

Booking Form for Arya Nielsen
(Please complete fully)

Name _____

Address _____

Phone No _____

Email _____

Professional Association _____

Student-School/College _____

I wish to enroll for the workshop and I enclose ; Please tick appropriate box

Deposit (non-refundable) €90.00

Full payment of €299.00 €254.00 (students)

Signed _____

Send with completed booking form to:
Tongue Diagnosis Workshop, 2 Craigmole Lane, Blackrock, Co Dublin.

Phone: (01) 2092061

Email: info@eastwestmedicalsciences.com

Web: eastwestmedicalsciences.com

Confirmation will be sent to you by email.

**Please make your cheque payable to
“Institute of East West Medical Sciences”**

Receipts will be issued at the Workshop

Tongue Diagnosis
And how to use
Acupuncture & Gua Sha to improve
clinical outcomes

A Two Day Workshop
For Chinese Medicine Practitioners
with
Dr Arya Nielsen, PhD



24th & 25th October 2009

The Camden Court Hotel, Camden St., Dublin 2

Arya Nielsen has a doctorate in Philosophies of Medicine with a focus on Integrative Clinical Science and Health Care. She is US board certified in Acupuncture and Chinese Herbal Medicine and is past chair of the New York State Board for Acupuncture. She has been in private practice for 32 years and is on Faculty at Beth Israel Medical Center's Department of Integrative Medicine in New York City, where she also directs the Fellowship Program for Acupuncture in hospital-based care. Dr. Nielsen is the author of *Gua Sha, A Traditional Technique for Modern Practice*, Churchill Livingstone, 1995; (trans.to German and French) and *Gua Sha: Step-by-Step*, a teaching video.



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The Workshop



Tongue 'looking', is typically done only once or twice at the beginning of the session because 'diagnostic' features of the Tongue are not expected to change during a single session or treatment. Tongue changes are expected to happen over time, days, weeks, even months, reflecting the gradual healing that takes place deep in the body as errant, excess or deficient substances reconcile.

That is, unless you are using Gua Sha.

Nielsen states "As a direct result of Gua Sha I have seen and recorded changes in the Tongue that are not supposed to happen in the short term, changes that altered my working 'diagnosis' and initial and subsequent treatment approaches. Gua Sha moves stagnant Blood at the surface, liberating the exterior, moving fluids and clearing obstruction of the channels be it associated with a cold, hot, excess or deficient condition. When the channels and collaterals have been irrigated the affect is not only at the surface but also deep in the body. The questions for this workshop are; how deep is the treatment able to penetrate, does the Tongue change and what do those changes reflect?"

This workshop therefore will examine immediate and significant changes in the tongue color, coat, and topography as an effect of therapies like acupuncture and gua sha and what those changes indicate about the depth and direction of a disorder and the capacity for change to take place in even the most chronic conditions.



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Day One:

***Fundamentals and definition of Tongue 'Diagnosis'
The topography of the Tongue
Significance of changes in Colour, Coat, and Texture
Introduction to Gua Sha
Demonstration and Practice***

Day Two:

***Using Gua Sha & Acupuncture
Achieving and Interpreting immediate and
significant effects
Gauging depth and direction of a disorder
Improving Clinical Outcomes
Demonstration & Practice***

Costs & Booking your place on the Workshop

To reserve a place at the workshop complete the form overleaf and submit with your deposit or full payment.

**The full cost of the Workshop is
€299.00 for practitioners and
€254.00 for students.**

Booking Deposit €90.00 (non-refundable).

The Venue:

Camden Court Hotel, Camden St., Dublin 2. See web address below for location map.

<http://www.camdencourthotel.com/html/location.aspx>

Registration 9.00 am on Sat. May. 16th 2009

Workshop both days from 9.30am to 5.00 pm