



It is more important to know what sort of person has a disease than to know what sort of disease a person has

Hippocrates (460-377 B.C.)

Welcome to The City College of Acupuncture!

Studying Chinese Medicine is a life-changing and life-long experience.

It is exciting and challenging, but also enormously empowering. All of us come to Chinese Medicine and Acupuncture via our own unique route, and inspired by a variety of experienced teachers, we all develop into unique practitioners. We are united in our passion for the subject, and by a desire to assist and help people with compassion and understanding, be it students or patients.

We know that we can help you on your own journey to becoming a unique successful practitioner.

By discovering us, you have already made the first step on this journey. If you are still wondering whether studying acupuncture at The City College of Acupuncture is for you, we are here to answer your questions.

We run a professional Licentiate Diploma in Acupuncture course (*Lic.Ac*), which is a degree-level, in-depth, three-year full-time course (two full days per week in college, plus 10-15 hours of preparation home study per week) - as dictated by the British Acupuncture Accreditation Board (BAAB), with whom we have full accreditation.

BAAB courses are the gold standard of the profession, ensuring a solid basis of professional knowledge, attitudes, values and skills. You will receive practical, hands-on degree-level education.

We also teach a Diploma in Tui Na course (*Dip.Tui Na*). Our one-year course is open to fully qualified Acupuncturists and fully qualified TCM practitioners. For non-qualified applicants, our *Tui Na* course can be studied over a two-year period by taking Year 1 of our Acupuncture course, and then taking *Tui Na* in conjunction with taking Year 2 of our Acupuncture course.

Applicants sometimes worry that they are not academic enough to study on a degree-level course, or that age is a barrier. Please don't let this deter you, our students come to Acupuncture from all walks of life, some with no formal qualifications, some with PhDs, and everything in between, and our course is designed to give you all the support you need, whatever your background.

You will find our College is a very friendly environment, and you will receive all the guidance you require to achieve your qualification. Your life experiences, how you build upon them, and your ability to connect with people will be as crucial as your academic understanding.

If you have any further questions, please do not hesitate to get in touch by emailing cca@citycollege.ac.uk, or by phone on 020 7253 1133, and please ask for our Head Acupuncture Administrator Karen Lloyd-Davies.

Best wishes

Ilze Black

Acupuncture Programme Leader

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Telephone: 020 7253 1133. Email: cca@citycollege.ac.uk

Why study with us?

TEN great reasons to study Acupuncture and/or *Tui Na* at The City College of Acupuncture:

1) A broad and thorough grounding in Traditional Chinese Medicine

- We believe that students should remain open-minded, and we will teach you all the main methods of diagnosis, and how to use acupuncture, rather than limiting your training to a particular specialism too early
- If you were to specialise in one form of acupuncture too early, this would mean that you may actually need to go back to basics to fully understand what you didn't initially learn, in order to further your understanding of TCM

2) Hands-on, practical work in every module

- Our aim is to create excellent practitioners, which means we have a strong focus on the practical skills of acupuncture from the outset
- Once our students have proven competent in point location, you will start needling, cupping and using moxibustion within a few weeks of starting the course, and will continue to do so throughout the whole of the course

3) Small groups within each anatomy & point location class means apprentice-like training

- Learning anatomy and point location is a new concept if you don't yet have any experience in bodywork. Therefore we split our students into small groups within each of these particular classes, as it is essential to receive extensive one-to-one feedback
- Non-practical subjects such as Western Medical Sciences can also be as complex to understand as Chinese Medicine. These lectures are held as a whole class, and we provide support to all our students in these academic subjects

4) An eclectic approach to teaching

- Our teaching staff trained in a number of different institutions, and they therefore bring a wide range of experience to the CCA course
- We ensure that we teach you the most up-to-date, relevant and essential information for work as an acupuncturist

5) High academic standards

- Our Licentiate Diploma in Acupuncture course is taught at levels 4, 5, and 6, which means that it is at **the same level as a degree**

6) Accreditation

- Our course is fully accredited by the British Acupuncture Accreditation Board (BAAB), which guarantees excellence in training, safe practice and professional conduct.
- BAAB-accredited courses are taught at honours degree-level
- Graduating from a BAAB accredited institution means you are eligible to join the British Acupuncture Council (BAcC), which is the largest registering body for Traditional Acupuncturists in the UK.
- The benefits of BAcC Membership can be found at: <https://acupuncture.org.uk/join-us/benefits-of-membership/>.
- There are reduced membership fees for our newly-graduated Students. Please check the BAcC website for further information.

7) All our teachers are successful qualified practitioners

- All lectures will be delivered by successful qualified practitioners, who are eager to share their knowledge and experience when teaching our students

8) Great Location

- We are proud to be the sole BAAB-accredited Higher Education establishment in the heart of central London

9) Our support continues after you graduate

- Our students are welcome to return after graduation to retake any lessons you may have missed, free of charge

10) We aim to get you into practice!

- CCA has a strong business module, which means you will be ready to go into business as soon as possible after achieving your Licentiate Diploma in Acupuncture

‘Teachers open the door. You enter by yourself.’
Traditional Chinese proverb

Who teaches at The City College of Acupuncture?

