

# Integrating Chinese & Western Acupuncture

## Two contact days - 12 Hours CPD

This course is an introduction to the integration of traditional Chinese medicine [TCM] and Western Acupuncture [WA] in the clinical management of musculoskeletal conditions - beyond the Foundation Course

This course will offer participants who have undertaken the AACP Foundation Course, the opportunity to integrate a TCM and WA model for the management of musculoskeletal pain incorporating:

- A biomedical model of musculoskeletal pain management
- A TCM model of musculoskeletal pain
- WA approach to fascial release
- A manual therapy approach to musculoskeletal pain, integrated with TCM and trigger point needling

## Learning objectives

- Participants will gain a thorough overview of pain physiology involving:
  - Nociception
  - Central sensitivity
  - Sympathetically maintained pain
  - A TCM model of pain involving dysfunction with:
    - Qi
    - Blood
    - Organ
- A scientific evidence based approach to:
  - Yin and Yang
    - Sympathetic nervous system
    - Parasympathetic nervous system
    - Healing
    - Disease aetiology
- Pain and:
  - Eight principles
  - Channels and fascial slings
  - Organs
  - Yang disorders [acute injuries]
  - Yin disorders [chronic injury]
- Practical application of musculoskeletal acupuncture points
- Practical application of acupuncture points for endocrine dysfunction
- Practical application of acupuncture points for:
  - Cervical spine
  - Shoulder
  - Thorax
  - Low back
  - Hip and knee

## **Learning outcomes**

After successful completion of the course participants will have a basic understanding of:

1. TCM and WA models of musculoskeletal pain
2. TCM and WA models of physiology and pathophysiology
3. TCM model of pain
4. WA model of pain physiology
5. TCM and WA application of tissue healing and endocrine dysfunction
6. Practical application of musculoskeletal points for pain management
7. An evidence based application for the management of musculoskeletal pain with acupuncture, manual and exercise therapy, for clinical effectiveness.

## **Indicative content**

- Power point presentation
- Action group clinical reasoning discussion
- Problem solving with TCM and WA models
- Practical application of musculoskeletal needling

**TIMETABLE****DAY ONE**

<b>TIME</b>	<b>CONTENT</b>	<b>LEARNING OUTCOMES</b>
08:45 - 09:00	Registration Prior Learning discussion	
09:00 - 10:00	Introduction to TCM model of MSK pain	1
10:00 - 11:45	Qi and Blood	2
<b>11:45 - 11:15</b>	<b>COFFEE</b>	
11:15 - 12:15	Yin and Yang	1 & 2
12:15 - 13:00	WA pain physiology	1, 2 & 4
<b>13:00 - 13:45</b>	<b>LUNCH</b>	
13:45 - 14:45	Integration of WA and TCM in MSK pain management	1, 2, 3 & 4
<b>14:45 - 15:15</b>	<b>TEA</b>	
15:15 - 16:15	TCM model of Endocrine Dysfunction	5
<b>16:45</b>	<b>CLOSE</b>	

**DAY TWO**

<b>TIME</b>	<b>CONTENT</b>	<b>LEARNING OUTCOMES</b>
09:00 - 10:00	MSK points	1
10:00 - 11:45	Endocrine Points	2
<b>11:45 - 11:15</b>	<b>COFFEE</b>	
11:15 - 12:15	Application to Cervical Spine	5, 6, & 7
12:15 - 13:00	Application to Thoracic Spine	5, 6, & 7
<b>13:00 - 13:45</b>	<b>LUNCH</b>	
13:45 - 14:45	Application to Lumbar Spine	5, 6, & 7
<b>14:45 - 15:15</b>	<b>TEA</b>	
15:15 - 16:15	Chronic Pain	5, 6, & 7
<b>16:45</b>	<b>CLOSE</b>	