

# POST-GRAD

## Study Days at The Healing & Acupuncture College



Welcome to the post graduate programme at the college for 2017 details of which you will find below. I'm pleased to welcome my old colleague Sarah Matheson back for a couple of days teaching. I met Sarah when we studied together back in the early 90's at CTA in Leamington. She went on to run a busy practice in London and Hove specialising in fertility treatments. Sarah has always remained true to the 5 Elements teachings that she learnt and has a great sense and feel for the approach and for diagnosing the CF.

I'm also welcoming Emma Guy, Emma is one of our graduates who has gone on to further study and then to expand her practice to include 3 more practitioners. Prior to acupuncture she worked in marketing and she has also done a lot of work with cancer patients in a hospice setting over 5 years. It's good to get market advice from an experienced practitioner like Emma to give you confidence and help to build your practice.

Richard Jackson has been our external examiner since we came to Bath and he also has an extensive knowledge and experience treating gynaecological problems. Richard is trained in 5E and TCM acupuncture but the main focus of his teaching day with us will be on understanding core TCM in such cases.

I already teach the NADA (Ear Ac) protocol to students who attend the course but I am really pleased to be able to offer the certified course with Rachel Peckham in 2017. This will enable previously qualified acupuncturists to complete the full course in 2 days and graduate with NADA certification.

Please forward this flyer to students or practitioners who may be interested in any course including anyone who has yet to learn Cosmetic Acupuncture or wishes to treat sports injuries. Courses are open to any graduate or final year student and don't forget, book soon to avoid disappointment and to obtain the early bird discount.

Best wishes for 2017, Jamie.



**Sarah Matheson**

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Post Graduate days with Sarah cost £95 per day or £75 with early bird discount. To qualify for the discount we must receive your payment by 1st March 2017.

See bookings and payments at the end of this flyer.

## 5 Element Acupuncture with Sarah Matheson

### Cases and discussion forum:

9th May 2017 10.30am - 5pm

Sarah will hold an open class discussion drawing upon her 20+ years of treatment experience.

This will offer an opportunity to give examples of cases involving possession, AE, blocks, HW and other 5 Element protocols. She will also speak about the way in which she makes a diagnosis using CSOE and how it brings her to a core understanding of a patients needs in an elemental context. She will explain how she sees this in terms of a persons spiritual needs and how she selects points accordingly.

### Female Fertility & Pregnancy

10th May 2017 9am - 4pm

Sarah will take you through the journey of preparing for conception including working alongside Western Medicine, IVF protocols and fertility clinics. Then onto how to offer support during pregnancy and what you can do for a patient if things do not go to plan. She will also speak about treatment options and points to use during labour and childbirth.

Certificates of attendance provided.

## Cosmetic Acupuncture Jamie Hedger

25th April 2017 10.30am - 5pm

Jamie's 1 day course now in its 16th year includes a wide spectrum of skills and techniques to get you started with this useful addition to your practice:

Safety, theory and principles.

Equipment: electro acupuncture, etc.

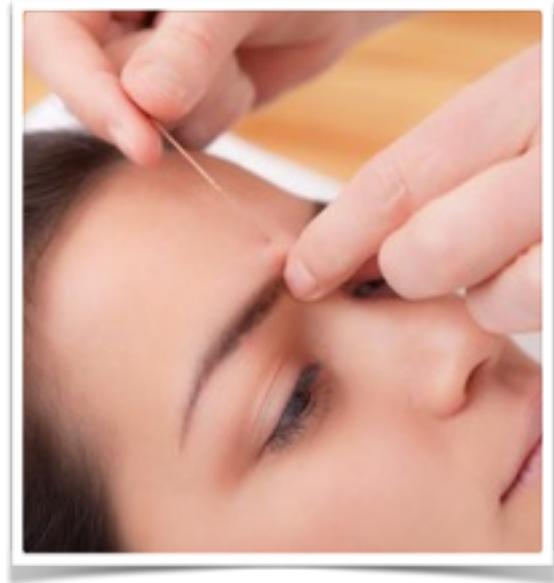
Developing skills.

Practical work on colleagues.

Comprehensive notes provided.

Needles Provided.

Certificate.



The Cosmetic Acupuncture training day costs £105 or £95 with early bird discount. To qualify for the discount we must receive your payment by 1st March 2017. For details see bookings and payments page at the end of this flyer.

## Cancer Care Acupuncture

Emma Guy

4th July 2017 - morning session 10.30am - 1.30pm

## Build Your Practice

Emma Guy

4th July 2017 afternoon session 2.30pm - 5.00pm



During the morning session Emma will be talking about the management and treatment of cancer patients. Cancer is a scary diagnosis for anyone and in fact some colleges tell their students not to treat cancer until they have more experience. Emma brings that experience and will give guidance and advice including her own recommended protocol.

In the afternoon session she will be talking about building a practice. This will include talking about local council registration, insurance, advertising and using social media effectively.

