



Acupuncture - Special Chinese Medicine Techniques & Point Combinations for Mental Health - David Hartmann

When treating patients with mental and emotional disorders, it is vital to have multiple treatment strategies. Whether that is special Chinese medicine techniques, proven acupuncture point combinations, a combination of the two, and/or other strategies, the more options you have the better.

Always remember that we treat people, and not diseases, and that everyone is unique. This creates additional challenges when it comes to enhancing a person's emotional state. Therefore, it is vital that we have multiple treatment strategies to aid our patient's mental health.

Where one patient with depression will respond well to a Zàng Fǔ diagnosis and treatment, there will be plenty of others that do not. Knowing multiple treatment options allows you to pivot when you run into that scenario. Further, if your patient has quite complex emotional trauma, you are likely to need a range of strategies to aid them.

Inhoud

So, what special Chinese medicine techniques and point combinations are we going to discuss during this workshop?

- Heart (Xīn) and Pericardium (Xīn Bāo)
- Five Spirits (Wǔ Shén)
- Eight Extraordinary Vessels (Qí Jīng Bā Mài)
- Urinary Bladder channel (Inner & Outer Run) plus the Dū Mài trunk points
- Heaven Earth Human (Tiān Dì Rén)
- Figure Eight
- Crown & 3rd Eye
- Four Gates.

In addition, there will be time spent discussing depression and anxiety, which affect 10% of diagnosed people worldwide. That is almost 850 million people!

There is also plenty of dedicated practical time throughout the workshop, where participants can practice what has been taught. Case studies from clinic will also be offered when relevant.

Doelstellingen

The goal with all my workshops is to provide participants with special techniques and point combinations for use in clinic immediately.

Learning Objectives:

- Have a better understanding of the role acupuncture can play, in a clinical setting, for mental and emotional turmoil.
- Gain greater insight into the importance of acupuncture point combinations in clinical practice.
- Better understand the special Chinese medicine techniques provided throughout the workshop.
- Feel like you now have the tools to construct your own acupuncture point combinations for mental and emotional imbalances, regardless of the patient's presentation.

Toelatingsvoorwaarden:

- Diploma Acupuncture
- Acupunctuurdiploma
- of PGAC 2 & PGAC 3 bij ICZO vzw

