

## Continuing Education

### 1. Structured vs Unstructured CE hours

All Structured and Unstructured CE hours should be Acupuncture and/or Traditional Chinese Medicine related. A minimum of 6 Structured hours are required as part of the 12-hour CE requirements every 2-year cycle. (Cycles end December 31 of even years).

- a. Structured CE hours
  - i. in person workshops, lectures
  - ii. certificate programs;
  - iii. webinars approved by NCCAOM including those on the ACO approved list that grant Certificate of Completion
- b. Unstructured CE hours
  - i. literature reviews (textbooks, articles)
  - ii. podcasts
  - iii. webinars without Certificate of Completion

Members must maintain a CE Portfolio.

CE hours non-transferable to future cycles.

Submission of CE Portfolio upon request by the ACO.

## Approved ACO CE Courses/Webinars/Distance Learning/Articles

- c. **HealthCMI** <https://www.healthcmi.com>
- d. **Northwestern Health Sciences University** <https://www.nwhealth.edu>
- e. **AcuVids** <https://acuvids.com>
- f. **Eastern Currents** <https://www.easterncurrents.com>
- g. **Whitfield Reaves** <https://www.whitfieldreaves.com>
- h. **Acupuncture-et-al** <https://www.acupuncture-et-al.com>
- i. **Article 'Research'** <https://www.cmaac.ca/lectures>
- j. **Healthy Seminars** <https://www.healthyseminars.com>
- k. **Lotus Institute** <https://eLotus.org>