



Donguibogam Academy USA Certificate Program

Saam Acupuncture

Level 1 & 2

Specialization in Korean Four Point Acupuncture From Basics to Clinical Application Level 1 & 2

What is Saam Acupuncture?

Saam Acupuncture is a traditional Korean acupuncture Four Needle Technique that is used to treat a wide range of health problems. In Korea, it is one of the most popularly used acupuncture methods among Korean Medicine Doctors and has been voted as the most significant acupuncture technique that must be preserved.

Saam Acupuncture was first developed by a Korean Buddhist monk more than 400 years ago. The basic principle of combining different five shu points is similar to five element acupuncture, but Saam Acupuncture adds the notion of tonification and sedation using the governor meridian/point as well. Also, five different tonification and sedation methods are used simultaneously and these techniques enhance faster relief of symptoms. When using Saam Acupuncture, it is crucial for the doctor to accurately identify the organ and meridian in excess or deficiency. Once the diagnosis is made, the clinician principally selects 4 ~ 8 points that are located below the elbow and knee joint and all 4 ~ 8 points are used to specifically treat the root cause of the problem. This makes Saam Acupuncture an especially powerful and convenient tool for treating chronic, systemic, and functional diseases.

Instructor: Dr. Seung Min Kathy Lee, Ph.D, KMD

When: November 23-24, 9:00AM to 6:00PM (Lunch 12:30PM to 1:30PM)

Where: New York College of Health Professions, NYC - Time Square
Tower 45 2nd Floor, 120 W 45th Street, NY, NY 10036

16 Hours NCCAOM PDA credits awarded

NOTE: Level 1 & 2 is a combined course, therefore, you MUST attend both days to receive the PDA credits.

<https://www.donguibogamacademyusa.org/saam>



Course Description

The entire specialization course consists of **four** levels.

Level 1 & 2 will be provided on June 15-16. The advanced courses (Level 3 & 4) will be provided at a later date when there is a sufficient pool of practitioners that have finished Level 1 & 2.

Level 1 provides an introduction to what Saam Acupuncture is, how it was developed, and why it gained significant recognition. Participants learn the principles of combining different five shu points to make 4 acupuncture point combinations of 12 Jung Gyuk and 12 Seung Gyuk Saam formulas. Participants also learn different tonification and sedation methods that are used to increase treatment effects by enhancing the flow of energy to produce faster relief of symptoms. A short workshop will help participants learn how to needle Saam acupuncture using the different tonification/sedation methods simultaneously. The information learned in Level 1 is crucial in understanding Level 2.

Level 2 will teach each of the 12 Jung Gyuk and 12 Seung Gyuk Saam formulas in great detail, as to when, where, and how it can be utilized. When using Saam acupuncture, it is essential for the doctor to accurately identify the organ and meridian in excess or deficiency. Participants learn how to make accurate diagnoses using meridian, zangfu, and six qi theories. Once the diagnosis is made, the practitioner can modify Saam formulas to make the treatments better fit each patient. In level 2, participants will learn famous Saam formula variations and also how to make variations themselves. A workshop will guide participants step-by-step from diagnosis to Saam treatment, and clinical tips will be provided to help practitioners use Saam in their clinic right away.

Level 3 is a two-day course. It provides a 21st century approach to Saam acupuncture, namely Medical Saam acupuncture. Medical Saam acupuncture teaches participants how to interpret Saam acupuncture and its theories inside modern clinical contexts. Saam is especially powerful for treating chronic, systemic, and functional diseases and it may also be used in conjunction with conventional medicine. More than 50 real-life patient cases will be used to heighten understanding and to help participants differentiate health problems that can be treated with Saam alone and those that should be used in conjunction to other treatment methods. By learning both the Traditional and Medical side of Saam acupuncture, participants will be able to utilize Saam for problems that were once difficult to treat, and for integrative treatment used alongside conventional treatment. Several hours will be dedicated to learning clinical application of Medical Saam acupuncture for pain, gastrointestinal disorders, skin problems and more. We will also provide specific illustrations of the most profitable business models that use Saam acupuncture in Korea.

Advance Level is for those who want to become lecturer-level Saam practitioners and also want to go an extra step in Saam Acupuncture related academic studies. In this course, practitioners will learn Saam through the eyes of previous Saam masters. The lecture will provide a thorough review of famous Saam books that were published in Korea during the past several decades. This will be helpful for those who wanted to learn more about Saam but could not do so due to lack of translated publications. It will also touch on a summary of all the latest clinical studies to provide sufficient information and up-to-date findings. Participants that finish Level 4 will be given access to a newly developed Saam database program and membership to the Donguibogam Academy - Society of Saam Studies.

