

Acupuncture for Anxiety Disorders

Dozent	Cinzia Scorzon London, UK
Termin	07.-08. März 2020 Sa 10-18 So 9-16 Uhr
Unterrichtsstunden	16 UE (= Credits)
Kursprache	Englisch ohne Übersetzung
Ort	Input e. V. Sandstr. 41 80335 München www.inputseminare.de/Infos/Anreise
Teilnehmerprofil	Ärzte und Heilpraktiker mit Grundkenntnissen in Akupunktur.
Kursgebühr	Bei Anmeldung bis 25.01.2020: € 310 AGTCM-Mitglieder € 248 Bei späterer Anmeldung: € 348 AGTCM-Mitglieder € 278

Content

According to the Mental Health Foundation (MHF) one in six adults in the UK suffers from a mental health disorder. Anxiety and depression are estimated to cause one fifth of all days lost at work in Great Britain. According to Anxiety UK, a British national charity helping people suffering with this condition, one in ten people in the UK are likely to have a 'disabling anxiety disorder' at a certain point in their life. The situation is similar in other developed countries. Clearly, therefore, being able to effectively help people suffering from generalised anxiety disorder (GAD) should be a cornerstone of our acupuncture practice.

In this workshop Cinzia will share her experiences in treating GAD with acupuncture. Three years ago Cinzia run an anxiety clinic at the University Westminster established with the support of Anxiety UK, where she treated people suffering from GAD. Afterwards she received funding British Acupuncture Council to conduct another study, still on-going, that compared acupuncture versus cognitive behavioural therapy (CBT) in treating GAD.

Based on Cinzia's clinical experience in treating patients with GAD, the workshop will explore the treatment of common manifestations of GAD including panic disorder, sleeping problems, teeth grinding and temporal mandibular jaw syndrome (TMJ), digestive conditions like irritable bowel syndrome (IBS) and gastritis, and migraine type headaches. Anxiety could also be a precursor of serious illnesses or a concomitant disorder that might aggravate the primary condition, as in heart and pulmonary diseases. Therefore diagnosing and treating the condition as early as possible along the main complaint it is extremely important.

Chinese medicine treatment patterns, strategies, point prescriptions and case histories will be discussed. Cinzia will also examine in detail specific acupoints such as xi-cleft, luo-points, Window of Heaven, extraordinary vessel points and other specific points not often used to treat these conditions. There will also be practice based demonstrations of abdominal diagnosis and pulse reading before and after treatment to illustrate Cinzia's approach.

Lecture Plan:

- Generalised Anxiety Disorder (GAD) from the biomedical perspective (definition, types of GAD)
- GAD from Chinese medicine perspective: Main patterns with focus on the psycho-emotional signs and symptoms
- Diagnostics (practical): tongue, pulse, abdomen
- Treatment thinking out side the box: extraordinary channels; channels (divergent)
- Useful acupoints
- Cases from Cinzia's research project and practice

The Lecturer

Cinzia Scorzon is a Chinese medicine practitioner and a senior lecturer at the University of Westminster in London. She has undertaken post-graduate training and was awarded an MSc in Chinese Medicine at the Northern College of Acupuncture, York, affiliated to the University of Wales and a Master in Chinese Herbal Medicine at the University of Westminster, London. In addition she spent a year a half in Shanghai to learn Chinese language and study with several well-known Chinese physicians. Cinzia extended her studies in Japan and South Korea as well as presenting in several multidisciplinary international conferences. She has been working in private practice since 1984, and has been teaching both in the UK and abroad. She is currently leading a research project at the university that compares cognitive behavioural therapy with acupuncture in treating generalised anxiety disorders (GAD).

Wir beraten Sie gern!

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