

Frances Turner Seminars Silent Diagnosis in Chinese Medicine 2014-2015



As Chinese medicine practitioners we can draw on a wealth of different ways of diagnosing our patients. These include picking up non-verbal clues, particularly from observation and palpation.

Using our five senses instead of relying on questioning gives us a direct experience of our patient, and can help us to help us to meet each person where they are at this moment. This approach allows for an immediate connection, which can deeply facilitate the healing process.

Palpation involves the sense of touch, and includes pulse diagnosis, channel palpation and abdominal palpation. **Observation** involves the senses of sight, hearing and smelling, as we consciously observe our patient in general, and also specifically observe the tongue.

This work is a natural follow-on from Frances's work with pulse diagnosis. Because touch is a sense we are sometimes less familiar with than

sight, the pulse is often marginalised in diagnosis, and for that reason, Frances generally starts by focus on the pulse.



This is then cross referenced with general observation of the patient to see if a provisional diagnosis can be reached with just this information. Frances then encourages students to further cross reference with the tongue, and to update the provisional diagnosis as necessary. Only then does she bring in minimal questioning.

In the treatment room, this approach to treatment has the effect of cutting down the questioning so that a diagnosis can be reached much more quickly and efficiently, leaving more time and space to prioritise what our patients need to talk about.

Workshops Available

Silent Diagnosis in Chinese Medicine is a 1 day seminar. It is helpful if participants have previously attended a 3 Step System pulse seminar, but not absolutely necessary.

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