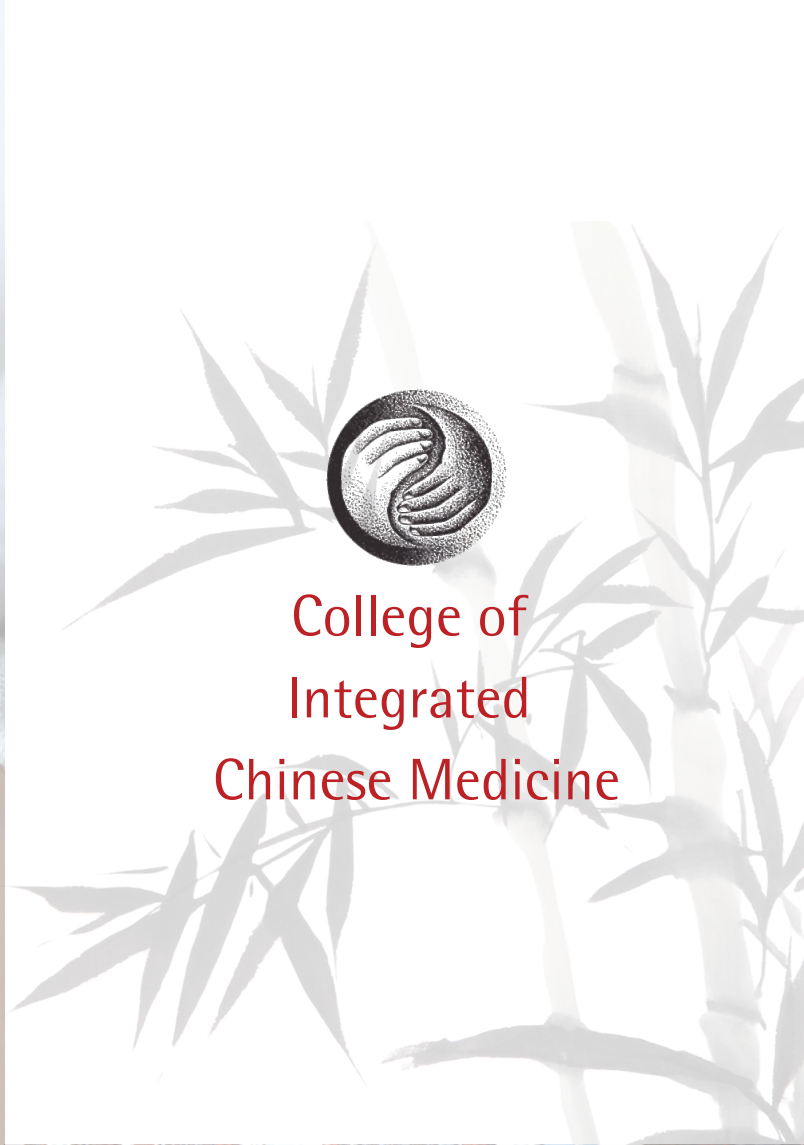
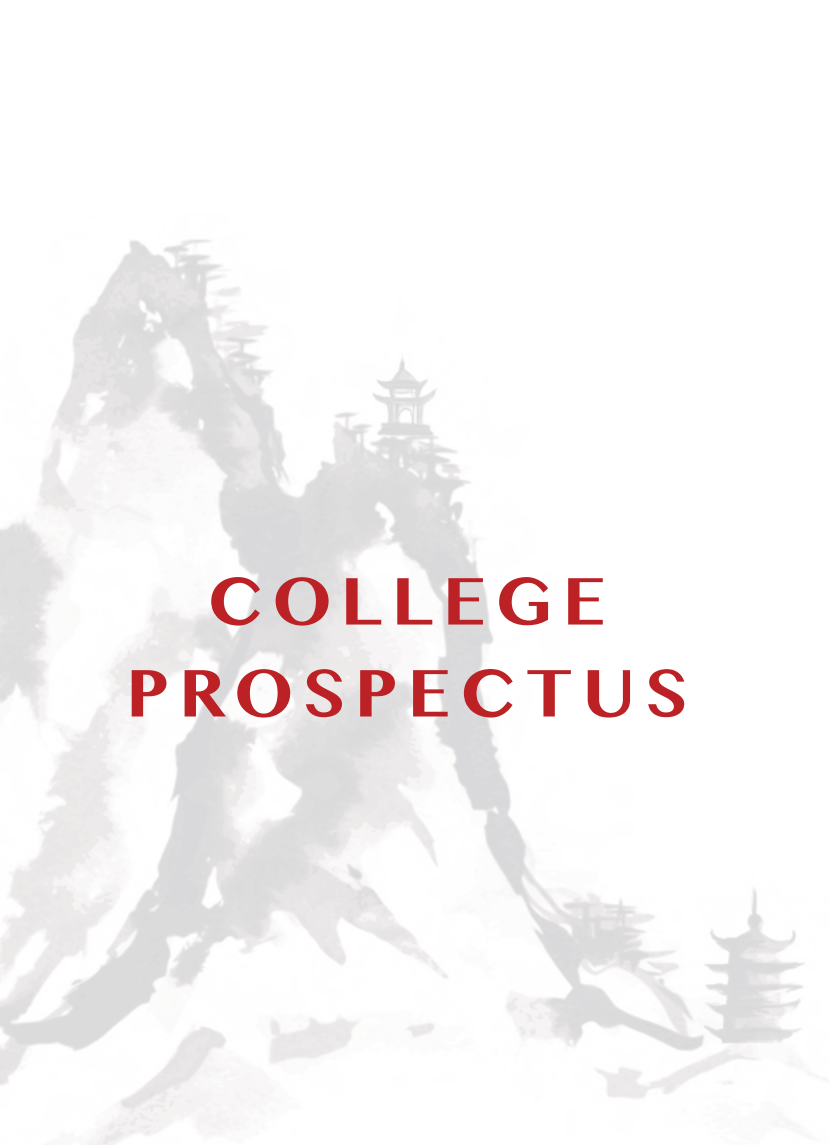




