



WHY THIS COURSE

WHY SHANE MURNAGHAN?

WHAT'S THE DIFFERENCE?

Sports injury, repetitive strain, chronic back pain, car crash injury, stress related injuries, mental and physical, stomach ulcers, or migraines, are very common today and there are many 'cures' out there that are offered and grabbed by people in desperation to get their quality of life back. The skills I teach are designed to fix, prevent, and identify the causes of these phenomenon and from the level of business I see to the results I achieve, I have recorded and built a consistent system of clinical skills to date that keeps my patients well and their recommendations secure. This is the course I teach, with volumes of information from, TCM (Traditional Chinese Medicine), Japanese budo tai jutsu from Ninjutsu, advanced kung fu Qi kung body conditioning, western Cranial structural assessment, Western Anatomy and Physiology, and up to date methods of movement and injury prevention.

To teach to a high degree of competency, to establish a corps of therapists who can resource through each other and my expertise, to create a better system of therapy, better known and consistently available to the public. That is what this course is about. This will happen through respect, integration, good back up, good teaching, and good communication from the outset, there are many courses, but not like this one. Many courses teach principles and often stop short of the character of experience required to be confident after the course, to work on the public and take on an injury and fix it with an assured capability.

The support needed to help therapists, ongoing, can often be minimal. The skills needed to understand the nature of injury can be confusing until presented in an interesting adventurous way. Every injury can be understood very precisely if the diagnosis is thorough and designed to feed back information consistently to the therapist. This way allows the therapist to remain in communication with the injury as well as the patient and achieve real success. As humans are dynamic, adaptive, complicated structures you will often become confused by the patients understanding of their injury by the own explanation. This is because the words and the person don't match, this is often the reason why a person is injured longer than necessary and their recovery is slow. If the wrong approach is adopted then the wrong result prevails, an injury can be 'missed' because the therapist has a limited selection of skills available to his or her treatment. On this course the language of movement speaks louder than words, so its not just a try it and see approach, its an observe, diagnose, intervene, and record ability. The results are far superior. The therapist as a person needs to be trained in skills of observation, engineering, palpation, massage, all area familiarity, the internal structure, external behavior, limb re-integration, five element theory, pulse and tongue, anatomy and physiology, and more advanced skills available on qualification of primary ability. In a nutshell, the course offers a dynamic education in the most potent ways of affecting the body for long term recovery from injury. Shane Murnaghan C.C.A. T.C.M. M.B.R.C.P. I.C.M. B.G.C.C.M (Doctor of Traditional Chinese Medicine hons.) is an experienced, therapist, tutor, and martial artist. He made a choice after 15 years of martial training to explore the more gentle and lesser understood side of the eastern art for the last ten years he has run a busy clinic in Dublin and has seen serious sport injury and crash injuries, he has recovered these people which were considered chronic injured and discarded with repeat prescriptions of pain killers and anti inflammatory medication.

