



# TCM ACADEMY

Of Integrative Medicine



**Dr. Hamid Montakab MD**

**Program Booklet - June, 2021**

**Please visit our website for the most up to date  
program information**

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# 1. Program Description

This is the most comprehensive program of the Mind and the Psyche in Chinese Medicine today. Dr. Hamid Montakab MD is a fascinating teacher and practitioner with almost 50 years of experience in Chinese Medicine.

Join practitioners worldwide who have studied with Dr. Montakab.

This program includes 7 state of the art eLearning modules by Dr. Montakab & Solange Montakab in total of 50 hours, including 7 live streaming Q&A sessions. It has been specially tailored to create and support deep learning and understanding and to allow for immediate clinical use.

The program is built as one solid comprehensive teaching to take you to the place envisioned by Dr. Montakab.

As these modules may also be booked individually, hence at times for a better comprehension certain points had to be repeated.

This program provides the essential Western and Chinese medical information and the **practical tools** necessary for practitioners of TCM to achieve the high level of skills required to confidently diagnose and treat psychosomatic patients, reduce suffering and promote healing.

Taking this program you will **discover the exceptional understanding the ancient Chinese had about the relation of body-mind** and experience the extensive benefits that acupuncture can provide.

The modules within this program are accredited by associations and schools around the world. See Chapter 5 for more information.

After completing each module you will receive a digital printable certificate. Once you have completed the final module, you will receive the **Program Diploma**.



The study techniques that eLearning requires may be new to you. Whilst allowing the freedom to progress at your own pace, and to easily repeat and clarify something you may have missed, it also demands self discipline. To maximise your experience, please read our eLearning study recommendations in Chapter 7.

In Chapter 8 you will find more technical information about the live streaming sessions.

**Disclaimer:** This is an International course aimed at providing you with the best and most updated information. Before practicing herbs, acupuncture and any other supplementary treatments please be sure to check out the current laws and regulation situation in your own country regarding these practices.

## 2. Learning Goals

This program is designed to **strengthen confidence in your clinical abilities** as a Chinese medicine practitioner as well as increasing your knowledge and fluency of western psychology.

The effects of the Mind over the Body have been clearly emphasized in Classical Chinese Medicine for at least 10 centuries.

Mind-sets and mental attitudes influence the human responses to the outer world, manifesting as emotions and classified as the inner causes of disease. Understanding the structure of the conscious and subconscious parts of the psyche and unraveling the psychological mechanisms of “Belief systems” and helping to change these in a regular TCM setting is to treat the “Hidden Roots of Disease”.

Graduates of our program will be able to immediately **implement their knowledge** to support their patients and will be able to transfer these skills to any patient within their practice.



### 3. Program Curriculum

This Program comprises a mix of eLearning courses, Quizzes, assignments and live sessions of Questions & Answers between the modules.

A variety of learning tools will support your learning goals.

Each of the 7 modules will be followed with a live streamed meeting for questions and answers.

Please send in your questions at least a week before to help us get ready to accommodate most of you.

Please read the curriculum carefully so you can best prepare yourself for the program and ensure that you make the most out of it.

If you have not studied online before please make sure to read Chapter 7.



#### **eLearning courses:**

Learning at your own pace. (Click on a module name to go directly to that module)



#### **Live Streamings:**

Learning together - expert led with the opportunity to ask questions live and with your peers



## Module I: Psyche and the Body in Chinese Medicine - 4,75 hr.

### Home Learning of this module covers the following topics:

- Physical and psychological health
- Concept of the Mind and the Psyche
- Pain the language of the body
- The five sections of the psyche; parallels with Western psychology
- Significance, functions and disturbances of Shen, Hun, Yi, Po and Zhi
- Acupuncture treatment strategies
- Mental activity and sensory perceptions
- The subconscious and the notion of Gui ≈ Ghost
- Clinical examples

### Live Q&A Session I - 1,5 hr.

## Module II: Emotions and Instincts in Chinese Medicine - 4,75 hr.

### Home Learning of this module covers the following topics:

- Function and expression of emotions; emotions as extensions of the primary instincts
- Emotions deriving from individual perspectives
- Role of the Luo≈Connecting vessels in the processing of the outer world
- Concept of the 5 Emotions and 7 Passions
- Description, energetic impact, Zang-fu disharmonies, and acupuncture strategies for anger, elation, worry, anxiety, sadness, oppression, fear, shock, love and passion, jealousy, hatred, vengeance, contempt, guilt, and shame
- Diagnostic orientations; palpation to identify the emotion
- Personality disorders and the Luo vessels
- Therapeutic strategies to release emotions; treatment of the Zang-Fu patterns
- Clinical examples; case studies

