

2 Timetables

2.1 Indicative Content for Three Weekend Format

Time	DAY 1	Time	DAY 2
08:45	Registration	09:00	Neurological Mechanisms 2. Supraspinal analgesia, affective and autonomic effects (L)
09:15	Welcome & Introductions Outline of the course & assessment methods.	(LO3)	
09:45	Origins and Evolution of Acupuncture (L)	10:00	Needling points on the Stomach and Spleen meridians (P)
10:30	Neurological Mechanisms 1. Local effects and segmental analgesia (L)	(LO1)	
11:15	Refreshments	11:00	Refreshments
11:30	Safe Practice (L&D) Contraindications and precautions; adverse reactions; critical incidence. Introduction to the content of the Practical Workbook	11:30	Application of Stomach and Spleen points to musculoskeletal conditions (P)
(LO1)		(LO1,2)	Lower limb case scenarios
12:30	Lunch	12:30	Lunch
13:00	Mapping meridians & palpating points; safety and anatomy Familiarisation with acupuncture needles. Handling needles; needling technique; preparing patient (D&P)	13:00	Acupuncture for LBP – the evidence (L)
(LO1,2)		(LO2,3)	
14:00	Demonstration of needling Needle points on the Lung and Large Intestine meridians (P)	13:45	Needle points on the Bladder meridian Relate to anatomy Lumbar and lower limb points (P)
(LO1,2)		(LO1,2)	
15:00	Refreshments	15:00	Refreshments
15:15	Continue needling points on the Lung and Large Intestine meridians (P)	15:15	Continued practical Bladder meridian thoracic points Safety and anatomy (P)
(LO1,2)		(LO1)	
16:15	Reflection/discussion Outline of Day 2	16:00	Surface mark points previously covered.
(LO4)		(LO1)	
16:30	Close	16:15	Summary of Day and Close

Time	DAY 3	Time	DAY 4
09:00	Acupuncture for neck pain and headaches – the evidence (L)	09:00	Neurological mechanisms 3. Acupuncture – no more than a theatrical placebo? (L&D)
09:30 (LO1,2)	Bladder meridian cervical points and revision of thoracic and lumbar points Needle Huatuo Jiaji points & discuss their application Needle points on the Kidney meridian Needle upper limb points on the Small Intestine, and Triple Energiser meridians (P)	09:30 (LO1,2)	Needle points on the Gallbladder and Liver meridians (P) Discuss clinical application – segmental needling for lumbo-pelvic & hip pain conditions, plus headache.
11:00	Refreshments	11:00	Refreshments
11:15 (LO1,2,3)	Continued practical Small Intestine meridian, upper limb points	11:15 (LO1)	Clinical Competency test (A) Practical needling test and written evaluation to ensure safe practice Surface mark points on large intestine, lung, stomach, spleen, bladder and kidney meridians (P) Case scenario treatment planning (D)
12:30	Lunch	12:30	Lunch
13:00 (LO2,3,5)	Treatment Dose (L&D)	13:00 (LO4)	Guidelines on writing reflective diaries (D)
14:00 (LO1)	Needle points on the Pericardium and Heart meridians (P)	13:15 (LO1)	Needle points in the face and head GB, SI, ST, LI & Yintang. (P) Revision of points covered in first 3 days. Surface marking and needling. (P)
15:00	Refreshments	15:00	Refreshments
15:15 (LO2,3,4,5)	Application in clinical practice – case scenarios Clinical reasoning (D)	14:45 (LO2,3,4)	Case scenario treatment planning (D) (opportunity to re-take practical test)
16:00 (LO2,3,4)	Reflection & discussion of case scenarios (D)	15:30 (LO4)	Reflection & discussion of case scenarios (D) Expectation of use of acupuncture between sessions.
16:30	Close	16:00	Close

Time	DAY 5	Time	DAY 6
09:00 (LO2,3)	Submit reflective diary. Myofascial trigger point pain an enigma –The theory and scientific evidence (L)	09:00 (LO2,3,5)	Electro-acupuncture – an introduction (L&P)
10:00 (LO2,3,5)	Acupuncture for myofascial trigger point pain – The evidence (L)	09:45 (LO1,2)	Practical application of electro- acupuncture (P) Needle points on the Conception vessel and Governor vessel meridians (P) Revision of all points covered Surface mark all the points needled on the meridian. (P)
10:30	Needling of trigger points Fanning technique; sparrow pecking & superficial needling (P) Clinical application. Needle muscles in the upper quadrant (P)		
11:15	Refreshments	11:00	Refreshments
11:30 (LO3,5)	Needle muscles in the lower quadrant (P)	11:15 (LO1,2)	Open session for practical. Points not covered; additional points; different needling techniques e.g. ‘surrounding the dragon’; ‘herringbone’ (P)
12:30	Lunch	12:15	Lunch
13:15 (LO1,2,4)	Electro-acupuncture –an introduction (L&P) Practical application of electro-acupuncture. Needle muscles in the lower quadrant.	12:45 (LO1, 2,3,4,5)	Case study what is expected – submission process AACP certificate and membership
15:00	Refreshments		
15:15 (LO1,2,3)	Clinical application of MTrP needling (D) Case scenarios (D)	13:45 (LO2,3,4)	Case scenarios – small group work discussion and feedback. (D) Revision of all points covered Surface mark all the points needled on the meridian. (P)
16:15	Summary of Day and Close	15:00	Feedback and Close

Key: L = keynote lecture; P = practical; D= facilitated group discussion; A = assessment; LO = learning outcome