



神州中医药大学
Shenzhou Open University of
Traditional Chinese Medicine

Study guide

2021-2022

Educational programme

Foundations of Chinese Medicine

Acupuncture

Herbal Medicine

Tuina

Foundation of Western Medicine





Introduction

Being a student at Shenzhou Open University of TCM means studying at one of the most influential institutes of Traditional Chinese Medicine in the Netherlands.

Our three-years English and Dutch TCM-programmes, combined with our one-year Western medicine programme, have been fully accredited by the independent accreditation organization SNRO, with 240 EC according to the newest higher professional education standards (HBO).

In 2017 Shenzhou became an International Education Base of WFAS (World Federation of Acupuncture and Moxibustion Societies), the only one in the Netherlands.

We hope that after reading this brochure, you will be inspired to learn more about what Shenzhou Open University of TCM has to offer and that you will be ready to embrace a new career in your life.

Director's Letter

Thank you for your interest in Shenzhou Open University of TCM. More than thirty years ago, I opened an acupuncture clinic in Utrecht. After four years, in 1990, I established the European TCM and Acupuncture Advanced Training Centre (ETAATC), now known as Shenzhou Open University of TCM. Expanding the company's activities resulted in a move to our present location in Amsterdam. As one of the best TCM educational institutes in the Netherlands, we offer a unique curriculum in Acupuncture, Herbal Medicine, Tuina and other traditional Chinese therapies. Our university and graduates take pride in the outstanding reputation which we have built up in the TCM field based on education experience of more than thirty years.

We have tailored our courses to students' needs, by designing them according to a part-time model, enabling you to study alongside your job and family commitments. Our professional doctors of Chinese Medicine teach medical knowledge and also pay attention to work safety during clinical practice. Care is also given to shape students' professional behaviour during practice, as well as responsibilities and compassion for the patient. We strive to teach our students to have a high standard of ethics and safety when working in their future profession.

At Shenzhou Open University of TCM, we aspire to create an authentic atmosphere during your classes and clinical apprenticeship. The **"Excellent Student Prize"** is awarded to students with the highest academic achievement in their study year.

As Director of CMC Tasly Group, I pledge to provide you with the environment needed to help you flourish. Your choice to study Chinese Medicine at Shenzhou Open University of TCM is a bridge to a new stage of your life.



Zhilin Dong, Founder of CMC Tasly Group and Shenzhou Open University of Traditional Chinese Medicine



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Vision and Mission

The mission of Shenzhou Open University of Traditional Chinese Medicine (TCM) is to educate students in accordance with the highest professional requirements. We prepare our future clinicians by practising patient centered medicine and helping them to identify the fundamental questions in the mechanism, prevention and treatment of disease as well as teaching the basic concepts of Chinese Medicine and Western Medicine.

Shenzhou Open University of TCM offers various courses as well as internships and has a diversity of international students and staff members. We encourage mutual respect among the lecturers, students, staff, trainees and patients whilst demanding high standards of ethical and professional conduct.

Shenzhou Open University of TCM is the academic leader in TCM undergraduate and professional furtherance of education in the Netherlands and Europe. With this, Shenzhou Open University of TCM makes a positive contribution to our community in the field of prevention, safety and effectiveness of the treatment of disease.

In order to achieve this, we evaluate the professional level of all our courses for constant improvement. During the academic year, teachers and students are able to give feedback by filling out evaluation forms.

We tailor our courses according to both our own high standards and to the standards of the professional associations to ensure continued accreditation of our courses.

“We educate students in accordance with the highest professional standards”



Board and Staff

Director

Zhilin Dong

Academic Dean

Dan Tan

Study Coordinators

Rob van Hees

Beate Lendt

Jun Huang

Pauline Lee



Examination Committee

Jidong Wu, PhD TCM, senior Lecturer

Toine Korthout, MD, senior Lecturer

Youping Zhu, PhD Pharmacognosy, senior Lecturer



Accreditation

All our English and Dutch TCM-programmes have been fully accredited by the independent accreditation organisation SNRO with 200 EC according to the newest higher professional education standards (HBO). Together with our SNRO accredited Western Medicine courses this leads to a total of 240 EC. This enables our graduates to operate at a similar level as HBO bachelor graduates in the Dutch health care system as well as being able to give VAT-free health treatments.

