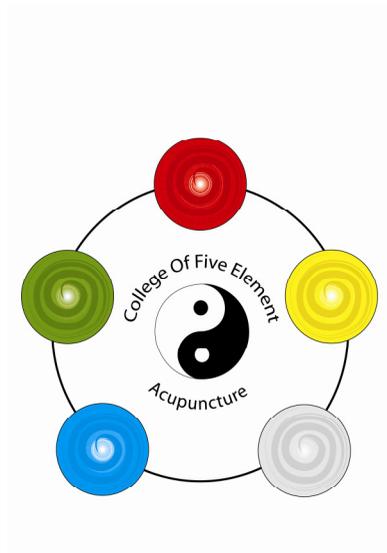


# PROSPECTUS

**College  
Of  
Five  
Element  
Acupuncture  
- Ireland**



**[www.cofea.ie](http://www.cofea.ie)**

## **Coming to your senses.....**

A warm welcome to our Prospectus.

Here at the College of Five Element Acupuncture (**COFEA**), we will provide you with a professional training in Classical Five Element Acupuncture that will both challenge and inspire you for the rest of your life.



Classical Five Element Acupuncture is one of the safest, most comprehensive and far-reaching systems of healing in the world.

Upon successful graduation you will obtain a professional qualification – Licentiate in Acupuncture (Lic. Ac.).

***Instead of asking, "What kind of symptoms does this Person have?"  
Classical Acupuncture asks, "What kind of person has these symptoms,  
and why?" ~ JR Worsley***

---

## Our Mission

Classical Five Element Acupuncture, as taught by J.R. Worsley, is unique among the various types of traditional acupuncture. It derives its remarkable effectiveness by treating the Causative Factor (CF) of an illness. Relying on natural laws, it recognizes that the health of a person's body, mind and spirit must be taken into account in order to fully diagnose the cause of an illness. Only then can the most effective help be offered so that people can regain their balance and health on all levels.

For us at the **College Of Five Element Acupuncture**, acupuncture is not just a system of laws and point locations and techniques that a student can learn by rote. To work properly, this tradition of medicine needs people who really care for others. The traditional diagnosis and treatment demands that we genuinely and humbly experience the patient. The joy and beauty of doing this is that not only does the patient get better but we as practitioners grow both in our own person and in our ability to help Nature to heal disease.



This is a fantastic opportunity to develop yourself as a highly skilled Acupuncturist, understanding Natural Laws and the way people are when in balance and when out of balance. The embodiment of these skills is in our view the highest level a person can achieve.

## ***Coming to your senses!***

Great Emphasis is placed during the course on reawakening our innate ability to see hear ask and feel. This is the way of Classical Diagnosis – using the predominant colour, sound, odour and emotion manifested by the patient to diagnose and treat the underlying cause of the disease. In the same way as the animal kingdom use their senses to find food and a lover or avoid a predator we will re develop those same senses to heal.

***The practitioner is a servant of Nature, labouring on behalf of all her children, as a humble instrument assisting restoration of balance and harmony in body, mind and spirit. ~ JR Worsley***

---

## **Why Study at COFEA?**

- 1.** We are the only College offering a full undergraduate course in the European Union in Classical Five Element Acupuncture.
- 2.** We have put together a comprehensive curriculum and assembled a high quality national and international teaching faculty to ensure you will get a thorough education and be able to practice this amazing system of medicine at the highest level.
- 3.** We have structured the course to allow you continue working and/or meeting family commitments... by having classes once a month for the first two years.
- 4.** Classes will be held on Thursdays / Fridays / Saturdays and Sundays again to minimise the effect on your working week and/or family commitments.
- 5.** The Course Structure will also be attractive to you if you are living outside Ireland. The course is being held 20 minutes away from Dublin International Airport; flights to Dublin have become very frequent and low cost with the advent of budget flight companies. In addition the cost of attending the three year course is highly competitive when compared with other international acupuncture courses available.

