

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 25th and Sunday 26th May 2019, 10am - 5pm

Cost: £180

Syllabus

Pregnancy Acupuncture

- Pregnancy Trimesters, NHS Antenatal Care, Medications and Supplements (prescribed and OTC), Pregnancy Red Flags, Acupuncture Safety
- TCM Organs, Substances and Vessels

Morning Sickness

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

Fatigue and Exhaustion

- Aetiology, Acupoints, Patterns, Diagnosis, Advice, Case Studies; Anaemia

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

Musculoskeletal Pain in Pregnancy

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

Sinusitis

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

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

Previous attendees to Paul's courses say:

- " Everything you wanted to know about problems during pregnancy but never dared ask - theory and practice.."
- "Great couple of days. The material was top-notch, the notes were comprehensive and easy to understand"
- "Wonderful learning, very clearly presented, great notes - just do it!"

Paul Johnson LicAc, MBAcC, LicOHM, MRCHM, BA (Hons), PGCertLTHE, AHEA, AFN wrote "Creating a New Life: the Uterus is the Second Heart" in the Spring 18 issue of *Acu*. He has taught acupuncture for 18 years and specialises in treating infertility and offering IVF support. www.fertilitysurreyacupuncture.co.uk

Please email 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, email 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