



Acupuncture NZ Presents

David Hartmann

One day Workshop

Acupuncture Point Combinations for
Mental Health, the Five Spirits (*Wǔ Shén*)
and Self Esteem

Date: Monday 19th August 2024

Time: 9am-5pm

Location: Ākau Tangi Sports Centre, Kilbirnie, Wellington

CPD: 7hrs CPD (CPD certificate provided by AcNZ)

Cost: Early Bird Rate - \$225 (if paid by the 29th July)

Full Price - \$295

Registration: Fill in the registrations form below and return to:

nzra@acupuncture.org.nz

Workshop Description:

One of the most distressing things I see in clinic (and out in the world), are people suffering from depression, anxiety and/or poor self-esteem. How did the person arrive at that state? Are there external factors at play? Does their job suck? Do they even have a job? Are they being beaten down by someone in their life? Or could the issue be more of an internal one? Perhaps they have unrelenting standards? Their inner critic is merciless? They have *Shén* scars?

To answer these questions, we need to understand depression, anxiety and self-esteem better. We must also have a better understanding of what might be going on inside the person from a Chinese medical/philosophical perspective.

In Chinese medicine, mental health is the domain of the Emperor Heart. When the Emperor is joyful and content, there will be a strong sense of self. But mental

health is typically affected by external influences and/or internal influences, and that is where the Pericardium, or Heart Protector comes in. Both organs are vital to consider when treating depression, anxiety and self-esteem.

One should also have a better understanding of the Five Spirits (*Wǔ Shén*) as they play a big part in our mental and emotional state. Time will also be spent on some interesting concepts that are related to depression, anxiety and self-esteem. I call them our 'Inner Critic', 'Heart Shines', 'The 12 Parents', '*Shén* Scars', 'Soul Tattoos', 'Thought Cemetery' and 'Spirit Burial Ground'.

Join me for a workshop that assists us in looking at ourselves in the mirror, saying "I love you", and really meaning it!

Workshop Outline:

9am-10.20am – Theory – Part 1 (80 minutes)

- Presenter bio
- Introduce the workshop
- Heart (*Xīn*) and Pericardium (*Xīn Bāo*)
- Depression
- Anxiety
- Question and Answer (Q&A).

10.20am-10.35am – Morning break

10.35am-11.55pm – Theory – Part 2 (80 minutes)

- Five Spirits (*Wǔ Shén*):
 - *Shén*
 - *Hún*
 - *Pò*
 - *Zhì*
 - *Yì*
- Question and Answer (Q&A).

11.55am-12.55pm – Lunch

12.55pm-2.15pm – Practical – Part 1 (80 minutes)

- Presenter demonstrations – where relevant/required
- Participant practical.

2.15pm-2.30pm – Afternoon Break

2.30pm-3.50pm – Theory – Part 3 (80 minutes)

- Self-Esteem
- Inner Critic, Heart Shines, The 12 Parents
- *Shén Scars/Soul Tattoos/Thought Cemetery/Spirit Burial Ground*
- Case study #1 – a woman who couldn't accept compliments (Heart Shield)
- Case study #2 – *Shén Scars*
- Question and Answer (Q&A).

3.50pm-5pm – Practical – Part 2 (70 minutes)

- Presenter demonstrations – where relevant/required
- Participant practical.

End of day

Learning Objectives:

At the end of this workshop participants will:

- Have a much greater understanding of how to treat depression, anxiety and self-esteem using acupuncture point combinations
- Appreciate the clear link between mental health and the Heart, Pericardium and Five Spirits
- Feel more confident in the diagnosis and treatment of the Heart, Pericardium and Five Spirits
- Understand additional concepts discussed, including the Inner Critic, Heart Shines, The 12 Parents, *Shén Scars Soul Tattoos, Thought Cemetery and Spirit Burial Ground*
- Have a greater insight into the importance of acupuncture point combinations

- Have been taken through Chinese medicine concepts that are new to them; something they had forgotten they knew and are therefore reminded of again; or for consolidating knowledge already known.

Free Bonus Workshop Included (1 hour):

The Seven Emotions (*Qī Qíng*/七情) According to Chinese Medicine (Foundational); Introduction to the Mental Health Conditions Course

In this free workshop participants will get a foundational look at the Seven Emotions (*Qī Qíng*/七情). This will include a very brief history before discussing each of the seven emotions which are anger, joy, pensiveness, worry, sadness/grief, fear and shock. Part of the discussion will include organ and element relationships, diagnosis and acupuncture point combinations used to treat. The workshop will conclude with an introduction to David's future workshops, courses and textbook on mental health conditions separate to/including the seven emotions.

Outline:

0–30 minutes – list the seven emotions and briefly review their history; discuss the organ/element relationships and acupuncture point combinations for anger, joy, pensiveness and worry.

30–60 minutes – discuss the organ/element relationships and acupuncture point combinations for sadness/grief, fear and shock; introduce David's future workshops, courses and textbook on mental health conditions separate to/including the seven emotions; question and answer (Q&A).

David Hartmann 1 day Workshop – 19th August 2024

Registration Form

PERSONAL DETAILS (Please complete clearly in English)						
Prof <input type="checkbox"/>	Dr <input type="checkbox"/>	Mr <input type="checkbox"/>	Mrs <input type="checkbox"/>	Ms <input type="checkbox"/>	Miss <input type="checkbox"/>	Mx <input type="checkbox"/>
Name						
Email				Phone		
Address						
City				Post code		
Payment						
Early Bird Rate \$225 <input type="checkbox"/> Regular rate \$295 <input type="checkbox"/>						
Email Registration Form to: nzra@acupuncture.org.nz						
or post to: Acupuncture NZ, P.O. Box 14106, Kilbirnie, Wellington 6241						
Payment Method: By Direct Credit/Internet banking Please use Full name in particulars and “ DH Workshop ” in reference Account number: 02-0160-0249606-000 BNZ, Queen St, Auckland						
For further information call the Acupuncture NZ office on 04 387 7672						