

## Fertility seminars

\*\*\_\*\*\*\* acu/chm 10-100 1995-09/various

This very full 2 day seminar was based on an update and synthesis of my teaching and personal study materials from the previous 2½ decades during which fertility has been a major speciality in my practice. Can be split into stand-alone sections that can be mixed & matched:

- biomedicine and fertility
  - Female differentiation and treatment—chm or acu
  - Male differentiation & treatment
  - BBT chart interpretation 1.5 hour
  - Artificial cycle by TCM, adapting treatment by cycle phase
  - IVF/ART support by acu or chm
  - Tx of “Biomedical issues”; PCOS, Endo, LUFs, etc.
  - Treatment of habitual & acute miscarriage (mainly chm)
- These sessions vary between 1.5 hrs & 1/2 day.

## Care of Cancer Patients with CHM *or* acu

\*\*\*\_\*\*\*\* acu/chm 6+ hrs 10-100 1993/30+

Provides an overview of the modern TCM approach to the treatment of cancer patients. Includes overview of WM understanding and classification of cancer and recent developments in understanding of cancer cell biology. Outline of modern “TCM” view of aetiology and pathology and generalised differentiation. Treatment of side effects of chemotherapy and radiotherapy, supporting zheng qi to improve survival time and quality of life, a look at the pharmacology of some of China’s prime “anticancer” medicinals. Of necessity this seminar has some biomedical component. *Either* acu and chm versions are offered. Gets excellent feedback.

### Other Titles:

## Cutting through complexity

\*\*\*\_\*\*\*\* 3-6 hrs acu/chm 10-60 1998/6

Explores historical approaches to complex “knotty disorders” taking in historical styles such as those of: Zhang Zhong-jing, Li Gao, Zhu Dan-xi, Zhang Jie-bin, etc. Separate versions for acu and chm.

## Dosage is the secret that cannot be taught

\*\*\_\*\*\*\* chm 1-1.5 hrs 10-200 2001/5

Argues that modern CHM practice often employs a narrower dose range than is appropriate in many cases. By reference to the historical literature and to clinical experience of prescribing CHM’s I conclude that some patients respond to doses that might be considered ineffectual in modern China, whilst others require doses in excess of the bencao recommendations.

## Zhang Cong-zheng & the Gong-xia School

Promotes the work of this famous Jin physician. 2 hrs \*\_\*\*\*\*

## Researching TCM Explanatory Models

Summarises research that helps validate TCM diagnostic models. 1-2 hrs \*\_\*\*\*\*. Based on my Masters thesis work of 2000.

## Profile

A senior teacher, practitioner and scholar of Chinese medicine I am now well into my third decade working in this field. I gave my first practitioner seminars in the mid ‘80’s using material on CHM I had falteringly translated from Chinese using a dictionary. Luckily, teaching at the NCA in York in the past 17 years and giving numerous seminars has given me a lot more practice and I eventually improved my act. It is now unusual for me to present a duff session. Formal and informal feedback from my sessions is rarely short of excellent so word of mouth means they book up well and there is often a waiting list for some sessions. I may be one of the UK’s most prolific seminar speaker doing numerous “gigs” each year. I feel that the best learning happens when it is fun, it is possible to be taught using stealth tactics so I use humour, graphics, political incorrectness and a touch of silliness to lighten otherwise heavy material.

### Academic Background/CV Precip

- BSc (honours) physiology Bristol Med. School 1977
  - & pharmacol., biochem., reproduction, etc.
- BA. ICOM UK ’81-’84
- 84-’86 Self studied CHM & medical Chinese, translated data on prepared CHMs (no texts in English available), presented seminars on this. In 1<sup>st</sup> 5 westerners practicing CHM in UK.
- ’86-’88 Studied CHM with Ted Kaptchuk
- ’90 & ’92 Clinical internments Shanghai
- ’93 Course director & set up UK’s 1<sup>st</sup> Acupuncture College-based course in CHM at NCA York. Taught most of syllabus. Worked with Randall Barolet. Course later became 1<sup>st</sup> in UK, (& Europe?) to be university accredited Master of Science degree.
- 1998 elected Fellow of RCHM (UK)
- 2000 MSc in TCM (distinction) (science of TCM explanatory models)
- 1993-’09 variously senior lecturer, research student supervisor, CHM course director, Reader in TCM at NCA York
- Publications: about 20 articles in various CM journals
- Current posts: External Examiner (Masters level CHM) University of Westminster & University of East London. EE for Skolen for Akupunktur Copenhagen, DK. Member of research Committee British Acupuncture Council.

Current activities: About 4 books nearing completion. Some articles in preparation. Regularly presenting seminars & workshops.

