



Shiatsu Therapy Association of Australia Inc.
ANNUAL REPORT 2015



Shiatsu Therapy
Association of Australia



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NATIONAL COUNCIL 2015–16

Shiatsu Therapy Association of Australia Inc.

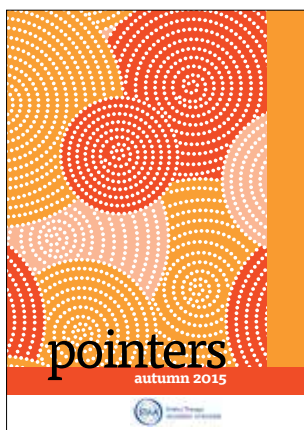
Our hard-working and generous National Council:

President	Linda Rago
Vice president	Karen Hickey
Treasurer	Andrew Scott
Secretary	Emma Strapps
Membership secretary	Vivien Watmough
South Australia representative	Colin Jeal
Queensland representative	Linsey Evans
Ordinary member	Anne McDermott

Thank you to the following members for their ongoing support:

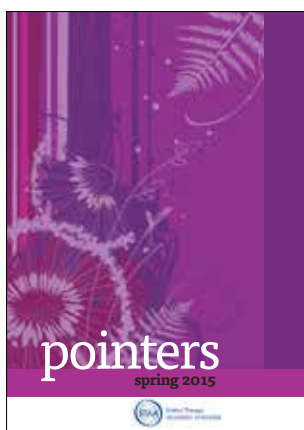
Cathy Cirakovic	<i>Pointers</i> editorial and advertising
Anne McDermott	Natural Medicine Register, Industry Reference Group and Subject Matter Expert Group representative
George Viet	<i>Pointers</i> editorial
Vivien Watmough	Natural Medicine Register representative

Thank you to the brilliant contributors to Pointers magazine in 2015:



Autumn 2015

John Kirkwood
Kit Laughlin
Michael Licenblat
Annica Makoto
Pasquale Nicolazzo
Wataru Ohashi
Emma Strapps
Vivien Watmough
Warren Wilson
Master Yuji Yahiro



Spring 2015

Australian Shiatsu College
Kat Boehringer
Scott Brisbane
Thomas Ebejer
Michael Ellis
Michael Licenblat
Annica Makoto
Bill Palmer
David Wilson
Warren Wilson
Gina Yardley

PRESIDENT'S REPORT

Linda Rago



Thank you to all National Council members, volunteers and Administration Officer Sandra Dexter for your commitment, time and service. Without you all, our association would not be as effective or successful.

A very busy year for STAA that has placed us at the forefront of the push to develop acceptable research data for shiatsu therapy in Australia. To be accepted into the future healthcare system of this country, we need to develop a clinical trial supervised by an academic organisation and qualified medical professionals and supported by our members and clients.

Since the 2015 AGM, STAA has been strengthened in a number of ways:

- New IT system and website including an automated electronic payment and renewals system, and online application.
- Developing clearer documentation to support our professional position under the new National Code of Conduct including Scope of Practice (awaiting final edit at time of publication) and nominating two representatives to sit on the national complaints panel.
- Creating a more active dialogue with the Natural Medicine Register board (NMR)

- Creating an ongoing dialogue with the health funds and other associations to determine our position post the *Review of the Australian Government Rebate on Natural Therapies for Private Health Insurance*.
- Supporting recognised training organisations (RTOs) by developing student awareness and special prices for our annual conference, and taking an active position to comment on on-line delivery of curriculum competencies when requested.
- Developing the possibility of STAA-auspiced workshops around the country to support shiatsu-specific CPE&D training, particularly in regional areas.

As a National Council, we have overseen two complaint matters following our procedures and guidelines.

We have produced two extremely interesting editions of *Pointers* with excellent articles written by some of our most experienced members. We wish to thank all volunteers who have worked on organising, printing and distributing *Pointers* since its inception.

