

PROSPECTUS



College
Of
Five
Element
Acupuncture

www.cofea.ie

Coming to your senses.....

A warm welcome to our Prospectus.

Five Element Acupuncture is one of the safest, most comprehensive and far-reaching systems of healing in the world. Become a professional Five Element Acupuncturist! Change your life and the lives of others doing what you love! This is a great career, helping others on all levels, deriving great job satisfaction and making a good living for yourself!



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

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 one of the few Colleges in the European Union offering a full undergraduate course in 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. Year 3 is one day a week for six months and then 1 day a month for four months.
- 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 five element acupuncture courses available.

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

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

8. 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.

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 stability 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 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 Five Element Acupuncture including pulse taking, point location, 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 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 patients 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 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 6 months and then one day a month for 4 months.

Note: Students should be aware that approximately 10 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 Five Element Acupuncture. The format is based on a spiral (non-linear) system of learning used 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 Five-Element Acupuncturist practising in Dublin, Ireland and serves as 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 Five Element Acupuncture. Declan was on the teaching faculty of the London Institute of Five Element Acupuncture (LIFEA) 2007 to 2010. Declan is also 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 practicing 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.

John Littleton -
[LicAc, MAcCI, MAcFPA]
~ Teacher



John Littleton is a classical five-element acupuncturist who graduated with a Licentiate in Acupuncture (Lic. Ac) from the College of Five Element Acupuncture (COFEA), Dublin. He is an accredited member of the Acupuncture Council of Ireland and of the Acupuncture Foundation Professional Association, Ireland. John is a member of MAP (Master Apprentice Programme) offered by the Worsley Institute, USA. He regularly attends CPD seminars and workshops offered by Nora Franglen and Guy Caplan of the School of Five Element Acupuncture (SOFEA) in London and by Gerard Kite of the London Institute of Five Element Acupuncture (LIFEA) based in London and the south of France. In addition, John works in higher education leadership and management.

Vanessa Costigan
[Lic. Ac.]
~ Teacher



Vanessa Costigan studied with and achieved her Lic.Ac. from the College of Five Element Acupuncture.

She is a member of the Acupuncture Council of Ireland. She is committed to continued learning attending workshops with J.B. Worsley and Gerard Kite. Her deep love of Tai Chi is what first connected her with Acupuncture, this she teaches both locally and Internationally with the Tai Chi Foundation. It was her unique experience of treatment which sparked the curiosity to study. Her experience of life changed and a sense of feeling well grew. Vanessa loves to connect with focus on everyone who attends her practice, being present on their journey to wellbeing is humbling.

Joop Brouwer –
[BA Lic.Ac. MBAC]
~ Teacher



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

Joop has been on the faculty of The School of Five Element Acupuncture in London and has taught at The British Acupuncture Council conference. 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 counsellor in mental health.

Seán O'Neill
[B.Sc., B.A.(Hons), Lic.Ac.
M.ACI, OMBAC, M. AFEA]
~ 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). Since graduation Seán has continued his study of Classical Five Element Acupuncture attending workshops and courses by recognised leading practitioners including J.B. Worsley, Gerad Kite and Nora Franglen. Seán is a T'ai Chi and Qi Gong teacher with the T'ai Chi Foundation (TCF) and helps run and teach at a local branch of the TCF at the Suaimhneas School of T'ai Chi in Dublin. His other interests include chess, photography and Feng Shui.

Dr. Edgar Mocanu (MD)
~ **Teacher Of Western Medicine**



Dr. Mocanu is a Registered Specialist in Obstetrics and Gynaecology and Royal College of Obstetricians and Gynaecologists certified Subspecialist in Reproductive Medicine and Surgery. He is a Consultant at the Rotunda Hospital, Dublin, an Honorary Clinical Senior Lecturer with the Royal College of Surgeons in Ireland and a Fellow of the RCOG. Dr. Mocanu received his MD from Transylvania's Iuliu Hatieganu University of Medicine and Pharmacy in 1993 and did his residency in Ireland in the three large maternities in Dublin, Coombe Women's Hospital, Rotunda Hospital and National Maternity Hospital. He received his Reproductive Endocrinology and Surgery training in the Rotunda Hospital (2001-2003) and obtained a Doctor in Medicine degree from Trinity College, Dublin in 2011.

Teresa Redding –
[Lic.Ac. MBAC]
~ **Teacher**



Teresa is a Five Element Acupuncturist, graduating from the School of Five Element Acupuncture (SOFEA) in London in 2007 with Lic. Ac. She has been a member of BACc since then and attends post graduate training with Nora Franglen. Teresa has practiced in various Central London clinics since graduating and currently practices from her home clinic in South East London. When not practicing she enjoys fitness and nature walks.

Heather Boland

[Lic. Ac.]

~ **Teacher**

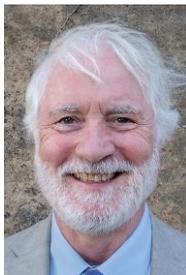


Heather Boland is a fully-licensed Classical Five Element Acupuncturist based in the Palms Centre in Gorey, Co. Wexford. She achieved her qualification in 2004 from the School of Five Element Acupuncture, London under the tutelage of Nora Franglen. Five Element Acupuncture has sustained Heather throughout her life since she was 16 years old. She grew up in a business background but found this path so interesting and effective that she decided at an early age to study and begin practise. She has treated patients for various issues such as fertility, mental health etc. but always in the context of Five Element treatment protocols and still to this day loves her work in service to her community and the community of Five Element practitioners Heather is a mother to two children and enjoys outdoor activities such as hiking, surfing and film photography. She is honoured and delighted to be part of the Faculty of Teachers and looks forward to assisting and sharing her knowledge and experiences with this wonderful system of medicine with students.

Aidan Healy

[Lic. Ac.]

~ **Course Administrator**



Aidan Healy graduated from the London Institute of Five Element Acupuncture (LIFEA) with a Lic. Ac. He is the Course Administrator with the college. He is a teacher with the local Tai Chi school.

Alex Rothwell

~ Administrative Assistant

Alex is an Administrative Assistant with the College and hopes to train one day to become a Five Element Acupuncturist!



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 apply online at 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 intakes per academic year, early application is advised.

COFEA is an equal opportunities College.

Course Fees, Dates and Professional Organisations

Year 1 - €4500

Year 2 - €4750

Year 3 - €4950

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



Our Course

complies with the

core curriculum and membership standards of the Acupuncture Council of Ireland (ACI). Graduates will be eligible to apply for Membership of the 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 with many insurers - **patients will be able to get refunds on their treatment costs of attending your practice.**

Graduates can also join the world-renowned Worsley Institute, the umbrella body responsible for Five Element Acupuncture worldwide.

Contact Information

Our administrative address is:

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

Web: www.cofea.ie

E-Mail: 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.