.00	80.00	\$1,040.00
Rent – office	250.00	200.00	200.00	200.00	250.00	200.00	250.00	200.00	200.00	200.00	250.00	200.00	\$2,600.00
Resources									63.25				\$63.25
Salary	2,046.13	3,132.91	3,140.40	2,473.35	3,515.15	2,488.34	2,038.64	2,337.76	2,245.48	1,943.04	2,060.92	2,537.70	\$29,959.82
Software									34.97				\$34.97
SMEG costs				267.50									\$267.50
Stationery		131.85		325.00	636.23			55.65		408.50	73.89		\$1,631.12
Telephone	134.22	111.76	206.78	168.99	196.03	192.34	145.27	164.07	153.37	154.11	138.47	117.20	\$1,882.61
Travel – other									84.92				\$84.92
TOTAL EXPENDITURE	\$3,404.81	\$4,154.41	\$5,923.28	\$11,117.38	\$13,337.23	\$3,405.32	\$4,647.65	\$4,453.19	\$6,781.53	\$3,341.64	\$3,325.02	\$3,824.62	\$67,716.08
Profit/Loss	\$6,563.84	\$19,372.06	\$8,519.35	\$1,689.64	-\$10,998.73	-\$2,501.19	-\$2,940.29	-\$3,885.43	-\$4,119.32	\$4,231.96	-\$1,011.20	\$487.19	
2012 bank a/c balance	\$26,209.43	\$39,519.20	\$43,147.32	\$43,114.93	\$41,089.24	\$38,259.61	\$36,647.01	\$32,516.99	\$25,502.29	\$25,258.86	\$22,480.75	\$21,745.02	
2013 bank a/c balance	\$28,217.86	\$47,589.92	\$56,109.27	\$57,798.91	\$46,800.18	\$44,298.99	\$41,358.70	\$37,473.27	\$34,313.20	\$38,092.16	\$37,080.96	\$36,971.15	

NSW REPRESENTATIVE'S REPORT

Barbara Richardson

I have had a bit of a quiet year as NSW Representative to the STAA National Council. Being new to the job I was a little unsure what I could or should be doing. Simply participating in National Council meetings has been something of a learning curve for me.

I have had the pleasure of welcoming a number of new members — some student, some full — to STAA since May 2013. Most of them are associated with the program at Katoomba TAFE and seem very enthusiastic. So congratulations to Kaiya Seyton and Anne McDermott for developing such a great group of practitioners.

What initiatives I have taken have mostly been directed towards building a stronger sense of community amongst the NSW members. A newsletter has been established. It comes out a bit erratically but serves as a vehicle for local members to tell the others about themselves, focus

on an aspect of our practice and/or our STAA membership and to remind the members, generally, that they are part of a community and that I am here for them should they have need.

Some local support groups have been re-established — although not as many as I would like to see. Lucy Gibbon and Amanda Penel should be applauded for their efforts in this regard. I am also trying to explore more varied, interesting and social ways in which NSW members can do their annual CPE&D. At the time of writing this report, this last initiative is still very much in the pipeline. More on that, and other things no doubt, in one year!



TASMANIA REPRESENTATIVE'S REPORT

Brooke Allen

I have now been back in my hometown of Hobart for 4 years after relocating from Melbourne. Establishing a full-time shiatsu clinic and dealing with the challenges that go with this, life has now settled down into a nice rhythm. This is my third year as state rep for Tasmania.

On a personal note, building a practice takes time and with most people wanting to see you after work it can be a juggling act. So the pace this year has been hectic — with some useful lessons along the way in regard to self-care, as well as dealing with all the wonderful people who walk through the door — the learning never stops. One Chinese proverb that always resonates with me is, “The mind of the beginner is infinite”. Many times I have come up with treatment strategies to deal with certain situations/conditions. Then sure enough the next day you get a person who walks through the door that turns that idea on its head. Like the combination on a lock, you need to find new solutions for different people, what worked for the previous client may not work for them. This is the part of shiatsu I find so exciting and fascinating on a daily basis.

