

The World Health Organization recognizes acupuncture to be effective for:

- Addiction – alcohol, drug, smoking
- Anxiety
- Arthritis
- Asthma
- Bronchitis
- Carpal tunnel syndrome
- Chronic fatigue
- Colitis
- Common cold
- Constipation
- Dental pain
- Depression
- Diarrhea
- Digestive trouble
- Dysentery
- Emotional problems
- Eye problems
- Facial palsy/tics
- Fatigue
- Fertility
- Fibromyalgia
- Gingivitis
- Headache
- Hiccough
- Incontinence
- Indigestion
- Irritable bowel syndrome
- Low back pain
- Menopause
- Menstrual irregularities
- Migraine
- Morning sickness
- Nausea
- Osteoarthritis
- Pain
- PMS
- Pneumonia
- Reproductive problems
- Rhinitis
- Sciatica
- Seasonal affective disorder (SAD)
- Shoulder pain
- Sinusitis
- Sleep disturbances
- Smoking cessation
- Sore throat
- Stress
- Tennis elbow
- Tonsillitis
- Tooth pain
- Trigeminal neuralgia
- Urinary tract infections
- Vomiting
- Wrist pain



Things You Should Know When Choosing Your Acupuncturist

Where can I find my local Registered Acupuncturist?

The British Columbia Association of Traditional Chinese Medicine and Acupuncture Practitioners (ATCMA) maintains an online Practitioner Directory to help you find a R.Ac., R.TCM.P., or Dr.TCM in your local area. For more information on acupuncture, contact us via info@atcma.org or to view our Practitioner Directory, please visit us at:

www.atcma.org

info@atcma.org | 604-428-6226



Brochure originally produced by TCMABC





Is Acupuncture regulated in British Columbia?

Yes, the College of Traditional Chinese Medicine Practitioners and Acupuncturists of British Columbia (CTCMA) regulates the practice of Traditional Chinese Medicine (TCM) and acupuncture in the Province. The CTCMA is a self regulatory body that operates under the Health Professions Act and the TCM Practitioners and Acupuncturists Regulation and Bylaws.

A valid registration (professional licence) issued by the CTCMA is required in order to practise TCM and acupuncture in British Columbia, and professional acupuncturists are designated by the title “Registered Acupuncturist”.

What do all the letters mean?

Your Acupuncturist will use one of the following titles:

R.Ac. > Registered Acupuncturist

R.TCM.P. > Registered Traditional Chinese Medicine Practitioner

Dr. TCM > Doctor of Traditional Chinese Medicine

For more details, please visit the CTCMA at: www.ctcma.bc.ca

Healthcare Professional

Certification

Training

MD or Physiotherapist

iSTOP (IMS)

50 hrs

MD, Physiotherapist, etc.

Acupuncture Foundation of Canada Institute – Level I

90 hrs

MD, Physiotherapist, etc

Acupuncture Foundation of Canada Institute – Level II

195 hrs

MD, Physiotherapist, etc.

Medical Acupuncture, University of Alberta

200 hrs

Naturopathic physicians

College of Naturopathic Physicians of BC

250 hrs

Registered Acupuncturist

CTCMA (Ministry of Health)

1900* hrs

Why should I choose a Registered Acupuncturist?

Acupuncture has been used in China for over 2,500 years and is based on Traditional Chinese Medicine (TCM) theory. Today as acupuncture continues to become popular, more medical practitioners (medical doctors, physiotherapists, naturopaths, etc.) are studying acupuncture and employing it in their practices, including other types of treatment such as “dry needling”, intra-muscular stimulation (IMS), and laser and auricular acupuncture, which are all originally based on TCM acupuncture.

Unfortunately, in these adjunct modalities, the amount of training in both theory and practice can vary. Often, only a very few number of acupuncture points are actually learned and used, and knowledge of both acupuncture diagnosis and treatment protocols can be quite limited.

A Registered Acupuncturist (R. Ac.) has 3 years of in-depth training in TCM medical theory and diagnosis, acupuncture point location and needling techniques, and will be able to offer you an effective treatment plan for acupuncture.

Acupuncture is a very safe procedure when performed by a Registered Acupuncturist, as they have received mandatory acupuncture safety training, in addition to over ***450 hours** of supervised clinical experience.

By making sure that your medical practitioner is a Registered Acupuncturist and ATCMA member, you can be assured that they have received the most comprehensive acupuncture training of any medical profession, and will provide you with the best benefits of acupuncture.