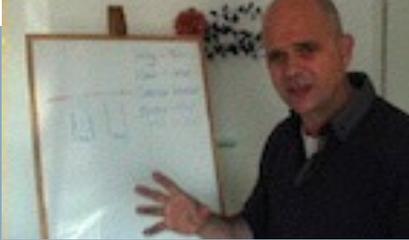


College Prospectus



An Independent Acupuncture College in Bath UK

The Healing & Acupuncture College

About the College: By Jamie Hedger, college principal.



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Thank you for downloading the prospectus and welcome to the college. My first introduction to acupuncture was through a friend of the family who had studied at Leamington Spa in the 1970's. She told me about it and all about her own experiences as a patient and then as a practitioner as well. Throughout all the conversations there was one thing that really struck a cord with me, the suggestion that your emotions, thoughts and feelings are directly related to your physical health. Nowadays I consider this to be rudimentary but at the time it was quite compelling. Particularly since I had recently had an uncomfortable experience with a doctor who treated me quite badly. Ultimately there were two reasons that I decided to go and study: this concept and my desire to meet and mix with a like-minded peer group. My training introduced me to the principles of Chinese Medicine and also to the different approaches as proposed by different teachers like Dr J.D Van Buren and J.R Worsley. But probably even more important influences were those of my colleagues and course tutors.

Through my experiences as a teacher and practitioner and my interest in other approaches to healing I began to formulate my own view as to what acupuncture is and how and why it works so well. I had to try and reconcile the different types of acupuncture and explain the contradictions. All this brought me to a new realization: that acupuncture is a tool for healing. All methods of acupuncture work and it is not actually the type or even the complexity that matters, it's the engagement. It is when people immerse themselves in the subject and start to actually practice that it comes alive. This is why I wanted to include the word healing in the college name.

Course Overview

The HAC course runs in two day blocks approximately twice a month for a period of a year. The first 6 months are the basic undergraduate course where we learn about CM theory and practical techniques. By the end of this part of the course students have started treating patients and are confident and competent to start practice outside. They are issued with their certificates and can obtain public liability insurance to practice acupuncture. The atmosphere on the course is informal but professional and there are normally between 4 and 10 students. You will work closely with your colleagues on the practical tasks such as point location, pulse taking and needling. Typically days are about 50% theory and 50% practical and obviously students are encouraged and expected to do both theoretical and practical home study as well. We do try and adopt an open and easy approach to acupuncture theory and practice in order to accommodate students own philosophy and experiences. Many of our students have already studied associated subjects elsewhere and wish to apply their existing knowledge and experience to their practice. We do not believe anything in acupuncture is "set in stone" except of course health and safety procedures and we do not seek to indoctrinate students but to empower them. Your teacher for the majority of the time will be Jamie Hedger but from time to time other people will either assist him or run the classes. There are also external examiners on some occasions.



The post graduate part of the course consolidates your learning by giving help and feedback on cases you may be treating and it also introduces specializations. These include acupuncture for fertility, cosmetic acupuncture, ear acupuncture (including NADA certification)* and the obtaining of a health and safety certificate. Many of these post graduate days will be run by specialists in their particular field.

*TBC



Course Fee's and Enrolment – Terms

One of the first things people need to know about an acupuncture course is the costs and payment terms so we have set this out as clearly as possible here: Fees are currently £4400 paid with a £400 deposit followed by the balance of £4000 before the course starts.

If you have to miss a couple of days from the course it should not cause too many problems. But if students fall well behind we may need to schedule extra study at students cost. Usually we are able to use online resources and avoid this.

We appreciate payment by cheque/cash/bank transfer. It is very helpful in planning the course if students can tell us of their intention to join well in advance. Obviously in the unlikely event of cancellation by us you would receive a full refund (or partial pro-rata refund) of what you have paid but we cannot compensate you for travel, hotel bookings etc.

You need to allow some extra money for books, equipment and later on insurance & registration as the course progresses. This will probably be between £100-£500 for the whole course.

Payment of deposit implies that you accept the terms and conditions outlined above. e-mail us for bank details for transfers or our address if you are posting a cheque.



