

AUTUMN  
INSTITUTE  
OF HEALTH

**PROGRAM CATALOG**

# Diploma of Acupuncture



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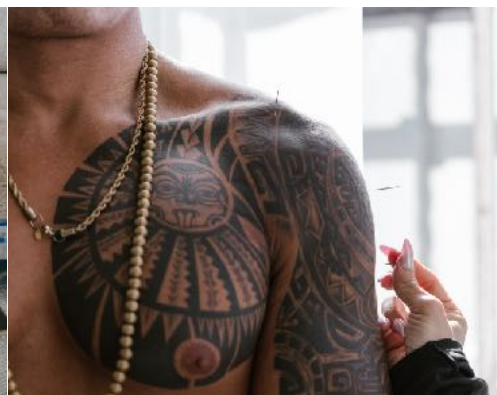
# Program Overview

The AIH Diploma of Acupuncture provides the path and guidance for students to become excellent acupuncturists, for themselves, for their families, and for their communities. Students learn how to see health as a dynamic state of harmony with nature, and they learn what steps to take when harmony is lost.

AIH cultivates an approach to professional training that is student-centred and trauma-informed. We value collaboration, compassion and integrity, and we believe that we can change the world by helping every single person have an acupuncturist at the centre of their health care team.

## Diploma of Acupuncture

- 2220 hours
  - 1560 hours of theoretical and practical instruction
  - 660 hours of clinical training with direct patient contact and clinical supervision
- Full-time: 6 terms (2 years)
- Part-time: completed in a maximum of 6 years
- Instructor-to-Student ratio of 1:15 or less in the classroom, and 1:15 or less in clinic





# Learning Outcomes

## Clinical Skills

Small class sizes and a hands-on, practical approach give students the attention and time they need to develop their skills in diagnosis, therapeutic techniques, and clinical thinking. This aspect of their training helps students to become leading health care providers in their communities.

## Business Skills

There are many ways to take your skills and knowledge out into the world. Our business classes and clinical supervision help you find the words and channels that allow you to connect with the audience that wants what you have to offer.

## Wisdom

East Asian medicine is rooted in some of the world's oldest and richest wisdom traditions. The medicine is philosophy in practice. In the words of physician Zhang Xichun (1860-1933): "The establishment of medicine and herbology, therefore, was originally designed as a measure to bring the principles of philosophy to those who were unable to nourish their own life force."

## Self-Development

Movement, meditation and self-cultivation are central components to the path of an acupuncturist. These practices look different for each of us, but their value is the same. AIH teaches all of its students various traditions and techniques to enrich themselves and support a lifelong career in health.

## Collaboration

AIH's vision is for every single person to have an acupuncturist. But that does not mean that an acupuncturist can, or should, do everything for their patient's health. Health care in the 21st century is a team practice. AIH students learn how to work together as a team to provide exceptional care for their patients.



The Moon Gate door (月亮门 yuèliàngmén) is a traditional entry way in China, leading into a luxurious garden. The moon gate symbolizes birth and renewal, connecting human beings to the source of life that flourishes in the garden.

*Photo by Chastagne  
Thierry on Unsplash.*



## Courses by Department

Department	Course Code	Course Name	Credits	Hours
<b>Foundations</b>	FDN 101	Foundations of East Asian Medicine	6	90
	FDN 102	Histories & Practices of Medicine	2	30
	FDN 103	Yangsheng: Nourishing Life Practices	3	45
	FDN 201	Channels & Points 1	6	90
	FDN 202	Channels & Points 2	6	90
	FDN 301	Chinese Language 1	3	45
	FDN 302	Chinese Language 2	3	45
	FDN 303	Chinese Language 3	3	45
	FDN 401	Taijiquan & Qigong 1	1	15
	FDN 402	Taijiquan & Qigong 2	1	15
	FDN 403	Taijiquan & Qigong 3	1	15
			35	525
<b>Diagnosis &amp; Treatment</b>	DAT 101	Clinical Safety	1	15
	DAT 102	Manual Techniques	3	45
	DAT 103	Diagnosis in East Asian Medicine	6	90
	DAT 201	Techniques & Traditions 1	3	45
	DAT 202	Techniques & Traditions 2	3	45
	DAT 203	Techniques & Traditions 3	3	45
	DAT 301	Therapeutics 1: Internal Medicine	6	90
	DAT 302	Therapeutics 2: Orthopedics	3	45
	DAT 303	Therapeutics 3: Mental Health	1	15
	DAT 304	Therapeutics 4: Women's Health	3	45
	DAT 305	Therapeutics 5: Pediatrics	2	30
	DAT 306	Therapeutics 6: Complex Diseases	3	45
	DAT 307	Therapeutics 7: Dermatology	2	30
			39	585