There is some fantastic work being done here in Tasmania by our practitioners. On the local scene we have had some really exciting sessions.

Alex Williams hosted the Japanese Yoga Masters Healing workshop in November. We had a group of 6 masters in the one room, very spoilt – Saburo and Hisae Ishii, Kenso and Sayuri Ito, Masako Kunino and Sumiko Tanaka.

In March this year we then had a return visit from Sensei's Kenzo and Sayuri Ito and Sensei Masako for Japanese Yoga, what a treat!

We have had a fantastic series of craniosacral therapy workshops run by Geraldine Doyle. Geraldine is an established shiatsu and craniosacral practitioner who is also facilitating sessions interstate. (See STAA events for more info.)

From my end I hosted an Autumn Qigong workshop with Ziranmen Qigong Master Liu Deming over 2 days which was very exciting. We focused on Qigong for anxiety as well as Taoist meditation techniques. Master Liu will be returning for a second time in November 2014. And lastly we had Glenn Polley STAA Vice President in August 2013 for a shiatsu workshop focusing on effective neck and shoulder treatments.

We are a small community but have good stuff going on at the grassroots level.

2014 is shaping up to be an exciting year with National Council working to achieve the best outcomes for STAA and its members.



HEALTH TRAINING PACKAGE REPORT

Anne McDermott

Industry Reference Group and Subject Matter Expert Group



The Community Services & Health Industry Skills Council released Draft 2 of the HLT07 Health Training Package for Public Consultation in March 2014 and we hope that the community will be happy with inclusions and improvements that have been made over the past 18 months by the Subject Matter Expert Group.

This group comprised of Kaiya Seaton (TAFE Western Sydney Institute), Jenny Dorrington (Australian Shiatsu College), Jim Olds (Endeavour College of Natural Therapies), Allan Hudson (Australian Traditional Medicine Society) and myself.

During this time we have covered a wide range of areas we felt needed to be addressed in the Training Package, some very specific to shiatsu and other more generic areas affecting all Health Training Packages around assessment and implementation.

Enhancing quality of assessment by tightening requirements has been identified as key throughout the Complementary Alternative Health sectors and to that end much work has been done.

Consistency and reduction in misinterpretation of the Training Package is paramount but does not need to compromise variation or specific needs of delivery. The inclusion of the Implementation Guide, which will accompany the reviewed Training Package, can and will provide more detailed guidance to users.

Some of the areas of interest addressed are as follows:

Volume and expression of evidence required for assessment

- Hours of client consultations (student clinic hours) increased from 100 to 120 hours
- Number of clients within these hours - 60 different client contacts where some may involve the same client
- Stipulation of a range of clients across the lifespan and including different presenting conditions

Assessment conditions

- Skills must be demonstrated in the workplace or in clinical environment created for that purpose and must meet a range of conditions that reflect the workplace conditions.
- Assessor requirements — in addition to the NVR¹ and AQTF² requirements — stipulate that the assessor must have 5 years continuous clinical experience, hold current membership to an industry association or peak body, hold a current equivalent qualification or higher if it exists, TAE³ workplace training and assessment qualification and be fulfilling professional development requirements.
- Comprehensive content coverage in the practical units of all technique and sequence requirements for shiatsu practice and clearer delineation of the diagnostic units.
- Options for choosing elective units in areas like business management, client care and support, and professional development.

After much work we look forward to the final release and subsequent implementation by the registered training organisations around Australia and the continuous improvement of our shiatsu education and training environment.

For further information on the Diploma of Shiatsu and Oriental Therapies go to www.training.gov.au and follow the links to the Diploma of Shiatsu and Oriental Therapies.

