Acupuncture Concepts for Women's Health Physiotherapists.

<u>Aim</u>

Provide physios with an understanding of Classical Chinese medicine (CCM) concepts.

Cultivate sensory awareness for diagnosis.

Learn to use CCM concepts to differentiate Western diagnoses to more effectively treat common women's health conditions.

Apply acupuncture treatment appropriate for patient presentation.

Day 1		
	9.00 – 10.45am	**Western versus Classical Chinese medicine (CCM)** - Reductionist model of Western medicine - Model of energy transformation of CCM - Reconciling qi – phenomena outside our sensory perception - Fu Xi c. 2900 BCE concept of yang, yin - Shen Nong c. 2800 BCE, Huang Di C. 2700 BCE, Yi Jing C. 1200-800 BCE
	Break	
	11.30am – 12.30pm	**Cycle of yang in CCM** - Applied to year, day/night, lifetime, menstrual cycle **Lao Tzu, Daoist Concepts** **Review** - 5 elements, organs and channels
	Lunch	
	1.30 – 3.00pm	**Movement and direction of energy** - Energy transformation is different and unique for each person - Assessing energy transformations in physiology - Cultivation of sensory awareness for diagnosis - Endometriosis does not equal endometriosis
	Break	
	3.15 – 5pm	**Conditions of Women's Health – Pelvic Pain** - Concept of pain in CCM - Menstrual cycle according to CCM energy transformation - Menstrual Issues – Endometriosis, dysmenorrhea,
Day 2		
	9.00 – 10.45am	**Conditions of Women's Health** - Menstrual Issues continued – pelvic floor dysfunction - Digestive issues – the importance of diet, constipation, IBS
	Break	
	11.00am – 12.30pm	**Conditions of Women's Health** - Urinary issues – urinary incontinence, urinary frequency - Pregnancy Issues – SIJ pain - Acupuncture points contraindicated in pregnancy
	Lunch	
	1.30 – 3.00pm	**Conditions of Women's Health** - Menopausal Issues urinary prolapse, insomnia, forgetfulness - Other considerations – trauma and stress - When to refer
	Break	
	3.15 – 5pm	**Putting it all together** - Diagnostic tools, patients