



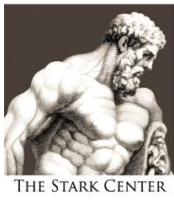
THE STARK CENTER

The H.J. Lutcher Stark Center for Physical Culture & Sports  
The University of Texas at Austin

## **Pamela (Pam) Ellen Ferguson Collection 1988-2022**

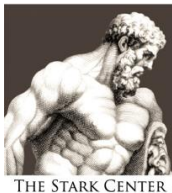
### **Abstract**

The Pamela (Pam) Ellen Ferguson Collection contains materials created and collected by the aforementioned Asian Bodywork Therapy (ABT) practitioner, instructor, and author, spanning from 1988-2022, with the majority dating from the mid-1990s to the late 2000s. Materials held within the collection demonstrate Ferguson's contributions to the ABT field in her role as teacher and writer and include syllabi, theses, instructional videos, manuscripts, and a collection of sources used for ABT-related research.



## SUMMARY INFORMATION

<b>Size of Collection:</b>	2 boxes [6 linear feet]
<b>Creator:</b>	Ferguson, Pamela Ellen.
<b>Acquisition Info:</b>	Gift of Pamela Ellen Ferguson, 2022.
<b>Accruals:</b>	No accruals are expected.
<b>Language(s):</b>	English.
<b>Processed By:</b>	Alyssa Walker and Sarah Kilfoyle, 2022.



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### **Access Restrictions**

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### **Privacy Restrictions**

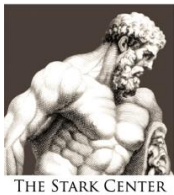
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## **INFORMATION FOR RESEARCHERS**

### **Preferred Citation**

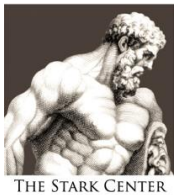
Pamela (Pam) Ellen Ferguson Collection, The H.J. Lutcher Stark Center for Physical Culture & Sports, The University of Texas at Austin.

### **Separated Material**

Books were separated from the collection and cataloged separately. You can search for books through the University of Texas at Austin Library catalog at [lib.utexas.edu](http://lib.utexas.edu).

### **Location of Copies**

Student theses present in the collection are also available at the AOMA Graduate School of Integrative Medicine Library.



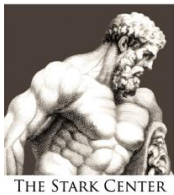
## BIOGRAPHICAL INFORMATION

Pamela Ellen Ferguson is an international author, journalist, and Asian Bodywork Therapy instructor. She was born on December 10, 1943, in Chihuahua, Mexico. Her father, Louis Ferguson, played tennis for the University of Texas at Austin from 1927 to 1929. Ferguson grew up in South Africa, the United Kingdom, and the United States, and she holds dual citizenship in the United States and the United Kingdom. Pamela's early journalistic career began at *Financial Mail* in Johannesburg, South Africa, in 1964. She then moved to London, where she worked at *Bucks Advertiser*, *The Times*, *Marketing Magazine*, and *Paul Winner Communications*. From 1972 to 1975, she was an investigative journalist for *Adweek* on London's Fleet Street, where she exposed the tobacco industry's violations of advertising codes.

In 1979, Ferguson began training in Asian Bodywork Therapy (ABT) in New York City. According to *Acupuncture Today*, ABT is a term used to describe various forms of treatment for the human body, mind, and spirit that stem from Asian healing practices. Assessments before treatment are usually based on traditional Chinese healing principles. The treatments usually involve some degree of touching along pressure points on the body. Shiatsu is the most popular form of ABT in the United States, and there are several versions practiced, including Zen Shiatsu. From 1979 to 1981, Ferguson attended the Ohashi Institute in New York City, a training center dedicated to the teachings of Shiatsu. After receiving her Instructor's Certificate, Ferguson worked as a Zen Shiatsu Instructor and Therapist in New York City from 1982 to 1986. She began her global teaching work in 1985 as a Visiting Instructor at several Shiatsu Schools across Europe and Canada.

Ferguson has several board certifications and licenses in Asian Bodywork Therapy. She is a Certified Practitioner and Instructor for the American Organization for Bodywork Therapies of Asia (AOBTA), as well as a Certified Instructor for the Shiatsu Society of Germany. She also holds a Diplomate of Asian Bodywork Therapy from the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) and is a Licensed Massage Therapist.