The educational programme of Traditional Chinese Medicine at Shenzhou Open University of TCM has been accredited by the related professional associations* in the Netherlands including: NVA, NAAV, ZHONG, TCMned, LVNT, NWP and FAGT.

** Subject to changes in the policy of the professional associations.*



Furthermore, we are a member of the “Federatie van Opleidingen in de Natuurlijke Geneeswijzen” (FONG), the “Collectief Geaccrediteerde Opleidingen” (CGO) and are registered at the “Centraal Register Kort Beroepsonderwijs” (CRKBO). The latter implies that no VAT is added to our tuition fee.

The above makes Shenzhou Open University of TCM a very influential institute of Chinese Medicine in the Netherlands.

Study process

Language and Communication

In order to be able to attend classes here, a professional level of the English or Dutch language is required.

Please provide us with your current e-mail address for our staff to communicate with you. You must have basic computer skills to enable you to study on-line, type reports, etc.

Attendance and Study Load

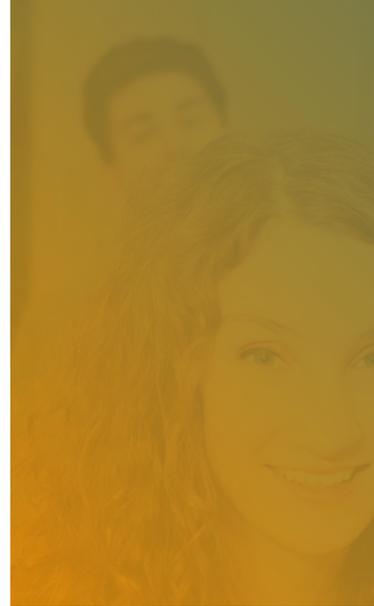
We highly value the educational contact between teacher and student, therefore student's attendance of a minimum of 80% of the lectures is mandatory for all our courses. Besides attending classes (12 hours per month), students are required to do self-study, participate in study groups and apprenticeship with a total of about five times the number of contact hours.

Lecture days

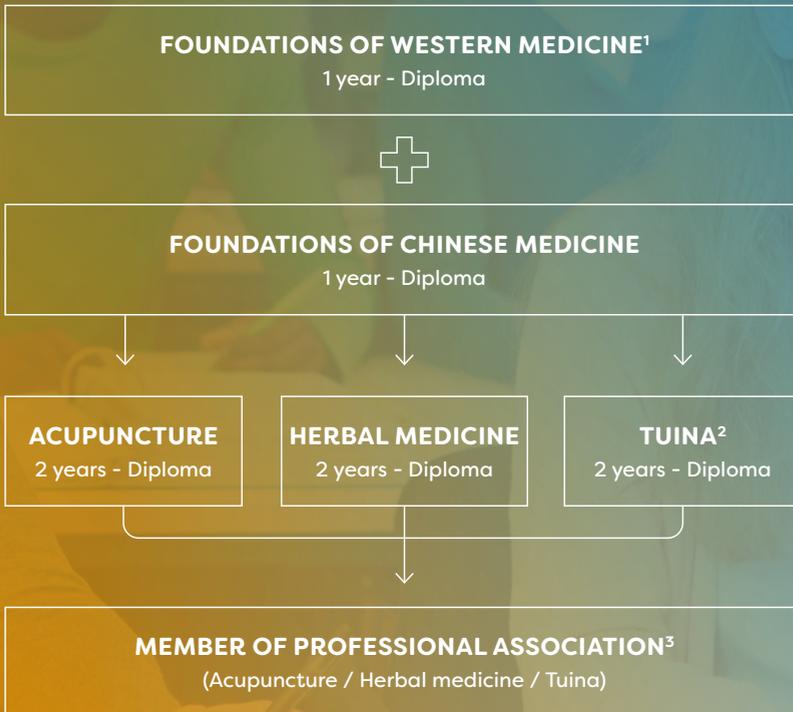
The 20 lecture days of the TCM courses are scheduled in 10 blocks and are given approximately once per month on Saturdays and Sundays (with occasional exceptions).

The 23 lecture days of the WM courses are scheduled on Fridays and Saturdays or Saturdays and Sundays.

All schedules will be published on the website.



