

## **Course Descriptions: Master of Acupuncture and Herbal Medicine (MAHM)**

### **ACUPUNCTURE & CHINESE MEDICINE**

**CM501 Intro to CM & Qi Gong [1cr/15hrs]** Students learn the basic history and philosophy of Chinese medicine, core concepts of Chinese medicine and the practice of qi gong. They explore the basic concepts of meridians and how energy flows in the body. In addition, students define yin and yang, qi and blood, the six external/internal and miscellaneous pathogenic factors. They consider the role of cultivation in becoming a Chinese medicine practitioner.

**CM503 CM Theory [3cr/45hrs]** Students discuss the basic concepts and philosophy of Chinese medicine. They learn the pathogenesis of disease based on external and internal factors. Students gain a basic understanding of the Five Element Theory. They identify the functions and basic pathology of the Zang Fu and curious organs. Students describe and contrast the Four Levels, Six Stages and Eight Principles of pattern differentiation.

**CM504 Meridian Overview [2cr/30hrs]** Students learn to identify and describe the pathways of the different meridian and collateral systems. They explain the three levels of acupuncture: wei qi, ying qi, and yuan qi. They discuss the functions and clinical significance of each meridian system. Students identify the first and last points on the primary channels, the luo point on the primary channels, the upper and lower confluent point on the divergent channels, the opening and couple points of the Eight Extraordinary channels, and the confluent points for the Sinew meridians.

**CM505 Adjunct Techniques [2cr/30hrs]** Students cultivate a healing presence and demonstrate protocols for the positioning and draping of patients for patient safety and comfort. Students demonstrate clinical safety practices and personal hygiene. Students identify the general concepts of first aid responses to emergency situations. Students demonstrate moxibustion, gua sha, and cupping techniques and explain contraindications for the various techniques.

**CM507 Pulse Diagnosis [1cr/15hrs]** Students gain an understanding of the history of pulse reading. Students learn and demonstrate proper finger positioning for pulse diagnosis and illustrate proper journaling of pulses while learning to differentiate descriptions of pulse qualities.

**CM509 Point Location 1 [2cr/30hrs]** In part 1 of this two part series, students learn to locate acupuncture points on the human body and diagrams along the Ren, Du, Lung, Large Intestine, Stomach, Spleen, Heart and the selected Extra points. Students practice proportional body measurements and anatomical landmark identification. Students learn the proper location of acupuncture points, including needle angle and depth. Students gain a deeper understanding of the underlying anatomy of the points that require caution when needling. Students demonstrate proper draping for points that are near sensitive areas including the breasts and genitals.

**CM510 Point Energetics 1 [3cr/45hrs]** In part 1 of this two part series, students learn to differentiate point groupings, functions, indications and pathways for the primary meridians. Students learn the functions, indications and contraindications for the Ren, Du, Lung, Large Intestine, Stomach, Spleen, Heart and selected Extra points. Students learn to identify and describe point groupings relevant to specific meridians and points. Students identify acupuncture points that have specific cautions and contraindications and learn needle depth and angle for points that require caution. Students learn to recognize the function and indication of the points as they relate to point groupings.

**CM511 Five Elements 1 [1cr/15hrs]** In part one of this two-part course students gain an understanding of the Five Element Theory. Students explore the classical foundations of the Five Transformations, Five Phases and correspondences, Energetics of Elemental Points, Japanese Hara Diagnosis, and the laws and cycles of the five elements. Students identify methods to establish rapport and take case histories considering five element principles. Students learn to use diagnostic methods specific to five element theory, including practice of color, sound, odor, emotion, etc. Students describe the dynamics of the five elements (generating, control, and insulting cycles) and the basic energetics of elemental points for diagnosis/treatment. **Prerequisite:** CM503.

**CM515 CM Diagnosis and Differentiation [3cr/45hrs]** Students learn the four Chinese medicine diagnostic methods. Students employ history taking (inquiry) and observation in support to make a Chinese medicine diagnosis. Students identify tongue characteristics used in Chinese medicine tongue diagnosis. The use of palpation is explored in support of making a Chinese medicine diagnosis. Students study the eight principles of Chinese medicine differentiation. They differentiate basic Zang Fu patterns (syndromes) of illness. Students describe the Four Levels (Wen Bing) and the Six Stages (Shang Han Lun) of disease progression. Students learn patterns of illness using specified theories of Chinese medicine such as Zang Fu, Wen Bing, Shang Han Lun and San Jiao. **Prerequisite:** CM503

**CM521 An Introduction to Healing [1cr/15hrs]** A senior practitioner initiates students' inquiry into the age-old question - *What is healing?* Since the answer to that question is inseparable from one's world view and life experience, students examine how

their personal beliefs and culture inform their understanding of the term's health, sickness, and healing. Students examine the varied ways doctors, anthropologists, scientists, psychologists, environmentalists, and religious leaders have historically approached these questions and concepts. Students consider the definition of health, sickness, and healing from the prospective of Classical Chinese Medicine as well as reflect on their personal understanding of health, sickness, and healing.

