



ACUPRESSURE

CSPH 5313

1 Credit | Summer

In person dates are
6/15 & 6/16 in the
meditation space
8:30am - 4:30pm

Instructor:
Portia Richardson

By the end of the course, you will be able to demonstrate an understanding of the basic principles and applications of Acupressure as a component within the theory of Traditional Chinese Medicine. You will learn the location, indications for use and techniques of stimulation of several acupressure points. Methods for both self care and the care of others will be the primary focus of learning. Special focus will be given to the treatment of pain conditions, chronic health conditions, palliative care, oncology, and women's health care. A portion of each class meeting will be used to provide Acupressure treatments and to discuss findings. Current literature and research findings will also be discussed.



Earl E. Bakken Center for
SPIRITUALITY & HEALING

UNIVERSITY OF MINNESOTA