



## ***Introductory Level of Contemporary Chinese Pulse Diagnosis***

**Karen Bilton, PT, LicAc.**

<http://www.lotushealingarts.com/>

*Saturday & Sunday, April 5 – 6 and*

*Saturday & Sunday, April 26 - 27*

*9:00 am – 5:00 pm*

*\$600 before March 22 (\$625 after)*

*Students: \$550*

*28 CAEUs*

Contemporary Chinese Pulse Diagnosis represents the combined work of Dr. John F. Shen OMD and Dr. Leon Hammer MD. This system of pulse diagnosis was brought to the USA by Dr. Shen in 1971. Based on the clinical findings from their many years of prolific treatments they refined and further developed this model by documenting pulse readings that were repeatedly found in patients with a consistency in their presenting pattern. The resulting method allows access to a reliable source of diagnostic information from a patient that is relevant to our modern times and current diseases. The practitioner thus learns to detect situations of dysfunction that can lead to severe illnesses such as malignancies, degenerative CNS conditions and autoimmune diseases.

The two weekend introductory workshop introduces participants to Contemporary Chinese Pulse Diagnosis as developed by Dr. John Shen and Dr. Leen Hammer. Both weekends include practical and didactic sessions and students are expected to attend both. The information is presented in `40% lecture and `60% hands on format. Information gained over the two weekends is practical and ready to put to use in the clinic. A 70 page handbook is provided as a resource for students in the class, however, for a more complete understanding of the work, it is necessary to consult Dr. Hammer's book.

What you will get out of this course:

Introduction – to the system, historically and generally

Vocabulary and Basic Concepts:

The 3 Depths – Qi, Blood and Organ – Theory and Practice

The 6 Principal Positions – Location and Technique

The 22 Complementary positions – Location and Technique; meaning

METHODOLOGY of taking pulse and recording findings: (Large Focus First)

Rate (at beginning and at end) and Rhythm

Initial Impressions and Uniform Qualities

The 2 Sides – Uniformity and Differences of Qualities and Intensity

The 3 Depths + Above Qi (and Below Organ)

Wave Form

Individual Positions

Uniformity according to the 3 Heaters (Burners)

Rate, Rhythm Heart and Circulation (Big things are Big)

INDIVIDUAL QUALITIES – Identification and Fundamental meanings:

Rate and Rhythm

Stability

Volume – including identifying degrees of Qi Deficiency and Dysfunction

Size/Width and Length

Depth

Shape – including clarification of “slippery” and the continuum of  
taut-tense tight-wiry

Anomalies

Experience in doing a Pulse Chart

Example of a case with Interpretation

INTERPRETATION

According to:

4 Substances

8 Principals

3 Heaters

Unusual findings – e.g. age, size, gender of person does not match pulse findings.

Serious qualities – e.g. muffled, uniformly empty.

QI WILD and Chaos

Large vessel position positive

Interpreting:

Organ Damage

Cardiovascular system problems

Psychological factors, trauma

Condition of body at time of insult

Constitutional factors

Lifestyle issues

## Prognosis

Arriving at:

Diagnosis

Primary issues

Secondary issues

Treatment Principle and Plan

Immediate and long term

Some treatments (although this is primarily a course diagnosis) need referral

## A LOT OF HANDS ON PRACTICE

Weekend One:

This will be the format of the 4-day Introductory Pulse Diagnosis class as outlined by Dragon Rises Seminars. The class will be completed over 2 weekends approximately 4-5 weeks apart. The time line will be identical for each of the 4 days. There is a mixed format of lecture and hands-on pulse diagnosis with instruction. Students are advised to participate in all of the 4 days.

The format for days 1-2 will be as follows:

**9-10:30:** Lecture – Day 1: history, methodology, waveforms. Day 2: more commonly found pulse qualities.

**10:30-10:45:** Break

**10:45-12:30:** Demonstration and hands-on component: students practice finding the pulse depths, positions, and some qualities are identified.

**12:30–1:30 p.m.:** Lunch

**1:30-3:00 p.m.:** Lecture – Day 1: 6 principle positions, 22 complimentary positions. Day 2: Shock and trauma and its affect on the Heart and circulation.

**3:00-3:15:** Break

**3:15-5p.m:** Demonstration and hands-on component: students practice finding the pulse depths, positions, and more qualities are identified.

The format for days 3-4 will be as follows:

**9-10:30:** Lecture – Day 3: Reviews the 3 depths, waveforms and pulse qualities. Day 4: Dr. Shen's Heart patterns presented.

**10:30-10:45:** Break

**10:45-12:30:** Demonstration and hands-on component: students review finding the pulse depths, positions, and more qualities are identified.

**12:30–1:30 p.m.:** Lunch

**1:30-3:00 p.m.:** Lecture Day 3: Toxicity and Dr Shen's concept of 'Qi Wild'. Day 4: Interpretation and formulating a diagnosis from the information.

**3:00-3:15:** Break

**3:15-5p.m:** Demonstration and hands-on component: students practice finding the pulse depths, positions, and qualities. On the final day students attempt a full pulse evaluation.

Depending on the skill and knowledge of the students, lecture time may be broken into smaller blocks to ensure a situation of optimal learning.

### **Karen Bilton, PT, LicAc**

Bachelor Applied Science (Physiotherapy)

Diploma Applied Science (Acupuncture)

Diploma Chinese Herbal Medicine

Instructor Contemporary Chinese Pulse Diagnosis

- New York State license in Acupuncture and Physical Therapy
- NCCAOM Diplomate of Acupuncture and Chinese Herbology
- Certified Instructor for Dragon Rises Seminars
- Membership of Acupuncture Society of New York
- Past Faculty member Pacific College of Oriental Medicine (New York campus)
- 17 years experience in Manual Medicine and Bodywork
- 12 years experience in Acupuncture and Chinese Herbal Medicine

In 1988 Karen graduated with a Bachelor of Applied Science in Physiotherapy from the University of Sydney, Australia. She worked as a physiotherapist in private clinics in both Australia and the United Kingdom treating musculoskeletal problems. She also continued her education in manual therapy techniques including McKenzie, Mulligan, advanced Maitland and Muscle Energy.

Realizing there was more to understanding health, she returned to Australia to study Acupuncture and Chinese herbal medicine, graduating from the University of Technology, Sydney with a Diploma of Applied Science in Acupuncture. Her final year of study saw the completion of a 12-month clinical trial and research paper, *Traditional Chinese Medicine and People Living with HIV/AIDS, A Quality of Life Study.*

On arrival in the USA in 1996 she gained National Board Certification in physical therapy, acupuncture and Chinese herbal medicine. She taught in the Acupuncture faculty at Pacific College of Oriental Medicine, New York City campus and is an Instructor of Contemporary Chinese Pulse Diagnosis for Dragon Rises Seminars. She continues her education in Contemporary Chinese Pulse Diagnosis, acupuncture, Chinese herbal medicine, manual therapy, and Bowen Technique.

Karen's most recent undertaking is research with Leon Hammer MD, studying the reliability and validity of using pulse diagnosis as a diagnostic tool in Oriental medicine.

This research is at the doctoral level, the results of which should be published by the end of next year or early 2009.