**Acupuncture and Chronic Pain**

The aim of this one day course is to gain an in depth understanding of the complexities of chronic pain and how acupuncture can be used in conjunction with other modalities in order to help treat or manage the symptoms of chronic pain.

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| **Time** | **Content** | **Learning outcome** |
| 9.00-9.15 | Introduction |  |
| 9.15-10.00 | The peripheral and central nervous system and pain | Understand the alterations in the central nervous system in relation to chronic pain.Gain a knowledge of the role of acupuncture in the modulation of the central nervous system.Review of the research. |
| 10.00-10.45 | Acupuncture overview Effects of acupuncture:SegmentalSupraspinalAutonomic nervous system | Revise and understand the segmental, supraspinal and local effects of needling.Understand the effects of acupuncture on the ANS.Link with current findings and research. |
| 10.45-11.00 | Case Studies |  |
| 11.00-11.15 | Break |  |
| 11.15-12.15 | The emotions and acupuncture | To gain a knowledge of the links between emotions, the organs in a TCM framework and the illnesses associated. |
| 12.15-12.30 | Case studies | To reinforce the knowledge learned with practical case examples. |
| 12.30-13.15 | Lunch |  |
| 13.15-14.15 | Practical | Practical application of new/unfamiliar points covered from the morning. |
| 14.15-15.15 | Acupuncture and sleep | To understand the role of acupuncture in the case of insomnia from both a Western and Chinese Medicine viewpoint. |
| 15.15-16.15 | Fibromyalgia/Complex Chronic Pain | Gain an understanding of the presentations and pathophysiology of complex pain presentations such as fibromyalgia. |
| 16.15-16.30 | Case Studies | Relating theory covered to practical examples |
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| 16.30-16.45 | Questions and round up |  |