The day costs £95 or £75 with early bird discount if paid by March 1st, see last page.

# Treating Gynaecological Conditions

Richard Jackson

20th June 2017 10.30am - 5pm

PCO/PCOS

Endometriosis

Unexplained infertility

Support in an IVF cycle

Discussion, general Q&A



Richard will take you through common causes and patterns of disharmony from a TCM perspective. He will show you how to start with a basic diagnosis and then build your treatment plan from there. He will discuss selecting points, lifestyle advice and managing patients expectations. Richard has extensive experience and will also use case examples to explain the process of treatment. He will also show you how to evaluate progress and suggest strategies you can use when things don't go according to plan.

The day costs £95 or £75 with early bird discount if paid by March 1st, see below.

# NADA

## Ear Acupuncture Protocol

Rachel Peckham

The NADA course usually lasts a full week and this is a bit costly and time consuming for acupuncturists who are already qualified since much of the time is taken up with learning about health and safety procedures. Unlike most acupuncture qualifications NADA is recognised worldwide. Now we can offer graduates and other qualified acupuncturists the opportunity to complete the certified course here in Bath.

6th & 7th June 2017 (Starts 10.30am 6th June)

The NADA protocol is a standard non diagnostic treatment using five auricular points, and is commonly used within substance misuse/addiction services. Over recent years, it has begun to be used in other areas such as mental health and psychiatric care, smoking cessation, cancer care services, trauma, and for young people with behavioural disorders.

The training will be interspersed with clinical practice and it is helpful, although not essential, to receive treatment as well as deliver it. This course will lead to NADA-GB certification with a £40 annual registration to NADA-GB if required for purposes of work. A practitioner pack is included with the work manual, providing useful documents for setting up a NADA service.

Topics covered in training will include:

Overview, Origins of NADA and demonstration of treatment.

Location of the five NADA points and needle insertion practice.

Health benefits of the treatment protocol and functions of points.

Psychosocial benefits of treatment.

Health & Safety implications of treating clients in a group setting.

Discussion of the requirements to consider for setting up a NADA service within the NHS, prisons, and statutory and voluntary services.

Website - [www.nadagbacupuncture.co.uk](http://www.nadagbacupuncture.co.uk)



Rachel is an acupuncturist trained at CTA and she holds an MSc from Westminster University. This includes a dissertation/study on the impact of the NADA protocol at the Core Trust (a drug and alcohol rehabilitation centre in London) where she worked for five years as a clinician, group leader, and facilitator of the NADA clinic.

She runs a private practice in Shepherds Bush, London.

*The NADA training over 2 days costs £250. Places are limited and early reservation is advised. We must receive your booking and payment by 1st March 2017. For details of how to pay see the bookings and payments page at the end of this flyer.*

# Common Sports Injuries & Acupuncture

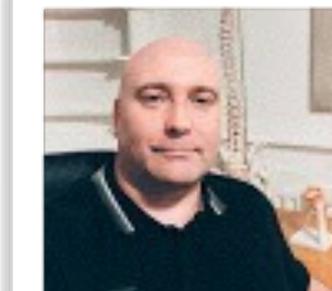
Dominic Clark

23rd May 2017 10.30am - 5pm

Dominic will speak about treating sports people and how he treats common sports injuries using acupuncture & massage. He will show how to plan treatments and give practical practical demonstrations. Students will be encouraged to palpate, massage and needle as appropriate.

Examples:

1. IT band syndrome (runners knee). Very common issue for all sports people.
2. Achilles tendonitis, a painful injury often stopping the patient being able to play sport.
3. Delayed Onset of Muscle Soreness (DOMS)  
Recovery is a big problem for most sports people especially age 30+
4. Lower back pain, including (Sacro-iliac dysfunction). Probably the most common injury effecting sports people.
5. Patella femoral pain (chondromalacia patella) a very painful condition often affecting younger athletes.
6. Inversion sprain (Ankle joint). Sprained ankles often do not heal or recover well. Acupuncture can help.



**Dominic Clark**

BSc Hons, Sports Therapy.

VTCT Diploma, Sports  
Massage Therapy.

CertAc, AHPA.

Member of Sports Therapy  
Association (MSTA)

Member (ATCM)

The day costs £95 or £75 with early bird discount if paid by March 1st, see below.

## Booking

Please make an electronic payment for the amount due to: ac 22022642 code: 089288 and e-mail to confirm your name (as it will appear on any certificates).

Also include your mobile number and the course you will be attending. We will reply to your e-mail to confirm.

Receipts via e-mail can be provided by request.

If you wish to pay by cheque or cash please e-mail first to arrange.

Refunds upon cancellation are only available up to 30 days before the course runs.

e-mail: [jamiehedger100@gmail.com](mailto:jamiehedger100@gmail.com)

## Venue

All courses are held in Bath: [Venue](#)