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International
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Medical
Acupuncture and
Related
Techniques





GERMANY



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NATIONAL/REGIONAL ACUPUNCTURE PRACTICES

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

1. Body Acupuncture – classical, traditional and neuro scientific approach
 - In Germany only the acupuncture portion of TCM inclusive basic ear acupuncture are officially recognized as a sub specialization/additional specialization and only pain acupuncture is reimbursable by insurances. Other parts of TCM are included as introduction in the curriculum of the sub specialization/additional specialization.
2. TCM
 - All parts of TCM as different treatment methods are taught by German acupuncture associations in advanced programs focused on various aspects.
3. Micro Systems
 - While Ear Acupuncture is the most prevalent, other micro-systems are used, though less frequently. These include: scalp acupuncture (both Yamamoto New Scalp Acupuncture YNSA and Chinese scalp acupuncture), nose acupuncture, mouth acupuncture (by *Jochen Gleditsch*), ECIWO, NPSO New Punctual Pain and Organ Therapy (by *Rudolf Siener*) and various schools of Korean hand acupuncture.

A specialized German tradition of Electro Acupuncture,



according to *VoII* EAV, uses the micro system of the first and last points of the channels on the fingers for diagnostic evaluation and for testing the appropriateness of homeopathic remedies.

4. Laser Acupuncture

- Infrared- and Helium Neon-Laser are used in varying powers.

Approximately 10% to 15% of German Medical Acupuncture physicians use soft-laser primarily for babies and children under 16 years, patients with heavy deficiency and/or patients who cannot tolerate needling. Laser treatments are also used in the treatment of scars, wound healing and for injuries and orthopedic conditions

B Education/Training Requirements - Summary

Medical Acupuncture Modality	Theoretical Hours (EU)	Clinical Hours (EU)	Proficiency Testing	Prelim Acu Practice
Additional Specialization Acupuncture	120 Additional specialization/ Subspecialization Acupuncture	80	Y Internal audit by acupuncture associations Final examination by Medical chambers	Y
Diploma B	Plus 150 (200 +150)	Inclusive practice/ clinical practice	Y Final examination by acupuncture	Y



			associations	
DAEGFA Master of Acupuncture	200 plus 230	Inclusive practice/ clinical practice	Y Internal audit	Y
DAEGfA Master of East Asian Medicine	plus 300 (200+230+300)	inclusive practice/ clinical practice	Internal audits	Y
CPC Certified Physician of CM (Witten Herdecke University and SMS)	1000	inclusive practice/ clinical practice	Written, oral and practical examination	Y
Masters Program M.Sc.TCM (TU Munich)	6 university semesters	inclusive practice/ clinical practice	Y Audits, Final examination	Y



CORE CURRICULUM

Acupuncture education and practice in Germany is based on traditional acupuncture concepts combined with a modern, scientific, conventional Western medical point of view. It is focused on the clinical mind-body relevance and experience and includes new knowledge stemming from all fields of science. Acupuncture in Germany is broad-based and embracing of new indications and paradigms. Its objective is to integrate acupuncture treatment concepts with mainstream Western medicine.

The following subjects are integrated in education as well as in clinical practice:

Items #1 to #4 comprise the main part of the basic curriculum of acupuncture education. #5 and #6 comprise additional specialties and/or sub-specialties within acupuncture

1. Acupuncture according to TCM (reflecting acupuncture education in China today)
2. Classical acupuncture
3. Neurophysiological acupuncture
4. Introduction to ear acupuncture
5. Micro System acupuncture

An introduction to ear acupuncture is included in the curriculum of the Additional specialization / Sub-Specialization Acupuncture. Advanced ear acupuncture and the other micro systems are taught in advanced programs and special seminars. Please note that the number of education hours and types of certificates differ from acupuncture society to society within Germany.

Ear acupuncture / auriculo acupuncture
Yamamoto New Scalp Acupuncture YNSA
Chinese scalp acupuncture
Mouth acupuncture (according to *Gleditsch*)
Korean hand acupuncture / Su Jok
ECIWO Embryo Containing the Information of the Whole Organism

6. Special forms of stimulation, in addition to acupressure, moxibustion and cupping are part of the basic education program and are also taught in all advanced programs.

Laser (acu) puncture

Laser (acu) puncture is taught in an advanced certification program.



Electro acupuncture, electro (acu) puncture
 injection acupuncture / mesotherapy
 gua sha

Education by associations

Education in acupuncture and other disciplines of Chinese medicine is primarily offered by independent acupuncture associations within Germany. There are non-profit acupuncture associations in Germany, with a combined total of approximately 30 000 members. Each individual association has special areas of focus.

These medical acupuncture associations offer acupuncture education programs geared toward getting the Additional Specialization / Sub Specialization certifications by Medical Chambers established in 2003. Further, some of them also offer basic acupuncture education.