There needs to be a good crossover of skills to which western and eastern physicians can refer in the knowledge of high level recognized care. The traditional medicine systems of the Chinese and Japanese are often referenced in conjunction with miraculous recoveries from many people who have recovered from chronic injury. On realizing and carrying out his chosen career he recognized that many of the eastern arts assume a martial ethic when it comes to people studying the martial/medical aspects of the arts. This can alienate a lot of people who don't have a desire to be immersed in these Oriental martial philosophies. With this scenario not being addressed properly, it allowed confused understanding of techniques to be shrouded in mystery, eastern medicine does not need to be taught that way. Clear teaching and thorough discussion of these previous mysteries can be taught effectively so long as the student is kept thinking and focusing on their own process of learning. We all get told what to learn, when to learn and when to know it. I teach how to learn. How to stay learning, and how to stay enjoying it. This builds confidence in the student to be enabled when it comes to any situation. Often we don't succeed at something because of what we think of ourselves. This course teaches you how to get out of your own way and succeed through simple exact application of skills taught for outstanding results. This in turn will give you huge understanding of yourselves and allow effective consistent execution of your abilities for as long as you choose to use them. So along with a myriad of traditional skills you get the psychological skills as well for mental discipline and peace of mind without being affected by patients injuries and lack of confidence. This system works!, and applying this approach to medicine is a mirror image of what a good martial instructor should instill in his students for life. With great skill, comes great responsibility for self in mind and body. The difference is obvious. The need to compare schools of training and styles of medicine becomes irrelevant, just like martial arts. There will always be different approaches, comparisons will often be made and discussed passionately if not assertively to extremes by some people. Eventually the outcome of these discussions can often be to agree to disagree, one thing is for certain though. If you're damn good at what you do, no matter what discipline one chooses to embrace, that is what sets the marque. You then become your own standard and that is what I promote in my teaching. Remain focused and work consistently and your reputation will go before you, your skills will reflect your application to your training and yourself. Our system will teach you how to negotiate, maintain, and progress your effort with consistent results and considerable satisfaction. No one can take that away, or ridicule it because the success and quality of your work will travel with your patients and they will tell others about you. The greatest honor as a therapist is the position of trust and promotion that your clients will extend to their friends and family, this yields more patients, more business, greater reputation and a sense of confidence based in application of self consistently. This balances the heart and mind and your 'self' generates a prosperous future and a confident person with peace of mind, very martial, very lucrative, very nice.

See you there,

A handwritten signature in black ink that reads "Shane M." followed by a long, sweeping horizontal flourish underneath.

Google me!

TUI NA 2 Year Course

8 Modules (weekends) per year 1st year: 16 hours per module (8 theory + 8 Practical)

Module 1

Tui na History / Yin and Yang / The Three Treasures / Zang Fu Organs / Five Elements / Contra-Indications To Massage / Massage Techniques Home Study Questions

Revision for the next course : Spinal vertebrae; Psoas; Hamstrings and Piriformis muscles.

Module 2

Oral exam from module 1 T.C.M. Diagnosis Continued / Tongue Colour / Tongue Coating / Pulse Diagnosis Switching Using K27-SP21-CVGV-Coccyx / Extra Switching / Ten Chi Jin / Muscle Tests – Contra Lateral Gait – Ipsi Lateral Gait – Psoas – Hamstrings – Piriformis Sacrum and Occiput Relationship / Piriformis Stretch / Sacral Float – (Previous Massage Practice) Home Study Questions Revision – TFL; Quads; Traps; Abductors; Adductors; Lats; Rhomboids; PMC; PMS; Biceps; Triceps; Deltoids

Module 3

Oral exam from module 2 Revision of T.C.M. Diagnosis Muscle Tests – Quads – TFL – Adductors - Abductors Mobilisation of Leg -Knee etc. / Cruciate Ligament Test and Balance Tui na Point Stimulation for Ankle – Knee – Whole Leg Muscle Tests – Lats – Traps - Biceps – Triceps - Deltoids – PMC - PMS Point Stimulation for Shoulder - Elbow - Wrist Massage / Scapula Mobilisation Wing Stretch – Wing Rotation Home Study Questions Revision – The Digestive System, Muscles of the Neck

Module 4

Oral exam from module 3 Movement of the Spine (Law of the Flexible Rod) / Spinal Balance Muscle Tests – Pitch – Roll – Yaw – SCM Point stimulation for Lumbar – Thoracic – Cervicals – TMJ Muscle Tests – Rectus & Transverse Abdominals Stomach Massage (Chi Nei Tsang) / Organ - Emotion Relationship Point Stimulation for Digestive System & Organ Problems Home Study Questions Revision – The Pelvis and its Ligaments and Muscular Attachments

Module 5

Oral exam from module 4 The Body's Centre of Gravity / The Pelvis – Challenging & Diagnosis Muscle Tests – Iliacus – Psoas – Hamstrings – G Max – Quadratus Lumborum Sacral Challenge / Femur Head Challenge / Massage of Individual Muscles Point Stimulation For Hip Complaint – Groin Strain – Thigh – Sport Injuries eg. Hamstrings Strain etc. Revision of modules 1/2/3 Home Study Questions Revision – The Lymphatic System, Urinary Bladder Meridian and Associations

