



Asanté

Academy of
Chinese Medicine

伦敦爱生德中医院

Timeless Wisdom for a Modern World



Courses and Workshops

www.asante-academy.com

430 Archway Road, Highgate, London N6 4JH

020-7272-6888/020-8347-6677

info@asante-academy.com

About Asanté



Asanté Academy of Chinese Medicine is an oasis in the middle of North London. Located in Highgate, the clinic provides the highest quality, authentic [Traditional Chinese Medicine treatments](#) including Acupuncture, Herbal medicine, Tuina massage, Cupping Therapy and Moxibustion. All treatments are available and provided by our friendly and highly trained team of practitioners, led by Academy Principal, [Professor Song Xuan Ke](#).

In addition to clinical treatments, Asanté Academy is also an active teaching clinic with a long history providing Chinese Medicine education to U.K. and international students. Several different [courses](#) are available throughout the year and are suitable for beginners to practitioners of varying skill level. As well as our formal educational courses, our practitioners also offer Tai Chi and Qi Gong courses for individuals and groups.

In addition to the private clinic, Asanté Academy also maintains a long running partnership with the NHS. For 18 years we have been running both the Pain Management Clinic and the Maternity Acupuncture Service at the NHS Whittington Hospital in Archway. Additionally, we have been running the Pain Management Clinic at the North Middlesex Hospital for 15 years.



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General Information

Asanté Academy of Chinese Medicine runs a variety of different courses and short workshops covering all aspects of Traditional Chinese Medicine. We have a proud history of providing education to students wishing to study Chinese Medicine stretching back to the year 2000 which saw Asanté form a hugely successful partnership with Middlesex University.

Our courses are divided into two general categories, [certificate courses](#), and [short courses and workshops](#). We also offer a Diploma course in Chinese Herbal Medicine which is recognised by the Association of Traditional Chinese Medicine (ATCM) and the Traditional Chinese Medicine Accreditation Board (TCMAB).

Our courses are open to all students whether they are a beginner or already hold qualifications. They are suitable for those wishing to learn Chinese Medicine as a new subject or for those students wishing to add new skills to their repertoire.

Diploma Courses:

- Diploma of Chinese Herbal Medicine

Certificate Courses:

- 24-Day Course in TCM Acupuncture
- 24-Day Course in Chinese Herbal Medicine
- 14-Day Course in Tuina Chinese Massage
- 4-Day Course in Maternity Acupuncture *
- 4-Day Course in Treating Infertility with TCM *

*These courses can be taken individually or combined together into an 8-day course.

Short Courses and Workshops:

- 2-Day Tongue and Pulse Diagnosis
- 2-Day Facial Rejuvenation Acupuncture
- Song's Style Musculoskeletal Pain Management Workshops*
- Chen Style Tai Chi
- Qi Gong

*This is a rolling workshop and will run for a limited time only.

For more information on the 4-day certificate courses and our range of short courses and workshops, please contact us by telephone or email and we will be able to provide you with more details, including syllabus and course contents.

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Chinese Herbal Medicine Diploma Course

Chinese Herbal Medicine (CHM) has been practiced in China for over 3000 years and is now well known and widely accepted within Western society. Our aim is provide students with the breadth and depth of knowledge and clinical experience required for entry into the profession of Chinese Herbal Medicine.

This course will emphasise the importance of the 'therapeutic relationship' developed between practitioner and patient, as well as the difference in philosophical approach between conventional medicine and TCM.

The course is recognised by the Association of Traditional Chinese Medicine (ATCM) and is now accredited by the Traditional Chinese Medicine Accreditation Board (TCMAB). Successful graduates will be eligible for membership of ATCM.

Course Duration:

The Chinese Herbal Medicine Diploma course offers flexible start dates. Course duration is 1 year Full-Time or 2 years Part-Time with a total of 900 learning hours and 500 clinic hours. All teaching is based at Asanté Academy of Chinese Medicine in Highgate. There are currently no distance learning options for this course.