<b>Biomedical Sciences</b>	BIO 101	Anatomy & Physiology 1	3	45
	BIO 102	Anatomy & Physiology 2	3	45
	BIO 103	Anatomy & Physiology 3	3	45
	BIO 201	Pathophysiology	3	45
	BIO 202	Assessment 1	3	45
	BIO 203	Assessment 2	3	45
			18	270
<b>Professionalism &amp; Practice Management</b>	PPM 101	Therapeutic Relationships & Medical Ethics	3	45
	PPM 201	Acupuncture Practice Management	3	45
	PPM 202	Business Development	3	45
	PPM 301	Comprehensive Review	3	45
			12	180
<b>Clinical Training</b>	CLT I-II	Clinical Observation	8	120
	CLT III-V	Clinical Support	12	180
	CLT VI-XI	Clinical Internship	24	360
			44	660
		Total Classroom	104	1560
		Total Clinical	44	660
		Program Total	148	2220





# Course Descriptions

## Foundations: 525 hours

### **FDN 101: Foundations of East Asian Medicine** **90hrs**

This course explores East Asian medicine as an historical, cultural and medical entity. It explores this system of philosophy and science as applied to the practice of medicine, and as a set of interrelated theoretical models and procedures, which form a working clinical system. Specifically, this course will introduce the concepts Yin, Yang, Qi, Blood, Body Fluids, Jing, Shen, Five Phases, Six Qi, Seven Emotions, Channel Theory, Classical Physiology, Constitution, Disease Etiology and Pathogenesis, Treatment Principles, Treatment Prognosis, and Disease Prevention. The theory of origins of disease will be presented in detail. Discussion of these topics will include classical and modern interpretations. This course provides students with a strong theoretical foundation in all areas of East Asian medicine.

### **FDN 102: Histories & Practices of Medicine** **30hrs**

This course will compare and contrast several philosophical perspectives of health and practices of medicine from around the world to help students better understand the broader field within which they practice. Medical traditions covered each term will be selected from among the following: India (Ayurveda), China, Japan, First Nations, Tibet, Africa, Europe and modern biomedicine. Students will also learn about the history and current situation of traditional, integrative, complementary and alternative medicine in North America and internationally. The course final project is a personal history of medicine traditions in one's own family.

### **FDN 103: *Yǎngshēng* Nourishing Life Practices** **45hrs**

This course is a theoretical and practical study of the Nourishing Life traditions of East Asia. It will focus on practices for health and longevity, and how these practices have influenced East Asian medicine. Students will learn the ways that health is connected to seasonal changes. Students will practice meditation, breathing techniques, and qigong exercises that can serve as a foundation for their own cultivation practices through their acupuncture career. With continued practice, they will be able to pass on these practices to their patients. Students will also learn traditional Chinese dietetics, simple herbal recipes for health and prevention, and the basics of nutritional counselling.

### **FDN 201: Channels & Points 1** **90hrs**

This course is the first of two to cover the physiology, pathology and clinical applications of the channel system (經絡 *jingluo*). Students will learn the basics of channel theory, including 寸 *cun* measurements, the directional flow of the channels, the relationships between channels, the layers of skin, vessel,

collateral, sinew and bone, flesh, and the divergent pathways. Students then cover six of the twelve channels in detail. With each channel, students learn the vessel (經脈 *jingmai*) and its points (*shu xue*), collateral (絡脈 *luomai*), sinew (經筋 *jing jin*), cutaneous regions, root and connection (根結 *gen jie*). As they work through each channel, students identify and learn how to use point categories, such as the five *shu*, back *shu*, source, connecting, cleft, front *mu* points, eight confluent, eight influential, crossing points, and ashi points. Practical palpation of the channels, their anatomical structures and points will be emphasized.