Our teaching team are all successful qualified practitioners, most of whom we have been lucky to have working at our college for many years. Their passion for teaching acupuncture has given them a strong desire to create a practical, hands-on course that is totally relevant to the modern clinical environment.

Meet our teaching team:

Our teaching team includes:

Ilze Black - Programme Leader *LicAc, Dip Tui Na, PhD, MSc, MBAcC*

- Ilze is our Programme Leader here at CCA.
- Ilze is a Tui Na and Acupuncture Clinician at our college.
- She is an Acupuncture and Tui Na practitioner in private practice.
- Ilze attained her Licentiate Diploma in Acupuncture and Diploma in Tui Na qualifications here at The City College of Acupuncture, graduating in 2021. She is a member of the CCA clinician team, and became Programme Leader in 2023.
- Ilze is a member of the British Acupuncture Council, the Acupuncture Fertility Network UK, the UK Reiki Federation and is the founder of the TCM Practice Clinics in Islington and Hackney.
- She previously worked as a programme leader and course administrator at Westminster College, and the University of London.

Paul Johnson *LicAc, FBAcC, MBMAS, LicOHM, MRCHM, BA (Hons), PGCertLTHE, AHEA, AFN*

- Paul was a founder Programme Leader here at CCA.
- Paul received the honour of being made a Fellow of the BAcC (FBAcC) in 2025.
- We are very proud that Paul continues to lecture and supervise at our college, Paul lectures on our AES, CM, APS, and CMP modules, and is a Student Clinic Supervisor.
- He combines a deep understanding of Traditional Chinese Medicine with a thorough, hands-on approach to Higher Education.
- He has had articles printed in *The Chinese Medicine Times*, *The Journal of Chinese Medicine*, *ACU*, *CAM Magazine*, *Lifescape*, and *Yoga* magazine amongst others.
- He also contributed to the World Health Organisation’s “WHO Standard Terminology in Traditional Chinese Medicine” project.
- Paul has taught acupuncture at our college for over a decade, and brings a real sense of commitment to making complex skills and ideas as accessible as possible.
- He is a presenter on ‘How To Locate Acupuncture Points - the Definitive DVD’.
- *‘I first had acupuncture to cure a long-standing problem that was preventing me from delivering the projects I was working on as an illustrator for Marvel and DC Comics. After months of pain, I found myself back at work after just two acupuncture treatments! Having treatment on-and-off for several years was such a life-changing experience for me that I decided that I wanted to retrain and be able to help people in the way that I had been helped. As much as I loved my previous career, I’ve never looked back. I love my new life and feel privileged to be able to work with so many people in such a profound way’.*

Anne-Sophie Morel PhD, BSc (Hons), LicAc, MBAcC, Dip Tui Na

- Anne-Sophie was a founder Programme Leader here at CCA.
- We are very proud that Anne-Sophie continues to lecture at our college, she lectures on our AES module, and she is our APS Module Lead.
- Anne-Sophie has previously worked in medical research in the private and public sector, most recently at Imperial College.
- When tasked with discovering the 'active ingredients' in Chinese herbs, she realised how powerful Chinese Medicine was, and retrained as an Acupuncturist, *T'ai chi* instructor, and Tui Na practitioner.
- *'I have always been curious to make sense of the world. A scientist by training my journey so far has taken me from the microscopic reductionist world of Western Medicine into a world preoccupied with the interactions between all things and at all levels. Through my studies in Chinese philosophy, Tai Chi, and Chinese Medicine a new perspective on the world has, and continues to be, a true inspiration. Being able to share this vision with students and patients alike, and help them take one more step on their journey, is both wondrous and joyful. Best job in the world! However, I haven't left my scientific roots behind; Chinese Medicine is both an art and a science; enabling the patient to heal comes both from the heart and the head, a perfect balance between compassion and reasoning. The life-long journey there is certainly challenging, but also enriching and exciting, and I am loving every step of it'.*

Anand Marshall BSc, LicAc, Dip Kampo, MBAcC, MRCHM

- Anand Marshall is our Student Clinic Module Lead, and a lecturer on our CMP module.
- He worked in the first NHS Complementary Therapies Unit in Westminster
- He specialises in Japanese forms of acupuncture and herbalism
- Anand qualified as a Traditional Acupuncturist from the London School of Traditional Acupuncture and Chinese Medicine and as a Kampo Herbalist (Japanese herbalist) from the Japanese Herbal Medicine apprenticeship course. He undertook post-graduate training in Japanese Acupuncture with Dr Stephen Birch. He attended postgraduate training with Dr Arnauld Versluys focussing on the Shan Han Lun Herbal medicine.
- *'Before I qualified as a practitioner, I worked as a senior social worker in Children's Families teams and later in a Youth Offending team. As much as I valued this job, I realised it was not a career that I could envisage undertaking for the rest of my life. Due to the stressful nature of my job, I developed pains and sleep problems and out of desperation sought the help of an acupuncturist. Within a few sessions my energy increased, my pain reduced, and I was sleeping well. After a few more years of occasional treatments, I decided to embark on my new career and have never looked back. I worked from 2001 to 2014 in Westminster as part of an NHS complementary medicine service - the first of its kind in Britain - where I treated GP-referred patients suffering from insomnia, menstrual problems, peripheral joint pains and muscular skeletal conditions'.*