The responsible acupuncture societies have combined their efforts to establish the credibility and viability of acupuncture and their unified efforts have led to the official recognition of acupuncture in Germany.

1. Additional Specialization / Sub Specialization (Medical) Acupuncture

Beginning in 2003, and in the subsequent two years, the Continuous Medical Education Program of the General Medical Chamber and the various federal Medical Chambers confirmed the following:

Conditions:

Two years education time

200 EU (Education Units, 1 EU = 45 min)

120 EU theory

60 EU practical education

20 EU case reports

(including the former Diploma A of the acupuncture associations)

Final examination by the Medical Chambers

Curriculum:

Edited by the Federal Medical Chamber, mandatory:

Including only the basics of acupuncture, general introduction, history of Chinese Medicine, scientific and traditional fundamentals, meridians, points, practical exercises, case reports, ear acupuncture

German General Medical Chamber - Curriculum/Course-Book Additional Specialization / Subspecialization Acupuncture – see page 67



The Additional Specialization / Sub Specialization Acupuncture is one of the necessary qualifications a physician requires in order for him/her to receive payment from the state insurances.

2. Advanced Acupuncture Education Programs

Offered by medical acupuncture associations

Diploma B

350 EU Education Units

Deepening of the TCM theory and practice, micro systems, laser acupuncture, as well as Chinese herbal medicine / phytotherapy, dietetics, tui na, qi gong, psychosomatics and other special topics use in different conventional medical specializations.

Additional Certifications

There are additional special certification programs in Chinese herbal medicine / phytotherapy, Chinese dietetics, laser puncture, and in other Asian medical systems like Japanese and Tibetan Medicine as well as in other related techniques e.g. neural therapy.

Special Master Programs

DAEGFA Master of Acupuncture

230 EU Education Units

Offered by the German Medical Acupuncture Association DAEGfA founded 1951, after finishing the Additional Specialization / Subspecialization Acupuncture. Deepening of traditional and modern scientific approaches, classical and neurophysiological acupuncture, special techniques, laser ESA (electro stimulation acupuncture), trigger point acupuncture, microsystems (ear, YNSA, scalp, mouth, hand, ECIWO (Embryo Containing the Information of the Whole Organism) and others), physiology and pathophysiology of the Chinese organ systems, psychosomatics, Chinese herbal medicine/phytotherapy, dietetics, tui na, qi gong, use in different conventional medical specializations

DAEGfA Master of East Asian Medicine

300 EU Education Units (2,5 to 3 years)

Offered by the German Medical Acupuncture Association DAEGfA founded 1951, after finishing the Additional Specialization / Subspecialization Acupuncture (200 EU) and the DAEGfA Master of Acupuncture (230 EU).

Further deepening of acupuncture in theory and practice (traditional, modern and scientific approach)

Besides of acupuncture 2 other items out of 6:

Chinese herbal medicine, tui na, qi gong, Chinese dietetics, Japanese Kampo medicine, Japanese acupuncture



Certified Physician of Chinese Medicine CPC

1000 EU Education Units postgraduate cooperation program of the SMS Societas Medicinae Sinensis with the university Witten-Herdecke with a common curriculum in all disciplines of Chinese medicine and dietetics (acupuncture, diagnostics, physiology and Chinese herbal medicine / phytotherapy, Chinese dietetics, tui na, qi gong)

Master Program M.Sc.TCM Traditional Chinese Medicine

Postgraduate Master Program, 6 university semesters,
TU Technical University Munique, faculty of sports and health sciences,
according to the Bologna standards.
Including all parts of TCM in clinic and practice, acupuncture, Chinese herbal
Medicine / phytotherapy, Chinese dietetics, use in different medical
specializations, tui na, qi gong, tai ji

Education for medical students

Programs for medical students are offered by various acupuncture societies and optional programs at universities

*DAEGfA Summer School of Acupuncture (2 times a year 1 week training),
International Summerschool of Acupuncture in progress*



(Model) Curriculum Acupuncture

English Version Course Book of the German General Medical Chamber/ Bundesaerztekammer

Methodological recommendations and course description for the advanced training program leading to the certificate of additional specialization/subspecialization in “Acupuncture”

In accordance with the (Standard) Advanced Education Training Guidelines of the German Federal Medical Chamber Regulations

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1. Introduction

At the meeting of the German Medical Assembly (Deutscher Aerztetag) in 2003, the additional term “acupuncture” was introduced into the Advanced Education Training Regulations. The objective of the additional further education training is to achieve expert medical competence and practical skills in acupuncture after completion of the prescribed further education training period and courses. Within the scope of the restructuring of the advanced education training regulations, the German Medical Assembly in 2003 also extended the conditions for acquiring additional advanced education training program qualifications. Prerequisite for acquiring the advanced education training qualification “acupuncture” is recognition as a medical specialist. Acupuncture requires theoretical knowledge and practical skills taught in structured courses by advanced education training instructors qualified to do so. Recognition of the course and its instructor must be obtained from the competent Land Medical Chamber beforehand.