## **FDN 202: Channels & Points 2**

**90hrs**

This course is the second of two to cover the physiology, pathology and clinical applications of the channel system (經絡 *jingluo*). Students cover the remaining six channels in detail. With each channel, students learn the vessel (經脈 *jingmai*) and its points (*shu xue*), collateral (絡脈 *luomai*), sinew (經筋 *jing jin*), cutaneous regions, and root and connection (根結 *gen jie*). Practical palpation of the channels, their anatomical structures and points will be emphasized. As they work through each channel, students identify and learn how to use point categories, such as the five *shu*, back *shu*, source, connecting, cleft, front *mu* points, eight confluent, eight influential, crossing points, and ashi points. Extraordinary vessels (奇經八脈 *qi jing ba mai*) are also covered, including their pathways, physiology, pathologies, and treatment points. Commonly used extra points, their locations and their applications, are covered.

## **FDN 301: Chinese Language 1**

**45hrs**

This course introduces students to Chinese language and is the first of three courses that guide them into the classical texts of East Asian medicine in their original context. Students learn the basic components of spoken Mandarin Chinese and written Chinese. They learn and practice 漢語拼音 *Hànyǔ pīnyīn*. Students learn how characters are composed and stroke order. Students then practice writing and pronouncing characters that are foundational for the study of medical Chinese language. They explore the etymology and meaning of these characters to gain deeper insight into the theories and applications of East Asian medicine.

## **FDN 302: Chinese Language 2**

**45hrs**

This course is the second of three to introduce students to the language and classical texts of East Asian medicine. These classical texts are the foundation of all acupuncture and East Asian medical practice, and are required reading for students in Asia. In North America, many practitioners are disconnected from the root of acupuncture practice because we lack the language skills to engage with the classics ourselves. In this course, students dive into the grammar of classical Chinese. They will continue to expand their vocabulary, learning more words that help to unlock the layers of meaning in EAM theory.



**FDN 303: Chinese Language 3****45hrs**

In this final course in Chinese language, students continue their study of classical Chinese grammar and medical characters. They deepen their understanding of classical grammar and expand their vocabulary of medical terms. As students learn more about the language of ancient China, they also learn about its culture. All three of our Chinese Language courses take detours into culture and traditions of China so that students understand that world and people that created acupuncture.

**FDN 401-403: Taijiquan & Qigong 1-3****15hrs each**

This three-course series introduces students to the 108-movement traditional Yang Taijiquan. This practice guides students to experience an embodied awareness of yin and yang and their transformation. It brings to life the theories of East Asian medicine and promotes the harmony between mind and body that is necessary to become a *Shàng gōng* 上工 or superior physician, as described in the *Neijing*. Students learn the beginning of the Taiji form, a self-contained exercise that they will be able to practice start to finish on their own. Boxing applications are introduced and practiced as applicable to help students clarify their intent in specific movements of the exercise form. Each class includes short warm-up exercises, a simple *qigong* routine, exercises for studying body mechanics, solo practice of the Taiji form, and group practice of the Taiji form.

Upon completion of this series, students have the option to continue their study of the Taiji form and boxing applications, and ultimately enter a teacher's apprenticeship course to become a certified Yang Taijiquan instructor.

## Diagnosis & Treatment: 585 hours

### **DAT 101: Clinical Safety**

**15hrs**

This course teaches students how to practice health care safely in and out of a clinical setting. Safety in the clinic is covered in detail, including cleaning, disinfecting and sanitizing, adverse events in acupuncture practice (fainting, fatigue, hematoma, broken needle, stuck needle, organ puncture), as well as patient precautions and practitioner precautions that minimize the risk of infection and injury. Students learn how to set up a clean field and how to assemble a travel kit to be able to practice safely on home visits and emergency settings.

### **DAT 102: Manual Techniques**

**45hrs**

This course teaches students to use their hands for therapeutic effect. Manual techniques are an indispensable part of medical treatment in the *Huángdì nèijīng*, an asset in modern clinical practice, and essential to help people when acupuncture needles are not available or not appropriate. In this course, students study a variety of manual techniques, including 刮痧 *guāshā*, cupping, and 推拿 *tuīná* massage. The use of oils and liniments is also covered. Students learn how to use manipulate soft tissue, bones and joints to treat musculoskeletal conditions and internal disorders.