**CM601 Point Location 2 [2cr/30hrs]** In the second of this two-part series, students learn to locate acupuncture points on the human body and diagrams along the Small Intestine, Urinary Bladder, Kidney, Pericardium, San Jiao, Gallbladder, Liver and the selected Extra points. Students practice proportional body measurements and anatomical landmark identification. Students learn the proper location of acupuncture points, including needle angle and depth. Students gain a deeper understanding of the underlying anatomy of the points that require caution when needling. Students demonstrate proper draping for points that are near sensitive areas including the breasts and genitals.

**CM602 Point Energetics 2 [3cr/45hrs]** In the second of this two-part series, students learn to differentiate point groupings, functions, indications and pathways for the primary meridians. Students learn the functions, indications and contraindications for the Small Intestine, Urinary Bladder, Kidney, Pericardium, San Jiao, Gallbladder, Liver and selected Extra points. Students learn to identify and describe point groupings relevant to specific meridians and points. Students identify acupuncture points that have specific cautions and contraindications and learn needle depth and angle for points in areas that require caution. Students learn to recognize the function and indication of the points as they relate to point groupings.

**CM604 Tui Na [2cr/30hrs]** Students learn the historical context and development of Tui Na. Students demonstrate Tui Na hand techniques and distinguish between important musculoskeletal anatomy for Tui Na. Students create a Chinese medicine diagnosis for performing Tui Na and design sequences of Tui Na techniques based on the diagnosis. Students are introduced to movement assessments for the Sinew meridians and the application of Sinew releases. Students recognize the contraindications and considerations for Tui Na.

**CM605 Needling Techniques [2cr/30hrs]** Students learn the basic principles of needling techniques as they relate to treatment in a clinical setting. Students determine appropriate patient positioning and draping. Students understand how to select the appropriate needle type and describe cautions and contraindications for needling. Students demonstrate safe and effective needling techniques. Students follow CNT and OSHA guidelines and describe management for emergency situations as well as identify Universal Precaution recommendations. **Prerequisite:** CM505, CM509, CM510

**CM606 Treatment of Disease 1 [3cr/45hrs]** In part one of this two-part series, students learn the basic principles of Chinese medicine treatment of disease. Students explore the etiology and pathogenesis of common disorders. Disorders include respiratory, dermatologic, neurological, sleep, mental/emotional, and cardiovascular. Students develop acupuncture and herbal treatment strategies to address common diseases through Chinese medicine. Students create treatment plans, including lifestyle recommendations. Students identify prognoses for the most common clinical presentations of disease. **Prerequisite:** CM503, CM510, CM515

**CM608 Treatment of Disease 2 [3cr/45hrs]** In part two of this two course series students continue to learn the basic principles of Chinese medicine treatment of disease. Students explore the etiology and pathogenesis of common disorders such as digestive, endocrine, urinary, autoimmune, gynecology, immunologic, and musculoskeletal. Students develop acupuncture and herbal treatment strategies to address common diseases. Students create treatment plans, including lifestyle recommendations. Students identify prognoses for the most common clinical presentations of disease. **Prerequisite:** CM503, CM510, CM515

**CM609 Microsystems & Techniques [2cr/30hrs]** Students study the theories and history of various microsystems. They learn the skills to safely perform auricular, electro-acupuncture, scalp acupuncture, and NADA (protocol treatments for addiction or behavioral health). They practice these therapeutic techniques by properly locating auricular points and scalp points/ lines, identifying treatment strategies, and following guidelines for the use/maintenance of equipment. In addition, students address contraindications of specific points and techniques under a variety of conditions to ensure patient safety. **Prerequisite:** CM605

**CM610 Clinical Preparation [2cr/30hrs]** This class prepares students to enter Daoist Traditions Clinical Internship program. Students review SOAP note charting and practice the patient interview using the 10 questions, palpation, listening and observing. Students also review making diagnoses and develop a corresponding treatment plan in anticipation of clinical practice. They practice tui na and adjunct techniques for a smooth transition. Students learn the required processes and procedures for working in the College Clinic: specific clinic forms, HIPAA and OSHA regulations, clinical safety protocols and to communicate effectively with colleagues and supervisors. Students certify in CPR and first aid. **Prerequisite:** CM503, CM507, CM515, CM605, CM606

