National University Of Health Sciences

Acupuncture: Traditional Chinese Medicine & Practical Procedures (100 hours)

Date: January 2018 – August 2018
Location: NUHS Campus, Lombard, IL
Instructors: Joseph Carter, DC, DiplAc, LAc; Katie Gregory, DC, MSAc, DiplAc, LAc; Kristine Tohtz, DC, DABCA, MSAc, CACCP
Hours: 100

PROGRAM DESCRIPTION

The program provides doctors, doctoral/professional students and other licensed health care professionals the opportunity to learn the age-old technique of acupuncture in levels of progression. Each level incorporates classroom and laboratory practicum to advance the attendee's acupuncture knowledge along with their clinical application skills. The first 100 hours offers an overview and basic training in acupuncture theory and techniques. Each program level must be completed in its entirety, along with successful completion of all examinations.

PROGRAM OBJECTIVES

At the completion of the program, the attendee will be able to:

- Demonstrate an understating of acupuncture and Traditional Chinese Medicine (TCM) theory.
- Demonstrate proficiency in identifying and needling common acupuncture points.
- Demonstrate proficiency in applying acupuncture and TCM theory to clinical complaints and conditions.
- Confidently incorporate acupuncture in the treatment of common and complex clinical conditions.

ACU 100-1 (12.5 hrs): *Introduction to Acupuncture*

3.0 Hours — An overview of Chinese Medicine and philosophy, with an emphasis on the origin and basic tenets of acupuncture associated with treating human ailments.

3.5 Hours — Five Element Theory, Yin/Yang, Qi, Shen and Ko Cycles, Horary Cycle, Laws of Excess and Deficiency, Pulse Diagnosis, Back Shu (Associated) Points, Mu (Alarm) points.

4.0 Hours — Imbalances in nature and the change of seasons and the influences that they have on the human body.

2.0 Hours — Practical demonstration of commonly used acupuncture points and patterns.

ACU 100-2 (12.5 hrs): *Clean Needle Technique / Meridians I*

Clean Needle Technique

5.0 Hours — Guidelines and standards for clean and safe clinical practice of acupuncture.

Clean needle technique (CNT) is demonstrated and practiced; emphasis is placed on safety, hygiene, proper needle sterilization and disposal of bio-hazardous waste.

1.5 Hours Examinations (written and practical) on clean needle safety and hygiene.

Meridians I

3.0 Hours Twelve main meridians are described.
3.0 Hours Discussion of meridian pathways (superficial and deep), location of their acu-points and clinical applications.

Extensive supervised laboratory practicum, which will provide attendees with hands-on time to practice point location and proper needle insertion techniques.

ACU 100-3 (12.5 hrs): *Meridians II / Extra Ordinary Meridians*

3.5 Hours Review of Meridians I and completion of the remaining meridian pathways.

3.0 Hours Extensive supervised laboratory practicum of the 12 main meridians and the two extraordinary meridians of CV (Ren) and GV (Du), with an emphasis on accurate point location and needle application.

3.0 Hours The theory and usage of the Eight Extraordinary Meridians, including discussion of their pathways, master / couple theory and luo points.

3.0 Hours Extensive supervised laboratory practicum will incorporate tongue diagnosis, as well as location of the Eight Extraordinary Meridians.

ACU 100-4 (12.5 hrs): *Meridians III / Tongue Diagnosis*

1.0 Hour Eight Principals reflected in Tongue Diagnosis.

2.0 Hours Description of tongue characteristics and its topography visualized through case studies.

1.5 Hours Effective use of tongue diagnosis in a clinical setting.

4.5 Hours Review of Meridians I and completion of the remaining meridian pathways.

3.5 Hours Extensive supervised laboratory practicum of the 12 main meridians and the two extraordinary meridians of CV (Ren) and GV (Du), with an emphasis on accurate point location and needle application.

ACU 100-5 (12.5 hrs): *Adjunctive Patterns I*

2.0 Hours Review of the 12 main meridians and the Eight Extraordinary Meridians. Point categories and their usage (Mu, Shu, antique points, command).

4.5 Hours A systematic approach to the conditions relating to the following regions:

- spinal
- extra-spinal
    - Upper extremity (emphasis on shoulder)
    - Lower extremity (emphasis on knee & ankle)

3.0 Hours A review of the meridians emphasizing specific points for the treatment of musculoskeletal disorders.

3.0 Hours Extensive supervised laboratory practicum to provide the attendee hands-on time to continue practicing specific point location, along with needle insertion.

ACU 100-6 (12.5 hrs): *Auriculotherapy & Instrumentation*

2.0 Hours History of auriculotherapy and diagnosis, with an introduction of the three phases and how they relate to the three basic tissue layers.

2.0 Hours Auricular point location will be introduced in conjunction with needling techniques, application of pressure beads / tacks and electrical instrumentation.

2.5 Hours Treatment protocols and point formulas for addictions and other chronic health problems.

6.0 Hours Extensive supervised laboratory practicum will be used to instruct attendees in identifying proper auricular point location, along with needle and bead / tack application. Treatment options / techniques will incorporate instrumental graph findings.

ACU 100-7 (12.5 hrs): *Adjunctive Patterns II*

6.5 Hours A systematic approach to the treatment of internal disorders with acupuncture:

- insomnia, constipation, diarrhea, menstrual irregularities etc.

3.0 Hours A review of the meridians emphasizing specific points for the treatment of internal disorders.
3.0 Hours Extensive supervised laboratory practicum to provide the attendee with hands-on time to refine specific point location and needle insertion.

ACU 100-8 (12.5 hrs): *Acupuncture Research, Review / Final Examination*

3.5 Hours Acupuncture research
3.0 Hours Comprehensive acupuncture review

2.0 Hours Final written examination

4.0 Hours Final practical examination (one must serve as a patient for another test taker)

REQUIRED TEXTS:

A Manual of Acupuncture, (2nd edition, hardcover)
Peter Deadman ISBN-13: 978-0951054659

Chinese Acupuncture & Moxibustion
Cheng Xinnong ISBN-13: 978-7119017587

The Foundations of Chinese Medicine: A Comprehensive Text for Acupuncturists & Herbalists, (2nd edition)
Giovanni Maciocia ISBN-13: 978-0443074899

Clean Needle Technique for Acupuncturists, (5th edition)

RECOMMENDED TEXTS:

Tongue Diagnosis in Chinese Medicine
Giovanni Maciocia ISBN-13: 978-0939616190

EVALUATION:

1. **Clean Needle Technique Examination (Written & Practical)**

2. **Comprehensive Final Written Examination**

3. **Comprehensive Final Practical Examination**

- A score of 70% or greater is required on all examinations for successful program completion.
- Competency in performing assigned acupuncture points must be demonstrated.
- If a score of 70% is not achieved, there is one opportunity for repeating the examination. A $100 fee is assessed for all retakes.

CRITERIA FOR PROGRAM COMPLETION CERTIFICATE:

- Attendance of all classroom training hours (100 total hours).
- Successful completion of all program examinations.
- Submission of certificate request form and any applicable fees.