Exams

Some students get very concerned about exams and it is always surprising how even the most rational and well balanced person can change under exam stress. We are careful to minimize this and schedule exams into the course in such a way that students are well prepared for them. Fail rates are very low and the vast majority of students who do fail an exam pass on a first re-sit*. Our primary reason for having exams and our main concern initially is that students fully understand and follow all applicable health and safety procedures. Health and safety in acupuncture practice is quite simple and straightforward to learn, then we make sure that we are following it at all times.

We examine as follows:

Needling and clean needle technique. This is a practical exam where participants demonstrate to an examiner that they can follow health and safety guidelines as they needle an acupuncture point safely and skillfully (usually on one of their colleagues). For this exam we use an external examiner, Pass/Fail.

Point Location. Our students learn about 80 acupuncture points initially. This is a practical exam where students mark 25 points on a colleagues body within 45 minutes. This is our most difficult exam and its why we spend some time learning point location on almost every session at the college. For this exam we use an external examiner, Pass mark 70%.

Written Exam. This is in the form of 50 short questions, some are simply true/false, others require a short explanation. We allow 90 minutes for this. To date no one has failed this exam and we are constantly monitoring it in order to better reflect the course. Most students score over 60% in this exam. Pass mark is 40%.

Case History. Students write up a case using either our case form or one they have developed themselves. We discuss their reasoning and treatment strategy and make suggestions. This is a great learning exercise and an opportunity for students to really show us what they have learned. Pass/Fail.

At this point (6 Months into the course) students graduate with a certificate to practice. They can then insure themselves and start to treat patients independently.

Post Graduation, Individual teachers or specialists in their field may choose to have tests in order to monitor their part of the course and student comprehension. Upon completion of specific sections of post graduate training such as health and safety or ear acupuncture certificates are issued.

*A second re-sit is allowed but may incur an exam fee. We reserve the right to make a final decision upon the students suitability to do any further re-sits after that depending upon the circumstances. We will decide on the basis of what we feel is in the students best interest so we may require that a student leave the course or start the course again at this point.

Study Hours

Study Hours – undergrad. Supervised teaching hours are a minimum 140 (20 days)* plus 28 supervised clinic hours (4 days) during which students practice for some of the time and observe other students). Additional self-study hours are a minimum 165. Total undergrad course is therefore a minimum 333 hours.

*If absolutely unavoidable students can miss up to a maximum of 4 days from the undergraduate course. Various materials including video are available to help students catch up on what they have missed. If students miss more than 4 days they will need to schedule and pay for additional tuition in order to qualify.

Study Hours – post grad.

Supervised teaching hours are 85 (12 days) and recommended self study is minimum 85 hours. Total post grad hours are therefore a minimum of 170 hours.



Syllabus

Core Undergraduate Training

Theoretical

History of Acupuncture: theoretical and philosophical perspectives.

Healing with acupuncture, using various styles and developments.

5 Element Acupuncture: developing elemental awareness, skills and ability to use this in acupuncture practice. The officials and the energetic nature of elements. Learning traditional 5E protocols.

Traditional Chinese Medicine: learning key concepts and theory of TCM for the purposes of acupuncture practice. Including Zang Fu, 3 treasures, 6 divisions, Qi, Organs, Channels etc.

Acupuncture Points Theory: types of point, the nature and energy of points, functions and creative uses of key points.

Health and Safety: referrals, notes, drugs, legal obligations, insurance, premises, ethical issues etc.

Diagnosis: and treatment planning using information obtained through a variety of skills and using that effectively in a clinic setting.

Practical

Pulse Taking: identify types of pulse, diagnosis with pulse.

Tongue Diagnosis: identify key features and meaning.

Point Location: practical application of locating, sensing and using acupuncture points.

Needling: needle safety, needle techniques and development of practical and energetic awareness and needling skills.

Clinic skills: Cupping skills and use of heat and moxabustion, B.P. testing etc.

Palpating Skills: and healing skills for treatment and diagnosis.

Basic Massage techniques to complement acupuncture.

Treatment of real patients in clinical setting.

Post Graduate Training

Theoretical

Ear Acupuncture and the NADA protocol.

Cosmetic Acupuncture.

Acupuncture for Fertility.

Sports Injury and trigger points.