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- 1 National VET (Vocational Education and Training) Regulations
 - 2 Australian Quality Training Framework
 - 3 Training and Education Training Package

NATURAL MEDICINE REGISTER

Vivien Watmough



Seven years ago the Australian Traditional Medicine Society (ATMS) held a series of meetings inviting interested parties to look at ways we could work together to form a united organisation to represent natural medicine to government, health funds and the general public. While there are more natural medicine practitioners in Australia than all allied health and medical practitioners recognised by the government, we were not recognised for the benefits we provide to the community. It was perceived that cooperation from all natural medicine modalities would give us a greater voice in an environment that was likely to become more regulated. A co-regulatory model was preferred as it was considered the most appropriate for the work we do; as opposed to the statutory regulation model applied to skin penetration and ingestives such as acupuncture and herbal medicine.

Six years ago a large number of associations held their first meeting. From that initial meeting nine major associations have become the founding members of the Natural Medicine Register Ltd (NMR). As one of the founding member organisations, STAA has been extremely proactive and contributed substantially to this process.

The NMR inaugural AGM took place on Friday 28 February 2014. There are currently four board members and later this year four additional board members will be elected from the founding associations and as well as three non-association members including an independent chairperson, making a total of 11 board members. STAA can nominate one of its members for the board.

Recent achievements

- The completion of a Regulatory Options Paper by Meredith Carter & Associates (lawyers specialising in health regulation policy) which was designed as a tool for NMR to approach stakeholders, including government bodies, health funds and other organisations with a vested interest in natural medicine practitioners.
- NMR logo
- NMR website www.nmr.org.au has been running for some time now and contains a variety of information.
- Proposed development of three short videos about NMR for use on social media.
- NMR Steering Committee was involved in all aspects of setting up the company. This has been achieved through the dedicated commitment of volunteers from the member associations. This committee has now been disbanded.

Next stages

- *Options for Regulation of Unregistered Health Practitioners* is a 200-page report produced by the Victorian Department of Health for Australian Health Ministers' Advisory Council. This report recommends that all states enact similar legislation to that existing in NSW and SA so a single Code of Conduct for Unregistered Health Practitioners with statutory powers to enforce the code nationally can be introduced. A new round of consultations is taking place in 2014 and NMR will contribute on behalf of its member associations.
- NMR will develop standards that member associations will adopt. This will involve areas such as scope of practice, agreed minimum standards of education, and a code of conduct in light of proposed national legislation. Discussions with stakeholders e.g. health funds, registered training organisations, the Community Services and Health Industry Skills Council and the Health Training Package to ensure newly qualified practitioners have the requisite standards to work in the new regulatory environment.
- Develop computer systems so that a directory of practitioners of member associations can be listed on the website.
- Work with other natural medicine associations who would be interested in joining NMR now that it has been established.
- NMR Ltd will need to raise funds for short- and long-term development of this register.

Benefits to STAA members

The primary benefit of being registered with NMR is the kudos gained by being identified as part of a large representative body of natural medicine practitioners. The NMR registrants will share common standards, code of conduct, disciplinary procedures, etc. that will enhance the professional standing and accountability of registrants with the public, government bodies and other stakeholders including health funds and other representative organisations.

There will be evident demarcation between practitioners who are part of NMR via their associations and those who are not.

For the first time, natural medicine will have one united voice.

2013 CONFERENCE REPORT

Lucy Osborn



The feedback from this year's conference and AGM at Randwick, Sydney is that it was a resounding success. Attendees expressed satisfaction with all aspects of the two-day event, including the venue, the presenters, the catering and the schedule. The weather behaved itself impeccably, with warm autumn sunshine bathing us all as we sat outside on the grass or on the verandah, enjoying each other's company and relaxing between workshops.

To summarise, a total of 64 people attended the conference over the two days, 59 on the Saturday and 56 on the Sunday. We had 10 presenters who were all well received and fairly equal numbers of people attended each session. The AGM was also well attended and a new National Council was elected.

The results of the Feedback Forms that were returned (41) were as follows:

The overall experience of the conference was rated by over 50% of respondents as excellent and the rest as very good. Similar results showed for the choice of venue and in terms of value for money. The food was rated again by more than 50% as excellent, with some rating it as very good and a few as good or average. One or two had comments about more options for vegans and a suggestion for homemade biscuits. We were of course working to a budget (which was in fact exceeded) and tried to make the lunches and teas to as high a standard as possible with quality organic and vegetarian food. Homemade biscuits are a bit of a tall order when catering for 60+ people, but I do understand the desire for that!

