

# Training

## of traditional Chinese medicine

### Level 1



#### Objectives

Be able to :

- ✓ Acquire the fundamental theoretical and practical knowledge of TCM: the functions of the Organs and Guts
- ✓ Master the etiology and differential diagnosis of Chinese energy of the 5 organs: elements of diagnosis, diagnosis according to the 4 layers, according to the organs
- ✓ Understand the various stages of a care process, from the client's and the practitioner's point of view
- ✓ Carry out basic techniques and deepening of Tuina according to the principles of TCM treatment
- ✓ Practice the basic movements of Qi gong
- ✓ Describe the anatomy of the upper and lower limbs
- ✓ Know the main recommendations for dietary therapy
- ✓ Knowing the extraordinary meridians



#### Public

Doctors, midwives, nurses, therapists, masseurs, people in retraining



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11290 Arzens

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21, Rue du communal  
11230 SAINT RENÔT  
[cameleon-formation.org](http://cameleon-formation.org)  
Siret: 845 010 586 00012



#### Prerequisites

Have a computer, a smartphone, a good quality internet connection and 14 hours per week



#### Duration

595 hours



**Rates** 2880 € (individual)  
or 3490€ net (paid)

## Teaching team :

- Head of the training organisation: Alexandrine Léon
  - Training organisation referent: Alexandrine Léon
- Assistant : Laurence Demuyter

## Speakers for the full 3-year course

**Alexandrine Léon:** Diploma in Traditional Chinese Medicine from the **Wang Academy**, Holder of a DU in general pharmacopoeia at the **Faculty of Medicine of Montpellier** under the direction of Eric Marié, training in **sinoncology and specialisation** with Christophe Andreau, University diploma "**Accompanying suffering at the end of life**"

at the Faculty of Medicine in Montpellier under the direction of Doctor Bruno Richard, Bachelor's degree in psychology at Paris 8, Master's degree in educational sciences, pedagogue specialising in training engineering, holder of a diploma as project manager in digital learning (CAFEL) from the Faculty of Nanterre and of the Gobelins school.

**Sylvie Chagnon:** holds a University Diploma in Social Practice Studies (dissertation 'The Qi Gong practitioner: from the body as object to the body as subject'), two diplomas in Massage and Qi Gong awarded by the 'AnMo YiYuan' and 'ZhongRe YouHao YiYuan' hospitals following a three-year stay in Beijing.

**Karma Tsultim Namdak** was born in Sikkim (India) where he lived in the Rumtek monastery and studied Buddhist philosophy for 11 years until he obtained the title Acharya (scholar Buddhist). He was trained in Qi Gong and Taichi by Master Li Jun Feng (Wushu Academy - Beijing). He has been living in Germany for 12 years, teaching Qi Gong, Taichi and meditation.

**Laurence Demuyter** holds a Diploma in Traditional Chinese Medicine from the IMTC, trained in sinoncology with Christophe Andreau, in the in-depth study of the Chinese Pharmacopoeia with Jean-Christian Raoux, and in numerous specialisation courses delivered by Christophe Andreau.

**Yanren Zhang is a** certified Chinese teacher with a Master 2 LEA (Chinese, French, English) from Paul Valéry and a Master 2: education and training from the Inspe de Montpellier. She will help students to pronounce, to



discover the meaning of the ideograms and will bring you little by little to the classical texts. At Caméléon Formation, she will teach Chinese. Registration for this course is **optional**.

**Cindy Laplace** holds a Master II in Sports Coaching Sciences and Techniques, "Psychological Preparation and Coaching" from the University of Montpellier I, trained in Mindfulness - SFPS, Ericksonian Hypnosis Practitioner - French School of Hypnosis, trained in Explanatory Interviews and holds a Bachelor's degree in Sports Training - Faculty of Sports and Human Movement Sciences at the University of Paul Sabatier III.

**Sabchu Rinpoche** born and raised in Nepal, Sabchu Rinpoche is a new generation Tibetan Buddhist teacher. In addition to the traditional Tibetan education and training with the traditional 3-year retreat, Rinpoche completed his education with a Western Bachelor's degree in Film Studies in Canada.