# YOUR FUTURE



College of  
Integrated  
Chinese Medicine



# COLLEGE PROSPECTUS



# STARTS HERE

# INDEX

02 WELCOME

03 INTRODUCTION

04 WHY STUDY WITH US?

05 WHAT IS INTEGRATION?

06 OUR CURRICULUM

09 STUDENT SUPPORT

11 THE ENROLMENT PROCESS

12 ENTRY REQUIREMENTS

13 FEES AND FUNDING

14 GETTING TO THE COLLEGE

15 TESTIMONIALS

Excellence in acupuncture education



# W E L C O M E

Welcome to the College of Integrated Chinese Medicine college prospectus

**Deciding to embark upon a university degree in acupuncture is a big decision.**

We want you to have as much information as possible, to make the right decision.

In this prospectus, you will discover why we are world-renowned for our teaching, our learning environment, and why we are the largest acupuncture college in the UK.

You'll learn about what sets our integrated approach apart, the

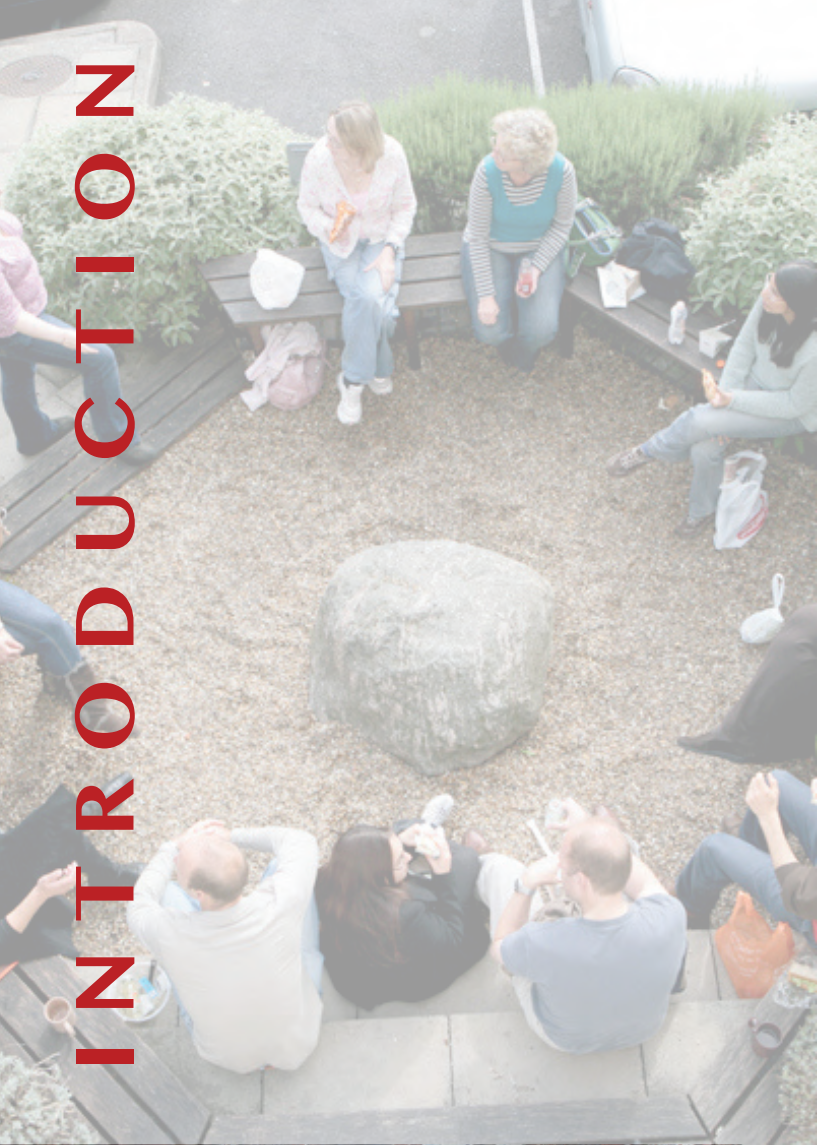
depths of our curriculum and the support we have in place to ensure your future as an excellent acupuncturist.

