



南京中医药大学

Nanjing University of Chinese Medicine

国际针灸培训中心

International Acupuncture Training Center

SHORT-TERM PROGRAMS





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Nanjing University of Chinese Medicine, International Acupuncture Training Center

Nanjing International Acupuncture Training Center approved by China's Ministry of Health in 1975 is located on the campus of Nanjing University of Chinese Medicine. The university is a renowned higher education institution for TCM in China, and a WHO Collaborating Center for Traditional Medicine designated by World Health Organization. As one of the first authorized international acupuncture training centers in China, the training center has undertaken the tenet "to promote the knowledge of TCM and acupuncture to the world" since 1976. The training center enjoys a high reputation in the world. It currently has extensive communication and contact with over 90 countries and regions worldwide including Ireland, Norway, Australia and the USA. The TCM programs provided by the center cover various clinical specialties of Chinese medicine, including acupuncture and moxibustion, Tuina-massage, Chinese medicine rehabilitation and health preservation.

Regular Short-term Courses



The regular programs include Introductory Acupuncture Course and Advanced Acupuncture Course.

Introductory Acupuncture Course



- *Basic TCM theory.
- *Basic acupuncture theory, basic manipulation techniques and 120 common acupoints.
- *Diagnosis and treatment of 25 common diseases according to TCM channel and syndrome differentiation, as listed by World Health Organization (WHO), i.e. stroke, headache, stomach ache, dysmenorrhea, common cold.
- *Pre-requisites: Those who love acupuncture and have a medical background.
- *Teaching material: *Essentials of Chinese Acupuncture and Moxibustion*.
- *Duration: Total of 300 teaching hours, including 100 hours in clinical teaching and practice.
- *Dates: Starting from March 1st to May 31st, on weekdays.
- *Assessment: Written and practical examination.
- *Certification: Upon completion of all required courses and passing of all required examinations.

Advanced Acupuncture Course



- *Extensive learning and application of basic acupuncture theory
- *Systematic introduction to the Channels and Collaterals Theory
- *Extensive knowledge and application of 250 acupoints
- *Syndrome differentiation, diagnosis and treatment of 45 common diseases according to Chinese medicine basic theory as listed by WHO, i.e. rhinitis, bronchitis, asthma, chronic gastritis. This course emphasizes case discussion.
- ***Pre-requisites:** The introductory acupuncture course or equivalent. Certified transcripts or certified proof of academic qualifications are required in application.
- ***Teaching material:** *Chinese Acupuncture and Moxibustion*.
- ***Duration:** Total of 300 teaching hours, including 100 hours in clinical teaching and practice.
- ***Dates:** Starting from September 1st to November 30th, on weekdays.
- ***Assessment:** Written and practical examination.
- ***Certification:** Upon completion of all required courses and passing of all required examinations.

Non-regular Short-term Programs

Non-regular short-term programs include flexible short-term courses and special short-term courses for group students for 1-4 or more weeks.



Flexible Short-term Courses (1-4 weeks)

For student groups, the following can be adjusted according to students' background and requirements.



Clinical study

- *The course contents cover general clinical practice, and include the lectures as required on subjects such as gynecology, neurology, cardiology, urogenital system diseases with treatment of herbal medicine and acupuncture.
- ***Pre-requisites:** Open to the qualified and experienced practitioners with sufficient knowledge of TCM theory. Certified transcripts or certified proof of qualifications are required.
- ***Duration:** 1 to 4 weeks or as required.
- ***Dates:** Starting from March 1st to December 31st on weekdays, and the first week of May and October off.
- ***Assessment:** The participant's understanding and proficiency in clinical practice.
- ***Certification:** Successful participants will receive a certificate.



Seminars

- *These seminars study special TCM diagnostic and therapeutic methods, through theory and practice. Topics are based on requirements of students. There are two sections of study:
 - a. Special diseases such as gynecology, neurology, cardiology, digestive system, vascular disorders and so on.
 - b. Special techniques such as scalp acupuncture, ear acupuncture, abdominal acupuncture, fire needles and blood-letting therapy etc.



