

# ***Acupuncture Training Program***

Nurse practitioners desiring to incorporate acupuncture using the tenants of Traditional Chinese Medicine (TCM) into their practice should complete all 315 Credit hours of this program to achieve a Certificate of Training from the Acupuncture and Integrative Medicine Institute. Successful Completion of all 6 modules including the hands-on practicums will provide you with the foundational skills to safely perform acupuncture and practice an Integrative Approach to Care incorporating the tenants of Traditional Chinese Medicine. Although, we also recommend 100 hours of clinical observation to enhance that knowledge as well. Each module is designed as an immersion 3-day weekend with online course work and practice skills lab time between immersion weekends to advance your skills. Components of this program include assessment, diagnosis and treatment of diseases using the theories and therapies of TCM; reviewing concepts of healing and health; evidence-based practice and how to use the tenants of TCM as part of an integrative approach to health; and medical/TCM treatment that individualizes therapies to promote health and healing.

**Target Audience:** Advanced Practice Registered Nurses (ARNP) and Advanced Practice Nurses who want to add medical acupuncture techniques to their practice.

**Learning Outcome:** You will gain foundational understanding and practical skills to safely perform acupuncture and an Integrative Approach to Care following the tenants of Traditional Chinese Medicine.

**Prerequisites:** Participants must hold an active, unencumbered ARNP or APN license to practice in the respective state in which they maintain clinical practice.

**Certificate of Training Requirements:** To receive a Certificate of Training from the Acupuncture and Integrative Medicine Institute, a participant must demonstrate competency by completing all 6 modules within this program. The Acupuncture and Integrative Medicine Institute reserves the right to withhold a Certificate of Training to any student who does not complete the requirements of the program or the requirements of any specific module.

**Professional Credit:** This program is presented in partnership with Montana Nursing Association (MNA) and accredited through the ANCC. Contact hours from MNA will be rewarded upon successful completion of each module.

The Acupuncture and Integrative Medicine Institute have determined the Criteria for Successful Completion of modules to include:

1. Demonstrating competency in labs and practicums under the supervision of the Licensed Acupuncturist IAW with the criteria established by the Acupuncture and Integrative Medicine Institute
2. Successful completion of module exams and points test with a score of 80% or higher within each module.
3. Participation in all immersion weekends and forum discussions

Lack of class participation, failure to complete web-based assignments, and/or failure to complete the requirements of any module will result in forfeiture of a Certificate of Successful Completion for that module and require repeating the module to complete the training.

The maximum number of contact hours to be awarded are:

Introduction to Traditional Chinese Medicine –Live Module 1 & Online Module 1 (70.0 contact hours)  
TCM Diagnostic Skills and Techniques –Live Module 2 & Online Module 2 (64.0 contact hours)  
TCM Theory and Techniques – Live Module 3 & Online Module 3 (60.0 contact hours)  
TCM Theory, Techniques and Philosophy – Live Module 4 & Online Module 4 (32.0 contact hours)  
Integrative Medicine and Chinese Philosophy – Live Module 5 & Online Module 5 (33.0 contact hours)  
Integrative Medicine and Course Summary – Live Module 6 & Practicum Module 6 (56.0 contact hours)

**AIM Institute is approved as a provider of continuing nursing education by Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation.**

## **Module 1**

**Title:** Introduction to Traditional Chinese Medicine

**Description:** During the initial immersion weekend students will be introduced to the history and concepts of Traditional Chinese Medicine (TCM); begin to explore different clinical approaches to health and healing; gain a general review of the basic concepts and theories of TCM that are used in acupuncture therapy; and receive an introduction to Acupuncture points, and channel theory. The Online Module will review Clean Needle Technique, continue review of TCM theory and discuss western therapies that enhance the patient-practitioner interaction and interview skills to help individualize therapy.

**Prerequisite:** ARNP or APN license

**Learning Outcome:** *You will develop a foundational understanding of Traditional Chinese Medicine.*

At the conclusion of this educational activity, you will be able to:

1. Simplify and compare western and eastern medical theories.
2. Describe basic TCM theory and apply them to basic patient observations.
3. Explain the risk of acupuncture and discuss how to reduce those risk using CNT.
4. Describe several interview techniques that can improve the patient-provider interaction.

