



sophia van ruth

massage and shiatsu résumé april 2019

Personal Details

Telephone: +31 (0)6 444 66 197
Address: Koornmarkt 75H, 2611EC, Delft, Netherlands
Email: sophia@animatearts.net
Born: 26 September 1971
Website: www.animatearts.net
Languages: English (native speaker), Dutch (good working proficiency)

Bodywork Education

Diploma of Remedial Massage

New South Wales School of Therapeutic Massage, 1999 (now called the NSW School of Massage)

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

Incorporating the following subjects:

Zen Shiatsu I	Food as Medicine
Zen Shiatsu II	Ki Yoga Correctives I
Zen Shiatsu III	Ki Yoga Correctives II
Zen Shiatsu IV	Body Movement Classes, 80 hours
Oriental Medical Philosophy	Retreat Intensives, 2 weekends, 1 full week
Meridians	Student Clinic, 100 hours
Tsubo/Moxa Therapy	

Additional Training and short courses

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

Memberships & Insurance

Memberships past and present

Australian Traditional Medicine Society - Remedial Massage and Shiatsu Practitioner (until 2008 when I left Australia)

Shiatsu Therapy Association of Australia – Shiatsu Practitioner (currently associate membership only whilst not practicing in Australia)

NIBIG - Het Nederlands Instituut voor Belangenbehartiging Integrale Gezondheidszorg (current) this organisation can also impartially receive complaints about my work (as required by Dutch wkkgz law).

Current Insurance

Balens Verzekeringen – Malpractice, general liability and product liability insurance (beroepsaansprakelijkheid, aansprakelijkheid voor bedrijven, productaansprakelijkheid)

€ 1.000.000 per incident

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 on from April 2001 to September 2003

Balmain Natural Therapies, Suite 2 2A Booth Street Balmain, 9818 3492. Available on Sundays regularly and other days on a casual basis, from October 2003 to October 2006

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

Mobile 'corporate massage' service, Some regular clients in Sydney from 2004 – 2008

Freelance masseur, Beleef Wellness, Den Haag, March 2009 – October 2011

Freelance masseur, Elysium BV sauna complex, Bleiswijk, April 2009 – February 2013

Freelance 'stoelmasseur' with Helder Werk BV, March 2013 – current

I also receive occasional private clients currently, but do not actively advertise this anymore

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 (RTO)

I taught this course from term 4, 2002 to term 2, 2006. I worked together with Jack Marshall, the principal of my shiatsu college 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.

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 (RTO)

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 (RTO)

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

Short Public Courses

Held occasionally in the Netherlands 2010 - current

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.

Other Education and Work

I also hold a bachelor of Arts in Interior Design from the University of South Australia (1992) and a Masters Degree in Holistic Science from Schumacher College in the UK (2008). I previously worked for 10 years part time on urban design projects where I helped facilitate community engagement in design and decision making. I currently provide workshops and trainings helping give people fresh perspectives on complex problems (alongside my massage work). For more about my other work, see my website www.animatearts.net.