



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 it 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 coming to this presentation evening 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 in small groups without the academic constraints of a degree.

We also teach a one-year *Tui na* licentiate which is open to acupuncturists and TCM practitioners or can be studied from year 2 of the full-time acupuncture programme.

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, with no formal qualifications to PhDs and our course is designed to give you the support you need whatever your background.

You will find our College a very friendly environment and the small class size means that 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 will get a good feel for the College and the way we teach today. If you have any further questions later on, do not hesitate to get in touch again over the phone on 020 7253 1133, or by emailing admissions@citycollege.ac.uk

Paul Johnson

Acupuncture Course 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 understand the basics that you didn't cover fully

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 on the course, and they continue doing this across the whole of the course

3) Small groups mean an apprentice-like training

- Learning anatomy and point location is difficult if you don't have any experience in body-work, so small group sizes are 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 give just as much support to our students in these subjects

4) An eclectic approach to teaching

- Our staff trained in a number of different institutions and bring a wide range of experience to the CCA course - they aren't just repeating what their teachers taught them
- 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 but without the additional cost and restrictions that this brings

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

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 the only BAAB-accredited course still recruiting students for 2019 and beyond in the heart of central London

9) Our support continues after you graduate

- You can return after graduation to retake any lessons you may have missed, free of charge

10) All of our graduates are currently in practice

- CCA has a strong business module which means you will be ready to go into business within three weeks of your final exam with us!

Our students are a very cosmopolitan bunch from a wide range of social and educational backgrounds. Whoever you are, whatever you do, there is a place here for you!

Julia Exposito LicAc, MBAcC, MRN

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

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

- 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
- She also holds a certificate in Supervision and Mentoring and runs several Supervision groups for acupuncturists.

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

Claire Truss LicAc, MBAcC, BA(Hons), Dip.M.

- Claire trained as an acupuncturist and naturopath after seeking help from an acupuncturist for fertility
- Claire runs her own private practice and has volunteered at a multi-bed clinic

Sarah Pritchard Lic Ac, MBAcC, Dip *Tui Na*, Clin Cert *Tui Na* (Nanjing) MRTCM

- Sarah trained in England and in China, (Nanjing and Beijing)
- She is the author of "*Chinese Massage Manual*" published by Piatkus in 1999 and "*Tui Na: A Manual of Chinese Massage Therapy*", published by Churchill Livingstone in 2010

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

- Julia has trained extensively in China and England and has a special interest in treating children
- She is also a prenatal yoga teacher

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

- 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

Assaf Givati PhD, MPH, PGCertLTHE, Dip. Nat.

- Assaf is a researcher at heart. His PGCert dissertation was "*Paradigmatic tensions and the challenge of developing BSc Complementary and Alternative Medicine within a Science faculty*", whereas his PhD Thesis was "*The holistic discourse of non-medically qualified acupuncturists and homeopaths in England: an in-depth, qualitative study.*"

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. Small groups.

Our Acupuncture Licentiate is a three year course

- You will need to attend classes for two days a week from 9.30 am to 5pm
- You must attend at least 80% of lectures and 100% of clinical practice
- You will also need to be able do at least one full day of home study each week

COURSE LAYOUT AT A GLANCE

YEAR ONE • 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 body • Learn 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 and an Oriental standpoint • Start to understand what motivates you and the people around you
YEAR TWO • 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 essential so that you will be able to converse with Insurance companies and other healthcare professionals
YEAR THREE • 58 days	ACUPUNCTURE CLINIC <ul style="list-style-type: none"> • Treat genuine paying members of the general public every week 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 journal • A fantastic tool to promote yourself when you graduate 	ACUPUNCTURE BUSINESS <ul style="list-style-type: none"> • Formulate your practice plan so that when you leave CCA you are 100% confident to set up in business

Want to know more? There is more detail on the following pages about these individual units and what they involve.

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 practised 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.

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 people being treated 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. 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 analyze 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 therapist.

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.

At interview we will be looking for your commitment to the subject, your ability to study in Higher Education (which may or may not include previous professional qualifications), your life experiences and how you have built upon them, and your ability with people.

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

Attendance and Time Commitments

Our acupuncture course runs from 9.30 a.m. to 5 p.m. across two days in college each week with additional home study.

- Study Acupuncture with us on Mondays and Tuesdays starting in September 2019
- Study Acupuncture with us on Thursdays and Fridays starting in September 2019

This will enable you to organise your life in advance if you are going to be working part-time or 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 an accurate timetable of our dates.

As the course is designed in a flexible, modular way you will have the chance to take additional breaks if you need to, as long as you complete all of the modules in five years. 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 and leaves earlier, whilst another comes in 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 home study.

This could consist of reading, memorizing 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.