**Open days**

**We can't wait to meet you at one of our online or in-person open days!**

Scan the QR code below to open Whatsapp to book your place at one of our upcoming events.





## The College of Integrated Chinese Medicine (CICM)

was founded by Angela and John Hicks in 1993 as a not-for-profit organisation.

They trained in five element acupuncture during the mid 1970s, and in the late 1980s, both went to China to train in TCM. They felt that knowing both styles of acupuncture would enable them to treat people even more holistically.

They found this combination of five element acupuncture combined with Traditional Chinese Medicine (TCM) created even better and more powerful results for patients.

It is what has formed the very roots of our college, it is what makes us unique in our approach to treatment.

**CICM is unique in being the only acupuncture college in the UK offering comprehensive training in the two fundamental concepts of Acupuncture theory - Five Elements and yin/yang theory (TCM) acupuncture.**

This is why CICM is the first choice for many. We hope you'll see why this is one of the most important reasons to study acupuncture with us.





# WHY STUDY WITH US?

## Fully accredited course

The College is fully accredited by the British Acupuncture Accreditation Board (BAAB), and its degree course is validated by the University College of Osteopathy.

## An integrated approach

The College of Integrated Chinese Medicine uniquely trains its acupuncture practitioners in an integrated style.

## Learn from the experts

All of our teachers work, or have worked, in the Acupuncture field - what better way to learn about the real working world than from people who have experienced it.

## Fantastic facilities

You will be attending classes in our beautiful Georgian grade II listed building. Our light, and spacious learning environment includes 18 clinical treatment rooms, practical point location rooms, bistro, courtyard garden and large classrooms with high ceilings.

## Clinic experience

In your third year, you will treat patients in the teaching clinic under the supervision of experienced practitioners, undergoing 400 hours of clinical experience before graduating.

## Choice of course dates

You can choose to study either a weekday or a weekend course. Both courses are full time and last 3 years and follow the same curriculum.

## Alumni community

The support doesn't end when you graduate! At CICM, we offer our alumni support in the form of Continuing Professional Development and a community with other alumni.

# WHAT IS INTEGRATION?

Chinese medicine stems from an age-old system of natural healing that originated in China.

Its theory is contained in many ancient texts, and its practice has been the subject of continuous study and clinical assessment over thousands of years and billions of patients. It has truly stood the test of time.

**Acupuncture theory mainly derives from two fundamental concepts: Five Elements and yin/yang theory.**

These two profound ideas have shaped East Asian medical theory and practice for many years, and continue to do so today.

At CICM you will learn the two main styles of acupuncture in the UK — the Five Element constitutional style and the Traditional Chinese Medicine (TCM) style.

**CICM uniquely trains its acupuncture practitioners in this integration.**

This style brings together the strengths of the Five Elements (using the Five Element constitutional diagnosis) and yin/yang theory (using TCM) in one integrated whole. You will be taught to fully integrate both styles – theoretically and clinically – enabling you to competently and confidently treat a large range of patients, at all levels of mind, body and spirit.