Three people have been nominated for Life Membership in Honorarium status (*when they retire from professional shiatsu practice they can remain a member in this category*). They are Dorothy Douglas, Vivien Watmough and Anne McDermott. STAA has benefitted from their extraordinary and consistent effort over many years and their nomination will be the final duty of this National Council before it steps down at the AGM (20 May 2016).

At the time of publication of this Annual Report, we have not yet activated any international scholarships but the project awaits the attention of the next National Council.

On a personal note, thank you for the opportunity to serve as STAA President. As this report covers the calendar year to December 2015, I can say that Christmas brought satisfaction from our efforts and delight from our progress. I have been ably supported by Vice President Karen Hickey, Secretary Emma Strapps, Treasurer Andrew Scott, Membership Secretary Vivien Watmough, Ordinary member Anne McDermott, SA Rep Colin Jeal and Qld Rep Linsey Evans (who came on board late 2015). In thanking our Administration Officer Sandra Dexter, I can say I am in awe of her dedication, skill and effort on behalf of us all.

Good treatments to all,
Linda Rago

SECRETARY'S REPORT

Emma Strapps



Since coming onto the STAA National Council in June 2015, it has been a wonderfully engaging time with my fellow National Council members from all over Australia. It is a pleasure and a privilege to be involved in discussing the ongoing issues that arise in our profession and to contribute to shaping the direction of both STAA's future and the future of shiatsu in Australia.

In my capacity as Secretary, I have participated in monthly National Council meetings, taken the minutes and distributed the monthly agenda for meetings. I have also established contact with the Health Australia Party and distributed the Government's Private Health Insurance Satisfaction Survey to members.

My biggest project to date is the initiation of the inaugural shiatsu workforce survey. This survey will generate data for a discussion paper; identifying where we are working well, gaps in our education and professional engagement within the broader healthcare system and, most excitingly, to identify a research topic for the first shiatsu research project to happen in Australia at a university to commence in 2017.

I look forward to remaining on National Council for the next year in a capacity where I can best contribute to STAA.

VICE PRESIDENT'S REPORT

Karen Hickey



Our Vice President, Karen Hickey has been unable to lodge a report due to a major health event and subsequent hospitalisation. It is encouraging to report Karen is doing well in her rehabilitation and we wish her a full recovery. Karen, on behalf of National council and all STAA members, we wish you strong life-force, positive attitude and much love.

Karen expressed passionate interest in study opportunities for regional shiatsu students and has encouraged and mentored three students in the northern New South Wales/Coffs Harbour/Lismore area. Karen is very keen to have more face-to-face workshops and meetings around Australia so we maintain a sense of connectivity and strengthen our shiatsu community. She attended most National Council meetings in 2015.

I have great faith in Karen's resilience and capacity to heal. She has always been an advocate for the homeless and people disenfranchised by society and now those people are forming a support community around her to help her recover.

Written by Linda Rago

SOUTH AUSTRALIA REPRESENTATIVE'S REPORT

Colin Jeal



In a world where image is everything first impressions are lasting impressions and since STAA's inception the association has not paid too much attention to this department.

At the beginning of the year the question was asked "Has the lack of public image over the decade hindered the growth and development of STAA?" And "Would shiatsu as a genuine natural therapy be better positioned, had we given more attention to keeping our image current along the way?"

We are a strong, dynamic professional community in Australia and shiatsu is our chosen profession...

So why not look the part?

Why not look the best?

Why not be the best?

The power of brand presence and positioning cannot be underestimated in today's competitive market. The purpose of the Logo Project deals with this awareness first hand by seeking out solutions.

On completion of the Logo Project the benefits of being a registered STAA therapist will flow directly on to you...

QUEENSLAND REPRESENTATIVE'S REPORT

Linsey Evans



I am very honoured to follow on from Viola Barnes in the role of Queensland Representative, having joined for my first National Council meeting in December 2015.

I am a shiatsu therapist, living in Brisbane, and have been practicing shiatsu since 2003.

I had a great immersion and collaboration with other shiatsu practitioners at Linda Rago's workshop on Stradbroke Island in October 2015, and will support Linda to run one again, if the opportunity arises, in 2016. I can recommend!