Education Structure

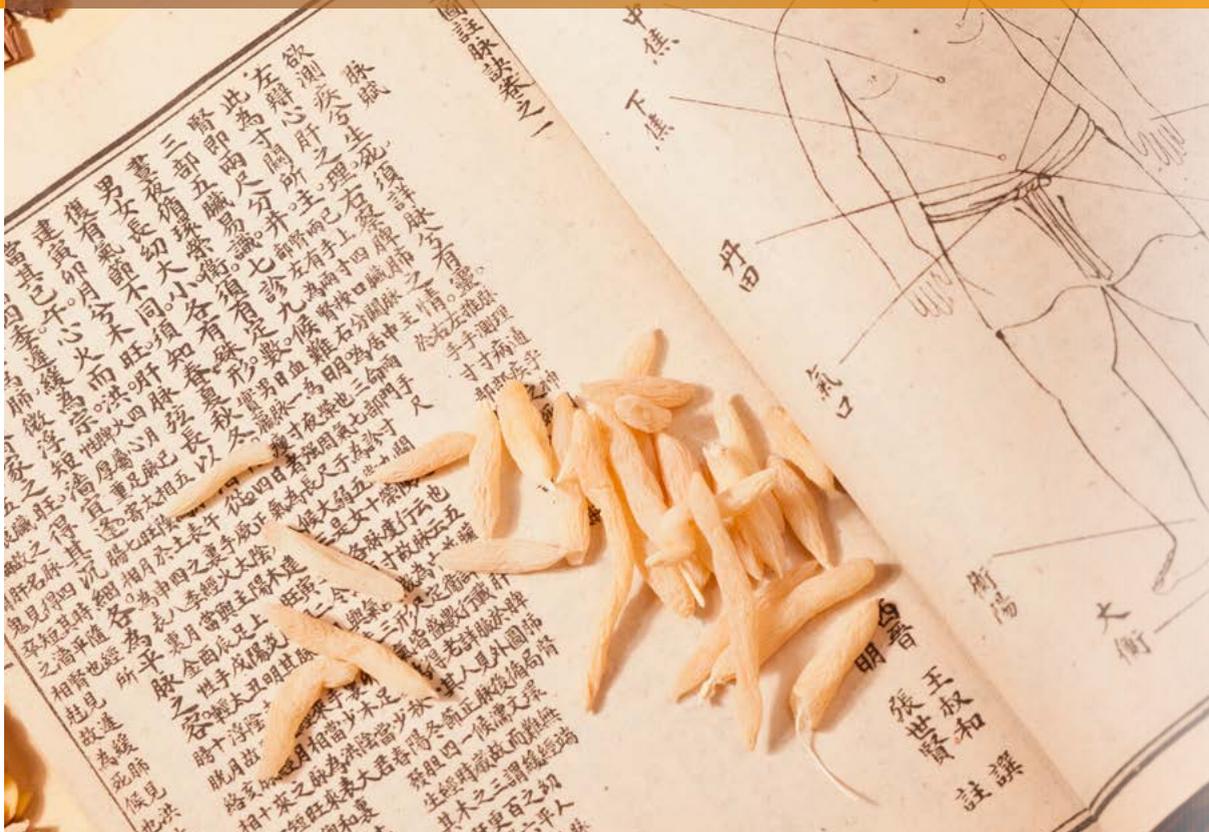


- 1 Exemption is granted to medical doctors, physiotherapists and other medical professionals with a so called 'BIG registration' meeting the PLATO requirements and for those who possess an equivalent foreign diploma which was accredited by 'Internationale Diplomawaardering'. The Western Medicine curriculum can be followed before or in parallel to the TCM programme.
- 2 The first year of the Tuina course matches the first year of the Acupuncture course.
- 3 Each Professional Association has its own regulations and demands. Please direct your questions to the association.

Some courses may be taken in parallel, but the school cannot guarantee that there is no overlap in class dates. Please check before enrolling for two courses during the same academic year.

Foundations of Chinese Medicine

During this course students are taught the basic concepts of traditional Chinese medicine and are introduced to Chinese philosophy which forms the cornerstones of TCM. This part of your studies is the necessary foundation to be able to study further, specializing in Acupuncture, Chinese Herbal Medicine or Tuina.



ACCREDITED BY SNRO
DURATION: 1 YEAR
TUITION FEE: € 1.950,-



The course, Foundations of Chinese Medicine, consists of basic theories such as Yin Yang and Five Elements, Zang Fu theory, TCM etiology, pathology and diagnosis. This class is an important bridge from theory to clinic.

