

Motivation of TCM Continue Education in Switzerland



In China, TCM has few thousand years of history, in Switzerland, TCM has been introduced to the country since about 20 years only. In this short period, Switzerland has trained a group of licensed TCM practitioners and TCM has been selected as one of the four main methods of treatment within the complementary medicine.

This paper suggests guide-line for the continue education for Licensed TCM practitioners in Switzerland based on the clinical problems encountered and the basic TCM training received. Other European countries may apply this guide-line, information as their TCM development history is not very different.

The basic training for TCM is provided by private TCM schools. As an independent TCM worker, the possibility to gain TCM experience in hospitals is not available.

Many Licensed TCM practitioners in Switzerland have exercised TCM as a second profession, so they are older in age compared to their school medicine professionals when they have finished their basic course. Rich life experience is helpful in coaching the patients during the treatments in most cases.

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Guide-Lines for TCM continue education in Switzerland

1.1 Basic questions asked by some patients

Many patients are coming for TCM treatment for the first time. When they have decided to come to you for the first time, they have often many doubts and questions in their mind. Common questions that the patients often asked are: is it possible to learn TCM in Switzerland? What are you doing really with the cups? What do the needles do? I can turn my head now, I could not before, are there any drugs in your needles?

Goal of the continue TCM education:

Gain the confidence of patients by providing the patients answers to their questions that they could agree to.

1.2 Some colleagues are successful

In China, TCM practitioners treat many patients per day. In big hospitals, TCM specialization is provided to provide efficient service to the patients.

In Switzerland, most licensed TCM practitioners work independently in their own practice. We receive relatively few patients compared to our colleagues in China. A TCM specialization is not commonly seen and mostly not realistic for the moment in Switzerland, as we have too little experience in a special type of problems and also the number of patients we see are limited.

Whatever the patients bring with them as problems, we treat, or we try our best. Some of our colleagues have been working since many years, we can assume that they have helped quite some patients and they are successful in some area.

Goal of the continue TCM education:

To continue working as a TCM practitioners in Switzerland, we need to treat different types of problems. Learn from our active TCM colleagues in Switzerland area where they have been successful will help us to provide a better service to our patients.

1.3 Past clinical experience from China.

China is the source of TCM and also the source of TCM education / System. In China, TCM students and practitioners learn from their active and also from their past TCM masters' clinical experience.

Goal of the continue TCM education:

Introduce some of the TCM classical literature.

1.4 Current clinical practice in China

If you learn your TCM in Switzerland or Europe and never been to China, this does not sound very persuasive to your patients.

In China, TCM is employed in hospitals? China is big and geographically wide spread country, with different in climates, in food intakes and in cultural background.

It is a must to see in a Chinese hospital how TCM is practiced in a large dimension.

The goal of such visit is to strengthen your believe in TCM, also to see it for yourself that TCM is not wellness in China, it is helping to solve health problem, not just a comfortable thing to do in life.

Condition of such visit:

More than 10 students are needed to organize a group visit.

Translation and basic administration will be arranged for such visit.

Two meeting will be arranged, one before the visit to china, one after the visit to China.

The first meeting, to give you hints on how to manage your stay and learning process in the hospitals. With most information written in Chinese in China, you need helps.

The second meeting, to let you have chance to ask questions that you have not been given the chance to ask in China or receive no answer in China.

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Some courses are useful, yet not for the beginners, these courses are not found in Switzerland because there is no suitable infrastructure or sufficient experience.

Below are two examples:

1.5 Special tailored course: Acupuncture Anatomy

When you have practiced some years of acupuncture, and have made a few visits to China, you will observe that in China, deep needling techniques are used frequently in Hospitals to achieve the desired results.

To do deep needling techniques, this is not something you can just try it out yourself on your patients, you need some training, and this training is missing for all who has not attending a TCM Anatomy Course with “preparat”.

In deep needling, you need to master the body structure in layer based on the location of acupuncture points.

Note that this is a difference, compared to the way anatomy is learnt for surgical operation.

Condition

More than five students is needed to organize such course in a TCM teaching hospital with required infrastructure.

1.6 Special tailored course: Integrating Western Diagnostics in TCM

In China, in a TCM hospital, patients came with western diagnostics, and the TCM practitioners use the information to help them do their work.

In Switzerland, this happens too, so there is a need to know how to use the western diagnostics in a TCM practice.

Condition

Five students are needed to organize such special tailored course.

What do you need to gain more confidence from your patients

Courses in this category should include two aspects:

- How to answer often asked questions from the patients in a way that is understandable to the patients
- How to increase your liability towards patients as a TCM practitioners if you are not from China yourself
- prepare yourself for a clinical training in China, in a TCM hospitals

Learn from your active TCM colleagues

A list of practitioners with more than 7 years of practice experience will be compiled, some of them will be invited to give one (or more if they are successful) talk about their own clinical experience. Their talk should base on their own clinical experience.