National Council is continuing with projects over 2015-16, including:

- Mounting research into shiatsu and its effectiveness, to continue to maintain credibility with mainstream medical practice
- A new logo for STAA
- Streamlining and updating CPE&D protocols and process
- Improving our IT structures
- Keeping abreast of changes to health fund requirements
- STAA National Conference May 2016: Integrating Shiatsu into the Australian Healthcare System

I am hoping to contribute to another good year for STAA.

Blessings

MEMBERSHIP SECRETARY'S REPORT

Vivien Watmough



In 2015 the number of colleges offering shiatsu declined, in particular Nature Care and the Blue Mountains TAFE did not run diploma courses and therefore student membership has declined.

Overall membership has also slightly declined, as a result of reduction of newly qualified practitioners and the annual turnover of members not renewing.

My focus this year has been to review CPE&D requirements and evidence, and to streamline the process for practitioners and STAA administration. One of the major administrative issues around CPE&D is the online system which is not user friendly for STAA's office staff. Administration Officer Sandra Dexter and I have been working on the CPE&D guidelines and documentation to make it more streamlined and user-friendly for the practitioner. This will be issued shortly.

There is still the ongoing issue of members sending in incorrect evidence or no evidence being submitted when participating in workshops. Members need to submit signed, written certificates of attendance. Payment receipts are not verification of attendance. It is the responsibility of members to correctly document CPE&D. There is a great variation in documentation for home study and study undertaken that is not directly related to shiatsu, therefore there needs to be a linking of non-shiatsu courses to your shiatsu practice.

On the other hand, there have been some wonderful submissions, some of which have been published in *Pointers*. This indicates the quality of some well-researched case studies and self-study.

The quality of our CPE&D and the insistence of providing good documentation and quality CPE&D, has reaped good dividends because when the health funds have come in to audit our documentation we have been complimented on our high standards. In the case of Medibank we were able to provide instant documentation (CPE&D, first aid, insurance and qualification) for 20 members who were randomly selected.

This is the reason why so much attention is paid to quality CPE&D and correct documentation. It is about the reputation of shiatsu and STAA. As a small association, this reflects very well on our professional conduct. It is also, most importantly, about you as a practitioner and about developing your shiatsu skills.

TREASURER'S REPORT

Andrew Scott



Key points of financial note for the 2015 period:

- As of 31st December STAA had cash reserves of \$21,680.
- STAA recorded a loss of [\$5,766] for the year.
- The main contributing factors for this over the 2014 year were a small decline in membership, a drop-off in advertising revenue and conference costs (for the upcoming 2016 conference).
- Expenditure was kept to only a slight increase over the previous year, which is significant given the additional outgoings of conference costs, new STAA website set-up (Wild Apricot), rent, insurance and accounting fees.

The 2015 Income and Expenditure is summarised in the table on page 7 if you would like to look at the specifics.

I took over the role of Treasurer halfway through the year and I have relied heavily on Sandra Dexter who handles all of the major finance work (in addition to her other duties) and Linda Rago in her capacity as President. I wish to express my gratitude to them for their assistance.

Having now achieved some basic familiarity with the role, in addition to normal duties my aims for 2016 are:

- Appoint an accounting firm to compile STAA's financial reports and provide an independent third party for professional oversight. (We have appointed HTA Advisory in March 2016).
- Set up accounting software package (Xero is currently being set up by HTA for us).

- Establish Google Apps / Microsoft 365 or similar software for STAA National Council collaboration and use.
- Ensure the new STAA website and database is functioning and integrated with the above.

Due to the nature of being a volunteer organisation the membership of the National Council will change over time. The above changes will assist in ensuring that there is a continuity of data and knowledge, that it is immediately and easily accessible, and it will reduce the amount of time required to get basic tasks done. My hope is that it will make it easier for STAA to attract and keep National Council members as it will lessen the admin time required from them. More importantly however is that it should reduce paid administration labour and ensure that STAA is always legally compliant.

