

## APPENDIX I

### Continuing Professional Development / Postgraduate courses (2003-2021)

Online, 2021	“Advanced Point Combinations” with Jonathan Chang
Online, 2021	“Advanced Applied Channel Theory” with Jonathan Chang
Online, 2021	“Mindfulness: Taking it Further” at Oxford Mindfulness Center
Online, 2020	Series of seminars on Applied Channel Theory with Jason Robertson and Jonathan Chang
	“Jue Yin Physiology” & “Yang Ming Physiology”
	“Channel examination”, “The treatment of constraint”, “Channel Sinew disorders”,
Athens, 2019	Japanese Acupuncture “Autonomic nerve imbalance” by Kiiko Matsumoto
London, 2017	Meridian wave acupuncture with Amos Ziv
Ireland, 2017	Applied Channel Theory and Palpation, with Jason Robertson
London, 2014	Traditional Chinese Medicine, Qi nutrition, with Maverick Leggett
London, 2014	East Medicine Summer School “Mingmen” by Dr Leslie De Vries & “Treating the Mingmen” by Prof. Volker Scheid
Online, 2014	Course by Coursera “Gut Check: Exploring Your Microbiome” by University of Colorado Boulder and University of Colorado System
London, 2013	Emergency First Aid at work by Holos Healthcare & Training Services Ltd
Barcelona, 2013	International Okyu moxa workshop
London, 2013	Chai Cancer Care expert lecture “Cancer survivorship” by Adrian Tookman
Brighton, 2013	“Classical views on the extraordinary meridians workshop”, by Sandra Hill
London, 2013	“Master class auricular acupuncture” with John Tindall
London, 2012	Hehuan seminars “Treatment strategies for the organ systems: The Spleen & the Stomach in Chinese Medicine” with Volker Scheid and Cincia Scorzon
Reading, 2012	Step further in Obstetric Acupuncture Seminar with Sarah Budd
London, 2012	Acupuncture for integrated Pain Management, College of Medicine
London, 2012	Japanese Meridian Therapy with Stephen Birch
London, 2012	Hehuan seminars “Gynaecology in Chinese Medicine” with Trudy Zipf
London, 2012	14 <sup>th</sup> Acupuncture Research Symposium, ARRC
London, 2012	Research Education Workshop, ARRC
London, 2012	Course on Chronic Fatigue Syndrome by the College of Medicine
Reading, 2011	Channel palpation & Diagnosis seminar with Jason Robertson
London, 2011	Moxafrica Moxibustion workshop with Marian Fixler
London, 2011	Abdominal Diagnosis Workshop with Cincia Scorzon

London, 2011	Hehuan seminars “Treatment strategies for the organ systems: The Heart” with Volker Scheid and Cincia Scorzon
London, 2011	Facial Revitalisation Acupuncture with Virginia Doran
London, 2010	Hehuan seminars “Treatment strategies for the organ systems: The Liver” with Volker Scheid and Cincia Scorzon
Brighton, 2009	“Further Studies in Obstetric Acupuncture” with Debra Betts
London, 2009	“Japanese Acupuncture for children Shonishin course” with Stephen Birch
London, 2009	“Shanghan Lun Acupuncture Seminar” with Dr. Arnaud Versluys
London, 2008	“The three step system of Chinese pulse reading” with Frances Turner
London, 2008	“Shanghan Lun Seminar” with Dr. Arnaud Versluys
London, 2007	“Canonical Chinese Medicine Seminar” with Dr. Arnaud Versluys
London, 2007	The Table Shiatsu Course with Andrew Staib
London, 2006	“The Five Elements: a study from Chinese Medical Texts” with Elisabeth Rochat de la Valley
Thessaloniki, 2005	ZEN Shiatsu, 10 postgraduate seminars led by Marianna Lazana,
Athens, 2004	“Clinical Applications of Shiatsu, Time scan of the energetic field” with Clifford Andrews
Thessaloniki, 2004	“Current neurophysiological aspects of the needling effect” with Thomas Lundeberg
Prague, 2004	4th European Congress of Traditional Chinese Medicine by EUOTCM
Hydra, 2003	“Tongue Diagnosis, Gynaecology” with Giovanni Maciocia

## **Presentations - Seminars on Acupuncture**

- 2019** “An introduction to Channel Theory in Chinese Medicine” Thessaloniki
- 2018** “Acupuncture for Health and Wellbeing” for the Jewish Community of Thessaloniki
- 2017** “Introduction to Acupuncture for a Community Clinic” for the medical staff of the community clinic (Κοινωνικό Ιατρείο) in Thessaloniki
- 2015** Series of introductory Seminars on Chinese Medicine at the “Art of Oriental Medicine” academy in Athens
- 2012** “Acupuncture in gynaecology” seminar for doctors at Highgate Hospital
- 2010** “Acupuncture and Multiple Sclerosis” at the Chase Farm Hospital, London
- 2010** “Acupuncture for the treatment of Cancer” at the West London Synagogue