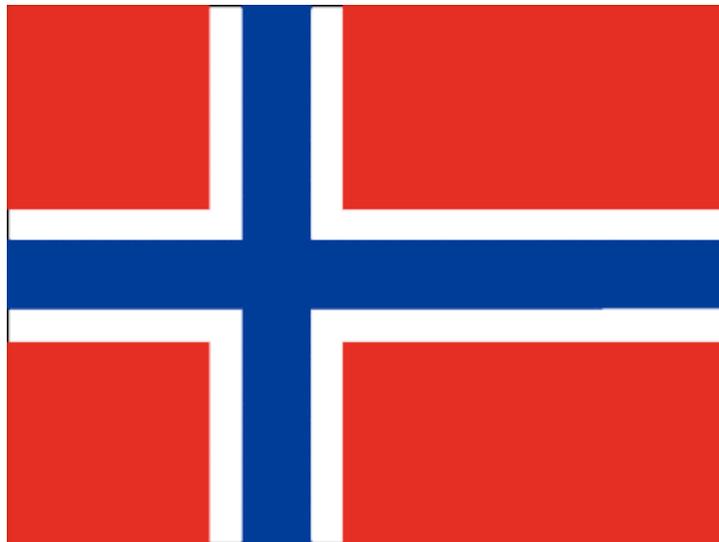


ICMART LEXICON of Medical Acupuncture

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Medical
Acupuncture and
Related
Techniques





NORWAY



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NATIONAL/REGIONAL ACUPUNCTURE PRACTICES

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

1. Medical Acupuncture

- Medical acupuncture is use of acupuncture by health personnel where the diagnosis is based on Western medicine and the effect are explained by modern neurophysiologic understanding. The choice of treatment is based on a combination of Western medicine and the system of TCM (Traditional Chinese Medicine).

Medical acupuncture includes Myofascial Trigger Point Treatment and Electroacupuncture.

2. TCM (Classical acupuncture)

- TCM acupuncture is defined as a type of acupuncture which is based on creating a balance between and among the eight principles of complementary opposites (yin/yang, internal/external, excess/deficiency, hot/cold).

3. Microtechniques

- Micro techniques are different therapeutic systems where the organs are projected to different parts of the body making a kind of “map” and where treatment in the map will affect the representing organ.

Different micro techniques most used in Norway is Auricular Acupuncture Therapy and Yamanoto New Scalp Acupuncture (YNSA).



4. Intramuscular Stimulation (IMS) ad modum Gunn

- IMS is an examination and treatment of chronic pain in the muscle- and skeletal system accompanied by sensory, motor and autonomic manifestations. This indicates a functional and/or a pathologic change in the peripheral nervous system. This is called neuropathy or radiculopathy.

B. Education/Training Requirements

Medical Acupuncture Modality	Theoretical and Clinical	Proficiency Testing	Preliminary Practice
Medical acupuncture	172 +172	Y	N
TCM	3 years	Y	N
Auricular Therapy	24	N	Y
YNSA	24 + 24	N	Y
IMS	24	N	Y

CORE CURRICULUM

MEDICAL ACUPUNCTURE

The education in Medical Acupuncture in Norway is open for physicians, dentists, physiotherapists, chiropractors and nurses. The education is divided in two parts and each part lasts one year. There are arranged 5 separate courses of 3-5 days through the year, and the students will practice needling between the courses. The courses are both theoretical and practical. Before exam of each year the students have to visit an experienced acupuncturist for 2 days in practice and deliver 3 protocols, each of a case in their own practice.



The first year the education is focusing on treatment of the muscle- and skeletal system and pain. The students get to learn the neurophysiologic mechanisms of the pain modulating systems and how acupuncture works, what experimental and clinical research has told us about the effect of acupuncture, the basic principles of TCM, especially about the meridians, they learn a clinical model for individual acupuncture treatment, the theory of myofascial triggerpoints, electroacupuncture, the examination and treatment of the different clinical indications within physical medicine.

The second year the students learn more of the TCM theory, "The Medicine of Systematic Correspondences". The education present the treatment model which is based on the eight principles, the principle of pathogenic factors and the syndromes.

TCM ACUPUNCTURE

There is a separate education in TCM acupuncture which leads to a bachelor degree at Norwegian Acupuncture College. This is a 3 year full time program (or 4 year part time) for everyone that is qualified for college. Health personnel don't need to follow the lessons in basic anatomy and pathology (40/180 study points).

AURICULAR ACUPUNCTURE THERAPY

There is not a specific school for auricular therapy in Norway, but the Norwegian Society of Medical Acupuncture arranges courses of Auricular therapy for their members who has fulfilled the education in Medical acupuncture. Usually the course lasts 3 days.

YNSA (Yamanoto New Scalp Acupuncture)

YNSA is also taught to members of the Norwegian Society of Medical Acupuncture by weekend courses, one basic course and one advanced course. This Japanese scalp acupuncture is a popular microtechnique.



IMS (Intramuscular stimulation ad modum Gunn)

This education can be learned by doctors or physiotherapists without the knowledge of acupuncture, but the courses can be shorter when the student has been practicing acupuncture earlier.



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Designed and Compiled by Marshall H. Sager, D.O., D.A.B.M.A, F.A.A.M.A.

With thanks to the contributors:

Mehmet Abut, Steven Aung, Francois Beyens, Chin Chan, Mike Cummings, Isabel Giralt, Gabriella Hegyi, Emil Iliev, Helmut Liertzer, Walburg Maric-Oehler, Nikolaj Nikolajev, Chun Lee Oei Tan, Helena Pinto-Ferreira, Krunoslav Reljanović, Marshall Sager, Tatjana Solomonidou, S. Sukarto, Khatuna Urushadze, Dimitrios Vasilakos and others.