**Paul Finch** Sworn translator and interpreter at the Court of Appeal of Montpellier, trained at TCM in London in the 80's, he will be the preferred translator and interpreter for English speaking students.

## Content of the course



**Acupuncture:** 6 main meridians (the others are seen in the 2<sup>nd</sup> year with the Du mai and the Rein Mai)



**Anatomy:** general and organ anatomy (2<sup>nd</sup> year: upper and lower limb anatomy)

**Chinese:** optional, language course on request



**Dietary therapy:** basis of the theory of dietary therapy (Flavours, nature, tropism, etc...) in order to make the link with Chinese energetics



**Neuroscience basis:** contribution on the functioning of theories of the mind (Piaget), the functioning of motivation and learning from the point of view of clinical and developmental psychology. Contribution on metacognition and the importance of reflexivity in learning. Sophrology and relaxation will be shown during stress management workshops with Cindy

Laplace. Contribution on how to learn differently: notions of multiple intelligence, memory span, support and tools to promote memorization.



**Meditation:** learning techniques to place and hold the mind on a point of focus.

Explanation and training in the shiné/samatha technique.



**Pharmacopoeia:** description of basic drugs and formulas in the following categories:

Clarifies Cold Wind, Heat Wind, Heat, and purgative drugs (other drugs and formulas are seen on the 2<sup>nd</sup> and 3<sup>rd</sup> year).



**Qi Gong:** explanation of the concept of Qi, how to collect it, and basic exercises in static and dynamic forms to cultivate physical and emotional health and heart openness according to the teachings of ShengZhen by Karma Tsultim Namdak.



**Basic theory :** Yin and Yang, the 5 elements, the substances (Jing, Blood, LO, Qi), the functions of the organs and entrails (Kidney, Liver, Heart), the basics of diagnosis (4 times, pulse, the 8 principles, the 6 layers, the 4 layers, the syndromes of Qi, Blood and LO) (in 2<sup>nd</sup> and 3<sup>rd</sup> year is seen the tongue, the complexion, the other functions of the Organs and entrails, the diagnosis according to the Organs and entrails, the diagnosis according to the 3 warmers...). **Clinical cases are seen on each day of the course, either face-to-face or at a distance, in order to develop the reflexivity necessary for energy diagnosis.**



**Tuina:** Basic general tuina technique and specific tuina (menopause, premenstrual syndrome). In 2<sup>nd</sup> and 3<sup>rd</sup> year (tuina of the Kidney, Heart, Liver, Spleen, Lung)

## Modalities, educational, technical and supervisory means

### Location of training courses

- **Face-to-face:** We offer 3-day face-to-face groups around Toulouse, at a rate of 5 groups per year, as well as a 5-day group focusing solely on practical diagnosis.

- A 5-day individual practical placement each year will be carried out in the vicinity (less than 150km from the learner's home) of the trainee with recommendations from practitioners or according to the preference of the students in case of distance.
- **Synchronous distance learning.** The trainer and the learner connect via a videoconferencing platform (zoom) and screen sharing is set up to follow virtual classes.  
In case of simultaneous translation, the participant will choose the channel corresponding to his/her language on zoom as well.
- **Asynchronous distance learning:** The learner connects alone to our course platform (<https://cameleon-elearning.fr>) in order to learn at a distance or in groups to collaborate with other learners on collective productions.

**The productions include discovery workshops, presentations, summary sheets, synthesis and analysis.** A dissertation at the end of the 3 years will be required on case studies.

### Pedagogical and technical means

During face-to-face training, the trainer has all the necessary training materials at his disposal:

- ✓ Several laptops (running Windows 10)
- ✓ A video projector
- ✓ Appropriate software
- ✓ The connection to the Internet and to our server
- ✓ Production materials for brainstorming, mindmapping (blank sheets, post its)
- ✓ Dematerialised teaching materials
- ✓ An LMS platform on a dedicated site [cameleon-elearning.fr](https://cameleon-elearning.fr) allowing student tracking with podcasts, videos, interactive pdf, online exercises
- ✓ A virtual zoom class in case the student is unable to travel with a replay possible for students absent for 4 days.
- ✓ Theoretical contributions supported by case studies, role-playing, pictorial explanations
- ✓ Progressive exercises according to the training on Kahoot, Quizlet or Poll everywhere (Applications downloadable on smartphone for free)
- ✓ Real simulation with debriefing and virtual simulation on our LMS platform with interactive video clips created in Storyline

