



Acupuncture *for Midwives*

Elective education points have been awarded to this course by the New Zealand Midwifery Council

This course covers Traditional Chinese medicine theory with practical acupuncture workshops. Topics to be covered include the use of acupuncture for:

- Induction
- Posterior and breech positions
- Prebirth acupuncture to facilitate an efficient labour
- Pain relief and problems during arising in labour, including cervical lip, failure to progress and retained placenta
- Pregnancy Induced Hypertension
- Nausea and vomiting
- Heart burn
- Constipation and haemorrhoids
- Vulval varicosities and varicose veins
- Insomnia
- Musculoskeletal problems including back pain and symphysis pubis pain
- Postnatal treatments including postnatal pain, breast feeding problems and depression

Tutor: Debra Betts, BHSc (Acupuncture), PhD

With a back ground in nursing Debra is an acupuncturist from Wellington who had been delivering acupuncture courses for midwives since 1997. Her book *The Essential Guide to Acupuncture in Pregnancy and Childbirth* was published in 2006 and her free booklet on using acupressure for pain relief in labour can be viewed at <http://acupuncture.rhizome.net.nz>.

Debra completed her PhD on the use of acupuncture in threatened miscarriage in 2015, is currently a clinical supervisor at an clinic in Hutt Valley hospital offering acupuncture care for pregnant women and lectures internationally on the use of acupuncture in pregnancy.

Course venue for weekend workshops: New Zealand School of Acupuncture Level 10, Willbank House, 57 Willis Street, Wellington.

Career Opportunities

This training scheme is intended to provide individuals who are registered midwives a way to safely practice acupuncture and moxibustion within a midwifery scope of practice according to the New Zealand School of Acupuncture and Traditional Chinese Medicine (NZSATCM) clinical practice guidelines for Midwives. Participants will be provided with the knowledge, skills and application strategies for providing treatment outcomes that will meet the requirements of women in pregnancy labour and postnatal recovery.

Training

Reflective learning is built into directed learning hours through required assessments and within workshops through structured discussion of the treatments administered.

- **Onsite:** The programme is a series of six, two day weekend workshops over 26 weeks on using acupuncture during pregnancy, birth and postpartum. Each face-to-face workshop combines TCM theory with sessions of practical acupuncture. Resources to conduct classes are supplied by the school.
- **Online:** Online learning relates to the clinical practice of acupuncture between the onsite workshops. It is expected that you will need to allow 3 hours per week to participate in this online learning. This will include background reading, participating in forums and documenting your acupuncture treatments on a database. You will need to have a broadband internet connection available.
- **Offsite:** You will be treating women in the community with acupuncture as part of these practical hours a week over 26 weeks. In addition to using acupuncture you will also be teaching acupressure and moxibustion techniques to the women and their partners/support people that are then used as part of the care. This may involve teaching acupressure for support people to use as pain relief during early labour, using moxibustion for a breech baby where the treatment is applied for a period of ten days at home, moxibustion for anemia where moxibustion is self-administered for 7-10 days. You will be discussing with women lifestyle and dietary aspects of Chinese medicine covered in the course that relate to specific conditions such as anemia and postnatal recovery.

Proposed Weekend workshop dates for 2016

Start date: 27 February

Completion date: 28 August

Month	Dates	#
February	27 /28	1
March	19 /20	2
April	9 /10	3
June	11 /12	4
August	6 /7	5
August	27 /28	6

Admissions criteria:

The Certificate in Acupuncture- Midwifery is restricted to Midwives who hold a current midwifery practicing certificate.

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Course Costs

Course Fee:	\$1,500
New Zealand Acupuncture School Enrolment Fee:	\$ 230
	Total \$1730 (GST Inclusive)

A minimum number of six is required for this course to run and places are limited to the first ten applications

To secure your place:

1. Please contact Debra to have an enrolment form sent out to you
2. debra.betts@rhizome.net.nz or jalna77@gmail.com
3. The administration fee of \$230 is payable on submitting your application and refundable if you are unable to complete the course
4. The course fee of \$1500 is payable on commencement of the course.
5. You are required to supply a passport photo with your application but do not have to obtain references.