A list of the most common seen problems will be compiled based on the ZhongYi / Basel practice, this list will serve as input to the speakers in this category.

Learn the past clinical experience from China.

The Chinese TCM students are required to learn from old TCM classics, as these classics are based on clinical experience that passed down from centuries.

The Chinese practitioners are citing these classics during their whole TCM carrier.

Find speakers in Europe, or eventually from China to teach those old books.

A short list of TCM classics will be compiled.

Most common seen problems among TCM patients based on experience made in Zhong Yi Practice Basel

1. Pains (Head, Neck, Arm, Shoulder, Back, Leg, Hips)
2. Sleeping disturbance
3. Emotional problem (Depression, sadness, nervousness...)
4. Digestion
5. Chronic Fatigue
6. Women's Problem (Period, Pregnancy, Menopausal)
7. Men' Problem (Erection, Urination)
8. Skin problems
9. Post strokes treatment, Facial paralysis
10. High blood pressure
11. Weigh Control
12. Asthma, breathing problem

Important technical details to make your treatment achieve good results:

1. Acupuncture techniques
2. Cupping techniques
3. Moxibustion techniques
4. Tui Na, Massage Techniques
5. Acupressure Techniques

This list is a first attempt for defining subjects of interests for the courses. Any input from other Practices in the region is welcome.

List of TCM Classics

- Huang Di Nei Jing
- Shang Han Lun
- Jin Guy Yao Lie
- Ben Cao Gang Mu
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- Zhen jiu Jia Yi Jin
- Zhen Jiu Da Chen
- Ling Shu



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- **Form of courses**

- **Case reports and discussion**

Often, when we read a TCM text, how to treat a disease in TCM, and we try it, but we do not achieve the result? Why then?

Some of our colleagues may achieve good result for some types of problem by using TCM methods.

Most experience TCM Practitioner in china agreed that the local TCM experience has a great value, when a practitioner from the north go to the south, she/he will first observe how the local TCM practitioners treat the patients, this applies to herbal prescription as well as Tui Na and acupuncture.

Another example, herbs dosage that is commonly used in Switzerland is much less than in China, yet it works for many cases, these puzzles the Chinese TCM practitioners themselves, but they accept that it is possible to give less herbs for Swiss patients.

By listening and questioning these speakers, the participants should profit from the clinical experience made in the region.

- **Workshop**

Shou Fa, the way your hands work literally translated or broadly speaking, a special style of treating patients. Some Shou Fa works well though they do not necessary conform to the classroom TCM texts.

One example, some practitioners use the back shu points for a wide range of problems, and the results are good. Other uses cupping to achieve good results.

Doing is better than seeing. Participants will work with one and other during the course. Normally, places are limited due to the limitation of treatment beds.

- **Demonstration**

This form of courses combined the TCM theory and practice in the same course. The first part, the speaker presents the theory, the second part, the speaker shows the method on a real person. The person could be either brought in by the participants or some volunteers among the participants.

- **Video from China**



Using video as a media to teach TCM is new. Many TCM videos from China are using Chinese language only.

Insert related TCM video in courses organized provide additional possibility to show to participants how are things done in China without being there physically.

This way of teaching might require translation.

Maciocia <http://www.tudou.com/programs/view/JHir-VcNuiA/>

Qi deficiency, treated by moxa and herbs:

<http://www.tudou.com/programs/view/2VNnZSdaeF8/>气虚体质

Cupping treats Akne

<http://www.tudou.com/programs/view/l6qIn6rdA1o>

Struggle in the toilette, digestion problem

<http://v.ku6.com/show/DbRO1ndQaHNxdzEd.html>

<http://v.ku6.com/show/EF8HXGiyPiOhDIH8.html>

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Speakers' selection

The selection criteria is based on the situation of TCM practitioners here in Switzerland, we do not see many patients compared to Chinese practitioners in China. It is very hard to achieve good results in clinics when we are facing with difficult problems when we rely on TCM text books or TCM articles. For this reason, we select speakers who have made clinical experience with tract records in their own practice or in a hospital setting to pass their experience to others.

Speakers that are of interests to us:

- TCM practitioners in Switzerland, Europeans countries or China who have at least 7 years of TCM clinical experience

If you are interested to join our teachers team, let us know, we have a profit sharing system that motivate you to deliver good work.

Certification

When the full program is running, we do intend to issue a certification for participants with "Master TCM Clinical Cases".

The detail requirement needs to be fixed.

Version

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