

## Advanced Diploma of Traditional Chinese Medicine (91133NSW)

### Course Overview

This course is aimed to provide participants with the necessary knowledge, attitudes, and skills to practice Traditional Chinese Medicine with the therapeutic delivery methods of Chinese herbs and acupuncture (including needling, moxibustion and cupping techniques)

### Course Duration

Nominally, this course takes 2592 hours, structured in either full-time or part-time modes<sup>1</sup>. This course is undertaken in an institution based situation with a large component of clinic practice included. All course participants will also attend a practical internship in a Chinese TCM hospital for a period of eight to ten weeks.

The course consists of six areas of study:

- 1) TCM Theory and Diagnosis
- 2) Chinese Herbal Medicine
- 3) Acupuncture
- 4) Modern Medical Science
- 5) Clinical Studies
- 6) Clinical Training

### MODULE OUTLINES

#### TCM THEORY AND DIAGNOSIS

The study of TCM theory forms the foundation for diagnosis, treatment and prevention of disease in all branches of TCM. There are six modules of study in TCM Theory and Diagnosis:

##### TCM - 1 Theoretical Frameworks of TCM:

- the Yin-Yang and Five Phase theories
- Qi, Xue (Blood), Jing (Essence), Shen and Jin-Ye (Body fluids)
- Zang Fu Organs
- the external, internal and miscellaneous causes of disease.

##### TCM - 2 Diagnosis Methods:

- the four methods of diagnosis: inspection, inquiry, listening and palpitation.
- the eight parameters (basic classifications of disease states)

##### TCM - 3 Diagnosis Patterns and Principles of Treatment:

- patterns of Zang Fu organs
- patterns of Qi, Blood and Jin-Ye
- patterns of Six Channels and Four Stages

The above concepts are further developed throughout second, third and fourth years in Clinical Studies via the more detailed study of disease classification and disease.

## **CHINESE HERBAL MEDICINE**

The study of Chinese Herbal Medicine forms a basis for the use of ingested substances as a safe and extremely effective treatment method in treating a wide range of both acute and chronic conditions. There are four modules of study in Chinese Herbal Medicine:

### **CHM - 1 & 2 Chinese Herbs:**

- an introduction to the concepts of flavors, natures and channel routes.
- the classification of Chinese herbs.
- the function, main indications and contraindications, normal dosages and preparation procedures of 200 commonly used herbs.
- the general use and contraindications of a further 150 herbs.
- the main differences between herbs with similar properties.

### **CHM - 3 & 4 Chinese Herbal Formulas:**

- the composition of herb formulas (the emperor-minister assistant- emissary ranking of herbs).
- the classifications of Chinese herb formulas.
- the ingredients, functions, main indications and variations of over 100 commonly used formulas.

The clinical application of Chinese Herbal Medicine is further elaborated when studying the clinical theory modules.

## **ACUPUNCTURE**

The study of Acupuncture and Tui Na provides a basis for the safe and effective practice of channel and point stimulation therapy, as well as therapeutic massage and mobilisation. There are five modules of study in Acupuncture and Tui-na:

### **ACU - 1 The Channel System**

- theory of the channel system
- pathways of the 12 regular channels and 8 extra channels

### **ACU - 2 Acupoints (A)**

- introduction to acu-points
- location, features, functions and indications of commonly used 14 channel points and extra points
- brief anatomy of acu-points

### **ACU - 3 Acupoints (B)**

To enable participants to describe the anatomy and anatomical physiology of the channel system, locate the main acupuncture points, and identify them by channel number, Chinese name, and points- of .special-value category, and safely insert acupuncture needles into them.

### **ACU - 4 Acupuncture Techniques**

- needling techniques including techniques of reinforcing and reducing.
- moxibustion techniques.
- other techniques eg. cupping, cutaneous needle, scalp and ear acupuncture.

### **ACU . 5 Acupuncture Treatment (A)**

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To enable participants specify the functions and main indications of the main acupuncture points in relation to different directions and depths of needling, and needle acupuncture points in different directions and to different depths.

#### **ACU - 6 Acupuncture Treatment (B)**

To provide participants with an ability to describe and explain the management of commonly seen disease (particularly of the nervous system) for which acupuncture is a chief delivery method.