Module 6

Oral exam from module 5 The Lymphatic Reflex Points / Challenging Thymus / Retrograde Lymphatics / Lymphatic Massage and Balancing Point Stimulation for Lymphatic – Immune Systems Cupping and Moxibustion / Back Shu Points / Striking a Balance Home Study Questions Revision – All T.C.M. Diagnostic Methods – 12 Ordinary Channels, Ren and Du Extra-ordinary Channels

Module 7

Oral exam from module 6

Revise All Of The Previous For Exam

1. All of the Bones of the Body
2. Origin and Insertion Action of the Muscles
3. The Digestive System
4. The Lymphatic System
5. Law of the Flexible Rod
6. Types of Massage
7. Contra-Indications to Massage
8. Zang Fu Organs
9. Pulses
10. Tongue Diagnosis
11. Meridians (12 Ordinary, 2 Extra Channels)

12. Contra-Indicated Points

13. The Five Elements

14. The Three Treasures

15. Treatment from start to finish for any of the following – Wry Neck – I.B.S. – Lumbar Strain - Headaches

Module 8

Exam Over Two Days Theory / Practical / Supervised Treatments ADVANCED TUI NA year 2 Module 1 Review of Muscle Testing / 1st Pattern Challenging for Fixations-Subluxations of the Spine / Fixation-Muscle Relationship / Muscular and Skeletal Interlocking Procedure Balance and Feeling Qi Flows Challenging the Occiput – Occipital C1, C2, C3 Releases Home Study Questions

Revision – 8 Cranial Bones and Sutures, 14 Facial Bones, Looking and Observing the way People Walk, Sit, Stand, Colour of the Face etc.

Module 2

Oral exam from module 1 Body Language / Extra Switching and Polarisation of the Body's Energies, Lung 1, Spleen 13 Eight Cranial Bones and their Attachments Balancing the Bones and Qi Flows .Home Study Questions Revise – The Rotator Cuff, Shoulder muscles, 3 Layers of the Meninges

Module 3

Oral exam from module 2

Dura Matter and Attachments / C.S.F. / 4th Ventricular Compression Technique Muscle Tests – Subscapularis – Anterior Deltoid – Teres Major – Teres Minor Rebalance the Body Using Muscular and Skeletal Interlocking Procedure Using the Arm Double Leg Balance to Relax Sacral Fixations Point Stimulation for Cranial Faults Home Study Questions Revise – Think about and Observe the Effects Stress has on the Body

Module 4

Oral exam from module 3 Stress – Fight or Flight / Heart and Pericardium Channels / Eyes into Distortion Swish Pattern / Revise Chi Nei Tsang / Qi Stress Release Tui na points for Stress – H7 – P6 – LV3 Head Massage Including DU20 – Yintang – Sishencong – Taiyang etc. Qi Balancing through Tan tien Home Study Questions Revise – I.B.S. - I.C.V. Lactobacillus

Module 5

Oral exam from module 4 Candida – Causes and Symptoms / The Ileocecal Valve / Symptoms of I.C.V. Trauma / Finger Modes / Muscle Tests to Indicate I.C.V. – Challenging I.C.V. Reflex Points / Point Stimulation for Candida – I.B.S. Diarrhea – Constipation – Abdominal Distention Kidney Lift / Liver Float – Purge Home Study Questions Revise – Carpals and Tarsals, Cruciate Ligaments

Module 6

Oral exam from module 5 Carpal Release / Tui na Points / Challenging the Knee Muscle Tests – Sartorius – Patella Challenge – Popliteus .Lovett Brother Relationships / Challenging Ankle Condyles – Shock Absorbency Ankle – Tarsal Release Using Position and Qi .Occipital- Atlas Lift Revision – The Diaphragm, Ligaments of the Shoulder and Sternum

