

Shiatsu Symposium 2023

Beyond Belief

Language and Creativity
in the Healing of Chronic Illness

October 23-28, 2023
Evanston, IL



ZEN SHIATSU



Shiatsu Symposium 2023

Beyond Belief:

Language and Creativity in the Healing of Chronic Illness

October 23-28, 2023

Hosted by Zen Shiatsu Chicago, held at Skylight Event Space

1818 Dempster St., Evanston, IL

www.zenshiatsu.edu/ce/shiatsu_symposium_2023/

847-864-1130

Monday and Tuesday, October 23 - 24 - 9:00am-5:30pm

Beyond Beliefs: Language, Movement & Touch in Working with Chronic Pain

Nick Pole (Author: Clean Language) & Margot Rossi (Author: To Be Like Water)

Wednesday and Thursday, October 25 -26 - 9:00am-5:30pm

Shiatsu in the Treatment of Chronic Diseases

Micheline Pfister (Zen Shiatsu Instructor from Switzerland)

Friday and Saturday, October 27-28 - 9:00am-5:30pm

Qi and Creativity

Elise and Kaleo Ching (Authors of Qi and Creativity)

Pricing

Full Seminar (42 hours): \$995 by Sep 22nd / \$1095 thereafter

Per 2-Day course (14 hours each): \$595

Lodging

A block of rooms is available at the Holiday Inn Express, at \$139 per night Sunday-Thursday and \$279 on Friday. Breakfast and parking can be added for \$20/night. Call by Sep 22nd for reservations, mention Rate Code ZSR for room-only, or ZBP to include breakfast and parking. Nearby AirBnB options are available ranging from \$63-149 per night.

Holiday Inn Express

1501 Sherman Ave, Evanston, IL 60201

847-491-6400

Symposium Overview

The Shiatsu Symposium brings international master instructors together to present shiatsu methods and explore an aspect of our humanity. Each Symposium highlights a different level of the human energy field and its implications for the whole person. **Symposium 2017 explored the structural changes possible when we empower change in both the tissues and the client's spatial perception. Symposium 2019 focused on the emotion/organ level, facilitating spontaneous inner movement.**

Symposium 2023: Beyond Belief focuses on the third level of the field, the Mental/Belief level. We will start by studying the careful use of language, to facilitate inquiry and goal-setting in a way that helps our clients fully express themselves and feel fully heard. We will explore the implications of the creative inner drives for the healing of complex chronic illness. Finally, we will delve into creative visual and sound healing methods that support body awareness and healing. In each class, we will fully appreciate how our shiatsu therapy can open new possibilities in our beliefs and imagination.

Learn to support the emergent healing impulses of both you and your clients. Five master instructors will share the classroom for six days to teach a detailed, synthesized method.

- Each day will include a 7-hour hands-on seminar from 9am-5:30pm. Each instructor leads a 2-day class with other instructors contributing.
- All hours approved for NCCAOM PDA credit and NCBTMB CEs. 7 hours per day, 42 total hours possible.
- All classes also count towards CE hours for renewal of IL licenses for acupuncture, massage therapy, physical therapy, nursing, occupational therapy, naprapathy and social work.

Participants must be professional Asian Bodywork Therapists or Acupuncturists, or have at least 100 hours of student training in an ABT discipline.

Beyond Beliefs: Language, Movements and Touch in Working with Chronic Pain. Nick Pole & Margot Rossi - Mon/Tue October 23-24, 9am-5:30pm

Our beliefs live in our bodies as well as in our minds. Fluid movement and flexible thinking together invite us to open to new possibilities and allow us to envision and create what we want in our lives.

What is it like when lifelong beliefs about health and lifestyle are challenged by illness and pain?

Often our clients' first response is to want to 'get back to normal'. If we give them advice about how to live more healthily, they may follow it for a while, but then they find their old patterns returning. That old 'normal' has a strange and powerful pull. They may have changed their behaviour, but they haven't changed their beliefs.

At the same time, somewhere inside, they know that the old 'normal' may be part of the problem. So how can we help our clients take that next step? In these first two days of the Symposium we'll explore through Dao Yin movement, Clean Language and shiatsu how we can help our clients bring focus and creativity to their experience of illness and pain. The very simple questions of Clean Language invite clients to explore their symptoms and the metaphors that arise to describe it. As the body/mind realises that it is being listened to, clients often discover resources that may have been hidden for a long time.

We'll blend Dao Yin with Clean Language and shiatsu to give you simple take-away skills that can make a real difference in your practice. You'll be able to experience for yourself the sense of collaboration, creativity and genuine insight that Clean questions can offer in exploring our beliefs, what limits us, and how we might expand beyond those boundaries of belief.

(Margot Rossi will supervise in-person while Nick Pole contributes to presentations and discussions via Zoom from the UK.)



Nick Pole has been practising, teaching and writing about shiatsu for over 25 years and is registered as a practitioner and teacher with the Shiatsu Society UK. He studied history and political science at Cambridge University, then worked for ten years as a filmmaker. He was one of the first graduates of the Shiatsu College in London, and he joined the teaching staff there in 1992. He studied the health applications of NLP, while at the same time, studying Seiki shiatsu with the Japanese master Akinobu Kishi. Looking for ways to integrate these two studies, he found Clean Language. In 2012 he trained to teach Mindfulness-Based Cognitive Therapy at the Oxford Mindfulness Centre and has integrated the clinically-

proven benefits of mindfulness into his work with Shiatsu and Clean Language. For 10 years he was the coordinator of London Mindful Practitioners, a non-profit support group for professionals who use mindfulness in their work. His book, 'Words that Touch - How to ask questions your body can answer' was published in 2017 by Singing Dragon.