**CM612 Eight Extra Channels [2cr/30hrs]** Students learn the historical and theoretical foundations for the Eight Extraordinary channels. Students discuss the application of Eight Extraordinary Channels in clinical practice especially about congenital

problems, childhood development, inherited conditions, conditions affecting the DNA and life cycles. Students learn the pathways of the Eight Extraordinary channels and how those pathways relate to the other meridians systems. Students examine which patient diagnoses are best addressed using the different Eight Extraordinary channels and create guidelines for their use including appropriate pulse qualities, point selection and needle technique. **Prerequisite:** CM504, CM601, CM602, CM605

**CM617 Five Elements 2 [1cr/15hrs]** In part two of this two-part series, students build on their knowledge of the Five Element Theory. Students learn diagnostics and treatment methods related to Constitutional Factor, Elemental Temperament Korean Four Needle Technique, Mu-Shu Treatments, Akabane, and Entry-Exit Points. Students apply concepts from the Worsley Tradition, including Constitutional/Causative Factor, Aggressive Energy, Internal and External Dragons, and Entry-Exit Points. Students apply concepts from the Worsley Tradition and Jeffrey Yuen's teachings. **Prerequisite:** CM511, CM605

**CM618 Advanced Needling Techniques [2cr/30hrs]** Students strengthen needling and manipulation techniques in preparation for clinic. They also solidify their patient positioning/draping and CNT skills. Students focus on techniques that promote the arrival and transmission of qi, and various reinforcing and reducing techniques. Students also employ adjunct techniques with appropriate needling methods. They review proper cautions and contraindications for needling based on underlying anatomy or other patient factors and demonstrate how to handle any emergency related to needling. **Prerequisite:** CM605

**CM701 Clinical Case Review 1 [1cr/15hrs]** Students address issues or concerns that arise during Clinical Internship and explore cases as a cohort. Discussions and peer review focus on diagnoses and treatment plan options about the Primary meridian system, the patient-practitioner relationships, referrals, and general patient care issues. Students present an oral summary of clinical cases using chart notes as well as any relevant research. Students refine diagnoses and treatment plans based on peer and faculty feedback. They also reflect on their learnings from the case presentation discussions. **Corequisite:** Clinical Internship

**CM702 Clinical Case Review 2 [1cr/15hrs]** Students address issues or concerns that arise during Clinical Internship and explore cases as a cohort. Discussions and peer review focus on diagnoses and treatment plan options about the Primary meridian and Eight Extra Meridian systems, the patient-practitioner relationships, referrals, and general patient care issues. Students present an oral summary of clinical cases using chart notes as well as any relevant research. Students refine diagnoses and treatment plans based on peer and faculty feedback. They also reflect on their learnings from the case presentation discussions. **Corequisite:** Clinical Internship

**CM703 Acupuncture and CM Foundations Comprehensive Review [3cr/45hrs]** Students prepare for the NCCAOM certification exams in their final year of study. Students review and assimilate Chinese medicine and acupuncture material from the acupuncture curriculum including point location, point energetics, Chinese medicine theory, and treatment of disease. **Prerequisite:** All previous courses in the acupuncture curriculum

**CM707 Sinew Meridians [2cr/30hrs]** Students learn the historical and theoretical foundations of the Sinew meridians. Students review the Sinew pathways according to the Six Divisions, surface terrain, and their pathology. Students study these secondary vessels in relation to the conduction of wei qi, ying qi, and yuan qi. They recognize signs and symptoms of conditions associated with the Sinew Meridians and develop diagnoses and treatment plans to address those conditions. Students also practice diagnostic methods, ashi (binding) points and specific needling techniques and adjunct techniques used in Sinew meridian treatments that can be applied in a clinical setting. **Prerequisite:** CM504, CM601, CM602, CM605

**CM711 Divergent Meridians [2cr/30hrs]** Students learn the historical and theoretical foundations of the Divergent meridians and gain a working knowledge of the Divergent channels including their pathways, points, functions, and indications. They study how the Divergent channels are related to the other channel systems and the role of Divergent channels in the overall dynamic of the body's energies. Students perform diagnostic and clinical techniques and create treatment plans that can be applied in a clinical setting. They also examine the use of Divergent Meridians in treating a wide range of conditions, from chronic pain to complicated autoimmune conditions. **Prerequisite:** CM504, CM601, CM602, CM605

**CM801 Clinical Case Review 3 [1cr/15hrs]** Students address issues or concerns that arise during Clinical Internship and explore cases as a cohort. Discussions and peer review focus on diagnoses and treatment plan options about the Primary meridian, Eight Extra meridian, Longitudinal Luo meridian, Sinew meridian, and Divergent meridian systems, the patient-practitioner relationships, referrals, and general patient care issues. Students present an oral summary of clinical cases using chart notes as well as any relevant research. Students refine diagnoses and treatment plans based on peer and faculty feedback. They also reflect on their learnings from the case presentation discussions. **Corequisite:** Clinical Internship