***Pre-requisites:** Open to the qualified and experienced practitioners with sufficient knowledge of TCM theory. Certified transcripts or certified proof of qualifications are required.

***Duration:** 1-4 weeks, or as required.

***Dates:** Dates: Starting from March 1st to December 31st on weekdays, and the first week of May and October off.

***Assessment:** The participant's understanding and proficiency in clinical practice.

***Certification:** Successful participants will receive a certificate.



***Lectures** are provided in English and Chinese.

***Clinical practice** is held in groups of 3 or 4 persons, in one of our teaching hospitals in Nanjing.

***Pre-requisites:** Open to the qualified and experienced practitioners with sufficient knowledge of TCM theory. Certified transcripts or certified proof of qualifications are required.

***Duration:** 1-4 weeks, or as required.

***Dates:** Dates: Starting from March 1st to December 31st on weekdays, and the first week of May and October off.

***Assessment:** The participant's understanding and proficiency in clinical practice.

***Certification:** Successful participants will receive a certificate.

Comprehensive course including:

lectures and clinical studies

Special Short-term Courses (3-4 weeks or as required)

Course Details:

*The Special Short-term Courses are individualized and unique, covering a variety of subjects in TCM that is offered for student groups of more than 10.

***Pre-requisites:** All individuals are required to be qualified, experienced practitioners with sufficient knowledge of TCM theory. Certified transcripts or certified proof of qualifications are required in application.

***Duration:** 3-4 weeks, or as required.

***Dates:** Dates: Starting from March 1st to December 31st on weekdays, and the first week of May and October off.

***Assessment:** The specifics of assessment will be set and notified.

***Certification:** Successful participants will receive a certificate.



List of Special Short-term Courses

1. The Theory of the Classic *Nei-jing* 内经 (Inner Canon) and TCM Clinical Application
2. The Medical Theory for Spleen-Stomach Diseases in the School of *Meng-He* (孟河医派) and Clinical Applications
3. Application of Integrative Chinese and Western Medicine for Cancer Treatment

List of Special Short-term Courses

4. New Theories and Techniques in TCM Conservative Therapy for Gonarthrosis (Combination therapy of herbal medicine, acupuncture needling and bone healing manipulation)
5. Infantile Tuina-massage
6. Schools of Tuina-massage
7. Tuina-massage Manipulation Techniques
8. Tuina-massage Therapy for TCM Orthopedics and Traumatology
9. Tuina-massage Treatment for Common Internal and Gynaecological Diseases
10. TCM Health-Preservation Qigong Exercise (<i>Yi-Jin Jing</i> 易经筋 / <i>Wu-Qin Xi</i> 五禽戏 / <i>Ba-Duan Jing</i> 八段锦 / <i>Liu Zi Jue</i> 六字诀)
11. <i>Shao-lin Nei-gong</i> (少林内功) Study
12. TCM Qigong Study
13. <i>Wu-Qin Xi</i> (五禽戏) and Health-Preservation Course
14. TCM Health-Preservation and Rehabilitation (H&R) Exercises
15. Study of Ancient and Classical Acupuncture Techniques
16. Specialized Therapy in Acupuncture and Moxibustion
17. Cosmetic Acupuncture
18. TCM Health-Preservation
19. Chinese Medicinal Diet

1. The Theory of the Classic *Nei-jing* 内经 (Inner Canon) and TCM Clinical Applications

- *Zang-fu theory and clinical application
- *Ying-qi(Nutrient qi), Wei-qi (Defensive qi), Qi and Blood theory and clinical application
- *Channels and Collaterals theory and clinical application
- *Disease-syndrome theory and clinical application
- *Therapeutic principles and methods of *Nei-jing* and clinical application
- **Nei-jing* principle and theory application in clinical gynecology

2. The Medical Theory for Spleen-Stomach Diseases in the School of Meng-He and Clinical Applications

- *Introduction to the School of Meng-He and its theory
- *Discussion on the academic characteristics of the Meng-He School “Mild treatment by harmonization method, re-balance disorders by correct principle analysis”
- *Application of Meng-He theory in practice for digestive system and difficult diseases such as reflux-induced esophagitis, ulcerative colitis and atrophic gastritis