Alex Brazkiewicz BSc (Hons), Dip Tui Na, Cert Qigong, Cert.Ed., Cert Paramedic Science, MGOC

- Alex is a lecturer on our Tui Na course.
- an accomplished Traditional Chinese Medicine practitioner, Tui Na tutor, State Registered Paramedic and an Osteopath
- Alex was introduced to Shiatsu through his martial arts training over 30 years ago and has been practising bodywork and Japanese martial arts ever since. He gained his degree in Traditional Acupuncture at the College of Integrated Chinese Medicine in Reading, after which he volunteered at the NHS Gateway clinic in South London.
- Alex's passion for Tui Na resulted in him studying extensively in China, including undertaking regular month-long study trips to Beijing to study Channel Palpation and Applied Channel Theory under Professor Wang Ju Yi. After his last trip in 2013, he returned to

complete a 5-year degree in Osteopathy. Alex practices in Malvern, where he integrates Chinese and Western Orthopaedic Medicine in the treatment of musculoskeletal conditions.

- Alex is also an HCPC Registered Paramedic, and served 17 years with the London Ambulance Service. He owns an approved First Aid training organisation which also delivers specialist first aid training to Chinese Medicine practitioners.
- Alex's Holos Healthcare Company has received the nation-wide contract from the British Acupuncture Council (BAcC) to undertake the First Aid and Red Flag Warning Features CPD courses

Alice Douglas LicAc, MBAcC

- Alice is our AB Module Lead.
- Alice attained her Licentiate Diploma in Acupuncture at The City College of Acupuncture
- After having acupuncture as a child and finding it a life changing experience, Alice began her course here at CCA straight after finishing her A-levels.
- Alice owns two clinics based in South East London, one private practice, and one multi-bed clinic.
- Alice's success in building her businesses, and her passion for teaching, led to her being invited to teach the AB business module here at CCA.
- *'I truly believe I have the best job in the world. Not only do I love the work, but it provides so much freedom throughout your life. It is a combination of art and science, theory and practical, therapist and businesswomen. A well-run clinic will give you endless opportunity.'*

Awais Mian BSc (Hons) Biochemistry, BSc (Hons) TCM, MBAcC, MBCCMA, PGCHE, FHEA

- Awais is our WMS Module Lead, and a lecturer on our IP module.
- He originally trained in Biological Chemistry and Cell Biology, and then Traditional Chinese medicine. Graduating in Acupuncture in 2006, Awais has worked in both public and private practice using an integrated approach.
- Awais is an experienced teacher of both Biomedicine and TCM, and he was previously the Biomedical lead at LSBU on the acupuncture course.
- He has published research into the benefits of Tai Chi.
- He is a 6th generation teacher of Wu style Tai Chi and Qigong.
- He is the vice chairperson of the Wushi Taiji & Qigong Association (UK).

Francesca Scotti MPharm, MSc, PhD

- Francesca is a lecturer on our RES module.
- Francesca worked as a pharmacist in Italy before moving to the UK to study for an MSc in Pharmacognosy.
- Being interested in research, she obtained a PhD in Medicinal Chemistry, and moved on to join Prof. Michael Heinrich's group, where she generally conducts research on the chemistry of medicinal and food plants, assesses the quality of marketed herbal products, and that of raw herbal materials.
- *'After my first degree, I felt pulled towards research - the topic didn't necessarily matter, but the methodology, the searching, and the challenges of knowledge did. I love plants and have a deep interest in herbalism, economic botany and agronomy, including a profound respect for the environment, which I inherited from my grandparents, so I feel like I hit the jackpot.'*

James Woodward BA, LicAc, Dip Tui Na, MBAcC, VTCT

- James is a lecturer on our PPD-PA, CM, and PRP modules, and a Student Clinic Supervisor.
- James attained his Licentiate Diploma in Acupuncture at The City College of Acupuncture, and graduated in 2017. He then returned to us to study Tui Na, graduating in 2019, and has since become a very welcome member of the CCA teaching team.

- He studied Holistic Therapies at Canterbury College, completing a VTCT Diploma in 2009. This included Swedish massage, reflexology and aromatherapy.
- James first started practicing Reiki in 2006, and has studied with a range of teachers with different styles.
- In 2009 James qualified as a Reiki teacher, and in 2012 he founded the South East Kent Reiki Hands on Healing School. James volunteered for the NHS, practicing Reiki in the Supportive Therapies Unit for cancer patients at Canterbury Hospital, where his curiosity for acupuncture led to his training at The City College of Acupuncture.
- He practices the Japanese style of Reiki, and has his own YouTube channel with instructional videos for Reiki techniques.
- He runs his own practice, The Tranquillity Space in Herne Bay.