The course content is laid down in this course book. The further education training regulations demand a total of 200 hours *within 2 years (added in 2012 by the German General Medical Chamber/Bundesaerztekammer)* divided into:

120-hour advanced education training course program in accordance with Article § 4 Para. 8. This includes the fundamental theoretical principles and practical exercises on acupuncture and the localisation of the listed points. The practical exercises are conducted in small groups under the supervision of qualified instructors.

The listed acupuncture points in the course blocks are relevant for the examination.

- 60 hours of practical acupuncture treatments on patients by the course participant personally under the supervision of the authorised advanced education training instructors.
- 20 hours of case study seminars distributed over at least 5 sessions *within the last 24 months (deleted in 2012 by the German General Medical Chamber/Bundesaerztekammer)*. Presentation of patients treated by participants themselves with symptoms, examination findings, treatment plan and symptom changes.

The advanced education training is completed with a **final examination before the competent Land Medical Chamber.**



2. Conducting the course

The advanced education training institutions must have suitable rooms for the theoretical instruction as well as rooms for practical exercises with an adequate number of suitable medical examination tables. The size of the practical training group should not exceed 20 participants, smaller groups being desirable. The number of course participants per instructor should not exceed 15.

Instruction comprises:

- theory lectures
- practical demonstrations
- practical sessions.

Following the theoretical introduction in each individual section with the elucidation of indications and contraindications, special emphasis is laid on the practical instruction in the examination and therapeutic techniques taught. These are not only demonstrated by the instructors, but also practiced by each of the participants.

As a general rule, the course should be evaluated by the participants.

Acupuncture treatments on patients and the case seminars only begin after completion of the 120-hour course.

The course instructor and part-time lecturers must also have successfully completed the advanced educational training and the course instructors must be authorised as further education training instructors in addition.



3. Course design

The further education training is conducted in courses, whose design and sequence are to be laid down on the basis of the content and regulations of this course book by the advanced education training institution concerned and to be approved by the competent Federal Medical Chamber.

The learning objectives and course content given in the course book represent a framework for the course instructors. Within this framework, the main emphases of the individual courses may be varied as long as the basic outline is adhered to. Thus, the sequence for taking courses A – E is not stipulated. The course blocks A – E are dividable into 3 x 8 EU education units each.

For didactic reasons, as a general rule, no more than
8 EU education units of 45 minutes
should be conducted per day.

The German Federal Medical Chamber “Recommendations for Medical Advanced Educational Training” are to be observed.

Practical teaching units in small groups can be integrated into the theoretical instruction.

Practical acupuncture treatment of patients and the case study seminars are taught separately from the advanced education training courses in small groups.

The course advanced education training is divided into 5 blocks of 24 EU each plus practical acupuncture treatments and case study seminars

The courses must cover the following education units (EU) comprising blocks A – G at least. Certification of participation and EU attended in the individual courses must be presented in the individual areas A – G indicating the course content.

A.	24 EU
Fundamental scientific principles of acupuncture. Presentation of the fundamental acupuncture-relevant principles of TCM. Performing acupuncture treatment	
B.	24 EU
Systematics of the organ systems of the channels lung, large intestine, stomach, spleen, the conception vessel, their acupuncture points, practical treatment exercises	
C.	24 EU



Systematics of the organ systems of the channels heart, small intestine, bladder, kidney, the governing vessel, their acupuncture points, practical treatment exercises

D. **24 EU**

Systematics of the organ systems of the channels pericardium, triple burner, gallbladder, liver, their acupuncture points, additional points, practical treatment exercises

E. **24 EU**

Therapeutic concepts incl. ear acupuncture/microsystems

F. **60 EU**

Practical acupuncture therapies

G. **20 EU**

Case study seminars



4. Course content

Corresponding to blocks A-G

A Fundamental principles of acupuncture (24 EU)

Presentation of fundamental scientific and acupuncture-relevant principles of Traditional Chinese Medicine (TCM)

- Introduction to acupuncture
- Fundamental principles of medical history
- Fundamental neurophysiological and humoral principles and results of clinical research
- Fundamental physiological principles (humoral, peripheral, central mechanisms), effect on endogenous opioid system, non-opioid neurotransmitters
- Fundamental anatomical principles, of vasculoneural bundles, fascial chains, muscle function chains at least
- Clinical research, basic research, placebo research
- Quality standards in research, clinical and medical practice
- Traditional concepts of Chinese medicine, 8 principles (Ba Gang), pathogenic factors, theory of the Five Elements/Phases

