

# Engaging Vitality

a palpation workshop for effectively working  
with qi in the clinic

*Efficacy in acupuncture is grounded in a therapeutic engagement with qi. Doing this well requires not only carefully listening to patients with our ears, but also with our hands.*

*Although pulse and abdominal diagnosis are hallmarks of manual diagnosis in East Asian medicine, they represent just a fraction of the information available. The Engaging Vitality training will enhance your ability to more directly perceive and make use of qi in your practice.*

## How Is This Training Applicable To Your Practice?

Using the palpatory sensibilities and vocabulary of osteopathy, participants will be introduced to tangible palpatory referents for different aspects of qi, including:

- **How to feel the location of core restrictions (what could be more important?!)**
- **How to use variations in temperature to gain general and specific information**
- **How to directly feel which points are most available for treatment and their precise locations**
- **How to feel whether your treatments have produced a clinically meaningful change**
- **How to use the principle of effortless action (*wu wei*) in your practice**

Techniques such as these allow us to respond more fluidly to the requirements of our patients' qi in a true dialogue. They are primarily diagnostic in nature and are readily integrated with nearly any style of acupuncture. They provide a means for the fundamental concepts of East Asian medicine to come to life in our hands.

## How Is The Program Organized?

This program has evolved over the years and is now offered as a three-module format. This allows for depth of learning, ample time to enhance mastery of skill sets, and integration into clinical practice. Class size is limited to afford ample hands on practice with direct supervision. In this Module I training, participants will learn the basics of this palpation approach. Participants who have completed Module I are then eligible to take subsequent modules taught by **Dan Bensky, DO** and **Chip Chace, LAc**. These modules will be offered in Raleigh if there is enough interest.



**Module I: Raleigh, North Carolina**  
**April 23-24, 2016**

A unique opportunity to be introduced to these valuable palpation techniques during a single weekend of training taught by Chip Chace, LAc

Cost: \$425 13 NCCAOM PDAs available

Registration: Contact Jennifer Spain, LAc [jennifer.spain.lac@gmail.com](mailto:jennifer.spain.lac@gmail.com)

For more information, visit: [www.EngagingVitality.com](http://www.EngagingVitality.com)