



## ACUPUNCTURE DIPLOMA COURSE

### What is Acupuncture?

The power of acupuncture to restore the health of body and mind is increasingly recognized throughout the western world. Acupuncture has an extraordinary ability to change people's lives.

Acupuncture works on a deep level to help patients recover their physical and mental harmony. Acupuncture is becoming ever more popular in the EU countries and the world, and opportunities for both independent practice and within the NHS are growing all the time. Acupuncture is viewed very positively by the governments of EU countries and the World Health Organization.

### Acupuncture study

Diploma Acupuncture Course provides high quality acupuncture training that equips graduates to build highly successful practices. This course is carefully structured so each study unit builds on the previous one. This allows students to develop their confidence and acupuncture skills - including 400 clinical hours - and reach their full potential as professional acupuncturists. Students are strongly encouraged to develop their own unique style of consultation and application.

### Prerequisites

Matriculation certificate, Form Six,, or equivalent academic and/or work experience.

If you are able to demonstrate previous study or work experience you may apply to gain exemptions from some units. Please contact us for more information and to see if you qualify for direct enrolment.

### Level I (Biomedicine, Naturopathy Study, Acupuncture I)

Duration - 1 - 3 years

### Biomedicine

Duration - 1 year

## **Biomedical Sciences**

Medical terminology, cells, tissues, embryology

Anatomy, physiology, pathology

Clinical diagnostic, differential diagnosis

Blood- urine analysis, examination methods

Infectious Diseases, Red Flag symptoms

## **Naturopathy Study**

Duration - 1 year

Naturopathy

TCM (Traditional Chinese Medicine) 1

Chinese diagnostic, face, tongue, pulse, nail, abdominal diagnostics

Naturopathic Nutrition

First Aid Homeopathy

Introduction to Herbal Medicine

Naturopathy Clinics (Iridology)

History of Iridology

Technique of Examination

Topography of the Iris

Constitution, Disposition and Diathesis

Pupil Phenomena

Study of the signs

Study of pigments

Clinical application

## **Acupuncture year 1**

Duration - 1 year

### **TCM Theory**

This Unit gives an understanding of the basic concepts of Chinese medicine, including yin/ yang, qi, five elements, causes of illness (including diet, emotions, stress, climate). It gives a fresh and revealing insight into the forces which shape our lives.

### **Point Location 1**

This Unit allows students to begin to locate acupuncture points with ease and confidence. At T.O.I institute we encourage students to “tune in” to the points, to feel the quality of energy in them. This helps refine the diagnosis. Students also learn key therapeutic functions of the points, and the profound effect each one has on the human person.

### **Practitioner Development and Ethics**

This Unit helps students focus on setting up and maintain a thriving practice. It helps T.O.I graduates to build the support systems they need to reach their full potential as acupuncturists, and keeps them abreast of regulatory developments in the acupuncture world.

## **Level II (Naturopathic Principles and Acupuncture II)**

Duration - 1 year

### **Naturopathic Principles**

Duration - 1 year

Naturopathy & Detoxification

Bach Flower Therapy

Tissue Salts

## **Acupuncture year 2**

Duration - 1 year

### **Practical Acupuncture techniques**

As well as becoming confident in acupuncture, students learn other related techniques, such as moxibustion (burning a herb over certain points), vacuum cupping (to release toxins) and electro acupuncture.

### **TCM Pathology**

In Chinese medicine there is a saying “one disease, many patterns”. This means that everyone who comes in is seen as an individual, with a unique pattern of imbalance. For any one disease, there are usually a number of different causes. For example, asthma may be due to a kidney weakness, a lung weakness, or “phlegm”. This Unit allows students to differentiate the causes of a wide variety of common diseases seen in clinic, including digestive problems, gynaecology, nervous system disorders, musculo – skeletal problems, breathing problems, and mental - emotional problems.

### **Point Location 2**

This Unit refines and deepens the knowledge gained in “point location 1”. Students to locate acupuncture points with increasing ease and confidence, and gain the ability to select the right points for a variety of illnesses.

### **Clinical Observation**

There is one unit of clinical observation, and three units of clinical practice, which together provide 400 hours of clinical experience. On completion of these hours, students should be confident to take control of treatments of a very wide range of disorders. The clinical observation unit is the start of the process, where students get the opportunity to see how acupuncture works, and the profound effects it can have on healing a wide variety of disorders

### **Practitioner Development and Ethics 2**

## **Level III (Acupuncture III and Dissertation)**

Duration - 1 year

### **Acupuncture year 3**

#### **Clinical practice one, two and three.**

In these units, students will be guided step by step towards becoming effective acupuncturists. They will be given ever increasing levels of responsibility as they are ready, until they are ready to become fully autonomous practitioners, able to treat a wide variety of disorders with confidence.