<b>Module 1</b>	<b>Live</b>	<b>Introduction to Traditional Chinese Medicine</b>
ACP001	Day 1	
2.0 CH	L1	History of Traditional Chinese Medicine
2.0 CH	L2	Concepts of Health and Healing
4.0 CH	L3	Causes of Diseases in Traditional Chinese Medicine
	Day 2	
2.0 CH	L1	Perception and Awareness
2.0 CH	L2	Qi Gong
4.0 CH	L3	TCM Theory 1
	Day 3	
8.0 CH	L1	Channel Theory: Spleen, Stomach, Lung, Large Intestine Function
<b>24.0 CH</b>		<b>Certificate of Successful Completion Title: Introduction to Traditional Chinese Medicine – Live Module 1</b>
<b>Module 1</b>	<b>Online</b>	
2.0 CH	L1	Clean Needle Technique, management of acupuncture emergencies, clinic protocol
2.0 CH	L2	Cognitive Behavior Therapy
2.0 CH	L3	Motivational Interviewing
8.0 CH	L4	TCM Diagnostic 1
32.0 CH	L5	Meridians and Points 1
<b>46.0 CH</b>		<b>Certificate of Successful Completion Title: Introduction to Traditional Chinese Medicine – Online Module 1</b>

## **Module 2**

**Title:** TCM Diagnostic Skills and Techniques

**Description:** Module 2 begins with a 4-hour practicum to review and perform safe needling and clean needle techniques prior to a skills lab to review and test points on the lung/Large Intestine/Stomach and Spleen Channel. It will continue to review TCM diagnostic theory and practical application.

The Online Module introduces the use of TCM theory and how it can be applied to an integrative approach to care, supported by continued review of points, channels, microsystems and additional review of other medical theories, e.g. Nutritional, Functional and Genetic that correlate to TCM theory.

**Prerequisite:** Introduction to Traditional Chinese Medicine – Live Module 1 & Online Module 1

**Learning Outcome:** You will demonstrate an understanding of safe needle application and use of diagnostic skills of Traditional Chinese Medicine.

At the conclusion of this educational activity, you will be able to:

1. Demonstrate safe application of TCM, proper location of specific points, locations, and proper needling techniques
2. Describe several TCM diagnostic skills that are used to establish a differential diagnosis using TCM theory
3. Outline specific microsystems used in TCM
4. Describe potential ways to integrate various principles of TCM and IM into a western clinical practice.

Module 2	Live	TCM Diagnostic Skills and Techniques
ACP002	Day 1	
4.0 CH	L1	Traditional Chinese Medicine Techniques 1
4.0 CH	L2	Practicum 1
	Day 2	
8.0 CH	L1	Traditional Chinese Medicine Diagnostic 2
	Day 3	
8.0 CH	L1	Traditional Chinese Medicine Diagnostic 3
<b>24.0 CH</b>		<b>Certificate of Successful Completion Title: TCM Diagnostic Skills and Techniques – Live Module 2</b>
Module 2	Online	
4.0 CH	L1	Microsystem Theory
4.0 CH	L2	Integrative Medicine 1
32.0 CH	L3	Meridians and Points 2
<b>40.0 CH</b>		<b>Certificate of Successful Completion Title: TCM Diagnostic Skills and Techniques – Online Module 2</b>

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## Module 3

**Title:** TCM Theory and Techniques

**Description:** Module 3 continues to expand on TCM theory and differential diagnostic and clinical skills. Reviewing the heart/small intestine, pericardium/san jiao channels and specific differential diagnosis associated with them. Testing specific points and proper needling techniques and review of microsystems. In addition, Module 3 will introduce the first of a series of Integrative therapeutic lectures that address specific diseases, starting with Respiratory, Gastrointestinal, Genital and Urologic disorders.

The online module will review the power of the senses and how they are used to promote healing and facilitate treatment using the tenants of TCM.

