



Saam Acupuncture Certification Program

**Specialization in Korean Four Point Acupuncture
From Basics to Clinical Application**

What is Saam Acupuncture?

Saam acupuncture is a popularly used Korean-style acupuncture that was first developed by a Korean Buddhist monk more than 400 years ago. The basic principle of combining different five shu points is similar to five element acupuncture, but Saam acupuncture adds the notion of tonification and sedation using the governor meridian/point as well. Also, five different tonification and sedation methods are used simultaneously and these techniques enhance the flow of energy to produce faster relief of symptoms. When using Saam acupuncture, it is crucial for the doctor to accurately identify the organ and meridian in excess or deficiency. Once the diagnosis is made, the clinician principally selects 4 ~ 8 points that are located below the elbow and knee joint and all 4 ~ 8 points are used to specifically treat the root cause of the problem. This makes Saam acupuncture an especially powerful and convenient tool for treating chronic, systemic, and functional diseases.

Instructor: Dr. Seungmin Kathy Lee, Ph.D, KMD

When: September 29~30, 10AM to 6PM

Where: University of Bridgeport, Chiropractic Building, Room 100

16 hours NCCAOM PDA credits awarded

<https://www.donguibogamacademyusa.org/>

Course Description

This course is a two day program, aimed to provide a complete lecture on Traditional Saam Acupuncture and Medical Saam Acupuncture.

1. Traditional Saam Acupuncture

The course will start with a brief introduction to what Traditional Saam Acupuncture is, how it was developed, and why it gained significant recognition. After the introduction, participants will be introduced to the different Traditional Saam Acupuncture point selections, and each point selection will be taught in detail as to when, where, and how it can be utilized for rebalancing the deficiency or excess in organs. During the workshop, cases will be introduced and participants will learn how to apply Traditional Saam Acupuncture – the proper way to insert needles and the several different tonification and sedation methods used to increase effectiveness.

2. Medical Saam Acupuncture

After learning Traditional Saam Acupuncture, the lecture will move on to Medical Saam Acupuncture. Medical Saam Acupuncture teaches participants how to interpret Saam Acupuncture and its theories inside modern clinical contexts. It will touch on a summary of the latest clinical studies to provide sufficient information and up-to-date developments and findings. Real-life patient cases will be used to heighten understanding. By learning both the Traditional and Medical side of Saam Acupuncture, participants will be able to utilize Saam for diseases and disorders that were once difficult to treat, and for integrative treatment used alongside conventional treatment. The course will end by learning how Saam Acupuncture can be immediately utilized in your clinic. We will provide specific illustrations of the most profitable business models (that of course, use Saam Acupuncture in their treatment programs) from Korea.

Goals and Objectives

- To learn the basics of Traditional Saam Acupuncture
- To understand the different point selections of Traditional Saam Acupuncture
- To practice the correct needling methods of Traditional Saam Acupuncture
- To learn the diverse clinical uses of Medical Saam Acupuncture
- To learn to diagnose and treat new patients according to Traditional and Medical Saam principles
- To learn how to incorporate popular Saam treatment programs in your clinic

Course Outline

Session 1. Traditional Saam Acupuncture

When: September 29, Sat, 10AM to 6PM

Where: University of Bridgeport, Chiro building #100

Module 1: Introduction to KM Acupuncture and Traditional Saam Acupuncture

- Introduction to Korean Acupuncture
- Introduction to Traditional Saam Acupuncture

Module 2: Traditional Saam Acupuncture Point Selections

- Step-by-step analysis of Saam Acupuncture Point Selections and its clinical significance

Module 3: Traditional Saam Acupuncture I

– Jung Gyuk formulas

- Clinical indications of Jung Gyuk formulas for symptoms caused by deficiency syndromes :
LU qi deficiency, LI dampness, ST qi deficiency, SP yang deficiency, HT blood deficiency, SI blood stasis, BL stiffness, KI qi deficiency, PC heat, TE water stagnation, GB deficiency, LV blood deficiency

Module 4: Traditional Saam Acupuncture II

– Seung Gyuk formulas & modified versions of Traditional Saam Acupuncture

- Clinical indications of Seung Gyuk formulas for symptoms caused by excess syndromes :
LU phlegm-heat, Cold invading LI, ST damp heat, Cold-damp invading SP, HT fire, SI heat, BL cold, TE empty heat, GB heat, LV stagnation

Module 5: Comprehensive Workshop

- Five tonification & Five sedation methods
- Learn how to select and apply Traditional Saam Acupuncture using real-life patient cases

Course Outline

Session 2. Medical Saam Acupuncture

When: September 30, Sun, 9AM to 6PM

Where: University of Bridgeport, Chiro building #100

Module 1. Understanding Medical Saam Acupuncture with a neurophysiological twist

- What is Medical Saam Acupuncture
- How to communicate Medical Saam Acupuncture to patients and physicians
- Integrating Medical Saam Acupuncture with conventional medicine

Module 2. Clinical Application of Medical Saam Acupuncture

- Successful cases of Medical Saam Acupuncture used in the clinic
- Clinical application of Medical Saam Acupuncture for gastrointestinal disorders (spleen qi deficiency, dampness, phlegm and more)
- Clinical application of Medical Saam Acupuncture for pain (differentiation of neck and shoulder pain, ten different types of low back pain)
- Clinical application of Medical Saam Acupuncture for skin problems (a totally different perspective to modern skin problems such as acne, atopic dermatitis, psoriasis)

Module 3. Developing an Integrative Treatment Program using Medical Saam Acupuncture

- Successful business models using Saam acupuncture in Korea (100+ patients per day) and developing your own model

Instructor

Dr. Seung Min Kathy Lee

Dr. Seung Min Kathy Lee, was raised in Portugal, Singapore, Korea, and the US, and studied Korean Medicine in Kyung Hee University - Korea's top rated College of Korean Medicine. After obtaining her license to practice Korean Medicine, she continued her studies in a postgraduate residency program for four years at Kyung Hee University Korean Medicine Hospital and became a Board certified specialist in Acupuncture and Moxibustion. She obtained her PhD in Acupuncture and Moxibustion as well and is currently working as a Research Professor in Pusan National University, Korea.

Other than research, she regularly treats patients at several different private clinics. Her main clinical interests focus on integration of Korean medicine into modern healthcare, particularly, using Korean-style Saam acupuncture. Dr. Lee co-authored a book chapter entitled "Obesity and Acupuncture" in Integrative Weight Management – A Guide for Clinicians, and another chapter, "The History and Development of Korean Acupuncture" in the Handbook of Korean Acupuncture. Her other contributions include serving as an on-site medical advisor for various international conferences, and a guest speaker for the Arirang International TV and community healthcare centers.

Session 1 – Traditional Saam Acupuncture

When: September 29, Sat, 10AM to 6PM

Where: University of Bridgeport

Fee: \$300

* Light Breakfast (coffee & tea, Pastry) & Lunch will be provided.
CT Acupuncture Association member will get 10% discount.
Students are free to attend for lectures, but no workshop.

Session 2 – Medical Saam Acupuncture

When: September 30, Sun, 10AM to 6PM

Where: University of Bridgeport

Fee: \$300

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