3. Application of Integrated Chinese and Western Medicine for Cancer Treatment

- *Discussion on the advancement of integrated Chinese and Western medicine for cancer
- *Discussion on the therapeutic methods of integrated Chinese and Western medicine for cancer

4. New Theories and Techniques in TCM Conservative Therapy for Gonarthrosis (Combination therapy of herbal medicine, acupuncture needling and bone healing manipulation)

- *Analysis of knee-joint anatomy, treatment theory, development and progress
- *Theory and techniques of Shi Style(石氏)Traumatology therapy
- *New conservative therapy and techniques based on Shi Style clinical application, combination therapy of herbal medicine, acupuncture needling and bone healing manipulation

5. Infantile Tuina-massage

- *Basics of infantile Tuina-massage, including general introduction, origination, development, clinical application
- *Common manipulation techniques in infantile Tuina-massage
- *Common acupoints in infantile Tuina-massage
- *Infantile Tuina-massage manipulation techniques practice
- *Infantile Tuina-massage treatment for common pediatric diseases

6. Schools of Tuina-massage

- *The origin and development of Tuina-massage
- *The foundation and development of different Tuina-massage schools
- *The characteristics of different Tuina-massage schools
- *Application of common manipulation techniques

7. Tuina-massage Manipulation Techniques

- *Basics of Tuina-massage manipulation and theory
- *Tuina-massage manipulation essentials
- *Common Tuina-massage manipulation techniques
- *Clinical application and practice

8. Tuina-massage Therapy for TCM Orthopedics and Traumatology

- *TCM fundamental theory
- *Channels and collaterals, and acupoints
- *Introduction to Tuina-massage theory
- *Manipulation techniques of Tuina-massage
- *Theory of soft tissues injuries
- *Tuina-massage therapy for common diseases in orthopedic and traumatology

9. Tuina-massage Treatment for Common Internal and Gynecological Diseases

- *TCM fundamental theory
- *Tuina-massage theory and manipulation techniques
- *Tuina-massage therapy for common diseases of internal medicine and gynecology

10. TCM Health-Preservation Qigong Exercise (*Yi-Jin Jing /Wu-Qin Xi /Ba-Duan Jing/Liu Zi Jue*)

- *Origin and development of TCM health-preservation Qigong exercises
- *Essentials of posture and moves
- *Key techniques, form and movement standards, practice principles and cautions
- *Application in TCM rehabilitation therapies

The following practices all originate from the pursuit of health and longevity of the ancient people in China.

**Yi-Jin Jing* 易筋经: *Yi-Jin Jing* is understood to be a teaching scripture on how to practice to become stronger through the transformation of the sinews.

**Wu-Qin Xi* 五禽戏: *Wu-Qin Xi* is first recorded in *The History of the Later Han*, and the principle of practice is “to give free rein on exerted force; to know limit by the sweat”.

**Ba-Duan Jing* 八段锦: The practice is an ancient form of *Dao-Yin* Art, which focuses on movements that can be naturally performed corresponding to the body’s natural aesthetic form to achieve the balance and restoration for the body.

**Liu Zi Jue* 六字诀 (Six Character Method Breathing Technique): The *Liu Zi Jue* is a practice of utilizing special breathing technique to resonate and strengthen the internal body tissues and functions, to achieve strong healthy qi against exogenous pathogens and to prevent premature aging.

11. Shao-lin Nei-gong 少林内功 Study

- *The history and development of Shao-lin qigong and clinical application
- * Essential postures and moves
- *Qigong basics and practice procedures

12. TCM Qigong Study

- *The concept and origin of qigong
- *The concept, development of TCM qigong
- *Clinical application of TCM qigong
- *The skills and application of TCM qigong
- *TCM qigong basics, practice procedures

13. *Wu-Qin Xi* 五禽戏 and Health-Preservation Course

*Joy, anger, anxiety, thought, fear are the 5 minds correlated with the Five Zang organs. Prolonged emotional disorder will damage the corresponding organ, while an emotional shift will allow the organ to recover. *Wu-Qin Xi* 五禽戏, developed through the imitation of five different animals forms and movements, is used to strengthen the body and shift the emotions.