**6.** If you are living in the UK - the favourable €/£ exchange rate means that the cost of the course and other related costs – e.g. accommodation - will be cheaper than at home.

**7.** We will be teaching you at a beautiful setting beside the sea.

**8.** For those living in Ireland this represents the first opportunity ever to study Classical Five Element Acupuncture in Ireland. In addition the cost of attending the three year course is highly competitive when compared with other acupuncture courses available in Ireland.

**9.** Our teaching location is conveniently located in Dublin with easy access to this beautiful setting by the sea - by train (DART) bus and 20 minutes by car from Dublin city centre.

---

## **Our buildings and facilities**

COFEA's Offices are based at Gresham House 383 -384 Clontarf Road Dublin 3.

We will teach at the Marine Hotel in Sutton Dublin 13. This is a beautiful hotel set on the beach at the base of Howth hill.



Our light and airy classroom there will provide a functional and inspiring learning environment for both our students and staff. The classroom is equipped with a DVD projector and a screen for presenting computer-based presentations and DVDs.

If you need to stay over rooms are available at discounted rates for our students. In addition, there is wireless Internet access at the Hotel, should students wish to bring their own laptops.

---

# A Little Bit about What You Will Be Learning – The Five Elements

*Every living thing and every person on the planet is a unique embodiment and combination of the five elements. ~ JR Worsley*

According to Chinese philosophy, all things in the Universe manifest as the five elements known as Wood, Fire, Earth, Metal and Water. Each element creates the different organs of our body and in nature the seasons of the year. The Elements are the phases through which all things pass from their beginning to their end.

## Wood

Wood is the element of spring; it helps us realise what we want to do with our lives and enables us to do what it takes to achieve that.



Wood gives us the structure and flexibility to create and develop our lives with hope and optimism, overcoming obstacles and deciding with clarity our plans for the future.

## Fire

This is the element of summer, relaxed and open. It gives us warmth, the capacity to love, and to be loved. It enables us to mature and blossom and to help us relate.



Here we find our passion, our ability to experience fun in all our endeavours. Feeling emotionally protected we communicate with openness and honesty.

## Earth

This is the element of late summer and a time of harvesting. This energy gives us the ability to nurture ourselves and others with compassion.



By helping us feel connected to the earth, it enables us to understand and give sympathy without losing our own centre. Our sense of satisfaction and nourishment comes from this element.

## Metal

This is the element of autumn. It gives us our sense of quality and self worth, our capacity to look at what lies beyond ourselves and the power to let go.



As we make this necessary break we feel the loss and grief but value the time of reflection this element provides. Letting go allows us to be inspired by fresh and new ideas.

## Water

Water is the element of winter, encouraging us to pause so that we can regenerate and gather strength. This energy holds our identity giving us our sense of self. Water gives us the power to adapt and the will and drive to fulfil the potential given to us at birth.



The Water Element brings us purity of Body, Mind and Spirit and a proper flow to our life.

# Educational Objectives

As a Graduate of COFEA you will attain:

- A thorough theoretical understanding of Classical Five Element Theory and its place in Oriental philosophy and in history, as well as a personal awareness of the Five Elements and how they interconnect people with nature.
- The ability to use the Five Elements in clinical practice in order to recognise disharmony in your patients.
- The ability to complete a Traditional Diagnosis, develop an appropriate treatment plan, and provide appropriate care.



- Competence and sensitivity in the application of the technical skills of assessment used in Classical Five Element Acupuncture including pulse taking, palpation, and discernment of colour, sound, odour and emotion.
- Excellent skills as a health care practitioner; demonstrating skills in listening, communication, building rapport, professional conduct and ethical relations with patients and peers.
- Competence and sensitivity in the application of the technical skills of treatment used in Classical Five Element Acupuncture including acupuncture and moxibustion.



- An understanding of Western medical terminology, pharmacology, diagnostic procedures and treatment methods in order to communicate effectively with clients and other health care providers.
- The capacity to practise in a safe and prudent manner, and to recognize emergency conditions and other circumstances that may necessitate referral to - or consultation with - other health care providers.

