

Worsley Institute TrainingSM (WITSM UK)

Programme Structure 2024-2025

This training programme is based on WITSM UK's mission to recapture Professor J.R. Worsley's teachings during the time he was the sole Owner and Director of the College of Traditional Chinese Acupuncture (CTA) in Leamington Spa (a 30-year period from the 1960's to the early 1990's).

WIT UK's main aims are:

- To uphold the integrity and legacy of this beautiful lineage.
- To make the learning experience meaningful, enjoyable, and practical.
- To offer a high-quality professional training.

Academic proficiency is only one component of the learning process. We also need to hone and deepen our understanding and experience of Natural Order, and discover how our senses can assist us in becoming instruments of nature.

This training embraces the reality that each of us has unique gifts, strengths and weaknesses. You may have a wide range of skills and experience, or you may feel you are completely changing your focus and starting from scratch. When you choose to train with WIT UK, you begin a journey where all start out on an equal footing, no matter your background. WIT UK invites you to start from a place of authenticity and humility, with a calling to serve and support nature.

We, the Worsley Institute faculty and team, would love to walk alongside you as you begin your life-long journey with Worsley Classical Five-Element Acupuncture®.

The Programme is presented in two Modules: Theory and Clinical, over a 15-month period.

I THEORY:

This will comprise a mix of in-person trainings, live online 3-hour classes, additional on-line learning modules and access to recordings of the online live sessions. The live online sessions and modules will cover much of the theoretical material, allowing you to review certain sections to feel confident and secure in the theory.

The live zoom classes promote a supportive, international community while exploring and reviewing the theory and philosophy of Worsley Five-Element Acupuncture.

The in-person classes are essential to this form of acupuncture and will focus on supporting your development of sensory awareness, learning point location and rapport-building skills.

Theory – minimum 322 contact hours

- 172 hours in-person training
- 60 hours live, online, support and review delivered internationally
- Access to recordings of 60 hours live online support and review
- 30 hours online modules (including archive footage of JR Worsley teaching)

WF-EA Theory and Philosophy Training Dates 2024-2025

In-person Training: (Kemerton, Worcestershire, England)

Friday to Monday: 9.30am to 5:30pm

- I. March 15-18
- II. May 17-20
- III. July 19-22
- IV. September 20-23
- V. November 29 - December 2

In-person Pre-Clinic Exams and Preparation:

Friday, Saturday and Sunday: 9.30am to 5:30pm

February 7-9th: 9.30-5.30

Zoom Sessions: 4-7pm UTC or *BST

- Intro Thursday 7 March
- i. 3-6pm Thursday 21 March
 - ii. *Thursday 4 April
 - iii. *Thursday 18 April
 - iv. *Thursday 9 May
 - v. *Thursday 30 May
 - vi. *Thursday 13 June
 - vii. *Thursday 27 June
 - viii. *Thursday 11 July
 - ix. *Thursday 25 July
 - x. *Thursday 8 August
 - xi. *Thursday 5 September
 - xii. *Thursday 26 September
 - xiii. *Thursday 10 October
 - xiv. *Thursday 24 October
 - xv. Thursday 7 November
 - xvi. Thursday 12 December
 - xvii. Thursday 16 January 2025
 - xviii. Thursday 13 February 2025
 - xix. Thursday 27 February 2025
 - xx. Thursday 24 April 2025

Additionally, there will be the opportunity to join the Spirit of Points via live stream on 9 and 10 November 2024.

Curriculum: Theory will include: Fundamental principles including Natural Laws, ancient Chinese philosophy and ideology, anatomical palpation and point location, point types and applications, treatment protocols, Spirit of Points, principles of diagnosis, practical diagnosis and clinical skills, pulse taking, rapport and patient relationship, nutrition. In addition, field trips to local areas of natural beauty will allow us to fully immerse ourselves in nature.

Please note: Anatomy and Physiology (A&P) Level 3 Diploma (or international equivalent) is required for you to receive your certificate, and will need to be studied externally to the WIT UK training. Essential Training Solutions (ETS) offer a very good online course which costs around £75. The EST A&P course is accredited by the Federation of Holistic Therapists and follows the National Occupation Standard (NOS).