# OUR CURRICULUM

This integration is reflected in how our curriculum is put together.

It is divided into six main themes which run throughout the three years.

More than a third of all contact hours are dedicated to clinical observations and clinical practice.

**Take a look at all the interesting things you will learn during your time with us...**

## Chinese Medicine Year 1

History of Chinese medicine  
Yin and yang theory  
The Five Elements  
Colour, sound, emotion and odour  
Functions and syndromes of the Organs  
Lungs and Large Intestine  
Spleen and Stomach  
Heart and Small Intestine  
Pericardium and Triple Burner  
Kidneys and Bladder  
Liver and Gall Bladder  
The Substances: Qi, Jing, Blood, Body Fluids  
Internal and external causes of disease  
Miscellaneous causes of disease  
Eight Principles  
Diagnosis of mind, body and spirit  
Aggressive energy

## Chinese Medicine Year 2

Differentiation of common disease patterns from the viewpoint of Chinese medicine, including: lower back pain and musculo-skeletal problems, gynaecology (including premenstrual tension, dysmenorrhoea, amenorrhoea, infertility, menorrhoea, discharges, late periods, short cycle), diarrhoea and constipation, headaches, post viral syndrome, hypertension, asthma  
  
Phlegm and Damp  
Dietary therapy  
The function of points of all the Organs  
Entry and Exit points  
Miscellaneous points  
Windows of the Sky points  
Case histories in class

## Chinese Medicine Year 3

Differentiation of common disease patterns from the viewpoint of Chinese medicine, including: epilepsy, windstroke, atrophy syndrome, skin disease, mental diseases

Obstetrics

Paediatrics

The treatment of addiction

The eight extra channels

Overview of complementary therapies

Auricular acupuncture

Six stages, four levels, three jiao

Bereavement and care of the dying

Electro-acupuncture

Deep pathways of all channels

## Conventional Medical Sciences

Anatomy

Physiology

Pathology

Pharmacology

Clinical medicine

Structural diagnosis

Conventional clinical skills

Resuscitation and basic first aid

Energetic interpretation of diseases

Energetic interpretation of drugs

Warning features of disease

## Point Location Year 1

Introduction to channels, points and point location

Location of 'command' points of all yin and yang channels

Location of lower sacral, ren points, back shu and du points

## Point Location Year 2

Location of body points

Shoulder points and upper jiao points

Middle jiao points and lower jiao points

Entry and exit points

Dragon points

Thigh and groin points

Head points

Windows of the sky and neck points

Face points

Upper arm points

Miscellaneous points

Front mu points

Review of all points



## Skills and Techniques

Rapport-making skills  
Structure of the emotions  
Patient interaction and emotion elicitation  
Facial characteristics of emotions  
Observing the face  
Learning skills and memory aids  
Colour, sound, emotion and odour  
Pulse and tongue diagnosis  
Needle technique and clean needling  
Moxibustion  
Cupping  
Introduction to guasha  
Palpation and needles for channel problems  
Qi gong  
Tuina (Chinese massage)

## Research and Reflective Practice

Reflective practice and critical incidents  
Clinical observations  
Lifestyle and clinical audit  
Research design and methods  
Searching and reviewing the literature  
Clinical trials and other research  
Research dissertation  
Dissertation supervision

## Professional Practice Years 1 and 2

Patients in class  
Taking a case history  
Traditional diagnosis  
Discussion of diagnosis  
Treatment strategy and aetiological advice  
Treatment reactions  
Ethics and patient management

## Professional Practice Year 3

Treating patients under supervision  
Clinical class discussions  
Clinical observations  
Overview of complementary therapies  
Setting up in practice  
Deciding who to treat  
Keeping accounts  
How to talk to patients  
Bereavement and care of the dying  
Promoting your practice  
Supervision and CPD  
Patient management  
Boundaries in the treatment room  
Business skills

# STEP THROUGH THE BIG RED DOOR...





# STUDENT SUPPORT

We aim to support you as much as possible and this will begin before you have even started the course.

If you have any specific learning needs you will be contacted by a member of our student support team to find out how we can help you.

**All of our students are assigned a personal tutor for the first and second years of study.**

Your personal tutor will be in regular contact with you, and you can contact them if you have anything in particular you need support with.