Joanna Attwell BSc (Hons), LicAc, MBAcC, PGDip CHM, PGDip Nutrition

- Joanna is our CM Module Lead, a lecturer on our CMP and PPD-PR modules, and a Student Clinic Supervisor.
- Joanna studied at the University of Westminster, and she has been a qualified Chinese Medicine practitioner in private practice for over 16 years.
- She has been teaching Chinese Medicine since 2001.
- Her integrated approach to Chinese Medicine, including acupuncture, herbs and nutrition, coupled with her own experiences, allow her to deliver complex teaching material in an enjoyable and achievable manner.
- In addition to being an experienced practitioner and teacher, Joanna has a PGDip in Nutrition

Josephine Cerqua BSc (Hons), LicAc, MBAcc, BA (Hons)

- Josephine is our PPD-PA, and PRP Module Lead, and a Student Clinic Supervisor.
- Josephine graduated from the University of Westminster over twenty years ago, and has been in practice ever since. She has a special interest in women's health and has worked in many different roles, including in the NHS Gateway multi-bed clinic in south London, and the Westminster Polyclinic.
- As well as running her own private practice, Josephine is a member of a team of practitioners at a London-based integrated fertility clinic, working alongside consultants, midwives, and nurses.
- She also contributed to David Mayor's Electro-Acupuncture textbook.
- *"I fell into studying acupuncture, not having had any personal experience of treatment. However, I can still remember the joy I felt the day I learnt I had been accepted onto the course. It was the start of a truly wonderful journey and after many years on the path, I remain excited about the people, the learning, and experiences to come"*

Julia Exposito LicAc, MBAcC, MRN

- Julia is our IP Module Lead, and a Student Clinic Supervisor.
- Julia both an acupuncturist and a Mental Health nurse
- She completed an MSc on the use of acupuncture for emotional health and wellbeing
- Julia qualified as an acupuncturist from the London College of Traditional Acupuncture and Chinese Medicine in 2003 followed by a year studying Chinese herbal treatments.
- In 2013 she completed a Post-Graduate Diploma in Mental Health Nursing and in 2015 she obtained her MSc in Nursing after researching the use of acupuncture for emotional health and well-being for her dissertation.
- Julia has supervised in our student clinic for 5 years, bringing her eighteen years+ experience in private practice treating women's health and mental health, and a deep understanding of how to integrate Chinese and Western modalities of treatment.

Julia Oji BA (Hons), Dip Tui Na, Clin Cert Tui Na (Nanjing), Lic Ac, MBAcC

- Julia is our CMP2, and Tui Na Module Lead.
- Julia has trained extensively in China and England, and has a special interest in treating children.
- She is also a prenatal yoga teacher.
- Julia graduated with a Diploma in Tui Na from the London School of Chinese Massage Therapy in 1994, having completed her clinical training in Nanjing, China.
- She later went on to study acupuncture at the London College of Traditional Acupuncture and Chinese Medicine, and was awarded a Licentiate Diploma in Acupuncture.
- Julia is an accomplished teacher, and has taught Tui Na for more than fifteen years.

Kate Henley BSc (Hons), LicAc, MBAcC, ACT, CSM

- Kate is a lecturer on our AB, PPD-PR, and PRP modules.
- Kate is the founder and Chair of the Acupuncture Childbirth Team (ACT) in Hertfordshire. She also co-founded a successful multi-bed Maternity Acupuncture Unit at the Lister Hospital in Stevenage
- Kate holds a certificate in Supervision and Mentoring, and runs several Supervision groups for acupuncturists
- Kate graduated in 1998 from the University of Westminster, with a BSc in Acupuncture and has been in private practice ever since. Most of her work has been in GP surgeries as she has been a strong supporter of integrated medicine and offering people choice in their health journeys.
- In addition to her private practice, Kate also teaches Five Element and Meridian Theory workshops to yoga groups in the UK and abroad.

Dr. Sunila Prasad MBBS, BSc in Reproductive Sciences, MRCPCH, Lic Ac

- Sunila is a lecturer on our WMS module.
- Sunila is an alumnus from The City College of Acupuncture, and practices acupuncture privately in Croydon and Kentish Town.
- She completed her medical degree with distinctions in Clinical Science and Clinical Practice, and received 1st class honours for her BSc in Reproductive Sciences, both completed at Imperial College London.
- Having worked in the NHS since 2017, Sunila furthered her passion for providing holistic care to patients by attaining her Licentiate Diploma in Acupuncture here at CCA.
- *'I thoroughly enjoy utilising both my Western medicine and Chinese medicine knowledge when seeing patients. My professional experience allows me to see a patient as a whole, and combining both paradigms of knowledge is an incredibly rewarding experience.'*

Tom Watson BSc (Hons), MBAcC, HM Dip (ITEC)

- Tom is our CMP1 Module Lead, and a Student Clinic Supervisor.
- Tom practises a variety of acupuncture styles, and has a special interest in Daoist alchemy.
- Tom also teaches *Qi gong* privately
- Tom was born and raised in London, and has cultivated a lifelong interest in body movement and healing arts. Tom runs several busy acupuncture clinics in central and North London.
- He also runs regular retreats and workshops.
- *'Having come to my practice through the Eastern martial art traditions, my dedication to Qi Gong has led me to the study of acupuncture and healing. I love the precision of acupuncture, combined with its poetic theoretical basis. It connects us to our spirit but is firmly rooted in the physical body.'*