**CM802 Advanced Pulse Diagnosis [1cr/15hrs]** Students examine pulse diagnosis from traditional and Classical Chinese Medicine. Emphasis is placed upon pulse qualities and dynamic moving pulses. Students learn to assess Wei Qi, Ying Qi, Yuan Qi and the Eight Extraordinary meridian system pulses. Students create a differential diagnosis through pulses. Students understand how to chart moving pulses and to use the correct nomenclature to chart pulses. **Prerequisite:** CM507

**CM803 Clinical Case Review 4 [1cr/15hrs]** Students address issues or concerns that arise during Clinical Internship and explore cases as a cohort. Discussions and peer review focus on diagnoses and treatment plan options about the Primary meridian, Eight Extra meridian, Longitudinal Luo meridian, Sinew meridian, and Divergent meridian systems, the patient-practitioner relationships, referrals, and general patient care issues. Students present an oral summary of clinical cases using chart notes as well as any relevant research and refine diagnoses and treatment plan based on peer and faculty feedback. **Corequisite:** Clinical Internship

**CM805 Gynecology [2cr/30hrs]** Students learn the diagnosis and treatment of obstetrical and gynecological disorders with acupuncture and herbal medicine. They explore women's physiology and pathology from Chinese and western medicine perspectives; acupuncture treatment principles; contraindications; commonly seen menstrual disorders; pregnancy and pregnancy related complications; infertility, and menopausal complaints. **Prerequisite:** CM606, CM608

**CM806 Pediatrics [.67cr/10hrs]** Students learn to diagnose and treat common pediatric disorders with acupuncture and herbal medicine. They explore the physiology and pathology of common pediatric conditions from a Chinese medicine perspective and recognize contraindications and conditions that require referral to a biomedical practitioner. Students also study effective patient and family communication methods. **Corequisite:** HM808

**CM811 Longitudinal Luo [2cr/30hrs]** Students learn the historical and theoretical foundations of the Luo vessels. Students summarize all Longitudinal Luo trajectories with their signs and symptoms. Students examine the relationships of the Longitudinal Luo vessels with other meridians of the five channel systems. They formulate a diagnosis and treatment plan using the Longitudinal Luo vessels and determine appropriate applications of the Longitudinal Luo vessels to the western diagnostic designations. **Prerequisite:** CM504, CM601, CM602, CM605

### **CULTIVATION PRACTICE**

**CP501 Qi Gong 1 [.4cr/12hrs]** At the heart of Daoist Traditions' philosophy is a commitment to support students in integrating self-cultivation and a healing presence into their lives as developing practitioners. Students learn to recognize and appreciate qi gong as tool for personal cultivation and, therefore, learn its fundamentals. They do so by replicating the movements of the Tai Yu Shen Gong form as demonstrated by their instructor. As part of this course, students further develop personal cultivation practice by reflecting on their growth in a cultivation journal and assisting in the herbal gardens.

**CP504 Qi Gong 2 [.4cr/12hrs]** At the heart of Daoist Traditions' philosophy is the commitment to cultivate a healing presence and encourage self-cultivation as an important part of the development of an effective practitioner. Students describe qi gong as a personal cultivation tool. They follow the movement elements of the guided qi gong form with emphasis on the practice and appreciation of Tai Yu Shen Gong. As part of this course, students further develop personal cultivation practice by reflecting on their growth in a cultivation journal and assisting in the herbal gardens.

**CP601 Qi Gong 3 [.4cr/12hrs]** At the heart of Daoist Traditions' philosophy is the commitment to cultivate a healing presence and encourage self-cultivation as an important part of the development of an effective practitioner. Students employ qi gong as a personal cultivation tool. They perform qi gong practice with emphasis on the practice and appreciation of Tai Yu Shen Gong. As part of this course, students further develop personal cultivation practice by reflecting on their growth in a cultivation journal and assisting in the herbal gardens.

**CP604 Qi Gong 4 [.4cr/12hrs]** At the heart of Daoist Traditions' philosophy is the commitment to cultivate a healing presence and encourage self-cultivation as an important part of the development of an effective practitioner. Students employ qi gong as a personal cultivation tool. They perform independently qi gong practice with emphasis on the practice and appreciation of Tai Yu Shen Gong. Students define the clinical relevance of qi gong. As part of this course, students further develop personal cultivation practice by reflecting on their growth in a cultivation journal and assisting in the herbal gardens.

**CP701 Qi Gong 5 [.4cr/12hrs]** At the heart of Daoist Traditions' philosophy is the commitment to cultivate a healing presence and encourage self-cultivation as an important part of the development of an effective practitioner. Students employ qi gong as a personal cultivation tool. They demonstrate qi gong practice, with emphasis on the practice and appreciation of Tai Yu Shen Gong. Students explain the clinical relevance of qi gong. As part of this course, students further develop personal cultivation practice by reflecting on their growth in a cultivation journal and assisting in the herbal gardens.

