

Acupressure for Digestion and the Immune System

RAoA 2020 National Workshop

One (1) day workshop with John Kirkwood

8 CPT RAoA Activity 1 (8 hours)



*"Professional Reflexology
.....better health naturally"*

Conditions of the digestive system and the immune system are common presentations in the clinical setting. Five Element Acupressure offers an effective way of supporting these important systems of the body and of treating conditions that can arise when they are out of balance.

This one day workshop includes a theoretical overview of the basic principles of Chinese medicine; instruction in the techniques of Five Element Acupressure; learning acupoints and treatment patterns to address common digestive disorders; and how to treat issues of the immune system from the Five Element perspective.

The workshop will be useful for Reflexology practitioners as well as other practitioners – Remedial Massage, Bowen, Shiatsu and more.....

Information about organ and system dysfunction that is identified from the feet can then be applied more broadly through the acupoints of the meridian system. Practitioners will also find this of benefit since assessment of imbalances can be made through symptoms and by palpation of acupoints.

Dates and Locations:

Launceston – Sunday 23rd February 2020 – 4 High Street, Launceston TAS (LINC)

Melbourne 2 workshops – same workshop each day – Saturday 14th and Sunday 15th March

103 Evans Street, Brunswick VIC (Australian Shiatsu Centre)

Brisbane - Sunday 22nd March 2020 – 89-95 Gregory Terrace, Spring Hill QLD (Motel on Gregory)

Sydney - Sunday 29th March 2020 – 2 Ernest Place, Crows Nest NSW (Crows Nest Centre)

Adelaide - Sunday 28th June 2020 – 19 Green Street, Brompton SA (19 on Green)

Perth – Sunday 26th July 2020 – 443 Great Eastern Highway, Redcliffe WA (Owen Homoeopathics)

Limited to 26 attendees per workshop.

The day begins with a Theoretical Overview - 1.5 hours

The complex system that is Chinese medicine has a different view of the human body from that of western medicine. These differences need to be understood and appreciated in order to treat in a holistic way and not just to alleviate symptoms. This segment of the workshop will include the following.

- Brief history of Chinese medicine
- Principle of yin and yang and its clinical implications
- The concept of Qi, its nature, function and sensation
- The Five Elements - Water, Wood, Fire, Earth & Metal
- Principle of Resonance and its uses in diagnosis
- The 12 primary meridians system
- Acupoints, their categories, characteristics, location and ways of influencing them
- Five Element Acupressure treatment method
- Benefits and contraindications of Acupressure

Practical - Acupressure for Digestion - 3 hours

In this segment you will learn the specific differences between the Chinese medicine and the western views of the processes of digestion and how to treat conditions such as constipation, diarrhoea, nausea, vomiting, indigestion, reflux, bloating, gas, poor assimilation and eating disorders. In this segment we will look at the following.

- Chinese medicine perspective of the functions of Stomach and Spleen organs
- Pathways of Stomach and Spleen meridians
- Emotional associations of Stomach and Spleen imbalance
- Roles of Small Intestine, Large Intestine and Liver in digestion
- Locations and uses of about a dozen important acupoints
- Demonstration of point combining in treatment
- 90 minute practice: students give and receive a 45 minute treatment

Practical - Acupressure for the Immune System - 3 hours



In the final segment you will learn how Chinese medicine recognises that all of the internal organs play a role in immunity, and how to support specifically the Triple Heater, Lung, Spleen and Kidney.

- Chinese medicine perspective of the immune system
- Role and function of the Triple Heater in immune defence
- Role and function of the Lung in defending against external pathogens
- Role and function of the Spleen in fighting infection
- Role and function of the Kidney in constitutional health
- Locations and uses of about another dozen important points
- Demonstration of short treatment patterns for supporting immunity
- 90 minute practice: students give and receive a 45 minute treatment

About the Presenter



John Kirkwood has been practising and teaching acupressure for 35 years. Originally trained in Jin Shin Do Bodymind Acupressure in California, he went on to study with a range of teachers of bodywork and acupuncture before returning to Australia to practise and teach his own style of Five Element Acupressure. John now teaches in five states while maintaining a clinic in the Adelaide Hills. He is the author of two books published by Singing Dragon Press: *The Way of the Five Elements* and *The Way of the Five Seasons*.

Early Bird registrations	\$220	RAoA Members	\$240 Non-members
Standard registrations	\$245	RAoA Members	\$270 Non-members
Late registrations	\$280	RAoA Members	\$310 Non-members

Expressions of Interest being taken NOW! Contact National Workshop coordinator – accounts@reflexology.org.au On-line registrations commence November 2019

For workshop enquires please contact: CPT Director cpt@reflexology.org.au