For our current timetable, please call us on 020 7253 1133 or drop us an email at cca@citycollege.ac.uk

APPLICANTS 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:

- o **Appropriate life experience or 120 points at 'A' level**
- o **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 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 with people. The areas that we will discuss with you during your interview include:

Study – studying any form of Chinese Medicine takes commitment

- Are you going to be 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 normal 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 undress (behind towels) down to your underwear in some classes so that other students 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? That you may be asked to examine who you are and what motivates you, and at times this may make take you out of your normal comfort zone?

Please note that we are a selective college. We cap our class sizes so we may not be able to offer you a place if we think you are 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				

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				

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 having *Tui na* love the experience and always want to come back for more! To find out why, please call us on 020 7253 1133 or drop us an email at 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 Sarah Pritchard is the author of “*Tui na: A manual of Chinese Massage Therapy*”, widely acknowledged as the main English language text on the subject. This course is now in its fifteenth year.

Practitioners of *Tui na* need to have an understanding of Traditional Chinese Medicine (TCM) that is as sophisticated as an acupuncturist’s. When studying *Tui na* from scratch you will need to come in for two days per week for about three weeks out of four to complete all of the core modules on the first two years of the acupuncture course alongside the acupuncture students. Unless you have deep understanding of the TCM diagnostic process you will be unable to treat people successfully with *Tui na*.

In the second year you will be able to add on an extra day each week to take the *Tui na* Techniques and *Tui na* Clinical modules.

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

***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 (TNC)**

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 programme in the context of supervised clinical practice with patients.

One Year Licentiate in *Tui na* for Acupuncturists and TCM Practitioners

Qualified Acupuncturists and Traditional Chinese Medicine (TCM) practitioners can typically complete the CCA *Tui na* course in just one year. If you are eligible to complete the One Year Licentiate in *Tui na*, you will only need to attend CCA for one day per week to complete the two *Tui na* Modules.

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. As we keep our classes a small size we will be able to keep an eye on you at all times.

Personal Tutors

You will also 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 we feel it is important that our students feel they can talk to us. If you need to speak to anyone, you always have our office team, Course Leader, 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 out.

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 because you missed it for some reason or would just like to brush up on your TCM knowledge, we are happy for you to sit in as long as there is room in the 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 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 a student discount scheme called Unidays which negotiates discounts with many different retailers.

In addition to discounts for travel, 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 call us now 020 7253 1133 or email cca@citycollege.ac.uk

Acupuncture Course Fees 2020/ 2021

Registration Fee: £150

One-off non-refundable fee required before starting any course throughout the duration of your studies.

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

Full-time, two days a week

- September 2020 start: classes will always run on a Monday and Tuesday or Thursday and Friday for three years

Year 1: £5,940 Chinese Medicine Core Modules

Year 2: £6,300 Chinese Medicine Core Modules

Year 3: £6,500 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. Please contact the Administration Office for further information.

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 need to 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 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 you require and you may buy these items individually or approach a supplier to see if you can arrange a student discount. The starter kit will cost in the region of £150.

Tui na Fees 2020/ 2021

Registration Fee: £150

One-off non-refundable fee required before starting any course throughout the duration of your studies.

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

Tui na undergraduate

Full-time over two years or two-and-a-half years

- **Year 1:** £5,940 Chinese Medicine Core Modules
- **Year 2:** £8,100 Chinese Medicine Core Modules plus *Tui Na* units

Tui na units for Acupuncturists and TCM Practitioners

Part-time, one day a week on Saturdays mostly (*Tui Na* units only)

- £1800 for the year

- **Instalments:** It is possible to pay your fees in 2 equal instalments. There is an administration fee of £100 for this option. Please contact the Administration Office for further information.

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 need to be useful to you even after graduation. The college library contains many other books on the subjects we teach.

I want to apply. What now?

1. Come to an Open evening

The first thing to do is to give us a ring and arrange to come to one of our Open Evenings, which are held about once every few months depending on the time of year. This will give you a feel for who we are and what we do. To arrange to come in please call us on 020 7253 1133 or drop us an email at cca@citycollege.ac.uk

2. Complete an Application Form

The next thing to do is to complete and return your application form, which is available from our website or from our reception area.

3. Have an Interview

Shortly after we receive your application form we will ask you to come for an interview. At your interview we will ascertain that you are suitable 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

You will need to submit a one-off, non-refundable, registration fee of £150 to reserve your place on the course.

5. 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 or drop us an email at cca@citycollege.ac.uk

How To Find Us

By London Underground

- The college is less than ten minutes walk from Old Street tube station (Northern Line). 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.

By bus

- Buses that pass close to the college are 21, 43, 76, 135, 141, 205, 214 and 271.

By road

- Parking in this area is very restricted so we advise you to use public transport.