### **DAT 103: Diagnosis in East Asian Medicine**

**90hrs**

This course introduces the foundations of East Asian medical diagnostics. Students learn techniques for gathering information according to the Four Methods of Diagnosis: observation, osculation/olfaction, interrogation and palpation. Students spend extensive time studying and practicing a rich system of classical diagnosis using pulse and channel palpation from the *Huangdi Neijing*. Students learn tongue diagnosis, a key component of modern TCM diagnostics. Students practice taking a detailed medical history, learning how to ask questions and follow a line of clinical inquiry that leads to an actionable diagnosis. Woven in with practical diagnostic skills are the theories that organize that information. Students learn the foundational diagnostic theories of East Asian medicine, and practice applying them through simple case studies.

### **DAT 201: Techniques & Traditions 1**

**45hrs**

This course is the first of three to expose students to the techniques of acupuncture practice. Students begin with aseptic needle technique to ensure a foundation of universal precautions and safe practice. From here, students learn approaches to treatment described in the *Huángdì Nèijīng*. All East Asian medical traditions are rooted in the *Nèijīng*, so this is where students will begin their study of the practice of acupuncture. Students learn how to hold a needle safely, prepare the channel and the site of treatment, and monitor the patient during the treatment. Extensive time is spent practising methods of supplementation, reduction, and the techniques of the 官鍼 *Guān Zhēn* (Lingshu 7). Students are introduced to non-insertion needles, bleeding and plum-blossom needling. Moxibustion techniques are practiced alongside discussion of the relationship between acupuncture and moxibustion in clinical

practice. Passages from the *Nèijīng* and the 針灸甲乙經 *Zhēnjiǔ Jiǎyǐ Jīng* are analyzed to illustrate when and how to apply specific techniques. Retention time, flow of a treatment, and treatment dosage are also explored.

### **DAT 202: Techniques & Traditions 2**

**45hrs**

Building the study of the foundational acupuncture tradition described in the *Huángdì Nèijīng*, this course is a practical exploration of the unique acupuncture traditions of Japan. Students learn the palpation-based assessments that drive diagnosis in Japanese acupuncture. Students get extensive practice with various methods of filiform needling techniques, including superficial and contact needling, direct and indirect moxibustion, and the use and applications of non-insertion needles— the *teishin*, *enshin* and various *shonishin* tools. Japanese acupuncture is known to be gentle and well-tolerated by the most sensitive patients. It is an excellent clinical skill for treating children, elders, needle-phobic individuals, and anyone with a sensitive nervous system.

### **DAT 203: Techniques & Traditions 3**

**45hrs**

In this final instalment of Acupuncture Traditions, students explore a third practice method that will expand their clinical skillset. The focus of this course will be on distal treatment methods as well as microsystems. The ability to treat a patient exclusively using points below the elbows and knees is indispensable for a practitioner interested in practicing Community Acupuncture. Community Acupuncture (CA) is a model of delivery that allows a practitioner to see multiple patients at once in an open room, thereby lowering the cost to each patient and making acupuncture care accessible and safe for a wide range of people. There are various schools that utilize the distal approach. The approach that is taught in this course will vary depending on the instructor, and may include: Korean Sa'am acupuncture, Balance Method, or Master Tung Acupuncture.

### **DAT 301-307: Therapeutics 1-7**

- **Internal Medicine**
- **Orthopedics**
- **Mental Health**
- **Women's Health**
- **Pediatrics**
- **Complex Diseases**
- **Dermatology**

The Therapeutics series are capstone courses in the development of a practitioner's diagnosis and treatment skills. Therapeutics 1-7 cover the etiology, pathology, differential diagnosis, treatment interventions, and treatment planning for a wide range of pathologies that may appear in an acupuncturist's practice. Diagnostics and treatment will be explored from an East Asian medical perspective, with links to the Western medical frameworks that are studied in depth in BIO 201: Pathophysiology 1 and BIO 202: Pathophysiology 2.

