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Needling depth: An anatomic approach

Jennifer Brett

University of Bridgeport Acupuncture Institute, USA

Acupuncturists often needle points to a depth identified either by cun (proportional) measurement or through achievement of de qi (acupuncture sensation) as perceived by the patient. Great inconsistency in depth of each point measured in either method. Acupuncture point depths can be discussed using a modern anatomic understanding of the underlying tissues rather than a classical proportional description to enhance outcomes and minimize risks.

Biography

Jennifer Brett is the director of the UB Acupuncture Institute (UBAI). She graduated in 1987 from the National College of Naturopathic Medicine and graduated in 1988 from the Tri-State Institute of Traditional Chinese Acupuncture. She is currently the Director of the University of Bridgeport Acupuncture Institute in Bridgeport, CT. He is the chair of two Council of Colleges of Acupuncture and Oriental Medicine (CCAOM) Committees (CCAOM Distance Learning Committee and CCAOM Research Committee) and a member of the ACIH (Academic Collaborative for Integrative Health) Clinical Care Working Group. He works to create Acupuncture programs in which students and graduates become productive, caring and responsible citizens and skilled healthcare professionals. By providing an outstanding professional education, the UBAI programs' graduates have exceptionally high level of clinical skills and have the commitment and judgment necessary to act in the service of others. It is his vision that acupuncturists become respected members of the healthcare community in all its various functions from acute in-patient care to chronic, ambulatory care, research and training.

jbrett@bridgeport.edu