**CP704 Qi Gong 6 [.4cr/12hrs]** At the heart of Daoist Traditions' philosophy is the commitment to cultivate a healing presence and encourage self-cultivation as an important part of the development of an effective practitioner. Students employ qi gong as a personal cultivation tool. They demonstrate qi gong practice, with emphasis on the practice and appreciation of Tai Yu Shen Gong. Students illustrate the clinical relevance of qi gong. As part of this course, students further develop personal cultivation practice by reflecting on their growth in a cultivation journal and assisting in the herbal gardens.

**CP801 Qi Gong 7 [4cr/12hrs]** At the heart of Daoist Traditions' philosophy is the commitment to cultivate a healing presence and encourage self-cultivation as an important part of the development of an effective practitioner. Students employ qi gong as a personal cultivation tool. They demonstrate and evaluate qi gong practice, with emphasis on the practice and appreciation of Tai Yu Shen Gong. Students apply qi gong in a simple clinically relevant situation. As part of this course, students further develop personal cultivation practice by reflecting on their growth in a cultivation journal and assisting in the herbal gardens.

**CP804 Qi Gong 8 [4cr/12hrs]** At the heart of Daoist Traditions' philosophy is the commitment to cultivate a healing presence and encourage self-cultivation as an important part of the development of an effective practitioner. Students employ qi gong as a personal cultivation tool. They demonstrate and evaluate qi gong practice, with emphasis on the practice and appreciation of Tai Yu Shen Gong. Students apply qi gong in a clinically relevant situation requiring two phase implementation or skill development. As part of this course, students further develop personal cultivation practice by reflecting on their growth in a cultivation journal and assisting in the herbal gardens.

## **HERBAL MEDICINE**

**HM501 Introduction to Herb Cultivation [1cr/15hrs]** This course is designed to familiarize students with the basic principles of site analysis, soil preparation and propagation by seed and division of medicinal plants. Students gain hands-on practice while helping to maintain the herbal gardens on campus.

**HM502 Herbal Medicine 1 [4cr/60hrs]** In part one of this four-part series, students learn to identify a selection of individual herb samples using pictures and raw herbs. Students learn to state the pinyin and botanical names of individual herbs. Students describe the application, indications, cautions and contraindications of specified herbs and formulas. Students learn to recognize Chinese herbal formulas based on how they are used to treat patterns of disharmony. Students also discuss herbs and formulas in the context of the major developments in Chinese herbal medicine.

**HM503 Herbal Medicine 2 [4cr/60hrs]** In part two of this four-part series, students learn to identify a selection of individual herb samples using pictures and raw herbs. Students state the pinyin and botanical names of the individual raw herbs. Students will describe the uses, cautions and contraindications of specified herbs and formulas addressed. Students learn how to choose and modify Chinese herbal formulas to treat particular patterns of disharmony. Students also discuss herbal formulas in the context of the major developments in Chinese herbal medicine.

**HM603 Herbal Medicine 3 [4cr/60hrs]** In part three of this four-part course, students learn to identify a selection of individual herb samples using pictures and raw herbs. Students state the pinyin and botanical names of the individual raw herbs. Students will describe the uses, cautions and contraindications of specified herbs and formulas addressed. Students write Chinese herbal formulas to treat particular patterns of disharmony. Students also discuss herbal formulas in the context of the major developments in Chinese herbal medicine

**HM604 Herbal Medicine 4 [4cr/60hrs]** In part four of this four-part course students identify a selection of individual herb samples using pictures. Students state the pinyin and botanical names as well as describe the uses, cautions and contraindications of herbs and formulas addressed in this course. Students create Chinese herbal formula prescriptions based on case studies to treat patterns of disharmony. Students discuss herbal formulas in the context of the major developments in Chinese herbal medicine including preparation methods and dosage.

**HM701 Patent Medicines [2cr/30hrs]** Students learn to prescribe patent formulas and research companies that supply them. Students recognize the English and pinyin names of common patent herbal medicines. Students discuss the history and regulations related to dispensing patent medicines. Students correlate modern patent formulations to classical prescriptions and describe their uses, cautions and contraindications. Students also learn to evaluate the quality of selected patent manufacturers. **Prerequisite:** HM502, HM503, HM603, HM604

**HM703 Chinese Medicine Food Therapy [2cr/30hrs]** Students learn the energetics of foods and the impact of cooking styles on their energetics. Students discuss dietary recommendations and contraindications for Chinese medicine patterns and select dietary recommendations based on diagnosis. Students integrate the principles of Chinese medicine food therapy into clinical practice.

