



(Super Healthy Pty Ltd ABN 61 007 341 479)

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Friday, 4 August 2017

**To: Whom it may concern**

**Re: Auriculotherapy Seminar and Workshop and Distance Education Course Outline.**

**Overview:**

The 8-hour Auriculotherapy Seminar and Workshop and distance education DVD program taught by Dr Nick Hodgson and/or Mrs Gill Hodgson is based on the Nogier model of Auricular Medicine with the prescribed text and primary reference being Oleson's Auriculotherapy Manual. Electronic reflex point detection and microcurrent treatment models are taught and no prior acupuncture training or qualification is required since a separate and distinct neurophysiological science and art are taught. Prior knowledge in Anatomy, Physiology and basic Pathophysiology is assumed. Ability to practice this as a therapeutic modality is assumed to be covered by prior qualification, licensure and medicolegal indemnity; these being the responsibility of the practitioner.

Dr Nick Hodgson has a B.App.Sc.(Chiropractic), undergraduate Chiropractic Science Academic Excellence Award, has received outstanding service awards from both the Chiropractors' Association of Australia and RMIT University Alumni office for his role as President of the Chiropractic Alumni Association for a decade, was named the Victorian Chiropractor of the Year in 2005, and is a fellow of the Holder Research Institute. Mrs Gill Hodgson has a Dip.App.Sc.(Nursing) and has received outstanding service awards from RMIT University. Both Nick and Gill received their Auriculotherapy training from the American College of Addictionology and Compulsive Disorders, have been personally mentored by Dr Jay Holder of the Holder Research Institute, have utilised Auriculotherapy in private practice since 2003, and have been responsible for organising and teaching hundreds of hours of continuing professional development.

- 1) In 1990 the Director-General of WHO proclaimed that Auricular Medicine is probably the most developed and best documented, scientifically, of all the microsystems of acupuncture and is the most practical and widely used.
- 2) Expert consensus exists leading to international standardization of the identification of ear reflex points. International Expert Consensus Conferences (ICCAAM and WHO) have been held to develop the standardised somatotopic maps that are used for diagnosis and treatment.
- 3) We teach a curriculum based on the most widely accepted evidence-based text book by the world's leading authority Dr Terry Oleson, Professor of Psychology, Ryokan College, Director of

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Doctoral Studies, Emperor's College of Traditional Oriental Medicine – Auriculotherapy Manual: Chinese and Western Systems of Ear Acupuncture – Fourth Edition.

4) We teach a neurophysiological model utilising skin conductivity detection diagnosis (Galvanic Skin Response) and microcurrent therapy to remove any need for prior training in acupuncture or needle sticking and to maximize the diagnostic and treatment accuracy.

5) Research studies in China and the USA verified the scientific accuracy of auricular diagnosis. In China the ear points of over 2,000 patients were assessed recording which points correlated with certain diseases and which ear points lead to reduction of medical symptoms. At UCLA 75.2% accuracy was achieved in correctly diagnosing the location of the musculoskeletal pain problems.

6) The ear reflex point to cerebral cortex reflex relationship has been proven utilizing functional MRI.

7) The positive effects of Auricular medicine for pain perception and altering autonomic activity is highly documented and I would say proven beyond scientific doubt.

8) There have been numerous scientific studies of every level of evidence base demonstrating positive clinical outcomes from Auriculotherapy.

### **Course Outline:**

20 Mins: Overview and History of Auriculotherapy.

30 Mins: Anatomy of the Ear.

60 Mins: Location and function of Master points.

20 Mins: Inverted "Fetus" (Homunculus) Somatototype of the Ear.

20 Mins: Relationship of the ear to the brain and nervous system.

20 Mins: Neurophysiological and other models of Auriculotherapy.

20 Mins: Comparison of French and Chinese points, discussion of Nogier phases.

60 Mins: Ear points and treatment for: Musculoskeletal, internal organs, neuroendocrine system, head and face, nervous system, sensory system, master points, functional points, vertebral column points.

120 Mins: Practical Sessions: Use of Miro-current Instruments; location of master points; and diagnosis of active points.

30 Mins: Subluxation location and diagnosis, advanced clinical approaches, contraindications, general treatment plans.

30 Mins: Specific treatment plans. Pain, Addictions, Psychological Disorders, Body/Mind.

30 Mins: Using the identification of active reflex points to interpret and predict signs and symptoms.

20 Mins: Communication skills and techniques to explain and educate clients about the benefits and reasons for Auriculotherapy – metaphors, imagery, narratives and scripts to better explain Auriculotherapy.

### **Rationale outlining why the activity is proposed:**

To teach and train participants Auriculotherapy, an electrotherapeutic modality which utilises analysis and stimulation of the surface of the Auricle of the external ear for the diagnosis and

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treatment of health conditions in other parts of the body and which is not currently available as an undergraduate program.

### **Learning objectives and outcomes:**

To teach, train and observe practical competency in the anatomy, neurophysiology, history, hypotheses, somatotopic maps, master points, clinical applications of Auriculotherapy and practical use of an electrotherapeutic modality to locate and treat active reflex points.

Distance Education registrants must complete an exam paper with 75% pass mark to attain certificate of completion.

### **Activity materials:**

- Powerpoint presentations.
- Training manual.
- Ear models and somatotopic charts.
- Prescribed textbook.
- Treatment tables.
- Micro-current Instruments.
- Distance Education – PDFs of notes and multiple choice examination to be completed.