### Live Q&A Session II - 1,5 hr.



## Module III: Constitutions and Belief Systems in Chinese Medicine - 4,5 hr.

### Home Learning of this module covers the following topics:

- Reality versus belief; components of the Belief systems
- Inherited energies: Jing /constitution and body form; *Zong/* temperament; *Ming/* curriculum and destiny (genetics and epigenetics)
- Five constitutions: influence on anatomy and outer morphology: *Zang-fu/* primary channels and sinew channels
- Role of the Extraordinary vessels; psychological impacts
- Analysis of the Fire-Water-Wood-Earth-Metal type constitution: body shape; face; hands; general appearance and psychology; belief patterns; examples
- Related disharmony patterns and the psyche; specific acupuncture strategies
- Treatment strategies for harmonizing the Elements
- Combination of constitutional elements
- Case studies

### Live Q&A Session III - 1,5 hr.

## Module IV: Temperaments and Beliefs in Chinese Medicine - 9,75 hr.

### Home Learning of this module covers the following topics:

- Components of the Belief systems: *Jing / Zong/ Ming* (genetics and epigenetics)
- The Extraordinary vessels and their psychological impacts; life transitions: The Seven Gates
- Symbolism of numbers 5 & 6 in the Chinese tradition
- Constitution (morphology) and Temperament (Psychology)
- The 6 energetic levels; characteristics; opposite and complementary levels
- Pathology of the Temperaments: dis-adaptation and mal-situation
- Descriptions of characteristics; strengths and weaknesses; primary beliefs and pathologies of the six Temperaments
- Physical and psychological manifestations of “blocked levels”; clinical examples; personality disorders; adapted treatments and exercises; acupuncture strategies and point selection
- Changing beliefs
- Psychology and Acupuncture Therapy (PAT)
- Case studies

### Live Q&A Session IV - 1,5 hr.



## Module V: Memory Systems and “Psychological Trauma” in Chinese Medicine - 5,0 hr.

### Home Learning of this module covers the following topics:

- Personal perspectives and the sensory perceptions
- Components of the Belief mechanisms
- Memory systems
- Defensive mechanisms
- Notion of Gui ≈ Ghost
- Psychosomatic consequences of Gui
- Treatment strategies for Gui
- Treatment strategies for changing Beliefs
- Releasing suppressed traumatic memories
- Psychology and Acupuncture Therapy (PAT); Case studies, clinical examples

### Live Q&A Session V - 1,5 hr.

## Module VI: Body Memories and Physical Trauma in Chinese Medicine - 5,5 hr.

### Home Learning of this module covers the following topics:

- Introduction to the concept of trauma
- Defensive layers; the role of the subconscious
- Po ≈ Corporeal soul, sensations and body memories
- Notion of Gui ≈ Ghost; psycho-emotional and physical memories
- Concept of “Body Armors”: physical, energetic and psychological consequences of Body Armors; description of each segment and treatment strategies with the Sinew channels
- Psychology and Acupuncture Therapy (PAT) general exercises for releasing the Sinew channels
- Releasing Trauma; cognitive behavior therapy and acupuncture
- Overview of strategies for releasing suppressed traumatic memories (physical and psycho-emotional)
- Psychology and Acupuncture Therapy (PAT) exercises for changing Belief patterns
- Specific acupuncture points to help release, remember, express and let go of traumatic memories
- Case studies

### Live Q&A Session VI - 1,5 hr.





## Module VII: Integration Module - 5,5 hr.

 **Home Learning of this module covers the following topics:**

- Anamnesis
- Psychological history (salient events)
- Psychological profile: analysis of constitution; temperament; body armor; the Extraordinary vessels
- Interpreting the self-tests
- Analysis and discussion
- Treatment strategies and protocols
- Taped and commented patient sessions
- Follow-up treatments

 **Live Q&A Session VII - 2,0 hr.**

## 4. Completing the Program/Certificate

To receive the program certification you need to complete all the pre-recorded modules (1 to 7), attend the Live Q&A Sessions, and submit a the homework report

### Homework assignment

Upon completing the eLearning Modules I-VI and the Live Q&A Sessions I-VI, you will get access to the eLearning Module VII - Integration Module.

After its release and watching it, you will have 2 weeks time to send in one case study of one of your patients, explaining your thought process, diagnosis and treatment as your homework assignment. Dr. Hamid Montakab will choose a few of those case studies for the last LIVE Q&A Session.

On successful completion of this you will get your digital certificate indicating you have completed the program “The Mind and the Psyche in Chinese Medicine”: Congratulations!



