



*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, develop into unique practitioners. Yet we are united in our passion for the subject and a desire to 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 successful and unique practitioner.

By attending our Open Evening Event, or by seeking information on our course, 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, in-depth, three-year full-time degree-level course 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. We will give you practical, hands-on degree-level education without the academic constraints of a degree.

Our one-year part-time *Tui Na* Licentiate is open to fully qualified Acupuncturists and TCM practitioners, and our two-year full-time *Tui Na* Licentiate is open to anyone who has not previously studied Acupuncture or TCM.

People often worry that they are not academic enough to study on a degree-level course, or that age is a barrier. Don't let this put you off! 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 be able to receive all the guidance you require. Your life experiences, how you build upon them, and your ability to connect with people will be as crucial as your academic understanding.

We do hope you get a good feel for our College and the way we teach. If you have any further questions, please do not hesitate to get in touch by phone on 020 7253 1133, or by emailing [\*\*cca@citycollege.ac.uk\*\*](mailto:cca@citycollege.ac.uk)

**Paul Johnson**

***Acupuncture Programme Leader***

## **Why study with us?**

### **TEN great reasons to study Acupuncture and *Tui Na* at The City College of Acupuncture**

#### **1) A broad and thorough grounding in Traditional Chinese Medicine**

- We believe that students shouldn't specialise too early in their training, so we teach you all of the main ways of diagnosing and using acupuncture
- Specialising in one form of acupuncture too early means that in order to further your understanding of TCM you may actually need to go back to basics to fully understand what you didn't initially cover

#### **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
- Our students start needling, cupping and using moxibustion within a few weeks of starting our course, and they continue doing this 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 difficult if you don't have any experience in bodywork, so we split our students into small groups within each class for these particular classes as it is essential to get extensive one-to-one feedback
- In our experience, subjects like Western Medical Sciences can also be as complex to understand as Chinese Medicine - which is why we provide support to all our students in these subjects

#### **4) An eclectic approach to teaching**

- Our staff trained in a number of different institutions, and they bring a wide range of experience to the CCA course
- We work hard to make sure that what we teach you is up-to-date and relevant to the work of an acupuncturist

#### **5) High academic standards**

- Our 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 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 makes you eligible to join the British Acupuncture Council (BACc), 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 newly-graduated Students. Please check the BAcC website for further information.

#### **7) All of our teachers are successful practitioners**

- Unlike training at a university, all of your lectures will be delivered by successful practitioners who are eager to pass their knowledge and experience on to you

#### **8) Great Location**

- We are proud to be the sole BAAB-accredited course in the heart of central London that is recruiting new students for 2023 and beyond

### 9) Our support continues after you graduate

- Our students can 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 completing our programme

**'Teachers open the door. You enter by yourself.'**

*Traditional Chinese proverb*

## Who teaches at The City College of Acupuncture? Meet our staff:

Our teaching team are all successful practitioners who have known and worked with each other for many years. Their passion for teaching acupuncture has given them a strong desire to create a practical, hands-on course that is really relevant to the modern clinical environment. Our team includes:

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

- Paul combines a deep understanding of Traditional Chinese Medicine with a thorough, hands-on approach to Higher Education
- He is featured in the *How to Locate Acupoints* app, and 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 is also contributing to the World Health Organisation's "WHO Standard Terminology in Traditional Chinese Medicine" project

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

- 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

**Anand Marshall** BSc, LicAc, Dip Kanpo, MBAcC, MRCHM

- Anand Marshall worked in the first NHS Complementary Therapies Unit in Westminster
- He specialises in Japanese forms of acupuncture and herbalism

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

- Kate is the founder and Chair of the Acupuncture Childbirth Team (ACT) in Hertfordshire. She co-founded a successful multi-bed Maternity Acupuncture Unit at the Lister Hospital in Stevenage
- She holds a certificate in Supervision and Mentoring and runs several Supervision groups for acupuncturists

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

- In addition to being an experienced practitioner and teacher, Joanna has a PGDip in Nutrition
- Her integrated approach to Chinese Medicine includes acupuncture, herbs and nutrition

**Julia Exposito** LicAc, MBAcC, MRN

- Julia is both an acupuncturist and a Mental Health nurse
- She completed an MSc on the use of acupuncture for emotional health and wellbeing

