
Advanced Certificate in Geriatric Shiatsu Massage (Switzerland)

Geriatric Shiatsu Assessment And Diagnosis

AARP: American Association of Retired Persons, an organization that provides information and resources on aging and health, relevant to Geriatric Shiatsu Assessment And Diagnosis as it offers insights on the health concerns of older adults.

Abdominal diagnosis: a method used in shiatsu to assess the abdominal area for any imbalances or blockages in the energy flow, essential for understanding the overall health of the individual.

Active listening: a technique used in communication where the listener pays attention to the speaker, paraphrasing and reflecting their words to ensure understanding.

Acupoints: specific points on the body used in shiatsu and other forms of traditional Chinese medicine to stimulate the flow of energy, key to restoring balance and promoting health.

Acupuncture: a form of traditional Chinese medicine that involves the insertion of fine needles into specific points on the body to stimulate the flow of energy, complementary to shiatsu.

Adaptation: the process of adjusting to changes in the environment or circumstances, crucial for older adults to maintain their independence and well-being.

Aging: the process of growing older, naturally affecting the physical, emotional, and mental health of individuals.

Alternative therapy: a form of therapy that is not part of conventional Western medicine, such as shiatsu, increasingly recognized for its benefits in promoting health and well-being.

Anatomy: the study of the structure and organization of the body, essential for understanding the principles of shiatsu.

Anmo: a form of Japanese massage that is similar to shiatsu, focusing on the manipulation of soft tissue to restore balance and promote relaxation.

Assessment: the process of evaluating an individual's health and well-being, critical in Geriatric Shiatsu Assessment And Diagnosis to identify areas of imbalance and develop an effective treatment plan.

Auriculotherapy: a form of therapy that involves the stimulation of points on the ears to promote health and well-being, related to shiatsu in its focus on specific points to restore balance.

Balance: a state of equilibrium and harmony in the body, essential for maintaining physical, emotional, and mental health.

Body awareness: the ability to be aware of one's body and its sensations, important for older adults to maintain their physical and emotional well-being.

Bodywork: a form of therapy that involves the manipulation of the body's soft tissue to promote relaxation and well-being, including shiatsu and other forms of massage.

Breathwork: a form of therapy that involves the use of breathing techniques to promote relaxation and well-being, complementary to shiatsu in its focus on the breath as a tool for balance.

CAM: Complementary and Alternative Medicine, a range of therapies that are not part of conventional

Western medicine, including shiatsu and other forms of traditional Chinese medicine.

Case study: a detailed examination of an individual's health and well-being, useful in Geriatric Shiatsu Assessment And Diagnosis to develop an effective treatment plan.

Chakra: a concept in Hindu and Buddhist traditions that refers to the energy centers in the body, related to the concept of qi in traditional Chinese medicine.

Channel: a pathway through which energy flows in the body, key to understanding the principles of shiatsu.

Chi: the Chinese term for qi, referring to the life energy that flows through the body, central to the principles of shiatsu.

Chinese medicine: a system of medicine that originated in China, based on the concept of qi and the balance of yin and yang.

Circadian rhythm: the natural cycle of physical and emotional changes that occur in the body over a 24-hour period, affecting the flow of energy and overall health.

Cognitive function: the ability to think, learn, and remember, essential for older adults to maintain their independence and well-being.

Community-based care: a form of care that is provided in the community, rather than in a hospital or institutional setting, important for older adults to maintain their social connections and support networks.

Compassion: a feeling of empathy and concern for others, essential for healthcare professionals working with older adults.

Complementary therapy: a form of therapy that is used in conjunction with conventional Western medicine, such as shiatsu, to promote health and well-being.

Conceptual framework: a theoretical structure that guides the development of a treatment plan, useful in Geriatric Shiatsu Assessment And Diagnosis to understand the underlying principles of shiatsu.

Confidentiality: the principle of maintaining the privacy and confidentiality of an individual's personal and health information, essential in healthcare settings.

Constitutional type: a concept in traditional Chinese medicine that refers to an individual's unique characteristics and tendencies, relevant to Geriatric Shiatsu Assessment And Diagnosis.