Margot Rossi is an acupuncturist, Asian medicine practitioner, health educator, and movement instructor with 30 years of experience. Trained in the US and China, she is passionate about helping people develop an awareness of their mind and body to cultivate a happy, healthful life. Margot's innovative programs on mindfulness, self care, prevention and alternative medicines have gained recognition and support from government agencies and international organizations alike. In addition to Western and Asian therapeutic movement practices, she is a dancer and movement artist who enjoys classical ballet, belly dance, Hatha and Kundalini yoga and modern dance. Margot lives with her family by the pristine waters of the South Toe River in Western North Carolina.



Shiatsu in the Treatment and Accompaniment of Chronic Diseases Micheline Pfister - Wed/Thu October 25-26, 9am-5:30pm

Today more and more people are affected by one or more chronic diseases. The conventional medical treatments vary, and can last a lifetime. Those affected are increasingly seeking support through Shiatsu therapy.

This seminar explores the ways in which we can support those with chronic disease. We will cover therapeutic conversation, Shiatsu meridian treatment, the extraordinary vessels, certain tsubos, connective tissue techniques and also breathing and body exercises. These methods also apply to the dying process. We will discuss what it means to be chronically ill and how chronic illness affects the energetic level. We will get to know and experience specific elements in the Shiatsu treatment of chronically ill people as well as supportive breathing and body exercises. We will consider the possibilities and limits of the Shiatsu therapist.

Micheline Moorefield Pfister has collected and evaluated the methods presented in this workshop over the last 20 years. She has experience supporting clients with chronic diseases such as cancer, multiple sclerosis, autoimmune diseases, clinical depression, anxiety disorders, chronic pain, eating disorders, Parkinson's disease, Crohn's disease, fibromyalgia, rheumatism, arthritis, type II diabetes mellitus. All those applications and experiences flow into this seminar. Her work as a therapist is practical and informed closely by her experience. She lives in Switzerland and is a lecturer for Shiatsu training courses in Europe.
www.shiatsu-pfister.ch



Qi and Creativity

Kaleo and Elise Ching - Fri/Sat October 27-28, 9am-5:30pm

Qigong, shamanic journeying, and art are all ancient practices employed by traditional cultures over millennia to access the profound wisdom of body, mind, and spirit. Qigong helps us to connect intimately with the rhythms of nature around us and with the well of creative energy within us.

During this seminar, we will explore the following Qigong practices and more: the Aloha Qigong form for engaging the meridians and extraordinary vessels; Zhan Zhuang and Earth Qigong for grounding and protection; Shimmering Qigong for rejuvenating with fresh Qi on cellular levels; breathing techniques for enhanced flow of Qi and blood to the Zang organs; Qi Palm techniques for sensing and directing Qi. Applications of these practices for self-care and for working with clients will be explored through working with partners.

In the afternoons, guided shamanic journeys will invite you to explore realms of the unseen worlds. The "Inner Garden" will lead you into your inner sanctuary, where you may find safety, grounding, and strength in Mother Earth. The "Tree of Life" will guide you to meet your spiritual guardian for inspiration and support in your daily life and your healing practice.

Then you will continue the journey through channeling Qi in creative expression using a variety of special mixed media art/collage techniques. Art bridges the body and the conscious and subconscious minds to reveal clues for healing and transformation. You can give form to your discoveries, dialogue with your art piece, engage it in ritual, and apply the alchemy of the Five Elements of Metal, Water, Wood, Fire, and Earth.

Through art's colors, forms, textures, and images, you can transmute old, stuck, toxic energies into the prima materia, the raw material, for new possibilities. Art anchors the discoveries and brings clarity, direction, and empowerment for life's journey. You can engage this process for your own self-discovery, and you can also share it with clients. Clients who engage in artistic expression often find that healing occurs both more fluidly and on a deeper level. They also have an empowering visual record of their challenges and their journeys of defining, understanding, and healing.

Born and raised in Hawai'i, **Kaleo Ching** was embraced by the spirit of the 'āina (land), the aloha and kōkua (loving kindness) of its people, and the profound feminine mystery of the ocean. Kaleo was acknowledged as kumu (teacher) by the late Kumulomilomi Dane Kaohelani Silva, a Kahuna Pule (line of Lono – Pu'uhonua 'o Honaunau, Hale o Keawe). Kaleo is a Qigong teacher and is, following his lineage of ancestors, Buddhist/Taoist and feels an intimacy with his ancestors of blood, land, and Spirit. He sees clients in his private practice of Hawaiian Lomilomi massage, Medical Qigong, and shamanic journeying. "At times, it's been a special honor to have been asked by some who are dying to help them prepare in body, mind, and spirit for their transition." From 1967 to 1971, Kaleo served in the U.S. Army Security Agency, trained as a German linguist at the Defense Language Institute in Monterey, CA. After Army service, Kaleo earned degrees in Art. "My instinct grasped that art emerged from subconscious and spiritual realms and had the power to heal. I dreamed of teaching art as a process for healing and transformation."

Elise Dirlam Ching is a published and an award-winning poet, a practitioner of hatha yoga and Qigong, and a practitioner of contemplative spirituality. As a lover of the vanishing wild beyond the edge of the road, her poetry is inspired by the mystic realms of nature and Spirit. Elise and Kaleo have co-authored six books and are in the process of writing a new book: *Riding the Midnight Wing* (poetry by Elise and shamanic healing journeys by Kaleo).



Elise and Kaleo Ching are the co-authors of six books, including [Qi and Creativity](#) and [The Creative Art of Living and Dying: Your Journey of Renewal Through Stories, Qigong Meditation, Journaling, and Art](#). They have taught, volunteered and shared their work in numerous schools, jails, corporations and community centers. Read more at kaleoching.com





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- An AOBTA® Endorsed Educational Event

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