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

- Julia is Course Leader and teacher on our Tui Na programme
- Julia has trained extensively in China and England and has a special interest in treating children
- She is also a prenatal yoga teacher

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

- Tom practises a variety of acupuncture styles
- He has a special interest in Daoist alchemy and teaches *Qi gong*

**Tony Booker** MSc, PhD, MRSC, MRCHM, FLS

- Tony has conducted primary research into TCM herbal medicine
- He is a past president of The Register of Chinese Herbal Medicine

**Dr. Shelley Berlinsky** MD, LicAc, MBAcC, LicOHM, MRCHM

- Shelley has trained extensively, in Israel and in England, and gained both a doctorate in Western Medicine and a diploma in Chinese Medicine and herbalism
- She has also conducted research in complementary and alternative medicine.

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

- Alex is an accomplished Traditional Chinese Medicine practitioner, a State Registered Paramedic and an Osteopath
- His 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

**Alex Jacobs**, MA, MSc, Bsc, LicAc, MBAcC, MRCHM

- Alex is fluent in Mandarin and has studied TCM extensively in Taiwan
- He is a current president of The Register of Chinese Herbal Medicine

**Josephine Cerqua** BSc (Hons), LicAc, MBAcC, BA (Hons)

- Josephine has been in practice over twenty years and has a special interest in women's health

**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 how they became involved with Chinese Medicine.

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

**CCA Acupuncture Licentiate: practical, hands-on teaching.**

## Our Acupuncture Licentiate Diploma is a three-year course

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

<b>COURSE LAYOUT AT A GLANCE</b>				
<b>YEAR ONE</b> <ul style="list-style-type: none"> <li>• 63 days</li> </ul>	<b>CHINESE MEDICINE THEORY</b> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Start to diagnose by the tongue and the pulse</li> </ul>		<b>ANATOMICAL AND ENERGETIC STRUCTURES</b> <ul style="list-style-type: none"> <li>• Anatomy underpins everything you will learn about the human body</li> <li>• Learn how to locate the acupuncture points and start developing your needling skills</li> </ul>	<b>PERSONAL AND PRACTITIONER DEVELOPMENT</b> <ul style="list-style-type: none"> <li>• Look at the therapeutic relationship both from a Western and an Oriental standpoint</li> <li>• Start to understand what motivates you and the people around you</li> </ul>
<b>YEAR TWO</b> <ul style="list-style-type: none"> <li>• 67 days</li> </ul>	<b>CHINESE MEDICINE PRACTICE</b> <ul style="list-style-type: none"> <li>• This module recaps the material from year one but in the context of Western disease categories such as gynaecology, dermatology, digestion, etc.</li> </ul>	<b>ADVANCED ACUPOINTS AND PRACTICAL SKILLS</b> <ul style="list-style-type: none"> <li>• Increase your knowledge of the acupuncture points and build your confidence in needling, cupping, electro-acupuncture, auriculotherapy, moxibustion and <i>gua sha</i></li> </ul>	<b>PROFESSIONAL AND REFLECTIVE PRACTICE</b> <ul style="list-style-type: none"> <li>• Learn more about how to work in a therapeutic setting and start taking real case histories</li> </ul>	<b>WESTERN MEDICAL SCIENCES</b> <ul style="list-style-type: none"> <li>• Understanding illness from a Western medical standpoint is essential so that you will be able to converse with Insurance companies and other healthcare professionals</li> </ul>
<b>YEAR THREE</b> <ul style="list-style-type: none"> <li>• 58 days</li> </ul>	<b>ACUPUNCTURE CLINIC</b> <ul style="list-style-type: none"> <li>• Treat genuine paying members of the general public every week under supervision from our highly experienced clinical team</li> </ul>	<b>INTEGRATIVE PRACTICE</b> <ul style="list-style-type: none"> <li>• Consolidate your knowledge of Eastern and Western Medicine with a firm understanding of 'red flag' illnesses</li> </ul>	<b>RESEARCH</b> <ul style="list-style-type: none"> <li>• Write a 3,000-word article ready for submission to a peer-reviewed journal</li> <li>• A fantastic tool to promote yourself when you graduate</li> </ul>	<b>ACUPUNCTURE BUSINESS</b> <ul style="list-style-type: none"> <li>• Formulate your practice plan so that when you leave CCA you are 100% confident to set up in business</li> </ul>

## **CCA: It's all about the clinical experience!**

When you qualify, we want you to feel completely confident in treating a wide range of conditions - physical, emotional (and sometimes even spiritual). To do this you need to have observed and practiced a wide range of treatment techniques.

