



Asanté Academy of Chinese Medicine

伦敦爱生德中医院

24-Day Certificate Course in TCM Pain Management

Course Syllabus

Part 1: TCM Basic Theory

- Yin and Yang.
- Five Elements.
- Vital Substances – Qi, Jing, Blood, Body Fluids, Shen.
- Zang-Fu internal organs.
- General introduction to meridians and acupoints.
- Commonly used acupoints.

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.
- Aetiology and Pathophysiology of Pain in TCM.

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 and tuina techniques.
- Important anatomical structures related to pain.

Part 5: What is Pain? A Modern Scientific Understanding

- The concept of pain.
- Pathophysiological processes of pain.
- Pain pathways.
- Acute and chronic pain.
- Peripheral and central sensitisation.
- Descending pain modulation.

Part 6: TCM Methods for Pain Management

- Acupuncture
 - Mechanisms and treatment principles.
 - Needling methods and safety concerns.
 - Influential factors affecting curative effects.
 - Evidence
- Tuina Massage
 - Mechanisms and treatment principles.
 - Tuina manipulations.
 - Contraindications and cautions.
 - Influential factors affecting curative effects.
 - Evidence.
- Cupping Therapy

Mechanisms and treatment principles.
Cupping techniques.
Contraindications and cautions.
Influential factors affecting curative effects.
Evidence.
- Traditional Chinese Herbal Medicine

Methods of syndrome differentiation of pain related conditions
Treatment principles
Commonly used herbs and herbal formulas
Safety concerns
Evidence
- Traditional Chinese Medicine Exercise

Characteristics of Traditional Chinese Exercise
Taiji
Qigong
Others
Evidence
- Lifestyle Coaching and Patient Education

Philosophy of lifestyle from a TCM point of view.
How to live a healthy and peaceful life using TCM philosophy.

Part 7: Clinical Application of TCM Methods for Pain Management

- Musculoskeletal Pain.
- Headaches and Migraines.
- Visceral (internal) Pain.
- Auto-Immune Pain.
- Other Causes of Pain.
 - Neuropathic Pain.
 - Cancer Pain.

Part 8: Clinical Practice and Examinations

- 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.
- At the end of the course, there will be a period for reviewing all materials taught, which will be followed by written and practical examinations.