



**THE AUSTRALIAN COLLEGE  
OF EASTERN MEDICINE**



## 2023 PROSPECTUS



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## **Our Locations**

### **Sydney Campus**

Shop GRD C3000

Top Ryde City

Cnr Blaxland Rd and Devlin St Ryde 2112 NSW

Ph 02 980 78 161

Email: [sydney.acem@gmail.com](mailto:sydney.acem@gmail.com)

### **Lismore Campus**

258 Richmond Hill Rd Richmond Hill 2480 NSW

Ph: 0407 077 118

Email: [tom@orientalmedicine.com.au](mailto:tom@orientalmedicine.com.au)

### **Rockhampton Campus**

30 Blanchard St Berserker 4701 Qld

Ph: 0406 030 332

Email: [acemrocky@outlook.com](mailto:acemrocky@outlook.com)

## **Courses offered**

Our college offers Nationally Recognised Training in Remedial Massage and Shiatsu.

Training options include Nationally Recognised Training in Shiatsu, Nationally Recognised Training in Remedial Massage, Training in Animal Acupuncture and Shiatsu. Dry Needling and Facial Rejuvenation courses are also available at regular intervals through the year.(please refer to relevant pages on the website for more details).

We are also a CRICOS accredited training centre [Provider #03861H] offering overseas students the opportunity to study Shiatsu and Remedial Massage to the very high national standards.

Our focus is on individual training in a mentor style of tuition, with class sizes kept small so that individual attention is assured. We take great pride in our very high level of graduates' success in continuing on into their chosen vocation of complementary medicine.

We also focus on the students' health and well-being. Each training day starts with a yoga session or Qi-Gong to improve and maintain vitality and optimum health.

All courses are designed to equip the graduate with the skills necessary to be a well rounded health professional. Training includes a strong focus on self-development and awareness and compassion for others. These attributes are fundamental components of a good practitioner.

## Diploma of Remedial Massage HLT52021



This Nationally Recognised Diploma level course is designed to make your career as a professional Massage Therapist as successful and sustainable as possible. The course embraces a good grounding in Western Massage techniques and theory, as well as a variety of Eastern Massage approaches.

Graduates enjoy the ability to offer a wider variety of techniques to their patients to achieve the best result. Many of the Eastern massage techniques (such as the use of Trigger Points) offer a less strenuous, more sustainable and more effective way to physically treat people. People have benefited from different massage skills for thousands of years and these methods can easily be incorporated within a massage treatment. Working smarter for a better patient outcome leads to a long-term successful career as a Massage Therapist. Aspects of training include massage and nutrition for athletes, use of osteopathic techniques in releasing chronic structural imbalances, Cupping and Trigger Point therapy.

Training is offered in either a 12 month full time program or an 18 month part time program

Below is the list of subjects where the Health Training package requirements are completed.

Unit	Subject	Hours	Fees
Unit 1	Anatomy and Physiology	120	\$650
Unit 2	Massage and practice in Australian Health Care	40	\$350
Unit 3	Counselling Skills	60	\$650
Unit 4	Introduction to Massage	80	\$650
Unit 5	Pathology	70	\$650
Unit 6	Massage Assessments and Protocols	80	\$650
Unit 7	Practice Management	80	\$650
Unit 8	Business Plans	40	\$450
Unit 9	Work Health and Safety	30	\$350
Unit 10	Senior First Aid	30	\$140
Unit 11	Reflexology	60	\$650
Unit 12	Remedial Massage Theory and Practice 1	60	\$650
Unit 13	Massage for Different Needs	60	\$650
Unit 14	Remedial Massage Theory and Practice 2	60	\$650
Unit 15	Food as medicine	40	\$650
Unit 16	Sports Massage	60	\$650
Unit 17	Pain Neuroscience applications	60	\$650
Unit 18	Supervised Student Clinic	270	\$650
	Administration Fee		\$250
	Total	1280	\$10,640

