

# Niki H Bilton

MAc (UK), MBAcC (UK), L.Ac (MD)



Trained at the College of Traditional Acupuncture in Warwickshire, England (1979-1988), Niki has maintained a private practice since 1982 and a clinical consultancy service since 1989. She served for many years as a lecturer, clinical supervisor and

Dean of Graduate Studies at the UK college, currently teaches in England, Europe and the USA, and is the Academic Dean at Ongiara College of Acupuncture and Moxibustion, Ontario, Canada. Niki is one of the most experienced international tutors of Five Element Acupuncture, able to transform the magic of Daoist classical theory into 21<sup>st</sup> century clinical application.

**“Niki is an empowering and positive teacher with particular skills in bringing an immediate awareness of the elements into practical treatment protocols, and helping practitioners discover within themselves the potency of the inner practitioner.”**

*College of Traditional Acupuncture UK website, CPD publicity*

## Five Element Clinical Internship

In between scheduled sessions of the Five Element Graduate Program participants will have the option of continuing their five element studies in a clinical setting, treating patients with extensive tutor guidance and/or observing treatments (yearly in May and November).

Full details will be provided before the start of the program.

TendingShen Corporation  
187 Hodge Avenue  
Buffalo, NY 14222

Co-sponsored by:  
TendingShen &  
Ongiara College  
of Acupuncture and Moxibustion

Presented by  
**NIKI H BILTON**

FIVE ELEMENT GRADUATE PROGRAM (WEST COAST)

**A two-year program, designed for practitioners who wish to significantly deepen their understanding and application of the theory and practice of the breadth of five element acupuncture**



905-894-1323 or [jl@tendingshen.com](mailto:jl@tendingshen.com)

This two year program is open to all practicing acupuncturists with a background in five element acupuncture. It is crafted to encourage awareness of what you already know, stimulate recognition of what you do not know, and allow you to mature as a unique instrument of Nature.

**The program will review, explore and expand upon the clinical significance of:**

- the classical roots of five element acupuncture
- the concepts of health within five element acupuncture, including one's proper nature (*xing*) and destiny (*ming*)
- Dao, *yinyang*, HeavenEarthMan, the four seasons, the five elements and *wuxing* correspondences
- the five spirits (*shen*) and the five wills (*zhi*)
- *zheng* (regulatory) *qi* versus *xie* (pathogenic) *qi*
- physiology and pathology of *shen*, *qi*, *jing*, *xue* and *jinye*, with reference to challenges presented by the internal, external and miscellaneous causes of disease causing *shi* (full) and *xu* (empty) conditions
- the nature (spirit/essence) and clinical application of individual acupuncture points, based on the imagery of the characters
- point groupings including windows of the sky, the four seas and empirical local/middle/distal points
- the four examination skills employed in the physical/structural examination and comprehensive TD, including a range of palpation techniques and inquiry via the ten questions
- diagnosis of the CF and within through CSOE, including the dynamics of congruent energetic invitations
- elegant treatment of the CF and within
- the interrelationships of the twelve officials, both in the regulation and maintenance of life and in the creation of health hazards
- diagnosis of the twelve officials, referencing the 28 pulse qualities, and appropriate treatment in light of CSOE
- locations of *jingluo* channels and specific acupuncture points
- diagnosis and treatment of *jingluo* channels (primary, divergent, *luo*, sinew and the *ren* and *du mai*), beyond exit/entry blocks and *akabanis*
- diagnosis and treatment of the *sheng* and *ke* cycles, including a new look at transfers and the four needle technique
- the nature of specific protocols used in five element acupuncture, including IDs/EDs for specific *ying qi* pathologies, AE for *wei qi* pathology, and H/W for a fundamental *yinyang* imbalance
- the integrated treatment of bodymindspirit conditions
- five element treatment techniques and tools, including needling and moxibustion applications
- adjunct aids to treatment, including structural acumoxa, ginger and salt compresses, first aid remedies, derma rollers and seven star hammers
- patient education based on Asian medical principles of health and nutrition
- dynamics of the patient-practitioner relationship, including ethical and liability issues
- inner cultivation of the practitioner, the spirit of reflective practice and critical inquiry

**CEU/PDA certification**

This course is pending approval by the California Acupuncture Board for 6 hours per day of continuing education in Category 1 (provider #417), and pending 6 PDA points per day from NCCAOM (provider #807).

**905-894-1323 or [jl@tendingshen.com](mailto:jl@tendingshen.com)**

**Structure of the Program**

The Five Element Graduate Program requires a commitment to attend five sessions of 6 days duration (Thursday-Tuesday) over a two year period. Sessions will be arranged so that morning classes explore and discuss theoretical information while afternoon classes consist of practical exercises and skill development, allowing for ease and immediacy of learning. Classes will run daily from 9.30am to 5.30pm, with class breaks from 11-11.30am and 3.30-4pm, and lunch breaks from 1-2pm. Participants will be given reading and assignments to guide their studies and clinical practice between sessions. Participants will also be asked to submit questions in advance of specific topics, so that classes can fully address the individual interests and concerns of the participants.

Session 1: February 3<sup>rd</sup>-8<sup>th</sup> 2011  
Session 2: August 4<sup>th</sup>-9<sup>th</sup> 2011  
Session 3: February 2<sup>nd</sup>-7<sup>th</sup> 2012  
Session 4: August 2<sup>nd</sup>-7<sup>th</sup> 2012  
Session 5: February 7<sup>th</sup>-12<sup>th</sup> 2013

**Venue**

Bay Area, California (to be announced).

**Cost**

OPTION A: Advanced registration discount

- one payment of \$3,750.00 to be received by 7<sup>th</sup> October 2010 (total cost: \$3,750.00)

OPTION B: Payment in full discount:

- non-refundable deposit of \$500.00 to be received by 1<sup>st</sup> November 2010
- balance of \$3,625.00 due by 1<sup>st</sup> February 2011 (total cost: \$4,125.00)

OPTION C: Payment in two installments:

- non-refundable deposit of \$500.00 to be received by 1<sup>st</sup> November 2010
- first payment of \$2,000.00 due by 1<sup>st</sup> February 2011
- second payment of \$2,000.00 due by 1<sup>st</sup> February 2012 (total cost: \$4,500.00)

Other payment plans may be available by arrangement with TendingShen.

**Refund Policy**

Cancellation prior to 1<sup>st</sup> February 2011 will result in a full refund, less the \$500 non-refundable deposit. In case of withdrawal after 1<sup>st</sup> February 2011 and before 1<sup>st</sup> February 2012, prorated tuition paid in advance for Sessions 3-5, less the \$500 non-refundable deposit, will be reimbursed. No reimbursement will be made for withdrawal after 1<sup>st</sup> February 2012.