**Prerequisite:** CM503, CM515, completion of one Herbal Medicine course HM501, 502, 503, or 504

**HM705 Western Herbalism [1cr/15hrs]** Students explain the classification and use of herbs in traditional and contemporary western herbalism. They demonstrate basic familiarity with the major classes of phytochemicals and their modes of action. Students classify non-Chinese herbs according to flavor, temperature, meridians entered and actions. They determine the suitability of various native and western herbs for local cultivation or wildcrafting.

**HM706 Essential Oils [2cr/30hrs]** Students learn to articulate the basic theory and practice of essential oils in Chinese medicine. Students cite the properties including the nature, taste, channels entered and the therapeutic function of 30-50

essential oils. Students identify dosage, storage requirements, chemical constituents, and contraindications of the essential oils covered in this course. Students discuss the unique properties of the essential oils including notes, effects on spirit, and essence relationship. Students create essential oil formulas used to treat basic conditions. **Prerequisite:** CM503, CM515, completion of one Herbal Medicine course HM501, 502, 503, or 504

**HM801 Herbal Preparations [2cr/30hrs]** Students describe and prepare various forms of herbal medicine preparations including tinctures, liniments, macerations, percolations, medicinal wines, topical preparations, infused oils and salves. Students prepare Chinese herbs choosing methods appropriate to their nature and their medicinal use. Students gain a basic understanding of the chemical properties of herbs. **Prerequisite:** CM503, CM515, completion of one Herbal Medicine course HM501, 502, 503, or 504

**HM802 Herbal Comprehensive Review [3cr/45hrs]** Students take this course in their final semester of study to prepare for the NCCAOM certification exams. It serves as a review of the materia medica, classical prescriptions, and patent medicines and provides students with an opportunity to fine tune their Chinese herbology knowledge. They re-examine how to articulate basic herbal theory for single herbs and prescriptions. Students review the fundamental properties of herbs in terms of nature, taste, channels entered, and toxicity. They review pattern differentiation and ingredients of classical prescriptions. Students explain the proper uses, dosages, cautions, contraindications and toxicity of both single herbs and herbal formulas. **Prerequisite:** All previous courses in the herbal medicine curriculum

**HM805 Field Botany [1cr/15hrs]** Students identify common native medicinal plants using a key. They recognize major medicinal plant families and explain the botanical classification and nomenclature system. Students recognize the types of habitats and/or plant communities in which common medicinal herbs will thrive. **Prerequisite:** HM705

**HM808 Pediatric Herbal Medicine [.33cr/5hrs]** Students develop herbal treatments for common pediatric complaints. They learn to recognize the risks and contraindications for the use of Acupuncture and Chinese herbal medicine in the treatment of pediatric conditions. Students understand how to use effective communication with children and with their families. They learn to make appropriate referrals to biomedical professionals. **Corequisite:** CM806

## **BIOMEDICINE**

**WM501 Anatomy and Physiology 1 [3cr/45hrs]** Students learn basic biological principles as they relate to the anatomy and physiology of the skeletal, muscular and nervous systems. They use standard anatomical terminology related to these systems. Students memorize the bones of the body, major muscle groups and key components of the nervous system. Students also learn the structure and function of joints and how they move. They describe the actions and attachments of all major muscle groups of the body. As a result, students develop proficiency in identifying bony anatomical landmarks critical in acupuncture practice and recognize injury and pathology in the musculoskeletal system. Students also cover foundational information on cell biology and chemistry and review the major tissue types found in the human body.

**WM502 Anatomy and Physiology 2 [3cr/45hrs]** Students learn the biological and chemical principles related to the normal functioning of the organ systems and its related nomenclature. Focus is on the cardiovascular, endocrine, urinary, immune, digestive, respiratory, reproductive, integumentary, and nervous systems and its sense organs. Students review how the human body maintains homeostasis, and a stable internal environment. As a result of learning the basics, students can describe how changes in physiological function may result in disease states.

**WM503 Surface Anatomy [1cr/15hrs]** Students memorize the external landmarks of the human musculoskeletal system that guide the location of acupuncture points. This knowledge is foundational for all subsequent acupuncture point location and needling courses. In addition, students learn visual recognition and palpation skills to find and identify these key landmarks on various body types. Students practice proper positioning and draping for patient comfort and safety during treatment.

**WM601 Physical Exam Techniques [2cr/30hrs]** Students develop the knowledge and practice the techniques necessary to perform a basic physical examination and complete a biomedical patient history. Students learn to differentiate normal from abnormal findings, determine if referral to western medicine practitioners is warranted, and how to make that referral. In this context, students discuss the importance of patient confidentiality, informed consent, and overall professionalism.

