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Dates

Online theory component

Face to face workshop
5th to the 7th December 2026

Location

Nowra, NSW

Venue TBA

Online modules and a three-day face-to-face workshop including Acustimulation and Acuneedling (needling by midwives) during pregnancy, labour, birth and the postnatal period. Online includes modules with videos on locating, palpating and needling acupoints, needling and Traditional Chinese Medicine (TCM) theory with assessments (quizzes, short answer, case histories). Two case reports, after the workshop, are required before certificate is awarded. Access to Acuneedling for Midwives support group for ongoing mentoring. 21 hours CPD and as many hours as it takes to complete the online theory.

Online modules include acupoints for the following conditions	
Emotional points including anxiety and birth fear/trauma	
Pre-birth treatment to facilitate an efficient labour and labour activation	
Labour conditions such as pain, cervical lip, labour dystocia and retained or delayed placenta	
Malpresentation and malposition plus an ECV protocol	
Intrauterine death, threatened miscarriage, PIH, IUGR, itching, thrush, oedema and anaemia	
Common conditions of pregnancy	
Postnatal mother warming, milk let down, mastitis and after birth pains	

Saturday 5th December 2026	Sunday 6th December 2026	Monday 7th December 2026
Acustimulation	Acuneedling	Acuneedling
Acupressure & massage for birth	Introductions	Previous day revision
Cupping, press pellets, moxa	Discussion and acupoints	Practical
Combs and gua sha	Safety of needling	Competency assessment
Troubleshooting during birth	Practical	Conclusion and evaluation





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Tutors:

Kate Levett

Kate is a practitioner and researcher, with over 20 years' experience as an acupuncturist, researcher, birth educator and teacher. She is a Senior Research Fellow at the School of Medicine Sydney, at the University of Notre Dame Australia. Kate is a specialist in pregnancy and birth, and completed her PhD investigating the use of complementary therapies for pain relief in labour.

Kate is a Mentor for the MAMPs program (Maternity Acupuncture Mentoring and Peer support) and has completed the 'Labour and Delivery Clinical Intensive' training for maternity acupuncturists at NYU Langone Hospital in Brooklyn. She is a consultant for the BUB App, Hypnobirthing Australia™, CalmBirth™, Lamaze International and the Obstetrical Acupuncture Association in Canada. She has produced an online video course on acupressure and massage techniques for labour for parents and practitioners to access.

Heidi Williams

A Privately Practising Endorsed Midwife (PPEM) with postgraduate research studies on acupuncture during pregnancy and the perinatal period. Heidi is passionate about midwives providing acuneedling treatments to women in their care and working with hospitals in Australia to develop guidelines/policies for midwives. Heidi is a PhD candidate looking at varied position in labour and birth.

If you are interested in an Acuneedling course, to assist women with options and choice, and to broaden your midwifery practice, please email your interest or questions. Alternatively, please complete the registration details below and forward to acuneedling@gmail.com

Cost is \$1500.00 and includes all materials, ongoing mentoring, morning and afternoon tea. A payment plan can be organised if required.

Registration

Name DOB.....

Address

Phone number/s.....Email address.....