The CCA Acupuncture course is composed of modules that focus on different specialist areas. In addition, we also have some strands of activity which cut across all the modules - practical strands - which mean that all of your lessons have a practical aspect to them.

### **Practical Techniques Strand**

We want you to be relaxed and confident about treating when you go into our teaching clinic. Clinical skills such as tongue and pulse diagnosis, needling, cupping, *gua sha*, moxibustion, electro acupuncture and auricular acupuncture start being taught within a few weeks of you joining us and are practiced regularly throughout the course.

Every lesson you take will have time dedicated to the Practical Skills strand in order to give you as much experience in treating as possible.

In order to gain experience in practical skills you will need to take turns with your classmates, removing/loosening articles of clothing (behind towels) in some classes so that other students can locate anatomical landmarks and practice finding acupuncture points on each other. 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 in a highly supervised setting, of course.

### **Apprenticeship Days Strand**

Another strand that cuts across several modules is the Apprenticeship Day strand. On these days you get to observe in close proximity patients who are volunteer members of the public being treated by your Tutor for a wide range of conditions. You are able to practice your tongue and pulse skills and discuss the cases in depth with the practitioners.

The treatments are given initially by CCA Tutors, but in the second year a wide range of other practitioners are brought in - some newly qualified, some hugely experienced - so that you can see the scope and breadth of treatment possibilities. We pride ourselves on being a college that embraces eclecticism and we make sure that you see a wide range of practitioners from different backgrounds so that you can start to think about how you would like to practice once qualified.

### **Our Support Still Continues When You Have Graduated**

If you have missed any lectures or need to refresh your knowledge on any subject, you are welcome to come and re-attend any lecture on the course, free of charge. 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 you know if studying acupuncture is for you?**

**It can be a bit daunting before starting a course. How will you know if you will like the subject? You may need to ask yourself some serious questions first!**

- Do I want to study something that I can immerse myself in and become passionate about?
- Do I want to help people?
- 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?

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

Many people choose to study acupuncture after having treatment, or by knowing someone who has benefited from treatment. Some of you may be adding to existing skills such as reflexology 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 can be a daunting prospect, but between them our teaching team have helped hundreds and hundreds of people start out on a new path in their life. They could do the same for you!**

**Call us on 020 7253 1133, or drop us an email at [cca@citycollege.ac.uk](mailto:cca@citycollege.ac.uk)**

## Attendance and Time Commitments

**Our acupuncture course runs from 9.30 a.m. to 5.00 p.m. on two days in college with additional 10-15 hours of preparation home study each week.**

- Study Acupuncture with us on Thursdays & Fridays starting in September 2023
  - \*Study Acupuncture with us on Mondays & Tuesdays starting in September 2023\*
- \*N.B. Subject to demand, we may also operate a Monday & Tuesday Intake**

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.

The City College of Acupuncture course is structured to run over three years. Each year has 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 the Summer. Our office will be able to give you a timetable.

As our course is designed in a modular way, it is possible to take study breaks if you need to. All students must complete all modules within five years of starting the course. (Please note that returning students will pay the prevailing course fees)

You will be expected to attend at least 80% of your normal lectures, **with a full 100% of your 400 Clinical Hours being required.** Studying with us will be a big commitment, but it will be worth it!

Please note that in the final year we run two shifts on the clinical day. This means 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.

### Additional time commitments

**There are, of course, 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 could consist of reading, memorising facts, writing essays, practising your anatomy or point location with friends, or even reflecting on your experiences. Each lesson will have tutor-directed home study to go with it, but there will also be time for you to just 'follow your nose' and complete additional study that interests you.

*RPL - \*If you have studied some aspects of Chinese or Western medicine or Acupuncture previously, you may be able to get Recognition of Prior Learning - RPL - enabling exemption from certain modules of the programme. Please ask to speak to the Programme Leader about this.*

Please drop us an email at [\*\*cca@citycollege.ac.uk\*\*](mailto:cca@citycollege.ac.uk)



## APPLICANT INFORMATION SHEET

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

Don't be put off by thinking that you require any previous specialist training - we will teach you everything you need to know to become a professional therapist.