Performing acupuncture treatment

- Diagnosis and integration of acupuncture in therapeutic concepts
- Diagnosis, contraindications, undesirable effects of acupuncture, patient elucidation, documentation and quality management
- Practical acupuncture treatment (standards for organisation, storage, medical practice equipment and fittings), duration of treatment, frequency of treatment, courses of treatment
- Comparison of western (morphological) and acupuncture-specific (functional) diagnostics
- Point localisation on the body according to anatomical structures, tenderness, proportional size (cun)
- Simple needling techniques and stimulation procedures, moxibustion and cupping
- Development of simple therapeutic concepts

B Systematics of the organ systems of the ventral channels, the conception vessel, their acupuncture points, practical treatment exercises (24 EU)

- Channel circulation, channel axes, conception vessel
- Control points of this meridian (sedation and tonification point, Yuan, dorsal Shu points, ventral Mu points, lower influential points, master points, trigger points at least)
- Lung channel with points 1, 5, 7, 9 at least
- Large intestine channel with points 4, 10, 11, 15, 20 at least
- Stomach channel with points 2, 6, 8, 25, 34, 35, 36, 37, 38, 40, 44 at least
- Spleen channel with points 3, 4, 6, 9, 10 at least
- Conception vessel (Ren Mai) with points 3, 4, 5, 6, 12, 17 at least
- Practical demonstration by the course instructor, interparticipant practical exercises



C Systematics of the organ systems of the dorsal channels, the governing vessel, their acupuncture points, practical treatment exercises (24 EU)

-

D Systematics of the organ systems of the lateral channels, their acupuncture points, additional points, practical treatment exercises (24 EU)

- Channel circulation, channel axes, additional points
- Control points of this meridian (sedation and tonification point, Yuan, dorsal Shu points, ventral Mu points, lower influential points, master points, trigger points at least)
- Pericardium channel with points 3, 6, 7 at least
- Triple burner channel with points 3, 5, 14, 17, 21, 23 at least
- Gallbladder channel with points 2, 8, 20, 21, 30, 34, 39, 41 at least
- Liver channel with points 2, 3, 8, 13, 14 at least
- Additional points, Ex-HN 1, 3, 5, EX-B 1, 2, 8, Ex-LE 1, 5, 10, 11 at least
- Practical demonstration by the course instructor, interparticipant practical exercises
- Headache and facial pain, tension headache, migraine, trigeminal neuralgia at least

E Therapeutic concepts (24 EU)

1. Ear acupuncture and introduction to other microsystems /or somatotopias

- Fundamental scientific principles of ear acupuncture and of one other microsystem, historical overview
- Anatomy, innervation, study status, fundamental conceptual principles of microsystems
- Indications, contraindications, undesirable effects of ear acupuncture and other microsystems
- Outer ear cartography, systematics of the projection zones und points (possibly of other microsystems as well)
- Techniques of point localisation on the ear or another microsystem by tenderness
- Needle material, puncture technique
- Projections of the musculoskeletal system
- Projections of the inner organs
- Topographical position of additional characteristic points/correspondence points
- Important individual points: Correspondence points: eye, inner nose, forehead (33), back of the head (29), maxilla/mandible, orogingival; uterus, ovary; characteristic points: Shen Men (55), thalamus (26a), analgesic point, allergy point, thymus, interferon; vegetative points: Veg. I, Veg. II, weather point, Jérôme (29b), psychotropic points 1-4, omega main point, zero point (82)
- Therapeutic concepts in combination with acupuncture of the body

2. Integrated therapeutic concepts

- Headache and facial pain, tension headache, migraine, trigeminal neuralgia at



least

- Simple pain disorders of the musculoskeletal system, cervical, thoracic and lumbar spine syndrome, pain in the joints at least
- Chronic pain disorder

3. Introduction to the diagnostics and treatment of myofascial trigger points

- Comparison of western (morphological) and acupuncture-specific (functional) diagnostics

4. Integrated therapeutic concepts

- Simple therapeutic concepts in obstetrics as well as gynaecological disorders, dysmenorrhoea at least
- Therapeutic concepts in allergies
- Psychosomatic disorders, functional disturbances, pain associated with functional disturbances, psychovegetative syndromes, treatment of disturbed sleep, simple concepts of addiction therapy

F Practical acupuncture therapy (60 EU)

This begins only after completing the 120 hours of training courses. This is performed under the supervision of the authorised advanced education training instructor in training institutions suitable for patient therapy.

G Case study seminars (20 EU)

In these seminars, theory and practice of acupuncture is discussed based on the participants own case study presentations. They are organised in small groups. The 20 EU must be distributed over at least 5 seminars.



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