Therapeutics 1 covers Internal Medicine, Ophthalmology, and Otorhinolaryngology. This course lays the foundation for putting together Diagnosis and Channels & Points from Year 1 into coherent treatment plans for our patients. (90hrs)

Therapeutics 2 covers Orthopedics, studying the theory, pathology and practical techniques for treating the most commonly seen musculoskeletal complaints in clinical practice. (45hrs)

Therapeutics 3 covers Mental Health, including specific strategies to address mental health concerns in a modern clinical setting and to support a patient holistically through the practice of acupuncture and East Asian medicine. (15hrs)

Therapeutics 4 covers 31 Women's Health conditions as well as classical and modern East Asian medical perspectives on pregnancy, birth, menstruation and menopause. (45hrs)

Therapeutics 5 covers the diseases and treatment techniques unique to Pediatric acupuncture. (30hrs)

Therapeutics 6 covers special considerations that an acupuncturist must be familiar with when treating complex and recalcitrant diseases. The course looks at East Asian medical theory and acupuncture treatment in the context of integrative cancer care, autoimmune disease and post-viral illnesses. (45hrs)

Therapeutics 7 covers conditions related to Dermatology and practical training in facial rejuvenation/cosmetic acupuncture. (30hrs)

## Biomedical Sciences: 270 hours

### **BIO 101-BIO 103: Anatomy & Physiology 1-3** **45hrs**

This is a three part course to offer students an in-depth study of the body's skeletal, muscular, nervous, respiratory, digestive, urinary, reproductive and endocrine systems. The course offers an explanation of the normal structure and functions of the human body, from microbiology to the cellular level to tissues, organs and multilevel systems. As students study the skeletal, muscular, nervous and vascular systems, they practice palpating those tissues to help them find and be familiar with important anatomy when they are performing acupuncture treatment.

### **BIO 201: Pathophysiology** **45hrs**

Building on foundational studies in Anatomy and Physiology, this course examines the etiological and pathological mechanisms of disease in the human body and the relationships between separate body systems. Students explore the essential concepts of major diseases and disease processes, and how to apply these concepts to real-life situations and clinical practice. Pharmacological and surgical interventions are discussed with particular attention to how these therapies interact with acupuncture treatment. Students are introduced to the latest research and trends in human disease. Students additionally learn to read and evaluate clinical trials and medical research papers. Students learn to recognize medical red flags in detail and to identify when a patient needs to be referred to another health care provider or sent to the emergency department.

**BIO 202: Assessment 1**  
**45hrs**

This 2-part course will focus on Western medical diagnostic skills and laboratory testing methods. Students will have the opportunity to develop strong differential diagnosis skills and feel confident in identifying red flags, making referrals and communicating with other medical professionals. The focus will be on practicing physical exam skills in the process of developing a differential diagnosis for common diseases. Students will learn which labs and imaging are useful for common diseases and will be introduced to their interpretation and clinical relevance. The course will review history taking and identification of Western medical diseases.

**BIO 203: Assessment 2**  
**45hrs**

This 2-part course will focus on Western medical diagnostic skills and laboratory testing methods. Students will have the opportunity to develop strong differential diagnosis skills and feel confident in identifying red flags, making referrals and communicating with other medical professionals. The focus will be on practicing physical exam skills in the process of developing a differential diagnosis for common diseases. Students will learn which labs and imaging are useful for common diseases and will be introduced to their interpretation and clinical relevance. The course will review history taking and identification of Western medical diseases.

# Professionalism & Practice Management: 180 hours

## **PPM 101: Therapeutic Relationship & Medical Ethics** **45hrs**

This course teaches students how to develop and maintain positive therapeutic relationships with patients and within inter-professional teams. Theoretical components of this course are balanced by practical exercises to support their application in clinical practice. Professional ethics and Trauma-Informed Care are at the core of this course. Students explore how trauma affects health and health care delivery, and how they can practice with universal ethical guidelines in relation to trauma. Self-care and prevention of “compassion-fatigue” is addressed throughout the course. Students practice mindfulness and embodied techniques for developing personal awareness and building a personal self-care practice to carry them through their professional career.