Goals and Objectives of Level 1 & Level 2

- To learn the basics of Traditional Saam Acupuncture
- To understand the different four point combinations of Traditional Saam Acupuncture
- To cover all twelve tonification and sedation formulas of Saam Acupuncture and to learn how to diagnose, treat, and tailor Saam Acupuncture for optimal effects
- To practice the correct needling methods of Traditional Saam Acupuncture

Instructor

Dr. Seung Min Kathy Lee, Ph.D, KMD

Dr. Seung Min Kathy Lee, was raised in Portugal, Singapore, Korea, and the US, and studied Korean Medicine in Kyung Hee University - Korea's top rated College of Korean Medicine. After obtaining her license to practice Korean Medicine, she continued her acupuncture studies and research in a postgraduate residency program for four years at Kyung Hee University Korean Medicine Hospital and became a Board certified specialist in Acupuncture and Moxibustion. She obtained her PhD in Acupuncture and Moxibustion as well and is currently working as a lead Saam acupuncture instructor at Donguibogam Academy.

Other than teaching and research, she regularly treats patients at several different private clinics. Her main clinical interests focus on integration of Korean medicine into modern healthcare, particularly, using Korean-style Saam acupuncture. Dr. Lee co-authored a book chapter entitled "Obesity and Acupuncture" in *Integrative Weight Management – A Guide for Clinicians*, and another chapter, "The History and Development of Korean Acupuncture" in the *Handbook of Korean Acupuncture*. Her other contributions include serving as an on-site medical advisor for various international conferences, and a guest speaker for the Arirang International TV and community healthcare centers.

Course Outline

Traditional Saam Acupuncture Level 1

When: November 23, Sat, 9:00AM to 6:00PM

Where: NY College of Health Professions, NYC-Time Square

Module 1: Introduction to KM Acupuncture and Traditional Saam Acupuncture

- Introduction to Korean Acupuncture
- Introduction to Traditional Saam Acupuncture

Module 2: Traditional Saam Acupuncture Point Selection

- Step-by-step guide on how to combine different five shu points to make 4 point combinations of Saam formulas (total 24 formulas)

Module 3: Point By Point Breakdown of – Jung Gyuk formulas

- Clinical indications of Jung Gyuk formulas for symptoms caused by deficiency syndromes:
 - LU Qi deficiency, LI Dampness, ST Qi deficiency, SP Yang deficiency, HT Blood deficiency, SI Blood stasis, BL stiffness, KD Qi deficiency, PC Heat, TE water stagnation, GB deficiency, LV Blood deficiency

Module 4: Point By Point Breakdown of – Seung Gyuk formulas

- Clinical indications of Seung Gyuk formulas for symptoms caused by excess syndromes:
 - LU Phlegm-Heat, Cold invading LI, ST Damp Heat, Cold-Damp invading SP, HT Fire, SI Heat, BL Cold, TE Empty Heat, GB Heat, LV stagnation

Module 5: Comprehensive Workshop

- Five tonification & Five sedation methods
- Learn how to simultaneously apply the different tonification and sedations methods for Traditional Saam Acupuncture

Traditional Saam Acupuncture Level 2

When: November 24, Sun, 9:00AM to 6:00PM

Where: NY College of Health Professions, NYC-Time Square

Module 1: Important Theories Used for Diagnosis in Saam Acupuncture

- Twelve Meridians, Five Elements, and ZangFu theories
- Six Qi
 - Taiyang-Cold Water Yangming-Dry Metal
 - Shaoyang-Ministerial Fire Taiyin-Damp Earth
 - Shaoyin-Sovereign Fire Jueyin-Wind Wood

Module 2: Understanding Jung Gyuk, Seung Gyuk formulas in Depth and introduction of the Han Gyuk, Yeol Gyuk formulas

- Advanced understanding of Jung Gyuk formulas using Twelve Meridian + Five Elements + ZangFu + Six Qi theories
- Advanced understanding of Seung Gyuk formulas using Twelve Meridian + Five Elements + ZangFu + Six Qi theories
- Seung Gyuk and Yeol Gyuk formulas for treating heat and cold related diseases

Module 3: Modified Versions of Saam Acupuncture Formulas

- Modified Saam formulas that are frequently used:
 - Blood stagnation
 - Alcohol related Damp and Phlegm
 - Throat inflammation
 - Chronic fatigue and more

Module 4: Comprehensive Workshop

- Step-by-step guide from diagnosis to treatment using real clinical cases
- Clinical tips for treating patients that have never received Saam Acupuncture before

Traditional Saam Acupuncture Level 1

When: November 23, Sat, 9:00AM to 6:00PM

Where: NY College of Health Professions, NYC-Time Square

Traditional Saam Acupuncture Level 2

When: November 24, Sun, 9:00AM to 6:00PM

Where: NY College of Health Professions, NYC-Time Square

Fee

Practitioners: \$300 **AOM Students:** \$240

NYCHP Faculty/Alumni: \$270 (10% D/C)

Previous Saam Certificate Members: \$150

REGISTER @

<https://www.donguibogamacademyusa.org/saam>

