



# Balance System of Acupuncture

## Based on a long lineage of ancient, authentic teachings.

Begin your professional development today with Langara College. Earn a recognized certificate in this highly specialized area of acupuncture, from a recognized public post-secondary institution. Medical doctors, Naturopaths and Registered Licensed Acupuncturists will find this program's applications an important addition to their practice. The Balance System of Acupuncture, expands on The Channel Theory, exploring practices to effectively deliver more immediate, lasting results.

### History

First discovered as "The Balance Method" in ancient, classic Chinese medicine texts, Dr. Chao Chen published these historic Channel Theory based practices in 1970 and at the same time began to teach these methods to a professional audience. The Balance Method was further refined by Dr. Richard Tehfu Tan, OMD, LAc, who recognized this practice as a more in-depth and refined way to utilize Channel Theory with efficient results. Through Dr. Tehfu Tan, and senior student colleagues like Dr. Sonia Tan, this method has become increasingly popularized, with its teachings expanding to a broader global audience.

### Benefits

- Improve your clinical outcomes with higher efficiency and with more consistent, quicker results
- Discover an effective, logical system for the application of acupuncture
- Instructor, Dr. Sonia F. Tan: A well-practiced, experienced clinical professional whose training was received directly from Dr. Richard Tehfu Tan
- Small class sizes for enhanced and personalized training
- Weekend classes to support out-of-town and working professionals
- Eligible for 95 CEUs with the CTCMA and CNPBC
- Receive a Balance System of Acupuncture certificate from a recognized public post-secondary institution
- Work with like-minded colleagues to grow your knowledge in this evolving practice
- Improved knowledge and competency in a specialized area of acupuncture

### Program Purpose

To provide:

- Practitioners with all levels of this specialty, the confidence through didactic and clinical hours, competency testing, and finally a completion certificate awarded to successful graduates.
- A small enhanced learning environment.
- Ongoing professional development.

### Program Purpose cont'd

- Clinical hours through a Grand Round environment
- A quality and organized educational institutional environment of learning.
- A program whereby practitioners such as Registered Acupuncturists, MD's, ND's and others that have taken the basic foundations, can elevate and deepen their practice and improved their clinical outcomes.
- A flexible approach to completion. Some course entrance is permitted to those who have completed previous modules in the past, provided they successfully pass the equivalent challenge exam.

### Program Outcomes

This certificate program will provide further learning and development of Acupuncture style of the Balance System of Acupuncture, and help improve clinician's treatment outcomes. A student who successfully completes this course will demonstrate the ability to:

- Diagnose using the channel theory and the Balance System of Acupuncture.
- Explain and apply the use of the channel theory and the Balance System of Acupuncture and all its strategies.
- Describe and demonstrate the areas and strategies of the Mirror and Imaging concepts.
- Safely locate and needle acupuncture points using the Balance System of Acupuncture approach.
- Explain and perform Balance System of Acupuncture points and techniques.
- Assess, strategize and apply the use of the Balance System of Acupuncture in professional clinical practice to a variety of clinical cases, ranging from musculo-skeletal and internal medicine conditions.
- Compose and formulate safe and effective therapeutic plans incorporating the Balance System of Acupuncture.

The courses will award Continuing Education Units [CEUs] with the College of Traditional Chinese Medicine Practitioners and Acupuncturists of British Columbia (CTCMA). Total program CEUs with the CTCMA is 95 CEUs.



## Course Descriptions

### Certificate Prerequisites:

#### Single Systems: Balance System of Acupuncture 1

This course provides the basic foundations of five main systems of the Balance Method/System. The systems are rooted in the concept of healing the body by balancing meridians. Student will learn the history of the Balance Method/System, the basis of each of the Five Systems, and the logical processes for determining the meridians to acupuncture, including an easy-to-use format to outline the treatment plan.

#### Multiple Systems: Balance System of Acupuncture 2

This class will discuss treatment of functional and internal disorders and how to treat them with multiple systems of the Balance System of Acupuncture. Students will expand on the knowledge from Module I, to include treating internal medicine disorders, including the discussion of complicated cases that include both MSK pain and functional internal disorders. The mirror and imaging format will be further discussed as well as advanced treatments such as an Eight-Meridian and Four-Meridian combos.

### Certificate Program: (Levels 1 & 2 required for entry into Certificate Program)

You must register and pay at the same time for all courses in the certificate program BSAP1103-1109

#### Channel Conversion: Balance System of Acupuncture 3

Expand your knowledge on applications of Balance System of Acupuncture with discussions on a variety of internal syndromes using “Channel Conversion”. Further explore the relationships of the channels to the Guas of the I-Ching and Multiple System balances. Review the history of Zang-Fu diagnosis used for herbal diagnosis and treatment, and how to equate their Zang-Fu diagnosis with a Meridian diagnosis in order to devise effective acupuncture treatments. Case review of practical application of Channel Conversion is included.

#### The Twelve Meridian System: Balance System of Acupuncture 4

Discover an in-depth explanation of Dr. Richard Tehfu Tan’s Strategy of Twelve Meridian Points/System designed to treat the entire body by regulating all 12 meridians. This strategy was designed specifically for complicated pathological conditions by applying a unique combination of all twelve meridians, the Five Transporting Points, the Mirror/Imaging Format, Four Segment Timing, and the Yin/Yang Balancing Dynamic. Includes detailed discussions of concepts to provide a clear understanding of the methodology behind the strategy.