## Course Codes Diploma Remedial Massage HLT52021

Course Code	Course description	Hours	Result
CHCCOM006	Establish and manage client relationships	40	C
CHCDIV001	Work with diverse people	30	C
CHCLEG003	Manage legal and ethical compliance	25	C
HLTMSG011	Provide massage treatments	60	C
CHCPRP005	Engage with health professionals and the health system	45	C
BSBESB401	Research and develop business plans	45	C
HLTAAP003	Analyse and respond to client health information	60	C
HLTAID011	Provide first aid	30	C
HLTINF004	Manage the prevention and control of infection	20	C
HLTINFCOV001	Comply with infection prevention and control policies and procedures	20	C
HLTMSG009	Develop massage practice	50	C
HLTMSG010	Assess client massage needs	75	C
HLTMSG013	Perform remedial massage musculoskeletal assessments	100	C
HLTMSG015	Adapt massage treatments to meet specific needs	50	C
HLTMSG014	Provide remedial massage treatments	190	C
HLTREF002	Provide reflexology for relaxation	50	C
HLTMSG018	Adapt remedial massage practice for athletes	50	C
HLTMSG008	Monitor and evaluate remedial massage treatments	40	C
HLTMSG016	Apply principles of pain neuroscience	45	C
HLTMSG017	Apply remedial massage clinical practice	45	C
HLTWHS004	Manage work health and safety	35	C
SISXCAI010	Develop strength and conditioning programs	35	C
HLTSS00082	Applied Massage for Pain Management Skill Set	40	C
HLTAAP002	Confirm physical health status	50	C
CHCPOL003	Research and apply evidence to practice	50	C
	TOTAL HOURS	1280	

## Diploma of Shiatsu and Oriental Therapies HLT52215



Our Training program is very comprehensive as it includes many styles of Shiatsu that have developed over the years.

Students are instructed in many techniques of diagnosis and therapy unique to Shiatsu.

A strong focus on self development is a key philosophy of this training. This includes Yoga and Qi Gong. The preparation of foods for particular times of the year and for different health conditions is included in this training.

Shiatsu has amalgamated Japanese and Chinese medicine techniques and philosophies.

The course includes a thorough investigation of Traditional Japanese and Chinese Medicine theory to enhance the ability to accurately diagnose and therefore treat many health issues that plague the world today.



## Diploma Shiatsu and Oriental Therapies HLT52215 units of Training

<b>Unit</b>	<b>ACEM unit mapping of HLT52215</b>	<b>Hours</b>	<b>Fees</b>
1	Anatomy and Physiology	120	\$650
2	Shiatsu 1	60	\$650
3	Counseling Skills	80	\$650
4	Shiatsu 2	60	\$650
5	Pathology	70	\$650
6	Oriental Medicine Theory	80	\$650
7	Practice Management	80	\$650
8	Business Plans	40	\$450
9	Work Health and Safety	30	\$350
10	Senior First Aid	30	\$150
11	Meridian Theory and Point Location	60	\$650
12	Physical Diagnosis	60	\$650
13	Differential Diagnosis	60	\$650
14	Shiatsu 3	60	\$650
15	Assessment and Care	60	\$650
16	Oriental Therapies	60	\$650
17	Oriental Remedial Therapies	60	\$650
18	Psychology and Oriental Medicine	60	\$650
19	Food as Medicine	60	\$650
20	Clinical Practice	250	\$650
	<b>Total</b>	<b>1,280</b>	<b>\$12,000</b>

## Course Codes Diploma Shiatsu and Oriental Therapies HLT 52215

<b>SUBJECT CODE</b>	<b>Unit Title</b>	<b>Hours</b>
CHCCOM006	Establish and manage client relationships	65
CHCDIV001	Work with diverse people	20
CHCLEG003	Manage legal and ethical compliance	25
CHCPRP003	Reflect on and improve own professional practice	25
CHCPR005	Engage with health professionals and the health system	20
HLTAAP002	Confirm physical health status	45
HLTAAP003	Analyse and respond to client health information	90
HLTAID011	Provide first aid	30
HLTINF004	Manage the prevention and control of infection	20
HLTSHU001	Work within a framework of traditional oriental medicine	45
HLTSHU002	Develop Shiatsu Practice	50
HLTSHU003	Maintain personal health and awareness for traditional oriental medicine practice	100
HLTSHU004	Perform Shiatsu therapy health assessments	110
HLTSHU005	Perform oriental therapies health assessments	70
HLTSHU006	Provide Shiatsu therapy treatments	190
HLTSHU007	Provide oriental therapies treatments	90
HLTSHU008	Adapt Shiatsu and oriental therapies practice to meet specific needs	90
HLTSHU009	Monitor and evaluate traditional oriental medicine treatments	30
HLTWHS004	Manage work health and safety	45
BSBSMB403	Market the small business	45
BSBSMB404	Undertake small business planning	35
CHCCCS001	Address the needs of people with chronic disease	35
CHCDIS007	Facilitate the empowerment of people with disability	35

## Dry Needling Certificates



We offer accredited training in Dry Needling to suitably qualified health care practitioners .

There are 2 levels of training which can be done concurrently.

Level 1, covers OH and S and all major issues that frequently are treated by dry needling and musculoskeletal acupuncture are covered in this course including:

Carpal Tunnel Syndrome

Tennis Elbow

Golfer's Elbow

Frozen shoulder

Lower back pain

Sciatica

Neck pain

Level 2 covers needling the torso, intercostals scapula trapezius and the use of Electro stimulation to needles.