Tony Booker MSc, PhD, MRSC, MRCHM, FLS

- Tony is our RES Module Lead.
- He has conducted primary research into TCM herbal medicine
- He is a past president of The Register of Chinese Herbal Medicine
- Tony obtained his PhD at University College London in Ethnopharmacy and Pharmacognosy in 2014. His research thesis focused on the value chains of Curcuma longa (Turmeric) and how different value chains can affect both the livelihoods of the producing farmers and the quality of the finished products.
- He is a member of The British Pharmacopoeia expert advisory group on Complementary and Herbal Medicines, a Member and past president of The Register of Chinese Herbal Medicine, a Member of The Royal Society of Chemistry and Fellow of The Linnean Society.
- *'During my two post-doctoral projects at UCL, I investigated the quality of herbal medicinal products and their ingredients. I publish in a wide variety of scientific journals and books, and my current research interests focus on improving the quality and efficacy of traditional medicines through testing their biological and energetic properties'*

Vanessa Menendez Covelo LicAc, MBAcC, BSc, MSc, MPhil

- Vanessa is our AES Module Lead, and a lecturer on our APS module.
- Vanessa attained her Licentiate Diploma in Acupuncture here at CCA.
- She initially turned to acupuncture to cope with the demands of a career in financial technology, and an intense Ashtanga yoga practice.
- Inspired by the improvements in her own well-being, she then enrolled in CCA's acupuncture course, and started her own acupuncture clinic just a few months before the Covid pandemic.
- Her clinic is now thriving and she has joined the CCA teaching staff to share her passion for traditional Chinese medicine with our students.
- *'As a naturally curious person, practicing acupuncture provides me with the intellectual satisfaction of problem solving and the human factor of being able to help people'.*

When you train with us you know you are in safe hands!

Please see our website for more detailed biographies of our staff, including their inspirational stories about what brought them to Chinese Medicine and Acupuncture.

***'When I let go of what I am, I become what I might be.'* Lao Tsu, Zhou Dynasty**

CCA Licentiate Diploma in Acupuncture: practical, hands-on teaching.

Our Licentiate Diploma in Acupuncture is a three-year course

- You will attend classes onsite at college for two days a week from 9.30 am to 5.00 pm
- You must attend at least 80% of lectures
- **You must attend 100% of clinical practice classes, and student clinic days**
- You will also need to allow yourself 10-15 hours of preparation home-study each week

Licentiate Diploma in Acupuncture - COURSE LAYOUT AT A GLANCE				
YEAR ONE <ul style="list-style-type: none">63 days	CHINESE MEDICINE THEORY <ul style="list-style-type: none">Learn the building blocks of Chinese medicine - <i>Yin Yang</i>, the Three Treasures, the Four Levels, the Five Elements, the Six Divisions, The Seven Emotions, The Eight Principles, <i>Zang Fu</i> organ theory, etc.Start to diagnose by the tongue and the pulse	ANATOMICAL AND ENERGETIC STRUCTURES <ul style="list-style-type: none">Anatomy underpins everything you will learn about the human bodyLearn how to locate the acupuncture points and start developing your needling skills	PERSONAL AND PRACTITIONER DEVELOPMENT <ul style="list-style-type: none">Look at the therapeutic relationship both from a Western Medicine and a Chinese Medicine standpointStart to understand what motivates you and the people around you	
YEAR TWO <ul style="list-style-type: none">67 days	CHINESE MEDICINE PRACTICE <ul style="list-style-type: none">This module recaps the material from year one, but in the context of Western disease categories such as gynaecology, dermatology, digestion, etc.	ADVANCED ACUPOINTS AND PRACTICAL SKILLS <ul style="list-style-type: none">Increase your knowledge of the acupuncture points, and build your confidence in needling, cupping, electro-acupuncture, auriculotherapy, moxibustion and <i>gua sha</i>	PROFESSIONAL AND REFLECTIVE PRACTICE <ul style="list-style-type: none">Learn more about how to work in a therapeutic setting, and start taking real case histories	WESTERN MEDICAL SCIENCES <ul style="list-style-type: none">Understanding illness from a Western medical standpoint is an essential part of a holistic approach to treatment, and will enable you to converse with Insurance companies and other healthcare professionals
YEAR THREE <ul style="list-style-type: none">58 days	ACUPUNCTURE CLINIC <ul style="list-style-type: none">Treat genuine paying members of the general public as your patients every week, within our on-site student clinic, under supervision from our highly experienced clinical team	INTEGRATIVE PRACTICE <ul style="list-style-type: none">Consolidate your knowledge of Eastern and Western Medicine with a firm understanding of 'red flag' illnesses	RESEARCH <ul style="list-style-type: none">Write a 3,000-word article ready for submission to a peer-reviewed journalA fantastic tool to promote yourself when you graduate	ACUPUNCTURE BUSINESS <ul style="list-style-type: none">Formulate your practice plan. When you leave CCA you will be 100% confident to set up in business

CCA: It's all about the clinical experience!

When you graduate, we want you to feel completely confident in treating a wide range of conditions - physical, emotional, and sometimes even spiritual. To achieve this, you need to observe and practice a wide range of treatment techniques.

Our BAAB-accredited Licentiate Diploma in Acupuncture course is composed of modules that focus on different specialist areas. We also have some strands of activity which thread across all the modules - practical strands - which mean that all of your lessons have a practical aspect to them.

Practical Skills Strand

All students need to be relaxed and confident when you go into our student clinic. Training for clinical skills, such as tongue and pulse diagnosis, needling, cupping, *gua sha*, moxibustion, electro acupuncture and auricular acupuncture, begins within a few weeks of you joining us, and these are practiced regularly throughout the duration of the course.

