



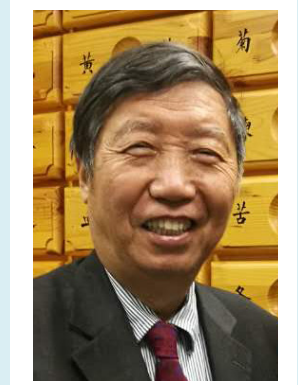
**Attachment 2: Syllabus of One-Day Workshop (English) at Manchester, U.K.  
Tentative Date: 28 June 2019 (Friday) Venue & Fees: TBA  
& A Brief Biography of Prof. Guanyuan Jin**

**Challenges and Strategies to  
Maximize Acupuncture Effectiveness**

**~The Theory of Acu-Reflex Point Acupuncture & Its Clinical Applications**

**Lecturer: Prof. Guan-Yuan Jin, MD(China), L.Ac (USA)**

By exploring critical challenges facing practitioners in the acupuncture clinic and clarifying the scientific essence (reflex zones) of the meridian, Dr. Jin, an world-leading expert of Medical Acupuncture of over 50 years of expertise, will introduce the novel theory of “Acu-Reflexology”(or called Acu-Reflex Point Acupuncture, ARPA), analyze the clinical strategies and present detailed techniques in treating tough cases to maximize the effectiveness. This one-day workshop is practical and advanced training suitable for any acupuncturists and other medical professionals interested in raising the needling efficacy for their patients and will cover the following lectures and demos:



**1. Part I: The Theory of Acu-Reflex Point Acupuncture (Lecture)**

The theory of Acu-Reflexology or ARPA is newly derived and developed from the traditional meridian theory. In this theory, the concept of “reflex zones” is used to conclude the essence of the meridians and acu-reflex points are used to represent acupoints and other stimulation sites. By analyzing, systemizing and sorting the functions of acupoints and other stimulation sites, three types of the whole body reflex zones: visceral, somatic, and central zones that correspond to the 14 meridians are introduced. All of these reflex zones have various distribution patterns or rules that can be easily learnt and memorized, and can be effectively applied clinically. They can also guide the practitioner to select optimized stimulating points of the body such as tender points to maximize the effectiveness of acupuncture and shorten the duration of the treatment course.

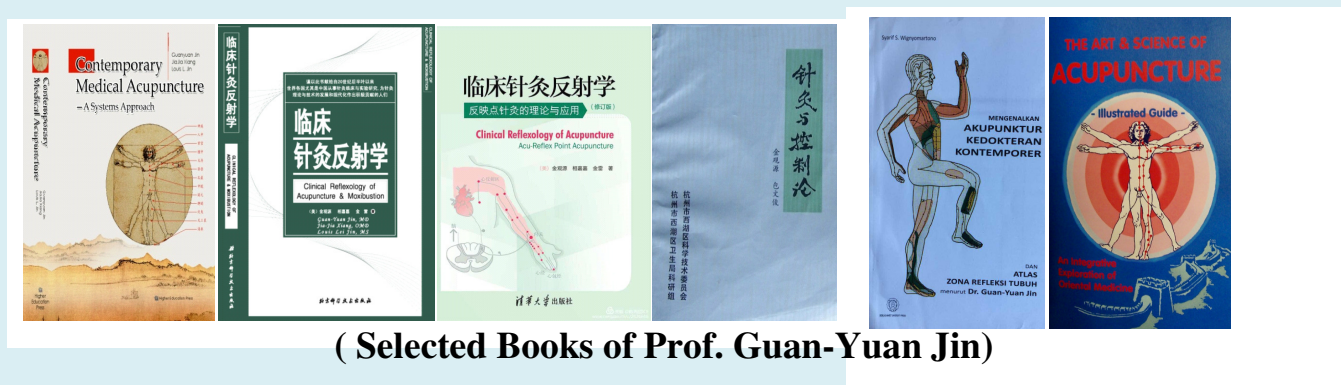
**2. Part II: The Art & Science of Needling Techniques (Lecture/**Demonstrations**)**

Mastering various types of needling techniques, general and advanced, is the key step to acquire optimal effectiveness of acupuncture. In this lecture, Dr. Jin will first reveal the essence beyond the well-known facts of the general needling techniques, such as how to select proper body postures, consideration for various needle sizes, needling angles/depths/ intensities/duration, then analyze the possible influence of needling order of points, and mechanics of various needle-manipulation methods. The second half of the lecture will be on introducing various advanced needling techniques developed or innovated by Dr. Jin, such as Painless Needle-Insertion (PNI) Techniques Multiple Needles at a Single Point(MNSP), Single Needle through Multiple Points(SNMP), Point-Probing and Repeatedly Needle-Thrusting (PPRNT) Method, Needle-Manipulations with Both Hands (NMBH), Triggering Pulsation Responses by the Muscle Spindle (TPRMS), Resistance-Needling (RN) Method, as well as Control the Propagation of Needling Sensations(CPNS), which all have varied significance in the acupuncture clinic.



### 3. Part III: Optimal Acupuncture in Treating Tough Cases (Lecture/**Demonstrations**)

This part of half day will introduce and demonstrate Dr. Jin's 50<sup>+</sup> years of clinical expertise in treating somatic, visceral, and neural disorders. Beginning from the general principles of controlling process, Dr. Jin will analyze systemically his strategies in clinical acupuncture, including gathering the pathological information from the body surface, the characteristics and selection of acupuncture intervention, the feedback process of treatment, and various influencing factors of the effectiveness. Also, other aspects of the strategy to raise the effectiveness will be focused on how to increase the stimulating amount / intensity, how to optimally select and associate acupoints, how to alter the existing functional states of the patient, how to avoid and overcome patient's own acupuncture-resistance, and breakthrough any plateau in therapeutic efficacy of acupuncture, etc.



( Selected Books of Prof. Guan-Yuan Jin)

### About Professor Guanyuan Jin

*Director, International Institute of Systems Medicine, USA.  
Chief Acupuncturist, Ace Acupuncture Clinic of Milwaukee, WI, USA*

- National Board (NCCAOM) Certified Acupuncturist & Herbologist (One of the first 18 Diplomates of Chinese Herbology in USA)
- NIH Grant Reviewer, USA
- Past WI State Acupuncture Advisor, USA
- Professor of Doctoral Program of Acupuncture & Oriental Medicine, American Academy of Oriental Medicine (AAAOM), Atlantic Institute of Oriental Medicine (ATOM), University of East-West Medicine (UEWM), USA
- Guest Professor of Swiss Academy of Chinese Medical Sciences
- Honorary Visiting Professor, New York TCM College
- Inaugural Honorary Clinical Specialist, Beijing University of Chinese Medicine
- Honorary/Visiting Professor, Guangzhou Univ. of Chinese Medicine
- Member of the 5th Editorial Board of *World Journal of Acupuncture-Moxibustion*