From 1996 to 2004, Ferguson served as the Dean of Asian Bodywork Therapy for the AOMA Graduate School of Integrative Medicine (formerly Academy of Oriental Medicine) in Austin, Texas, where she was responsible for teaching all levels of Zen Shiatsu courses, including thesis supervision. From 2006 to 2019, she was an annual guest instructor at AOMA, teaching a course called "Ethics of Bodywork." She has been a presenter at various Asian Bodywork Therapy events, including AOMA's Southwest Symposium, Texas Acupuncture Association seminars, and an AOBTA virtual convention. She has also been the Asian Bodywork Therapy Columnist for the publication *Acupuncture Today* and a contributor to the *North American Journal of Oriental Medicine* (NAJOM). Her textbooks relating to Asian Bodywork Therapy include *The Self-Shiatsu Handbook* (1995) and *Take Five – the five elements guide to Health and Harmony* (2000).

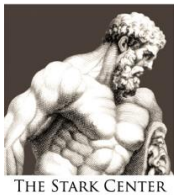


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Ferguson served as a board member for AOBTA from 1999 to 2005, acting as Central Regional Director from 1999 to 2002 and as Director of the Council of Schools and Programs from 2002 to 2005. She was also on the Exam Development Committee and Credential Review Team for Asian Bodywork Therapy for NCCAOM from 1997 to 2004. Her professional work has expanded into legislative and volunteer activism. In 2000, she worked to have Shiatsu and other therapies removed from Texas Massage Law requirements. She also co-founded Artemis, an art group for women veterans. In 2017, she organized a group of Acupuncturists and Asian Bodywork Therapists to give volunteer sessions to evacuees at a resource center after Hurricane Harvey. She organized a similar volunteer group to give sessions to employees at St. David's North Austin ICU and ER during the COVID-19 Pandemic. Ferguson has received a Community and Outreach Award (2005), an ABT Awareness Award (2006), and a Lifetime Achievement Award (2021) from AOBTA. All of these awards were for outstanding work in the field of Asian Bodywork Therapy.

Ferguson is a survivor of breast cancer and has written various articles about her experience in *Acupuncture Today*. She served with the Breast Cancer Action Group from 1989 to 1994 and has a DVD of post-mastectomy exercises called *Drawing Circles* that is based on the Qi-inspired exercises she developed after her own mastectomy in 1987.

Ferguson currently lives in Austin, Texas. She continues to contribute to *Acupuncture Today* and is working on her memoirs which will be titled *Cornish Cactus*.



## SCOPE AND CONTENT NOTE

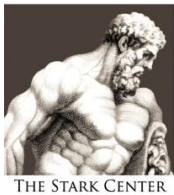
This collection holds materials created and collected by Asian Bodywork Therapy (ABT) instructor, author, and practitioner Pamela Ellen Ferguson, spanning 1988 to 2021, with the majority dating from the mid 1990s to the late 2000s. The bulk of the items focus on Ferguson's career in ABT, the exceptions being her published books outside of the ABT field and items related to her father, Louis Ferguson.

Predominantly represented is Ferguson's relationship with the AOMA Graduate School of Integrative Medicine (AOMA) based in Austin, Texas. Ferguson acted as both Dean and instructor at various points from 1996 until 2019. Materials produced during this time are mostly paper based, including brochures, pamphlets, personal business cards, syllabi, course handouts, documentation of awards received, and student theses Ferguson supervised, as well as two instructional VHS tapes. During her time at AOMA, Ferguson also taught and attended conferences for a variety of ABT organizations in Texas, much of which is documented within the collection.

Ferguson's research at that time for courses, publications, as well as for personal interest is documented in her collected health and science newspapers and magazines. Ferguson's research also extended to collecting fellow instructors' workbooks and handouts on ABT, animal therapy, and ethics, some of which contain her own notations, as well as one instance of correspondence from a fellow ABT practitioner, Tetsuro "Ted" Siato, on Shiatsu meridian practices. Ferguson's articles from this period, in assorted health blogs and magazines, on ABT topics and her experiences with breast cancer are also present in the collection. The collection includes a USB with copies of Acupuncture Today articles written by Pamela Ferguson. Included with the breast cancer articles is an instructional DVD on post-mastectomy exercises. There is also evidence of Ferguson's wider ethical and health interests shown in the inclusion of two VHS tapes, one from 1999 debunking an unlicensed Shiatsu practitioner in Houston, and the other being a PBS *Frontline* documentary from 1996 on the health effects of silicone breast implants.

