

**MENTORING PROGRAMME IN CLASSICAL ACUPUNCTURE**  
**DR HUNG D TRAN, MBBS, MBAcC**

Over the years I've received requests from people expressing a wish to learn Classical Acupuncture in the tradition of Dr Jeffrey Yuen. I have received the transmission of the entire complement channels of Classical Acupuncture from his long term student, Ann Cecil-Sterman. She has requested that I start sharing this unique and profound system of medicine with others.

The mentoring programme is a hands-on interactive workshop in Classical Acupuncture. This is envisaged as a rolling programme to serve the needs of acupuncturists wishing to receive mentoring in the complement channels.

The programme will consist of a series of one-day workshops that can be attended individually or together. Places are limited to 8 attendees per workshop to enable maximum hands-on exposure and supervision.

The focus will be on treating patients using the Complement Channels, with ample time for case taking, taking the pulse, discussing treatment strategies and assessing treatment outcomes. We will cover the following aspects:

- Sinew, Luo, Divergent and Eight Extraordinary channels and their application in practice
- Needling techniques for each Complement Channel
- Classical pulse taking
- Self-cultivation
- Patient management

The workshops might be of interest to newly qualified acupuncturists as well as those more established who have attended Ann's workshops or have an interest in learning this tradition.

We will use Ann Cecil-Sterman's books as reference throughout the programme:

- *Advanced Acupuncture: A Clinic Manual. Protocols for the Complement Channels of the Complete Acupuncture System: the Sinew, Luo, Divergent and Eight Extraordinary Channels*
- *The Art of Pulse Diagnosis. A step-by-step exploration of the method, directionality, organ energetics, complement channel pulses, textures, and images.*

## **Aim of the programme**

The focus will be on the clinical practice of the Complement Channels with practical discussion for each case study.

Among the issues that will be discussed are :

What are the principles of self/care, self-cultivation?

How do we arrive at a diagnosis?

How do we interpret pulse findings and tongue image?

How do we integrate all this information to formulate a diagnosis?

How do we prioritize as part of the treatment strategy the channels to be treated?

How can we effectively combine different channels in one treatment?

What needle techniques and manipulations can we employ to transmit our intention within the treatment?

How can we handle changes that occur during treatment?

What are the working signs of treatment progress?

What advice to give to patients following treatments?

## **Dates**

Sunday 16 September 2018, 10:00-17:30

Sunday 14 October 2018, 10:00-17:30

Sunday 11 November 2018, 10:00-17:30

Sunday 2 December 2018, 10:00-17:30

## **Format**

Each workshop will consist of four 1.5-hour sessions. Three of these sessions will be devoted to treating either patients or each other (participants are welcome to invite their own patients). One session will be devoted to discussing aspects of clinical practice, such as cultivation, pulse taking or the different complement channels.

## **Location**

Bellenden Therapies, 147a Bellenden Road, London SE15 4DH.

This is a 5-minute walk from Peckham Rye Station. Parking and places to eat are available on Bellenden Road. For directions please click [here](#).

## **Costs**

£125 if paid per day

£340 for any 3 of the 4 workshops, if paid by 15 August

£420 for all 4 workshops, if paid by 15 August

## **Refunds**

75% if requested in writing at least 4 weeks before the first workshop

50% if requested in writing at least 2 weeks before the first workshop

No refunds within two weeks before the first workshop

## **Registration**

The workshops are co-ordinated by my colleague Attila Szanto. To register please send an email to [a.szanto@bodymindacupuncture.co.uk](mailto:a.szanto@bodymindacupuncture.co.uk), stating the dates you would like to attend. Registration is on a first-come, first-served basis. We have limited numbers to 8 attendees per workshop.

## What will be covered by the programme?

Cultivation for the practitioner

Pathways of cultivation & healing - the channel systems

- Sinew
- Luo
- Divergent
- Eight extras

Navigating the energetic terrain - physiology & pathology

- pulse pictures & assessment of the channel systems
- probing & dynamic pulses
- understanding disease transmission
- metabolism of Vital Substances
- disease nemesis theory - progression, remission & latency
- primary Channel Pathways & Antique Point Functions

Coursing the Wind - assessment, treatment strategies & needling Techniques

Sinew Channels

- indications: musculoskeletal, immunological, dermatological, and neurological issues
- pathways, binding points, and treatment Strategies
- movement assessment & pulses
- needling techniques: Tenting, Flying
- ancillary techniques: gua sha, warm needle

Luo Vessels

- indications: psychological, emotional issues
- theory and Shen obstruction / blood stasis
- longitudinal luo Vessels: pathways, assessment, and treatment strategies
- filling vs. emptying luo vessels
- inspection, palpation, and assessment
- transverse luo vessel indications: inflammatory (organ) disease
- transverse luo vessels: pathways, assessment, and treatment strategies
- ancillary technique: bleeding, plum blossom
- extraordinary luo indications
- great luo of Spleen & Stomach
- extraordinary luo vessel pathways, assessment, and treatment strategies
- techniques : bleeding, cupping

Divergent Channels

- indications: chronic (relapsing), inflammatory (systemic), metabolic, endocrine, hormonal, and autoimmune related issues
- pathways, assessment, and treatment strategies
- needling technique: "three time needling"

- ancestral sinews & cutaneous zones
- ancillary technique: moving cupping

#### Extraordinary Vessels, Reproduction & Constitution

- indications: chronic (progressive), generational, developmental, and genetic Disease
- extraordinary pulses
- extraordinary vessel ancestries, pathways, assessment, and treatment strategies
- needling technique: vibrating