

European Based Advanced Training Program in Toyohari

Improving individual skills through group study

Developed by Stephen Birch and Junko Ida in collaboration with the EBTA board
Sponsored by the European Branch of the Toyohari Association

Study Guides / Instructors: Stephen Birch, Junko Ida and guest instructor Miguel Angel Cabrer Mir

Location + Dates:

2026: March 13-15 + November 13-15 + 2027: March 12-14 + November 12-14

Weekends will meet in Amsterdam at the Japanese Acupuncture Center.

Cost: 1,500 euro

This program has been designed to help the Toyohari practitioner develop their studying and clinical skills. It has six days of training per year for two years primarily with two non-Japanese resident instructors and with a guest lecturer to help develop specific themes within the program. The program is thus a total of twelve days of study. The program involves a lot of self-study and is structured to support this self-study process. The study guides are Stephen Birch and Junko Ida. The guest lecturer is Miguel Angel Cabrer Mir (from Barcelona). This program will be offered every few years. Completion of this program will allow the Toyohari member to become a Registered Toyohari Academic Practitioner. Future Toyohari instructors will be selected from among the pool of Registered Toyohari Academic Practitioners.

This is the sixth advanced program in Europe. The first five went very well. If you have questions about it contact previous participants of those programs to get feedback. But please be aware that this program is structured quite differently from the first three and similar to the last two. There is a minimum of 1/3 time spent in hands on practice each day of the program and the written workload for the program has been reduced to help make room for this increased practical focus. **This seventh program is available to those Toyohari Association members that completed their basic Toyohari training by 2023 (2000-2023 graduates).** Applicants must also be able to document active participation in the Association through their attendance in formal branch study group sessions, informal local study sessions, formal EBTA sponsored study sessions, studying in Japan and working for the Association through local branch activities, etc. This course will be counted for EBTA continuing education requirements.

The primary goals of this advanced training program are:

- 1 - To help raise the clinical skills, standards and confidence of the Toyohari practitioner
- 2 - To develop more comprehensively trained practitioners
- 3 - To help advance the understanding of Toyohari among members

Content of the program:

In order to make available more detailed study through presentations, instruction and practice with feedback the following activities will be included:

- 1 - Writing up (and if selected - presenting to the group) a case report (receiving feedback from the instructors) – some of these reports will be presented to the group
- 2 - Researching and then writing up and reporting to the group on a study theme of interest to you (the topic to be approved by Birch and Ida). See below for further discussions of this.
- 3 – Participating in debate and discussion about assigned topics within the group, with an eye to enhancing practical applications. The themes of these debates are: theory, diagnosis, needling techniques, point location and supportive treatments. Each will also be accompanied by practice within that theme.
- 4- Practice sessions covering the following: pulse diagnosis; needling techniques and those methods felt to be most insecure.

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- 5- Diagnosis and treatment study using the Kozato-method on other participants, two-hours every day of the program.
- 6- Presentation of translated articles and discussions from the Keiraku Shinryo (Toyohari journal).
- 7- Presentation and discussion of important passages/chapters from the Neijing and Nanjing.
- 8- Lectures by the study guides on how to advance Toyohari practice both personally through self development and in society through studies; history of the whole treatment approach; point location; needling techniques; research on Toyohari, etc.

Structure and content of the program:

Year one:

Weekend 1 [13-15 March, 2026 - study guides: Birch + Ida]

- Debates on theory and diagnosis (assignments will be given before-hand by the study guides. Practice relative to the discussions:
- Practice pulse and 4 diagnoses; Practice selection of sho; Practice point location; Practice needling techniques; Kozato practice
- Discussions of study themes for participants in the group
- Reading and discussion of Nanjing 69
- Presentations of theory and treatment discussions translated from Keiraku Shinryo (TH journal)
- Lectures on the importance of and how to help run local branch study groups, pulse diagnosis and a history of our treatment approach.

