

## Thinking about acupuncture school?

It's a big decision and there is much to consider when making this commitment of time and money. You probably have a lot of questions and chances are our admissions team has heard many of the same questions from other applicants. Check out these frequently asked questions and reach out to our Admissions Director if you have others!

## How do I know if studying Chinese Medicine is for me?

Ask yourself these questions. Are you interested in the ancient healing arts? Do you have a desire to help others through a healing profession? Are you ready to be part of an exciting field of medicine? Are you receiving acupuncture and find it intriguing? Are you ready to commit four years to your studies? It goes by FAST because there is so much to learn. In fact, it will be a lifetime of learning through your practice.

## How do I choose a Chinese Medicine school?

Start with the ACAHM's list of 51 accredited programs in the US. Gather as much information as you can about each school you are considering – look at their website, visit campus, sit in on a class, get a treatment at the teaching clinic, and talk to the admission counselor. Evaluate your interests and career goals. All ACAHM accredited schools follow the same national standards, but each school has a distinctive approach. Some schools offer acupuncture-only programs while others include both acupuncture and herbal medicine in one comprehensive program.

Consider whether the school's culture, faculty, and student body are a good fit for you. Is the school located in a place you want to live in for four years? When you graduate from a program, passing the national certification exams is key. How do the schools' graduates perform on these exams? How will the school prepare you to set up your business? Check out some of the school's graduates and the type of practices they have. Also consider if you want to work one on one with patients or if you are more interested in acupuncture research. Ultimately, where you decide to go to acupuncture college depends on your priorities. Asking good questions will help you find the program that's right for you.

## SOME BOOKS TO LEARN MORE ABOUT CHINESE MEDICINE

*The Spark in the Machine: How the Science of Acupuncture Explains the Mysteries of Western Medicine*, by Dr. Daniel Keown. An easy read and good basic!

*Between Heaven and Earth: A Guide to Chinese Medicine*, by Harriet Beinfield and Efrem Korngold. A book about the 5 Elements. Good if you're more right brained.

*The Web that Has No Weaver: Understanding Chinese Medicine*, by Ted J. Kaptchuk. A TCM book – good if you're more left brained.

## HELPFUL TERMINOLOGY AND ACRONYMS

**Traditional Chinese Medicine (TCM)** - the standardized form of Chinese Medicine codified in the 1950's during the Cultural Revolution and exported to the west. It is the common language of most acupuncturists and the basis for the national certification exams.

**Five Element Medicine (5EM)** - a form of acupuncture treatment and diagnosis based on the relationship between the 5 elements. It was brought to the west by a British gentleman named J.R. Worsley.

**Classical Chinese Medicine (CCM)** - Chinese medicine as it was practiced *before* the Cultural revolution. Includes more of the psycho/spiritual and philosophical roots of the medicine and clinical use of more meridian systems. *Both TCM and 5EM came out of CCM.*

## FREQUENTLY ASKED QUESTIONS ABOUT DAOIST TRADITIONS

**1. What is unique about your masters and doctoral programs?** Our programs were inspired by the teachings of Jeffrey Yuen, who is known for his broad approach and deep understanding of Chinese medicine. Our Master of Acupuncture and Herbal Medicine (MAHM) program includes foundational TCM and CCM education. You will explore all the meridian systems, herbal medicine, food therapy, essential oils, and relevant biomedical theory and practice. Cultivation activities are woven throughout the program. Our Doctor of Acupuncture and Herbal Medicine (DAHM) program adds didactic and clinical work in the areas of collaborative care and specialty areas of cardiology, endocrinology, and neurology. It includes hands-on in-person work to build your skills and prepare you for today's team-based medical model. Both programs provide unique insights into traditional practices and contemporary applications.

**2. What classes need to be on my college transcripts to apply?** At least 60 semester credits of undergraduate education are needed for admission to our MAHM program - but at least 72 undergraduate credits are needed for graduate-level financial aid eligibility. There are no specific course requirements for the MAHM. At least 90 semester credits are required to be eligible for the doctoral program. The DAHM program has admissions prerequisites of basic biology, chemistry, and psychology. These can be completed in your undergraduate studies, CLEP or ACE credits, or through specific online professional level certificate courses. Completed college credits and degrees have no expiration date when it comes to meeting our admission requirements.

**3. When can I start?** MAHM and dually enrolled students begin in-person classes at the start of August each year. We use a track system where each entering class completes each phase of learning together. By consistently meeting with the same group for four years, you develop a deeper sense of community with your classmates. If you have already completed coursework at another acupuncture college, we can evaluate your credits to see if transferring to begin in January is possible.

**4. Do you offer flexible online programs?** The MAHM program includes some online work, but it does require full-time in-person attendance. The best way to learn this patient-centered medicine is to be immersed in-person with your instructors and classmates to develop important skills you need as a practitioner – building rapport, communicating face-to-face, and practicing hands-on techniques. The DAHM program offers more online work.

**5. How can you offer a doctoral program that is completed at the same time as the masters?** We purposefully designed the dual degree program so you focus on your master's studies during the first two years. Doctoral courses are added in years three and four, after you have completed much of your foundational Chinese Medicine coursework. The DAHM schedule is mapped out, so it does not conflict with MAHM classes and other school commitments. By completing 16 doctoral credits during your MAHM studies, you graduate with both degrees in four years.

**6. Why should I get a doctorate?** The doctorate is the new terminal degree in the field of East Asian medicine and is anticipated to become the industry standard. The doctorate will be significant for practice growth and insurance reimbursements. It will be especially important for those interested in working in hospitals and other integrated settings, teaching, or research. The doctorate may eventually replace the master's degree as entry-level education but currently, the master's degree leads to state licensure and national certification in the US.

**7. Can I start the MAHM wait to decide on the DAHM later?** If you do not meet the DAHM admission requirements or choose not to initially enroll in the DAHM, you can still begin the master's degree program. Your next opportunity to enroll in the DAHM will be between years one and two of your master's studies. After that, you must graduate from the MAHM and then apply to the DAHM Professional Track.

**8. Where can I practice after completing your program?** Daoist Traditions has graduates in almost every state. The program you choose must meet the requirements of the state where you want to become licensed - look at state licensing board websites while you are exploring schools. The National Certification Commission for Acupuncture and Oriental Medicine - [nccaom.org](http://nccaom.org) – provides information about states' acupuncture practice acts and which certification exams are required for licensure in each state. Want to practice overseas? Each country has their own regulations and requirements for the practice of Chinese medicine, which can include a Western medical license or other rules.

**9. Can I receive financial aid and/or scholarships to cover the cost of my education?** Daoist Traditions' programs are ACAHM accredited and approved by the US Department of Education for federal student loans. Scholarship opportunities for enrolled students are listed on our website.

**10. Will I be able to work while enrolled?** First and second year MAHM students typically have three days of classes each semester and many work part-time, up to 20 hours/week. It can be harder to work in years three and four when you have classes and clinical shifts to complete, but some students still manage working 8-12 hours/week.