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# The Acupressure Centre

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## Five Element Acupressure 300 Hour Certification Program

The Five Element Acupressure Certification Program is designed to enable students of Five Element Acupressure to have their skills recognised and accredited through a program that is transparent and of a high standard of achievement. The student who completes the requirements listed below will receive a certificate of accreditation and listing on The Acupressure Centre website as a Certified Practitioner of Five Element Acupressure.

### Requirements

The requirements of this program will be to complete the following three components:

|                |                  |
|----------------|------------------|
| A Courses      | 112 hours        |
| B Testing      | 143 hours        |
| C Case Studies | 45 hours         |
| <b>TOTAL</b>   | <b>300 hours</b> |

Students can enter the program at any time **after completion of a Level 1 course**. This will be by application and payment of an administration fee.

Upon completion of the requirements, students will receive a certificate as a Certified Practitioner of Five Element Acupressure and be entitled to have their contact details, photo and biography listed on the website under the *Find A Practitioner* menu.

[Download Application for Certification Program](#)

## **CERTIFICATION PROGRAM 300 hours**

### **A. COURSES**

112 hours of attendance

|                                  |          |
|----------------------------------|----------|
| Five Element Acupressure Level 1 | 28 hours |
| Five Element Acupressure Level 2 | 28 hours |
| Five Element Acupressure Level 3 | 28 hours |
| Working with Emotions            | 14 hours |
| Eight Extraordinary Vessels      | 14 hours |

### **B. TESTING MODULES**

Representing 143 hours of study

Once a course has been attended, students can apply to receive the test questions for that level. The tests will be comprised of 10 blocks of 10 multiple choice questions for each level, designed to test thorough understanding of the course material. 80% correct scores are required.

For any block of 10 questions where an 80% pass is not achieved, the student has the chance to retake that section. When the test questions for all levels have been successfully completed, the student will be passed for this component.

|         |          |                 |
|---------|----------|-----------------|
| Level 1 | 40 hours | (100 questions) |
| Level 2 | 40 hours | (100 questions) |
| Level 3 | 40 hours | (100 questions) |
| Anatomy | 23 hours | (50 questions)  |

### **C. CASE STUDIES**

Documented treatments using the techniques learned in each level

|         |          |
|---------|----------|
| Level 1 | 15 hours |
| Level 2 | 15 hours |
| Level 3 | 15 hours |

- An hour session is considered to be about 50 minutes of treatment.
- For each level, cases should include at least 4 different clients, and one of those clients should have at least 4 sessions.
- Cases should include demonstration of the following:

### **Level 1**

- Head Neck and Shoulders Release
- Lumbar and Pelvic Release
- Central Channel Release
- Treatment of Water meridians
- Treatment of Wood meridians
- Treatment of Fire meridians
- Treatment of Earth meridians
- Treatment of Metal meridians

### **Level 2**

- Advanced Head Neck and Shoulders Release
- Advanced Pelvic Release
- Mu/shu/source combinations for each Element
- Evidence of pulse taking and use of tonification points
- Work with Governor/Conception Vessels
- Earth Element work for Rebellious Stomach Qi/Grounding/Fatigue/Worry etc

### **Level 3**

- Evidence of constitutional diagnosis and treatment
- Continued use of pulse including sedation points
- Use of connecting points
- Use of horary points
- Use of entry-exit points
- Use of Windows of the Sky points

## CREDIT FOR CASE STUDIES

- 5 hours credit for a repeated course

## FORMAT OF CASE NOTES

Suggested 8-15 lines of notes per one hour session.

Include the following:

- reason for appointment
- presenting conditions
- pulses where appropriate
- overall assessment
- point combinations used
- changes after treatment
- ideas for future sessions (optional)

In submitting copies of case notes, please black out names of clients for confidentiality.

Download here sample files of  
[Intake Form](#) and [Client Progress Record](#)

## COSTS

The application fee for joining the Certification Program will be \$375. This is an administrative fee primarily for the assessment of the testing modules and case notes. This fee will include listing on the Acupressure Centre website.

The courses themselves are paid for prior to each course. Current prices for the courses can be found on the website.

[Download Application Form For Certification Program](#)

## FREQUENTLY ASKED QUESTIONS

### ***Is this a Government Accredited Program?***

No, this program is not Government accredited. The Acupressure Centre is not a Registered Training Organisation and so is not empowered to issue Government recognised certificates or diplomas. Its value rests on the reputation of The Acupressure Centre, the transparency of the accreditation process and the high standard of face-to-face training, supervised practice and testing.

### ***What resources are available for students taking the Program?***

Level 1 students are provided with a comprehensive manual which serves them throughout the program. These notes are supplemented by further sets of notes in Levels 2 and 3. John Kirkwood's books *The Way of the Five Elements* and *The Way of the Five Seasons* are recommended as they provide additional, parallel material that adds further depth to the manuals. Students are encouraged to read widely and a reading list of recommended titles is included in the Level 1 notes. John also offers ongoing email support for all students in the program.

### ***Is there a time limit to complete the program?***

No, there is no time limit for completion of the components of the program.

### ***Can I practise when I've finished the course?***

At the completion of the course you will be competent to practise. Of course, you will become more and more competent over time with further practice and study, but you will have the tools to practise straight away. As there is no registration body for Acupressure or other forms of bodywork, anyone can practise no matter what their qualifications. But if you do, it is imperative that you have personal and professional indemnity insurance. Otherwise you may be personally liable if someone sues you.

### ***Where can I get insurance to practise?***

The Acupressure Centre is affiliated with the International Institute of Complementary Therapists (IICT) and The Certification Program is recognised by that body. Graduates will be then entitled to become members of IICT and through that organisation, have access to low cost personal and professional indemnity insurance.

### ***I am already practising a complementary health modality. How will this program help me?***

Many students who take the courses are already practising remedial massage, kinesiology, naturopathy, Bowen, Reiki or other modalities. All find that Five Element Acupressure integrates well with what they are already doing. Completing the Certification Program adds a powerful tool to their skill set and another credential to their resume.

### ***Will I be able to offer Health Fund rebates?***

No, you won't be able to offer health fund rebates unless you have a Government recognised diploma in a recognised modality. Since April 1<sup>st</sup> 2019 the list of recognised modalities has been considerably reduced. If you want to be able to offer health fund rebates, then you will need to obtain a recognised Diploma of Remedial Massage. You can then offer rebates while incorporating acupressure into remedial massage.

### ***How does Acupressure differ from Acupuncture?***

The principles underlying acupuncture and acupressure are the same. The acupoints used are also the same. Acupuncture uses needles inserted into the tissues to stimulate the flow of Qi, while acupressure uses finger pressure which does not penetrate the skin. Sometimes the needle can reach and move the Qi more easily than finger pressure, but a lot has to do with the presence of the practitioner rather than the method used. With constant contact with the points, the acupressure practitioner can continually monitor the process of Qi movement. Moreover, this continuous contact with the client provides therapeutic touch which has a profound influence on the client's receiving of the work. Touch is usually nurturing, holding, relaxing and reassuring and this increases the effectiveness of the work.

### ***Further questions?***

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