## Course Structure

The course is part time and will run over 3 years. Years 1 and 2 will be run monthly for 10 months (September to June) with students attending once a month for 4 days – Thursday, Friday, Saturday and Sunday – this allows students to continue to work and look after family etc while doing the course.

Year 3, (the clinical year) will be run one day a week for 7 months and then one day a month for 3 months.

***Note:*** Students should be aware that approximately 20 hours per week should be devoted to home study and it is required to do a number of hours of clinical observation per year.

***I feel that our teacher is nature itself. Everything we want to know is out there in nature. ~ JR Worsley***

# Learning Approaches

The curriculum at COFEA follows the oral tradition of Classical Five Element Acupuncture. The format is based on a spiral (non-linear) system of learning utilised in Eastern approaches to teaching. Many modules are cumulative in nature and material that is presented in the first term may be revisited in greater depth later on. Over time, the students are expected to internalise the material, at their current level of competency.

Our training guides students in using and respecting the laws of nature to treat or prevent illness. Emphasis is placed on reawakening and developing natural diagnostic skills: the ability to see, to hear, to ask, and to feel. Therefore, the College strongly encourages students to grow, not only in academic knowledge and understanding of acupuncture, but also in terms of their own personal development and learning.

***The Classical Five-Element Acupuncture practitioner is therefore carefully trained to understand the laws of Nature, and to treat people according to these laws. ~ JR Worsley***

# COFEA – Faculty and Staff

## **Declan Rothwell – [B.Sc., Lic.Ac., OMBAcC] ~ Principal and Teacher**



Declan is a Classical Five-Element Acupuncturist practicing in Dublin, Ireland and Principal of COFEA. Declan graduated in 1984 from Trinity College with a B.Sc (Hons). He qualified from the College of Traditional Acupuncture in 1997 with his Lic. Ac. and continued to study with J.R. and J.B. Worsley after graduation. Declan joined the Master Apprentice Programme (MAPtm) run by the Worsleys in 2001; he is a certified Advanced Teacher of Classical Five Element Acupuncture. Declan was on the teaching faculty of the London Institute of Five Element Acupuncture (LIFEA) 2007 to 2010. Declan is also running a busy T'ai Chi School with other teachers in Dublin.

## **Annette Bagnall – [S.R.N. M.Ac OMBAcC] ~ Teacher**



Annette is a Classical Five Element Acupuncturist practising in Dublin, Ireland. She studied and graduated with Lic. Ac., Advanced Lic. Ac. & Ac. Master from the College of Traditional Acupuncture. She has been a member of the Master Apprentice Programme (MAPtm) run by J. R. and J. B. Worsley since 1997. She is a Certified Advanced Teacher of Classical Five-Element Acupuncture and is a member of faculty at ITEA (Institute of Taoist Education & Acupuncture) in Louisville, Colorado (USA). Previously Annette was a guest faculty member at the Institute of Classical Acupuncture in Gainesville in Florida and at the School of Five Element Acupuncture (SOFEA) in London.

**Sharon Griffin**  
**[Lic. Ac. OMBAcC] ~ Teacher**



Sharon trained at the College of Traditional Chinese Acupuncture and graduated in 1990. She worked in the UK for one year practicing five element acupuncture and returned to Ireland where she

has been working as an acupuncturist in her own clinic now situated in Co. Kildare for the past 22 years. She obtained a Diploma in a practitioner's course in developmental mediation at the National College of Developmental Mediation in 1996.

**Andy Edgar**  
**[Lic.Ac. B.Ac M.Ac]**  
**~ Guest Teacher**



Andy completed his Lic. Ac. at the College of Traditional Acupuncture in 1980 and later graduated with B. Ac.

and Ac. Master. From 1986 until 1994, he was a member of faculty at the College of Traditional Acupuncture. Andy also taught at the Worsley Institute of Classical Acupuncture (WICA) in Miami and was the senior tutor for the Institute of Taoist Education and Acupuncture (ITEA) in Colorado.