Every lesson you take will have time dedicated to the Practical Skills Strand, to provide you with as much practical experience as possible.

As part of this training, all students will take turns with your points-partner classmates to locate anatomical landmarks, and to practice finding acupuncture points on each other. Please note that this will sometimes involve removing or loosening some articles of clothing. You will also start practicing needling, cupping, moxibustion and the other ancillary skills on your classmates, and they in turn will practice on you - all within a highly supervised setting in the classroom.

Apprenticeship Days Strand

Another strand that threads across several modules is the Apprenticeship Day strand. On these days, members of the public kindly volunteer to be a patient, and they are treated for a wide range of conditions. You will have the opportunity to observe these treatments in close proximity in the classroom. Students will practice your tongue and pulse skills, and the tutor or practitioner that treats the patients will discuss the cases in depth.

In Year 1, these treatments are given by our CCA tutors, and in Year 2, we invite a wide range of other practitioners - some newly qualified, some hugely experienced - to give the treatments, for you to observe a wide scope and variety of approaches to treatment possibilities.

We pride ourselves on being a college that embraces eclecticism, and we ensure that you see a range of practitioners from different backgrounds, which helps you to start thinking about which approach resonates with you, and how you would like to practice once you are qualified.

Our Support Still Continues Once You Have Graduated

If you have missed any lectures, or need to refresh your knowledge on any subject, you are very welcome to come to college and re-attend any lecture on the course. Just let us know what you need to go over, and we will tell you when those classes are running.

Acupuncture - Is It for Me?

How will I know if studying acupuncture is for me?

How will I know if I will like the subject?

You will need to ask yourself these serious questions before you decide to apply:

- Do I want to study something that I can immerse myself in, and become passionate about?
- Do I want to learn clinically relevant skills?
- Am I prepared to look at the world in a way that is quite different to the average Westerner?
- Am I interested in the concept of holism - the idea that body, mind and spirit are one and cannot be separated?
- Do I want to develop an ability to look at research, and be able to analyse it in a sophisticated and critical manner?
- Do I want to train for a career that offers me the opportunity to help people?

Our Acupuncture course has been designed to create fantastic practitioners. Don't be put off by thinking that you may require previous specialist training - we will teach you everything you need to become a professional acupuncturist.

Many people choose to study acupuncture after having treatment themselves, or by knowing someone who has benefited from treatment.

Some students may be adding to existing skills such as reflexology, yoga or massage, or you may be contemplating a complete move away from your current job in IT, banking, or the construction business!

Starting a new career is always exciting, and our teaching team have helped hundreds of people transform their lives, and start an exciting new life-path.

They could do the same for you!

Drop us an email at cca@citycollege.ac.uk

Attendance and Time Commitments

Our acupuncture course class days are from 9.30 a.m. to 5.00 p.m.

You will attend college onsite for two days each week.

There is an additional 10-15 hours of preparation home study each week.

Therefore, our Acupuncture course, and our 2-Year Tui Na Course, are regarded as 'full-time'.

You will be expected to attend **a minimum of 80%** of your non-practical lectures.

Mandatory 100% attendance is required for your 400 Clinical Hours. These Clinical Hours are accrued by attending Apprenticeship Days in Year 1 and in Year 2, and by attending the Student Clinic and some external Apprenticeship/Observation Days in Year 3.

Studying with us will be a big commitment, but it will be worth it!

Final Year Student Clinic

Please note that in the final year we run two shifts on the student clinic days, and subject to class numbers, these student clinic days may be on Tuesdays and also on Thursdays. The two shifts per day mean that one group comes in earlier and leaves earlier, whilst another comes in later and leaves later. We will do our best to accommodate you in the clinic of your choice, on the day of your choice, subject to availability, but you will need to be flexible.

Additional time commitments

As this is a degree-level course, you will be expected to do a considerable amount of preparation home study - in the region of 10-15 hours every week.

This preparation home study could consist of familiarising yourself with the lesson content for the next weeks' lecture or practical class, recommended reading, memorising facts, writing essays, practising your anatomy or point location with classmates or friends, or perhaps journaling reflections on your experiences.

Each lesson will have tutor-directed home study to accompany it, but there will also be time for you to just 'follow your nose' and complete additional study that interests you.

Our Acupuncture Course and Tui Na Course Intakes

Licentiate Diploma in Acupuncture Course March 2026 Intake

Study Acupuncture with us on **Monday and Tuesday** class days.

Our Intakes are subject to a minimum number of 18 Students.

Licentiate Diploma in Acupuncture Course September 2026 Intake

Study Acupuncture with us on **Monday and Tuesday or Thursday and Friday** class days.

1-Year Diploma in Tui Na Course October 2026 Intake:

Our 1-Year course is only available for: qualified Acupuncturists and qualified TCM Practitioners.

Study Tui Na with us on Saturday class days

You will keep the same set of class days for the duration of your course*. This will enable you to organise your life in advance if you are going to be working part-time, or if you need to arrange child-care.

***Final Year Student Clinic**

Please note that in Year 3, we run two shifts on the student clinic days, and subject to class numbers, these student clinic days may be on Tuesdays, and also on Thursdays. The two shifts per day mean that one group comes in earlier and leaves earlier, whilst another comes in later and leaves later. We will do our best to accommodate you in the clinic of your choice, on the day of your choice, subject to availability, but you will need to be flexible.