Module 7

Oral exam from module 6 Sternum: Manubrium-Body-Xyloid Process / Floating-Balancing the Sternum – Connecting with their Breathing or Qi Innominate Release / 12th Rib Release / Diaphragm Challenge / Sacral Float Specific Treatments for Specific Complaints Positional Qi Balance of the Shoulder – 1st Rib Xi Cleft Points 8 Confluent Points

Module 8

Exam weekend, covering any subject covered over two years. Including theory / practice / oral and supervised treatments All exams will be externally verified by any of the following: Dr. Philip Lawes Dr. Graham Chandler Dr. Shane Murnaghan. At no time will an instructor be able to examine their own students.

ADVANCED TUI NA PHYSICAL THERAPY TRAINING FROM THE TRADITIONAL CHINESE MEDICINE SYSTEM, UPGRADED FOR 'TCM BODYWORKERS' .

FREQUENTLY ASKED QUESTIONS

WHAT SORT OF THERAPY IS IT?

This course is an upgraded physical therapy originally founded in TCM tui na. It has been advanced and includes other standards of cross checking and releasing skills previously not taught as one system; this gives the practitioner greater ability to succeed where other therapies do not.

IS IT PHYSIO THERAPY?

NO. It is the oldest recorded physical therapy system. Exclusively the diagnostic methods of TCM i.e , tongue and pulse , the meridian system , and the internal organ system in relation to disease and psyche were borrowed from to build other systems of health care. This Is Traditional Chinese Medicine physical Therapy, i.e. Tui Na \ Amma which translated means push/pull. As well as the tradition being taught to you we provide 'TCM Bodyworkers' trained in our system with many more techniques for greater expertise.

IS IT RECOGNISED AS A PROFESSIONAL QUALIFICATION?

Yes it is. This course is backed by the largest register of therapists in the U.K , the BRCP and the ICM . Shane Murnaghan is an accredited instructor and examiner with the I.C.M. in London.

HOW IS THE COURSE RUN?

The course is 50% theory and 50% hands on technique training, and coaching with individual scrutiny to assure ability . Each module is three days long, encompassing theory from eastern medicine and western physiology, muscle identification, meridian theory, TCM points for clearing pain and restoring balance. Massage techniques and hand shapes are taught for the treatment of specific types of muscle injury. Each module brings with it a new skill and element within the TCM system . Bridging the end of each module there will be home study , reference reading and homework to be completed each month. There will be a verbal exam on each module as an open discussion during this period. This will help ascertain the balance and speed of the group. There will be on going assessment of each candidate and points can be deducted for no home study handed up and general conduct throughout the year.

HOW MUCH HOMESTUDY IS REQUIRED ON THIS COURSE?

Candidates would be required to do at least 10 hours of home study a week (realistically) to stay current with the volume of information being taught. This must be consistent because you will be learning many skills and new ones each month. You would be required to practice your skills and be helping with injuries from the third module onwards , or before , depending on your ability to learn.

IS THERE AN EXAMINATION?

There is an exam at the end of each year , the first qualification is a massage diploma and the second (the Advanced Certificate) gives qualification to higher level skills of cranial manipulation, dealing with physical and mental trauma, phobia's , advanced diagnosis , head injury , whiplash and chronic injury management and clinical management .

DOES A CANDIDATE REQUIRE PREVIOUS EXPERIENCE?

No. The course has been successfully taught to many different types of people from , computer workers , builders , policemen , taxi drivers, personal trainers, firemen, accountants, homemakers , men and women of all walks of life . Obviously previous experience would be an asset , more importantly a willing candidate with personal discipline to work effectively to cover home study is just as acceptable.

CAN I DO THE COURSE FOR MY OWN BENEFIT AND NOT TO OPEN A CLINIC?

