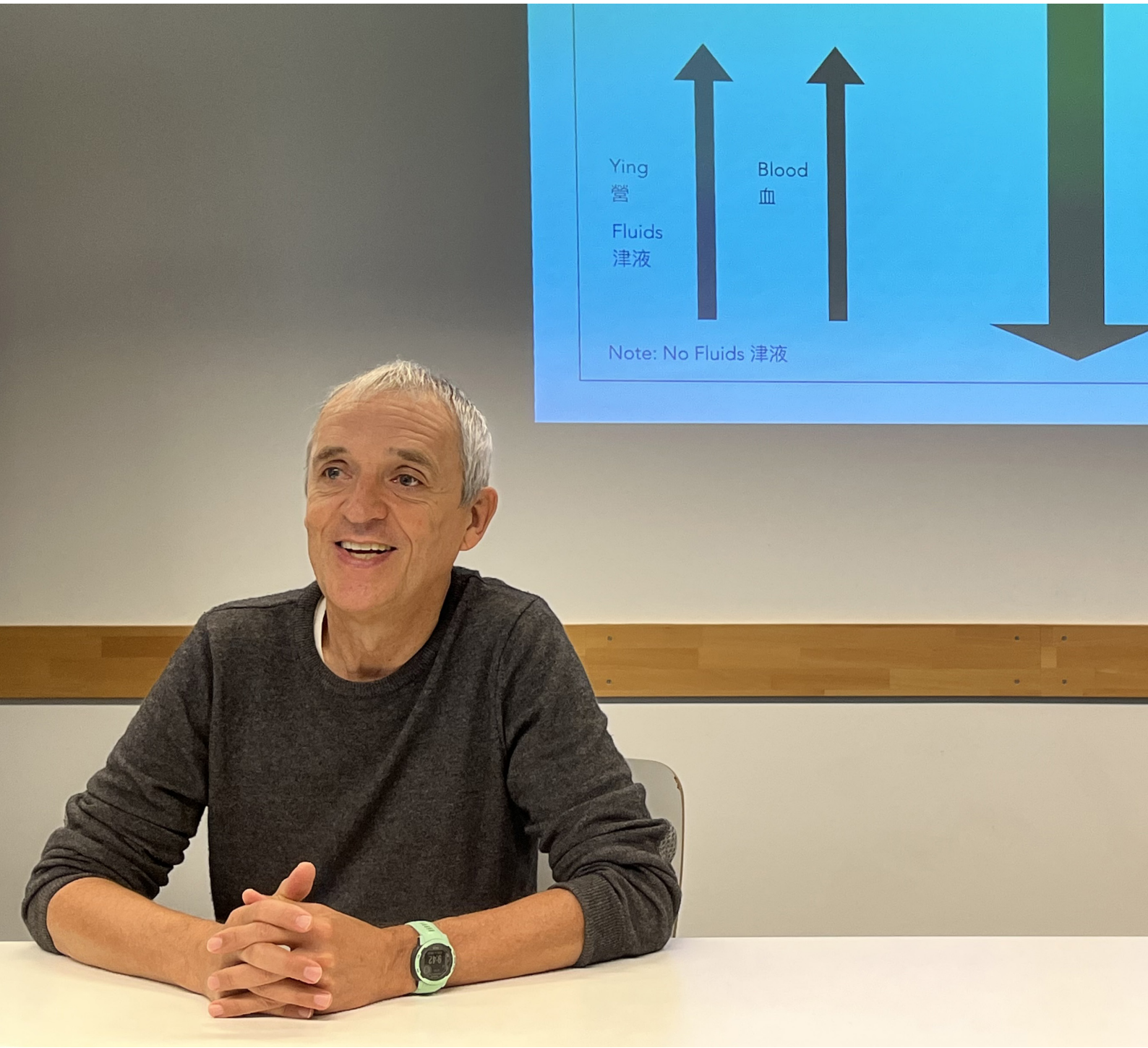
Hehuan Seminars



ADVANCED CHINESE MEDICINE

CLINICAL MASTERY THROUGH META-PRACTICE

ADVANCED CHINESE MEDICINE

Developing Clinical Mastery Through Meta-Practice



Lecturer: Prof. Volker Scheid, PhD

In this three-year postgraduate certification course, Prof. Volker Scheid teaches **meta-practice**, a powerful tool for working skilfully across different styles of Chinese medicine practice. Meta-practice **deepens your access to the sources of our tradition** and lets you systematically **expand your clinical skills** without being confined by what you already know. The result: **a more versatile, more confident clinician with a far richer toolkit** to draw on.

DATES (March 2028 - December 2030)

Module 1: 18 - 19 March 2028 (London)
Module 2: 27 May & 4 June 2028 (online)
Module 3: 9 - 10 Sept 2028 (London)
Module 4: 2 & 10 Dec 2028 (online)
Module 5: 24 - 25 March 2029 (London)
Module 6: 2 & 10 June 2029 (online)
Module 7: 15 - 16 Sept 2029 (London)
Module 8: 1 & 9 Dec 2029 (online)
Module 9: 16 - 17 March 2030 (London)
Module 10: 8 & 16 June 2030 (online)
Module 11: 14 & 22 Sept 2030 (online)
Module 12: 30 Nov - 1 Dec 2030 (London)

Language:	English
Hours:	166 h (including tutorials)
Price:	£ 6,000 total. (For early bird price, RCHM member discount & instalments options, see here)
Certificate:	Upon completion of the course, participants will receive a Certificate of Advanced Chinese Medicine
Prerequisite:	Previous training in Chinese herbal medicine

"Above all, the course has been incredibly enjoyable and only deepened my passion for Chinese medicine. I can't give a higher recommendation!"



Alex Jacob MSc
CEO of BAcC
Chinese Medicine Practitioner
London, UK

BEYOND STYLES OF PRACTICE

Over the last fifty years, our understanding of what Chinese medicine is, and how it should be studied and practised, has fundamentally changed. We once thought it was a single system. Now we know **Chinese medicine is a family of many different styles of practice.**