In addition to the teacher contact hours you will work together with your fellow students in a Literature study group and practise together in the Interactive Practice groups. Already after a few months of theoretical training you can start to do apprenticeships in our clinic or at one of the external clinics approved by Shenzhou Open University of TCM.



Subjects

- Basic Characteristics of Chinese Medicine
- Yin and Yang
- Five Elements
- Zang Fu Organs
- Qi, Blood and Body Fluids
- Constitution (body types) in TCM
- Etiology and Pathogenesis of Chinese Medicine
- Tongue diagnosis
- Pulse diagnosis
- Other diagnostic methods
- Pattern Identification: 8 principles, Pathogenic factors
- Pattern Identification: Zang Fu Organs
- Pattern Identification: Qi, Blood and Body Fluids
- Pattern Identification: 6 stages, Triple Burners and 4 levels
- Establishing contact with the patients: attitude of the therapist



Acupuncture

This vocational training course in acupuncture prepares students for their career as acupuncturists at professional level. Students are introduced to the classical methods of TCM as well as the modern developments of TCM.



ACCREDITED BY SNRO WITH 200 EC (INCLUDING FCM)
ADMISSION REQUIREMENT: FOUNDATIONS OF CHINESE MEDICINE
DURATION: 2 YEARS
TUITION FEE: € 1.950,- PER YEAR

During first year, the focus will be on the meridians and acupuncture points as well as on needling techniques, while during the second year, practical treatments of various diseases are given attention. Students are required to write a thesis before completion of their final year.

In addition to the teacher contact hours, you will work together with fellow students in a Literature study group and practise together in the Interactive Practice groups. During these two years of the acupuncture course, the number of apprenticeship hours will gradually be increased to help you practise independently in your future TCM career.

Subjects of the 1st year Acupuncture course

- History of Acupuncture and Moxibustion
- Introduction to meridian systems
- Theories of the “Specific Acupuncture Points”
- Essential knowledge of meridians and acupuncture points including fourteen meridian pathways; location, functions and clinical indications of commonly used acupuncture points
- Acupuncture needling techniques
- Moxibustion and Cupping
- Ear-, Scalp-, Electro Acupuncture
- Basic acupuncture point combinations

Subjects of the 2nd year Acupuncture course

In the second year, the emphasis is laid on analyzing and treating diverse and common syndromes seen in clinical practice. Besides theoretical knowledge, case studies and demo patients will be discussed in class as well.

- General introduction to Acupuncture therapeutics and principles
- Acupuncture treatments for a wide range of clinical conditions, such as mental-emotional conditions, neurological conditions, musculoskeletal & painful conditions, genitourinary conditions, gynaecological conditions, skin conditions and paediatric conditions etc.
- ‘Walk steadily over the bridge’: from class to clinic



Chinese Herbal Medicine

The herbal medicine class introduces students in the knowledge of Chinese herbs and trains them to run a practice independently as well as to work safely, competently and effectively.



ACCREDITED BY SNRO WITH 200 EC (INCLUDING FCM)
ADMISSION REQUIREMENT: FOUNDATIONS OF CHINESE MEDICINE
DURATION: 2 YEARS
TUITION FEE: € 1.950,- PER YEAR



In China, the study of herbal medicine is integrated in TCM education. Acupuncture therapy and Chinese Herbal Medicine when combined, not only complement each other, but also reinforce each other.

In the West, students often embark on this course after the completion of the acupuncture course. The advantage then is that Chinese medical concepts are already integrated, making the study of Chinese herbs more tangible.



In addition to the teacher contact hours, you will work together with fellow students in a Literature study group and practise together in the Interactive Practice groups. During the first year of the Herbal Medicine course, the apprenticeship takes place mainly at the herbal department preparing herbal prescriptions, whilst the second year apprenticeship takes place with herbal specialists. Finally students will write a thesis to complete this course.

Subjects

- Basic theory, concepts, properties and taste of single herbs
- Single herbs, herbal formulas and their functions
- Chemistry, pharmacology and guidelines for safety use of Chinese herbs
- Quality assurance of Chinese herbs, European regulations, forbidden animal and botanical medical substances in Europe
- Principles of prescribing herbal formulas
- Administering of herbs
- Differentiation and treatment of various diseases
- 'Walk steadily over the bridge': from class to clinic



Tuina

Chinese medicinal massage

During this course students are taught different techniques and applications of Tuina massage. This ancient technique of manipulation, originating in China, is applicable to treating various diseases. A solid knowledge of meridians and acupoints is necessary. Tuina massage is suitable for all adults and works especially well for children.