The timing of the program seemed to work well, with the majority of people very satisfied with the way the schedule ran, giving enough time between sessions for people to get to where they needed and not feel rushed, and for relaxing during the breaks.

The only part people felt dissatisfied with was the restaurant on the Saturday evening, that 25 people were booked for. Complaints were made about the food, the lack of vegetarian options and the time that it took

to get served. This is certainly something that would be reviewed for another time, with either a different restaurant being chosen or even the option of having a meal catered for at the Centre.

The choice of workshops was generally well approved of, with half of the respondents saying it was very good, a good number rating it as excellent and a few as good. The individual workshops were each then rated out of 5 for four aspects: Relevance, Information, Practicality and Presentation. The response to the presenters varied, with some workshops receiving outstanding appraisal from almost all the people who attended them and others getting a mixed bag of reviews. Among the most popular workshops were those given by Linda Rago, Warren Wilson and Simon Blow. None were given totally disappointing results—there were people who enjoyed some more than others, but mostly the sessions were perceived to be of a high standard, especially in the area of Relevance, which confirmed that the original selection of workshop content had been well made by the National Council. There was opportunity given for people to make comments on what they would like to see at future conferences and these ranged from more practical workshops including moxibustion/cupping and shiatsu techniques to more swap sessions (which were very popular).

The highlights for a lot of respondents were the caring environment, the exchanges with other practitioners and the general warmth and camaraderie that was generated by everyone coming together to take time out from the daily routine to learn and share in community.

And that is what, for me, the Conference is all about.



STRATEGIC PLAN 2013–2016

Our vision Shiatsu is a recognised element of an integrated healthcare system.

Our mission To sustain a professional network that promotes shiatsu within the Australian community.

Our values Nurture, Respect, Collaboration and Integrity.

Goal	Strategy
Develop and sustain our membership	<ul style="list-style-type: none"> Seek member feedback regularly and proactively Lobby private health funds to provide rebates for shiatsu Deliver an outstanding annual conference Establish and facilitate a mentoring program Create peer supervision opportunities
Communicate proactively and effectively with members, registered training organisations and the public	<ul style="list-style-type: none"> Maintain an effective and interactive website Develop and maintain a bank of media resources Publish a biannual journal – <i>Pointers</i> Circulate a regular e-newsletter – <i>Tsubo</i> Develop relevant annual forums for members and registered training organisations
Consolidate the discipline of shiatsu through education, research and development	<ul style="list-style-type: none"> Establish a postgraduate research qualification Identify and drive research projects Review and continue to develop a Continuing Professional Education and Development (CPE&D) program Establish and maintain a Register of Teachers and Mentors/Supervisors Contribute to policy development where relevant
Partner with people, organisations and community	<ul style="list-style-type: none"> Seek opportunities to collaborate locally, nationally and internationally Initiate and contribute to partnerships to meet organisational and community needs
Resource an effective, sustainable and supportive organisation	<ul style="list-style-type: none"> Retain accountable, supported and satisfied staff Seek alternative sources of income Continue to develop and maintain quality IT systems

SHIATSU THERAPY ASSOCIATION OF AUSTRALIA INC.



VISION STATEMENT

Shiatsu is a recognised element of an integrated healthcare system.

MISSION STATEMENT

To sustain a professional network that promotes shiatsu within the Australian community.

VALUES

Nurture

We are passionate about shiatsu.

We recognise our strengths.

We support and nourish each other.

We celebrate our successes and achievements.

Respect

We value, trust and draw upon each other's skills and experience.

We value the time that members put into the organisation.

Collaboration

We preserve a safe environment for all to speak openly and honestly.

We embrace the diverse opinions of the shiatsu community.

We value working with other complementary health bodies.

Integrity

We value the independence of STAA.

We embody our values.

We respond to the needs of our members and the wider community.



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