

GRETCHEN DE SORIANO, MSc UNIVERSITY OF OXFORD
KAMPO APPRENTICE IN JAPANESE HERBAL
MEDICINE

The Kailash Health Centre, 8 Newcourt Street, London NW8 7AA
0207 722 3939

Mode of Study

The Modules run 40 weeks consecutively. The Apprentice Course is complete within one year, normally starting in September through to July. There will be no classes through the Christmas and Easter Holidays.

Module 1 – the Cardinal rules of Kampo, the Diagnostic exams, dispensing skills; asthma & bronchitis, seasonal illnesses and breathing problems.

Module 2 – the Tactile Diagnosis; Common illness and pain conditions.

Module 3 – the Shan Han Lun, via the Otsuka translation, and Japanese commentaries.

Module 4 – use of the Eight Principles in selecting formula. The pharmaceutical properties of plants; skin & difficult diseases.

The working day is based on morning tutorials and afternoon clinic. Classes will begin at 9:30.

Course fees

For the modular course the fee is £4400. Each module is £1100.

Payment

Each module must be paid in advance; there is a discount of £100 per module for early registration.

Requirements

The KAMPO apprentice in Japanese Herbal Medicine is **not** a basic level course. A thorough knowledge of Traditional Asian Medicine and substantial knowledge of basic Western Medicine is a prerequisite. A follow-on course is planned in Japan; upon request a visit to a clinic in Japan may be arranged.

Examinations

All exams must be passed. All exam material is covered in class as printed work or as actual patient clinical records. There are no theoretical or hypothetical questions on the clinical exams. Each exam is weighted equally between the diagnostic theory and clinical casework. The theory section of each exam is an open-notebook exam, with one exam for each 10 weeks, and one final exam.

Application process

To apply, visit the website, gdesoriano.co.uk, and follow the instructions on “teaching section”. Alternatively write to G De Soriano at the address above or ring the Kailash Centre, 0207 277 3939. There is an application fee of £40.

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KAMPO

The apprentice in Japanese herbal medicine is tutorial learning based on the clinical work of Dr Keisetsu Otsuka. This diagnostic system has been practiced in the west through work in GP surgeries and universities in London, and New York. Many of the formula prescribed are from the original Han dynasty texts. Kampo is based on the use of Han dynasty herbal medical texts according to modern Japanese commentaries. The Apprenticeship is divided into four modules and the apprenticeship methodology follows the Otsuka tradition with a strong emphasis on tactile diagnosis.

The Kailash Centre Pharmacy and Dispensary

The centre is fully QC and safety compliant, its on-site pharmacy and dispensary are recently renovated. The highest quality crude herbal ingredients and freeze-dried herbal extracts are sourced from reputable suppliers.

Dispensing

Formula are customarily dispensed in granulated form in clinic. Potency is standard; dosage is standard and easily modified for children. Herbals sources are renowned for quality control and herbal safety record. (Decoctions of crude herbs may be made available on patient request).

Kampo Apprentice Course Certificate

This is expected to meet the licensing requirements for 2012 HPC scheme.

Government Statutory Regulation from April 2012

The Department of Health has announced that herbalists, including practitioners of Kampo, will be regulated by the Health Professions Council (HPC). For details, see the websites of the MHRA or the Register of Chinese Herbal Medicine (RCHM).

Kampo International Certification

The Kampo Apprentice Course is the primary English-language based Japanese Medicine Course outside Japan. This concept of teaching Kampo has been taught in English in London, Germany and New York. Graduates who successfully complete the apprenticeship course and a standard final exam are eligible to apply for the *Kampo International Certificate* and for membership into the *International Society of Japanese Kampo Medicine*, a sister organisation of the Japan Society of Oriental Medicine (JSOM).

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Experienced Practitioners

Herbalists trained in other therapies are welcome. Registered herbalists may opt out of the tutorial on the Pharmaceutical Actions of Plants in Module 4.

About Gretchen De Soriano

Gretchen studied in Japan 1979-1987, as a private student of Dr Yasuo Otsuka and Dr Chong (Tei- sensei) at the Kitasato Institute. In Tokyo she trained clinically with noted physicians Dr Manaka, Dr Okabe, Dr Terashi, and Dr Yakazu. In China, she studied at local hospitals in Beijing for a full year. She has translated and annotated various texts from Japan's Ko Ho Ha tradition, and from the Otsuka family, including the course teaching text, *Kampo I Gaku* by Otsuka Keisetsu (2010 by Elsevier). Teaching is supplemented by commentaries from her 30 years of clinical experience, and internship with noted Japanese physicians. She has pioneered the use of herbs within the NHS, setting up a computer diagnostic template, and a system for the intra-professional monitoring of safe formula. These templates and the results of safety studies using TAM herbal formula have been presented at conferences in the UK, EU, and Japan.

Gretchen has been instrumental in bringing the Japanese tradition of Kampo herbal medicine to the west and in maintaining its unique properties.

In 2010 she completed an MSc in Medical Anthropology at University of Oxford; with a focus on tactile diagnosis and *fukushin*, the Japanese *hara* diagnosis which is particularly well developed in Kampo.

Her current research focuses on using classical texts and commentaries to create teaching texts on abdominal diagnosis, from the standpoint of medical history.

Course Texts:

The De Soriano translation of *Kampo I Gaku* by Otsuka Keisetsu (2010 by Elsevier) is the principle text for all modules.

Module 3 uses the Otsuka translation of *The Shan Han Lun*, the Hsu edition from OHAI press.

Module 4 uses texts from the Institute of Traditional Medicine (ITM), Seattle, Washington, USA.

This brochure is correct as of **July 2011**.