**Prerequisites:**

Introduction to Traditional Chinese Medicine – Live Module 1 & Online Module 1

TCM Diagnostic Skills and Techniques – Live Module 2 & Online Module 2

**Learning Outcome:** You will demonstrate an understanding of TCM theory and apply various treatment techniques.

At the conclusion of this educational activity, you will be able to:

1. Demonstrate proper location of points and needling technique including treatment using microsystems
2. Describe TCM theory and how it is applied to specific diseases
3. Discuss and implement specific acupuncture point formula treatment plans

<b>Module 3</b>		
<b>Live</b>	<b>TCM Theory and Techniques</b>	
ACP003	Day 1	
4.0 CH	L1	Practicum 2
4.0 CH	L2	Traditional Chinese Medicine Techniques 2
	Day 2	
8.0 CH	L1	TCM Theory 2
	Day 3	
8.0 CH	L1	Integrative Medicine 2
<b>24.0 CH</b>		<b>Module 3 Live – Certificate of Successful Completion Title: TCM Theory and Techniques – Live Module 3</b>
<b>Module 3</b>		
<b>Online</b>		
4.0 CH	L1	TCM Treatments 1
32.0 CH	L2	Meridians and points 3
<b>36.0 CH</b>		<b>Certificate of Successful Completion Title: TCM Theory and Techniques – Online Module 3</b>

## Module 4

**Title:** TCM Theory, Techniques and Philosophy

**Description:** Module 4 continues to expand on TCM theory, differential diagnostic and clinical skills. Reviewing the liver/gallbladder, urinary bladder/kidney channels and specific differential diagnosis associated with them. Testing specific points and proper needling techniques and review of microsystems. In addition, Module 3 will also introduce the use of adjunct therapies used in TCM including laser therapy, Electro-Acupuncture, Scalp acupuncture, and Ion Pumping cord therapy. We will continue review of Integrative therapeutic lectures that address specific diseases, Gynecology, Musculoskeletal and Neurologic disorders.

The online module will review the power of movement and how it is used to promote healing and facilitate treatment using the tenants of TCM. In addition, there will be an introduction to Chinese Philosophy and its relevance to TCM therapy.

### Prerequisites:

Introduction to Traditional Chinese Medicine – Live Module 1 & Online Module 1

TCM Diagnostic Skills and Techniques – Live Module 2 & Online Module 2

TCM Theory and Techniques – Live Module 3 & Online Module 3

**Learning Outcome:** You will demonstrate an understanding of TCM theory, apply various treatment techniques, and develop an understanding of Chinese Philosophy.

At the conclusion of this educational activity, you will be able to:

1. Demonstrate proper location of points and needling technique including the use of adjunct therapies.
2. Describe TCM theory and how it is applied to specific diseases
3. Discuss and interpret several concepts of Chinese philosophy that have influenced the practice of TCM

<b>Module 4</b>		
<b>Live</b>	<b>TCM Theory, Techniques and Philosophy</b>	
ACP004	Day 1	

4.0 CH	L1	Practicum 3
4.0 CH	L2	Traditional Chinese Medicine Techniques 3
	Day 2	
8.0 CH	L1	Traditional Chinese Medicine Theory 3
	Day 3	
8.0 CH	L1	Integrative Medicine 3
<b>24.0 CH</b>		<b>Certificate of Successful Completion Title: TCM Theory, Techniques and Philosophy – Live Module 4</b>
<b>Module 4</b>	<b>Online</b>	
4.0 CH	L1	Movement Therapy
4.0 CH	L2	Traditional Chinese Medicine Philosophy 1
<b>8.0 CH</b>		<b>Certificate of Successful Completion Title: TCM Theory, Techniques and Philosophy – Online Module 4</b>

## Module 5

**Title:** Integrative Medicine and Chinese Philosophy

**Description:** Module 5 will continue Integrative therapeutics focusing primarily on the treatment of pain. Additional lectures will address specific diseases of the mind and sexual function.

The online module will review issues of legality, ethics, health care and risk management.

### Prerequisites:

Introduction to Traditional Chinese Medicine – Live Module 1 & Online Module 1

TCM Diagnostic Skills and Techniques – Live Module 2 & Online Module 2

TCM Theory and Techniques – Live Module 3 & Online Module 3

TCM Theory, Techniques and Philosophy – Live Module 4 & Online Module 4

**Learning Outcome:** *You will demonstrate an understanding of TCM theory as it applies to specific diseases, practice legalities and ethics, and associated risks of acupuncture therapy.*

At the conclusion of this educational activity, you will be able to:

1. Describe TCM theory and how it is applied to specific diseases (chronic pain, mental health and sexual disorders)
2. Discuss and interpret issues of legality, ethics and risk associated with acupuncture therapy.
3. Review concepts of Integrative Medicine and develop a plan of how to implement it into your specific clinical specialty.

