Course Title: **Essential Understanding of Auriculotherapy**, Day 1

Course Instructor: Terry Oleson, PhD; *terry.oleson@gmail.com*

Dates: March 18, 2017, from 9:00 am to 6:00 pm

Course Sponsoring Organization: Auriculotherapy Certification Institute (ACI); [www.auriculotherapy.org](http://www.auriculotherapy.org)

Course Documentation:
- Two-way communication of face-to-face meeting between participants and instructor
- Lecture, discussion, demonstration, supervised practice
- Attendance record with sign-in and sign-out sheet
- Program evaluation

Course Description:
This one day seminar on the **Essential Understanding of Auricular Acupuncture** presents effective clinical approaches for the detection and treatment of ear reflex points that are used for the alleviation of chronic pain, substance abuse, and stress-related disorders. The focus of this course provides fundamental knowledge of the somatotopic correspondence of the physical body to the inverted fetus pattern represented on the external ear. The theoretical understanding and the anatomical localization of Chinese ear acupuncture points as compared to the European systems of auriculotherapy will be described. Specific auricular reflex points which will be highlighted include master points on the external ear, musculoskeletal ear points, internal organ ear points, and neuroendocrine ear points. Oriented for individuals who have only a minimal background in ear acupuncture microsystems, this seminar also serves as a preparatory review course for practitioners seeking to pass the ACI written and ACI practicum exam for certification in auriculotherapy. Didactic presentations, clinical demonstrations, and hands-on training will facilitate a deeper understanding of auriculotherapy microsystem that is of clinical benefit to all practitioners in this field.

Course Goals and Objectives:
1. To demonstrate knowledge of the historical background and theoretical foundation of auriculotherapy as it is practiced in China, Europe, and the United States.
2. To identify specific anatomical structures of the external ear that are used in auriculotherapy, including key structural landmarks that facilitate ear point localization.
3. To assess auricular diagnosis by visual observation, tactile palpation, and electrical detection of specific reflex points on the external ear.
4. To apply psycho-motor skills related to the practice of auricular acupuncture by needle insertion techniques, electroacupuncture, transcutaneous electrical stimulation, and acupressure.
5. To differentiate the specific location and function of ear reflex points identified as master points on the auricle, musculoskeletal ear points, internal organ ear points, and neuro-endocrine ear reflex points.
Auriculotherapy Seminar Course Outline

Program Title: **Essential Understanding of Auriculotherapy**
Instructor: Terry Oleson, PhD

