



On the Path to a Registered Profession

From the Origins until The Present

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Overview of Topics

- Origins
- Two European Associations
- Milestones & Strategies
- Current Dual Strategy
- Brussels Symposium

National Level Pioneers

- 1981: Shiatsu Society UK (SSUK)
- 1989: Shiatsu Society Ireland (SSI)
- 1989: Shiatsu Gesellschaft Schweiz (SGS)
- 1990: Belgische Shiatsu Federatie/
Federation Belge de Shiatsu (BSF)
- 1990: Federazione Italiana Shiatsu (FIS)
- 1992: Gesellschaft Shiatsu Deutschland
(GSD)
- 1993: Österreichischer Dachverband
Shiatsu (ÖDS)

European Shiatsu Federation (ESF)

Foundation: 1994



Founding Members:

- Austria (ÖDS)
- Germany (GSD)
- Great Britain (SSUK)
- Italy (FIS)
- Switzerland (SGS)

- First president: **Douglas Gattini**

International Shiatsu Network (ISN)

Foundation: 2003

International
Shiatsu
Network
Association

Founding & Current Members

- France (FFST)
- Germany (GSD)
- Italy (FISieo)
- Switzerland (SGS)

ESF: Current Members

- **Austria:** Österreichischer Dachverband Shiatsu (ÖDS)
- **Belgium:** Belgische Shiatsu Federatie (BSF)
- **Czech Republic:** Česká Asociace Shiatsu (CAS)
- **Greece:** Ελληνική Εταιρεία Σιάτσου (HSS)
- **Hungary:** Magyar Shiatsu Egyesület
- **Ireland:** Shiatsu Society Ireland (SSI)
- **Italy:** Coordinamento Operatori Shiatsu (COS)
- **Spain:** Asociacion de Profesionales de Shiatsu de España (APSE)
- **Sweden:** Kroppsterapeuternas Yrkesförbund (KrY)
- **UK:** Shiatsu Society UK (SSUK)

ESF: Primary Objectives

- To establish Shiatsu as a legally recognized, autonomous profession throughout Europe
based on:
- A unified minimum standard of professional training (curriculum)

Milestones & Strategies

- Shiatsu included as CAM in Lannoye Report and EU Resolution
- Shiatsu Research (safety and effectiveness) on Integration into the European Public Health System
- From Public Health Practice to Licence to Practice
- Grassroots and EQF

Shiatsu as CAM

- **Report on the status of non-conventional medicine** - Lannoye-Report (March 1997): Shiatsu is listed as a CAM method
- Public opinion turns against alternative medicine: 'The case of Olivia' (Ryke Geerd Hamer)
- **EU Resolution on the status of non-conventional medicine** (May 1997)
- Research required for further recognition

Research on Shiatsu

- **2001 - 2003: Two-country cohort study** in Germany & UK
Andrew F. Long and Hannah Mackay: The Effects of Shiatsu: findings from a two-country exploratory study
- **2005 - 2007: Three-country cohort study** in Austria, Spain & UK
Andrew F. Long: The Effects and Experience of Shiatsu: A Cross-European Study

Integration into European Public Health System

EFCAM:

- Founded in 2004
- European Federation for Complementary & Alternative Medicine
- Umbrella organisation for complementary and alternative medicine (CAM) and healthcare
- Representing the interests of practitioners, patients and other users of complementary and alternative health methods in the European Union.

Integration into European Public Health System

Only 10 - 40 percent of health status and life expectancy can be attributed to medical care

Key EU health strategies

- **Health in All Policies:** Living and working conditions as major influence on health
- **Active and Healthy Ageing:** Two more healthy life years by 2020
- **Containment of non-communicable chronic diseases (NCD)**

➤ Licence to Practice

- Integration into healthcare sector is seen to be failing due to lack of evidence
- Lobbying in Brussels now focused on the labour market and the 'right to work'
- 2015: estimated half a million people practising CAM in Europe
- Europe-wide practice linked to three countries: 'cross-border rights'.

ESF Current Dual Strategy

- 2019 - termination of lobbying in Brussels
- Dual strategy
 - Grassroots movement
 - EQF-based political approach

Grassroots Strategy

Shiatsu Without Borders

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Shiatsu Resources Worldwide

- No restrictions concerning affiliation
- Networking with Shiatsu practitioners worldwide
- High-quality public relations work, to present significant Shiatsu projects
- Access to both projects via dual ESF websites.

EQF Strategy

- Classification of Shiatsu training in the European Qualifications Framework (EQF)
- A method to achieve Europe-wide recognition of Shiatsu
- Details: next presentation

Brussels Conference, Feb 2025

- Conference of all ESF member associations' board members, in addition to ESF reps, and invitation of all other Shiatsu associations and their representatives
- The aim is a resolution on further joint action for European professional recognition beyond association boundaries.

Weblinks:

- **ESF**
<https://europeanshiatsufederation.eu>
- **Shiatsu without borders**
<https://europeanshiatsufederation.eu/shiatsu-without-borders>
- **Shiatsu Resources Worldwide**
<https://europeanshiatsufederation.eu/shiatsu-resources-worldwide>
- **Facebook**
<https://www.facebook.com/EuropeanShiatsuFederation>
- **Instagram**
<https://www.instagram.com/europeanshiatsufederation>
- **Youtube**
<https://www.youtube.com/@europeanshiatsufederation>



The European Shiatsu Federation
wishes to thank all participants and especially its
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