Course Timetable:

At Asanté we aim to provide a flexible teaching environment for our students while aiming to maintain structure within the teaching of courses. We recognise that students may have work and family commitments which make traditional teaching schedules incompatible with normal working and family life. As such, we aim to structure teaching days on the basis of what is mutually convenient for students and teachers. For more information please contact Asanté directly.

Enrolment Requirements:

Students must be over the age of 18 and be graduates from a recognised UK TCM course or equivalent. Applicants with no prior TCM education should successfully complete a TCM Foundation and TCM Diagnosis modules provided by a recognised TCM education institution. Students whose first language is not English must provide evidence of IELTS 6.5 or equivalent.

Assessment:

Each module will usually have 2-3 exams or assessments. These can be written exams, coursework or practical exams. Students may be granted a second attempt to sit assessments if they fail their first attempt.

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Description of Course Structure:

Core Modules:

Chinese Materia Medica (250 hours, 25 Credits)

Clinical Herbal Formulary (250 hours, 25 Credits)

Clinical Chinese Medicine (400 hours, 40 Credits)

Supervised Clinical Practice – Chinese Herbal Medicine 500 hours

Materia Medica (250 hours, 25 credits)

This is the first module of the Chinese Herbal Medicine Diploma Course. It aims to teach the knowledge of the most commonly used herbs in Chinese Herbal Medicine. This will enable students to identify common Chinese medicinal herbs and to understand their properties, functions and clinical applications. This module will also provide students with knowledge of modern pharmacology and help them to assess the active components of some key herbs.

Clinical Herbal Formulary (250 hours, 25 credits)

This module provides students the knowledge and skills on the understanding and articulation of etiological and pathological processes while learning common formulas. Students will be introduced to dispensary preparation. Students will cover principles of CM formulae construction from different sources, e.g: Shang Han Lun and Wen Bing. They will develop competence and a greater appreciation of the roles of individual formulas through critical research.

Clinical Chinese Herbal Medicine (400 hours, 40 credits)

This module aims to provide the opportunity for students, through the study of Clinical Herbal Medicine, to develop the ability to independently assess common clinical presentations, evaluate their aetiology and pathophysiology, make a diagnosis and produce appropriate herbal treatment plans. This will require continued reflection on their own personal and professional development. The knowledge and skills that students learn in this module will, along with the Supervised Clinical Practice, will enable them to become competent, safe, legal and ethical practitioners in Chinese Herbal Medicine.

Supervised Clinical Practice – Chinese Herbal Medicine (500 hours)

Clinical experience is a huge part of this course. You will spend a total of 500 hours on clinical practice, first as an observer, then through treating patients under supervision. This will enable all students to build up a portfolio of clinical work.

At the start of the course, each student will be given a personal portfolio containing all relevant courses information and students will be expected to complete all sections relevant to the modules described above.

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24-Day Course in TCM Acupuncture

The [24-Day Course in TCM Acupuncture](#) is suitable for students who are beginners wishing to learn the practice of acupuncture, students with prior TCM training who wish to add acupuncture to their repertoire or any student who may be an existing medical professional wishing to learning new skills. The course is run on a flexible basis with teaching days organised on the basis of what is best for student and teacher. The aim is for students to finish the course within 3 months.

The course will give students the requisite knowledge of all basic theories of Chinese Medicine required to become a safe, competent and legal practitioner. Upon successful completion of the courses, students will be eligible to apply for membership to an acupuncture governing body and to take out practice insurance policy. More information can be provided by Asanté.