<table>
<thead>
<tr>
<th>Times</th>
<th>Credit Hours</th>
<th>Lecture Topic</th>
<th>Learning Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 am – 9:30 am</td>
<td>0.5</td>
<td>Overview and History of Auriculotherapy&lt;br&gt;Theoretical Perspectives of Auricular Acupuncture</td>
<td>Lecture</td>
</tr>
<tr>
<td>9:30 am – 10:30 am</td>
<td>1.0</td>
<td>Anatomical Terminology and Auricular Landmarks</td>
<td>Lecture&lt;br&gt;Hands On Work</td>
</tr>
<tr>
<td>10:30 am – 10:45 am</td>
<td></td>
<td><em>(Break for 15 minutes)</em></td>
<td>Lecture&lt;br&gt;Hands On Work</td>
</tr>
<tr>
<td>10:45 am – 11:15 am</td>
<td>0.5</td>
<td>Auricular Diagnosis: Observation, palpation for tenderness, &amp; electrical detection&lt;br&gt;Auriculotherapy Treatments: Ear seeds, acupressure, acupuncture with needles, &amp; electrical stimulation</td>
<td>Lecture&lt;br&gt;Demonstration</td>
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<tr>
<td>11:15 am – 12:30 pm</td>
<td>1.0</td>
<td>Master Points on the External Ear</td>
<td>Lecture&lt;br&gt;Demonstration&lt;br&gt;Hands On Work</td>
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<tr>
<td>12:30 pm – 1:30 pm</td>
<td></td>
<td><em>(Lunch Break for 60 minutes)</em></td>
<td>Lecture&lt;br&gt;Demonstration&lt;br&gt;Hands On Work</td>
</tr>
<tr>
<td>1:30 pm – 3:00 pm</td>
<td>1.5</td>
<td>Musculoskeletal points on the External Ear</td>
<td>Lecture&lt;br&gt;Demonstration&lt;br&gt;Hands On Work</td>
</tr>
<tr>
<td>3:00 pm – 4:30 pm</td>
<td>1.5</td>
<td>Internal Organ points on the External Ear</td>
<td>Lecture&lt;br&gt;Demonstration&lt;br&gt;Hands On Work</td>
</tr>
<tr>
<td>4:30 pm – 4:45 pm</td>
<td></td>
<td><em>(Break for 15 minutes)</em></td>
<td>Lecture&lt;br&gt;Demonstration&lt;br&gt;Hands On Work</td>
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<tr>
<td>4:45 pm – 5:30 pm</td>
<td>1.0</td>
<td>Treatment Protocols for Musculoskeletal and Visceral Disorders and for Addictions</td>
<td>Lecture&lt;br&gt;Demonstration&lt;br&gt;Hands On Work</td>
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<tr>
<td>5:30 pm – 6:00 pm</td>
<td>0.5</td>
<td>Clinical practice with auriculotherapy</td>
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<td>6:00 pm</td>
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<td>End of Day</td>
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<tr>
<td>Total PDA Points</td>
<td>8.0</td>
<td>Continuing Education Credits</td>
<td></td>
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Continuing Education Credits
Auriculotherapy Seminar Course Outline

Auriculotherapy Certification Institute  
8033 Sunset Blvd., #270, Los Angeles, CA 90046  
(323) 656-2084 terry.oleson@gmail.com

Course Title: Advanced Approaches to Auricular Acupuncture, Day 2
Course Instructor: Terry Oleson, PhD; terry.oleson@gmail.com
Dates: March 19, 2017, from 9:00 am to 6:00 pm
Course Sponsoring Organization: Auriculotherapy Certification Institute (ACI); www.auriculotherapy.org

Course Documentation:
- Two-way communication of face-to-face meeting between participants and instructor
- Lecture, discussion, demonstration, supervised practice
- Attendance record with sign-in and sign-out sheet
- Program evaluation

Course Description:
This one day seminar on Advanced Approaches to Auricular Acupuncture provides deeper knowledge of the neurophysiological bases for the somatotopic representation of the physical body of the different areas of the external ear. The anatomical localization of Chinese ear points and European ear points will be compared to Paul Nogier’s theory of Territorial Phase Shifts related to auricular-somatotopic representation. Specific auricular treatment plans for the relief of myofascial, visceral, and neuropathic pain will be delineated for each of these auricular microsystem perspectives. The consequences of obstacles to treatment success will be examined so that they can reduce interference with the utilization of auriculo therapy in clinical practice. Both didactic presentations and hands-on training will facilitate a greater understanding of the auriculotherapy practices that allow optimal clinical applications of each of these microsystem on the external ear.

Course Goals and Objectives:
1. Demonstrate knowledge of an anatomical regions of the external ear and their innervation by different cranial nerves.
2. Identify the anatomical structures of the external ear associated with ectodermal, endodermal, and mesodermal embryological tissue.
3. Indicate awareness of specific areas of the external ear related to Nogier Phase points representing Mesodermal, Musculoskeletal organs.
4. Indicate awareness of specific areas of the external ear related to Nogier Phase points representing Endodermal, Visceral organs.
5. Indicate awareness of specific areas of the external ear related to Nogier Phase points representing Ectodermal, Neuroendocrine organs.
6. Demonstrate knowledge of alleviating health problems due to energetic blockages and other hindrances to treatment success.
7. Show understanding of Cognitive-Behavioral Strategies used in combination with auriculotherapy that improve treatment success.
### Auriculotherapy Seminar Course Outline

