

Chinese Herbal Training in Denmark 2025-2027.

We are proud to announce that we will launch the herbal training programme in Denmark again. Since the first class we have evaluated and made improvements throughout the curriculum. Note – this time around the whole programme will be taught in English*.

You will learn great new skills which will enable you to address problems and challenges not easily treated with other approaches in East Asian medicine. Herbs and their combination used under the right circumstances with the correct diagnosis can achieve outstanding results. And your knowledge in our medicine will grow and inform your acupuncture approach as well.

You will meet a team of dedicated teachers that all have lots of experience in their field within herbal medicine (see CVs at the end of this document):

Claus Sørensen

Nigel Ching

Simon Becker

Rick Scott Sørensen

Joachim Hauser

About the learning process.

A part of learning Chinese herbal medicine is the name of the herbs. And they will be talked about with the Chinese name – and learning the pronunciation of the herb names is often in the beginning a challenge. But it will sink in. Just enjoy the process – because we all learn much better when we have fun.

Expect to prioritize 2 hours (or more) for each hour taught. You will need to remember things so repetition is not something that should be underrated. Approach the training as something new and hang in there, please don't expect that because you have studied acupuncture it will be a walk in the park. It will be fun, but only if you make an effort, and put in the hours needed.

This training is rich.

Most training will be via ZOOM and all these classes will be recorded. This will allow you to relax more into the learning process. We have some essential hands-on training, and these weekends you have to attend live. Here you will learn Fukushin Abdominal diagnosis – this tool will tell you a number of 'for sure' aspects to inform your diagnosis.

Example: if you hear a drum sound or watersplash when you stretch and tap the skin under the left ribcage area informs you that there's cold in the stomach or water in the stomach (due to cold).

If we press gently into the epigastric area and find hardness, it equals dry earth, so spleen dryness (spleen yin xu).

If we have both of these findings together, we start to see a picture where earth is cold – and frozen soil can't absorb water – leading to dryness. Then we can use a warming formula with herbs that target earth (spleen) and that includes herbs to generate fluids in earth.

How is this significant in the clinic; well, if our ability to absorb fluids and moisten the body in a physiological way is interrupted, then our ability to generate yin and good blood will also suffer.

This diagnostic tool is easy to learn (compared to pulse diagnosis) and gives you clear information.

By the way – although the main bulk of the teaching will be online, it is also possible to attend live if you want when Claus and Nigel are teaching.

Simon's teachings will be online only, and the same with Ricks.

Safety issues. In Denmark we are only allowed to use concentrated granules and not raw herbs. Concentrated granules can be considered the same as tea, and therefore we are prescribing and selling tea. It takes little place to have your own pharmacy with concentrated granules compared to a pharmacy with raw herbs. You will be informed how to set up a pharmacy and how to run it safely – a key word here is traceability.

Payment; the total cost is DKK 50.000,-. This will include teaching materials from the teachers – but not books: Tea and coffee at teaching days, good humour and a good learning environment is also included. Exam fees included. Assignment fees included.

Deposit of DKK 4000 when you sign up, DKK 10.000 1st of September 2025. The rest 36.000 DKK in 24 instalments each of 1500 DKK.

NOTE when you sign up you do so for the entire training, and you have to pay for the whole training. You are welcome to pay everything up front – then you will receive 10 % discount or take advantage of the student loan with 0% interest (the 24 instalments x 1500 DKK). Half price – previous students from the first training in Denmark can enrol again and only have to pay half price.

Books/Apps. We recommend 2 main textbooks from Eastland Herb; 'Chinese Herbal medicine, Materia Medica' by Dan Bensky, Steven Clavey and Erich Stöger, and 'Chinese Herbal Medicine, Formulas and Strategies' by Volker Scheid, Andrew Ellis and Dan Bensky. You can also get the App from Eastland Herb which contains both books.

*English – of course you can ask questions in Danish if you prefer, the teacher will translate into English and give the answer in English.

Location: depending on number of participants it will either be held at Claus' clinic Dragon Rises Denmark in Ballerup, or the next-door psychology clinic. S-train station is close (200 meters) and trains from Copenhagen Central Station will take you there in approx. 25 min.

Questions. If you have some please address them to Claus Sørensen, email: claus@dragonrises.dk, phone +45 29651324.

All the best,
Claus Sørensen
Dragon Rises Denmark
Centrumgaden 9, 1. Tv.
2750 Ballerup
Denmark
www.dragonrises.dk