<b>Module 5</b>	<b>Live</b>	<b>Integrative Medicine and Chinese Philosophy</b>
ACP005	Day 1	
8.0 CH	L1	Practicum 4
	Day 2	
8.0 CH	L1	Integrative Medicine 4 (Pain Management)
	Day 3	
8.0 CH	L1	Integrative Medicine 5 (Pediatrics)
<b>24.0 CH</b>		<b>Certificate of Successful Completion Title: Integrative Medicine and Chinese Philosophy – Live Module 5</b>
<b>Module 5</b>	<b>Online</b>	
2.0 CH	L1	Traditional Chinese Medicine Philosophy 2

4.0 CH	L2	Health Care and Risk Management
<b>6.0 CH</b>		<b>Certificate of Successful Completion Title: Integrative Medicine and Chinese Philosophy – Online Module 5</b>

## Module 6

**Title:** Integrative Medicine and Course Summary

**Description:** Module 6 will continue Integrative therapeutics focusing primarily on the treatment of pain and mental health. In addition, there will be an introduction to Herbal theory and how it can be applied to an integrative practice. Note: Only a general overview of Chinese Herbs will be discussed so that students will have enough information to refer to a TCM practitioner who prescribes Chinese herbs. Practicum Module 6 is a clinical observation practicum of 100 hours with a preceptor.

### Prerequisites:

Introduction to Traditional Chinese Medicine – Live Module 1 & Online Module 1

TCM Diagnostic Skills and Techniques – Live Module 2 & Online Module 2

TCM Theory and Techniques – Live Module 3 & Online Module 3

TCM Theory, Techniques and Philosophy – Live Module 4 & Online Module 4

Integrative Medicine and Chinese Philosophy – Live Module 5 & Online Module 5

**Learning Outcome:** *You will demonstrate competency to safely perform acupuncture and practice an Integrative Approach to Care using the tenants of Traditional Chinese Medicine.*

At the conclusion of this educational activity, you will be able to:

1. Summarize an integrative approach to treating chronic pain patients and mental health disorders using acupuncture and other adjunct therapies discussed in the course.
2. Illustrate a basic understanding of how herbal theory is different from western medicine and how to apply it to an integrative therapeutic approach to care.
3. Summarize the program.

Module 6	Live	Integrative Medicine and Course Summary
ACP006	Day 1	
8.0 CH	L1	Integrative Medicine 6
	Day 2	
8.0 CH	L1	Herbal Medicine
<b>16.0 CH</b>		<b>Certificate of Successful Completion Title: Integrative Medicine and Course Summary – Live Module 6</b>
Module 6	Practicum	
100.0 CH	L1	Clinical Observation with Preceptor
<b>100.0 CH</b>		<b>Certificate of Successful Completion Title: Integrative Medicine and Course Summary – Practicum Module 6</b>

### Course Materials:

Course materials will be accessible in each online module and distributed during the immersion weekends via internet postings and/or thumb drive. Printed handouts can be requested prior to the onset of classes at an additional cost and will be distributed in class and updated throughout the course. Electronic apps will be used to facilitate the learning experience to include on-line conferences, smart phone apps and verbal communications as needed.

Note: the order and sequence of classes above can change pending availability of instruction and revisions of the curriculum, however, the CH will always remain greater than 300 CH to meet the requirements of accreditation.

**Recommended References:**

Li, H. (2016). The Li Lineage of Acupuncture and Traditional Chinese Medicine, SRP Publishing, Shanghai China.

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Kaptchuk, T.J. (2000). The web that has no weaver. New York, NY: Contemporary Books.

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Hammer, L. (2005) Dragon Rises, Red Bird Flies: Psychology & Chinese Medicine Seattle WA, Eastland Press

Concepts of Health – Flaws, B. Imperial Secrets of Health and Longevity, 2007, Blue Poppy Press, Denver.CO.