
Foundation in Traditional Chinese Medicine: The Five Elements

Course Duration: 8 Weeks

Course Fee: £96

Overview

The Five Elements is the most ancient branch of Traditional Chinese medicine (TCM). It is a sophisticated science that encompasses a holistic approach to diagnosis of the body and mind. The spirit of oriental medicine is rooted in the science of nature, so the practitioner of TCM views the sentient human being as part of nature - not outside of nature. The TCM practitioner can look at a person walk into the room and through their posture, expression, sound of their voice, even their body odour, can tell you what physiological complaints they are predisposed to and the state of their emotional health.

Aims and Learning Outcomes

Students who enrol in this course will learn:

- History of TCM and Five elements
- Yin and Yang theory
- The Five Phases
- The meridian system
- Organ function according to Chinese medicine
- The Emotions according to Chinese medicine
- Discovering your own element

Course Structure

The programme will consist of 8 sessions of two hours each. There will be practice and theory with practical but informal homework.

Lecturer: Mrs L Hillman LicAc BSc (Hons) MBACC

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Location: [College Main Building]

Session: Wednesday [18:00 - 20:00]

Who is this course for?

This course is for anyone wanting to understand their own unique pattern of physiological and emotional health.

For the therapist or health professional, this course adds unique insight to supporting and treating your client/patient.

What do I need to bring?

Please bring coloured pencils and pad or paper for notes.

Entry Requirements

There are no entry requirements for this course.

Important Points

- Gibraltar College reserves the right to make changes to this course without prior notice.
- All courses are accurate at the time of upload or print.
- Courses can only run if there are sufficient numbers.