



CHI NEI TSANG

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Training and Certification Requirements

Assessment Questionnaire

CASE STUDY NOTES

Training Syllabus

The CNT Year-long Practitioner Training Program

The Chi Nei Tsang practitioner applies techniques to de-stress and energise the whole body-mind, through the organs where we feel our emotions. This unique holistic massage releases tension, helps detoxification, promotes a healthy flow of energy through the meridians of Chinese medicine (like acupuncture but without the needles!) and has been known to help with relieving symptoms, easing aches and pains, and general maintenance of health and vitality - **you don't have to be ill to feel better!** You learn to help others, and it also works for D-I-Y. This training leads to a recognised qualification, membership of a Professional Association and eligibility for insurance.

Tuition and Practice is in FIVE parts to master the knowledge and techniques:

- (1) Three Chi Nei Tsang Training Weekends;
- (2) Completing the first three Steps of the Foundations of Taoist Practice;
- (3) Performing a number of Chi Nei Tsang Learning-Treatments;
- (4) Receiving Chi Nei Tsang Treatments from qualified CNT Practitioners;
- (5) Passing an Assessment in Theory and Practice.

- Part 1: Chi Nei Tsang Training Weekends

Your **first** CNT Training weekend [click for dates](#) starts you off with the basics: theory and practice of Internal Organs Energy massage.

You attend the **second** Training Weekend when you have completed at least 50% of the Learning Treatments (below) and received at least 4 of the CNT 8 Practitioner-treatments, and ***emailed your Learning-Treatment Notes in Word, pdf or scanned files at least 3 weeks beforehand***

Your **third** Training Weekend comes when you have completed Parts 2 and 3 as follows:

- Part 2: Foundations of Taoist Practice Steps 1, 2 and 3 (total 48 hours). You can take these Steps any time, before or after your first CNT Training Weekend.

- Treatments

- Part 3:

own-time 100 Learning-Treatments (*50 for Shiatsu Practitioners*), presented as 7 to 10 case-studies on different people of varying age, gender and condition;

- Part 4:

8 treatments spaced throughout your training from CNT ([click to find them](#)) practitioners.

- Part 5:

Assessment on completion of the training and treatments of

a: your **knowledge** of Chi Nei Tsang as in the book Chi Nei Tsang 1

b: your **ability to deliver** Chi Nei Tsang as a treatment.

Assessment is included in your third CNT Training Weekend provided you have completed the above requirements, and ***emailed in Word, pdf or scanned files at least 3 weeks beforehand*** your completed Assessment Questionnaire and Learning-Treatment Notes.

Costs

CNT Training Weekends, Healing Tao Foundations Steps 1, 2 and 3: [click for current rates and dates](#).

Treatments from CNT Practitioners, are to be negotiated with the Practitioner.

Assessment and Certification On satisfactory completion of the Assessment you are listed on Universal Healing Tao UK Practitioner Register with the letters CNT following your name. Your hours and treatments count as credit for further CNT training with Universal Healing Tao.

CNT CASE STUDYYour name_____

For the first Treatment on your 'student' your Notes should include:

Student name_____ Age:___ Gender:___ Date:_____

First Impression What was the very first thing that struck you about your student? Build, movement, complexion, voice, energy, most prominent feature, obvious imbalances?	
Presenting Symptoms Why have they come for treatment?	
Medical Specific conditions, operations, injuries, treatments, current medication, other therapies. Family medical history/tendencies?	
Personal: Relationships: with partners/ children/ parents/ siblings/ colleagues.	
Occupation, Lifestyle, exercise, relaxation/recreation, habits, addictions	
Sleeping pattern, diet, digestion, prescriptive/ recreational drug use Menstruation, general energy, sexual energy	
Outlook on life. What makes them happy/upset Self-perception - how does he/she see her/himself?	

Your Name _____ 'Student' Name: _____

INITIAL OBSERVATIONS

NAVEL	
HARA	
ORGANS	
OTHER	

Attach any additional Notes, Sketches or Diagrams you made or used in your observations.