### **Practitioner Development and Ethics 3**

#### **Research**

This Unit will teach research methods, so students can identify best practice, and most effective techniques.

#### **Dissertation**

Students will be supported in writing a dissertation.

## **Summary of key subjects in the curriculum:**

Introduction

Yin Yang theory

Causes of diseases

Five elements

Eight Principals

Meridians

Pathology Diagnostic

Differential Diagnostic

Pulse Diagnostic

Tongue Diagnostic

Case taking and follow up

Point location

Needle techniques

Cupping

Moxabustion

Bodywork techniques

Qi Kung

Respiratory System

Urogenital System

Digestive System

Cardiovascular System

Pain, Headaches

Skin problems

Practice management

**Diplomas issued:** Dip. Acupuncture, Dip. Naturopathy

### **Full time study**

Year 1: (Level 1) Biomedicine, Naturopathy Study and Acupuncture year 1

Year 2: (Level 2) Naturopathic Principles and Acupuncture year 2

Year 3: (Level 3) Acupuncture Year 3 and Dissertation

Our course advisors are here to help you create a schedule that suits your needs - contact us for information.

### **Cost**

Please contact our registration advisors for exact course pricing, discounts, and financing options.

### **Recognition of Acupuncture & Naturopathy Training**

Fully accredited by the Cyprus Traditional Acupuncture Association, Cyprus Naturopathic Association & Orthomolecular Nutritional Therapy Council Cyprus. Graduates holding T.O.I-CNM diplomas are eligible to apply for Membership with British Acupuncture Associations, Naturopathic Associations U.K. and other EU countries professional Associations. For \*Germany please read below:

#### **EU –\*Germany**

Everybody who wants to practice Natural Therapies in Germany must take an exam set by a Government body. Once you have passed this exam you are allowed to call yourself a “Heilpraktiker” (Natural Health Practitioner). No matter if you practice Nutrition, Homeopathy, Herbal Medicine or Acupuncture, the exam is the same for everybody.

#### **International Recognition**

Each country has its own regulations which differ from state to state. If you are interested in a particular country, contact T.O.I office for more details.

#### **Continuing Study Options**

Further Study with the T.O.I –Tutorial Orthopathic Institute Cyprus

Students who have completed the Biomedicine, Naturopathy Study, and Naturopathic Practical study Units may opt to study the other specialist diploma courses, Homeopathy, Herbal Medicine , and Naturopathic Nutrition.

#### **Degrees**



**CHARLES STURT**  
UNIVERSITY

T.O.I-CNM has developed an alliance with Charles Sturt University (CSU) in New South Wales, Australia, which allows T.O.I students and graduates to enrol into the Bachelor of Health Science Degree (Complementary Medicine). The CSU Degree programme is a distance learning course which starts each February and can be completed in 2 or 3 years. CSU offers further opportunity for ongoing study to obtain a Master's Degree, or a PH.D. in Complementary Medicine.

Charles Stuart University is Australia's leading distance learning University, being responsible for the on-line education of over 28,000 students. CSU was awarded a "University of the Year" award in Australia, for its nationally recognized ability to reflect the needs of today's society, and responsiveness to the need for life-long learning in a changing world.

Applications must be completed by the end of November; please contact us for more information. Students must have completed their T.O.I- CNM course before applying to start a CSU degree.

### **Important information**

Students that complete our Diploma in Acupuncture Therapy **gain a working know-how and qualification to establish themselves in private practice. All course materials are not included in the fee.**

The course begins with **theory modules**, studied at your own pace, with interactive support and guidance from the Training Institute. **To help you get the best understanding from the course and gain sufficient experience we offer specialized seminar, lectures, course workshops, practicums, research and also extra practical training under supervision and examinations .**

The modules teach **anatomy, physiology, diagnosis and treatment** cover **every aspect of starting and running your own practice.**

In an enjoyable learning atmosphere you gain hands-on experience of **patient management, treatment modalities** and safety practice procedures (exclusive to this Institute). **A lecture series runs alongside the clinical training to prepare you for actual practice.**

This is a genuine opportunity for career change, and by charging realistic fees and justifying them by attentive service it is possible to **earn at a good rate**, either in a private therapy centre or by low-overheads domiciliary visiting.

Qualified Practitioners are **recognized by a British Health Insurance Co for insurance cover** of all aspects of practice. We will help you to grow and develop your practice by offering update and Continuing Professional Development opportunities.

**You cannot** call yourself a Medical Doctor , "Osteopath or Chiropractor " **We train practitioners for independent self-employment in the private sector.**

**You are Acupuncture Practitioner.**