

Course Outline: The Dance of Diagnosis and Treatment in Acupuncture: Utilizing Tools from Manual Medicine (2 day outline created for October 11 & 12, 2025 course)

DESCRIPTION: As the esteemed clinician (and mentor of Dr. Sandweiss) George Goodheart, D.C. has said, “Diagnose the need, supply the need, and observe the result.” In this workshop Dr. Sandweiss and Bensky will share approaches that do just that for acupuncture focused practices. Including precise muscle testing as developed with Applied Kinesiology, the use of Counterstrain and Myofascial release applied to acupuncture points, and tools from Engaging Vitality such as Qi Signal Assessment and Channel Listening. These techniques can be used in a wide variety of circumstances and are particularly helpful for subacute or chronic issues, particularly of the musculoskeletal structure.

GOALS & OBJECTIVES:

1. Learn how to think about acupuncture treatment as a “call and response” process with a recurrent back and forth between diagnosis, treatment, and result.
2. Learn specific mental and physical techniques derived from manual medicine to aid with this process, including muscle testing, qi signal assessment, and listening to the channels.
3. Have a good sense of how these specific techniques will be of use in your own practice.

***All the above Learning Objectives are intended to enhance the diagnostic and treatment skills of health professionals whose licenses allow them to practice acupuncture.*

INSTRUCTORS: Jay Sandweiss D.O. & Dan Bensky D. O.

DAY 1 (Saturday, October 11, 2025) - 9am - 6pm

9 - 9:30am	Course Introduction & Overview (Lecture)
	<i>Provide an overview and foundation for the course, including a brief discussion and elaboration on:</i> <ol style="list-style-type: none">1. Goodheart’s adage;2. Applied Kinesiology and acupuncture;3. OMT to treat/pretreat acupuncture points;4. Engaging Vitality premises;5. Basic skills that will be worked on during the course.
9:30 - 10am	Introduction to Qi Signal Assessment & the Three Burners (Lecture)
	<i>Introduce students to Qi Signal Assessment and use of QSA to assess the three burners.</i>

10 - 10:30am	Practice Set: Qi Signal Assessment & the Three Burners (Supervised Practice)
	<i>Students will work in small groups to practice feeling QSA over the three burners.</i>
10:30 - 11:30am	Introduction to Applied Kinesiology Approach to Acupuncture (Lecture)
	<i>Introduce students to applied kinesiology and its approach to acupuncture, including how to appropriately test muscles and integrate findings into the acupuncture treatment.</i>
11:30 - 12pm	Practice Set: Basic Muscle Testing in Applied Kinesiology (Supervised Practice)
	<i>Students will work in pairs to practice basic muscle testing on one another.</i>
12 - 12:30pm	First Group of Muscle-Meridian Relationships (Lecture)
	<i>Introduce students to the first set of muscles (listed below) and their relation to specific acupuncture channels. The lecture will include a demonstration of how to test each individual muscle.</i> A. SUPRASPINATUS=CONCEPTION VESSEL B. TERES MAJOR=GOVERNING VESSEL C. DELTOID/ANTERIOR SERRATUS=LUNG D. TENSOR FASCIA LATA= LARGE INTESTINE
12:30 - 1:30 pm	LUNCH
1:30 pm - 2pm	Practice Set: Revisit Qi Signal Assessment of the Three Burners (Supervised Practice)
	<i>Students will work in pairs to practice muscle testing for group 1 muscles and evaluate effects on the QSA.</i>
2 - 2:30 pm	Introduction to Local Listening & Transient Opening (Lecture)
	<i>Introduce students to the Engaging Vitality techniques of Local Listening and Transient Opening. The Lecture will include a description and demonstration of each.</i>
2:30 - 3 pm	Practice Set: Local Listening & Transient Opening (Supervised Practice)
	<i>Students will work in pairs to practice Channel Listening and Transient Opening.</i>
3 - 3:30 pm	Second Group of Muscle-Meridian Relationships (Lecture)