#### Five Phases Balancing: Balance System of Acupuncture 5

This course combines the theories behind two effective acupuncture systems: Five Phase Acupuncture and the Balance System. Attention is paid to which elements are associated with specific hexagrams of the I-Ching; how to balance these hexagrams using the Balance System. Advanced concepts of tonification and sedation and how these concepts can be applied to stubborn cases of stagnation. Case studies will be used to assist participants in a thorough understanding of this advanced system.

#### Balance in the Seasons: Balance System of Acupuncture 6

Expand your knowledge and application of the Balance System and discuss Seasonal and Four-Section timing. This is an advanced method of point selection based on the rhythms of nature, and the five shu-transporting points. Focus on the understanding of the I-Ching, and how a balance in the seasons is created by using the hexagrams of the I-Ching with Acupuncture meridians, in order to treat a variety of disorders.

#### Combinations and Cases: Balance System of Acupuncture 7

Touch on all of levels and methods of this System and what types of disorders are more suitable to certain methods. Many modern-day diseases often have overlapping patterns which include both physical and mental/Shen disorders, requiring a hybrid approach. Discussion will include how it is important to keep focused in each treatment, and specific tonification and sedation techniques to help guide your treatments.

#### Cases and Review: Balance System of Acupuncture 8

Refine your understanding of each module, with an emphasis on practical knowledge, and the use of case studies to bring this advanced knowledge into clinical practice. Discussion will include focusing techniques so the treatment goals can be reached. Students will refine and understand how. The course encourages students to ask questions about their clinical cases and includes group work and discussions to devise treatments.

#### Balance System of Acupuncture Final Exam

Designed to test the understanding and comprehension of the Balance System of Acupuncture modules. Testing components include a review of knowledge that was asked for in homework, quizzes, and presented in lectures. Emphasis on Modules 7 & 8.



## Program Details

### Schedule:

- Course hours: 12-15 hours/course over 2-3 days
- Certificate Program duration: Apr-Dec (1 weekend/month)
- No classes July or August
- 105 hours in length:
  - 71 hours are didactic,
  - 24 hours are clinical grand rounds
  - 10 hours of exams
- Current dates may be found at [www.langara.ca/acupuncture](http://www.langara.ca/acupuncture)
- All courses include an exam that is up to 2 weeks outside of published in-class dates. Exams may take place at the college, or proctored off-site by an approved invigilator.

### Fees:

- Total program fee: \$3800 (\$500/prerequisite course + \$2800 for certificate)
- Prerequisite courses may be paid for individually
- Students must register at the same time for all courses within the certificate program BSAP1103-1109
- Invigilator fee for exam if applicable

### \*Equivalency Exam Challenge:

Please email [soniatan@langara.ca](mailto:soniatan@langara.ca) to provide your equivalency details and to request an exam date.

Equivalency testing fee: \$175 per test.

If writing 2 tests at the same time: \$297.50

## Levels 1 & 2 Entrance Requirements+

To register for BSAP1101 all interested healthcare practitioners must have a license to practice Acupuncture\* within their health care field. Prior to beginning this program you must provide proof of eligibility to [kramdsen@langara.ca](mailto:kramdsen@langara.ca) or [soniatan@langara.ca](mailto:soniatan@langara.ca). BSAP1102 may be taken upon successful completion of BSAP1101 or equivalent. Both these courses are required for entry into the Balance System of Acupuncture Certificate Program. Equivalency challenge exam options are available for these two levels.

\*License to Practice: This includes any health care practitioner that has a minimum 250 hour basic Acupuncture Foundational training (e.g. organ and meridian pathways, acupoint locations, special points and categories, etc.).

## Completion Requirements

- Must successfully pass all 6 Certificate courses BSAP1103 to BSAP1108 plus the final exam (BSAP1109).
- All module test are passed by a grade of 70% or greater.
- All assignments must be satisfactorily completed
- All clinical work, documentation and case study presentations have been satisfactorily completed and graded.
- Successful passing grade of 70% or greater on the final exit exam (BSAP1109)

## Sonia F. Tan: Instructor

Sonia F. Tan is the founder & clinic director of Red Tree Wellness Inc., and a Doctor of Acupuncture and Oriental Medicine, a Registered Acupuncturist, and a Registered Traditional Chinese Medicine (TCM) Practitioner. Sonia obtained her clinical research Doctorate degree with a specialization in Integrative Medicine in Healthy Aging and Longevity from Yo San University of TCM in Los Angeles, California, and was the recipient of the DAOM Distinction Award (for excellence in clinical research and clinical didactic work). She is a graduate of the Doctor of Traditional Chinese Medicine program at the International College of Traditional Chinese Medicine of Vancouver and is also a Certified Gold Level practitioner in the Balance Method of Acupuncture.

## More Information

### PROGRAM COORDINATOR

Karen Ramsden  
[kramdsen@langara.ca](mailto:kramdsen@langara.ca)  
604.323.5926

### INSTRUCTOR

Dr. Sonia F. Tan  
[soniatan@langara.ca](mailto:soniatan@langara.ca)

### REGISTER

604.323.5322

[www.langara.ca/acupuncture](http://www.langara.ca/acupuncture)

The Balance System of Acupuncture program aims to provide a thorough and professional advanced education in specialized Acupuncture medicine.