**Prerequisite:** WM501, WM503

**WM602 Medical Ethics [2cr/30hrs]** Students learn the history and basic principles of medical ethics and examine the evaluation of the ethical codes in acupuncture and Chinese medicine. Students develop the skills to recognize and develop plans for dealing with appropriate and inappropriate ethical behaviors as they arise in practice including boundaries, dual relationships, and business ethics. Students evaluate and determine strategies to sensitive issues such as intimacy, death and dying, impaired providers, domestic abuse, and suicide. They also examine the ethics of healthcare disparities (discrepancies in health care and

outcomes) in the current U.S. healthcare system with a focus on socioeconomics. Students explore the underlying reasons for these disparities and potential solutions.

**WM631 Introduction to Pharmacology [2cr/30hrs]** Students learn the biochemical and physiological effects of classes of commonly used pharmaceuticals. They explore how the chemistry of how these classes of drugs are absorbed, distributed, metabolized, and eliminated from the body. Students examine the use of these common classes of pharmaceuticals and their cautions and contraindications. In addition, they study the potential interaction between herbal medications, supplements, and common classes of pharmaceuticals to better ensure patient safety. **Prerequisite:** WM502

**WM702 Pathology & Pharmacology 1 [3cr/45hrs]** This course is part one of a three-part series which focuses on the pathology and related pharmaceuticals used to treat conditions of the musculoskeletal, neurological, and immune systems. Students learn the pathophysiology of the most common western diseases and recognize their basic signs and symptoms. They also investigate common pharmaceuticals used to address these diseases including their functional classification, chemistry, mechanisms of action, and side effects. Students identify the potential interaction between these pharmaceuticals, supplements, and herbs and when to make referrals to biomedicine practitioners. **Prerequisite:** WM501, WM502

**WM703 Research and Statistics [2cr/30hrs]** Students learn basic principles scientists and practitioners use to conduct research and the statistical bases for their studies. To do so, they become familiar with basic descriptive statistics including measures of central tendency and variance, distributions and probabilities, sample size and commonly used statistical tests. Students develop research literacy skills including how to search primary source data, recognize different types of scientific research and the methods used to carry out studies. They apply the skills they have developed by critiquing a research paper using a study of personal interest.

**WM704 Pathology & Pharmacology 2 [3cr/45hrs]** This course is part two of a three-part series which focuses on the pathology and related pharmaceuticals used to treat conditions of the pulmonary, cardiology, gastrointestinal systems plus cancer and various communicable diseases. Students learn the pathophysiology of the common western diseases and recognize the basic signs and symptoms of these diseases. Students investigate the common pharmaceuticals used to address these diseases including their functional classification, mechanisms of action, and side effects. Students identify the potential interaction between these pharmaceuticals, supplements, and herbs and when to make referrals to western medicine practitioners. **Prerequisite:** WM501, WM502

**WM705 Western Diagnostic Studies [2cr/30hrs]** Students gain an overview of tests and diagnostic procedures in western medicine. Pertinent biophysics of diagnostic imaging is covered. They learn to evaluate and interpret the most commonly used western laboratory tests including blood and other diagnostic studies. Students assess the clinical relevance of lab and other diagnostic tests and the relevant biochemistry and chemistry. This class focuses on conditions such as musculoskeletal disease, thyroid disorders, kidney and urologic disease, diabetes, cardiovascular disease, cancer, nervous system disease, pulmonary disease, and gastrointestinal disease. Students determine when to refer patients for relevant lab work. **Prerequisite:** WM501, WM502

**WM801 BioMedicine Comp Review [3cr/45hrs]** Students take this course in their final semester of study to prepare for the NCCAOM certification exams. Students review and demonstrate their knowledge and skills related to the biomedicine curriculum including anatomy, physiology, physical examination, pathology, pharmacology, pertinent chemistry and biochemistry, and diagnostic testing. **Prerequisite:** All previous courses in the biomedicine curriculum

**WM803 Pathology & Pharmacology 3 [2cr/30hrs]** This course is the final course of a three-part series which focuses on the pathology and pharmaceuticals used to treat conditions of the endocrine, female and male genitourinary, and renal systems. Students learn the pathophysiology of the common western diseases and to recognize their basic signs and symptoms. They investigate the common pharmaceuticals used to address these diseases including their functional classification, mechanisms of action, chemistry, and side effects. Students identify the potential interaction between these pharmaceuticals, supplements, and herbs and when to make referrals to western medicine practitioners. **Prerequisite:** WM501, WM502

**WM804 Orthopedic Essentials [2cr/30hrs]** Students learn to analyze orthopedic injuries and diseases from a western medical perspective including carpal tunnel syndrome, fibromyalgia, gout, osteoarthritis, rheumatoid arthritis, tendonitis, bursitis, plantar fasciitis, and nerve entrapments. They perform basic orthopedic evaluation techniques and discern conditions for referral. Students explain effective communication with patients and western medicine practitioners regarding orthopedic conditions. **Prerequisite:** WM501, WM503