## **PPM 201: Acupuncture Practice Management** **45hrs**

This course provides students with the information they need to apply their acupuncture training in a professional manner in a variety of clinical settings. The emphasis is on practical application of business and professional skills and information necessary to provide acupuncture health care to an ever-growing population of patients. National and local jurisprudence requirements are covered.

## **PPM 202: Business Management** **45hrs**

This course focuses on the practical aspects of setting up a medical practice, including administration, maintenance, office management, marketing, advertising, and business planning. Students will learn the step-by-step procedures for completing legal documentation, billing, and working with insurance companies, worker's compensation and professional associations. Students will discuss current regulatory policies and guidelines set out by provincial regulatory bodies in Canada for the legal and safe management of an acupuncture business. Students will learn how to make a business plan and carefully structure a marketing strategy from leaders in the field. This course also provides strategies for maximizing efficiency in the office, using digital and analog tools to streamline communications, billing, taxes and more.

## **PPM 301: Comprehensive Review** **45hrs**

This course is a capstone of the student's training, summarizing everything they have learned in the Diploma of Acupuncture program and framing it within the context of entry-to-practice examination in Canada and the United States. This course will also explore best practices for standardized testing, including time management, process of elimination, finding clues in the question, and study strategies. Students will use practice exams and timed exercises to hone their test-taking skills and draw their TCM knowledge to the tips of their fingers.



## Clinical Training: 660 hours

### **CLT I-II: Clinical Observation**

**120hrs**

Clinical training is the bedrock of the Diploma of Acupuncture. Autumn Institute of Health maintains a high teacher-to-student ratio to ensure high quality hands-on training and safety for the public. In the first three sections of a student's clinical training, students observe how the clinic supervisor and senior students interact with patients throughout the clinical encounter, conduct differential diagnosis, and employ all the tools and techniques of a classically-trained acupuncturist. While participating in direct patient contact, the role of a clinical observer is to watch, take notes, and think of questions to later ask their instructor, lead intern, or textbooks. Clinical observers may also help assistants clean common spaces and manage clinic inventory. Learning how to take notes and write case studies is a core part of clinical observation, laying the foundation for success in clinical practice.

### **CLT III-V: Clinical Support**

**180hrs**

Clinical Support transitions students from an observer to student intern through the role of clinical assistant with direct patient contact. As an assistant, the student helps the supervisor and/or student intern with booking and billing. Clinical assistants also help clean the treatment room and common spaces and manage inventory. As their classroom learning progresses, assistants may be called on to perform *tuina* massage, cupping, *guasha* and moxibustion on patients. Assistants are given opportunities to check objective signs, such as tongue and pulse, and collaborate on diagnosis and treatment with their peers and supervisor.

### **CLT VI-XI: Clinical Internship**

**360hrs**

Clinical Internship is the largest portion of a student's clinical training. This is where a student practices and hones their skills as an acupuncturist through direct patient contact. Clinical interns lead their peer group through the intake, diagnosis, plan, and treatment. With ongoing support and guidance from their supervisor, interns are responsible for the care of their patient. Interns become proficient in all clinical skills required for entry to professional practice according to the entry-level core competencies of CARB-TCMPA.



# Admissions

## Requirements

- High school diploma or equivalency test
- Minimum of 70% in related language and science courses
- Two (2) years of post-secondary education, or equivalent professional experience
- Written and spoken English language competency (applicants may be requested to submit an official score report from an English proficiency exam such as TOEFL or IELTS)

## Admissions Process

We encourage you to learn about acupuncture and AIH prior to applying. If term is in session, you can sit in on a class and get a treatment at the Teaching Clinic. This is a fantastic way to see if a career in acupuncture might be right for you. You are also welcome to contact us for a meeting to answer all of your questions.

The next step is to complete and submit an application. If a space is available for you, you will be invited for an interview. If accepted into the program, a \$500 deposit is required to secure your position. The deposit will be applied towards your first term tuition.

## Transfer Credits

Transfer credits may be granted for equivalent courses completed at another educational institution. Transfer credits must be requested and applied for prior to the start of the student's first term at AIH.

A student must complete at least 50% of their program hours at AIH to be eligible to receive a diploma from AIH.