Course Contents:

- *The course focuses on the basic concepts and practice of *Wu-Qin Xi*.
- *By imaging and imitating the moves of the animal related to the certain Zang organ, the practice can improve the ability of controlling the genuine qi so as to help the practitioner to maintain peaceful mind, to prevent and treat psychosomatic diseases and improve the general health condition.

14. TCM Health-Preservation and Rehabilitation (H&R) Exercises

*TCM Health-Preservation and Rehabilitation (H&R) Exercises are invaluable heritages of China. They have been used throughout China’s history along with the pursuit of health and longevity. The core of the exercises is to understand how the body can become stronger and healthier for diseases prevention via body movements that is combined with breathing, the consciousness and will as well as self-massage.

Course Contents:

- *History, concept, mechanism and modern researches and studies of TCM health-preservation exercises (Qigong)
- *Common Qigong styles (including Ba-Duan Jin, Wu-Qin Xi, Yi-Jin Jing, etc)
- *Practicing selected exercises of Qigong (including key techniques standards, methods of movement, practice principles and cautions)
- *Clinical application of the related exercise in health-preservation and rehabilitation (i.e. hypertension, diabetes mellitus, chronic pain, etc)

15. Study of Ancient and Classical Acupuncture Techniques

- *General introduction to ancient and classic Acupuncture techniques
- *Acupuncture techniques of *Nei-Jing* 内经 (The Inner Canon) and *Nan-Jing* 难经 (The Classic of Difficult Issues)
- *Acupuncture technique of “Guide to Acupuncture Classics”

16. Specialized Therapy in Acupuncture and Moxibustion

- *TCM Scraping (Guasha)
- *Cupping therapy
- *Fire needles
- *Herbal-paste topical therapy on acupoints
- *Ear acupuncture
- *Blood-letting therapy
- *Abdominal acupuncture
- *Dynamic moxibustion

17. Cosmetic Acupuncture

- *TCM fundamental theory
- *TCM Cosmetic fundamental theory
- *Diagnosis and treatment according to syndrome differentiation for diseases causing cosmetic defects
- *Cosmetic therapy through applied channel theory
- *Techniques of cosmetic needling

18. TCM Health-Preservation

- *Fundamental theory of health-preservation
- *Health regulation through diet adjustment
- *Health regulation through emotion control
- *Health regulation (Strengthening the Healthy Qi) through medication
- *Introduction to TCM Qigong

19. TCM Medicinal Diet

- *TCM fundamental theory
- *Theories of TCM medicinal diet
- *Compatibility of TCM medicinal diet
- *TCM medicinal diet cooking methods



Enrolment Criteria

Details for each individual course as below:

Introductory Acupuncture Course :

For those who love acupuncture and have a medical background.

Advanced Acupuncture Course :

Candidates studied the introductory acupuncture course or got the equivalent knowledge of TCM studies. Certified transcripts or certified proof of academic qualifications are required in application.

Flexible Short-term Course :

Flexible Short-term Course application is open to the qualified and experienced practitioners with sufficient knowledge of TCM theory. Certified transcripts or certified proof of qualifications are required in application.

Special Short-term Courses :

Special Short-term Courses are only available to group of students with at least 10 individuals. All individuals are required to be qualified, experienced practitioners with sufficient knowledge of TCM theory. Certified transcripts or certified proof of qualifications are required in application.

Application

Application forms are available from the university website: <http://iec.njucm.edu.cn/en/inside.aspx?mid=58&id=78>

Please send the completed application form, together with relevant certified copies of transcripts or qualifications, details of previous experience through njuiec@njucm.edu.cn (Ms. Gao) or njuiec@hotmail.com (Ms. Hui)

Tuition Fees

Click to view through the website of <http://iec.njucm.edu.cn/en/inside.aspx?mid=89&id=98>

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