



Saturday, March 28, 2026, 10:00 a.m.-12:00 p.m.

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OPTION A

Ethics, Consent & Trauma-Informed Care for Chinese Medicine Practitioners

Speakers: Michael Hall, B.A., R.Ac. and Ala Wroblewska, R.Ac.

This course will help you meet your ethic course requirement!

This 2-hour training offers an embodied, practical exploration of ethical touch and consent within clinical acupuncture and Chinese Medicine settings. Using the Wheel of Consent model developed by Dr. Betty Martin, participants will learn how to clarify roles, boundaries, and agreements in therapeutic relationships. We'll integrate trauma-informed care principles, consent practices, and the nuances of power dynamics that shape practitioner–patient interactions.

By the end of the workshop, participants will be able to:

- Understand the foundations of trauma-informed practice as they relate to touch, power dynamics, and patient agency
- Clearly differentiate between informed consent, ongoing consent, and embodied consent in a clinical context
- Apply key concepts from the Wheel of Consent model—Receiving, Taking, Allowing, Serving—to their therapeutic role
- Communicate intentions with clarity
- Identify common consent challenges specific to acupuncture (draping, palpation, needle insertion, sensitive areas, unexpected changes in treatment)
- Implement practical scripts, boundaries, and practices to support patient experiences

Why This Learning Is Important for TCM Professionals

Acupuncture and Chinese Medicine are hands-on, relational practices that require clear communication, trust, and ongoing consent. This training helps practitioners navigate the ethical and practical realities of touch, power dynamics, and patient autonomy in clinical

settings. By integrating trauma-informed care and the Wheel of Consent framework, practitioners gain practical tools to communicate intentions clearly, recognize consent challenges, and respond appropriately to nervous system and emotional responses. These skills support ethical practice, meet regulatory expectations, and foster safer, more respectful, and effective patient–practitioner relationships.

Workshop Structure (2 Hours)

I. Opening

- Welcome & introductions
- Why patient-practitioner interactions require ongoing reflection
- Overview of the session
- Grounding practice

II. Trauma-Informed Care Foundations

- What “trauma-informed” means (safety, choice, collaboration, trust, empowerment)
- The nervous system + touch: how patients may respond differently
- Power dynamics in medical and therapeutic spaces
- Practical examples for acupuncturists:
 - Working with anxious or freeze-response clients
 - Supporting clients who dissociate or check out
 - Handling unexpected emotional responses

III. Consent in Clinical Practice

- Elements of informed consent
- Ongoing consent vs. one-time consent
- Navigating consent in treatment

IV. Introduction to the Wheel of Consent

- Overview of the four quadrants: **Serving, Allowing, Taking, & Receiving**
- “Who is it for?”
- Common misunderstandings in therapeutic settings
- Mapping practitioner roles within the Wheel

V. Applied Wheel of Consent for Acupuncture

- Translating wheel concepts into clinical behaviours
 - How to ask for (or offer) touch clearly
 - How to state your intention
 - How to listen for “real yes”
- Examples unique to acupuncture:

- When palpation becomes “for the practitioner” vs. “for the patient”
- Reframing “Do you mind if I...?” into clear agreements
- What to do if consent is unclear or wavering
- Demonstration + guided reflection

VI. Consent Practices in the Treatment Room

- Sample scripts and phrasing
- Body-based cues to watch for
- How to repair when consent has been missed or misread
- Creating predictable structure:
 - “Here’s what I’m planning to do next...”
 - “Would you like more/less information right now?”

VII. Paired or Small-Group Exercise (if there’s time)

A short, low-intensity experiential practice, such as:

- Practicing offering and asking for touch (non-clinical, hands only)
 - Noticing sensations of yes/no/maybe
 - Clarifying intentions in simplified scenarios
- Goal:** embodied understanding without requiring needle use.

VIII. Integration, Q&A, Closing

- Recap of key principles
- Resources for ongoing learning
- Thank you & next steps

Bio:

Michael Hall, B.A., R.Ac.



Michael brings more than thirty years of study and practice in Traditional Chinese Medicine, Acupuncture, Massage Therapy, Yoga Therapy, and Addictions, all of which inform his grounded and relational approach to clinical care. He studied acupuncture in San Francisco and Victoria and has been licensed to practice in British Columbia since 2004. Since 2007 Michael has managed and practiced in a busy community acupuncture clinic in Victoria, BC. He is currently on the teaching staff at the Pacific Rim College and has also served as faculty member at the Canadian College of

Acupuncture. Michael has presented on the Wheel of Consent and its application within Chinese Medicine contexts, teaching this material to students and colleagues as part of their clinical and professional development.

Ala Wroblewska, R.Ac.



Ala has been practicing acupuncture since 2015. Inspired by a transformative personal experience, she shifted her path from business studies to pursue Chinese Medicine. Her experience in somatic work led her to the Wheel of Consent, a framework that has become useful in her clinical practice as well as her everyday relating.

This work has been deeply influential in supporting mind–body connection, strengthening access to one’s voice, and clarifying personal autonomy—particularly around understanding the “who it’s for” within an interaction.

Michael and Ala have worked directly with Dr. Betty Martin, creator of the Wheel of Consent, and integrate this framework into acupuncture practice as a way to clarify roles, boundaries, and agreements within hands-on Chinese Medicine treatments.