

Acu.

My treatment room

Summer 2025 | Inspiration



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As a new practitioner graduating in 2024, I found myself on a journey with a strong intention for a long-term acupuncture home, a sense of community, and a place to practise compassion through the medium of acupuncture.

Everything was new, and I didn't particularly have a definitive idea about my future acupuncture space. But you'll be glad to know that I found the place that matched my intentions – otherwise this would make for very poor reading.

The second space I practised in is where I now feel settled – Sheffield Clinic of Complementary Medicine, a long-standing home of acupuncture in South Yorkshire for over 40 years.

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My treatment room is also an extension of my spiritual practice

At the time of writing, and after about five weeks practising in this new location, I definitely feel a sense of community. Four acupuncturists, including myself, share several rooms in a converted end-of-terrace house on Ecclesall Road. The building has a large extension, and a car park to the back and side in what would have been a spacious Victorian garden.

We're in a buzzing yet homely residential area just south-west outside of Sheffield city centre. There is a real demographic mix in this diverse neighbourhood – with nearby independent restaurants, bars, cafes, shops, some other complementary health practitioners, a university campus right opposite the building, and the beautiful Sheffield Botanical Gardens just two minutes' walk away.



The clinic is in the process of being renovated – a brilliant opportunity to set renewed positive intentions. Our fresh and modern look will include lots of soft, warm greens and neutrals, with natural materials including wooden slat sections on the walls – giving a nurturing, calm but structured and almost Japandi feel.

After the renovations I will have my own dedicated room. Other than the necessary items – treatment couch, needles, clean station, sink, etc – there is a question of what else should be contained within the space. And how can this alter the perception and receptivity of the human being entering the space as a

patient?

Space, while being vast, intriguing and full of potential, lacks utility without the boundaries of form. Only when we mix the yin of the walls with the yang of the space we wish to contain, do we create usefulness from the 'plenum void' of wuji.

I'll have a place for books, of course – with some TCM books in Chinese that maybe one day I'll be able to read – plus traditional artwork including the NeiJing Tu, a figure of Medicine Buddha from my shrine at home, and no doubt lots of crystals and plants.





As well as objects seen with the eye, playing very softly in the background will be meditation style healing music – some of which I'm in the process of making myself – for a real felt sense of occupying a space dedicated to healing, relaxation and renewal of mind, body and being.

Being an evidence-based hippie – as I'm sure quite a few of you reading this are as well – my treatment room is also an extension of my spiritual practice. And although this may sound very lofty, it really isn't. For me this means the treatment room is a space for being a human being, for crying when you need to cry, for laughing when joy arises, for looking inside oneself – and for choosing change and growth and empowerment and love.

So the temporal journey to my acupuncture home was short. However, what I have come to understand about the kind of space I wish to create, the kind of experience I would like my patients to have, and the kind of acupuncturist I wish to become, now all seem far clearer than when I graduated almost a year ago.

But of course, the exploration isn't over – more lessons are to come, and I know even in 20 years' time all the things which I'm currently considering will still be evolving.

Please consider this article to be dedicated to my beautiful family and partner, especially my Mama Jin.

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