### **MODERN MEDICAL SCIENCE**

The study of Modern Medical Science in collaboration with the University of Western Sydney provides an understanding of modern medical terminology, and diagnosis. Such an understanding not only enhances proficiency in clinical management, but also enables professional communication with other medical practitioners and patients. Further, it enables dangerous or modifiable medical conditions to be recognized. There are six modules in Modern Medical Science:

#### **HMS - 1 Anatomy and Histology (A):**

- Anatomy (A)
- Physiology (A)
- Biochemistry
- Histology

#### **HMS - 2 Anatomy and Histology (B):**

To enable participants to describe the gross anatomy of the human body, and the basic histology of cells, tissues, and organs.

#### **HMS - 3 Physiology and Biochemistry (A):**

To enable participants to describe and explain the physiology of the main systems of the human body, and to understand the major biochemical processes at the chemical and cellular level, and relate to the metabolic process of the human body.

#### **HMS - 4 Physiology and Biochemistry (B):**

To enable participants to describe and explain the physiology of the main systems of the human body, and to understand the major biochemical processes at the chemical and cellular level, and relate to the metabolic process of the human body.

#### **HMS-5 Pathology and Microbiology (A):**

To enable participants to describe the major pathogenic processes in the human body and explain the pathogenesis, pathology and clinical features of common diseases, and to enable participants to describe epidemiology, classification and growth of common micro-organisms, and to explain the pathogenesis of major micro-organism diseases.

#### **HMS-6 Pathology and Microbiology (B):**

To enable participants to describe the major pathogenic processes in the human body and explain the pathogenesis, pathology and clinical features of common diseases, and to enable participants to describe epidemiology, classification and growth of common micro-organisms, and to explain the pathogenesis of major micro-organism diseases.

**HMS - 7 Clinical Diagnosis (A):**

To enable participants to take a comprehensive history, perform a comprehensive physical basic radiology and pathology reports in order to recognize conditions that require biomedical assessment.

**HMS - 8 Clinical Diagnosis (B):**

To enable participants to describe the symptoms, signs, diagnostic features, and differential diagnosis of serious conditions, and explain how to recognize acute and chronic conditions that require biomedical assessment.

**HMS- 9 Pharmacology**

To enable participants to describe the symptoms, signs, diagnostic features, and differential diagnosis of serious conditions, and explain how to.

**HMS - 10 Research Methods:**

to enable participants to explain the concepts and principles of health science research, to explain types of investigations and data, to review recent research findings in traditional Chinese Medicine, and to critically evaluate published studies in traditional Chinese medicine

This unit is designed to enable the participant to acquire knowledge in the principles of quantitative and qualitative methods essential for conducting research, critical reading of the medical literature and quantitative and qualitative information. As planning, conduct and interpretation of medical research depends more on statistical methodology, the unit also aims to familiarize the participant with statistical methodology and quantitative presentation of data in clinical research in health science and alternative/complementary therapies contexts

**HMS- 11 Research Project**

To enable participants to apply quantitative and qualitative methods in the conduct, interpretation and critical evaluation of health science research, to select a research question and to write a report on research findings

This unit represents a continuation of unit HMS -10: Research Methods and clinical practice experience gained by the participant, and is designed enable participants to apply acquired skills and knowledge in quantitative and qualitative methods in conducting research and critical evaluation aimed at improving the effectiveness and cost effectiveness of health services. With technological advances, the TCM practitioner encounters more quantitative rather than qualitative information and, therefore, conduct and interpretation and evaluation of health science research depends more on statistical methodology, and participants will need to focus on the quantitative presentation of data to develop research strategies appropriate for the treatment evaluation, including skills in selecting a research question, writing a proposal, locating and critically reviewing the literature critically examining issues in traditional Chinese medicine (acupuncture and Chinese herbal medicine) research], handling patients in a clinical environment, review and analysis of clinical trials, and writing a final report of research findings.

**CLINICAL STUDIES**

The study of clinical theory takes the various aspects of the basic theories of TCM to a greater depth and shows how to apply them clinically. Students learn to combine TCM theory and diagnosis with Chinese Herbal Medicine, and Acupuncture management.



**CLS - 6 ENT and Ophthalmology:**

The aetiology and pathogenesis of TCM, differential diagnosis and treatment with Chinese Herbal Medicine, Acupuncture and related therapies for common diseases or illnesses of the eyes, ears, nose, throat and mouth.

**CIS - 7 Paediatrics:**

The aetiology and pathogenesis of TCM, differential diagnosis and treatment with Chinese Herbal Medicine, Acupuncture and related therapies for common paediatric diseases or illnesses including measles, mumps, chicken pox, asthma, indigestion, diarrhoea etc.

**CPI - 1 Communications:**

To enable participants to demonstrate effective therapist professional interpersonal and communication skills in the consultation process with the client, and all interactions for basic counseling to enhance the treatment.