

## Background

*If you were asked to describe yourself in one word, what would it be?*

*Would you say you were an Adventurer? A Magician? Perhaps you are a Saviour? An Alchemist? Or maybe a Philosopher?*

Welcome to the fascinating world of the Five Element Archetypes. Within this system, there are five distinct personality types. One will be your 'Guardian' or dominant archetype, a second acts as your 'Support-Act' archetype, while the remaining three form the smaller, nuanced parts of your character.

But archetypes aren't the only way to understand people. The Five Spirits (Wu Shén) are just as vital because they help dissect the truly complex individual. While your archetype represents your "Nature" and stays constant, the Five Spirits are fluid. They are changing daily, hourly, or even as you sit here reading this.

Why does this matter? The value of implementing these archetypes and spirits into your clinic cannot be understated. They give you a "superpower" of insight into your patient's personality. You finally see how they operate and what makes them tick, which is essential when treating emotional turmoil, stress, and mental health.

In this workshop, each archetype and spirit will be thoroughly analysed. David won't just give you theory; he provides specific Acupuncture Points Combinations (APCs) that can be applied to your clinical and personal life immediately.

**Participants will also receive Free bonus content (1 hour):**

*The Seven Emotions (Qī Qíng) According to Chinese Medicine (Foundational).*

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

Date: 4th - 5th July 2026

Times: 9:30am - 5:30pm

CPD: 13 Points (Interactive)

### Prices:

#### \*EARLY BIRD SPECIAL

Professional Assoc. Member Rate: \$ 645  
Student (Final year students): \$ 545

#### REGULAR PRICE

Professional Assoc. Member Rate: \$ 745  
Student (Final year students): \$ 645

\*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

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## The Five Element Archetypes and Five Spirits: Who Do You Think You Are? - A Practical Workshop

PRESENTED BY

**DAVID HARTMANN**

**2 DAY WORKSHOP  
4th - 5th JULY 2026**



## Course outline:

In this workshop we will explore the Five Elements Archetypes and Five Spirits (Wu Shén) to gain a deeper understanding of personality, emotional patterns, and stress responses. Whilst the primary focus will be on the Five Element Archetypes, we will also consider the Five Spirits. Throughout it all, there will be dozens of acupuncture point combinations (APCs) provided. These can be used in clinic immediately if your patient's presentation suits or adjusted slightly to fit.

What this workshop will show is that understanding a patient's archetype and spirit patterns can help with emotional and mental health concerns, whether these are the main complaint or part of a broader clinical picture.

David Hartmann will guide you through a range of different acupuncture point combinations (APCs) for each of the Five Element Archetypes and Five Spirits. The goal is to provide you with additional treatment options for your patients. More tools for the toolbox as it were. Tools you can apply in clinic immediately!

## What you will learn:

### Day 1:

- Review of the Five Elements and Archetypes.
- Fire, Wood, Metal, Water, and Earth Element Archetypes.
- Analyse the Guardian and Support-Act Archetypes.

### Day 2:

- Review of the Five Spirits.
- Explore Shén via Heart & Pericardium.
- Shén, Hún, Pò, Zhì, and Yì Spirits.
- Tying the Five Spirits together.
- Analyse the Five Spirit Manhattans.

At the end of the workshop, you will:

- Gain a deeper understanding of the Five Elements, Five Element Archetypes, and Five Spirits.
- Learn the difference between Guardian and Support-Act Archetypes.
- Recognise the Five Element Archetypes in yourself and others.
- Understand the roles of the Five Spirits in the body.
- Access a variety of acupuncture point combinations for each Archetype and Spirit.
- Develop insight into the value of key acupuncture point combinations discussed in the workshop.
- Receive a reference list of commonly used acupuncture points covered in the workshop.

## About David:

David Hartmann is an acupuncturist based in Brisbane, Australia practising since 1997. He upgraded his qualifications with a Masters of Acupuncture in 2009 and has incorporated tuning fork therapies into his clinical work since 2016.

David has lectured in Chinese Medicine for 24 years and now focuses on writing textbooks, delivering online webinars, and teaching live workshops in acupuncture and tuning fork therapies.

He is the author of two Chinese Medicine textbooks - *The Principles and Practical Application of Acupuncture Point Combinations* (Singing Dragon, 2020) and *Acupoint Dictionary, 2nd ed.* (Elsevier Churchill Livingstone, 2009) - as well as six self-published books on tuning fork therapies.

Since 2000, David has taught courses, seminars, and conferences presentations in 15 countries and developed online workshops for 11 international companies and stores.