**In the third year, our students work closely with their clinical supervisor who support and guide them through the clinical phase of the course.**

We all have different learning styles and we support students to identify and explore theirs. All of our teachers use a variety of teaching strategies to help you make the most of your own style.

**We also offer study skills sessions for those who have not done a degree course before or who have been out of education for a long time.**

In these sessions, we cover time management, learning styles, study aids, essay writing, research and more!

**We also provide local regional support groups, all over the UK.**

These are small groups run by a regional support tutor who is able to answer questions and provide feedback on practical aspects of the course.





People need differing levels of support for an array of reasons, so we offer a range of support systems at CICM.

**Our ethos is based on mutual respect and trust, which is equitable, diverse and inclusive.**

We believe that the unique experiences, abilities and backgrounds of each individual add to the overall learning experience.

**There are many people and services at the college which can support you.**

We have specialist support staff for those with an identified learning difficulty and/or disability or need a helping hand.

Our Student Experience Manager works with students throughout their entire journey with the college, from application all the way to graduation.

**We help broaden your experience by offering extra learning opportunities.**

At the college, we hold extra practical point location classes outside of the curriculum.

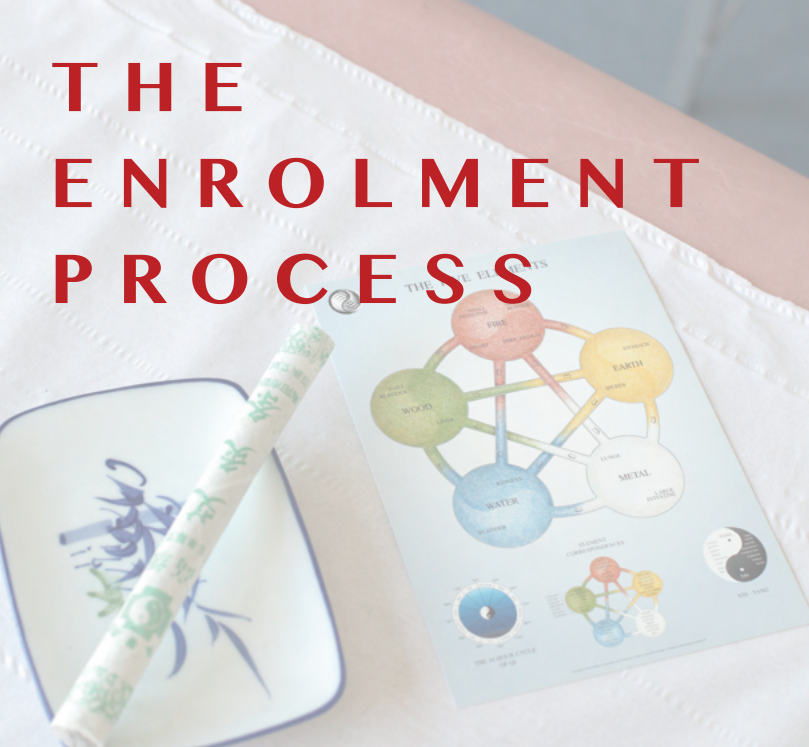
All students have access to our virtual learning environment, full of online resources helping you learn at your own pace. We also have a well stocked library.

**Your safeguarding and well-being is our priority.**

We are committed to keeping you safe at all times and, in some circumstances, we can offer a dedicated counselling service if you need to talk.



# THE ENROLMENT PROCESS



## Join us at an Open Day

Attend one of our open days to find out more about the course and the college. Book your place at our next open day on our website – or just scan the QR code below to open Whatsapp to get started.



## 1 Apply Online

Apply online through our website, by downloading our application form. If you have any queries at all about your application, please feel free to contact our registrar, at [registrar@cicm.org.uk](mailto:registrar@cicm.org.uk), or on 01189 508 889.

## 2 Attend an interview

We will arrange an interview with you so you can find out more about the course, the college, and ask any questions you may have. This helps us both to see if we are the right place for you.

## 3 Receive an Offer

After your successful interview, you will be invited to enrol on the course.

## 4 Start Your Study

Term starts in September or October for the weekday course, with classes on Mondays and Tuesdays.

Term starts in April for the weekend course, with classes on Saturdays and Sundays.