Our entry requirements are:

- **Appropriate life experience or 120 points at 'A' level**
- **No previous practitioner experience or science qualifications are required\***

You may want to study acupuncture or *Tui Na* massage as a career change and may not have 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 suitable 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 set aside 10-15 hrs per week for home study?
- Do you have access to the Internet and IT skills appropriate to this level of study?
- Will you be able to attend 80% of non-practical lectures plus 100% of the designated clinical hours? **There are no exemptions from the Clinical Hours.**

### **Practical work - Acupuncture is a practical skill and students acquiring these skills will need to participate in being models and working with other students**

- Will you be able to remove/loosen clothing (behind towels/screens) down to your underwear in some classes so that your classmates can locate acupoints and anatomy on you?
- Will you be able to practice skills on your classmates such as needling and cupping?
- Will you be able to work on both males and females?

### **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?
- 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 someone is not a good fit for our course.***

### Sample schedule

LicAc Acupuncture					
WEEKDAY 3-YEAR FORMAT - SEPTEMBER ENTRY			MONDAY TUESDAY		
PROVISIONAL FIRST YEAR DATES 2019-20			PJ 24.06.19 V2		
There is no attendance on greyed-out dates					
MONDAY	Module	Session	TUESDAY	Module	Session
9-Sep			10-Sep		
16-Sep	INTRO		17-Sep	CM 1	1
23-Sep	CM 1	2	24-Sep	PPD-PR	1
30-Sep	CM 1	3	1-Oct	CM 1	4
7-Oct	AES-L	1	8-Oct	RESEARCH	
14-Oct	AES-L	2	15-Oct	PPD-PR	2
21-Oct	Half Term		22-Oct		
28-Oct	AES-L	3	29-Oct	CM 1	5
4-Nov	CM 1	6	5-Nov	AES-L	4
11-Nov	CM 1	7	12-Nov	PPD-PR	3
18-Nov	AES-L	5	19-Nov	PPD-PR	4
25-Nov			26-Nov		
2-Dec	CM 1	8	3-Dec	PPD-PR	5
9-Dec	AES-L	6	10-Dec	PPD-PR	6
16-Dec	AES-L	7	17-Dec	PPD-PR	7
23-Dec	Xmas Break		24-Dec		
30-Dec			31-Dec		
6-Jan	CM 1	9	7-Jan	AES-L	8
13-Jan	PPD-PR	8	14-Jan	AES-L	9
20-Jan	AES-L	10	21-Jan	PPD-PR	9
27-Jan			28-Jan	CM 1	10
3-Feb	AES-L	11	4-Feb	PPD-PR	10
10-Feb			11-Feb		
17-Feb			18-Feb		
24-Feb			25-Feb		
2-Mar	Exam Board		3-Mar		
9-Mar	AES-T	1	10-Mar	CM 2	1
16-Mar	AES-T	2	17-Mar	PPD-PA	1
23-Mar	AES-T	3	24-Mar	CM 2	2
30-Mar	AES-T	4	31-Mar	PPD-PA	2
6-Apr	Easter Holidays		7-Apr		
13-Apr			14-Apr		
20-Apr	AES-T	5	21-Apr	CM 2	3
27-Apr	PPD-PA	3	28-Apr	CM 2	4
4-May			5-May		
11-May	AES-T	6	12-May	PPD-PA	4
18-May	AES-T	7	19-May	CM 2	5
25-May	Half Term		26-May		
1-Jun	PPD-PA	5	2-Jun	CM 2	6
8-Jun	CM 2	7	9-Jun	PPD-PA	6
15-Jun	AES-T	8	16-Jun	PPD-PA	7
22-Jun	AES-T	9	23-Jun	PPD-PA	8
29-Jun	PPD-PA (palp)	9	30-Jun	CM 2	8
6-Jul	AES-T	10	10-Jul	CM 2	9
13-Jul			14-Jul	CM 2	10
20-Jul	AES-T	11	21-Jul	PPD-PA	10
27-Jul	Summer Holidays		28-Jul		
3-Aug			4-Aug		
10-Aug			11-Aug		
Glossary					
CM 1	Chinese Medicine 1				
CM 2	Chinese Medicine 2				
PPR-PR	Professional and Practitioner Development - Practitioner Focus				
PPR-PA	Professional and Practitioner Development - Patient Focus				
AES-L	Anatomical and Energetic Structures - Limbs				
AES-T	Anatomical and Energetic Structures - Torso				