Manuscripts included in the Ferguson Collection include her ABT books from the 1990s, one proof of *The Self-Shiatsu Handbook*, and three different proofs, for both German and English publishers, of *Take Five*, as well as an initial rejection letter from a publishing company. Six of Ferguson's published books came with the collection and were separated to be cataloged and housed within the UT Library system. Three of the books, *The Self-Shiatsu Handbook* (1995), *Take Five* (2000), and *Sand to Sky* (co-author Debra Duncan Persinger, Ph.D.) (2008), come from and pertain to her ABT career. The other three volumes, *Dominion* (1977), *Sunshine Picklelime* (2010), and *Crossing Lines* (2020), are all works of fiction in different genres.

The materials associated with Ferguson's ABT career are mostly from her time in Austin working with AOMA; however, some of her international work as a traveling Shiatsu instructor

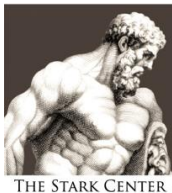


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is documented in the collection through an instructional VHS from Quebec in 1995, and documents related to her time teaching in Zurich, Germany, and Toronto in the 2010s.

Personal materials in the collection primarily pertain to Ferguson's father, Louis Ferguson, including six undated DVDs with interviews and an article written about his life by Ferguson in 2019. There is also a photograph from 1991 of Pamela Ferguson and a copy of her resume from 2022. Included in the collection are typed descriptions by Ferguson of the contents within each box.





## COLLECTION INVENTORY

### Series 1: Asian Bodywork Therapy material, 1992 - 2022

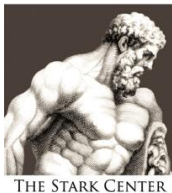
This series consists of 4 subseries: 1.1, Publications; 1.2, Media; 1.3, Asian Bodywork Therapy Courses; and 1.4, Professional Contributions

#### Subseries 1.1: Publications, 1992 - 2022

Folder Title	Box Number	Folder Number
Work Related to Breast Cancer, 1992 - 2021	1	1
Research Related to Breast Cancer, 1993 - 2021	1	2
<i>North American Journal of Oriental Medicine</i> Articles, 1995 - 2022	1	3
<i>Acupuncture Today</i> Articles, 2003 - 2022	1	4

#### Subseries 1.2: Media, 1995 - 2002

Folder Title	Box Number	Folder Number
Teaching the Japanese Scarf (or Towel) Technique Master Tape, undated	1	
Teaching Masunaga Meridians Montreal, Quebec, Canada, 1995 or 1996	1	
<i>Frontline</i> - "Breast Implants on Trial," 1996	1	
<i>KHOU 11 Houston</i> - Interview with Shein Higashiura Exposé, 1999	1	
AOMA Instructor Training Day, undated	1	

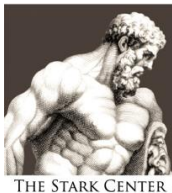


**Subseries 1.3: Asian Bodywork Therapy Courses, 1996 - 2021**

<b>Folder Title</b>	<b>Box Number</b>	<b>Folder Number</b>
AOMA Zen Shiatsu Course material, 1996 - 2021	1	5
AOMA Ethics Course material, 2001 - 2019	1	6
Research Related to Ethics Course, 2001 - 2007	1	7
International Shiatsu Schools, 2016 - 2017	1	8

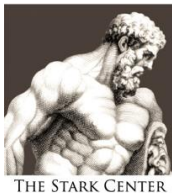
**Subseries 1.4: Professional Contributions, 1996 - 2022**

<b>Folder Title</b>	<b>Box Number</b>	<b>Folder Number</b>
AOMA Assorted Materials and Research, 1996 - 2022	1	9
AOMA Southwest Symposium, 2005	1	10
AOBTA National Conventions, 2005 - 2006	1	11
AOBTA Awards, 2006, 2021	1	12
National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM), 2006 - 2022	1	13
Texas Association of Acupuncture and Oriental Medicine Fall Seminar Day 1, 2021	1	14
Texas Association of Acupuncture and Oriental Medicine Fall Seminar Day 2, 2021	1	15



