

Introductory Course in Acupuncture for Dentists & DCPs



An interactive *two day* introductory course in acupuncture held at Regent's College Conference Centre, Inner Circle, Regent's Park, London, on Saturday & Sunday 19/20th March 2022.

Cost £500

Acupuncture offers an effective and exciting treatment modality for Dentists and Dental Care Professionals to deploy in their day to day practice to enhance their treatment outcomes. Acupuncture can produce some startling responses in both patient behaviour and management of pain, that can dramatically improve the outcomes of treatment sessions.

This two day "hands on" course will consist of lecture, demonstration, and practical small group training to give confidence in the use of acupuncture. The use and scientific rationale of acupuncture will be discussed, with a strong emphasis on diagnosis and management of conditions suitable for treatment in general dental practice. You will have ample opportunity to practice new skills, and by the end of the course will be able to use acupuncture safely in the dental context.



Areas covered during the course

- Indications & contra-indications for acupuncture in dentistry
- Traditional aspects of acupuncture
- Meridian theory
- Acupuncture point identification
- Western medical acupuncture and theories of action
- Trigger points & TMD
- Needling techniques
- Responses & side effects
- Complications
- Treatment planning
- Medicolegal aspects
- Equipment & supplies
- Competencies and training



The course will be taught by Dr David Johnson and Mr Tom Thayer.

Dave is a SDO, and very experienced in the use of acupuncture for treating dental patients. He has been involved in acupuncture training for many years.

Tom is a Consultant Oral Surgeon, and has used acupuncture since the mid 1990's.

Places are limited to ensure closely supervised practical tuition. *Not a day for needle phobics as you will need to practice on each other!*

Before the end of the course, you will have inserted many needles and be confident to try these procedures out with your own patients.

Cost £500 to include comprehensive course manual, catering, and some samples. Fulfils GDC requirements for 12 hours Verifiable CPD in Domain C & D.

To book your place, *please complete and send the booking form on the website*

Covid requirements:

Participants should have received all Covid vaccinations and appropriate boosters unless exempt. A lateral flow test will be required on Saturday 19th March.

Provisional Programme

Saturday

- | | |
|---------------|--------------------------------------------------------------------------|
| 9.00 – 9.30 | Coffee & Welcome. |
| 9.30 – 9.45 | Introduction & aims |
| 9.45 – 10.15 | Indications and Contraindications for acupuncture in dentistry. |
| 10.15 – 10.45 | Traditional Chinese aspects of acupuncture. |
| 10.45 – 11.00 | Coffee. |
| 11.00 – 11.15 | Equipment |
| 11.15 – 12.30 | Practical 1- Basic acupuncture: Gag reflex & relaxation |
| 12.30 – 13.30 | Lunch. |
| 13.30 – 14.00 | Trigger points. |
| 14.00 – 15.00 | Practical 2 - Trigger point identification, & needling of trigger points |
| 15.00 – 15.15 | Tea. |
| 15.15 – 16.00 | Complications and medicolegal aspects |
| 16.00 – 16.30 | Putting it all together; constructing a prescription. |

Sunday

- | | |
|---------------|---------------------------------------------------------------------------------------------|
| 9.30 – 9.45 | Coffee & Welcome. |
| 9.45 – 10.15 | Review of yesterday's material |
| 10.15 – 10.45 | Cervico-facial pain; acupuncture in the treatment of TMD, shoulder & neck points. |
| 10.45 – 12.30 | Practical 3 - TMD & Headache. |
| 12.30 – 13.00 | Ear acupuncture - concepts |
| 13.00 – 14.00 | Lunch. |
| 14.00 – 15.00 | Practical 4 - "other" acupuncture. Sinusitis, hayfever, and xerostomia. |
| 15.00 – 15.15 | Tea. |
| 15.15 – 16.00 | Managing complex patients; integrating acupuncture into your practice and review of course. |