## Sample schedule

LicAc Acupuncture					
WEEKDAY 3-YEAR FORMAT - SEPTEMBER ENTRY			THURSDAY-FRIDAY		
PROVISIONAL FIRST YEAR DATES 2019-20			PJ 24.06.19 v4		
There is no attendance on greyed-out dates					
THURSDAY	Module	Session	FRIDAY	Module	Session
19-Sep	INTRO		20-Sep	CM 1	1
26-Sep	CM 1	2	27-Sep	CM 1	3
3-Oct	CM 1	4	4-Oct	PPD-PR	1
10-Oct	CM 1	5	11-Oct	AES-L	1
17-Oct	PPD-PR	2	18-Oct	CM 1	6
24-Oct	Half Term	5	25-Oct		
31-Oct	PPD-PR	3	1-Nov	CM 1	7
7-Nov	PPD-PR	4	8-Nov	AES-L	2
14-Nov	RESEARCH		15-Nov	AES-L	3
21-Nov	PPD-PR	5	22-Nov	AES-L	4
28-Nov			29-Nov		
5-Dec	PPD-PR	6	6-Dec	AES-L	5
12-Dec	CM 1	8	13-Dec	AES-L	6
19-Dec	PPD-PR	7	20-Dec	AES-L	7
26-Dec			27-Dec		
2-Jan	Xmas Break		3-Jan		
9-Jan	CM 1	9	10-Jan	AES-L	8
16-Jan	PPD-PR	8	17-Jan	AES-L	9
23-Jan	PPD-PR	9	24-Jan	AES-L	10
30-Jan			31-Jan	CM 1	10
6-Feb	PPD-PR	10	7-Feb	AES-L	11
13-Feb			14-Feb		
20-Feb			21-Feb		
27-Feb	Half Term		28-Feb		
5-Mar	CM 2	1	6-Mar	PPD-PA	1
12-Mar	PPD-PA	2	13-Mar	AES-T	1
19-Mar	PPD-PA	3	20-Mar	AES-T	2
26-Mar	CM 2	2	27-Mar	AES-T	3
2-Apr	CM 2	3	3-Apr	PPD-PA	4
9-Apr	Easter		10-Apr		
16-Apr			17-Apr		
23-Apr	PPD-PA	5	24-Apr	AES-T	4
30-Apr	CM 2	4	1-May	AES-T	5
7-May			8-May	VE DAY	
14-May	CM 2	5	15-May	AES-T	6
21-May	CM 2	6	22-May	AES-T	7
28-May	HALF TERM		29-May		
4-Jun	PPD-PA	6	5-Jun	CM 2	7
11-Jun	CM 2	8	12-Jun	PPD-PA	7
18-Jun	PPD-PA	8	19-Jun	AES-T	8
25-Jun	CM 2	9	26-Jun	AES-T	9
2-Jul	PPD-PA	9	3-Jul	AES-T	10
9-Jul			10-Jul	CM 2	10
16-Jul			17-Jul	AES-T	11
23-Jul			24-Jul	PPD-PA	10
30-Jul			31-Jul		
6-Aug			7-Aug		
13-Aug			14-Aug		
Glossary:					
CM 1	Chinese Medicine 1				
CM 2	Chinese Medicine 2				
PPR-PR	Professional and Practitioner Development - Practitioner Focus				
PPR-PA	Professional and Practitioner Development - Patient Focus				
AES-L	Anatomical and Energetic Structures - Limbs				
AES-T	Anatomical and Energetic Structures - Torso				

## What is *Tui Na*?

***Tui Na* ('push-pull') is one of the branches of Traditional Chinese Medicine (TCM) along with Acupuncture, Herbal medicine and *Qi gong*. It is a form of medical massage based around the acupuncture points and meridians. *Tui Na* practitioners need to have a thorough understanding of TCM principles in order to make an accurate diagnosis.**

*Tui Na* is becoming increasingly popular in the UK. All hospitals in China have a *Tui Na* department and the therapy is seen to be on the same level as acupuncture.

