

Acupuncture and Chronic Pain

The aim of this one day course is to gain an in depth understanding of the complexities of chronic pain and how acupuncture can be used in conjunction with other modalities in order to help treat or manage the symptoms of chronic pain.

Time	Content	Learning outcome
9.00-9.15	Introduction	
9.15-10.00	The peripheral and central nervous system and pain	Understand the alterations in the central nervous system in relation to chronic pain. Gain a knowledge of the role of acupuncture in the modulation of the central nervous system. Review of the research.
10.00-10.45	Acupuncture overview Effects of acupuncture: Segmental Supraspinal Autonomic nervous system	Revise and understand the segmental, supraspinal and local effects of needling. Understand the effects of acupuncture on the ANS. Link with current findings and research.
10.45-11.00	Case Studies	
11.00-11.15	Break	
11.15-12.15	The emotions and acupuncture	To gain a knowledge of the links between emotions, the organs in a TCM framework and the illnesses associated.
12.15-12.30	Case studies	To reinforce the knowledge learned with practical case examples.
12.30-13.15	Lunch	
13.15-14.15	Practical	Practical application of new/unfamiliar points covered from the morning.
14.15-15.15	Acupuncture and sleep	To understand the role of acupuncture in the case of insomnia from both a Western and Chinese Medicine viewpoint.
15.15-16.15	Fibromyalgia/Complex Chronic Pain	Gain an understanding of the presentations and pathophysiology of complex pain presentations such as fibromyalgia.
16.15-16.30	Case Studies	Relating theory covered to practical examples
16.30-16.45	Questions and round up	