Yes. Many people I have trained have taken the skills for personal health management or for knowledge to utilize in their martial arts or sports interest . The techniques can be applied anywhere to help a person and that can be very useful. The level of training would be so to enable you to be a competent professional but there is no obligation to open a business on the back of the course. BUT we ask all candidates to respect their colleagues on the course who are learning to re employ themselves to the medical service industry with regard to not disrupting class when they find the going quite intense.

MUST I DO AN EXAMINATION AT THE END?

No. The exam is not mandatory but when making that choice please remember that the course is an exam syllabus, so if you change your mind half way through and think yes I will sit the exam, be sure you are up to speed on your home study. The decision to discard the qualification by not sitting the exam is yours, but you cannot be insured or practice legally without a certified qualification.

WHAT QUALIFICATION DO I GET AT THE END?

Year one qualification. (Dip. Tuina\ Amna) TCM, this is a massage qualification. Year two ends with qualification. D.A.T (Dip. Advanced Tui Na) TCM. This is an injury examination qualification, it yields much more responsibility towards the types of patients you may treat. When accepted to the register you also are allowed the letters M.B.R.C.P.

IS IT EASY TO LEARN OR DO I NEED EXTRA TRAINING TO QUALIFY?

Each module has three days training with an extensive training manual, packed with photographs of techniques and muscle testing and point location, there is back up reading and during the course of each weekend there will be plenty of observed practice to fine tune your techniques, the work book has plenty of space for note taking which we expect to see plenty of, it is in my interest to see you master techniques whilst on the training modules and to that end most problems encountered by students are being encountered by many on the same day, so there will be many repeated demonstrations.

WHAT IS UNIQUE ABOUT THIS COURSE ?

We feel prowess and expertise is more important than student volume, with regard to the lectures and application of technique you will find that this course is unique in its volume of information and student interaction. We will provide retraining of specific skills from the course structure as separate focused workshops if required. The modules will cover adequately the time needed for all to feel confident about the level of their training, that is why the classes are kept manageable but being in pairs and maximum 20 students. Our expert councilor provides expert coaching on listening skills and psychological understanding of trauma, never before have body workers been as well prepared to manage and help trauma victims.

CAN I REPEAT THE EXAM IF I FAIL?

You can repeat the exam the following year end if you choose to.

WHAT BENEFITS WILL THE COURSE BRING ME? Personal knowledge, new skills, a fresh opportunity to start a new business. To be able to fix injuries for your children family and friends. A huge understanding of the consequences of bad health strategies. De-escalation of stress. You will have magic hands and be able to give great massages.!!

WILL THERE BE FOLLOW UP TRAINING? For successful candidates there may be follow up courses to attend in advanced clinical focus and personal grounding and meditation. There may be others to be announced.

HOW MANY MODULES ARE THERE?

Eight two day modules. One two day review module of the years course and a two day exam. One day written, Tui na paper AM (3hrs) and an Anatomy and Physiology PM (3 hrs) and one day practical examination of patient treatments.

IS THE INSURANCE EXPENSIVE?

There are two insurance schemes available. One for practicing registered students and another for qualified practitioners. The student pack is approx £80.00 and the full qualification is approx, £200.00 for high risk. i.e. Neck injuries and spinal damage.

WILL THERE BE AN OPPORTUNITY TO ATTEND CLINIC TO WATCH A QUALIFIED PRACTITIONER WORK AS FURTHER TRAINING?

Based on attendance and behavior through out the course suitable candidates can approach with regard to further internship. This will be discussed further in the future and if the possibility arises we will gladly facilitate this opportunity to open a working clinic to fix clients patients.

**The Western Institute of Oriental Medicine
Enrolment Form**

The Secretary
The well being clinic ,
suite 4,16 , Herbert street ,
Dublin 2

Surname _____ (Mr/Mrs/Miss/Ms)

(Please delete as appropriate)

Forename(s) _____

Address _____

_____ Postcode _____

Signature _____ Date of Birth _____

Telephone (Day) _____ (Evening) _____

Occupation _____ Course _____

Relevant previous experience

Courses attended

Discipline studied

Qualifications gained

Reasons for choosing and preferring this course

Signed