In acupuncture, for instance, there are Tung style, Tan style, Worsley five-element acupuncture, and TCM acupuncture, to name a few. In herbal medicine, popular styles include *jingfang*, or "classical formula" practice, TCM, Japanese Kampo, and Korean constitutional therapy.

The question is how we relate to this multiplicity. Should we study as many approaches as possible, or only some, and if so, on what basis do we choose? Should we simply follow whichever teacher happens to be most popular at the time, knowing that popularity shifts from one generation to the next?

This is not a new problem, and practitioners of Chinese medicine have proposed three basic solutions:

i. Stick with one style.
ii. Synthesise different styles into a single new style.
iii. Develop a meta-practice approach that allows you to work effectively with different styles.

Each solution has its advantages and disadvantages. Sticking with one style solves the problem of choice, but ultimately limits you. Synthesis dissolves differences, but in the end simply creates just one more style. **Developing a meta-practice approach offers a flexibility and depth** the other two cannot, but it also requires more time and effort.

"The incredible knowledge of Volker Scheid and the enthusiasm and passion he shows during the Masterclasses have made me realise the privilege of working with Chinese herbs. The way Volker guides us through his visions on TCM is unique, an opportunity any herbalist should go for."



Ellis Jansen
Licensed acupuncturist & herbalist
The Netherlands

WHAT IS META-PRACTICE?

Meta-practice is a tool for working effectively with different styles of practice.

This has four distinct advantages:

i. It puts your patients in the centre.

ii. It significantly increases your diagnostic and therapeutic skills.

iii. It deepens your understanding of, and access to, the Chinese medicine tradition.

iv. It provides you with a firm basis for life-long learning.