STAA's finances are currently directed towards maintaining the organisation itself, administering the health fund requirements, maintaining the website and database (for public and members), intermittent conferences and publishing *Pointers* and *Tsubo*.

Members are encouraged to comment on what they do or don't value and what they would like in the future in relation to this.

Income and Expenditure Statement

Shiatsu Therapy Association of Australia Inc. For the 12 months ended 31 December 2015

	JAN-DEC 2015	JAN-DEC 2014
Income		
Advertising Income	2,495	5,110
Conference Income	595	-
Membership Income	52,482	54,484
Merchandise Income	50	5
Miscellaneous	186	-
Total Income	55,808	59,599
Gross Surplus	55,808	59,599
Other Income		
Interest Income		
Interest received	364	975
Total Interest Income	364	975
Total Other Income	364	975
Expenditure		
Accountancy	500	-
Administration fees	31,957	33,186
Advertising and promotion	6,426	8,542
Bank Fees And Charges	442	598
Conference/seminar costs	5,033	973
General expenses	2,061	3,406
Insurance	2,278	828
Internet	3,414	708
Legal fees	-	440
Membership	65	-
Postage	1,491	1,579
Printing & stationery	674	1,822
Rent on land & buildings	5,434	4,353
Telephone	2,165	2,162
Travel, accom & conference	-	596
Total Expenditure	61,939	59,191
Current Year Surplus	(5,766)	1,382

NATURAL MEDICINE REGISTER

Anne McDermott



The Natural Medicine Register (NMR) Board continues to undertake the work required for the ongoing functioning of the NMR. The member organisations have been requested to provide further support and administration time if they want to see the success of the register. Uploading of registrant data is currently the primary task at hand. The current NMR Board has continued with monthly GoToMeeting meetings throughout 2015–2016 to continue to ensure the success of the NMR

Although the initial focus and philosophy of the NMR was to create a single multi-modality register for Australians, our current membership would appear to reflect a trend toward a register for body workers. Whilst this was not the initial strategy, it may now be worthwhile creating the register for bodyworkers in these early stages. Once the NMR becomes fully functional and the NMR's reputation grows, the register can then be opened up to include a wider scope of modalities.

The current membership consists of the following Associations:

- Reflexology Association of Australia (RAoA)
- Shiatsu Therapy Association of Australia (STAA)
- International Christian Association of Natural Therapists (ICANT)
- Australian Kinesiologists Association (AKA)
- Bowen Association of Australia (BAA)

In the period 2015–2016 the NMR has seen the failure of ATMS to continue to contribute to the development of the NMR as well as the withdrawal of AAMT who have chosen to pursue different avenues of registration. These two large associations have significantly reduced our membership registrant

base and poses complex challenges for the future of the NMR.

Going forward the future work has focused on utilising a suitable secure online system for managing a database of practitioners. The NMR has approached member organisations for inclusion of their practitioners on the list. The creation of a cohort of experts to populate a Complaints Panel has seen poor commitment from other member associations with only one volunteer coming from STAA.

As the National Code of Conduct for Unregistered Health Practitioners has been agreed upon by the Council of Australian Governments (COAG), this Code now covers all practitioners within the professions of natural medicine and member organisations of NMR are encouraged to disseminate and educate their members around adherence to the Code. New South Wales, South Australia, Queensland and Victoria have enacted the Code and the Health Care Complaints Commission's in these states have been granted powers to receive ethical complaints against unregistered health practitioners. The NMR welcomes this increased level of regulation as another tool both associations and prosecutors can use to help reduce and prevent misconduct and sexual assault against the public.

For the future of the NMR the remaining member associations as mentioned above will be required to direct the NMR Board as to how they wish to go forward given the current circumstances of a significantly reduced registrant membership base.

AGM 2015 MINUTES

Friday 10 April 2015, Australian Shiatsu College, Brunswick

1. Welcome from the President

The AGM opened at 5.10pm with President, Linda Rago's opening address.

