



s o p h i a v a n r u t h

bodywork résumé

Personal Details

Telephone: +31 (0)6 444 66 197

Email: sophia@spin.net.au

Born: 26 September 1971

Bodywork Education

Diploma of Remedial Massage

New South Wales School of Therapeutic Massage, 1999 (www.schoolofmassage.com.au)

Incorporating the following subjects:

Certificate of Swedish Massage

Certificate of Remedial Massage

Certificate of Anatomy and Physiology

Certificate of Sports Massage

Student Clinic, 40 hours

Diploma of Zen Shiatsu Therapy

Zen Renaissance College, February 2002 (www.zenren.com.au)

Incorporating the following subjects:

Zen Shiatsu I

Zen Shiatsu II

Zen Shiatsu III

Zen Shiatsu IV

Oriental Medical Philosophy

Meridians

Tsubo/Moxa Therapy

Food as Medicine

Ki Yoga Correctives I

Ki Yoga Correctives II

Body Movement Classes

Zen Renaissance weekend retreats, 3

Student Clinic, 100 hours

Additional Training and short courses

Senior First Aid Certificate, always current

Pregnancy Massage, Nature Care College, 1999

Shiatsu I, Nature Care College, 1999 (this was Namikoshi style shiatsu)

Introduction to Oriental Healing, Nature Care College, 1999

Macrobiotics 1, Nature Care College, 1999

Shiatsu 2, Nature Care College, 1999 (this was Namikoshi style shiatsu)

Holistic Counseling 1A, Nature Care College, 1999

Zen Shiatsu 1, Nature Care College, 1999

Practice Management, Nature Care College, 2000

Safe Practices (occupational health and safety training), NSW School Therapeutic Massage, 2005

Shiatsu for Pregnancy, taught by Suzanne Yates, Australian Shiatsu College, 2005

Teacher Training

Certificate IV in workplace Training and Assessment

Eastern Suburbs Evening College, April 2004

New South Wales School of Therapeutic Massage

I spent two terms training with teachers at the NSW School of Therapeutic Massage to become a teacher there.

Term 2, 2002 Training in the Certificate of Swedish Massage with Tina Papa-Case

Term 3, 2002 Training in the Certificate of Shiatsu with Richard Bates

Term 3, 2002 Training in the Certificate of Swedish Massage with Brigid Carroll

This training consisted of sitting in on classes and observing teaching techniques, contributing to group discussions in classes, as well as supervised instruction of the class for the final third of each lecture in the Swedish Massage training. There were also briefing and debriefing sessions with the teacher I was training with before and after classes as required.

Background

Bachelor of Arts in Interior Design

University of South Australia, 1992.

I have a background in ecological architecture and design. I often do consultancy work as a part of a social planning team. In this context I have facilitated many groups of people at public meetings and educational forums. Relevant responsibilities from this side of my professional life are as follows.

Facilitation of participatory decision-making and design processes

- Workshop design and planning – structuring agendas and events to facilitate community input in decision making processes
- Workshop facilitation – including facilitation of events for up to 125 people with simultaneous translation into 5 different languages
- Production of *appropriate* interpretive and educative materials for community participation in 'plain English'
- Client liaison
- Liaison with the public in an educational capacity (at information stalls, giving lectures to schools and other interested groups, giving television interviews)

Memberships & Insurance

Memberships

Australian Traditional Medicine Society - Remedial Massage and Shiatsu Practitioner (www.atms.com.au)

Shiatsu Therapy Association of Australia – Shiatsu Practitioner (www.staa.org.au)

**note* – these are not active currently as I am not living in Australia

Insurance

Marsh Pty Ltd, Medical Malpractice and General Liability.

Two million for any one claim, four million in the aggregate

Insured for: Remedial Massage, Shiatsu, Pregnancy Massage and Teaching/Instruction.

**note* – this is not active currently as I am not living in Australia

Professional Practice

Practice History

Provided remedial massage treatments on a casual basis from my home or providing home visits from January 1999 to January 2000

Helios Health and Beauty, 54 Nelson Street Rozelle, rented space to practice Remedial Massage from January 2000 to March 2001

Balmain Health Foods, 281 Darling Street, Balmain, rented space to practice Remedial Massage and Zen Shiatsu from April 2001 to September 2003

Balmain Natural Therapies, Suite 2 2A Booth Street Balmain, 9818 3492 rented space to practice Remedial Massage and Zen Shiatsu from October 2003 to October 2006

NSW School of Therapeutic Massage, Level 5, 303 Pitt Street Sydney, 9283 2588. Available on Tuesdays and Wednesdays only, from March 2001 to October 2006

Mobile 'corporate massage' service, I have had some clientele from this sector for whom I provide sit up massage in their work environs. This service has always been available.

Bodywork Teaching

Certificate of Zen Shiatsu

Elective course as a part of a Certificate IV in Massage (titled Diploma Remedial Massage until January 2004), NSW School of Therapeutic Massage

I taught this course from term 4, 2002 to term 2, 2006. Course materials for this course are the copyright of Zen Renaissance College in Bondi Junction where I completed my Diploma of Zen Shiatsu. I worked together with Jack Marshall, the principal of Zen Renaissance to compile the notes and lesson plans for this certificate level course from his extensive wealth of material for his diploma course. This course involved teaching both theoretical and practical aspects of Zen Shiatsu, and comprised 36 hours of face to face teaching.

**Bodywork
Teaching**
continued...

Certificate of Swedish Massage

Introductory course as a part of a Certificate IV in Massage (titled Diploma Remedial Massage until January 2004), NSW School of Therapeutic Massage

I delivered this course from term 1, 2003 to term 2, 2006 – sometimes more than one class per term. This course involved teaching both theoretical and practical aspects of Swedish massage, and comprised 30 hours of face to face teaching. I did not write the material for this course.

Student Clinic

Student clinic as a part of a Certificate IV in Massage (titled Diploma Remedial Massage until January 2004), NSW School of Therapeutic Massage

I supervised both the Shiatsu and Swedish/Remedial Massage clinics at the New South Wales School of Therapeutic Massage regularly during my time there.

Other

National Competency Standards – Shiatsu

In 2001 I was a member of a panel convened to define appropriate training standards for shiatsu practitioners in Australia. I was still a student at this time and thus participated in a limited capacity, as a representative of Zen Renaissance College. This process formed a part of an 'across the board' initiative to set competency standards for government accredited training organisations in Australia.

Course Accreditation Documentation

During my time teaching at the NSW School of Therapeutic Massage, the Australian Traditional Medicine Society (one of the professional bodies our school was accredited with) required all courses to go through a 'reaccreditation' process in order to ensure they were meeting new industry standards. The school engaged my services to advise on any changes necessary and prepare all documentation for our reaccreditation submission. The new standards required us to add two subjects to our course and I compiled lists of competencies for these courses and found teachers to teach them. Our application was successful.

Shiatsu Peer Support

Whilst living in Sydney I was participant in a peer support group of the Shiatsu Therapy Association. I see such groups as invaluable to practitioners working in isolation to share knowledge and experience. I have hosted meetings in my clinic rooms in Balmain for this group also. I am also part of a peer support network in South Australia and the 'wellmother' online peer support group for practitioners working with pregnant women.

Referees

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