



## International Acupuncture Training Course

### Introductory Course

#### Fundamentals of Chinese Medicine (50 hours)

- Yin/yang theory
- Five-element theory
- Qi, blood and body fluids
- Physiology and pathology of internal organs in the perspective of Chinese medicine
- Etiology and pathogenesis
- Prevention

#### Diagnostics in Chinese Medicine (45 hours)

- Differences among signs, symptoms, syndromes and diseases
- Four diagnostic methods, especially tongue/pulse diagnosis
- Syndrome differentiation by eight principles
- Syndrome differentiation by zang-fu organs

#### Acupuncture (138 hours)

##### Needling technique (33 hours)

- Insertion of filiform needles
- Basic needling manipulations
- Moxibustion
- Cupping

##### Meridians and points (60 hours)

- Pathways and indications of the 14 meridians
- Locations and indications (especially locations) of 120 common points

##### Acupuncture treatment

- Treatment principle
- Elements of acupuncture formula
- Principles of point selection and combination
- Analysis, pattern identification, treatment principle and formulae of 22 common conditions

##### Clinical practice (140 hours)

#### Certificate

Students receive a Certificate of Completion (including lecture hours) from Shanghai International Acupuncture Training Center.

