

# International Acupuncture Training Course

## Introductory Course

### Fundamentals of Chinese Medicine

- 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

- 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

#### Needling technique

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

#### Meridians and points

- 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