Charles Buck

# CHINESE MEDICINE SEMINARS

*prospectus*

Charles Buck

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“With good government subjects barely notice their governance  
With good teaching students are unaware of their learning.”  
Lao Zi

As one of the UK's most prolific and long-standing Chinese medicine educators I have built up an extensive repertoire of seminars and workshops at both undergraduate and post-grad levels. All presentations use Powerpoint and most employ extensive handouts where appropriate. This leaflet outlines some of my current offerings. For brevity data is coded using the following system

- 1-1.5hrs typical length of session:
- Acu suitable for acupuncturists
- CHM suitable for Chinese herbalists
- \* for those with little TCM knowledge
- \*\* mainly undergraduate level
- \*\*\* early post-grad
- \*\*\*\* higher level post grads
- 20-30 appropriate group size
- 1992/6 1st presented/number of times since

Suggested text for flyers and adverts is available as are various styles and lengths of biographical info.

In addition to the sessions outlined here I have taught various theory and disease orientated acupuncture sessions plus the entire syllabus the full CHM training at undergraduate and Masters level.

### Who Invented Bagang? (New!)

\*\* to \*\*\*\* acu/chm 0.5-1hr 5-200 2009/1

A brisk and lively journey charting the milestones in the development of Bagang from pre-Han dynasty to today

"Your bagang talk was a highpoint for me in Rothenburg this year" Arya Nielson, by email.

### Refreshing our Needle technique

\* to \*\*\* acu 6+hrs 10-24 2005/20+

Reviews & refreshes all aspects of basic modern acupuncture technique. Starts with needling as taught in TCM training in China. Moves on to more advanced techniques of qi propagation and two or three other advanced techniques. Roughly 50% of time spent on needling practice.

A more detailed version can be run for 2 days, a cut-down 2-3hr version omits live practice and just uses presentations, videos and practice pads.

A "best seller" seminar that always gets good feedback.:

Difficult to find fault. Both content and presentation were excellent. MD Charlie's style is great – helpful and informative and easy to listen too. An excellent presentation – very clear and concise LC Charlie's easy rapport with the group was the best thing – his confidence without being super-egotistical. SL Very good powerpoint and video demos of the different needling techniques Esp. good was the balance between theory and practical was perfect (most seminars err on the theoretical and leave you interested but unable to apply in practice – the practical bias on this day made it extremely valuable.) JH

### Understanding Herb Pairings

\*\*\*to \*\*\*\* chm 6hrs 10-50 2001/6

Intended to deepen understanding of herb dynamics and interactions. Looks at the various classical rules of herb combining illustrated with general examples and translated material unavailable elsewhere from a detailed Chinese source. Participants have the opportunity to develop their understanding of the ways of thinking and terminology employed by Chinese physicians ancient and modern in herb combining.

Dear Charles Thank you for your handout - and for the nice perspective of herb pairs. That makes me wake up in my rusty herb thinking. - Strange feeling: I observe I have improved with no effort - like wine - nice feeling. Have a beautiful summer . Joachim Hauser, (Chair of Danish TCM association)

### What the hell are the mysterious mansions? (New!)

\*\*\* - \*\*\*\* chm 0.5-1 hr 5-200

Explains the origins, meaning and application of xuan-fu theory to thrill seekers.

Xuanfu (mysterious mansions) theory has been developing quietly since its first mention in the Suwen. Jin dynasty physician Liu Wansu revived it in the Jin dynasty as part of his Hejian school/style and it has gradually matured since. A hot topic in modern China it is considered especially important in sense organ and shen problems as well as at the refined end of general medicine. Internet searches in English come up blank on this, but in Chinese we find that numerous papers have been published. This session is based on the presenter's interpretations of qiji and couli theory mixed with translations of contemporary reviews of xuanfu theory by Chinese experts.

### Moxa & Cupping Magic

\*\* - \*\*\* acu 6 hrs 2006/3

Aims to review and enhance understanding of moxa & cupping using mixed lecture, powerpoint videos and practicals, 11 page moxa handout, 5 page cupping handout.

Venue requirements include data projector treatment couches, general moxa & cupping equipment, fire safety & ventilation considerations. I provide some equipment. Full requirement list available on request.

Feedback: NCA York 2006 - 94% rated as good or excellent

### How do Masters Become Masters?

\*\*-\*\*\*\* acu/chm 6hrs 10-30 2008/3

This session aims to define mastery in Chinese medicine and identify the learning and skills that traditional masters have that we might aspire to; also how we can more knowingly begin to acquire them in a way that is also authentically our own. Apart from discussing traditional skills expected of master practitioners we look at contemporary clinical skills based on NLP; rapport, belief, gaining compliance, plus insights drawn from studies of skilled biomedical doctors.

"a wide-ranging, intelligent, thought-provoking seminar – it will stay with me. The only 7 hour seminar in which I've not felt like going to sleep!" PP  
 "thoughtful, inspiring on the ways to improve my clinical practice" – RN  
 Entertaining, interesting and always relevant. Honest and sincere delivery with good humour. PS  
 Lots of wit with the wisdom. GH  
 Charlie was tackling a very important topic which needs exposure both at undergraduate and postgraduate levels. Really glad I came – I feel inspired again!EI