	<p><i>Introduce students to the second set of muscles (listed below) and their relation to specific acupuncture channels. The lecture will include a demonstration of how to test each individual muscle.</i></p> <p>A. PECTORALIS MAJOR CLAVICULAR= STOMACH B. LATISSIMUS DORSI=PANCREAS C. SUBSCAPULARIS=HEART D. QUADRICEPS=SMALL INTESTINE</p>
3:30 - 4 pm	<p>Practice Set: Revisit Qi Signal Assessment of the Three Burners & Local Listening (Supervised Practice)</p> <p><i>Students will work in pairs to practice muscle testing for group 2 muscles and evaluate effects on QSA and Local Listening.</i></p>
4 - 4:30 pm	<p>Introduction to Channel Listening & tōng/bu tōng (Lecture)</p> <p><i>Introduce students to the EV technique of channel listening, including distinguishing channel from non-channel and assessing whether a channel is tōng (open and connected) or not.</i></p>
4:30 - 5 pm	<p>Practice Set: Channel Listening & tōng/bu tōng (Supervised Practice)</p> <p><i>Students will work in pairs to practice channel listening, including finding channels and assessing tōng vs. bu tōng.</i></p>
5 - 5:30 pm	<p>Third Group of Muscle-Meridian Relationships (Lecture)</p> <p><i>Introduce students to the third set of muscles (listed below) and their relation to specific acupuncture channels. The lecture will include a demonstration of how to test each individual muscle.</i></p> <p>A. PERONEUS TERTIUS=BLADDER B. PSOAS= KIDNEY C. GLUTEUS MEDIUS=PERICARDIUM D. TERES MINOR=TRIPLE BURNER</p>
5:30 - 6 pm	<p>Practice Set: Revisit Qi Signal Assessment of the Three Burners, Local Listening & Channel Listening (Supervised Practice)</p> <p><i>Students will work in pairs to practice muscle testing for group 3 muscles and evaluate effects on QSA, Local Listening and Channel Listening.</i></p>

DAY 2 (Sunday, October 12, 2025) 8am - 4pm

8 - 8:30 am	Discussion/Q&A (Group Discussion)
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	<i>During this discussion we will invite students to share questions or insights related to content learned on day 1.</i>
8:30 - 9 am	Introduction to General Listening (Lecture)
	<i>Introduce students to the EV technique of Global Listening.</i>
9 - 9:30 am	Practice Set: General Listening (Supervised Practice)
	<i>Students will work in pairs to practice Global Listening.</i>
9:30 - 10am	Fourth Group of Muscle-Meridian Relationships (Lecture)
	<i>Introduce students to the fourth set of muscles (listed below) and their relation to specific acupuncture channels. The lecture will include a demonstration of how to test each individual muscle.</i> A. POPLITEUS= GALLBLADDER B. PECTORALIS MAJOR STERNAL= LIVER
10 - 10:30 am	Practice Set: Applying EV Techniques of Channel Listening & QSA (Supervised Practice)
	<i>Students will work in pairs to practice muscle testing for group 4 muscles and integration with QSA, Local Listening and Channel Listening to localized 1-2 active points.</i>
10:30 - 11am	RONG 24-hour Muscle Sequence & Kinesiology Testing (Lecture)
	<i>Introduce students to the muscle dance sequence that follows the 24-hour clock RONG cycle and demonstrate the kinesiology movements of each muscle and the corresponding manual muscle test.</i>
11 - 11:30am	Practice Set: Testing RONG Muscle Sequence & Kinesiology Movements
	<i>Students will work in pairs to practice manual muscle tests corresponding to the RONG cycle muscles.</i>
11:30 - 12pm	Review of MU Points, SHU Points, and Pulse Points with Muscle Testing (Lecture)
	<i>Review MU, SHU and Pulse point location and demonstrate the corresponding muscle tests for these points.</i>
12 - 12:30 pm	Practice Set: MU Points, SHU Pints, Pulse Points with Muscle Testing (Practice Set)

	<i>Students will work in pairs to practice muscle testing for the MU, SHU and Pulse points.</i>
12:30 - 1:30 pm	Lunch
1:30 - 2pm	Practice Set: Revisit Global Listening, QSA of Three Burners, Local Listening, Channel Listening (Practice Set)
	<i>Students will work in pairs to practice all EV techniques learned thus far in order to identify active points.</i>
2 - 2:30pm	Special Applications of Muscle Testing for TMJ, Cranial, Emotional Stress & Visual Disorders (Lecture)
	<i>Introduce & demonstrate special applications of muscle testing to screen for TMJ, cranial, emotional stress, and visual disorders</i>
2:30 - 3pm	Osteopathic Manipulation Techniques for Releasing Acupuncture Points & Channels (Lecture)
	<i>Introduce & demonstrate the application of several osteopathic manipulation techniques for releasing specific acupuncture points and their associated channels.</i>
3 - 3:45pm	Practice Set: Evaluating Osteopathic Manipulation Techniques with EV (Practice Set)
	<i>Students will work in pairs to practice the application of osteopathic manipulation techniques for releasing specific acupuncture points and their associated channels, after which they will revisit GL, QSA of the Three Burners, LL, and Channel Listening to see if the “active points” identified previously are still present.</i>
3:45 - 4pm	Wrap Up (Q&A)
	<i>Wrap up the course and answer questions related to content learned and integration of content into the clinic flow right away.</i>