ACCREDITED BY SNRO WITH 200 EC (INCLUDING FCM)

ADMISSION REQUIREMENT: FOUNDATIONS OF CHINESE MEDICINE

DURATION: 2 YEARS

TUITION FEE: € 1.950,- PER YEAR

After completing the Foundations of Chinese Medicine, this Tuina course is for two years. If you have completed the first year of Acupuncture, or the entire Acupuncture course, you can immediately begin in the second year.

In addition to teacher contact hours, students are required to practise the Tuina techniques with fellow students during the interactive practice. During clinical apprenticeship, students get the opportunity to learn from experienced Tuina therapists as well. Students are required to write a thesis to finish their final year.

Subjects of the 1st year of Tuina course

- History of Acupuncture and Moxibustion
- Introduction to meridian systems
- Theories of the “Specific Acupuncture Points”
- Essential knowledge of meridians and acupuncture points including fourteen meridian pathways; location, functions and clinical indications of commonly used acupuncture points
- Acupuncture needling techniques
- Moxibustion and Cupping
- Ear-, Scalp-, Electro Acupuncture
- Basic acupuncture point combinations

Subjects of the 2nd year of Tuina course

- Introduction to history, principles and theories of Tuina therapy
- Tuina manipulation techniques
- Paediatric Tuina: specific points used for children
- Paediatric Tuina: specific manipulations techniques used for children
- Tuina treatments for adults with various diseases
- Tuina treatments for children with various diseases
- ‘Walk steadily over the bridge’: from class to clinic





Foundations of Western Medicine

This intensive training in Western medicine is designed for anyone who is studying physically based complementary medicine in order to gain knowledge in anatomy, physiology and pathology at a professional level.



**ACCREDITED BY SNRO ACCORDING TO PLATO REQUIREMENTS WITH 42,5 EC
DURATION: 1 YEAR
TUITION FEE: € 1.950,-**

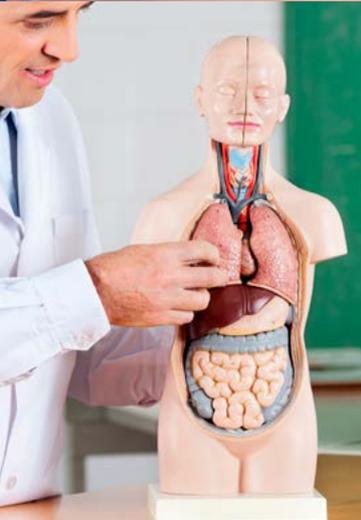
In addition to anatomy and pathology, the curriculum also includes topics such as medical ethics, health law, pharmacology and psychosocial topics which are in line with modern medical practice.

The education here is characterised by a lively, interactive teaching method. After presenting the theory, work is done in subgroups to consolidate the curriculum. Students give presentations on a chosen subject and they practise with diagnostic skills.

The curriculum is set up according to the so-called PLATO standards, drawn up by Dutch health insurers. These standards are regularly updated to keep in line with the requirements of the professional situation. This programme is accredited by SNRO.

Subjects

- Medical ethics and the Dutch health care system
- Basics: Cytology, Embryology and Body tissues
- Integumentary system; skin
- Skeleton & Muscles
- Blood & Immunity
- Heart & Blood vessels
- Lungs & Respiration
- Digestive system
- Urinary tract
- Nervous system
- Endocrine system & Hormones
- Female and male genital systems, breast diseases, sexually transmitted diseases
- Nutrition, metabolism & temperature regulation
- Infectious and parasitic diseases
- Anamnesis, inspection and physical examination
- Applied psychology
- Psychopathology
- S.O.L.K.
- Psychopharmaceuticals
- Medical and psychosocial signals, red flags



Our Lecturers and Clinic team

All lecturers at Shenzhou Open University of TCM have a rich experience in both clinical practice and education. All our lecturers from China have a TCM degree from an university and a medical licence issued by China's Ministry of Health. They have also received the qualification from the Ministry of Education in China to teach at university-level. To ensure the high quality of our education, the lecturers are supported by our administration staff, study coordinators and the clinical training team.