Your Name _____ 'Student' Name: _____

Session # 1 Date: _____

Techniques Applied: _____

Techniques Taught: _____

Exercises & Meditations Taught: _____

Recommendations: _____

Response: _____

Session # 2 Date: _____

Techniques Applied: _____

Techniques Taught: _____

Exercises & Meditations Taught: _____

Recommendations: _____

Response: _____

Session # 3 Date: _____

Techniques Applied: _____

Techniques Taught: _____

Exercises & Meditations Taught: _____

Recommendations: _____

Response: _____

Session # 4 Date: _____

Techniques Applied: _____

Techniques Taught: _____

Exercises & Meditations Taught: _____

Recommendations: _____

Response: _____

Session # 5 Date: _____

Techniques Applied: _____

Techniques Taught: _____

Exercises & Meditations Taught: _____

Recommendations: _____

Response: _____

After Session

- 1) Drink warm clean water for lymph detoxification.
- 2) Eat & drink 30-60 minutes before & after.
- 3) Responses: Discomfort (6-8 days in abdominal area), Lighter feeling in head (heat), Sweating(7-20 days), Tiredness, Bowel Movement, Recovering feeling, Sleepiness.

CHI NEI TSANG TRAINING SYLLABUS

This syllabus covers what you will learn and practise in the three Chi Nei Tsang Training Weekends and the additional Requirements to qualify as a Chi Nei Tsang Practitioner

Your **First CNT Training** weekend starts you off with the basics: theory and practice of Internal Organs Energy massage:

Asking & Looking Diagnoses, Consultation & Contra-Indications

The Navel Centre & Hara Diagnosis

Opening Wind Gates & Chasing Winds

Detoxing Skin, Large & Small Intestines

Visiting the Organs & Principles of Five-Element Analysis

Cardiovascular Centering, Balancing & Flushing

Lymphatic Detox Method

Completing Case-Study format

Instructions for Client Participation & Self-Healing Techniques

CNT Documentation & Training Plan

You attend your **Second Training** Weekend when you have completed at least 50% of the Learning Treatments and CNT Practitioner Treatments at PARTS (3) & (4)

General Hand Techniques

Specific Detox Techniques

CNT for Common Ailments

Use of Five-Element Analysis for specific Organs

Use of Acupressure/Shiatsu Techniques for Acupoints

Review and Feedback on Learning & Practitioner Treatments

Briefing on Assessment Questionnaire and CNT Practitioner Application

Your **Third** Training Weekend comes when you have completed PARTS (2), (3), & (4) below. Assessment is included in this third CNT Training Weekend provided you have completed the above requirements, and ***emailed in Word, pdf or scanned files at least 3 weeks beforehand*** your completed Assessment Questionnaire and Learning-Treatment Notes.

PART (2): Foundations of Taoist Practice Steps 1, 2 and 3 (total 48 hours). You can take these Steps any time, before or after your first CNT Training Weekend.

Treatments

PART (3): own-time 100 Learning-Treatments (*50 for Shiatsu Practitioners*), presented as 7 to 10 case-studies on different people of varying age, gender and condition;

PART (4): 8 treatments spaced throughout your training from CNT ([click to find them](#)) practitioners.

PART 5:

Emailing in Word, pdf or scanned files at least 3 weeks beforehand, your completed documentation: Assessment Questionnaire and CNT Practitioner Application, Case Study Notes on Learning Treatments and CNT Practitioner Treatments

Assessment of:

a: your knowledge of Chi Nei Tsang as in the book Chi Nei Tsang 1

b: your ability to deliver Chi Nei Tsang as a treatment demonstrating any CNT techniques in the book Chi Nei Tsang 1

For the Assessment you will give an observed treatment explaining what you are doing and why, and answering any questions put by the Assessor.

Costs CNT Training Weekends, Healing Tao Foundations Steps 1, 2 and 3: For current rates and dates [click here](#) Treatments from CNT Practitioners, to be negotiated with the Practitioner. For list [click here](#)

Certification On satisfactory completion of the Assessment you are listed on the London Tao Centre [Practitioner Register](#) with the letters CNT following your name. Your hours and treatments count as credit should you decide to undergo further CNT training.

Registration, To register for the next CNT Training [click here](#). You can start Steps 1 to 3 of the Foundations of Taoist Practice any time, or [email us](#) if you have already completed any.

The CNT Year-long Practitioner Training Program

"This is a deep, powerful and effective therapy: our year-long training ensures you receive good, thorough instruction and proper grounding. Nothing is skimmed, everything is rigorously tested. When you qualify, you will be, deservedly, fit to practice. You will be proud to have done it properly, and I will be proud to have trained you." *Kris Deva North, Senior Teacher since 1994 and Founder of the London Chi Nei Tsang Institute.*