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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	90 hours
B Testing	150 hours
C Case Studies	60 hours

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 Form For Certification Program](#)

## CERTIFICATION PROGRAM 300 hours

### A. COURSES

90 hours of attendance

Five Element Acupressure Level 1	30 hours
Five Element Acupressure Level 2	30 hours
Five Element Acupressure Level 3	30 hours

These courses must be completed in sequence, but may be taken over two or more years if desired.

### B. TESTING MODULES

Representing 150 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, an alternative set of questions for that block will be sent. 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	30 hours	(50 questions)

### C. CASE STUDIES

Documented treatments using the techniques learned in each level

Level 1	20 hours
Level 2	20 hours
Level 3	20 hours

An hour session is considered to be about 50 minutes of treatment. 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
- Work with some of the other Extraordinary 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
- Use of outer shu points for emotions

## CREDIT FOR CASE STUDIES

- 5 hours credit for a repeated course
- 5 hours credit for full day practitioner clinic; 2.5 hours for half day
- Double hours for swap with peer (case notes for giving and receiving)

## 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
- suggestions 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 \$275. 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 for 12 months following completion of the Program. There are no charges for continuation of this listing at present. It will be reassessed in 2020.

The courses themselves are paid for prior to each course. Prices in 2019 are \$795 per level or \$715 if paid at least 6 weeks in advance of the course. Prices in 2020 will rise to \$845 or \$760 if paid 6 weeks in advance. Students may repeat any course at a 50% discount.

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## 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 200 page 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.

*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?*

In 2019 The Acupressure Centre will become affiliated with the International Institute of Complementary Therapists (IICT) and The Certification Program will become 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. From April 1<sup>st</sup> 2019 the list of recognised modalities will be 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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