A *Tui Na* treatment typically happens whilst the person is still clothed. Skilled *Tui Na* practitioners utilise a wide range of techniques to knead, roll, press and rub the body which activates the flow of *Qi* and restores harmony. The technique dates back over 2,000 years and is used extensively in China to treat internal conditions as well as musculoskeletal issues.

There are different forms of *Tui Na* and you will be taught softer *Yin* styles and firmer *Yang* styles of treatment. You will also undertake *Qi gong* training to build your own personal energies.

Additional skills can be used in conjunction with *Tui Na* such as cupping and *Gua sha*, but unlike acupuncture the skin is not pierced. This means it can be used in any setting and is suitable for any age, from infants to the elderly.

When studying *Tui Na*, it is only through supervised clinical experience that you can really get to understand how to use the various techniques. Without supervised clinical experience it is impossible to gain a deeper understanding of how to treat complex conditions.

**People who have *Tui Na* love the experience and always want to come back for more!**

**To find out why, please drop us an email at [cca@citycollege.ac.uk](mailto:cca@citycollege.ac.uk)**

"Attending The City College of Acupuncture to study *Tui Na* was one of the best decisions I have made to further my knowledge in Chinese medicine since qualifying as an acupuncturist. Learning *Tui Na* has added a new dimension to my treatments which has been well received by my patients. The teaching on the course is excellent and the classroom facilities are good. The lecturers are all experienced practitioners and are passionate about the subject bringing their own unique perspective on how to integrate *Tui Na* into an existing acupuncture clinic. I cannot recommend it highly enough."

Tina, CCA *Tui Na* Graduate

## Two-Year Licentiate in *Tui Na*

CCA runs the most in-depth *Tui Na* course in the UK. Our Course Leader Julia Oji is a highly experienced practitioner.

Practitioners of *Tui Na* need a deep understanding of the TCM diagnostic process in order to treat people successfully with *Tui Na*. This understanding of Traditional Chinese Medicine (TCM) needs to be as sophisticated as an acupuncturist's. When studying *Tui Na* as a TCM beginner you will need to come to college for two midweek days per week to complete all of the core modules in the first two years of our acupuncture course alongside our acupuncture students.

In the second year you will need to add on one extra day on Saturdays each week to take the *Tui Na* Techniques and *Tui Na* Clinical modules.

<i>Year 1</i>	<p>CM</p> <p>Chinese Medicine</p> <p><b>TCM</b></p>	<p>AES</p> <p>Anatomical and Energetic Structures</p> <p><b>Core Modules</b></p>		<p>PPD</p> <p>Personal and Practitioner Development</p>	
<i>Year 2</i>	<p>CMP</p> <p>Chinese Medicine Practice</p>	<p>APS</p> <p>Acupoints and Practical Skills</p>	<p>WMS</p> <p>Western Medical Sciences</p>	<p>PRP</p> <p>Professional and Reflective Practice</p>	<p><b>TNT</b> <i>Tui Na</i> Techniques</p> <p><b>TCL</b> <i>Tui Na</i> Clinic</p>

### *Tui Na* Techniques (TNT)

This unit will teach you the *Tui Na* manipulations and massage techniques, area routines, and practical skills such as cupping, *gua sha* and moxibustion. Orthopaedic tests and external herbal formulae are also taught. This unit develops your physical strength, stamina, and sensitivity to internal *Qi* through the study and practice of *Shaolin Nei Gong*, as well as various other types of *Qi Gong* (focused breathing) including the Six Healing Sounds, which can be incorporated into therapeutic *Tui Na* practices.

### *Tui Na* Clinic (TCL)

This unit puts theory and practice together creatively to use a range of *Tui Na* techniques to look at complex disease patterns in Chinese medicine. It applies existing theoretical knowledge, reflective practice and practical skills acquired throughout the course in the context of supervised clinical practice with patients.

## One-Year Licentiate in *Tui Na*

Fully qualified Acupuncturists and Traditional Chinese Medicine (TCM) Practitioners can typically complete our *Tui Na* course in just one year. If you are eligible to complete the one-year Licentiate in *Tui Na*, you will attend CCA for one day per week on Saturdays to complete the two *Tui Na* Modules.

