

Background

Shen-Hammer Pulse Diagnosis is the modern interpretation of the pulse method used by the historic Menghe-Ding physicians. Based in Classical Chinese medical knowledge, it has been passed down through the lineage for centuries and is documented in texts dating back to the 15th Century.

Course outline:

Learn a lineage method in a supportive, nurturing environment

This systematic and structured method, passed down through the Menghe-Ding lineage provides a clear framework for developing pulse diagnosis skills without feeling overwhelmed by the amount of information presented by physiology on the pulse.

Participants will learn to:

- Assess the pulse with greater clarity, confidence and precision.
- Differentiate the Qi, Blood and Organ Depths.
- Assess for Pulse Qualities in the Principle Complementary Positions.
- Identify physiological and psycho-emotional patterns reflected in the pulse.
- Integrate pulse findings with other diagnostic methods.
- Apply pulse-guided reasoning to acupuncture and Jingfang (Classical Formula) treatment selection.

After this workshop, you will be able to:

- Manage complex conditions with more certainty.
- Clearly identify a person's behavioural patterns reflected in the pulse.
- Refine your style of treatment with acupuncture and herbal prescriptions using pulse-guided assessment.
- Improve your clinical outcomes.

Venue: China Books Events Space
Level 2, 234 Swanston Street
Melbourne 3000

Date: 1st - 4th October 2026

Times: 8:30am - 5:30pm

CPD: 30 Points (Interactive)

Prices:

*EARLY BIRD SPECIAL

Professional Assoc. Member Rate: \$ 1892
Student (Final year students): \$ 1562

REGULAR PRICE

Professional Assoc. Member Rate: \$ 2178
Student (Final year students): \$ 1848

*Early Bird: Full payment is required 4 weeks prior.

*Registrations cancelled up to one week prior to the seminar will be refunded less 20%. We regret that refunds are not otherwise possible.

Contact us to register:

CHINA BOOKS

Level 2, 234 Swanston St, Melbourne VIC 3000

Phone: (03) 9663 8822

E-mail: info@chinabooks.com.au

www.chinabooks.com.au



Shen-Hammer Foundations of Pulse Diagnosis - A Practical Workshop

PRESENTED BY

KAREN BILTON

4 DAY WORKSHOP

1st - 4th OCTOBER 2026



What you will learn:

Day 1: Introduction to the Shen-Hammer System

An introduction to the Shen-Hammer framework and pulse model, including the Large Segment and Small Segment.

Topics include:

- Lineage of Shen-Hammer Pulse Diagnosis
- Pulse Depths (Qi, Blood and Organ Depths)
- Waveforms
- Pulse Qualities presented according to the categories of Volume, Depth, Width, Length, Shape, Anomalies, and Qualifying Qualities.
- Practical sessions: Calibration of Depths, Waveforms and Pulse Qualities

Day 2: The Small Segment and Clinical Foundations

Introduction to Normal Pulse Characteristics and the Pulse Small Segment, with pulse findings presented within a clinical Chinese medicine framework.

Topics include:

- Normal Pulse Characteristics
- The 6 Principal Positions and 22 Complementary Positions
- Accessing and interpreting Qualities within the pulse positions

- Pulse examination methodology
- Trauma and Shock
- Practical sessions: Calibration of Depths, Waveforms, Pulse Positions and Pulse Qualities and Assessing for signs of Shock and Trauma

Day 3: Clinical Interpretation and Systems Approach

Revision and consolidation of previous material while introducing additional clinical Chinese medicine concepts.

Topics include:

- Revision of Large and Small Segment
- Commonly Confused Qualities
- Retained Syndromes: Toxicity and Pathogens
- Dr Shen's Systems Approach and the Six Conformation Relationships
- Practical sessions: Calibration of Depths, Waveforms, Pulse Positions and Pulse Qualities, Assessing for signs of Retained Pathogens and Toxicity and Dr Shen's Systems

Day 4: Integration and Clinical Applications

Further development of pulse interpretation skills through case analysis and clinical reasoning.

Topics include:

- Instability of the pulse and its clinical significance
- interpretation of pulse findings
- Organisation and integration of pulse information
- Clinical reasoning and identifying treatment priorities
- Case study
- Practical sessions: Extended supervised pulse palpation, Calibration of Depths, Waveforms, Pulse Positions and Pulse Qualities, Completing a full pulse evaluation with fellow participants

Day 3 and 4 provide increased practical experience, allowing students to spend more time feeling pulse under instructor guidance.

About Dr Karen Bilton, PhD:

Karen Bilton is an accomplished Chinese medicine practitioner, physiotherapist, and direct lineage holder of the Shen-Hammer Pulse Diagnosis System. Based in Sydney, Australia, she brings in more than 30 years of clinical experience gained across both Australia and the United States.

Her clinical approach has been profoundly influenced by her 27-year mentorship and collaboration with Dr. Leon Hammer, MD - a physician, Chinese Medicine practitioner, and child psychiatrist. Through him, Karen inherited the Menghe-Ding pulse method and the model of Chinese medical psychology articulated in *Dragon Rises, Red Bird Flies* (Hammer, 2005). These teachings shaped her non-pathologising approach to medicine and her understanding of the subtle yet distinctive energetic transformations that arise through the human experience, and how these patterns are reflected in the pulse, eyes, tongue and abdomen.

Her practice integrates Classical concepts with acupuncture and Jingfang (Classical Formula) herbal medicine, influenced by Prof. Heiner Fruehauf and advanced studies with Prof. Huang Huang in Nanjing, China. Based in Sydney, Karen remains dedicated to refining Classical Chinese medicine and passionately teaches Shen-Hammer Pulse Diagnosis, Chinese medical psychology, and its practical applications.