In meta-practice, what drives the treatment process is not your style of practice, into which you must fit your patients, but the needs of the patients themselves. If you always seek to link a patient's problem to their constitution because that is what your style of practice demands, you are unlikely to treat an acute epidemic or serious disorder involving toxins effectively. If the only formulas you use are ones written down in the Han dynasty, you are unlikely to become skilled at treating phlegm or damp-warmth, since these concepts were only developed much later.

Meta-practice also helps you draw on more diagnostic tools. Different styles of practice emphasise different modalities, such as pulse, tongue or abdominal diagnosis, inspection or listening. Meta-practice requires you to be able to use all of them, though not necessarily all at once; the patient and context remain the primary drivers. It also allows you to employ your own personal strengths: some practitioners are better at processing visual information, others work better with palpatory referents.

Working with different styles of practice also forces you to be more precise in how you define the concepts you use. Any single style can get away with poorly defined concepts, but **bringing different styles into conversation with each other demands that we find common ground**. This can be challenging, but it ultimately expands our knowledge, and deepens our access to and understanding of the sources of our tradition.

Finally, **meta-practice allows you to systematically extend your clinical skills without ever being limited by what you have already learned.**

THE ELEMENTS OF META-PRACTICE

Meta-practice revolves around three core elements:

i. Principles (li 理): conceptual knowledge, including an understanding of how such knowledge has changed over time.

ii. Strategies or methods (fa 法): a toolbox of diagnostic and therapeutic tools, including the herbs and formulas we use in daily practice.

iii. Intention, attention, judgement, meaning-giving (yi 意): the ability to bring principles and methods together in a clinically effective way.

Put all of this together and everything flows (tong通) and makes sense in both you and the patient you treat.

This course is designed to help you develop such knowledge, tools and skills by providing you with:

i. a deeper understanding of Chinese medicine anatomy, physiology and pathology.

ii. a deeper understanding of key concepts in Chinese medicine and how they have changed over time.

iii. diagnostic and therapeutic methods that build from the simple to the complex, adding further elements as your skills develop..

iv. skills for putting it all together.

To this end, Volker will draw on almost forty years of clinical practice and his extensive knowledge of Chinese medical history and literature.

COURSE ORGANISATION

The course consists of **twelve two-day modules** taught over three years, delivered in a hybrid format.

i. **Six modules will be taught as in-person seminar**s (classroom teaching), twelve hours over two consecutive days (Saturday/Sunday).
ii. **Six modules will be delivered online** over two days across two consecutive weeks (Saturday in Week 1 and Sunday in Week 2)
iii. **Modules 1 to 11 will be supplemented by a two-hour online tutorial**. These tutorials ensure that all course participants have understood the material delivered in the seminars.
iv. **All lectures will be recorded** and made available to course participants on a professional learning platform (Moodle).
v. **Self-study** is another integral part of the course. We will provide guidelines on what to revise before each module, so you can follow the material presented.

All in-person modules will also be live-streamed, so the course can be completed entirely online. That said, you are encouraged to attend in person where possible, as the direct, hands-on exchange with Volker and fellow participants adds real depth to the experience.

The modules build on each other. Our experience from previous courses is that it takes about 12 to 18 months for participants to grasp meta-practice fully. By the end of the three-year period, participants are able to apply meta-practice in their own clinics with confidence.

MODULE DESCRIPTIONS

Modules 1 to 5 centre on qi and its relation to bodily substances (fluids, blood, essence). We will examine the physiology and core pathologies of the "three qi" (zongqi, weiqi, yingqi), and define the core treatment strategies required to address these.

Once these treatment strategies are clearly understood, we will examine how they can be realised in clinical practice through a small number of key medicinals and synergistic pairings (*duiyao)*. These medicinals and pairings then become the building blocks for composing more complex formulas. We will examine famous formulas as examples of such composition, not as prescriptions for what you necessarily have to do in your own clinic.