Academic Dean



Dan Tan

Shenzhou Clinical Training Team

L.P. Zhao	Q.T. Nguyen
X. Yang	M. Y. Fong
P.Z. Zhao	

Herbs supervising team

L. Wang	L. Zhou
Y.Q. Chen	C.L. Yuan
H. Meng	

Clinic Receptionists

Yuni Harnani	Shandy Man
May Lee	Alson Yuen
Jing Li	



Teacher team Traditional Chinese Medicine



Yifan Yang



Baoshun Shi



Zhigang Yang



Jidong Wu



Tianrong Ren



Huijun Shen



Funian Yu



Cheng Qian



Linjun Xia



Youping Zhu



Tineke van den Barg



Frank Roosen



Moon-Yueh Fong



Ray Mariën



Hong Dong



Mei Xing



Tiejun Tang



Shulan Tang



Daisy Yang



Beate Lendt



Graciano Cabrita da Palma



Jun Huang

Teacher team Western Medicine



Toine Korthout



Zhi Li



Martien Brands



Lili Huang



Yun Ding

Study material and study books

Students have to purchase a number of books and for Western Medicine, a mandatory reader. Extended syllabi will be distributed during the course via the student-site.

Below, only the mandatory study books are listed. After registration you will also receive a list of books which are optional.

Please do not purchase books from this list before your registration. After your registration our study coordinators will inform you about the most recent list of mandatory books with additional information such as edition and ISBN numbers!

Foundations of Traditional Chinese Medicine

- The Foundations of Chinese Medicine, *Giovanni Maciocia*

Acupuncture

- A Manual of Acupuncture, *Peter Deadman*
- The practice of Chinese Medicine, *Giovanni Maciocia*
- The Practical Application of Acupuncture and Moxibustion (syllabi), *Shenzhou Open University of TCM*

Herbal Medicine

- Chinese Herbal Medicine, Materia Medica and Chinese Herbal Medicine, Formulas & Strategies (two volumes), *Dan Bensky*
- The Practice of Herbs and Formulae (syllabi), *Shenzhou Open University of TCM*
- Chinese Herbal Medicines: Comparisons and Characteristics, *Yifan Yang*
- Chinese Herbal Formulas: Treatment Principles and Composition Strategies, *Yifan Yang*



Tuina

- Tui Na: A Manual of Chinese Massage Therapy, *Sarah Pritchard*
- Syllabi, *Shenzhou Open University of TCM*

Foundations of Western Medicine

Anatomy and Physiology:

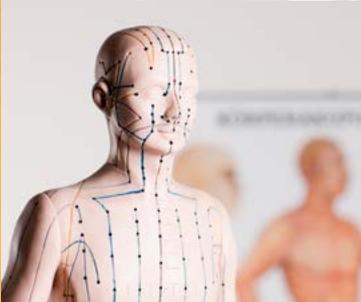
- Human Anatomy & Physiology, *Elaine N. Marieb & Katja Hoehn*
- Readers, *Shenzhou Open University of TCM*

Psychology:

- Reader Psychology, based on the book: Psychology, the Science of Mind and Behaviour (N. Holt, A. Bremner, E. Sutherland, M. Vliek, M. Passer & R. Smith), *Shenzhou Open University of TCM*

Pathology:

- Readers, *A.C.F.M. Korthout*
- Underwood's Pathology; A Clinical Approach, *Simon S. Cross*
- Mind Maps in Pathology, *Peter Dervan*
- Pathophysiology Made Incredibly Easy, *William N. Scott*



Practical training and Externships

Starting from the first year while studying Foundations of Chinese Medicine, students will be trained in case analysis, acupuncture techniques or Tuina manipulation depending on the course of their choice. In addition, students need to complete extended mandatory clinical training as well.

The total number of internship hours for a three-year TCM study is 280 hours.

The clinic

Shenzhou offers a unique opportunity to all students of Shenzhou Open University of TCM by letting students complete a number of their apprenticeship hours in our affiliated clinic as part of their course without any additional payment. Our practitioners of Chinese Medicine at Shenzhou clinic have a broad experience in the areas of Acupuncture, Tuina and Herbal Medicine.

External apprenticeships

Students of Shenzhou Open University can also choose to do a part of their apprenticeship with external TCM practitioners who have been accredited by Shenzhou Open University. Please visit our website for more information.

