

## DOES SHIATSU WORK?

And if so, is it used for physical or emotional problems, or both? This article from The Times, reprinted with their kind permission, answers some of these questions.

**THE TIMES body&soul 1 January 2005**

# Bringing in the new

**Celia Dodd interviews three people who took an alternative route to radically changing their lives**

## **CLIFFORD COONEY, shiatsu massage and meditation**

**"Shiatsu offers a peaceful space to step back from everyday life and to think outside problems and decisions that seem to matter so much."**

Four years ago huge life changes were forced on Clifford Cooney, 42, when he lost everything: his job at the company where he had been a director since the age of 21, thousands of pounds of savings in the ensuing court battle, and his marriage. He now runs his own thriving environmental consultancy business, but the stress of starting again affected him physically and emotionally, and last year he started having shiatsu—an oriental massage therapy—once a week with a practitioner, Andy Scott. Two months ago he also started meditation.

"Having lost my job after 20 years' loyalty I decided that I would never work for anyone else again. So I was totally driven to make my own business a success. It was exciting, but even when I wasn't working I was worrying about it. I didn't realise how much everything that had happened was dragging me down emotionally. I couldn't have been unhappier, and at one point my GP diagnosed depression.

"I originally went to see Andy because I was doubled over with back pain. My GP had prescribed painkillers and when I tried remedial massage the practitioner suggested shiatsu. I hadn't even heard of it and although I was highly sceptical, I was willing to try anything.

"Andy made me see the link between my bad back and my emotional state, and after about three months of shiatsu I realised that I was changing emotionally. I felt really alive for the first time in years. The treatment is completely relaxing, but

because it is also an emotional experience it can open you up to who you are and what you want out of life. Because I became a company director at 21, my life had been very serious for a long time. Work consumed me so that I never got the chance to find out what I really wanted, or to take time out.

"Shiatsu offers a peaceful space to step back from everyday life and to think outside problems and decisions that seem to matter so much. We talk for about 15 minutes before the treatment—at least I talk and Andy listens. Often that's all you need because ultimately the answers lie in you. Each week he asks whether I've resolved particular issues, which means, subconsciously, I must have set myself personal targets.

"It has enabled me to look at things in a different way and to realise that there is usually more than one solution to a problem. It's given me clear thinking and a new direction. I feel I'm in control of my life now.

"During that difficult period I always felt negative. Now I'm happier than I've ever been and I know exactly what I want to do with my life. For years I've wanted to travel. Last year I had three motor biking holidays in France and my long-term plan is to combine running my business with travelling round the world.

"As I've calmed down, things around me have too and people have noticed how much more contented I am. I'm more considerate of colleagues. You can achieve more if you just back off and stop forcing issues.

"This new approach seems to be reflected in the success of the business, which grew substantially last year."

**'A PROBLEM CAN  
HAVE MORE THAN  
ONE SOLUTION'**

## **ANDREW SCOTT**

**MRSS(T) Registered Shiatsu Practitioner**

**21 Thurne Way, Liverpool L25 4SQ Tel / fax: 0151 722 7475 mobile: 07866 775743**

**e-mail: AndyScott@dsl.pipex.com Web: www.shiatsu-liverpool.co.uk**

**Clinics: 21 Thurne Way, Liverpool L25 4SQ & The Dojo, The Annexe, 13 Hope St, Liverpool L1 9BH**