Modules 6 to 9 shift perspective to focus on specific bodily regions and structures (the exterior, the triple burner, the conduits and networks) and their disorders. We will examine how the qi and substances covered so far interact with each other in these regions and structures, and how these structures, in turn, mediate the physiology of bodily substances.

Modules 10 and 11 focus on bodily substances (fluids, blood, essence). In many ways, this revisits the previous modules from a different perspective. As well as deepening our understanding of the physiology and pathology of these substances and the strategies for treating them, it allows us to integrate what we have learned so far and move deeper into meta-practice.

Module 12 returns to what normally stands at the very beginning of studying Chinese medicine: the viscera and bowels (zang fu). It is an opportunity to integrate what we have learned into what we already think we know, but which may look different now that we can see it in a new light.

COURSE OUTLINE (MODULE 1 - 8)

Module	Concepts and Physiology	Pathologies	Treatment Strategies
QI TRANSFORMATION (MODULES 1 - 5)			
Module 1 **Introduction** **Qi Physiology & Pathology**	• What is meta-practice? • The multiple bodies of Chinese medicine as the core organising principle of the course • Qi transformation (qi hua 氣 化) • Vital Substances: The three treasures (san bao 三寶)	• Pathologies of ascending and directing downward (sheng j iang 升降), entering and exiting (chu ru 出入), condensation and dispersal (ning san 凝散)	• Overview of core treatment principles and strategies
Module 2 The Gathering Qi (zongqi 宗氣)	• Physiology of the gathering qi (zongqi 宗氣) • Differentiation and interaction with other types of qi • Interaction with the blood and the vessels • Gathering qi and organ function • Role in regulating emotions	• Distension, bloating, pain, wheezing, shortness of breath, bleeding, organ prolapse, emotional constraint and chaos • Zhongqi, blood and wind • Emotional dysregulation	• Strategies for treating qi constraint, stagnation, counterflow, sinking and deficiency of the gathering qi • Regulating emotions and treating emotional chaos
Module 3 Physiological and Pathological Fire I **Module 4** Physiological and Pathological Fire II	• Conceptions of fire in Chinese medicine (yin and yang fire, external and internal fire, excess and deficiency fire, sovereign and ministerial fire, dragon fire, fire of the gate of vitality)	• Pathologies of the ministerial and sovereign fire • Damp-warmth and damp-heat • True and false fire, true and false cold • Pathologies of the dragon fire	• Strategies for draining and discharging heat versus those for clearing fire • Strategies for venting fire constraint • Strategies for fire and heat in the organs and other body structures blood, networks, etc.) • Strategies for cold excess, yang deficiency, cold damage and cold strike into the interior
Module 5 Physiology & Pathology of the Nutritive / Constructive (ying 營)	• Physiology and pathology of the nutritive/constructive (ying 營) • Nutritive/constructive and blood • Nutritive/constructive and other types of qi • Nutritive/constructive and the fluids	• Differentiating different types of wind and pain • Dampness and dryness • Deficiency of the nutritive/ constructive	• Strategies for relaxing and softening the nutritive constructive • Strategies for nourishing the nutritive/constructive
THE TOPOGRAPHIC BODY: THE PRACTITIONER AS GENERAL (MODULES 6 - 8)			
Module 6 Protecting the Body I	• Exterior and interior (nei wai 內外) • The body shell (quke 驅 殼) • The six warps (liu jing 六經)	• Body topography and the qi dynamic • Detecting the propensity (shi 勢) of a disorder & responding to it • The six warps (liu jing六經) as channels, body regions, and movements	• Strategies for removing pathogens from the body • Learning to think like a general • Different ways to think and use the six warps (liu jing 六經) in clinical practice
Module 7 Protecting the Body II	• The triple burner (san jiao 三焦) • The four aspects (wei qi ying xue 衛 氣 營血) • Lurking pathogens (fu xie 伏邪) • Epidemic disorders (yi 疫)	• Warmth and damp warmth disorders • Seasonal and epidemic disorders associated with lurking pathogens	• Strategies for treating warmth and damp-warmth disorders • Strategies for resolving lurking pathogens
Module 8 Protecting the Body III	• Toxins (du 毒)	• Heat and other toxins	• Strategies for the treatment of toxins