Our Acupuncture course is structured to run over three years. Each year has approximately 60 days of classroom tuition, please see the above 'Course layout at a glance' section for more details. These class days roughly coincide with school terms, so you will get breaks at the traditional times such as Christmas, Easter, and Summer.

Study Breaks

If necessary, for example due to illness, work, maternity or other reasons, you will be able to take a 'Study Break'.

However, all Students must complete all modules from all three years **within a maximum period of five years.**

Please note: Returning 'Study Break' students **will pay the prevailing course fees** of the academic year within which they resume their studies.

APPLICANT INFORMATION SHEET

The City College of Acupuncture has designed our course to create fantastic practitioners.

You do not require any previous practitioner experience, medical qualifications, or specialist training - we will teach you everything required to become a professional Acupuncturist.

Our entry requirements are:

- **Appropriate life experience or 120 points at 'A' level**
- **Online English Test**

You may wish to study Acupuncture or Tui Na as a career change, and may not have any previous academic qualifications. This need not be viewed as a barrier to becoming a successful practitioner. Our in-depth interview techniques will be able to establish if you are eligible to enrol on our course.

At interview, we will be looking for your commitment to the subject, your ability to study in Higher Education, your life experiences and how you have built upon them, and your ability to interact with people. The areas that we will discuss with you during interview include:

Study - Studying any form of Chinese Medicine takes commitment

- Are you able to attend on-site classes at our college two days every week?
- Are you able to set aside 10-15 hrs per week for preparation home study?
- Do you have access to a computer, the Internet, and IT skills appropriate for degree-level study?
- Will you be able to attend a minimum of 80% of non-practical lectures, and attend 100% of the designated clinical hours?
- There are no exemptions from the Clinical Hours.

Practical work

Acupuncture is a practical skill, and all students acquiring these skills will need to participate in being models/patients, and working with other students

- Will you be able to **work with male and female practice partners, and male and female patients?**
- Will you be able to remove/loosen clothing (behind screens if required) down to your underwear in some classes, so that your classmates can locate acupoints and anatomy on you, and vice versa?
- Will you be able to practice skills on your classmates such as needling and cupping?

Practitioner development

You will be studying to become a therapist and to work with people in a respectful and appropriate manner

- Are you fluent in English?
- We teach in English, if English is not your first language, do you feel confident that you will understand the lectures?
- Is there anything that might prevent you from joining a professional register after completing your studies, such as a criminal record, alcohol and drug dependency issues, or mental health issues?
- Are you aware that studying to be a practitioner will involve self-reflection?
- You may be asked to examine who you are and what motivates you, and at times this may take you out of your normal comfort zone.

Please note that we are a selective college. We are sometimes unable to offer a place if we think it is not appropriate for someone.

RPL

If you have previously studied, and achieved, qualifications or modules of Chinese Medicine or Western Medicine, you may be eligible for Recognition of Prior Learning (RPL).

This would enable you to be exempt from attending certain parts of the programme.

Please email cca@citycollege.ac.uk for further information.

Student Support

Studying acupuncture isn't an easy option.

It is hard - but it is also incredibly exciting and rewarding. You may find some elements of the course challenging, so we ensure that you have all the support you need, both academic and pastoral.

Your Support Inside CCA

Academic Tutorials

You will receive academic tutorials for each subject you study, where you will be able to clarify and deepen your understanding of Acupuncture and Chinese Medicine. Our teachers are all very approachable, and will be happy to assist you and signpost you for support where necessary.

Student Welfare and Support

If you have any sudden personal events, or sudden health events, or if you have any disabilities or long-term issues which might interfere with your studies, our students can contact our Head Acupuncture Administrator, our Student Welfare Officer, or our Programme Leader. They will be able to discuss available support with you, and offer one-to-one advice about any difficulties you are experiencing. All information can be given confidentially, and will not be shared with your Tutors without your agreement.

Open Door Policy

At CCA we operate an open-door policy, and we feel it is important that our students feel they can talk to us whenever they wish. If you need to speak to someone, you are always welcome to see our Head Acupuncture Administrator, Programme Leader, Student Welfare Officer, Director of Studies, or Director, all of whom have many years' experience of helping students fulfil their dreams of training in a new subject. We will always do our best to help you.

Support After Graduation

We are always happy to welcome you back after you have qualified, if you would like to re-attend a particular lesson because you missed it for some reason, or if you would just like to brush up on your TCM knowledge. By prior arrangement, we are happy for you to sit-in on a class, as long as there is space in that class.

Your Support Outside CCA

BAcC Student Website

Our Acupuncture students get automatic access to the British Acupuncture Council (BAcC) student website, which boasts amongst its features free access to current and back issues of ACU (the BAcC membership magazine), online access to articles and research, discussion forums, expert advice on research, setting up your business, safe practice, and tips on writing your dissertation.

Council Tax Discount

Our Acupuncture students attend what constitutes a 'full-time' course, which means you may be able to apply for a student discount on your Council Tax. We will be happy to supply a student status letter once you are enrolled.

Student Oystercard

Being a full-time student also allows you to apply for a Student Oystercard which will save you 30% on weekly, monthly or annual travel passes for use on the London Underground, buses, some local train routes and trams.

