



Course details

Course title

Healthy Living: Auricular therapy

Course code

Q00020808

Course date

Start: 11/03/25

End: 15/04/25

Number of classes

6 sessions

Timetable

Tue 11th Mar, 11:00 to 13:30

Tue 18th Mar, 11:00 to 13:30

Tue 25th Mar, 11:00 to 13:30

Tue 1st Apr, 11:00 to 13:30

Tue 8th Apr, 11:00 to 13:30

Tue 15th Apr, 11:00 to 13:30

Tutor

Georgia Daniel

Fee range

Free to £55.50

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Beginners

Course overview

This course is delivered in a relaxed and informative way, where we look at the intriguing science of auricular therapy. Designed equip you the knowledge of how you can work on the acupressure points on your ears to alleviate pain, stress and enhance your life and wellbeing. In a similar way that reflexology is a mirror of the body on the hands and feet, auricular therapy is simply the body mapped on the ear. We will cover basic anatomy, aromatherapy, how to use hopi ear candles and both the practical and theoretical application of how to massage your ears and the correlating areas. Auriculotherapy has shown to have positive effects while associated to conventional treatments of insomnia, chronic and acute pain.

Course description

Auriculotherapy (also auricular therapy, ear acupuncture, and auriculoacupuncture) is a form of alternative medicine based on the idea that the ear is a micro system and an external organ, which reflects the entire body, represented on the auricle, the outer portion of the ear. Conditions affecting the physical, mental or emotional health of the person can be alleviated by stimulation of the surface of the ear using either your fingers or tiny seeds. Similar mappings are used by several modalities, including the practices of reflexology,shiatsu, meridian therapy and iridology.

Ear seeds are a form of auriculotherapy in which acupressure is applied to pressure points located in the ear to treat a variety of conditions. The concept of auriculotherapy was pioneered in the 1950s by Dr. Paul Nogier, a French physician. He wrote a piece describing how points in the ear were connected to the nervous system, according to research published in 2018 in the journal *Medical Acupuncture*.

Various points in the ear represent different parts of the body's anatomy and the patient's psyche, including its traumas, according to research published in 2019 in *Medical Acupuncture*.

Without puncturing the skin, ear seeds provide stimulation to those pressure points. Wearing ear seeds, people can receive low-level continuous stimulation to associated reflex points.

So, you can either massage your ears or add to the intensity of the stimulation by applying light pressure to the ear bead several times a day. Applying light pressure further activates the treatment provided by the beads. So, if you place a bead on a pressure point aimed at reducing headaches, for instance, it may help manage the pain during a flare-up.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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