

CPD Day Course Synopsis

March 2018

Effecting the Affect – Mood, Emotion and Acupuncture

The aim of this CPD day is to explore the effect that acupuncture seems to have on the 'affect' – i.e. mood and emotion, how that is interrelated with our physical health and how we may use acupuncture to help redress any imbalance.

Specific areas covered and explored are the strong links between the Autonomic Nervous systems, vagal tone and where emotion rises from are considered, along with insomnia and anxiety.

Good mental health is often a key to good physical health and from the Classical Chinese perspective, there are 7 key emotions which need to be kept in balance in order to keep a handle on our state of mind and body. The day starts with a review of what we understand by emotion, mood and feeling and the areas of the central and autonomic nervous system that are involved in this processing and perception.

We aim to look at the Chinese Medical diagnostic terms and treatment as well as looking at current research into neurobiology and how acupuncture may provide a treatment modality. Delegates are encouraged to share their case ideas, as well as self-diagnose and learn something about themselves in a new way.

The practical component will introduce extra points for insomnia as well as reviewing some of the points that we already use, hopefully adding new clinical reasoning for their use.

There is no specific pre-reading required, but delegates must have completed a Foundation Course in Acupuncture.

Theory and practical base

15 delegates maximum