



THE AUSTRALIAN COLLEGE
OF EASTERN MEDICINE

The Australian College of Eastern Medicine
Prospectus 2022-23



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OUR LOCATIONS

For details of each individual campus please visit our website:

www.orientalmedicine.com.au

Sydney Campus

Address: Shop GRD C3000

Top Ryde City

Cnr Blaxland Rd and Devlin St Ryde 2112 NSW

Ph: 02 98078161

Email: Sydney.acem@gmail.com

Lismore Campus

Address: 143 Hunter St Lismore 2480

Ph: 0407 077 118

Email: tom@orientalmedicine.com.au

Rockhampton Campus

Address: 30 Blanchard St Berserker 4701 Qld

Ph: 0406030332

Email: acemrocky@outlook.com



COURSES OFFERED AT ACEM



Diploma of Shiatsu and Oriental Therapies HLT52215



Diploma of Remedial Massage HLT 52015



Certificate of Animal Acupuncture and Oriental Therapies



Dry Needling Certificate Courses

Our college offers training in Shiatsu, Remedial Massage (Eastern), Animal Shiatsu and Acupuncture.

Training options include Nationally Recognised Training in Shiatsu, Nationally Recognised Training in Remedial Massage, and Training in Animal Acupuncture and Shiatsu. Dry Needling and Facial Rejuvenation courses are also available at regular intervals through the year.

We are also a CRICOS accredited training centre [provider #02903M] 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 Shiatsu and Oriental Therapies (HLT 52215)

We offer a Nationally Recognised Training qualification in Shiatsu.

Diploma of Shiatsu and Oriental Therapies HLT50212 can now be completed in 10 months.

National and International students can fast track their qualifications with units of training being offered in one week intensives. The training includes study in Zen Shiatsu, Namikoshi, Bare foot and Ohashi styles.

Other units of training include: Oriental Medicine Theory, Physical Diagnosis, Meridian Theory and Point Location, Anatomy and Physiology, Food as Medicine and Oriental Remedial Therapies.

All classes start with Zen Yoga so students not only become supple and strong , but also develop self awareness and the capability to impart the philosophy of self management to others through example.

Counselling and Practice Management training compliment the study program.

This course is also open to International students.

This is the highest level of training available for Shiatsu in Australia. As you will see from our units of training section, the Diploma course offers comprehensive training including Psychology, Ryodoraku (electronic diagnosis), Laser acupuncture and Ear acupuncture. Graduates of this comprehensive study program are well equipped to treat and advise their future clients with a high degree of professionalism and experience and applicable knowledge.

Furthermore graduates will have developed skills required to effectively communicate with other health care professionals.



SHIATSU SUBJECT DETAILS



Unit 1 Anatomy and Physiology

The Western Medicine description of all the body's anatomical and physiological attributes and functions.

Unit 2 Shiatsu 1

This unit introduces the basic skills of Shiatsu, including application of correct pressure, location of meridians, Meridian Stretches and some of the more used pressure points.



Unit 3 Counselling Skills

A level of competency in the skills necessary to deal with a range of situations that may be encountered in clinic is studied in this unit. Students also need to have the skills necessary to know when clients should be recommended to be referred on to other health professionals.

Unit 4 Shiatsu 2

Leg and arm stretch sequences, Abdominal massage (Ampuku).

The Twenty-Nine Spinal Stimulation exercise & Side position Shiatsu.



Unit 5 Pathology

The study and understanding of pathological conditions is a component of the knowledge required to perform Shiatsu or Remedial massage in a safe and effective way.



Unit 6 Oriental Medicine Theory

The major theories that underpin the basis of Shiatsu, Acupuncture and Oriental Herbal Medicine are introduced in this unit including: Yin/Yang Theory which explains the opposing yet complimentary forces of nature, Five Element Theory which outlines the interrelationships organs have to one another.

The Eight Principles which helps explain the characteristics of illness according to its manifestation.

Unit 7 Practice Management

This unit helps the students in developing the skills and strategies to be successful in running a complimentary health business including, the laws affecting the complimentary health profession. book keeping, marketing, researching competitors etc.

Unit 8 Business Plans

This unit prepares the student in how to run the health care business on a day to day level including customer care, and ways to grow the business into the future.

Unit 9 Work Health and Safety (WH& S)

WH&S trains the student in the legal requirements in running a safe work environment including the overall location of the clinic space, the way equipment is to be stored and used and health guidance with regards to the control of infectious diseases such as COVID.

