

# Acupuncture for Common Conditions in Pregnancy

This two day course covers the main complaints and complications that women may face during pregnancy. Western medical conditions are explained and explored in terms of TCM treatments with reference to historical sources and contemporary research.

This course is suitable for

- Third year students and new graduates who do not yet have much experience of this area
- More experienced practitioners who may already be offering these services but who would like to deepen their knowledge

**Venue:** The City College of Acupuncture, University House, 55 East Road, London N1 6AH  
• 5 minute walk from Old Street Tube Station

**Date:** Saturday Nov 11th and Sunday Nov 12th, 9.30am - 5pm

**Cost:** £180

## Day 1: Saturday November 11th, 9.30am - 5pm

### Pregnancy Acupuncture

- Pregnancy Trimesters, NHS Antenatal Care
- Pregnancy Red Flags, Acupuncture Safety Issues
- TCM Organs, Substances and Vessels

### Morning Sickness

- Aetiology, Acupoints, Patterns, Diagnosis, Research, Advice, Acupressure, Case Studies

### Miscarriage

- Habitual Miscarriage - Western Medical and TCM Aetiology, Patterns, Cases
- Threatened Miscarriage - Western Medical and TCM Aetiology, Patterns

### Pre-eclampsia

- Aetiology, Contraindications and Red Flags, Treatment

## Day 2: Sunday November 12th, 9.30am - 5pm

### Musculoskeletal Pain in Pregnancy

- Back Pain, Pelvic Girdle Pain, Sciatica, Carpal Tunnel Syndrome
- Aetiology, Treatment, Research, Red Flags, Safety Issues

### Anxiety and Depression

- Western Medical and TCM Aetiology, Patterns, 'Running Piglet Qi', Research, Case Studies
- Insomnia and Feelings of Suffocation, Aetiology and Patterns

### Turning a Breech

- Contraindications and Red Flags, Treatment Technique, Research

### Pre-Birth Acupuncture

- Cervical Ripening Techniques, Research

### Induction

- Medical Considerations, Patient Advice, Acupressure, Research

Learning will be consolidated with case studies and, time-permitting, practical demonstrations. Course certificates will be given.

### Previous attendees to Paul's courses say:

- "A relaxed and friendly deliverance of the material made it possible for people to contribute without feeling ignorant about the subject."
- "Paul's profound understanding of TCM together with his organised and structured approach translates into very clear and straight-forward teaching. And his handouts are precious!"
- "I particularly liked the discussions concerning experiences of the other course participants and additional information they added to the detailed course notes."

Please email [pauljohnsonacupuncture@gmail.com](mailto:pauljohnsonacupuncture@gmail.com)  
to confirm your place, and then post the booking form below

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Your name:

Your address:

Your email:

Mobile number (in case there is a problem on the day):

Please make your cheque payable to **Paul Johnson** and send it to

Paul Johnson  
Braefoot  
1 Woodside Close  
Chiddingfold  
Surrey GU8 4RH

Alternatively, contact me for bank transfer details

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### **Cancellation Policy:**

- Refunds: 100% up to 14 days prior to seminar. 50% thereafter
- I reserve the right to cancel the seminar, in which case you will receive a full refund within 3 weeks of notification of cancellation

### **For more information, contact**

- Paul Johnson 01428 683 460
- [pauljohnsonacupuncture@gmail.com](mailto:pauljohnsonacupuncture@gmail.com)