4 Tools of Assessment

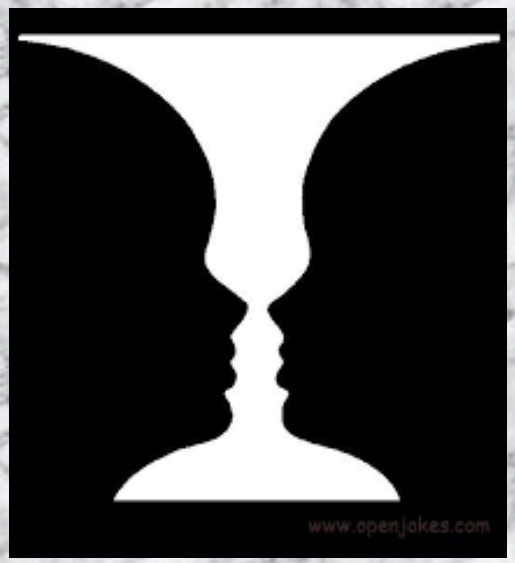
The Four Tools of Assessment

- The Four Tools of Assessment are the pillars of the Asian Bodywork Therapy assessment and pattern recognition method.

- A practitioner will utilize a creative blend of all four tools to arrive at a working assessment of the pattern being exhibited by the client.

1. Bo Shin – Observational Assessment

This assessment tool covers all the ways in which we use visual information to help us form an understanding of the picture presented to us by the receiver.



2. Mon Shin – Inquiring Assessment

This tool involves all the many questions we might ask in order to clarify the pattern we are seeing. Beyond simply the questions we ask, basic transpersonal skills at communication are brought to bear with this tool.

3. Bun Shin - Listening/Smelling Assessment

Listening/Smelling is the true detective part of our consciousness, the part of us that can listen between the lines, and hear what is not being said, as well as taking clues into the pattern from auditory information.

4. Setsu Shin – Touching Assessment

Touching is the final and ultimate tool of the Bodywork Therapist. Of all the tools it is the one we come to trust the most. Developing our palpatory skills and ability to interpret what we feel in the moment is the height of our practice.

The Way of Setsu Shin
Mother Messenger Hand Coordination
Shiatsu 1… 2… 3… 4…

- 1…
  (a) Mother Hand applies gentle contact first
  (b) Messenger Hand applies gentle contact to match Mother Hand

- 2…
  (a) Mother Hand deepens contact to medium pressure
  (b) Messenger hand deepens contact to match Mother Hand

- 3…
  (a) Mother Hand applies deepest comfortable pressure
  (b) Messenger Hand matches deepest pressure

- 4 …
  Messenger Hand releases pressure completely to move to new point, Mother Hand releases to medium pressure waits for Messenger Hand to catch up at new spot.