



ACCREDITED BY SNRO  
DURATION: 1 YEAR  
TUITION FEE: € 2.300,-

# 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 cornerstone 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.

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 a Practice group. On top of that students can sign up for practical days under supervision of a teacher. After a few months of theoretical training you can already 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

## PRELIMINARY SCHEDULE 2025-2026\*

### Group A

#### 2025

- September: 20+21
- October: 18+19
- November: 22+23
- December: 6+7 (on line)

#### 2026

- January: 17+18 (online)
- February: 21+22 (Midterm Exam)
- March: 21+22
- April: 18+19 (online)
- May: 16+17
- June: 13+14
- July: Final Exam

### Group B

#### 2025

- September: 27+28
- October: 25+26
- November: 29+30
- December: 13+14 (online)

#### 2026

- January: 24+25 (online)
- February: 28 (Midterm Exam)
- March: 1 (Midterm Exam) ;28+29
- April: 25+26 (online)
- May: 30+31
- June: 20+21
- July: Final Exam



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\* Schedules are subject to change. Shenzhou reserves the right to modify the schedule at all times.