

Engaging Vitality (Module 1-3)

A Palpation Workshop for Effectively Working with Qi in the Clinic



Instructors	Ráyen Antón (Barcelona, Spain) Ferdinand Beck (Berg, Germany) Dan Bensky (Seattle, USA)
Dates & Times	Module 1: December 15-16, 2018 Sat 10 am - 6 pm Sun 9 am - 4 pm Module 2: February 16-17, 2019 Sat 10 am - 6 pm Sun 9 am - 4 pm Module 3: April 6-8, 2019 Sat 10 am - 6 pm Sun 9 am - 5 pm Mon 9 am – 4 pm
Teaching Hours	53 UE (= Credits)
Teaching Language	English
Venue	Klösterl-Apotheke Seminarräume Waltherstr. 27 Rgb 80337 München Directions
Costs	Early bird: € 1235 AGTCM-Members € 988 (Registration prior to Oktober 10, 2018) Regular: € 1370 AGTCM-Members € 1096 Module 1-3 can only be booked together. We accept "Bildungsgutschein" for this course

Course Outline

Efficacy in acupuncture is grounded in a therapeutic engagement with *qi*. Doing this well requires not only carefully listening to patients with our ears, but also with our hands.

Although pulse and abdominal diagnosis are hallmarks of manual diagnosis in East Asian medicine, they represent just a fraction of the information available. This three-weekend training will enhance your ability to more directly perceive and make use of *qi* in your practice.

Module Dates 2018/19

1 | December 15-16, 2018 (Rayén Antón & Ferdinand Beck):
Introduction to *Qi* Palpation in the Practice of Acupuncture

2 | February 16-17, 2019 (Dan Bensky):
Intermediate techniques in *Qi* Palpation in the Practice of Acupuncture

3 | April 6-8, 2019 (Rayén Antón):
Fluid Dynamics and the Use of the Extraordinary Vessels in the Practice of Acupuncture

How Is This Program Applicable To Your Practice?

Using the palpatory sensibilities and vocabulary of osteopathy, participants will be introduced to tangible palpatory referents for different aspects of *qi*, including:

- How to feel the location of core restrictions (what could be more important!)
- How to use variations in temperature to gain general and specific information
- How to directly feel which points are most available for treatment and their precise locations
- Directly assessing the flow in each channel
- How to feel whether your treatments have produced a clinically meaningful change
- How to use of the principle of effortless action (*wu wei*) in your practice.

How Is The Program Organized?

This program has evolved over the years and is now offered as a three-module format. This allows to give the students time to improve their skills and learn how to integrate this work into their clinical practice.

Participants will learn the basics of this palpation approach in the first two weekends. In the third weekend, Rayén will demonstrate how these diagnostic aids can deepen our understanding and improve our ability to use the extraordinary vessels.

Techniques such as these allow us to respond more fluidly to the requirements of our patients' *qi* in a true dialogue. They are primarily diagnostic in nature and are readily integrated with nearly any style of acupuncture. They provide a means for the fundamental concepts of East Asian medicine to come to life in our hands.

Instructors

Rayén Antón

Rayén started her path into chinese medicine in 2002 and then graduated as TCM practitioner in the Fundación Europea de Medicina Tradicional China in Barcelona. Later she continued studying various types of Japanese acupuncture with Stephen Birch learning Manaka style, Meridian Therapy, Shonishin, and graduated in 2007 as Toyohari practitioner with the European Branch of Toyohari Association. In 2011 started her path with Engaging Vitality studying with Charles Chace and Dan Bensky, and she fully integrated the Engaging Vitality approach into her practice ever since. She now runs the Engaging Vitality spanish study groups and also teaches the introductory module in Spain. She has been working as well with Prof. Manuel Rodríguez in Barcelona for his TCM, Manaka, Meridian Therapy and Paediatric trainings since 2005, and was part of his clinic team since 2003 and since 2010 she added running her private acupuncture practice in Barcelona.

Ferdinand Beck, LAc

Ferdinand initially spent 8 years in China to earn a medical degree at the University of TCM in Chengdu, PRC. Two years of internship at the University Medical Centre in Chengdu and learning with various masters of Chinese medicine in their private clinics. Later basic and advanced training in Toyohari Acupuncture as well as courses and assistance with Dan Bensky and Charles Chace. Ferdinand Beck today mainly treats his patients with Chinese and Japanese acupuncture, extended by the methods taught in the Engaging Vitality classes.

Dan Bensky, DO

Dan has a long term interest in Chinese and Chinese medicine. He also graduated with a Doctor of Osteopathy from Michigan State University College of Osteopathic Medicine in 1982, where he was a research assistant for John Upledger. He has studied with Jean-Pierre Barral since 1986 and table trained for himon numerous occasions. In addition to teaching for both professions, he has been working on utilizing the connections between osteopathy and East Asian medicine for over thirty years maintains a clinical practice in Seattle Washington.

If you have any question, don't hesitate to contact us:

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