

Module	Concepts & Physiology	Pathologies	Treatment Strategies
<b>Vital Substances: Safeguarding the Three Treasures</b> <i>(san bao 三寶)</i>  <b>Modules 1 to 8</b>			
<b>Module 1</b> <b>4-5 Feb 2021</b>  <b>Introduction to the course</b>	What is metapRACTICE?  The multiple bodies of Chinese medicine (bodies of flesh and blood, resonant bodies, networked bodies, topographic bodies, vital bodies) as core organising principles of the course  Qi transformation ( <i>qi hua 氣化</i> )  Vital Substances: The three treasures ( <i>san bao 三寶</i> )	Pathologies of ascending and directing downward ( <i>sheng jiang 升降</i> ), entering and exiting ( <i>chu ru 出入</i> ), condensation and dispersal ( <i>ning san 凝散</i> )	Overview of core treatment principles and strategies
<b>Module 2</b> <b>22-23 Apr 2021</b>  <b>Qi Physiology and Pathology</b>	Physiology of the gathering qi ( <i>zongqi 宗氣</i> )  Differentiation and interaction with other types of qi  Interaction with the blood and the vessels  Gathering qi and organ function  Role in regulating emotions	Distension, bloating, pain, wheezing, shortness of breath, bleeding, organ prolapse, emotional constraint and chaos  Differential diagnosis vis-à-vis other qi aspect pathologies	Strategies for treating qi constraint, stagnation, counterflow, sinking and deficiency of the gathering qi  Regulating emotions and treating emotional chaos
<b>Module 3</b> <b>26-27 Aug 2021</b>  <b>Physiological and Pathological Fire I</b>	Conceptions of fire (yin and yang fire, external and internal fire, excess and deficiency fire, sovereign and ministerial fire, dragon fire, fire of the gate of vitality)	Fever and chills, pain, vexation, irritability  Damp-warmth and damp-heat	Draining heat versus clearing fire  Strategies for venting fire constraint
<b>Module 4</b> <b>25-26 Nov 2021</b>  <b>Physiological and Pathological Fire II</b>	Fire and protective qi ( <i>wei qi 衛氣</i> )  Digestion, fermentation and the different types of fire  Fire, (summer)heat, and dampness disorders	True and false fire, true and false cold	Strategies for fire and heat in the organs and other body structures (blood, networks, etc.)  Strategies for cold excess, yang deficiency, cold damage and cold strike into the interior
<b>Module 5</b> <b>3-4 Feb 2022</b>  <b>Physiology and Pathology of the Fluids I</b>	Physiology and pathology of the jin fluids  Jin fluids and the protective (wei) qi  Dampness and the triple burner	Dampness disorders  Thin mucous disorders  Oedema	Sweating vs promoting urination  Strategies for unblocking the triple burner and promoting water metabolism  Strategies for treating dampness

<p><b>Module 6</b> 21-22 Apr 2022 <b>Physiology and Pathology of the Fluids I</b></p>	<p>Physiology and pathology of the ye fluids Ye fluids, dampness &amp; dryness Phlegm as healthy and pathological substance Ye fluids, phlegm and blood</p>	<p>Phlegm disorders Dryness disorders Food stagnation</p>	<p>Strategies for transforming and eliminating phlegm Strategies for treating food stagnation Strategies for treating dryness</p>
<p><b>Module 7</b> 25-26 Aug 2022 <b>Physiology and Pathology of the Blood</b></p>	<p>Blood (<i>xue</i> 血) and nutritive qi (<i>ying qi</i> 營氣) Nutritive and protective qi Blood production and flow Blood and gathering qi</p>	<p>Blood stasis, blood amassment Bleeding Trauma and pain</p>	<p>Regulating nutritive and protective qi Strategies to invigorate, move and break blood and eliminate stasis Strategies for treating wind (regulate qi and blood) Strategies to treat bleeding</p>
<p><b>Module 8</b> 24-25 Nov 2022 <b>Physiology and Pathology of the Essences and Spirits</b></p>	<p>Essences (<i>jing</i> 精) The five spirits (<i>shen</i> 神) The seven emotions (<i>qi qing</i> 七情)</p>	<p>Blood and essences deficiency Essence disorders (leaking, dryness, malnourishment) Conception of emotion-related disorders (<i>qingzhi bing</i> 情志病)</p>	<p>Nourishing blood and supplementing essence Use of seeds and other strategies for essence disorders Strategies for regulating the emotions</p>

<p><b>The Networked Body: Promoting Free Flow (<i>tong</i> 通)</b> Module 9</p>			
<p><b>Module 9</b> 2-3 Feb 2023 <b>Channels and Networks</b></p>	<p>The body as a network Channels, networks and extraordinary networks</p>	<p>Channel patterns Network patterns Extraordinary network patterns</p>	<p>Strategies for promoting free flow (<i>tong</i> 通) in the channels, networks and extraordinary channels in disorders like block (<i>bi</i> 痹), limpness (<i>wei</i> 痿), pain and loss of function of various kinds</p>

<p><b>The Topographic Body: The Practitioner as General</b> Modules 10 &amp; 11</p>			
<p><b>Module 10</b> 20-21 Apr 2023 <b>Protecting the Body I</b></p>	<p>Exterior and interior (<i>nei wai</i> 内外) The body shell (<i>quke</i> 軀殼) The six warps (<i>liu jing</i> 六經)</p>	<p>Body topography and the qi dynamic Detecting the propensity (<i>shi</i> 勢) of a disorder and responding to it Cold damage, warmth and damp warmth</p>	<p>Strategies for removing pathogens from the body Learning to think like a general</p>

	The triple burner ( <i>san jiao</i> 三焦) The four aspects ( <i>wei qi ying xue</i> 衛氣營血)	disorders	
<b>Module 11</b> <b>24-25 Aug 2023</b>  <b>Protecting the Body II</b>	Lurking pathogens ( <i>fu xie</i> 伏邪) Toxins ( <i>du</i> 毒) Epidemic disorders ( <i>yi</i> 疫)	Seasonal and epidemic disorders associated with lurking pathogens Heat and other toxins	Strategies for resolving lurking pathogens Strategies for the treatment of toxins and epidemic disorders

<b>The Cosmological Body: Creating Harmony</b> <b>Module 12</b>			
<b>Module 12</b> <b>23-24 Nov 2023</b>  <b>Treating the Organs</b>	Disorders of the viscera and bowels ( <i>zang fu</i> 臟腑)  Creating internal harmony	Pathologies of the viscera and bowels ( <i>zang fu</i> 臟腑)	Core strategies for treating disharmony in the organs