### **Follow up process for participants, should they encounter any problems/questions:**

Ongoing email support, periodical email and print newsletters, web-site updated with any new research and professional publications, web-site blog updates.

### **CCEA competencies:**

#### Health care system interaction = 0.5 Hours

2.1: Discuss the uses and applications of Auriculotherapy by varied health professionals.

Registrants are from a diverse range of professions so respectful interaction is observed and encouraged and the presenters adapt the program, content and case examples to foster effective inter-professional communication and understanding.

#### Patient Assessment = 2.5 Hours

6.1: Refining, directing and modifying history taking based on investigation of the ear reflex points using the micro-current device detection mode and knowledge of the somatotopic system.

6.2: Refining, directing and modifying general physical examination based on investigation of the ear reflex points using the micro-current device detection mode and knowledge of the somatotopic system.

6.3A: Discussion, demonstration and workshop of accurate, thorough, skilful and comfortable examination of the somatotopic system on the auricle based on the standardised European and Chinese reflex models. (The distance education format includes additional video material).

Examples of clinical notes are presented.

6.5: Refining, directing and modifying laboratory pathology procedures based on differential diagnosis of the active ear reflex points using the micro-current device detection mode and knowledge of the somatotopic system.

#### Diagnostic decision making = 2.0 Hours

7.1: Anatomy of the Auricle is taught.

Distribution of the Master Points is taught, demonstrated and workshopped.

Distribution of the somatotopic model of ear reflex is taught, demonstrated and workshopped.

The neurophysiological models of the somatotopic ear reflex system is discussed and illustrated.

Different systems of diagnosis are discussed: Using clinical history and physical examination to direct examination of the ear, versus examining the ear for active reflex points and using this as basis to direct history, examination and treatment.

Recording points and monitoring number, severity and distribution of active reflex points is discussed as means to monitoring progress and prognosis.

Recommendations for how to communicate positive auricular findings are made.

7.2: Discussion of ethical and professional means to refer and recommend further investigation is discussed.

Rationale for commencing or continuing Auriculotherapy while further investigations or second opinions are sought is discussed.

#### Planning of patient care = 0.5 Hours

8.1: Discussion of correlation of history, examination and auricular assessment in terms of prioritising which points should be treated.

Contraindications to Auriculotherapy are discussed.

8.2: Discussion of palliative versus restorative effects of Auriculotherapy are discussed.

#### Implementation of care = 2.0 Hours

9.1: Methods to communicate the diagnostic and therapeutic models of Auriculotherapy to the patient are discussed.

9.6: Techniques to minimise patient discomfort during examination and treatment are discussed, demonstrated and workshopped.

9.7: Use of Auriculotherapy in crisis care is discussed.

9.8: Use of Auriculotherapy diagnostic analysis to determine level and side of Subluxation is taught, demonstrated and workshopped.

9.9: Neurophysiological models for how Auriculotherapy can relieve pain and alter physiological functions are discussed.

Use of a microcurrent electrotherapeutic device for treating active reflex points is taught, demonstrated and workshopped. (The distance education format includes additional video material).

Timing of stimulation and hertz frequency selection is taught, demonstrated and workshopped.

Uses of Auriculotherapy as an adjunct to chiropractic adjustments, or as a stand-alone therapy are discussed.

Discuss applications for Auriculotherapy for pain management, psychological affects, compulsive and addictive disorders, body-mind therapy, neuroendocrine disorders and organic dysfunction.

9.10 Guidelines for monitoring response to care and changes in active reflex point severity and distribution are discussed.

Examples of clinical notes and recording responses to care are illustrated.

#### Professional scientific development = 0.5 Hours

11.1: Scientific bibliography is presented.

Recommendations for search terms for related research is offered.

Suggestions for recording responses to care for the use of writing up case studies are illustrated.

#### **How the program promotes participant interaction and participation and how the content relates to the chiropractors' professional practice:**

- The seminar is presented in an interactive fashion and questions are encouraged throughout the program.
- Seminar notes are provided with spaces for participant notes to be added.
- Demonstrations are conducted in an interactive fashion.
- Hands-on workshop with close supervision are regularly conducted throughout the program. (The distance education format includes additional video material).
- The entire program is directed towards improved patient encounters and outcomes.
- Auriculotherapy offers a modality that can expand and improve a practitioner's diagnostic skills, and add on an effective treatment modality that can be used on all clients or selected clients depending on the practitioner's clinical preference.

#### **Standard of achievement:**

- 1) 100% attendance in all training sessions at the program.
- 2) Presenter observing proficiency in the practical components of the teaching during the workshop sessions.
- 3) Demonstration of comprehension by the quality of notes taken in training manual.
- 4) Distance Education format – Satisfactory completion of follow-up multiple choice exam upon completion of DVD program. (75% pass mark)

Be Well,



Dr Nick Hodgson,

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HEALTH AND WELLNESS COACH

VICTORIAN CHIROPRACTOR OF THE YEAR 2005, B.App.Sc.(Chiropractic) 1990, Phillip Institute of Technology Chiropractic Science Award 1990, Private chiropractic practice for 28 years, Director Super Healthy Pty Ltd, President Chiropractic Alumni Association RMIT University (CARPP) 1996-2005, Fellow Holder Research Institute (F.H.R.I.), Australasian Provider Torque Release Technique Training, Outstanding Service Award CAA(Vic) 2002, Outstanding Contribution Award RMIT Alumni Relations 2003, 2004 and 2005.

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