24-Day Acupuncture Course Syllabus

Part 1: TCM Basic Theory

- Yin and Yang
- Five Elements
- Vital Substances – Qi, Jing, Blood, Body Fluids, Shen
- Zang-Fu internal organs

Part 2: TCM Diagnosis (Four Examinations)

- Observation (including Tongue Diagnosis)
- Asking (10 Questions)
- Hearing and smelling
- Palpation (including Pulse Taking)

Part 3: Aetiology and Pathogenesis of disease in TCM

- Internal Causes of disease – 7 Qing (emotions)
- External causes of disease – 7 exogenous evils
- 4 levels – disease pattern identification
- 8 principals – disease pattern identification
- Fluids and Zang-Fu pathology

Part 4: Anatomy and Physiology

- Basic knowledge of anatomy and physiology
- Knowledge of anatomy of acupuncture point location
- Study of anatomy for the application of safe needling techniques

Part 5: Acupuncture Meridians and Points

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- 14 Meridians (12 regular meridians, Ren, and Du Mai)
- Commonly used acupuncture points
- Acupuncture point location
- Acupuncture point functions

Part 6: Acupuncture Practical Techniques

- Needling techniques
- Moxibustion
- Cupping
- Other – Electro-acupuncture, ear, and scalp acupuncture

Part 7: Clinical Treatment with Acupuncture

- General principles of acupuncture treatment
- Pain management
- Internal medicine (internal conditions)
- External medicine (exterior conditions) – Skin conditions (dermatology)
- Neurological and psychological conditions
- Gynaecological conditions

Part 8: Introduction to Tuina manipulations and Chinese herbal medicine

- As part of Traditional Chinese Medicine (TCM), tuina manipulations, Chinese herbal medicine and TCM exercises (Tai Chi and Qi Gong) will be introduced in this section of the course. Students will also be able to observe their clinical applications, which will help to give them a more complete understanding of all aspects of TCM.

Part 9: Clinical Practice

- This is one of Asante Academy's unique advantages as a teaching centre and training clinic. All students will have the opportunity to follow one of our experienced teachers/practitioners in either a one-to-one or group setting, giving you the opportunity to learn and experience Chinese medicine in a real clinical setting.
- There may also be opportunities for students to participate in hands on practice, such as providing supervised needling to patients.
- Asante Academy is also proud to run acupuncture clinics in partnership with the NHS Whittington and NHS North Middlesex Hospitals. As such, there may also be opportunities for students to observe and practice within these clinics.
- Timing for clinical practice is flexible and you will be able to choose the days you wish to attend.

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24-Day Course in Chinese Herbal Medicine

The [24-Day Course in Chinese Herbal Medicine](#) is unique to Asanté Academy. It is also fully recognised and accredited by the Traditional Chinese Medicine Accreditation Board (TCMAB).

It is suitable for students who are beginners wishing to learn the practice of Herbal medicine, students with prior TCM training, such as acupuncture or tuina who wish to add Herbal medicine to their repertoire or any student who may be an existing medical professional wishing to learning new skills. The course is run on a flexible basis with teaching days organised on the basis of what is best for student and teacher. The aim is for students to finish the course within 3 months.

The course will give students the requisite knowledge of all basic theories of Chinese Medicine required to become a safe, competent and legal practitioner. Upon successful completion of the courses, students will be eligible to apply for membership to an acupuncture governing body and to take out practice insurance policy. More information can be provided by Asanté.

24-Day Chinese Herbal Medicine Course Syllabus

Part 1: TCM Basic Theory

- Yin and Yang
- Five Elements
- Vital Substances – Qi, Jing, Blood, Body Fluids, Shen
- Zang-Fu internal organs

Part 2: TCM Diagnosis (Four Examinations)

- Observation / Inspection (including Tongue Diagnosis)
- Asking (10 Questions)
- Hearing and smelling
- Palpation (including Pulse Taking)

Part 3: Aetiology and Pathogenesis of disease in TCM

- Internal Causes of disease – 7 Qing (emotions)
- External causes of disease – 7 exogenous evils
- 4 levels (Wei, Qi, Ying, Xue) – disease pattern identification
- 8 principals – disease pattern identification
- Fluids and Zang-Fu pathology

Part 4: Science of Chinese Materia Medica

- General theories of TCM materia medica
- Diaphoretic (exterior relieving) herbs
- Heat-clearing herbs
- Cathartics
- Dampness removing / resolving herbs