Continuity of care: the provision of ongoing care and support to an individual over time, important for older adults to maintain their health and well-being.

Contraindication: a condition or situation that makes a particular treatment or therapy unsuitable, critical to consider in Geriatric Shiatsu Assessment And Diagnosis.

Coping mechanism: a strategy or technique used to manage stress or difficult emotions, useful for older adults to maintain their emotional well-being.

CPR: Cardiopulmonary Resuscitation, a technique used to restore breathing and circulation in an individual who has stopped breathing or whose heart has stopped beating, essential for healthcare professionals to know.

Culture: the customs, values, and beliefs of a particular group or society, affecting the way individuals understand and experience health and illness.

Daoyin: a form of Chinese exercise that combines movement, breathwork, and meditation to promote health and well-being, related to shiatsu in its focus on the flow of energy.

Diagnosis: the process of identifying the underlying cause of an individual's symptoms or condition, critical in Geriatric Shiatsu Assessment And Diagnosis.

Disease: a condition or disorder that affects the body or mind, affecting the flow of energy and overall health.

Diversity: the presence of different cultures, ages, and abilities within a community or population, important to consider in Geriatric Shiatsu Assessment And Diagnosis.

Eastern medicine: a system of medicine that originated in Asia, including traditional Chinese medicine and other forms of holistic healing.

Elderly: older adults, typically defined as individuals aged 65 or older, the focus of Geriatric Shiatsu Assessment And Diagnosis.

Element: a concept in traditional Chinese medicine that refers to the natural elements of wood, fire, earth, metal, and water, related to the balance of yin and yang.

Emotional intelligence: the ability to understand and manage one's own emotions and those of others, essential for healthcare professionals working with older adults.

Empathy: the ability to understand and share the feelings of others, critical in building rapport and trust with older adults.

Energy: the vital force that flows through the body, central to the principles of shiatsu.

Environmental factor: a factor in the environment that can affect an individual's health and well-being, such as air pollution or social isolation.

Ergonomics: the study of how to design and arrange objects and spaces to promote comfort and efficiency, important for older adults to maintain their physical and emotional well-being.

Ethics: the principles of right and wrong that guide behavior and decision-making, essential in healthcare settings.

Evaluation: the process of assessing the effectiveness of a treatment plan, critical in Geriatric Shiatsu Assessment And Diagnosis.

Exercise: physical activity that is designed to promote health and well-being, such as tai chi or qigong, useful for older adults to maintain their physical and emotional health.

Fascia: a type of connective tissue that surrounds and supports the muscles, bones, and other structures in the body, key to understanding the principles of shiatsu.

Five elements: a concept in traditional Chinese medicine that refers to the natural elements of wood, fire, earth, metal, and water, related to the balance of yin and yang.

Flow: the smooth and unobstructed movement of energy through the body, essential for maintaining health and well-being.

Geriatric: relating to the health and care of older adults, the focus of Geriatric Shiatsu Assessment And Diagnosis.

Gerontology: the study of aging and the health and care of older adults, relevant to Geriatric Shiatsu Assessment And Diagnosis.

Hara: the abdominal area, considered to be the center of the body in traditional Japanese culture, important in shiatsu diagnosis.

Health: a state of physical, emotional, and mental well-being, essential for maintaining quality of life.

Healthcare: the provision of medical care and treatment to individuals, including shiatsu and other forms of complementary therapy.

Holistic: a approach to health and medicine that considers the whole person, including physical, emotional, and spiritual aspects, characteristic of shiatsu and other forms of traditional Chinese medicine.

Homeostasis: the ability of the body to maintain a state of balance and equilibrium, essential for maintaining health and well-being.

Hormone: a chemical messenger that is produced by the endocrine system, affecting the flow of energy and overall health.

ICD: International Classification of Diseases, a system used to classify and code diseases and health conditions, used in healthcare settings.

Illness: a condition or disorder that affects the body or mind, affecting the flow of energy and overall health.

