

## **MWRI 100 Hour Introduction to Acupuncture**

### **Course Description:**

This course is will prepare the chiropractor to practice acupuncture based on Traditional Chinese Medicine (TCM), one of the oldest forms of recorded medicine. TCM offers a different vision of how to achieve good health than that of conventional allopathic medicine supported in America. A variety of acupuncture techniques will be taught in the first 100 hours, enabling the practitioner to diagnose and treat safely and effectively with confidence.

### **Course Objectives:**

At the completion of this program, participants will be able to:

1. Demonstrate
2. Explain how the yin/yang theory has influenced the understanding of disease in comparison to Western diagnosis of disease.
3. Describe how yin/yang theory is applied with relation to organs classification and organ function of the body in TCM.
4. Describe the 5 Elements and describe key characteristics of each element as it applies to the practice of TCM.
5. Define the role of the fundamental substances in the human body and their importance to TCM.
6. List and understand the yin and yang organs and meridians and describe their functions and roles in identifying disease patterns.
7. Describe how acupuncture works as a therapeutic practice.
8. Inform patients and other practitioners about the possible adverse effects of acupuncture interventions, based on current information published in the peer reviewed literature.
9. Perform safe and precise needling of the anatomical structures following standardized safety procedures including the clean needling technique, the safe insertion protocols along with the safe needle removal and disposal, and blood management protocols.

### **Resources:**

1. Clean Needle Technique Manual for Acupuncturists: Guidelines and Standards for the Clean and Safe Clinical Practice of Acupuncture, 6th Edition. National Acupuncture Foundation. ISBN: 0967026261
2. A Manual of Acupuncture, 2007. Deadman, P. Journal of Chinese Medicine Publications. ISBN: 9780951054659
3. Chinese Acupuncture & Moxibustion, Cheng Xinnong: ISBN: 978-7119017587
4. The Web That Has No Weaver by Ted Kaptchuk ISBN: 0809228408
5. The Foundations of Chinese Medicine 2nd Edition, 2005. Maciocia, G. Elsevier. ISBN: 0443074895

## Module 1 (ONLINE): Introduction to Traditional Chinese Medicine

HOURS	Time	Outline
2.0		Introduction to Traditional Chinese Medicine and Acupuncture History of Acupuncture Three levels of Treatment (pain control, formula, traditional) Body Measurements: Cun
1.0		Introduction to 14 Main Meridians & internal organs
2.0		The Vital Substances - Qi, blood, fluids Transformation of Qi Superficial flow of Qi Deep flow of Qi
4.0		Detailed overview of 14 Main Meridians Qi Flow Energy Clock / Horary Cycles Yin/Yang concepts Back Shu (Associated) Points & Front Mu (Alarm) Points
1.0		Detailed explanation of 12 kinds of acupuncture points and functions
3.0		Eight Extraordinary Meridians Pathways Master/Couple theory Luo Points
2.0		Identification of patterns -Eight principles: Qi, blood, body fluid, internal organs, pathogenic factors, 5 elements, channels, 6 stages, 4 levels, 3 burners
2.0		Eight diagnostic criteria Eight guiding principles
2.0		Introduction to tongue diagnosis
3.0		Point Categories and their usage (Mu, Shu, antique, command)
1.0		Needling Techniques and Considerations Tonification vs Sedation
2.0		Guidelines and Standards for Clean Needle Technique in regard to safe clinical practice of acupuncture
<b>25 Hours</b>		

## Module 2 (LIVE): Introduction to Needling

HOURS	Time	Outline
1.5		Clean Needle Technique Practice & Examination
2.0		Detailed study of Lung Meridian and Hands-on-workshop -Pathway -Function -Special Points -Forbidden Points
2.0		Detailed study of Large Intestine Meridian and Hands-on-workshop -Pathway -Function -Special Points -Forbidden Points
4.0		Detailed study of Stomach Meridian and Hands-on-workshop -Pathway -Function -Special Points -Forbidden Points
3.0		Detailed study of Spleen Meridian and Hands-on-workshop -Pathway -Function -Special Points -Forbidden Points
1.0		Detailed study of Heart Meridian and Hands-on-workshop -Pathway -Function -Special Points -Forbidden Points
3.0		Detailed study of Small Intestine Meridian and Hands-on-workshop -Pathway -Function -Special Points -Forbidden Points
5.0		Detailed study of Bladder Meridian and Hands-on-workshop -Pathway -Function -Special Points -Forbidden Points
3.5		Detailed study of Kidney Meridian and Hands-on-workshop -Pathway -Function -Special Points -Forbidden Points
<b>25 Hours</b>		

### Module 3 (ONLINE): Introduction to Accessory Techniques & Common Patterns

HOURS	Time	Outline
2.0		Review of meridians, meridian pathways, acupuncture point categories and their function/relationship to treatment
1.0		Introduction to pain control and treating sports injuries and musculoskeletal conditions
3.0		Introduction to Auriculotherapy History Point location introduction Needling Techniques
3.0		Detailed overview of Auriculotherapy Treatment protocols and point formulas for addiction, chronic health conditions, pain conditions, musculoskeletal conditions, anxiety
5.0		Common Patterns - TCM Approach to Internal Disorders Constipation/diarrhea Menstrual irregularities Stress/anxiety and depression
5.0		Common Patterns - TCM approach to Musculoskeletal Conditions Head/Neck Shoulder Wrist Low Back/Hip Knee Ankle
3.0		Introduction to Cupping, Moxa and Electorstim
2.0		Acupuncture Research
1.0		Examination
<b>25 Hours</b>		

## Module 4 (LIVE): Continuation of Needling

HOURS	Time	Outline
2.0		Detailed study of Pericardium Meridian and Hands-on-workshop -Pathway -Function -Special Points -Forbidden Points
4.0		Detailed study of Triple Warmer Meridian and Hands-on-workshop -Pathway -Function -Special Points -Forbidden Points
4.0		Detailed study of Gallbladder Meridian and Hands-on-workshop -Pathway -Function -Special Points -Forbidden Points
3.0		Detailed study of Liver Meridian and Hands-on-workshop -Pathway -Function -Special Points -Forbidden Points
3.0		Detailed study of REN Meridian and Hands-on-workshop -Pathway -Function -Special Points -Forbidden Points
3.0		Detailed study of DU Meridian and Hands-on-workshop -Pathway -Function -Special Points -Forbidden Points
2.0		Detailed study of Extra points and Hands-on-workshop -Function -Special Points -Forbidden Points
2.0		Detailed study of Auriculotherapy and Hands-on-workshop -Function -Special Points -Forbidden Points
2.0		Introduction to Cupping, Moxa and electrotherapy
<b>25 Hours</b>		