ICMART LEXICON
of Medical Acupuncture
BELGIUM
BELGIUM

NATIONAL/REGIONAL PRACTICES

A. Type(s) of Medical Acupuncture most commonly practiced:

1. Traditional Medical Acupuncture
   - Based on the Traditional Chinese Medicine with the meridians and classical points as a beginning and the Zang Fu theory as a guideline for treatment. Modern western aspects as neurophysiology and trigger points complete our course.

2. Auriculotherapy
   - Based on Nogier but now a day also on the modern view of David Alimi in France who makes the correlation between auriculo and neuro-anatomy.

3. Scalp Acupuncture
   - Scalp Acupuncture based on Chinese and Japanese (mainly Yamamoto New Scalp Acupuncture) theory

4. Electroacupuncture and laser
   - Electroacupuncture on basis of the Traditional Chinese Medicine

B. Education/Training Requirements

<table>
<thead>
<tr>
<th>Medical Acupuncture Modality</th>
<th>Theoretical Hours</th>
<th>Clinical Hours</th>
<th>Proficiency Testing</th>
<th>Preliminary Practice</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 years</td>
<td>100x3</td>
<td>24</td>
<td>Each year</td>
<td>M.D.</td>
</tr>
</tbody>
</table>
CORE CURRICULUM

Instructors are MD’s with qualified acupuncture training and experience

The assessment procedures with the theoretical courses involves patient presentations. Every year there is an examination that is obligatory to follow the next year.

ACUPUNCTURE COURSE of the Belgian Medical Acupuncture Association.

First Year

SCHEDULE:

First session: 9.30 - 11.00
Second session: 11.15 - 12.45
Third session: 14.00 - 15.30
Fourth session: 16.00 - 17.30

First WE:
Saturday: First session:
Welcome, general introduction in acupuncture and history of Chinese Medicine
Development of the course
Literature list

Second session and third session:
Generalities about YIN-YANG, Five Elements, Fundamental Substantions, Zang FU etc.
Elemental notions about TCM pathology:
 disturbance of YinYang/Xue-Qi, Zang Fu,
Pathogen Factors,
General knowledge about Acupuncture points, Meridians,
Indications for acupuncture

Fourth session:
Modern scientific data concerning acupuncture, current state of research

Sunday:
First session:
Study of the LUNG Meridian (Positioning in TCM, meridian path of principal meridian and secondary vessels, anatomy, physiology interims
of TCM, elemental pathology and indications,...)

Second session:
LARGE INTESTINE-Meridian: idem

Second WE:
Saturday: First, second and third session:
STOMACH and SPLEEN-meridians: theory and practice

Fourth session:
Generalities about ethiopathogandese of illnesses and practical exercises in localization of already known points

Sunday: First and second session:
TRIPLE HEATER and PERICARDIUM-meridians: theory and practice including the physiology of SAN JIAO

Third WE:
Saturday: First, second, third and fourth session:
LIVER and GALBLADDER-meridians: theory and practice

Sunday: First session:
General notions about diagnostic (the four phases of examination)

Second session:
Modern scientific data and neurophysiology (continuation)

Fourth WE:
Saturday: First, second, third and fourth session:
KIDNEY and BLADDER-meridians: theory and practice

Sunday: First and second session:
HEART and SMALL INTESTINE-meridian: theory and practice

Fifth WE:
Saturday: First and second session:
General knowledge about Extraordinary Vessels; RAND MAI and DU MAI

Third and fourth session:
Acupuncture instrumentarium (needles, moxa, cupping, ...)
Practice

Sunday: First and second session:
Extra-meridian points
Ma-Dan-Yang-points

Sixth WE:
Saturday: First session and second session:
Overview of the most main acupuncture points
Third session:  
**Introduction in Chinese scalp acupuncture**

Fourth session:  
**Practice**

**Sunday:** First and second session:  
**The ACUPUNCTURE SESSION**  
Simple acupuncture recipes to spur on the pupils to start using acupuncture in their own practice

**Seventh WE:**  
**Saturday:** Four sessions:  
Repetition and eventually addition of theoretically and practically data like meridian pathology and secondary vessels  
Occasion to ask questions about the exams  
Treatment of patients with simple problems

**Sunday:** First and second session:  
**Repetition**

**Eighth WE:**  
**Saturday:** Four sessions:  
**Auriculotherapy – first degree**

**Second year**

**First WE:**  
**Saturday:** First, second, third and fourth session:  
**Introduction to the patho-physiology of Zang Fu in TCM**

**Sunday:** First and second session  
**TONGUE-diagnosis**

**Second WE:**  
**Saturday:** First and second session:  
**Dialectic diagnosis: The EIGHT PRICIPLES (BA GANG). The FOUR PHASES of the clinical examination, except the Tongue and the Pulse**

Third and fourth session:  
**Pathology of ZANG FU: HEART and LIVER**

**Sunday:** First session:  
**Ethiopathology or Causes of the diseases in T.C.M.**

Second session:  
**Pathology of the ZANG FU : KIDNEY**

**Third WE:**  
**Saturday:** First and second session:  
**Ritmology and chrono-acupuncture ( brief overview)**
Patho-physiology of mental illnesses.

