

Acupuncture for Sleeping Disorders

Dozent	Cinzia Scorzon London, UK
Termin	26.-27. Juni 2021 Sa 10-18 So 9-16 Uhr
Unterrichtsstunden	16 UE (= Credits)
Kurssprache	Englisch ohne Übersetzung
Ort	Klösterl-Apotheke Seminarräume Waltherstr. 27 Rgb, 80337 München
Teilnehmerprofil	Ärzte und Heilpraktiker mit Grundkenntnissen in Akupunktur
Kursgebühr	Bei Anmeldung bis 22.05.2021: € 310 AGTCM-Mitglieder € 248 Bei späterer Anmeldung: € 348 AGTCM-Mitglieder € 278

Learning goal

After this course you will be able to treat more confidently sleeping disorders, such as difficulties in falling asleep, staying asleep, early waking and dream disturbed sleep.

Content

Sleeping disorders have become one of the most frequently encountered problems in contemporary practice. More than 30% of the world population suffer from insomnia. An increasing number of patients mention sleep impairment as a primary or secondary complaint. Both the quantity and/or the quality of their sleep are not satisfactory and this could affect moods, weight, concentration and cause premature aging. Furthermore, it could lead to more serious health conditions such as chronic fatigue, heart disease, lowering the function of the immune system, anxiety and depression and so on. Acupuncture can be very effective in treating these conditions.

In this workshop Cinzia will discuss the most common causes of sleeping problems, from a wider, not just from an East-Asian medicine perspective.

She will examine the pathologies of sleep and discuss treatment strategies and point prescriptions in detail. In addition she will share case histories from her own practice, which cover anxious and stressed patients, menopausal and post-menopausal women and the elderly.

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 and 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!

Wir freuen uns über Ihre Anfrage:

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