International Apprenticeships

Students can opt to do a part of their internships at clinics abroad at clinics which are approved by the WHO (World Health Organization).

Prior permission from the study coordinators is required.



Continuing training and Seminars

Shenzhen Open University of TCM frequently organizes seminars with a broad choice of topics of excellent quality.

New developments in TCM and topics suggested by our participants, motivate us to continually search for new interesting subjects for our seminars. In order to give our students and alumni the opportunity to engage with the newest TCM topics and developments, we often invite well-known doctors and professors coming from China, Europe and the U.S.A.

All our seminars are accredited by the relevant professional associations and are advertised in Dutch TCM magazines and websites under 'nascholingen'. You can find the seminar programme and status of accreditation at our website www.shenzhen-university.com. If you would like to receive notifications about our upcoming seminars, you can subscribe to our newsletter.

Tuition fee, Exam fee and Payments

The costs for your first registration as a student of Shenzhen is € 95,-. The tuition fee is € 1.950,- per year and applies to all courses for one year at Shenzhen Open University of TCM.* If you do two courses in one year, (provided the schedule allows it, e.g. a TCM course and the Western Medicine course) you will need to pay the tuition fee twice. It is not possible to take a two-year course in one academic year (e.g. Acupuncture 1st year and 2nd year).

Handouts are included in the tuition fee whereas books and certain readers are not included.

** This is the tuition fee for the academic year of 2021-2022. Tuition fees in ensuing years may be adjusted in line with inflation.*

Exam fee for students of Shenzhou

The first exam and first re-exam are without any extra costs. The costs for a second re-take exam are € 100,-.

External candidates

- Evaluation exam for entering Shenzhou: € 100,-
- Evaluation exam for TCM professional associations: € 300,-

Payments

Students who are admitted to the course and are registered successfully will receive an invoice. The invoice has to be paid within 30 days according to our 'General Sales & Delivery Conditions'. Partial payment is not possible. Late payments will be charged € 50,- for administration costs.

Cancellation

We only accept cancellations in written form. If cancelled up to 14 days before the commencement of the course, only the registration costs will be charged. If cancelled within 14 days before the start of the course, 50% of the tuition fee will be charged. There is no refund for cancellations after the course has already begun.

Refunds

With exception of the cancellation policy, tuition fees will not be reimbursed, except in extreme cases where participants are unable to attend the course due to serious accidents, illness or death. In those cases, the participant or legal representative can request a refund from the office in writing up to three weeks after the start of the course.

Registration costs are not refundable after two weeks of student's registration.

Please read our 'General Sales & Delivery Conditions' on our website under 'Payment & Refunds'.



Admission

Educational Requirements (minimum level)

- Dutch HAVO or MBO-4 diploma
- A secondary school diploma equivalent to the Dutch HAVO.

Registration is by means of

- A completed registration form
- A recent representative photo
- Copies of diplomas and certificates, and others relevant to the admission.

You can register online: www.shenzhou-university.com

If you have completed a TCM education elsewhere and would like to transfer credits to Shenzhou Open University of TCM please consult the study coordinators.

Registration costs

Upon your first registration at Shenzhou, registration costs of € 95,- will be charged. You will need to register anew for each academic year but you will only need to pay for the registration costs once.

Registration date

We advise you to register **before 15th of July 2021**.

For registration after this date, please contact the study coordinators to find out if participation is still possible. Depending on the number of registrations, the school reserves the right to a cancel a course or offer it in a following academic year.

Unforeseen changes

Shenzhou Open University of TCM reserves the right to amend the policies.



Contact

The Admissions Office can be contacted from Monday until Saturday between 10.00 and 12.00 and between 14:00 and 16:00.

Study coordinators:

- Rob van Hees
rob@shenzhou.com
- Beate Lendt
beate@shenzhou.com
- Jun Huang
jun@shenzhou.com
- Pauline Lee
pauline@shenzhou.com

Academic Dean of Shenzhou Open University:

- Dan Tan
dean@shenzhou.com

General e-mail : info@shenzhou-university.com
Mail address : Geldersekaade 67, 1011 EK Amsterdam
Telephone : 020-6235060 (reception desk)