Informed consent: the process of obtaining an individual's agreement to a treatment or procedure, essential in healthcare settings.

Intake: the process of gathering information about an individual's health and well-being, critical in Geriatric Shiatsu Assessment And Diagnosis.

Intervention: a treatment or action that is taken to promote health and well-being, such as shiatsu or other forms of complementary therapy.

Jin: a type of energy that is associated with the flow of qi, key to understanding the principles of shiatsu.

Ki: the Japanese term for qi, referring to the life energy that flows through the body, central to the principles of shiatsu.

Kyo: a concept in shiatsu that refers to the depletion or deficiency of energy, related to the balance of yin and yang.

Life force: the vital energy that flows through the body, essential for maintaining health and well-being.

Lifestyle: the habits and patterns of behavior that affect an individual's health and well-being, important to consider in Geriatric Shiatsu Assessment And Diagnosis.

Listening: the process of paying attention to an individual's words, paraphrasing and reflecting their words to ensure understanding.

Manual therapy: a form of therapy that involves the use of the hands to manipulate the body's soft tissue, including shiatsu and other forms of massage.

Massage: a form of therapy that involves the manipulation of the body's soft tissue to promote relaxation and well-being, including shiatsu and other forms of massage.

Medical history: the record of an individual's past illnesses, injuries, and medical treatments, essential in Geriatric Shiatsu Assessment And Diagnosis.

Meditation: a practice that involves focusing the mind and promoting relaxation, useful for older adults to maintain their emotional and mental well-being.

Meridian: a pathway through which energy flows in the body, key to understanding the principles of shiatsu.

Mind-body connection: the relationship between the mind and body, essential for maintaining health and well-being.

Mindfulness: the practice of being present and aware in the moment, useful for older adults to maintain their emotional and mental well-being.

Mobility: the ability to move and walk, important for older adults to maintain their physical and emotional well-being.

Modality: a form of therapy or treatment, such as shiatsu or acupuncture.

Movement: the ability to move and exercise, essential for maintaining physical and emotional health.

NCCAM: National Center for Complementary and Alternative Medicine, a US government agency that researches and provides information on complementary and alternative medicine, including shiatsu.

Neck and shoulder release: a technique used in shiatsu to release tension in the neck and shoulder area, useful for promoting relaxation and reducing stress.

Networking: the process of building relationships and connections with others, important for healthcare professionals to stay updated on the latest research and best practices.

Non-invasive: a treatment or procedure that does not involve the insertion of instruments or devices into the body, characteristic of shiatsu and other forms of complementary therapy.

Nursing home: a residential facility that provides care and support to older adults, often providing shiatsu and other forms of complementary therapy.

Nutrition: the study of the relationship between food and health, essential for maintaining physical and emotional health.

Occupational therapy: a form of therapy that helps individuals to develop the skills and abilities needed for daily living, useful for older adults to maintain their independence and well-being.

Older adult: an individual aged 65 or older, the focus of Geriatric Shiatsu Assessment And Diagnosis.

Oncology: the study of cancer and its treatment, relevant to Geriatric Shiatsu Assessment And Diagnosis.

Outcome: the result or effect of a treatment or intervention, critical in evaluating the effectiveness of shiatsu and other forms of complementary therapy.

Palliative care: a form of care that focuses on providing comfort and support to individuals with serious illnesses, often providing shiatsu and other forms of complementary therapy.

Pathology: the study of disease and its underlying causes, essential for understanding the principles of shiatsu.

Patient-centered care: a approach to care that focuses on the individual's needs and preferences, characteristic of shiatsu and other forms of holistic medicine.

Pharmacology: the study of the effects of medications on the body, relevant to Geriatric Shiatsu Assessment And Diagnosis.

Physical therapy: a form of therapy that helps individuals to develop the physical skills and abilities needed for daily living, useful for older adults to maintain their physical and emotional well-being.

Physiology: the study of the functions and processes of the body, essential for understanding the principles of shiatsu.

Polarity: a concept in traditional Chinese medicine that refers to the balance of yin and yang, key to understanding the principles of shiatsu.