Unit 10 Senior First Aid

All health professionals in Australia are required by law to have a current Senior First Aid certificate. This must be renewed every 3 years. ACEM offers in house First Aid training

Unit 11 Meridian Theory and Point Location

A detailed outline of the theory of the energetic pathways in the body including the location and function of the major pressure points..

This course provides practical training in location of the major pressure points on the body.

Unit 12 Physical Diagnosis

The five diagnostic methods including- Pulse, Tongue, Hara, Appearance and Questioning.

Students practice the diagnostic techniques on each other to consolidate the information.

Unit 13 Differential Diagnosis

This unit assists the student by focusing on the causes of illness and the likely 7



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possibilities that may be symptomatically be evident. The differentiating patterns of each of the organs is studied in detail. Differential Diagnosis helps to accurately treat the causes of illness and thus formulate an accurate treatment strategy.

Unit 14 Shiatsu 3

The more subtle approach of Shiatsu is investigated in this unit. Tao Shiatsu, Point Holding, O-Ring testing are included. Students are also encouraged to develop their own treatment approaches and intuitive skills.

Unit 15 Assessment and Care

The skills required to provide age specific and gender specific quality care in each of the phases and epochs of an individual's life. In particular paediatrics, gynaecology, middle age and the aged.

Unit 16 Oriental Therapies

Several therapies are studied that compliment the Shiatsu including:
Ryodoraku (an electronic testing and treatment of Meridians)
Laser Acupuncture, Auricular Acupuncture, Frequency Therapy

Unit 17 Oriental Remedial Therapies

Muscular skeletal disorders need to be treated in a specific manner., This unit includes training in osteopathic techniques which compliment Shiatsu. Moxibustion, Cupping and Ginger compresses are also practiced.

Unit 18 Psychology and Oriental Medicine.

The emotional causes of illness has been studied in Eastern Medicine for thousands of years. This unit details the individual emotional states and the effect it has on the organs. Understanding these differentiating patterns of disharmony assists the practitioner in determining the best method to treat these disorders with Shiatsu.



Unit 19 Food as Medicine

Food is an integral part of health. This subject focuses on Foods for the seasons and also



takes into account different body types having different needs.

The Four seasons are studied with students preparing and enjoying meals for each season throughout the year.

Unit 20 Clinical Practice

The general public are treated by the students in a supervised clinic so that all the skills gathered in training are consolidated and refined thus preparing them for their future practice.



Diploma of Remedial Massage HLT 50215



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 the units covered in this Health Training package:

| SUBJECT CODE | Unit Title |
|--------------|--|
| CHCCOM006 | Establish and manage client relationships |
| CHCDIV001 | Work with diverse people |
| CHCLEG003 | Manage legal and ethical compliance |
| CHCPRP003 | Reflect on and improve own professional |
| CHCPR005 | Engage with health professionals and the |
| BSBSMB404 | Undertake small business planning |
| HLTAAP003 | Analyse and respond to client health information |
| HLTAID003 | Provide first aid |
| HLTINF004 | Manage the control of infection |
| CHCCCS001 | Address the needs of people with chronic |
| HLTMSG001 | Develop Massage Practice |
| HLTMSG002 | Assess client massage needs |
| HLTMSG003 | Perform remedial massage musculoskeletal assessments |
| HLTMSG004 | Provide massage treatments |
| HLTMSG005 | Provide remedial massage treatments |
| HLTMSG006 | Adapt remedial massage practice to meet specific needs |
| HLTMSG007 | Adapt remedial massage practice for athletes |
| HLTMSG008 | Monitor and evaluate remedial massage |
| HLTHPS010 | Interpret and use information about nutrition |
| SISSSCO307 | Provide nutrition information to athletes |
| HLTWHS004 | Manage work health and safety |



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

| Unit | Subject | Hour s | 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 | Kinesiology | 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 | Sports Nutrition | 60 | \$650 |
| Unit 18 | Supervised Student Clinic | 270 | \$650 |
| | Administration Fee | | \$250 |
| | Total | 1280 | \$10,640 |



Animal Acupuncture and Massage Online Course Units



| | | |
|----------------|------------------------------------|------------------|
| 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 |
| 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 seminars held twice a year in NSW.



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.

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 via Zoom where they will demonstrate their ability to diagnose and treat different animals that they will provide with varied medical issues