### Sample schedule

TUI NA	2019-20			SP/ PJ 08.07.19 v2	
There is no attendance on greyed-out dates					
Semester 1 dates confirmed; semester 2 dates not yet confirmed.					
FRIDAY	Module	Session	SATURDAY	Module	Session
20-Sep			21-Sep		
27-Sep			28-Sep		
4-Oct	TTA	1	5-Oct	TTA	2
11-Oct			12-Oct	TTA	3
18-Oct			19-Oct	TTA	4
25-Oct			26-Oct	TTA	5
1-Nov			2-Nov		
8-Nov			9-Nov		
15-Nov			16-Nov	TTA	6
22-Nov			23-Nov	TTA	7
29-Nov			30-Nov	TTA	8
6-Dec			7-Dec	TTA	9
13-Dec			14-Dec	TTA	10
20-Dec			21-Dec		
27-Dec			28-Dec		
3-Jan			4-Jan		
10-Jan			11-Jan	TTA	11
17-Jan			18-Jan	TTA	12
24-Jan			25-Jan	TTA	13
31-Jan			1-Feb	TTA	14
7-Feb			8-Feb	TTA	15
14-Feb			15-Feb		
21-Feb			22-Feb		
28-Feb			29-Feb		
6-Mar			7-Mar	TCL	1
13-Mar			14-Mar	TCL	2
20-Mar			21-Mar	TCL	3
27-Mar			28-Mar	TCL	4
3-Apr			4-Apr	TCL	5
10-Apr	GOOD	FRIDAY	11-Apr		
17-Apr			18-Apr	TCL	6
24-Apr			25-Apr	TCL	7
1-May			2-May	TCL	8
8-May	VE BANK	HOLIDAY	9-May	BANK	HOLIDAY
15-May			16-May	TCL	9
22-May			23-May	BANK	HOLIDAY
29-May			30-May	TCL	10
5-Jun			6-Jun	CLINIC	BOOKED
12-Jun			13-Jun	TCL	11
19-Jun			20-Jun	TCL	12
26-Jun			27-Jun	TCL	13
3-Jul			4-Jul	TCL	14
10-Jul			11-Jul	TCL	15
17-Jul			18-Jul	TCL	16
24-Jul			25-Jul	TCL	17
31-Jul			1-Aug		
7-Aug			8-Aug		
14-Aug			15-Aug		
21-Aug			22-Aug		
Glossary:					
TTA	Tui na Techniques & Therapeutic Application Medicine				
TCL	Tui Na Clinic				

### Sample Schedule

## **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 will make sure 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 Oriental Medicine. Our teachers are all very approachable and will be happy to go the extra mile to make sure that you don't fall behind in your studies.

#### **Personal Tutors**

You will be assigned a personal tutor who you can contact if there are any personal issues complicating your life that may be interfering with your studies. Your personal tutor is concerned with your overall path through the course and will be able to offer one-to-one advice with any problems you are experiencing. Your contact with your personal tutor can be kept confidential unless you give us permission to act on your behalf to help your situation.

#### **Open Door Policy**

At CCA we operate an open-door policy, and it is important that our students know they can talk to us. If you would like to speak to someone, you are always welcome to speak with our Head Acupuncture Administrator, our Programme Leader, our Director of Studies and 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 will always be happy to welcome you back after you have qualified. If you would like to re-attend a particular lesson you missed, or would just like to brush up on your TCM knowledge, we are happy for you to sit in free of charge, as long as there is room in the class.

## **Your Support Outside CCA**

### **BAC Student Website**

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

### **Council Tax Discount**

Our Acupuncture students attend what qualifies as a full-time course, which means you may be able to apply for a discount on your Council Tax.

### **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.

Many cinemas, book shops and other shops give discounts to students who can prove they are a student.

**Happy students make for better learners, so come and join us.**

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

**Why not email us at [cca@citycollege.ac.uk](mailto:cca@citycollege.ac.uk)**



## Acupuncture Course Fees - September-23 Intake

Our Acupuncture September-23 Intake will be for:

- Thursday & Friday class days
- Mondays & Tuesdays class days\*

\*Subject to demand

Enrolment priority will be given to the September-23 Thursday & Friday class days Intake.

Our Intakes are subject to a minimum number of 18 Students per class. The maximum number will be 24 Students per class.