## What we look for in an application

Many different types of people choose to become an acupuncturist, from all walks of life. These are just some of things we look for:

- **A passion for acupuncture and Chinese medicine**
- **An interest in health and the development of wellbeing**
- **The ability to develop the necessary theoretical, practical and treatment skills**
- **The time and resources to undertake the course of study**
- **Fluency in the English language both written and oral**
- **If English is not your first language and your secondary education has not been undertaken in English, we will ask to see a level 6.5 (academic) IELTS certificate, with no element less than 6.5**
- **As a minimum, we require 2 A Levels or BTEC qualifications. These can be in any subject. If you do not have these, you will need to complete a comprehension test as part of your interview process.**

## Preferred Minimum

The requirements listed above are the preferred minimum. If you are without the above qualifications, your application will be considered on an individual basis on your own merits and your life experience. Please do get in touch with our registrar to discuss your individual circumstances – email at [registrar@cicm.org.uk](mailto:registrar@cicm.org.uk), or call on 01189 508 889.

## Mature and International Students

We welcome students who have not studied for some time. We also know that people may have very few formal qualifications. We accept applications from international students and EU applicants who do not have leave to remain in the UK. As a first step you will need to submit your application and have a preliminary interview.

## Application deadlines

We accept applications at any time of year for our weekday course starting in the autumn or our weekend course starting in the spring. The earlier you apply the greater the chance of space on the intake you want. Call us to check if we still have places available on the next course.

**Please take a look at our Admissions Policy on our website for more information**

# F E E S & F U N D I N G

We are a not for profit organisation. Our priority is to ensure you receive first class training. When you are offered a place, it is secured by a deposit, which will be credited to your first year fees.

**The latest course fee details are available at [cicm.org.uk](http://cicm.org.uk)**

In addition to the course fees, there are extra costs you will need to take into account, such as travel, academic books, a white coat for clinical observations and for treating patients, and needles.

## Financial Assistance

Our degree course is validated by the UCO. Depending on your circumstances, and where you live, if you don't already have a university degree you may be eligible for a student loan to fund part of your studies.

Check your eligibility at [slc.co.uk](http://slc.co.uk) (Student Loans Company), by entering our course HEP code ADOI, select full-time course, and the College of Integrated Chinese Medicine.

Our registrar, can also help with any loan queries you may have, contact them on [registrar@cicm.org.uk](mailto:registrar@cicm.org.uk) or 01189 508 889.

## Charitable Trusts and Loans

It may be possible to find a local or national charitable trust willing to help finance your studies. Local trusts may be run independently, or by your council. Try your local library or the internet as a starting point.



# GETTING TO THE COLLEGE

The college has been situated in the heart of Reading, at 19 Castle Street since 1995. We extended our space by acquiring 21 Castle Street in June 2003.

The college is a stone's throw from town centre shops and restaurants, including The Oracle shopping centre. Reading is situated thirty miles west of London. It has excellent connections to much of the UK by rail, road and air.

**Reading is only twenty-five minutes on the train from London Paddington and has excellent rail connections to many parts of the UK.**

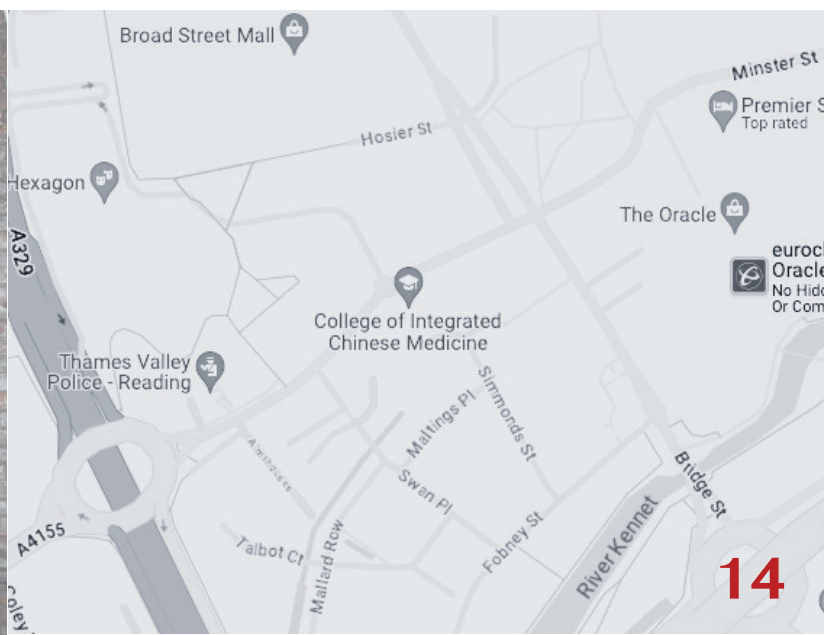
There are direct trains to Waterloo, via Richmond and Clapham Junction; Gatwick, Guildford and Southampton. The college is a ten-minute walk from the railway station.

