



Acupressure: Five Criteria

January 7, 2005. Provided by Barbara Blanchard, Dipl. Ac. & ABT (NCCAOM), AOBTA®-CI. Acupressure Therapy Institute, Quincy, MA

1. (The most important criteria) ***The ability to assess an individual condition, create a focused treatment plan and create an Acupressure sequence of point combinations and meridians.*** The Acupressure sequence should have a smooth flow and maintain the focus of the treatment strategy. Appropriate Acupressure and Shiatsu techniques should be used working from the hara, using correct angle and pressure to make point combinations seem like one and to effect the energetic balance of the area, channel and body-mind-spirit as a whole. Treatment is given on clothed individuals on mats on the floor. Adjunct therapies may be applied including magnet therapy, moxibustion, cupping, guasha, herbal plasters, and liniments.
2. ***Acupoint energetics and acupoint combinations.*** The anatomical and energetic location of approximately 170 major points, the classification of points, the energetic function of the points and of point combinations. The understanding and knowledge of how and why to use specific point combinations to address clinical conditions.
3. ***The Four Examinations.*** Palpation emphasis is on pulse, hara assessment for the five phase reflex areas, 12 meridian reflex areas and mu points, 8 Extraordinary vessels reflex areas, back assessment, and meridian/channel palpation. The Four Examinations is used to assess an individual's condition as presented in clinic. A thorough case history and case report should be written to present the assessment, treatment focus, treatment plan and strategy for treatment. Follow-up treatments are evaluated and assessment changed as needed with appropriate treatment modification.
4. ***Thorough knowledge of Jing-luo theory*** including the channel classifications for 71 meridians, their energetic functions, meridian pathways, internal pathways, interrelationships and polarities. The interrelationship of channels includes the various channel interactions as reflected in the Diurnal Cycle and Five Phase systems.
5. ***Strong theoretical basis in TCM theory*** including yin and yang, the fundamental substances, 8 principles, five element theory, zang fu, blood and qi theory and related classical approaches to understanding the energetic system.