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- Interior warming herbs
- Qi regulating herbs
- Tonifying herbs
- Herbs to relieve food retention
- Haemostatic (Blood regulating) herbs
- Invigorating herbs
- Phlegm resolving, antitussive and anti-asthmatic herbs
- Tranquilizing (Shen calming) herbs
- Herbs to calm the Liver and dispel endogenous wind
- Resuscitative herbs
- Restorative herbs
- Astringent herbs

Part 5: Science of Prescriptions

- General theories of TCM materia medica formulary
- Prescriptions for relieving exterior syndromes
- Prescriptions for clearing heat
- Prescriptions for warming the interior
- Purgative prescriptions
- Prescriptions for mediation
- Tonifying prescriptions
- Prescriptions with astringent effects
- Prescriptions for sedation (Shen / mind calming)
- Prescriptions for resuscitation
- Qi regulating prescriptions
- Blood regulating prescriptions
- Prescriptions to treat wind syndrome
- Prescriptions for eliminating dampness
- Prescriptions for eliminating phlegm
- Peptic prescriptions
- Prescriptions for exterior skin conditions

Part 6: Clinical Treatment with Chinese Herbal Medicine

- General principles of Chinese herbal medicine treatment
- Internal conditions
- External (dermatological) conditions
- Neurological and psychological conditions
- Gynaecological conditions
- Pain Management

Part 7: Introduction to Life Cultivation and Rehabilitation with TCM

- The theoretical basis of life cultivation and rehabilitation with TCM
- Basic natural therapeutic methods of life cultivation and rehabilitation
- Introduction to techniques of life cultivation and rehabilitation

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- Forbidden points for life cultivation and rehabilitation

Part 8: Clinical Practice

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- Timing for clinical practice is flexible and you will be able to choose the days you wish to attend.



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14-Day Course in Tuina Massage

The [14-Day Course in Tuina Massage](#) is a unique massage course entirely based on Chinese Medical theory. The course is suitable for those students who have existing qualifications in Acupuncture or Herbal Medicine, however, it would also be ideal for existing massage practitioners wishing to expand their abilities. New students with no prior training in massage or Chinese medicine will need to provide proof of having completed a course or modules in basic anatomy and physiology, which are essential for the study of Tuina massage.

The ancient Chinese healing art of Tuina uses a multitude of manipulations and techniques to stimulate acupuncture points, meridians, muscles and muscle groups.

It is common practice for Tuina to be combined with other TCM therapies, particularly acupuncture.

Tuina is effective for the treatment of various musculoskeletal pain conditions and joint problems, such as low back pain, sciatica, and frozen shoulder. It can also be applied effectively for the treatment of other conditions such as headache, digestive problems, insomnia, stress and depression.

Tuina Massage Training Syllabus

- Basic theories of Chinese Medicine
- Basic theories of Tuina Therapy
- Commonly used manipulation techniques
- Revision of acupuncture theory and important acu-points (where applicable)
- Tuina treatment for commonly encountered clinical conditions
- Prevention of possible adverse effects of Tuina
- Paediatric Tuina for treatment of children
- Exercises for Tuina therapists

The above syllabus is a general overview for the course and all aspects will be covered in detail throughout the course.

This course is designed to be taught on a one-to-one basis, however, it is also possible to organise group courses from 3 or more students.

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How to find us



Directions:

We are located at: 1st Floor 430 Archway Road, Highgate, London N6 4JH.

The closest tube is Highgate, on the Northern Line. From the station, we are less than 100m walk.

Buses to Highgate: 43, 134, 143, 263

Limited off-street parking is available for both patients and students. If no parking is available, limited on-street parking can be found close to the clinic, but these spaces are time-controlled so please ensure to check the locally posted restrictions for parking.

Contact Details:

Telephone: 0207-272-6888 or 020-8347-6677

Email: info@asante-academy.com

Website: www.asante-academy.com

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