Shenzhou Open University (direct): 020-6203371

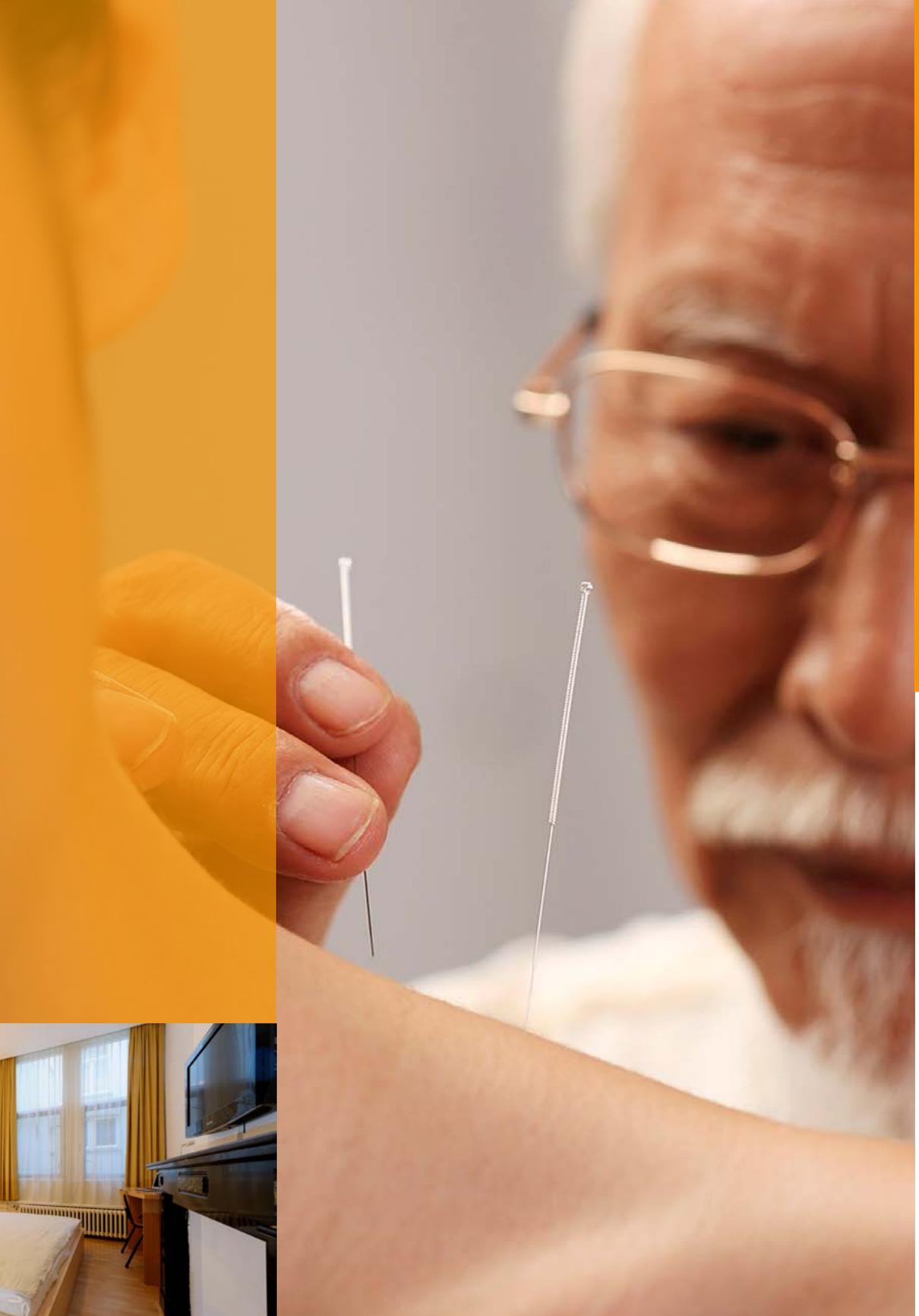
www.shenzhou-university.com

Shenzhou Bed & Breakfast

The Shenzhou Bed & Breakfast hotel is located immediately next to the school. It is very convenient should you wish to extend your stay in Amsterdam after attending lectures (during the weekends) or when you are attending a (two-day) seminar.

You can book via booking.com with destination 'amsterdam shenzhou'.





Colofon

Text and illustrations
Shenzhou Open University of TCM

Photography
Dreamstime, Adobe stock

Design and lay-out
www.studiosnh.nl

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神州中医药大学
Shenzhou Open University of
Traditional Chinese Medicine