**Series 2: AOMA Zen Shiatsu Student Theses, 1997 - 2005, Undated**

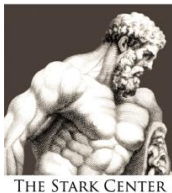
<b>Folder Title</b>	<b>Box Number</b>	<b>Folder Number</b>
AOMA Senior Shiatsu Thesis material and Library Holdings, undated	1	16
<i>Zen-Shiatsu and Professional Dancers</i> by Eve Angela Berens, 1997	1	17
<i>Zen Shiatsu and Senior Citizens</i> by Kristine L. King, 1997	1	18
<i>Zen Shiatsu and Women 40-60 Years: The Effect of Menopausal Symptoms</i> by Barbara Brodeur, 1998	1	19
<i>Zen-Shiatsu in the Treatment Stress-Related Conditioners</i> by Randall Sexton, 1998	1	20
<i>Zen-Shiatsu in the Treatment of Dysmenorrhea</i> by Elizabeth A. Gomez, 1999	1	21
<i>Zen-Shiatsu and Speech Therapy Techniques in Case of Speech Disorders</i> by Adriana Alves Martins, 1999	1	22
<i>The Benefits of Zen Shiatsu for Cancer Patients</i> by Gabrielle Mathieu, 2000	1	23
<i>Zen-Shiatsu in the Treatment of Chronic Pain Fibromyalgia and Reflex Sympathetic Dystrophy</i> by Julia Busching, 2000	2	1
<i>Zen-Shiatsu and the Treatment of Chronic Pain, Related to Physical Trauma</i> by Kelly Yuki Besfer, 2001	2	2



Folder Title	Box Number	Folder Number
<i>Dojo Injuries</i> by Michael Reese, 2002	2	3
<i>“Ohhh...! Baby, Baby, Baby...”</i> by Scott Way, 2003	2	4
<i>Dancing Through Troubled Waters: The Effectiveness of Zen Shiatsu on Scoliosis</i> by Louis Knox, 2003	2	5
<i>Addiction, Recovery, and Zen Shiatsu A Diagnostic Study: Effects of Zen Shiatsu on Chronic Disease Exacerbation and Alcohol and Drug Addictions</i> by Tamara Norris, 2004	2	6
<i>A Study of Zen Shiatsu &amp; Seasonal Allergies in Austin</i> by Rosie Coehlo, 2004	2	7
<i>A Joy, A Depression, A Meanness...Awareness as The Unexpected Visitors</i> by Rose Blanchards, 2004	2	8

**Series 3: Manuscripts, 1994 - 1999**

Folder Title	Box Number	Folder Number
<i>The Self-Shiatsu Handbook</i> Corrected Proofs, 1994	2	9
<i>Take Five</i> English Proofs, 1998	2	10
<i>Take Five</i> English Manuscript and Rejection Letter, 1998 - 1999	2	11
<i>Take Five</i> German Manuscript, 1999	2	12

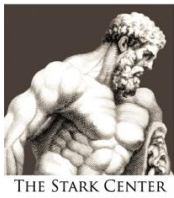


**Series 4: General Research, 1988 - 2009, Undated**

<b>Folder Title</b>	<b>Box Number</b>	<b>Folder Number</b>
Hara Therapy, undated	2	13
Animal and Experimental Therapies, 1988 - 1998	2	14
Shiatsu Writings by Tetsuro "Ted" Siato, 1995	2	15
Xuan Ming Dao Materials, 1995 - 1996	2	16
Hope Animal Therapy Manual, 1998	2	17
Correspondence with Tetsuro "Ted" Siato about Shiatsu Meridian Practices, 2000	2	18
Pediatric Research, 2004 - 2008	2	19
Health Research Newspapers, 2005 - 2008	2	20
Health Research Magazines, 2008 - 2009	2	21

**Series 5: Personal, 2019 - 2022**

<b>Folder Title</b>	<b>Box Number</b>	<b>Folder Number</b>
Louis Ferguson, 2019	2	22
Resume and Photograph of Pamela Ferguson, 2022	2	23
Box Content Information, 2022	2	24



## **SUBJECT HEADINGS**

### **Organizations**

Acupuncture Today

American Organization for Bodywork Therapies of Asia

AOMA Graduate School of Integrative Medicine

National Certification Commission for Acupuncture and Oriental Medicine (U.S.)

North American Journal of Oriental Medicine

### **People**

Ferguson, Pamela.

Siato, Tetsuro

### **Subjects**

Acupressure - - Shiatsu

Acupuncture points - - Meridian

Animals - -Therapeutic use

Asian Bodywork Therapy

Breast - - Cancer