Anatomy and Physiology online course link:

<https://essential-training.co.uk/product/anatomy-and-physiology-online-course-fht/>

First Aid: It is a legal requirement to have an up-to-date One-Day First Aid at Work Certificate in order to practise acupuncture, and you will need to provide proof that you have completed this one-day training in order to begin your clinical training. Without a certificate, you will not be able to progress to clinical training.

Home-study: Expect to spend a few hours a week doing enjoyable home-study including pulse-taking practice, point location practice, case taking practice, Nature Journal, and creating your own personal Class Manual.

Regular reviews, practical and written exams. We support collaboration between students and faculty so that the process of learning, review and exams is interesting, engaging and enjoyable.

Full attendance and demonstration of satisfactory understanding is required in order to advance to the Clinical module.

II CLINICAL:

Clinical treatment, clinical observation, and class review

Worsley Classical Five-Element Acupuncture® comes to life in the clinic with our patients, the greatest teachers of all.

Clinical – 240 hours

Initial 4-day clinical preparation, clinical practice and review followed by 13 x 2-day weekends.

Clinical Training Dates for 2025: (Kemerton Worcestershire)

- i. 21-24 March Clinical Intensive (Friday-Monday)
- ii. 29/30 March Judy Consultation weekend
- iii. 5/6 April
- iv. 12/13 April
- v. 26/27 April
- vi. 10/11 May
- vii. 17/18 May
- viii. 31 May/1 June
- ix. 7/8 June
- x. 14/15 June
- xi. 21/22 June
- xii. 28/29 June
- xiii. 5/6 July
- xiv. 12/13 July

Home Study

We anticipate that you will enjoy your home study immensely. If you are as passionate about Worsley Classical Five-Element Acupuncture® as we are, you will find yourself spending many more hours than suggested immersing yourself in nature, learning about the Worsley Classical Five-Element Acupuncture lineage and developing and honing your skills and senses.

Suggested home study over the 17-month training period – minimum 470 hours home study and sensory development is recommended, to include:

Home study and sensory awareness practice – **200 hours** (around 30 mins per day for 14 months)

Point location and pulse practice – **90 hours** (about 1.5 hours per week)

Personal Journal – **120 hours** (average 20 minutes per day for 14 months)

Clinical manual - **60 hours** (around 1.5 hours per week for 9 months)

In addition, we suggest you put aside time every month to reach the required Anatomy and Physiology Level 3 Diploma (or international equivalent), particularly if you have not had any former training in this subject.

Students will be required to complete a minimum of 30 treatments (with a minimum 4 patients receiving 5 treatments each) and observe a minimum of 20 treatments given by fellow student practitioners.

Venues:

Clinical training sessions will be held in Kemerton. There may be an occasional change to the venue for reasons of logistics. Students are expected to attend all these sessions.

In addition:

Students may wish to arrange clinical hours independently with WIT UK-approved practitioners at their private clinics (all on Faculty List are approved). Enquire with WIT UK if further information needed.

Each student will be required to take out student mal-practice insurance cover available from Balens at approximately £25 per annum.

Curriculum:

We will review Traditional Diagnosis Examinations, Causative Factor (CF), diagnosis, clinical protocols and skills development, treatment planning and practice management before moving into the practical aspect of consultations and treatments.

It will be the student's responsibility to organise patients for treatment.

Patient fees at the training clinic are paid to the clinical provider.

Home-study: Expect to continue spending a few hours a week honing your skills and senses with: Pulse taking practice, point location practice, continuing your Nature Journal and Personal Class Manual.

Regular reviews, practical and written exams. Students and faculty working together towards the development of an on-going community of peer support and mentoring in the build-up to completing the training and setting up in practice.

Once the student has been deemed by the teaching team to have satisfactorily completed all requirements of the programme, a Licentiate in Acupuncture will be issued.

If the student has not successfully completed the program by the end of the clinical training period, they may have to re-take some or all of the programme with another intake, with extra fees to be applied.

Updated 23 January 2024