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Selecting three or fewer points to treat any given patient: A brief summary

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In clinical practice, the selection of points is integral to the treatment of a patient. Many practitioners select five, six, up to as many as 10 or more points to treat patients. Although there is a merit to this approach, in this author's clinical experience, far greater response can be achieved by selecting no more than three points to treat any given patient. This approach not only minimizes patient discomfort and "needle-overload", but forces the practitioner to be crystal-clear on what is being treated. This workshop will introduce clinicians to the concept and practice of selecting a minimal number of points (sometimes only a single point) to treat patients.

Biography

Steven Collins, DOM, has been practicing Chinese medicine since 2001. Focusing on acupuncture, tui na, qi kung and other tools from the toolbox of Chinese medicine, he treats many complaints including pain of all sorts, fatigue and "sticky" diseases. His primary practice principle is that any given presentation can be treated with a minimum number of needles. Collins is well regarded in the medical community and by his patients.

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