



Asanté Academy of Chinese Medicine

伦敦爱生德中医院

24-Day Certificate Course in TCM 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 – 6 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

- 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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