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# **“Clearing the Clouds”**

## **Treating Anxiety and Depression with Shen and Heaven Points**

Program Booklet - October 2020

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# 1. Program Description

**The most magical part of acupuncture is the ability to transform, to touch heaven in the patient, alleviating the suffering, clearing the clouds and allowing healing and change.**

This unique series of lectures combined live webinars with eLearning courses prepared and organized to take you deeper into the understanding of Shen in Chinese medicine and the role practitioners & acupuncture plays in transforming emotions. The series focuses on the treatment of anxiety and depression through the use of Shen points and Heavenly Windows points.

The original series had a mixture of live webinars and eLearning courses; the live webinars have been edited and transformed into eLearning standard courses.

Depending on students' wishes and will, Dr. Maimon will offer future live webinars open to Q&A concerning materials learned in this series. If you take the series and feel such a webinar will be helpful please write to us at [clouds@tcm.ac](mailto:clouds@tcm.ac).

**Disclaimer:** This is an international program aimed at providing you with the best and most updated information. Before practicing herbs, acupuncture and any other supplementing treatments please be sure to check out the current regulations & situation in your own country regarding those practices.

## 2. Learning Goals

The program is designed to **strengthen confidence in clinical abilities** as a Chinese medicine practitioner in treating problems related to Shen and emotions.

The knowledge transmitted through this series will **enhance your understanding of Shen and lead you to deeper insights into the rule of the 7 emotions.**

Exploring the acupuncture points which have “Shen” in their names as well as the Windows of Heaven Points, through unique paintings and the clinical experience of Dr. Maimon for you to **apply them in your daily clinical practice.**

Furthermore, we will be looking at anxiety and depression from a Western point of view as well as from the Chinese Medicine perspective.

With the previously acquired knowledge and the presented case studies, “Clearing the Clouds” participants will immediately benefit from being able to **implement their knowledge in practice, with a high degree of confidence in treating complex emotional disorders.**

In this series of lectures, we are using modern technology to help Dr. Maimon transmit ancient knowledge. The eLearning courses give you the freedom to progress at your own pace, enabling you to easily go back to any point in the lecture to clarify something you may have missed. At the same time those techniques of an eLearning might be new to you; please see chapter 6 of this document for our eLearning study recommendations.

### 3. Order of Learning

This series consists of 5 eLearning Courses. We recommend watching them in that order but you are free to navigate between them as it fits you. Courses are divided into chapters and in each course too, you can choose to watch one part before the other. Note, to complete a course and get its certificate you will need to complete all of its lessons and assignments.

1. **Introduction to Shen acupuncture**
2. **Shen and Emotions**
3. **Shen Points and Their Clinical Application**
4. **Heavenly Points: The Clinical Benefit of Window of Heaven**
5. **Treatment of Anxiety and Depression**

### 4. Program Benefits

#### Academic recognition

TCM Academy is an official **NCCAOM** Provider (#171739).

Courses & webinars on this series have separate PDA approvals in a total of 14 PDA Points.

After completing each course you will be sent an email with instructions as to how to get those points. Only by filling these can you get the points. Thank you.



These courses are approved for a sum of 9.5 CPD points by **AACMA**.

AACMA advises its members that while the information provided in seminars is for ongoing professional development, the information provided in seminars may not comply with the practice codes and guidelines set down by the Chinese Medicine Board of Australia, and using the information and any research provided to promote treatments may breach Advertising Guidelines under The National Health Practitioner Regulation Law (2009).

Approved by the **Florida Board of Acupuncture** for a total of 9.5 CEUs



TCM Academy is a pre-approved provider of **NZASA**. To ensure that you receive the proper credit, please contact NZASA to verify CPD eligibility before registering for the course.

TCM Academy courses are approved by **Acupuncture NZ**. Acupuncture NZ counts each hour as 1 CPD. For any further assistance please contact us.



TCM Academy courses are in the process of approval by additional international acupuncture associations. You can write to us asking about specific requirements.

### **Always Studying**

All video materials and handouts are available for you **24/7**, with **lifetime access** to the teaching.

You can return to any point in any course easily, with our eLearning style of courses.

You need to have an internet connection.

## **5. Using TCM.AC Platform**

Make sure you are logged in. You can reach the courses from the courses page or your account.

If you have any questions, contact us at [support@tcm.ac](mailto:support@tcm.ac).

## 6. Guidelines for eLearning

Our eLearning platform is wonderfully suited for anyone's schedule, as you can **progress at your own pace**. Since this work requires self-discipline we encourage you to **plan ahead** and set a schedule according to your abilities and availability. This will ensure a good learning experience with enough time to go over all of the materials.

Inside of each course, the videos are segmented and each segment is followed by a quiz. After all segments are complete, there is a final exam. You are allotted 2 minutes per question though will probably need less.

These **quizzes are not exams**; they are there to help you focus and absorb the material.

While you can **take the courses in any order you wish**, we recommend that you study in the order listed above. We believe this order will best benefit your understanding of the program materials and achievement of program goals.

We believe that learning is a process, we encourage you to return to the courses, or segments of them, whenever you feel like, or after a few months and see what new things you might learn.