



# Acupressure Massage Intermediate

(SF17ALHW342)

Medium: English

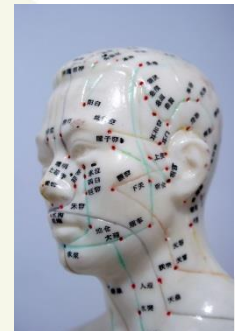
Course Fee: S\$175

Duration: 10 hours



The course Acupressure Massage Intermediate will allow the participants to learn the alternative techniques in addressing common illnesses using Acupressure Massage, it serve as an intermediate programme to allow those who has acquired the fundamental knowledge and understanding that Acupressure Massage theory and skills to enhance and apply what they have learnt.

The objective of the course is to provide a continuous training pathway for the participants who have taken the series of SkillsFuture@PA Acupressure Massage offered by the trainers as well as other equivalent courses. This course will let the participants know the etiology and pathogenesis of Common illnesses, Understand the different approaches TCM acupressure massage techniques adopted in disease management, it allows participants to apply skills previously learnt and their application in illness prevention.



Module	Theme	Learning Outcome – you will...
1	<b>Common cold and Cough</b> (2.5 hrs)	<ol style="list-style-type: none"> <li>1. Understand TCM Diagnostic approaches</li> <li>2. Know the etiology and pathogenesis of <b>Common Cold and Cough</b></li> <li>3. Understand the different approaches TCM acupressure massage techniques adopted in disease management.</li> </ol>
2	<b>Vertigo and hypertension</b> (2.5 hrs)	<ol style="list-style-type: none"> <li>1. Know the etiology and pathogenesis of <b>Vertigo and hypertension</b></li> <li>2. Understand the different approaches TCM acupressure massage techniques adopted in disease management.</li> </ol>
3	<b>Insomnia</b> (2.5 hrs)	<ol style="list-style-type: none"> <li>1. Know the etiology and pathogenesis of <b>Insomnia</b></li> <li>2. Understand the different approaches TCM acupressure massage techniques adopted in disease management.</li> </ol>
4	<b>Depression</b> (2.5 hrs)	<ol style="list-style-type: none"> <li>1. Know the etiology and pathogenesis of <b>Depression</b></li> <li>2. Understand the different approaches TCM acupressure massage techniques adopted in disease management.</li> </ol>

## Trainer: Dr Clement Ng Shin Kiat 黄欣杰博士



Registered Traditional Chinese medicine (TCM) practitioner  
 PhD in Medicine (TCM) from Nanjing University of Chinese Medicine  
 Former Vice Principal of Singapore College of TCM.  
 Council Member for Singapore Chinese Physicians' Association,  
 Council Member for Singapore Acupuncture Association  
 Chairman – Technical Committee on Complementary Medicine and Health Product  
 Executive Council Member – WFCMS –Committee for Mediated Diet & Dietotherapy  
 Committee Member for ISO/TC 249 (TCM).  
 ACTA Certified



## 指压按摩中级班课程

授课语言：中文

收费：S\$175

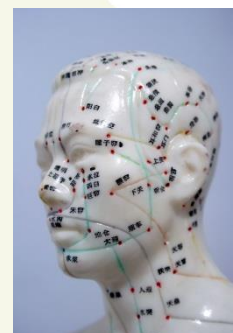
学时：10 小时

## Acupressure Massage Intermediate



《指压按摩中级班》课程将让学员学习如何使用指压按摩技术解决常见的疾病问题，作为一个中级课程，课程将让那些已经对指压按摩理论和技能有基本的知识和了解的学员，对指压按摩有更深一层的认识，提高他们所学理论和和应用技能。

《指压按摩中级班》课程的目的是为参与培训师所设计的基础指压按摩课程或其他相关课程的学员提供一个继续教育持续的培训途径。本课程将让学员了解常见疾病的病因和发病机理，了解中医按摩技术在疾病管理中可采用的不同方法，使学员有机会应用之前学习的技能及如何应用在其在疾病预防。



单元	主题	学习目的，您将会
1	感冒和咳嗽 (2.5 小时)	<ol style="list-style-type: none"> <li>1. 了解中医诊断基础</li> <li>2. 了解普通感冒和咳嗽的病因和发病机制</li> <li>3. 了解指压按摩技术在疾病管理中的应用</li> </ol>
2	眩晕和高血压 (2.5 小时)	<ol style="list-style-type: none"> <li>1. 了解眩晕和高血压的病因和发病机制</li> <li>2. 了解指压按摩技术在疾病管理中的应用</li> </ol>
3	失眠 (2.5 小时)	<ol style="list-style-type: none"> <li>1. 了解失眠的病因和发病机制</li> <li>2. 了解指压按摩技术在疾病管理中的应用</li> </ol>
4	抑郁症 (2.5 小时)	<ol style="list-style-type: none"> <li>1. 了解抑郁症的病因和发病机制</li> <li>2. 了解指压按摩技术在疾病管理中的应用</li> </ol>



### 导师简介：黄欣杰博士

中医博士（南京中医药大学），  
 新加坡注册中医师，  
 前新加坡中医学院副院长  
 新加坡中医师公会理事  
 新加坡针灸学会理事  
 新加坡辅助医学与保健产品技术委员会主席  
 世中联药膳食疗研究专业委员会常务理事  
 国际标准化组织中医药委员会（ISO/TC 249）委员  
 培训与评估高级证书认证