

Profile

I was born in the UK and grew up on the outskirts of London but have lived nearly all my adult life abroad. For over seven years I was resident in the Far East - mainly in Japan and China but also in India and Tibet.

It was here my interest in the oriental arts was kindled and consolidated. I moved back to Europe in 1995 and have lived in and around Uppsala, Sweden ever since.

I have been a practitioner of Taiji Quan, Qigong and martial arts since 1986 and of the healing arts (shiatsu, acupuncture, Chinese herbs) since 1992. I have taught seminars internationally since 1995 in most of these fields.

Since arriving back in Europe I have continued to deepen my experience by attending courses (particularly Ted Kaptchuk's Chinese herbal medicine course in Amsterdam), congresses (most notably in Berlin, Venice and Vienna), inviting colleagues to teach at my centre (Simon Fall, Patrizia Stefanini and Peter Yates among others) and taking regular treatments in several modalities (reflexology, rosen, sacro cranial etc).

I am involved in an ongoing project with Jeremy Halpin and Jan Nevelius, which has involved sharing teaching responsibilities at Axelsons bodywork institute for a decade, teaching summer intensive courses and currently writing a book on shiatsu, oriental medicine and the paradigm shift.

I have been involved in the politics of shiatsu and complementary medicine since 1997 and currently serve as secretary for EFCAM, the European Federation for Complementary and Alternative Medicine, of which ESF (European Shiatsu Federation) is a member.

My interests lie also in music (I play drums), dance (I have danced salsa for over ten years) and literature (I am a keen reader of fiction and have written a number of articles on shiatsu and oriental life practices).

I see shiatsu, qi gong and oriental medicine as life practices and am keen to allow my twin roles of practitioner and teacher to continually cross-pollinate and feed the eternal student inside me.

As part of my exploration I am as happy to unearth ancient shamanistic fragments as to integrate aspects of contemporary modalities such as osteopathy and Rosen bodywork into my practice.

(Jan. 2013)

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C U R R I C U L U M V I T A E

BORN

July 1st, 1963, Kent, England.

UNIVERSITY EDUCATION

BA in Law with French, Sussex University, UK and Université de Grenoble, France.

LANGUAGES

English, Swedish, French, Japanese.

CURRENT ACTIVITIES

Shiatsu, Acupuncture and Oriental Medicine, Private Practice, Uppsala, Sweden.

Shiatsu, Acupuncture and Oriental Medicine, Professional Instruction, Uppsala, Sweden.

Seminars in Acupuncture, Shiatsu, Qi Gong and Oriental Medicine, Europe, Israel & USA.

SHIATSU & ORIENTAL MEDICAL TRAINING

1989-1992 Certification in Shiatsu with Suzuki Takeo, Suzuki Shiatsu School, Tokyo, Japan.

1988-1989 Shiatsu Foundation Courses 1&2 with Nigel Dawes, L.Ac. London College of Shiatsu, London, UK.

1988-1989 Shiatsu Foundation Courses 1&2 with Liz Arundel, MRSS, British School of Shiatsu, London, UK.

1989-1991 International Acupuncture and Moxibustion Diploma Intensive with Peter Yates, L.Ac. Director of International Studies Program, Edo Kai Institute, Tokyo, Japan.

1990-1995 Internal Qi Gong Training in Dao Dan Pai System with Master S. K. Lew.

1991-1999 Internal Martial Arts (Xing Yi, Ba Gua, Taiji), Qing Dynasty Herbal Formulas, with

- Master L. G. Hua, Hong Mo Tong Training Centre, Canton, China.
- 1991&1999 Clinical Internship at Guangdong Provincial Hospital, China.
- 1991-1995 Clinical Apprenticeship, Gotoh Acupuncture Clinic, Yokohama, Japan.
- 1995 NADA Ear Acupuncture for Substance Abuse, with Michael Smith, Lincoln Hospital Annexe, New York, USA.
- 1995-1997 Chinese Herbs, Diploma Course with Ted Kaptchuk, O.M.D., Anglo-Dutch Institute, Amsterdam, Holland.

PREVIOUS RELATED WORK EXPERIENCE

- 1993-pres. Workshops in Shiatsu and Oriental Medicine, Japan, UK, Sweden, Israel & USA.
- 1993-1995 Private Practice in Shiatsu and Acupuncture, Tokyo, Japan.
- 1996-1997 Shiatsu & Qi Gong Workshops, London College of Shiatsu, London, UK.
- 1996-1997 Co-director, SAOM School of Shiatsu, Stockholm, Sweden.
- 1996-1997 Ear Acupuncture for Substance Abuse, Sabbatsberg Hospital, Stockholm, Sweden.
- 1996-1997 Ear Acupuncture for Pharmaceutical Addiction, RFHL, Uppsala, Sweden.
- 1996 Visiting Lecturer in Ryodoraku Acupuncture, CAME, Uppsala, Sweden.
- 1997-1998 Qi Gong Instructor, Uppsala Remand Prison, Uppsala, Sweden.
- 1998-1999 Personnel Stress Management Program Leader, Ulleraker Hospital, Uppsala, Sweden.
- 1999 Group leader for students in Advanced Acupuncture, TCM University, Guangzhou, China.
- 2000-2009 Head of shiatsu teaching faculty Axelsons bodywork school, Stockholm, Sweden
- 2008-2012 Instructor Acupuncture Programs for Shiatsu Practitioners, Uppsala, Sweden.
- 2009-pres. Director, Isshin Gakkai school for Shiatsu and Oriental Medicine, Uppsala, Sweden

CONGRESSES ATTENDED

- 1993 Pacific Symposium, San Diego, USA (Kaptchuk, Requena, Matsumoto et al.)
- 1996 Research into Complementary and Alternative Medicine, Exeter University, UK (Ernst et al.)
- 2000 Meridian Treatment in Shiatsu, Berlin, Germany (Sasaki, Saito, Endo et al.)
- 2002 Shiatsu: from Medicine to Meditation, Vienna, Austria (Ventura, Kishi, Stefanini et al.)
- 2007 European Shiatsu Congress, Abano Terme, Italy (Clavreux, Copers, Lundberg et al.)

GUEST TEACHERS INVITED TO SWEDEN

- 1998-2009 Frans Copers, Simon Fall, Patrizia Stefanini, David Ventura, Peter Yates,