# Tuition & Financial Aid

Career training is an investment in your future. AIH offers the most affordable Diploma of Acupuncture program in Eastern Canada to help people get started on their new career on better footing.

AIH's program is structured to allow students to work part-time throughout their studies.

Financial aid is available in the form of payment plans and grants. Payment plans are available to everyone. Grants may be applied for when you apply to the program and at the start of each term. Grants are provided based on need and availability.

## **Base Tuition**

Full-time or part-time: \$215/credit

Auditing for current students and alumni: \$85/credit

The Diploma of Acupuncture Program has a 148-credit curriculum. The total tuition is \$31,820. Transfer credits reduce tuition by the total number of credits granted.

## **Payment Plans**

Students may request a payment plan to spread out tuition payments across the term. Arrangements are to be made each term prior to the start of the term. Contact us to learn more.

## **Student Assistance**

Students in Nova Scotia can apply for provincial and federal student assistance here: <https://novascotia.ca/studentassistance/>. Autumn Institute of Health's EI code is: HPGC.

Students outside of Nova Scotia can apply for student assistance through their home province.

Federal grants for full-time students, part-time students, students with children, students with disabilities are available here: <https://www.canada.ca/en/services/benefits/education/student-aid/grants-loans.html>

Students may also receive a Student Line of Credit from their bank to cover education costs. AIH can issue a letter of enrolment for this purpose.



# **A Career in Acupuncture**

## **Growing Demand for Acupuncture**

Acupuncture and East Asian medicine have been growing rapidly and consistently. Globally, the acupuncture market is booming at 14% growth per year. Back in 2016, 22% of Canadians had used acupuncture. That number has only grown but there are still many people who know very little about acupuncture, and are looking for solutions to their health problems. This means that there are a lot of potential new patients looking for a practitioner who can help them.

## **High Job Satisfaction**

Acupuncturists have a high degree of autonomy and flexibility to shape their career how they want. The work also tends to align closely with personal ideals and values, which creates high

job satisfaction. For example, a 2020 survey of massage therapists in Ontario found that those who got additional training in acupuncture reported higher income, better clinical results and greater job satisfaction.

## **Good for Your Health**

Learning to heal others means that you are also learning to heal yourself. You will also build a network of health practitioners who can help you, as much as your patients, on your own healing journey. AIH emphasizes self-care, a healthy lifestyle and work-life balance, even in the busy days of being an acupuncture student.

## **Lifelong Learning**

You can learn to safely and effectively practice acupuncture in a 2-year diploma program. Then, if you want to, you can spend a lifetime going deeper in your skill and understanding, getting better and better as a clinician, entrepreneur, teacher and health coach. In a 2000-year-old tradition, there is always more to learn!

## **Make a Difference in People's Lives**

Our main goal as acupuncturists is to alleviate suffering and improve our patients' quality of life. Usually, we help one person at a time to feel better and live a fuller life. Acupuncturists can also have a broad impact through online courses, public workshops, community acupuncture clinics, acudetox groups, health advocacy, and more. The sky is the limit.

As an acupuncturist with a strong foundation in the philosophy and wellness practices of East Asian medicine, AIH graduates are ideally positioned to be leaders in the field of health and wellness. This creates career opportunities outside of clinical practice as a teacher, an influencer, a health coach, and more. The knowledge of an acupuncturist blends well with other health care practices, such as physiotherapy, osteopathy, homeopathy, chiropractic, cranio-sacral massage, and naturopathy.

Graduates of the Diploma of Acupuncture Program receive the highest level of acupuncture training in Canada for both clinical efficacy and business skills. Yet Autumn provides much more than career training. Autumn is a sanctuary from the hectic buzz of today's stress and anxieties. It is a place where kindness, support and healing are both taught and practised.

Graduates of its diploma programs, patients at its teaching clinics, and participants in all of its offerings find a feeling of belonging, community, and inspiration for the future and their place in it.



## Educational Accreditation

In 2020, the national regulatory body for acupuncture and East Asian medicine, CARB-TCMPA, convened a committee to establish rigorous educational standards for colleges across Canada. CARB-TCMPA is also responsible for the Pan-Canadian board examination, required of all practitioners in regulated provinces. The CARB-TCMPA educational accreditation details standards for not only the content of the curriculum, but also for administrative policies, student supports, faculty, physical requirements and program evaluations.