2. Attendance

a. Present:

Angrove, Emi
Atkins, Elizabeth
Barnes, Viola
Bidin, Massimo
Bisetto, Michele
Briggs, Karen
Brownlee, Susan
Caldwell, Alex
Cooksley, Val
Crutch, Maree
Dorrington, Jenny
Ficarra, Megumi
Fujiwara, Komei
Gault, Andrea
Goldenfarb, Mariana

Gueron, Michael
Hickey, Karen
Joynes, Chris
Kirkwood, Jade
Legge, Aurora
Lin, Shan
Margaritis, Con
Marshall, Jack
McDermott, Anne
McManus, Sharon
McPherson, Margaret
Mion, Jo
Moesch, Corinne
Muscat, Karen
Okita-Baldwin, Mari

Pearson, Lisa
Peters, Jennifer
Polley, Glenn
Preston, Merryn
Rago, Linda
Redman-Brown, Kate
Richardson, Barbara
Rytt, Lilian
Scarlato, Romina
Stilo, Marnie
Viet, George
Vorwerk, Genia
Watmough, Vivien
Welby, Denis
Zuluaga, Alida

b. Apologies

Judith Grieve, Lance Dixon, Marjorie Scott, Hillary Child, Belinda Newick, Jo Carpenter

c. Proxies

None

3. Previous Minutes and Business Arising

Moved that the Minutes of the 2014 STAA AGM be accepted as a true and accurate record.

Moved – Vivien Watmough, Seconded – Sue Brownlee, Carried

4. 2014 Annual Report and 2013/14 Financial Reports

Treasurer Genia Vorwerk reported that the 2014 accounts were well-balanced with a profit of \$791 and the bank account was in a healthy position. The 2014 annual report was emailed to all members and hard copies of the 2013/14 financial reports were available at the AGM. Linda Rago thanked Genia for all her work on National Council.

Linda Rago updated members on current projects. In coming year IT will be outsourced and currently seeking quotes. The websites will also be updated. Logo to be updated. A sheet with new logo options was circulated for feedback. Formal decision not yet announced by government [*Review of the Australian Government Rebate on Private Health Insurance for Natural Therapies*]. STAA has liaised with health funds to find out their position. Health funds indicated that there was a reluctance to remove complementary therapies out of their suite of packages while the public wants it, and to stay competitive. Meetings held with a local law firm with a view to having access to legal advice when required. Working on introducing STAA-aided workshops aiming to provide training from senior practitioners in country areas as well as cities. Corporate forms coming out to assist practitioners with recordkeeping.

2013/14 Financial Reports tabled and accepted as a true and accurate record.

Moved – Linda Rago, Seconded – Anne McDermott, Carried

2014 Annual Report tabled and accepted as true and accurate record.

Moved – Genia Vorwerk, Seconded – Viola Barnes, Carried



Jack Marshall, Dorothy Douglas and Con Margaritis who gave practitioner presentations at the 2015 AGM.

5. Election of Office Bearers

All members of the 2014/15 National Council stood down and all positions were declared vacant. Sue Brownlee was the returning officer. The following nominations were received for National Council 2015/16:

Member	Position	Nominated by	Seconded by
Linda Rago	President	Karen Hickey	Elizabeth Atkins
Karen Hickey	Vice President	Linda Rago	Anne McDermott
Emma Strapps*	Ordinary member	Cathy Cirakovic	George Viet
Vivien Watmough	Membership Secretary	Susan Brownlee	Karen Hickey
Andrew Scott*	Treasurer	Linda Rago	Vivien Watmough
Anne McDermott	Ordinary member	George Viet	Susan Brownlee
Colin Jeal	SA representative	Tim Boote	Karen Hickey
Linsey Evans*	Qld representative	Linda Rago	Viola Barnes

* Volunteered, nominated and accepted post-AGM.

All were accepted and carried.

6. New Business

There was no new business and no questions from attendees.

AGM closed at 5.30pm.

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.



Shiatsu Therapy Association of Australia Inc.

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www.staa.org.au