- ✓ A library is available to students with free book loans. All the documents that can be borrowed can be consulted on the Share Buddy application
  
- Means provided by the trainees: The trainees must have a **high speed** connection allowing the use of zoom without lag, a computer and a smartphone, have **14 hours of self-training work per week** and will have to acquire a **massage table in** order to train during the training and to take along during the tuina training courses (1 to 2 times per year), as well as an **acupuncture atlas** (recommendations will be made to you on the <sup>first</sup> weekend). A minimum knowledge of Word, free office and pdf is preferred to follow the training with more ease, otherwise plan to ask for help from the student community while you familiarise yourself with the computer tools.

### Contacts and information

- **For general information, please contact** the secretariat on **07-49-00-87-58** or by e-mail at **cameleonformation@gmail.com**
  
- All registrations must be **validated by the training advisor or the director** during a telephone conversation at least 2 days before the closing date for registrations.

### Monitoring system for the implementation and evaluation of training results

- Attendance sheets to be signed per half day
- Oral or written questions (Quiz)
- Case studies
- Theoretical and practical exams at mid-term and end of course
- Training evaluation sheets

### Accessibility/registration

- Training room accessible to people with reduced mobility: NO
- Accessible training for people with disabilities: Possible depending on the disability (this should be discussed during the pre-registration interview)
- **Conditions and deadlines for access:** register with CAMELEON FORMATION at least 1 month before the start of the course (2 months for the request for reimbursement from the FAF or OPCO).

- **The application is considered complete** when it has been received by **post only, together with the application fee and the full tuition fee** by transfer.

If you wish to pay by bank transfer, you will be asked to pay the full amount into the account at the time of sending.

## Evaluation

### SCHEMA CHRONOLOGIQUE DES EVALUATIONS durant les 3 ans



Upstream to determine whether the learner needs to take the anatomy modules that have been set up or whether they can be exempted.

Then throughout the course we will carry out :

- **individual, fun formative assessments** during the face-to-face modules
- at the end of the classroom or distance learning sessions
- **group** assessments with group work that will both allow the trainer to **know the level of understanding** of the lessons but also to keep the student **engaged** through the rewards associated with the games.

These formative assessments will alternate with **summative assessments** designed to :

- Evaluate the appropriateness of case analyses and technical actions
- To allow learners to see how far they have to go until the final summative assessment which will evaluate the final training objectives.

At the end of the course, an evaluation of the learners' satisfaction with the course will be carried out and will allow us to consider ways of improving the situation.

Finally, we will come back to the learners 6 months after the end of the training to evaluate whether the training has made them operational in the job for which they were destined. Here too, we can use this information to improve quality.

## Management resources

### *Vis-à-vis the participant*

- Participant welcome booklet
- Participant's Charter of Good Practice and Rules of Procedure
- On-the-spot evaluation at the end of the course with and without the trainer to allow for the possibility of stating the gaps and difficulties encountered

Group tutoring for 30 minutes every other Monday from 12.30 to 1pm. Individual tutoring will be set up for 1 hour per month in order to motivate the learner, reinforce his/her commitment and help him/her to solve technical problems. The tutor will have 72 hours to respond to the learner's needs.

Technical assistance if needed by videoconference, messaging, discussion forum and effective on zoom.com in order to help the learner in case of need to get used to the platform, in addition to a pedagogical guide and a video tutorial. This assistance will be provided by the administrator of our Moodle and zoom platform every working day from Monday to Friday from 10am to 3pm, excluding public holidays.

### *Towards trainers*

- Review prior to the training course with feedback on the client's needs
- Review at the end of the training day, collection of impressions, regulation of the other days according to the pedagogical evolution
- On-the-spot evaluation at the end of the training, in the case of an external trainer, debriefing on any discrepancies, formalisation of a regulation on the points raised
- Cold evaluation carried out with the trainee and transmitted to the trainer for analysis and continuous development
- Debriefing on the analysis and proposing modifications if necessary