AIH Director Henry Claflin was a member of this committee, helping to define excellence in acupuncture & East Asian medical education.

As of 2025, educational accreditation is in the final stages of development. When it is launched, colleges that become accredited will represent the highest standard of practice in the field.

Learn more at <https://carb-tcmpa.org/accreditation/>.



## Living in Nova Scotia

Nova Scotia is a perfect place to study nature-based medicine. We have a unique balance of culture and events in Halifax with abundant near-by access to nature, including ocean beaches, parks of all sizes, hiking trails, and hundreds of excellent lakes for swimming, canoeing, and more.

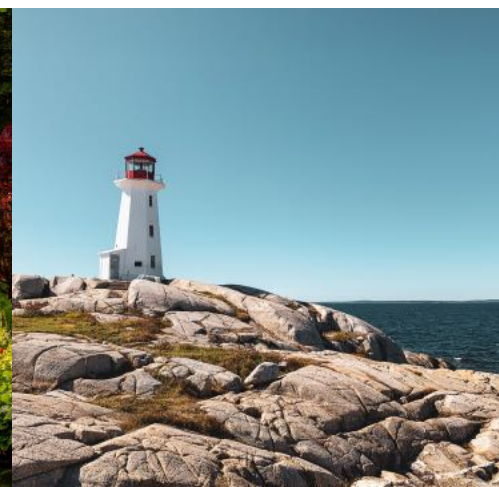
AIH is located in Lower Sackville, part of the Halifax Regional Municipality and a 20-minute drive from either downtown Halifax or downtown Dartmouth. It is minutes away from parks, restaurants and amenities.

Downtown Halifax is a vibrant city with a small town feel. The arts and music scene always has something new. The Neptune Theatre, Shakespeare by the Sea, The Theatre Arts Guild, and numerous dance companies keep the stages busy year-round. Annual festivals get the city bustling through the summer, from the Atlantic International Film Festival to the family-fun Busker Fest, and more. There are many active ethnocultural groups to help welcome newcomers and share their heritage with the increasingly diverse population. Beginning in 2022, indigenous communities collaborated with the City of Halifax to put on KANA'TA, a celebration of indigenous culture with a free concert series, a *mawio'mi* (traditional gathering) on the Halifax Commons, and fireworks through the night.



Above: KANA'TA summer concerts, the Atlantic Ocean at King's, Nova Scotia (Tim Foster on Unsplash).

Below, left to right: the harbour in Lunenburg (Livia Widjaja on Unsplash); the Public Gardens in Halifax (Jan Walter Luigi on Unsplash); the lighthouse at Peggy's Cove (Tobias Negele on Unsplash).







## Regulation and Associations

Graduates of the AIH Diploma of Acupuncture are eligible to write the Pan-Canadian Examination in Canada and can apply to write and join NCCAOM in the United States. AIH's curriculum meets and exceeds the standard of entry-level acupuncture training in North America.

Forty years ago, acupuncture and East Asian medicine (EAM) was a little known practice in Canada. Since then, acupuncture has become mainstream and widely used in many areas of North America and Europe. The curriculum for a Diploma of Acupuncture has become largely standardized, especially in jurisdictions where graduates must pass the Pan-Canadian entry-to-practice examination before they can practice professionally.

In Canada, six provinces regulate the practice of acupuncture: Ontario, British Columbia, Alberta, Newfoundland & Labrador, PEI, and Quebec. In these jurisdictions, a regulatory college acts on behalf of the provincial Ministry of Health for the purposes of protecting the public and ensuring standards of practice. A major role of regulatory colleges is to issue an entry-to-practice examination that tests whether a potential acupuncturist has acquired the training and knowledge to safely and competently practice acupuncture on members of the public.

In provinces without a regulatory college, which includes Nova Scotia and New Brunswick, there are professional associations that vet incoming acupuncturists. There are multiple associations in each province—new graduates are encouraged to do their research and talk with various associations to learn more about each one. Membership with an association is required for insurance billing and is a vital part of supporting professionalism and best practices.