

The Management General Anxiety & Depression (GAD) with Acupuncture and Counselling

7 hours CPD

A one-day course exploring the use of acupuncture in combination with counselling, for the management of general anxiety and depression (GAD). In this practical and theoretical workshop participants will be introduced to an effective management strategy for GAD, using recent research with informed acupuncture practice in conjunction with biopsychosocial models of CBT and mindfulness. The workshop will draw from Western physiological models and traditional Chinese Medicine (TCM) to manage symptoms and re-balance the central nervous system. This is a unique, purpose written course, underpinned by recent primary care research (MacPherson et al 2013).

Learning Objectives

- Careful selection of traditional points, criteria and rules for acupuncture within GAD
- Safety guidelines for acupuncture application during the different stages of depression,
- Theoretical underpinning of physiological process during depression with relevance to the sympathetic and parasympathetic systems,
- Theoretical underpinning of physiological process involved in Acupuncture neurotransmitter, hormonal and endocrine excitation and / or inhibitory mechanisms,
- Integration of Acupuncture within a clinically reasoned treatment plan,
- Recent research (MacPherson et al 2013) to support known protocols

Theoretical Content

- A medical model of anxiety and depression,
 - The Sympathetic nervous system,
 - The Parasympathetic nervous system,
 - Neurotransmitter dysfunction,

- Biospsycho-social model,
- Compulsive obsessive disorders,
- Phobia,
- Neurosis,
- Situation anxiety.
- A TCM model of anxiety and depression,
 - Definition of Shen,
 - Classical Model of Anxiety,
 - Endogenous Depression.

Practical Content

1. Auricular Acupuncture,
2. Safe effective needling with the anxious patient,
3. Contra-indicated patients,
4. The anxious pregnant patient,
5. The depressed pregnant patient,
6. Cautionary points,
7. Safety guidelines,
8. Consent.

Resources

Textbooks:

1. Schnyer R, Allen J (2001) Acupuncture in the Treatment of Depression. A Manual for Practice and Research. Elsevier Churchill Livingstone.
2. Hammer L (2005) Dragon Rises, Red Bird Flies. Psychology and Chinese Medicine. Eastland Press.

Research Papers

1. MacPherson et al (2013) Acupuncture and Counselling for Depression in Primary Care: A Randomised Controlled Trial. PLOS Medicine, September 2013,10(9):1-13
2. Pilkington et al (2007) Acupuncture for anxiety and anxiety disorders-a systematic literature review. Acupuncture in Medicine 25(1-2): 1-10.
3. Da Silva (2007) Acupuncture for mild to moderate emotional complaints in pregnancy -- a prospective, quasi-randomized, controlled study. Acupuncture in Medicine, 25 (3): 65-71.

COURSE TIMETABLE

Time	Content	Learning Outcomes
9.15- 9.30	Registration	
	Welcome and overview	Criteria, rules and safety guidelines for acupuncture application during the different stages of depression.
9.30-10.30	A medical model of Anxiety and Depression Neurophysiology of Anxiety and Depression	Theoretical underpinning of physiological process during depression with relevance to the sympathetic and parasympathetic systems Theoretical underpinning of physiological process involved in acupuncture neurotransmitter, hormonal and endocrine excitation and / or inhibitory mechanisms.
10.30-11.00	A TCM Model of Anxiety and Depression	A TCM model of anxiety and depression Definition of Shen Classical Model of Anxiety Endogenous Depression
11.45-11.20	COFFEE	COFFEE
11.20-12.00	Scope of Practice	Overview of unsuitable patients for acupuncture intervention
12.00-1.00	A suggested Acupuncture Protocol for GAD: <ul style="list-style-type: none"> • SNS • PSNS • AA • EA 	Integration of acupuncture within a clinically reasoned treatment plan Recent research evidence to support known protocols in anxiety and depression:
1.00-2.00	LUNCH	LUNCH
2.00-3.00	Practical Needling	
3.00-3.20	TEA	TEA
3.30-4.30	Practical Needling Clinical Case scenarios Working protocols	Action groups
4.30-4.45	Close Evaluation Certificates	

REGISTRATION QUESTIONNAIRE

All students are asked to complete the following form and return it to the course organiser.
Please inform the tutor of any specific learning needs before the onset of the course

Student Name	
Course Title & Dates	
Student contact address	
Student contact E-Mail	
Student contact telephone number	
HPC Number [where applicable]	
Professional Society [e.g. CSP, GOC] Number	
Details of Foundation Acupuncture Training	
Do you know of any reason that you should not receive Acupuncture needling?	
I give my consent to receive acupuncture needling from the course tutor and from fellow students under tutor supervision.	Signed