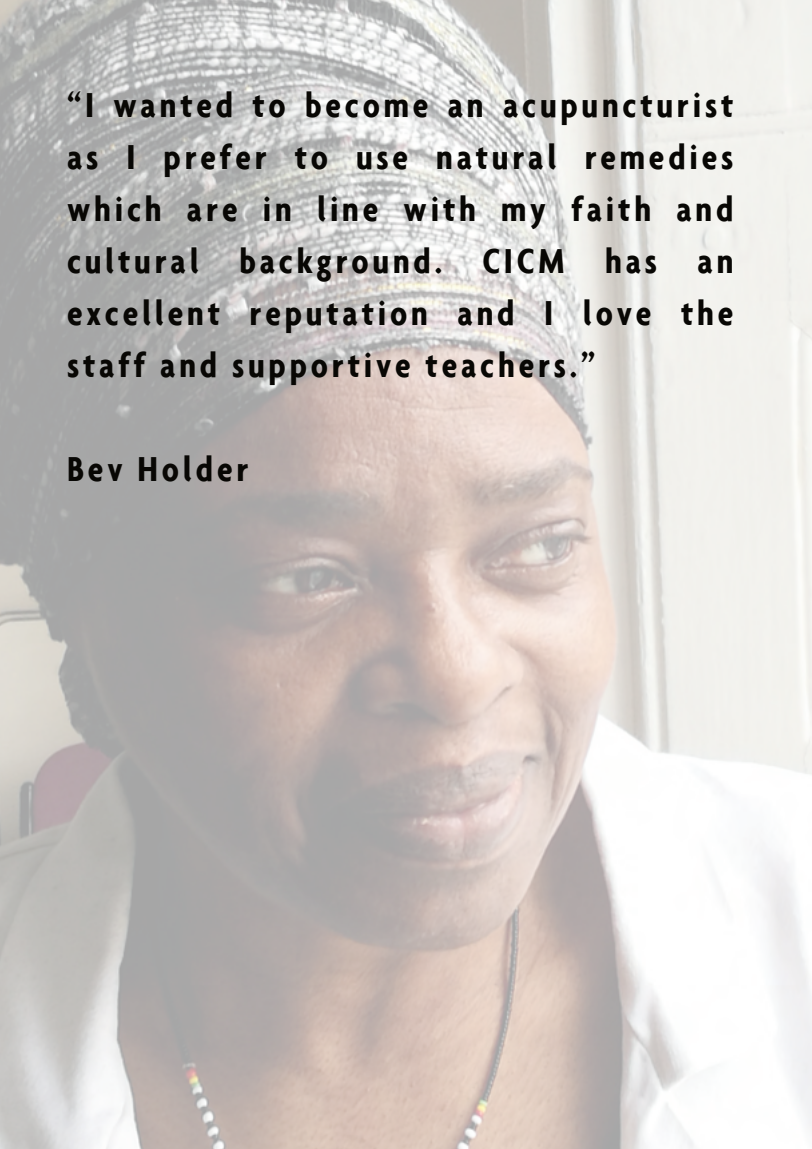
**By road Reading is west of London on the M4 motorway, close to the M25, M3, M40 and connections to the M1.**

There are high speed coach services to London and elsewhere.

**By air Reading is within easy reach of both London Heathrow and Gatwick.**

There is a regular Railair coach service between Reading railway station and Heathrow and a direct train link to Gatwick.






**“I wanted to become an acupuncturist as I prefer to use natural remedies which are in line with my faith and cultural background. CICM has an excellent reputation and I love the staff and supportive teachers.”**

**Bev Holder**




**“The course covers a huge range of topics - I can't think of anything else I'd rather be doing, or anywhere else I'd rather be doing it. CICM is a hub of connection, commitment and energy, and something I am honoured to be part of.”**

**Ellie Farnfield**



**“There are so many things I love - the teachers are genuinely helpful and want us to do well. The place has a calm, harmonic feel and studying has already had a tangible benefit to my lifestyle and health.”**

**Erica Chen**



**“I love the teaching at CICM, it is varied, interesting and extremely inspiring and the teachers all have a wealth of experience to draw on.”**