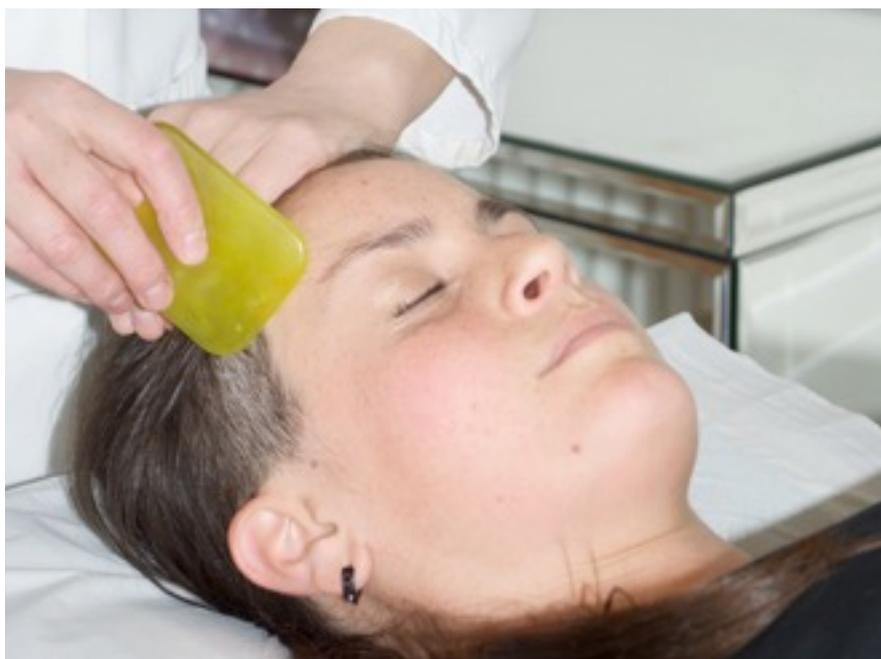
More TBC.

Practical

Practical techniques are included on most, but not all post graduate days. Please note that the post-graduate programme is in the process of ongoing development.

Self Study

As we work through the course we provide some notes for students who are also encouraged to find their own sources of information. We very actively encourage students to meet with their colleagues or with graduates of the college and other acupuncturists to practice practical techniques. Particularly point location and pulse taking since these skills are all about consistent practice.



Qualification

The HAC is an independent college and it is not affiliated to a university or any other institution. Our course is self-certified by our own procedures of peer assessment and external examiners. It allows participants to become competent acupuncturists in a shorter timescale and at lower cost than most alternatives. Upon completion of the course and passing of exams we issue a Certificate of Acupuncture. Graduates then become members of the AHPR our register of qualified acupuncturists who undertake to abide by our code of conduct, obtain public liability insurance and comply with all current health and safety legislation.



Our qualification will allow you to work as an acupuncturist in the UK. There is no qualification in acupuncture that is transferrable between countries and if you intend to work abroad you will need to check what legislation applies. Our qualification is not a first stage in a degree programme or a diploma. Our course is about hands on healing and acupuncture in practice and it does not include a research project or in depth study of western medicine. Some of the degree courses are excellent and so is our course but they are not really comparable.

There are various bodies representing acupuncturists: The BAcC and the ATCM are the main ones representing members who have completed a 3 year degree course either here or in China. Another one called the BMAS is for doctors and similarly qualified people who have done a short course in acupuncture. Therefore the BMAS qualification is the only one recognized by the NHS. The Acupuncture Society (TAS) is an alternative body that some of our graduates have chosen to join after completing our course.

Going into Practice

Every acupuncturist has to make their own way once they graduate no matter what qualifications they have. Many people study acupuncture and then don't ever practice and this applies to graduates of all the acupuncture colleges. This is not necessarily a bad thing because the process is still worthwhile and everyone gains something from the experience. But our prime objective is that graduates should feel inspired, confident and capable of setting themselves up in practice. There is no standard method of attracting patients. Some people use social media, others use networking and others already have a related practice. If you look at our website and facebook page you will find graduates who have reviewed the course. Most of them are happy to be contacted for further information.

Accommodation

Most students stay one or two nights in Bath while the course is running.

Contact us

Remember that if you have any questions at all you can e-mail or call us. We also schedule open days and if you register your interest we will keep you informed about these.