Practitioner: a healthcare professional who provides shiatsu or other forms of complementary therapy,

trained in the principles and techniques of shiatsu.

Preventive care: a form of care that focuses on preventing illness and promoting health, characteristic of shiatsu and other forms of holistic medicine.

Psychology: the study of the mind and behavior, relevant to Geriatric Shiatsu Assessment And Diagnosis.

Qi: the Chinese term for life energy, referring to the vital force that flows through the body, central to the principles of shiatsu.

Qigong: a form of Chinese exercise that combines movement, breathwork, and meditation to promote health and well-being, related to shiatsu in its focus on the flow of energy.

Rehabilitation: a form of care that focuses on helping individuals to recover from illness or injury, often providing shiatsu and other forms of complementary therapy.

Relaxation: a state of calm and reduced stress, essential for maintaining physical and emotional health.

Research: the systematic study of a topic or phenomenon, critical in evaluating the effectiveness of shiatsu and other forms of complementary therapy.

Respiratory system: the system of organs and tissues that are responsible for breathing, essential for maintaining physical and emotional health.

Risk factor: a factor that increases the likelihood of developing a particular disease or condition, important to consider in Geriatric Shiatsu Assessment And Diagnosis.

Safety: the protection of individuals from harm or injury, essential in healthcare settings.

Sensory awareness: the ability to be aware of one's senses and sensations, useful for older adults to maintain their physical and emotional well-being.

Shiatsu: a form of Japanese massage that combines pressure, stretching, and manipulation to promote health and well-being, focus of Geriatric Shiatsu Assessment And Diagnosis.

Social support: the network of relationships and connections that provide emotional and practical support, essential for older adults to maintain their physical and emotional well-being.

Spirituality: the connection to something greater than oneself, important for maintaining emotional and mental health.

Stress: a state of physical, emotional, or mental tension, affecting the flow of energy and overall health.

Symptom: a sign or indication of a particular disease or condition, critical in Geriatric Shiatsu Assessment And Diagnosis.

Syndrome: a set of symptoms that occur together, characteristic of certain diseases or conditions.

Systemic: relating to the entire body or system, essential for understanding the principles of shiatsu.

Tai chi: a form of Chinese exercise that combines movement, breathwork, and meditation to promote health and well-being, related to shiatsu in its focus on the flow of energy.

Technique: a method or approach used in shiatsu or other forms of therapy, such as pressure, stretching, or manipulation.

Tensegrity: a concept in anatomy that refers to the balance of tension and compression in the body, key to understanding the principles of shiatsu.

Therapeutic relationship: the relationship between the practitioner and the individual receiving care, essential for building trust and promoting healing.

Therapy: a form of treatment or intervention that is used to promote health and well-being, including shiatsu and other forms of complementary therapy.

Tissue: the material that makes up the body's organs and structures, such as muscle, bone, or connective tissue.

Touch: the sense of contact or pressure, essential for shiatsu and other forms of manual therapy.

Traditional Chinese medicine: a system of medicine that originated in China, based on the concept of qi and the balance of yin and yang.

Training: the process of learning and developing the skills and knowledge needed to become a practitioner, essential for shiatsu and other forms of complementary therapy.

Treatment plan: a plan that outlines the course of treatment and care for an individual, critical in Geriatric Shiatsu Assessment And Diagnosis.

Wellness: a state of physical, emotional, and mental well-being, essential for maintaining quality of life.

Western medicine: a system of medicine that originated in the West, based on the principles of anatomy, physiology, and pharmacology.

WHO: World Health Organization, a international agency that promotes health and well-being, recognizing the benefits of shiatsu and other forms of complementary therapy.

Yin and yang: a concept in traditional Chinese medicine that refers to the balance of opposites, key to understanding the principles of shiatsu.

Yoga: a form of exercise that combines movement, breathwork, and meditation to promote health and well-being, related to shiatsu in its focus on the flow of energy.

Zang fu: a concept in traditional Chinese medicine that refers to the internal organs and their functions, essential for understanding the principles of shiatsu.