**Joop Brouwer –**  
**[BA Lic.Ac. MBAcC]**  
**~ Guest Teacher**



Joop graduated from The College of Traditional Acupuncture (UK) in 1997 and practices Five Element acupuncture in St Albans (UK).

Joop has been on the faculty of The School of Five Element Acupuncture in London and has taught at The British Acupuncture Council conference. He is a Continuing Professional Development facilitator with the British Acupuncture Council. Joop has been practicing the ancient art of T'ai Chi Chuan since 1982 and is a senior teacher with The School of T'ai Chi Chuan for which he teaches internationally. Before his acupuncture study, Joop graduated from the University of Amsterdam in Social Sciences and worked as a group councillor in mental health.

**Seán O'Neill**  
**[B.Sc., B.A.(Hons), Lic.Ac.**  
**OMBAC]**  
**~ Course Administrator and**  
**Teacher**



Seán O'Neill is a Classical Five Element Acupuncturist practicing in Dublin, Ireland. Seán graduated in 1986 from Dublin City University with a B.Sc.

He qualified from the College of Traditional Acupuncture in 2008 with his Lic. Ac. and B.A.(Hons). Seán also helps run and teaches at a busy T'ai Chi School with other teachers in Dublin.

**Dr Anna Fernando MBChB MICGP DRCOG**

**~ Western Medicine Teacher**

Anna Graduated from The Medical School, Birmingham University in 2005. She spent 2 years working in NHS hospitals then 3 years working in HSE hospitals - Galway, Drogheda followed by 3 years working in General Practice in Ireland. She is currently practicing in Dunleer Co Louth

# Application

## Admissions

COFEA seeks applicants who demonstrate the maturity, commitment, motivation and integrity necessary to become caring practitioners and instruments of nature. In order to best serve their patients, students must exhibit a willingness to grow both personally and professionally.

Due to the cumulative nature of the curriculum, satisfactory understanding of all material from the first year is a prerequisite to beginning the second year.

Candidates must satisfy COFEA's admissions requirement:

- A genuine motivation to study and practice acupuncture; a sincere and caring attitude and a willingness to develop and grow those essential attributes
- Sufficient command of written and spoken English to be able to undertake the programme
- A minimum of Leaving Certificate (or equivalent) is usually required; however where this is not the case, we strongly encourage you to apply as other qualifications and life experience will be taken into account.

## How to Apply

You can download an application form from our website or request one by email **info@cofea.ie** or phone on **00 353 1 8330865**.

Providing all requirements are met and places are still available for the intake of your choice, you will be invited for an interview. Due to a limited number of intake per academic year, early application is advised.

COFEA is an equal opportunities College.

## Course Fees and Dates

Details of the course dates and fees can be found in a separate sheet inserted in this prospectus, on our website or on request.

Upon completion of the course, graduates will be awarded a Licentiate in Acupuncture (Lic. Ac.).



Graduates will be eligible to apply for

Membership of the Acupuncture Council of Ireland (ACI) which will give you membership of the largest acupuncture professional organisation in Ireland; access to the Council's block professional insurance policy which also covers the UK; members of the ACI are qualifying practitioners for the purpose of private health insurance for Quinn Direct/Aviva / VHI - patients will be able to get refunds on their treatment costs of attending your practice.

---

## Contact Information

Our administrative address is:

COFEA - Ireland,  
Gresham House,  
383 – 384 Clontarf Road,  
Dublin 3,  
Ireland.

Web: [www.cofea.ie](http://www.cofea.ie)

E-Mail: [info@cofea.ie](mailto:info@cofea.ie)

Tel: 00 353 1 8330865

***The practitioner is ever mindful and trusting that Nature, allowed to work and flow unimpeded, leads the patient to health in body, mind and spirit, just as the rivers flow naturally and effortlessly towards the ocean.  
~ JR Worsley***

*COFEA would like to thank the Institute of Taoist Education and Acupuncture for their assistance in producing this prospectus.*