COURSE OUTLINE (MODULE 9 - 12)

Module	Concepts and Physiology	Pathologies	Treatment Strategies
THE NETWORKED BODY: PROMOTING FREE FLOW (TONG 通) (MODULE 9)			
Module 9 Channels and Networks	• The body as a network • Channels, networks and extraordinary networks	• Channel patterns • Network patterns • Extraordinary network patterns	• Strategies for promoting free flow (tong 通) in the channels, networks and extraordinary channels in disorders like block (bi 痺), limpness (wei 痿), pain and loss of function of various kinds
VITAL SUBSTANCES: BLOOD AND BODY FLUIDS (MODULE 10 - 11)			
Module 10 Physiology & Pathology of the Jin Fluids	• Physiology and pathology of the jin fluids • Jin fluids and protective qi • Water qi	• Water qi disorders • Tan-yin disorders • Oedema	• Strategies for treating the fluids • Strategies for treating tanyin disorders • Strategies for treating oedema and deficiency of the jin fluids
Module 11 Physiology & Pathology of the Ye Fluids and the Blood	• Physiology of the ye fluids • Phlegm as healthy and pathological substance • Ye fluids, phlegm and blood • Blood (xue 血) and nutritive qi (yingqi 營氣) • Blood and the body fluids	• Ye fluid and jin fluid pathologies • Similarities between phlegm and blood pathologies • Blood and jin fluid pathologies	• Strategies to treat phlegm • Strategies to treat blood stasis • Strategies for treating deficiency of the ye fluids and the blood
THE COSMOLOGICAL BODY: CREATING HARMONY (MODULE 12)			
Module 12 Treating the Organs	• Disorders of the viscera and bowels (zangfu臟腑) • Creating internal harmony	• Pathologies of the viscera and bowels (zangfu臟腑)	• Core strategies for treating disharmony in the organs

Carmen O'Dwyer
Chinese Herbal Medicine Practitioner
and Alternative Medicine Healer/Coach
The Netherlands



"Volker's understanding of physiology, pathology, and the mechanisms of the herbs and formulas have allowed me to become better at diagnosis and treatment of my patients."

"I am impressed with Volker's historical knowledge and the way he made it accessible in both a theoretical and clinical way for us practitioners."



Cynthia Bogarde
Senior Lecturer; Qing-Bai
The Netherlands

FURTHER INFORMATION & BOOKING

More detailed information on Volker's work can be found on his website.

To reserve a place on the course, or for any other questions, please email Giusi: giusi.pezzo@gmail.com

PAYMENT OPTIONS

The total course fee is **£6,000 for the full three years**.

Early bird: £5,400 (deposit paid by 30th April 2027).

RCHM members discount: £5,250.

Enrolment on the course is a commitment to the full three-year programme; the payment options below offer flexibility in how the fee is paid, **not an option to enrol year by year.**

To secure your place, **a non-refundable deposit of £500 is required** upon booking. This deposit is **deducted from your fees.**

The deposit is non-refundable, except in the unlikely event that we are unable to run the course.

You can then choose how to pay the remaining balance:

	Total	Per year	In instalments
Standard	**£6,000**	£2,000 (1st year £1,500 after deposit)	£670 (3 x year)
Early bird	**£5,400**	£1,800 (1st year £1,300 after deposit)	£600 (3 x year)
RCHM member	**£5,250**	£1,750 (1st year £1,250 after deposit)	£585 (3 x year)

Some instalment amounts include a small administration charge.

Please get in touch if you would like to discuss a payment plan tailored to your circumstances.