

6-month Clinical Acupuncture Course

Traditional Chinese Medical Acupuncture Course for therapists & Healthcare Professionals focused on treating 20 common diseases.

General Introduction

Course length: Six months, broken down into six weekend sessions, 12 days intensive training.

** NOTE this course can expand into a full 3 year qualification mostly through distance learning modules & some further onsite weekend training in both acupuncture & our award winning KORE Therapy body works course**

COURSE OUTLINE

The emphasis of the course falls on the practical application of acupuncture as a treatment for a variety of research based TCM diseases. (20 Common Diseases).

The course includes an introduction to TCM theory, which serves as a foundation for the practical clinical section, and is essential for any non-acupuncture practitioner. The theory is designed to provide a working knowledge and understanding of the Acupuncture System, and the acu-points commonly used.

It includes training in needle puncturing, needle techniques/manipulation. The remainder of the course comprises TCM conditions. **Please find attached a complete breakdown of Module 1 for your records**

6 Month - OBB Acu Course Guide

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1 Module 1

1.1 Theory Content

- History of Acupuncture, Yin & Yang.
- Jing Luo - Introduction to 12 Meridians
- Introduction of 5 Elements part 1. Cun Measurement system.
- 40min period of research and study of classroom materials.
- Safety & security

1.2 Practical

- Functions, indications, locations of Acupoints.
Lu - 5,7,9. Li - 4,11,15. Sp - 6,10,15. St - 25,36,40,41.
- Basic Needling techniques – depth, angle, direction and applicable contra-indications

1.3 Assignments

Write a short paper (No More than 150 words), describing the following Western diseases:-

- Paper 1 - Asthma, Bronchitis, Pleurisy, TB, Emphysema.
- Paper 2- Addiction, Allergies. Cancer. CVA & Sequelae
- **Student Port folio instructions issued.**
- Draw mind maps for the acu-points taught in this module.
- Describe/explain the Western Functions of LU, LI, SP, ST.

1.4 Learning Outcomes

At the end of this module the Acu-student will be able to:

Outline the history of Acupuncture, Describe the relative nature of Yin & Yang, and describe the laws of interaction of Yin & Yang. List the 5 elements and associated aspects.

List the 12 meridians. Successfully locate the module acupoints. List 2 actions of the module acupoints

2 Module 2

2.1 Theory Content

- **Revisit and revise Module 1.** Functions of the Zang (Yin) Organs.
- Jing Luo - Introduction to Liver/Gall Bladder, Kidney/Bladder meridian.
- 5 Elements part 2. Introduction to Spinal Composition.
- 40min period of research and study of classroom materials

2.2 Practical

Lv – 2,3,8. GB – 20,21,30,34. KD – 3,6,7. BL Part One – 10,40,60,62.

- Functions, indications, Locations of Acupoints.
- Basic Needling techniques – depth, angle, direction and applicable contra-indications

2.3 Assignments

Write a short paper (No More than 150 words), describing the following western diseases: -

- Frozen shoulder, Sinusitis, hypertension.
- Diseases of the skin (Dermatology), Gastro-intestinal, Headache.
- Draw mind maps for the module acu-point actions. Research - Auricular acupuncture and substance abuse (NADA)
- Describe/explain the Western Functions of LV, GB, Kidney, Bladder. Complete entries into student portfolios

2.4 Learning Outcomes

At the end of this module the Acu-student will be able to:

List briefly the Functions of Yin Organs, Understand the 3 types of interaction of the 5 elements. Successfully locate the module acupoints. List 2 actions of the module acupoints.

3 Module 3

3.1 Theory Content

- **Revisit and revise Module 2.**
- Meridian Pathways for Ht/Si, P/c – S/J.
- **Diseases** – Addiction, allergies, Shoulder, Elbow and Wrist Joint problems
- 40min period of research and study of classroom materials

3.2 Practical

- Ht – 3,5,7. Si – 3,9,19. P/C – 6,7. S/J – 5,6,10.
- Functions, indications, contra-indications.
- Basic Needling techniques – depth, angle, direction and applicable contra-indications
- **Diseases** – Addiction, allergies, Shoulder,
- Musculo-skeletal - Elbow and Wrist Joint problems

3.3 Assignments

Write a short paper (No More than 150 words), describing the following: -

- The Digestive Tract
- Cancer
- Draw a mind map for the module acu points.
- Complete entries into student portfolios reference addiction, allergies.

3.4 Learning Outcomes

At the end of this module the Acu-student will be able to:

Successfully locate the module acupoints. List 2 actions of the module acupoints.
Describe/list & practise Treatment Principles for addiction, allergies, Shoulder, Elbow and Wrist Joint problems.

4 Module 4

4.1 Theory Content

- Bladder Two – The Back-Shu points, (LU, LV, SP, KD, HT).
- Disease - CVA & Sequelae, Dermatology, Diabetes, Gastrointestinal.
- Musculo-skeletal - Hip, knee and ankle probs.
- 40min period of research and study of classroom materials
- **Revisit and revise Modules 1-3**

4.2 Practical

- Functions, indications, contra-indications of Back-Shu points and Disease Treatment Principles.
- Du - 4,14,20. Ren – 4, 6, 12, 17.
- Basic Needling techniques – depth, angle, direction and applicable contra-indications.

4.3 Assignments

Write a short paper (No More than 150 words), describing the following:

- Chronic Fatigue syndrome, Prolapse of the bowel, acute diarrhoea.
- Draw a mind map for the Back-Shu points.
- Complete entries into student portfolios reference module diseases.

4.4 Learning Outcomes

At the end of this module the Acu-student will be able to:

Describe the clinical applications of the module points. Describe/list & practise Treatment Principles for CVA & Sequelae, Dermatology, Gastrointestinal, Diabetes, Stroke

5 Module 5

5.1 Theory Content

- **Revisit and revise Module 4**
- Disease - Gynaecology, Headache, Hypertension, Kidney, Liver, Neurological
- Musculo-skeletal – Lower and upper back. Revisit Musculo – skeletal modules 3-4.
- 40min period of research and study of classroom materials

5.2 Practical

- Basic Needling techniques – depth, angle, direction and applicable contra-indications
- Revision of Functions, indications, of acu points.
- Disease Treatment Principles.

5.3 Assignments

Write a short paper (No More than 150 words), describing the following:

- Fibromyalgia, Insomnia, Obesity
- Revision for oral questions on previous assignments

5.4 Learning Outcomes

At the end of this module the Acu-student will be able to:

- Describe/list & practise Treatment Principles for Gynaecology, Headache, Hypertension, Kidney, Liver, Neurological.
- Demonstrate Practical Acupuncture for Musculo-skeletal – Lower and upper back.

5.5 Assessment / Exam 1

Learning outcomes for Module 1-5 are revisited / revised & assessed.

6 Module 6

6.1 Theory Content

- Preparation for Final written Exam.
- Preparation for practical exam.

6.2 Practical

- Basic Needling techniques – depth, angle, direction and applicable contra-indications
- Revision of Functions, indications, of acu points. Disease Treatment Principles and Musculo – skeletal practise
- Group Activities in preparation for final examinations.

6.3 Final Assessment

Written assessment 2 hour paper

Practical Examination – 2 patients per student, each session not to exceed 1 hour.