**Fees :**

**Level 1 \$750**

**Level 2 \$750**

## Facial Rejuvenation Dry Needling Certificate



We offer training in Facial Rejuvenation Dry Needling which includes the use of Distal points as well as facial needling and massage to enhance the tone, colour and complexion of the skin.

The therapy also markedly reduces wrinkles and sagging of the skin on the face and neck.

Fees \$780

## **First Aid Certificate Courses**

**We offer training in the Following First Aid Courses :**

**\* Provide First Aid. HLTAID011**

**\* Provide Basic Emergency Life Support. HLTAID010**

**\* Provide Cardiopulmonary Resuscitation HLTAID009**

Training is provided in mixed mode and online





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## Animal Acupuncture and Massage Online Course Units

Unit	Subject	Cost
Unit 1	Oriental Medicine Theory	\$650
Unit 2	Meridian Theory and Point Location	\$650
Unit 3	Animal Shiatsu	\$650
Unit 4	Differential Diagnosis	\$650
Unit 5	Anatomy and Physiology *	External (approx \$680)
Unit 6	Animal Acupuncture 1	\$900
Unit 7	Animal Acupuncture 2	\$900
Unit 8	Animal Acupuncture 3	\$900
Unit 9	Practice Management	\$350
Unit 10	Student Supervised Clinic	\$900
	Total	\$7,230

Training in Animal Acupuncture and Massage will be offered as an online course with optional attendances to one week seminars held twice a year.

### Unit 1 Oriental Medicine Theory

Mode of delivery-Home study

This unit gives you the background knowledge of Traditional Chinese Medicine (TCM), including the Yin Yang, Five Element Theory and the Functions of the organs from a TCM perspective.

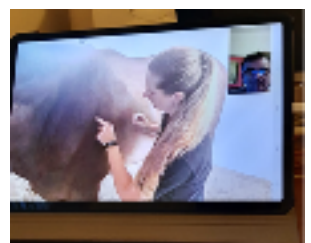
### Unit 2 Meridian Theory and Point Location

The body's energy pathways known as Meridians or Channels travel across the body as well as through the internal organs.

Having an understanding of the location and functions of the channels and the associated acupuncture points is essential to be able to competently practice acupuncture.

### Unit 3 Animal Shiatsu

Animal Shiatsu is the application of a Japanese style of acupressure treatment to Meridians on the body. Because of this Shiatsu can not only treat Musculoskeletal issues but also organ imbalances.



Furthermore, Shiatsu is a great way to prepare the animal for needling and in some cases may be your only option if the animal is needle shy.

#### **Unit 4 Differential Diagnosis**

Accurate diagnosis is essential in determining the best points and point combinations when treating animals. This unit details the differentiating patterns of disease in the organs and outlines the best treatment method and point selections for each individual disorder.

#### **Unit 5 Anatomy and Physiology**

An understanding of the anatomy and physiology of mammals is a requirement for a thorough understanding of the processes and limitations of acupuncture and massage applications to animals.

We recommend the Online course offered by ACS see the link below for details.

<https://www.acs.edu.au/courses/animal-anatomy-and-physiology-animal-husbandry-i--164.aspx>

#### **Unit 6 Animal Acupuncture 1**

This unit incorporates The Animal Dry Needling course as well as the inclusion of location and function of the Back Associated Points and The 5 Transporting Points which are located on each of the Twelve Meridians.

#### **Unit 7 Animal Acupuncture 2**

This unit discusses the Eight Extraordinary Vessels in detail. The other components of this unit include the use of specific point combinations for both acute Musculoskeletal issues via the study of the Tendino-muscular Meridians. Furthermore, we will study the Distinct Meridians which involves the Collateral Channels that have a powerful affect on the individual organs, otherwise unreachable via the acupuncture points on the Meridians.

#### **Unit 8 Animal Acupuncture 3**

The final unit of Acupuncture training involves the study of Five Element Acupuncture known also as the Four Needle technique, which restores the balance between up to three organ systems, by using only four acupuncture points specific to the presenting condition. We will also be studying the use of electro acupuncture machines including how they work and when it is appropriate to include in a treatment plan. In the final section we will discuss the use of lasers, the precautions and applications.

#### **Unit 9 Practice Management**

This unit is for those that have not previously had any experience in opening and managing a business. It will give you the tools required to market and manage your business including goal setting, advertising strategies and legal responsibilities.

#### **Unit 10 Student Supervised Clinic**

Students have the option to either attend a one week Supervised Clinic or have a series of Online training segments where they will demonstrate their ability to diagnose and treat different animals that they will provide with varied medical issues.