## 5. Program Benefits

Expand your acupuncture practice through comprehensive training.

### Academic recognition

The following organisations have the modules in this program contributing towards your continuing education points. If you are not sure if your association approves this course, please contact us or your association prior to registration.

TCM Academy is an official **NCCAOM** Provider (#171739). By completing the program you will be eligible for a **total 42 + 16.5 Pending PDAs/CEUs**. Each module in the program is separately recognised by NCCAOM and needs to be reported separately through our system



The Modules in the program are approved by the AACMA. **Total of 52.25 CPDs** for courses in this program. Please visit individual course pages to confirm details of CPD points.

While we cannot pre-approve courses with EMR we will supply the EMR, upon request, with the information needed in order to have it approved. We cannot take responsibility in case a course will not be approved; it is up to the user to reach out to the EMR and ask for it to be accepted.



An NVA member who wishes to participate/take one of our courses is required to send in an individual accreditation form at least a month before the training.

TCM Academy courses are approved by Acupuncture NZ as 1 CPD per 1 Hour course. Please contact us if you require further clarification.



The Mind and the Psyche  
in Chinese Medicine



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TCM Academy is a pre-approved provider of NZASA. We cannot guarantee that ALL of our content will align with the NZASA CPD categories. It is advisable that you seek guidance from NZASA if you are unsure.

### **Disclaimer for AACMA Members**

AACMA advises its members that while information provided in seminars is for ongoing professional development, 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).

### **Don't see your association?**

TCM Academy is in the process of approval by additional international acupuncture associations. We are pleased to answer your questions relating to specific requirements from your own association.

We are here to help, do not hesitate writing to [support@tcm.ac](mailto:support@tcm.ac) .

### **Always Studying**

All pre-recorded video materials are available for you 24/7, provided that you have an internet connection. You can return to any point in any module easily and we recommend that you view the eLearning materials several times to embed your learning.

Q&A sessions will be made available to participants after they take place.

### **Specialization - Added Value**

Upon successfully finishing the program you will be able to display your certification on your website and business cards.



## 6. Using TCM.AC Platform

After completing your purchase and registration of the Psychosomatics in Chinese Medicine program the first module will be open for you to start learning (if you join in a later stage, the other modules and the Q&A Sessions' recording will be added to your account as well). Please see chapter 3 for the order of learning and the next chapter for eLearning tips.

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

## 7. Guidelines for eLearning

Our e-learning platform is well-suited for your busy schedule. Students can progress at their own pace. Since this kind of study requires self discipline we encourage you to plan ahead and set a schedule according to your abilities and availability. This will ensure an optimal learning experience and provide you with sufficient time to absorb the extensive Program materials.

The time required to complete each individual module is clearly marked. We hope that this will help you plan your time. We have edited individual modules to ensure that they contain all essential information in the most compact time.

The modules are broken up into specific segments of knowledge. Sometimes a segment is followed by a short quiz. This will help you to retain knowledge, take breaks and return to your studies easily.

Once you have completed all segments you will be asked to answer a final quiz. You are allotted 2 minutes per question but will probably need far less.

**The quizzes are not exams.** They are there to help you focus, absorb and remember the material.



While you can take the modules in any order you wish, we recommend that you study in the order listed above, in Chapter 3. We believe this order will optimise your understanding of the program materials and support your achievement of your program goals and ensure that you are prepared for the live streamed sessions.

Don't rush to complete everything, learning is a process. At the same time creating a learning frame ensures you will learn and not stay behind.

The modules remain available for you indefinitely. We encourage you to watch them again whenever you are uncertain about a topic or wish to deepen and strengthen your knowledge.

We are confident that you will find this program engaging and supportive in your development as a practitioner. On a personal level, we also hope that it will simply help you as a fellow human being seeking to aid those who are experiencing suffering.

## Handouts

The program has comprehensive handouts, self tests, exercise descriptions and a homework assignment aimed at supporting your studies. We hope that these different learning techniques will encourage a deeper assimilation of knowledge.



## 8. Live Streaming Sessions

The live streamed Q&A sessions are integral to this program. They will deepen your understanding and will allow a direct interaction with the teacher.

Please send in your questions a week before the meeting. You can always watch the meetings again! **Another benefit of learning with us online!**

We strongly advise that you watch the modules on multiple occasions, in a less time-pressured environment. This will enable you to recap details you might have missed. Answers might simply appear.

Our live streamings are done via Zoom. Zoom is a 3rd party application. You will be required to download this program to your computer and create an account **with them** in order to participate in the live meetings.

Links will be sent before the meetings.