**Program Title:** Advanced Approaches to Auricular Acupuncture

<table>
<thead>
<tr>
<th>Times</th>
<th>Credit Hours</th>
<th>Lecture Topic</th>
<th>Learning Activity</th>
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</thead>
</table>
| 9:00 am – 9:30 am | 0.5          | Overview of Neuro – Endocrine System  
Peripheral Endocrine Glands on External Ear  
Central Endocrine Glands on External Ear | Lecture           |
| 9:30 am – 10:00 am | 0.5          | Overview of Nervous System  
Peripheral Nerves on the External Ear  
Central Nervous System on the External Ear  
Treatment Plans for Neuro-Endocrine Disorders | Lecture Hands On |
| 10:00 – 10:30 am | 0.5          | Chinese Functional Ear Points  
European Functional Ear Points  
Treatment of Functional and Psychological Disorders | Lecture           |
| 10:30 – 10:45 am |              | *(Break for 15 minutes)*                                                        |                   |
| 10:45 – 11:45 am | 1.0          | Three Territories on the Auricle  
Auricular Territories for Three Neurological Reflexes  
Differential Innervations to Auricle by Three Nerve Projections  
Embryological Tissue Represented on Three Regions of the External Ear  
Embryological Source for Three Types of Body Tissue  
Nogier Stimulation Frequencies | Lecture           |
| 11:45 – 12:30 pm | 1.0          | Nogier Phases of Three Territories for Musculoskeletal Projections to the Auricle  
Territorial Shifts of Nogier Phases on the External Ear  
Three Phases for Muscular Disorders of the Vertebral Spine  
Three Phases for Muscular Disorders in the Lower Extremities  
Three Phases for Muscular Disorders in the Lower Extremities | Lecture Hands On |
| 12:30 – 1:30 pm  |              | *(Lunch Break for 60 minutes)*                                                  |                   |
| 1:30 – 2:30 pm   | 1.0          | Nogier Phase I, II, and III for Internal Organ Systems  
Nogier Phase I, II, and III for Neuro-Endocrine Systems | Lecture           |
| 2:30 – 3:00 pm   | 1.0          | Blockages and Dental Foci  
Laterality Traits of Oscillators  
Alleviating Obstacles and Blockages to Treatment Success  
Contraindications and Hindrances to Auriculotherapy Treatment | Lecture           |
Auriculotherapy Seminar Course Outline

Program Title: **Advanced Approaches to Auricular Acupuncture** (continued)

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<tr>
<th>Times</th>
<th>Credit Hours</th>
<th>Lecture Topic</th>
<th>Learning Activity</th>
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<tbody>
<tr>
<td>3:00 pm – 4:00 pm</td>
<td>1.0</td>
<td>Integrating Oriental Medicine and Neurophysiology</td>
<td>Lecture</td>
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<td>Oriental Medicine Model of Energetic Flow of Qi</td>
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<td>Taoist Divisions of Neurophysiological Anatomy</td>
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<td>Taoist Divisions of Neurochemical Brain Activity</td>
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<td>Neurophysiological Model of Pain Inhibition</td>
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<tr>
<td>4:00 pm – 4:15 pm</td>
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<td><em>(Break for 15 minutes)</em></td>
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<tr>
<td>4:15 pm – 4:45 pm</td>
<td>0.5</td>
<td>Integrating Cognitive-Behavioral Therapy to Enhance Auriculotherapy Treatments</td>
<td>Lecture</td>
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<tr>
<td>5:00 pm – 5:30 pm</td>
<td>0.5</td>
<td>Overview of Auriculotherapy Protocols</td>
<td>Discussion</td>
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<tr>
<td>5:30 pm – 6:00 pm</td>
<td>0.5</td>
<td>Hands on Practice with Auriculotherapy Procedures</td>
<td>Hands On</td>
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<tr>
<td>6:00 pm</td>
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<td>End of Day</td>
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