Weekend 2 [13-15 November, 2026 - study guides: Birch & Ida & guest lecturer: Miguel Cabrer]

- Debates on needle techniques and point location (assignments will be given before-hand by the study guides. Practice relative to the discussions.
 - Presentations about important concepts on how to practice and internal developments useful to enhance them, practice of simple self-development techniques and methods structured to enhance these developments.
 - Practice point location; Practice pulse and 4 diagnoses; Practice selection of sho; Practice needling techniques; Kozato practice
 - Reading and discussion of important Lingshu 1 passage about needling
 - Lectures on self-development, needling techniques and point location
 - Presentations of theory and treatment discussions translated from Keiraku Shinryo (TH journal)
 - * Written case histories will be collected by the study guides.
- Please note all presentations will be discussed and critiqued by all present.

Year two:

Weekend 3 [12-14 March, 2027 – study guides Birch & Ida]

- Debate on the different supportive treatments (assignments will be given before-hand by the study guides). Practice relative to the discussions.
- Practice point location; Practice pulse and 4 diagnoses; Practice selection of sho; Practice needling techniques; Practice of supportive treatments; Kozato practice; problematic techniques
- Summary presentations of study themes by participants *
- Selected case history presentations
- Reading and discussion of Nanjing 75
- Presentations of theory and treatment discussions translated from Keiraku Shinryo (TH journal)
- * Written forms of the presentations will be collected by the study guides. Participants must hand in the written form of their presentations.

Please note all presentations will be discussed and critiqued by all present.

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Weekend 4 [12-14 November, 2027 - study guides: Birch & Ida]

- Presentations of study themes by participants *
- Practice point location; Practice pulse and 4 diagnoses; Practice of selection of sho; Practice of point location; Practice needling techniques; Kozato practice; Practice of insecure techniques
- Lecture on Toyohari research
- Presentation of theory and treatment discussions translated from Keiraku Shinryo (TH journal)

* Written forms of the presentations will be collected by the study guides. Participants must hand in the written form of their presentations. The final written of all study themes will be collected. They must be handed in at this time. Please note all presentations will be discussed and critiqued by all present.

Participants are encouraged to attend regular branch study sessions as usual, and wherever possible to arrange extra study sessions among themselves. The study guides Birch and Ida will be available to consult with each participant as needed and available.

The Study project

In previous programs we asked participants to come up with studies on topics that were of interest to them and potentially contributed to the development of the field. A number of participants performed studies using scientific research approaches and methods. This has unintentionally become the reputation of the program – that it is very academic. It would be nice if you, as a participant, were to conduct some kind of ‘scientific’ study, but it is not necessary. The two important things for this project are that it be on a topic of interest to you and that potentially you can develop as a practitioner and member of the Association. You can also do your study with other people on the program as a group project to make it easier for you. Anyway, we want to clarify more about this project. It can involve performing some kind of ‘scientific’ study. It can involve doing a literature review in an area of interest to you. It can involve writing up your experiences of treating certain kinds of patients – summarizing what you have done, what you found, how you understand that, what that means for your practice etc. It can include performing a simple clinical study where, using a systematic method for collecting your data, you report on the diagnosis, treatment and treatment outcomes for a group of patients in your practice. Copies of previous program projects have been uploaded onto the EBTA website and can be accessed in order to provide inspiration. The study guides will be available to you as you choose and define your project, and to advise during the project phase. Steve will help with study design.

As you can see, this leaves open to you whether you do a study outside your clinic, whether you make it clinically based or more conceptually based. As stated above, what is important is that it helps you work on an area of interest to you and potentially can help you improve your skills in that area. Making a contribution to the growth of Toyohari is a nice extra if your work produces that effect as well.

LOCATION: The four three day weekends will be held at the Japanese Acupuncture Center in Amsterdam.

To apply, log on to toyoharieurope.com, go to Membership and click on the icon "Enroll Advanced Program".

The total cost for the program is 1,500 euro (including 10% non-refundable deposit). Payment details are found on the application page.

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