CCA Student Card

Your CCA Student Card will also make you eligible to join student discount schemes such as Unidays and Totem, which negotiate discounts with many different retailers.

In addition to discounts for travel, many cinemas, bookshops and other shops give discounts to students using your CCA Student Card.

We love what we do, and we want you to love it too!

Why not email us at cca@citycollege.ac.uk



Acupuncture Course Fees

Please see our Acupuncture website for the Course Fees and for full terms and conditions:
<https://www.citycollegeofacupuncture.com/fees>

Acupuncture Course Fee Notes

The **non-refundable £150** registration fee, and full payment course fees, or the first of the 2-part-payment instalments, are due following a successful interview, and no later than 6 weeks prior to the start of the course.

Students should also set aside in the region of £500 to cover text books across the three years of the course.

We will advise you which books will be the best to purchase, as they will need to be useful to you even after graduation.

Our college library contains a comprehensive selection of Acupuncture and Tui Na books, and many other books on the subjects we teach, for you to use whilst you are within our library.

When you start to work in the student clinic in the third year, you will need to purchase a starter kit containing the essential equipment you will need as a practitioner.

We will give you a list of the items required. You may decide to buy these items individually, or some suppliers offer a student discount or a group discount for you to order with your classmates.

The Clinic starter kit will cost in the region of £150.

You will keep the same set of class days for the duration of your course*. This will enable you to organise your life in advance if you are going to be working part-time, or if you need to arrange child-care.

*Final Year Student Clinic

Please note that in Year 3, we run two shifts on the student clinic days, and subject to class numbers, these student clinic days may be on Tuesdays and also on Thursdays. The two shifts per day mean that one group comes in earlier and leaves earlier, whilst another comes in later and leaves later. We will do our best to accommodate you in the clinic of your choice, on the day of your choice, subject to availability, but you will need to be flexible.

Our Acupuncture course is structured to run over three years. Each year has approximately 60 days of classroom tuition. These days roughly coincide with school terms, so you will get breaks at the traditional times such as Christmas, Easter, and Summer.

Study Breaks

If necessary, for example due to illness, work, maternity or other reasons, you will be able to take a 'study break'. However, all Students must complete all modules from all three years **within a maximum period of five years**. (Please note that returning students will pay the prevailing course fees)

Course Fees - Study Break Students

Please note that returning students **will pay the prevailing course fees** of the academic year within which they resume their studies.

I want to apply - What now?

1. Attend an Open Evening Event at our College, or book an appointment

Attend one of our Open Evening Events. This will be an ideal opportunity to meet our Programme Leader Ilze Black, and your potential new classmates. This will also give you a feel for who we are and what we do. Please email cca@citycollege.ac.uk to register for our next Open Evening event.

If you are unable to attend on our Open Evening dates, please email cca@citycollege.ac.uk to arrange an appointment for an onsite visit.

2. Complete our online Application Form

Once you decide you wish to apply, please complete your application form which is on our website: <https://www.citycollegeofacupuncture.com/>

The online application form is at: <https://student.citycollege.ac.uk/>

3. Have an Interview

Once we have processed your application, we will contact you to arrange your interview. At your interview, we will ascertain that our course is a good match for you, and that you are a good match to study with us, and we will make sure that you thoroughly understand the commitments of the course. You will be advised of the results of your interview shortly afterwards.

4. Take our online English test

Following your successful interview for our Acupuncture Course, or for our two-year Tui Na course, we will book a place for you to take our online English test.

5. Secure your place

Following your successful interview, and successful English test, in order to secure your place on our course, the one-off **non-refundable registration fee of £150.00** will be due. Course fees (your choice of either full payment or 2-part payment instalment, if applicable) are due following your successful interview and English test, and no later than 6 weeks prior to the start of the course.

6. Contact Us Any Time

If you have any questions, or would like to discuss your application with us, please do give us a ring on 020 7253 1133 and ask for our Head Acupuncture Administrator Karen Lloyd-Davies, or drop us an email at cca@citycollege.ac.uk

How to Find Us

By London Underground

Our college is around five minutes' walk from Old Street tube station (Northern Line). As at today's date, Old Street tube station is undergoing refurbishment, so currently you would take Exit 4 to leave the station, then walk forwards along City Road (you will see two very tall buildings, the Atlas building, and the M by Montcalm, which is a very angular triangle-shaped building, in front of you. After approximately 80 yards, at the traffic lights, take the right fork into East Road walking along the right-hand side of the Atlas building. Keep walking for another 200 yards and you will find The City College on your left. Usually, you would leave Old Street station at Exit 1 by taking the left-hand steps up to ground level. Proceed along City Road for a few hundred yards until the road forks in two. East Road is the fork on the right and the college is located a short way along on the left-hand side of the road. Keep walking for another 200 yards and you will find The City College.

N.B. Please check the prevailing information online regarding the Old Street tube station exits prior to starting your journey.

By Bus

- Buses that pass close to the college are 21, 43, 76, 135, 141, 205, 214.

By Car

- Parking in this area is very restricted, so we advise you to use public transport if possible, or look on the Internet for the nearest appropriate parking facilities.

The City College of Acupuncture. University House. 55 East Road. London. N1 6AH.
Telephone: 020 7253 1133 Email: cca@citycollege.ac.uk