Students keep the same set of class days for all three years of the course.

### Registration Fee: £150

One-off non-refundable registration fee required before starting any course with us, and it is valid for all courses you may wish to take with us.

The fees shown below cover tuition and examinations.

**Full-time: Two days each week in college, plus approximately 10-15 hours of preparation home study per week.**

## Acupuncture September-23 Intake Fees

**Year 1:** £6,300 Chinese Medicine Core Modules

**Year 2:** £6,600 Chinese Medicine Core Modules

**Year 3:** £6,900 Acupuncture Clinical Year

### • Instalments:

It is possible to pay your fees in 2 equal instalments. There is an administration fee of £100 for this option.

We suggest that 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 be useful to you even after graduation. Our college library contains many other books on the subjects we teach, for you to use whilst within our library.

When you start to work in the clinic in the third year you will need to purchase a starter kit containing the basic equipment you will need as a practitioner. We will give you a list of what is required and you may buy these items individually or approach a supplier to see if you can arrange a student discount or a group discount with your classmates. The starter kit will cost in the region of £150.

*Full terms and conditions may be found on our application form, which is available on our website, or from our College Reception area.*

## ***Tui Na* Course Fees - October-23 Intake**

### **Registration Fee: £150**

One-off non-refundable registration fee required before starting any course with us, and it is valid for all courses you may wish to take with us.

The fees shown below cover tuition and examinations. Details of how to pay are available upon request.

## **Tui Na October-23 Intake Fees**

### ***Tui Na* undergraduate -Two-year Course**

#### **Full-time –**

2 midweek days + 10-15 hours preparation study per week in Year 1 + one Induction Day on a Friday.

2 midweek days + 10-15 hours preparation study per week + one Induction Day on a Friday + Saturdays in Year 2.

- **Year 1:** £6,300 Chinese Medicine Core Modules
- **Year 2:** £8,700 Chinese Medicine Core Modules and *Tui Na* units

### ***Tui Na* units for fully qualified Acupuncturists and TCM Practitioners - One-year Course**

**Part-time** - one day a week on Saturdays + one Induction Day on a Friday.

- *Tui Na* units only - £2100 for one year

- Instalments:

It is possible to pay your fees in 2 equal instalments. There is an administration fee of £100 for this option.

We suggest that students should also set aside money to cover text books, approximately £500 for the *Tui Na* undergraduate course and £150 for *Tui Na* postgraduate course. We will advise you which books will be the best to purchase as they will be useful to you even after graduation. The college library contains many other books on the subjects we teach.

When you start to work in the clinic you will need to purchase a starter kit containing the basic equipment you will need as a practitioner. We will give you a list of what you require and you may buy these items individually or approach a supplier to see if you can arrange a student discount or a group discount with your classmates. The starter kit will cost in the region of £150.

*Full terms and conditions may be found on our application form, which is available on our website, or from our College Reception area.*

## I want to apply - What next?

### 1. Come to an Open Evening Event at our College

Attend one of our Open Evening Events, which are held every few months throughout the year. This will be an ideal opportunity to meet our Programme Leader Paul Johnson, 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](mailto:cca@citycollege.ac.uk) to register for our next event.

### 2. Complete an Application Form

Once you decide you wish to apply, contact us at [cca@citycollege.ac.uk](mailto:cca@citycollege.ac.uk), and we will email you an application form, and a list of mandatory enrolment documents. Once we are in receipt of all your application documents, we will advance your application to the next stage of the process, which will be:

### 3. Have an Interview

Once we receive your application documents, 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 make sure that you thoroughly understand the commitments of the course. You will be advised of the results of your interview shortly afterwards.

### 4. Secure your place

To reserve your place on our course, you will need to submit a one-off, non-refundable registration fee of £150.00. Course fees - either full payment or the first of 2-part-payments (see our Course Fees pages for details), are due no later than 4 weeks prior to the start of the course.

### 5. Contact Us Any Time

If you have any questions, or would like to discuss your application with us, please do drop us an email at [cca@citycollege.ac.uk](mailto:cca@citycollege.ac.uk) or give us a ring on 020 7253 1133

## How to Find Us

### By London Underground

Our college is around five minutes' walk from Old Street tube station (Northern Line). Usually, you would leave the 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. However, 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. 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 and 271.

### 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.