Third and fourth session:
**Pain treatment through AH-SHI or TRIGGER points**

Sunday: First and second session:
**Continuation of AH-SHI points with practice**

Fourth WE:
Saturday: First and second session:
**Pathology of ZANG FU: SPLEEN**
**Pathology of ZANG FU: STOMACH**

Third and fourth session:
**Continuation and clinic of SPLEEN and STOMACH**

Sunday: First and second session:
**Pathology of ZANG FU: LUNG**
**Clinic and practice of LUNG**

Fifth WE:
Saturday: First and second session:
**Peripheral and External pathology (Introduction and symptomatic treatments)**

Third and fourth session:
**Introduction to the Physiopathology of the concepts WIND (FANDG), COLT (HAN), DAMP (SHI) and PHLEGM (TAN)**

Sunday: First and second session:
**PULSE-diagnosis**

Sixth WE:
Saturday: First and second session:
**BI – SYNDROMES (theory and practice)**

Third and fourth session:
**Electro-acupuncture and laser, theory and practice**

Sunday: First and second session:
**Practice of Tongue and Pulse**

Seventh WE:
Saturday: First, second, third and fourth session:
**Treatment of BACKPAIN by Traditional Acupuncture**
**Treatment of HEADACHE by Traditional Acupuncture**
**Clinic and practice**
**Repetition**

Sunday: First and second session:
**Electro-acupuncture (continuation) with clinic and practice**
Third Year

First WE:
Saturday: First session: Cardiovascular pathology
Second session: Clinic of Cardiovascular pathology
Third and fourth session: Pathology of Phlegm
DIGESTIVE PATHOLOGY (part 1) (diarrhea, constipation, abdominal pain, nausea, vomiting,...)

Sunday: First session: DIGESTIVE PATHOLOGY (part 2)
Second session: Clinic of digestive pathology

Second WE:
Saturday: First and second session: Feeding and dietetics in TCM (feeding and the Five Phases, feeding and YIN/YANG, ...)
Third and fourth session: Acupuncture in PEDIATRICS (needling children, pediatric pathology, ....)

Sunday: First and second session: LUNG PATHOLOGY and ASTHMA

Third WE:
Saturday: First session: The SIX LEVELS and the penetration of Pathogologic Factors according to the SHANG HAN LUN.
Second session: Psychic diseases
Third and fourth session: Clinic

Sunday: First and second session: COMBINED SYNDROMES

Fourth WE:
Saturday: First and second session: Penetration of the Pathologic Factors according to the WAND BING (Four layers)
Clinic
Third and fourth session: PAIN CLINIC: difficult pain syndromes (phantom pain, post zoster pain, trigeminal neuralgia, ....)

Sunday: First and second session:
ANDT pathology: theory and practice (rhinitis, hayfever, hoarseness, Meunière,...)

Fifth WE:
Saturday: First and second session:
Gynecological pathology (menstrual problems, premenstrual syndrome, menopausal syndrome, etc.)
Clinic
Third and fourth session:
Acupuncture during pregnancy and partum

Sunday: First and second session:
EXTRAORDINARY VESSELS (repetition and pathology)
Clinic

Sixth WE:
Saturday: First and second session:
PATHOLOGY of the BLOOD (hypertension, CVA,..) clinic
Clinic
Third session:
Ophthalmology (conjunctivitis, iritis, blurred vision, glaucoma, ....)
Clinic
Fourth session:
Dermatology (urticaria, eczema, psoriasis, zona, .)
Clinic

Sunday: First and second session:
LIN-SYNDROMES (urinary pathology: cystitis, prostatitis...)
Enuresis, impotency, infertility, etc...

Seventh WE:
Saturday: Four sessions:
Clinic
Repetition of asked subjects (for back pain, headache...)
Discussion and examinations

Eighth WE:
Saturday: First, second, third and fourth session:
Auriculotherapy – second degree
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