



Korean Hand Therapy for Pediatrics

with Jong Baik

Dates:

9th - 11th October 2026

Location:

Oxford, UK.

This 3-day intensive event is designed for healthcare professionals interested in integrating Korean Hand Therapy (KHT) into their pediatric practice. Participants will gain a foundational understanding of KHT principles, learn specific techniques applicable to children, and explore practical applications for common pediatric conditions, with a strong emphasis on safety and non-invasive methods.

This event will cover:

- Brief history and philosophy of Korean Hand Therapy (KHT) – the hand as a microsystem.
 - Why KHT is particularly suitable for pediatric populations (non-invasive, minimal discomfort).
 - Anatomy and physiology of the hand as it relates to KHT.
 - The concept of correspondence theory: mapping the entire body onto the hand.
 - Introduction to the 14 micro-meridians and key KHT points on the hands.
 - Understanding Yin and Yang in the context of KHT and pediatric health.
 - Palpation methods: identifying tender or reactive points on the hand.
 - Considerations for assessing infants and non-verbal children.
 - Safety guidelines and contraindications for KHT in children (e.g., age, specific conditions).
 - Ethical considerations and obtaining consent from parents/guardians.
 - Adapting KHT techniques for different age groups (infants, toddlers, school-aged children, adolescents).
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- Introduction to Non-Invasive KHT Tools & Techniques
 - Overview of non-invasive tools: acupressure probes, massage tools, magnets, press-pellets, and rings.
 - Demonstration and hands-on practice of basic acupressure techniques on the hand.
 - Gentle massage and stimulation methods suitable for children.
 - KHT Techniques for pediatric Conditions



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- KHT for Common pediatric Digestive Issues
 - Understanding the KHT perspective on digestive health in children.
 - Specific KHT points and micro-meridians for:
 - Colic and infant reflux.
 - Constipation and diarrhoea.
 - Abdominal pain and indigestion.
 - Practical application of techniques (acupressure, magnets, moxibustion if appropriate and safe).
- KHT for pediatric Respiratory and Immune Support
 - KHT approach to respiratory conditions in children.
 - Specific KHT points and micro-meridians for:
 - Coughs and colds.
 - Allergies and asthma (supportive care).
 - Boosting general immunity.
 - Hands-on practice sessions for these conditions.
- KHT for pediatric Pain Management & Musculoskeletal Support
 - Understanding pain in children from a KHT perspective.
 - Specific KHT points for:
 - Headaches and migraines.
 - Growing pains and minor musculoskeletal discomfort.
 - Post-injury support (e.g., sprains, bruises – non-acute).
 - Demonstration of gentle stimulation techniques.
- KHT for Emotional Balance & Sleep in Children
 - KHT points for calming and relaxation.
 - Addressing anxiety, irritability, and restlessness.
 - Support for sleep disturbances and nocturnal enuresis.
- Advanced KHT Strategies for Complex pediatric Cases
 - Combining multiple KHT techniques for synergistic effects.
 - Combining KHT with other holistic modalities (e.g., nutrition, herbal remedies, gentle exercises).
- Supervised Hands-on Practice & Demonstrations
- Empowering Parents: Home Care & Self-Help Techniques
 - Teaching parents simple, safe KHT techniques for daily home use



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- Supervised Hands-on Practice & Demonstrations
- Empowering Parents: Home Care & Self-Help Techniques
 - Teaching parents simple, safe KHT techniques for daily home use.
 - Providing clear instructions and visual aids for home application.

Note: This event syllabus may change slightly. This event emphasizes non-invasive KHT methods suitable for children. While traditional KHT may include needling, this course focuses on techniques like acupressure, magnets, and moxibustion, which are generally preferred and safer for pediatric application.