**Keeley Farrington**

**“As I was in my late forties I was concerned that I was too old, however the Open Day dispelled any doubts that I had. CICM is a cocoon of learning in the heart of Reading and only ten minutes walk from the train station.”**

**Samantha Roderick**

**“I wanted to become an acupuncturist because I had experienced its amazing benefits... studying acupuncture at CICM was one of the best decisions in my life.”**

**Ehsan Salout**

**“CICM was suggested by an acupuncturist I know - for its high quality tuition and professional approach. I knew I wanted a degree course and after my open day I knew it had to be CICM.”**

**Michelle Patrick**

**“I have been astounded by the passion CICM has sparked in me. I realised very quickly that I was in the right place, doing the right thing. Like finally finding my place in the universe and becoming part of something much bigger than myself.”**

**Sally Connelly**



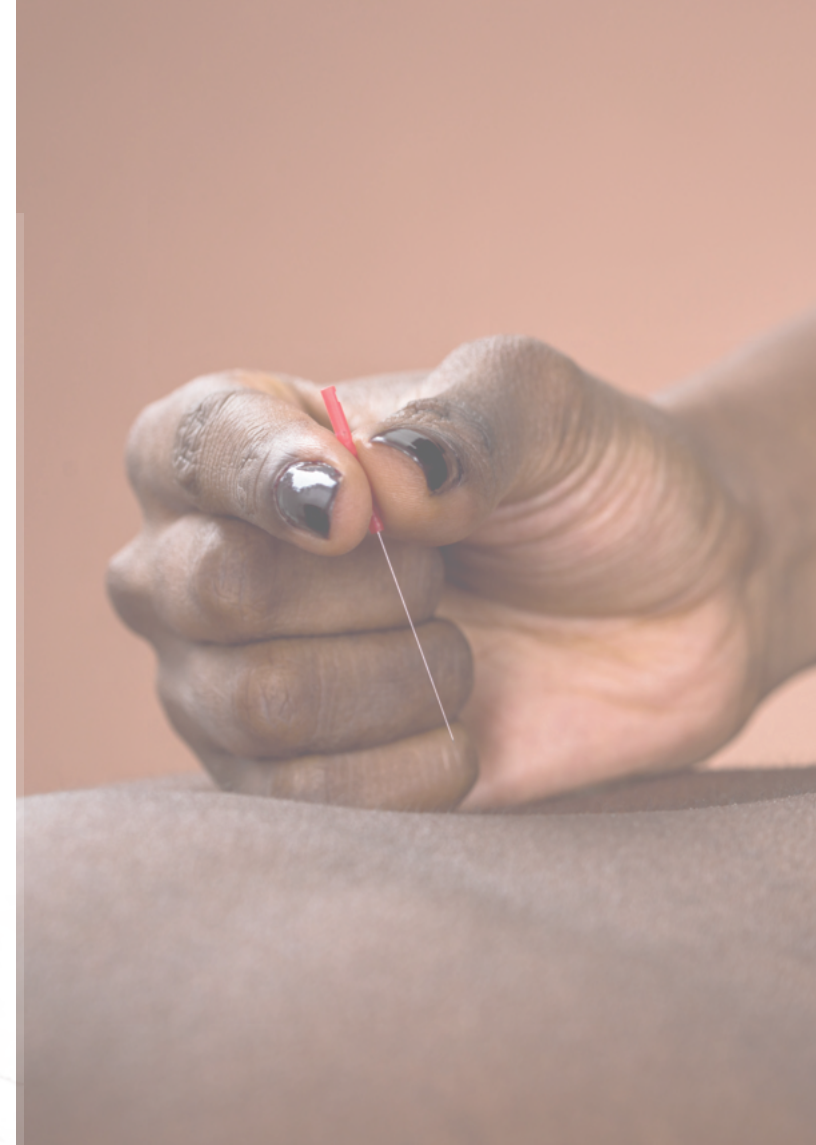

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 **University College  
of Osteopathy**



DISCLAIMER: While every effort is made to ensure that the information within this prospectus is correct at the time of printing, some details may be subject to change. The College of Integrated Chinese Medicine reserves the right to make amendments to the study programmes, dates, fees or other details, and to make cancellations or changes if student numbers are insufficient. In the unfortunate situation that we have to cancel a course, we will refund any fees in full, but we regret we are not able to offer any refund if you withdraw from your course or fail to start.