**WM807 Psychology and Psychiatry [2cr/30hrs]** Students learn about mental and emotional disorders from a biomedical standpoint. Students recognize psychiatric disease states: their pathophysiology, western treatment modalities including pharmacotherapy. Students identify the basic signs and symptoms of these psychiatric diseases. Students learn Students recognize their commonly associated pharmaceuticals including their functional classification, mechanisms of action, and side

effects. Students identify potential interactions between these pharmaceuticals, supplements, and herbs. Students state the key factors triggering referrals to western medicine care especially in cases of psychiatric emergencies. **Prerequisite:** WM501, WM502

**WM809 Western Nutrition [2cr/30hrs]** Students learn nutrition from a western medical perspective. They learn the roles played by various nutrients in both health and disease states and their chemistry and modes of action. They recognize nutritional deficiencies and make appropriate recommendations to enhance patient health. Recommendations include diet, lifestyle, and nutritional supplementation. Students gain the knowledge and skills needed to critique the various dietary and supplementation regimes patients follow.

### **COMPLEMENTARY STUDIES**

**CS501 Learning Resources & Information Literacy [.5cr/7.5hrs]** Students learn to use Daoist Traditions' learning management system, Canvas. Students will become familiar with the various resources available in the college library and how to access materials for research and utilize relevant resources using online databases and feeds from specialized search engines. Students explore the elements of Daoist Traditions Style Guide and create an APA style guide reference. Students will explore learning styles and learn about various study skills for academic success.

**CS503 Professionalism and Communication [.5cr/7.5hrs]** Students learn to present oneself professionally in alignment with Daoist Traditions' expectations. Students apply the Daoist Traditions' protocols related to communicating with administration, faculty, and colleagues. Students recognize conflict management techniques for common conflict situations in a respectful and solution-oriented manner.

**CS504 Medical Chinese [1cr/15hrs]** Students learn some basic Chinese language to support their entry into the world of Chinese medicine. Students approximate pronunciation of basic Chinese medical vocabulary and associated terminology. Students recognize basic characters related to Chinese medicine energetics and memorize terms commonly needed in the practice of Chinese medicine.

**CS505 Mindfulness and Healing Presence [.5cr/7.5hrs]** Students define mindfulness including its health benefits. Students describe several mindfulness practices and how to execute them and incorporate a mindfulness practice into daily life. They will state the value of a personal mindfulness practice and its potential impact on one's healthcare practice.

**CS506 Legal and Safety Standards [.5cr/7.5hrs]** Students learn the basic HIPAA and OSHA requirements as they relate to acupuncture practice. Students state safety procedures related to Blood Borne Pathogens. They recognize the basic safety procedures of Clean Needle Technique. Students identify the basic expectations of the NCCAOM Code of Ethics and describe professional conduct as outlined by Daoist Traditions' clinical policy. Students recognize the basic tenets of obtaining and maintaining state licensure (NCALB).

**CS701 Practice Management 1 [1cr/15hrs]** Students learn the fundamental elements needed to establish a successful acupuncture practice. This includes students' learning how to comfortably communicate Chinese medicine concepts to potential patients in language they will understand. It also requires students to find or create opportunities to approach those unfamiliar with Chinese medicine in an attempt to educate the general public and attract patients. As part of these fundamentals of initiating a practice, students review OSHA and HIPAA requirements as well as learn the state laws governing acupuncture practice and the specifics of mandated reporting.

**CS802 Practice Management 2 [2cr/30hrs]** Students learn the specifics of establishing and running an acupuncture practice. They learn the details of how to become nationally certified and state licensed. Students develop a business plan for the practice they intend to start upon graduation. They create a budget, marketing plan, and resume as a base of their practice. Students incorporate the legal requirements into their plans. They also learn the basics of insurance (billing, coding, and reimbursement) and the use of electronic health records. **Prerequisite:** CS701, OB701

### **CLINICAL TRAINING**

**OB502 Clinic Observation 1 [1.3cr/39hrs]** This is part of a series of classes in which students demonstrate professional demeanor and attire in the clinical setting as described in the Student Handbook and Clinic Manual. Students observe a patient interview in a theatre setting and reflect on personal reactions to the patient's narrative. Students discuss personal learning from acupuncture treatments.

**OB504 Clinic Observation 2 [1.2cr/36hrs]** This class is part of a series of classes where students demonstrate professional demeanor and attire in the clinical setting as described in the Student Handbook and Clinic Manual. Students observe a patient treatment in a clinical setting, complete chart notes, and mix herbs for the patients. Students state how practitioners of Chinese



medicine establish patient rapport and determine what specific tongue characteristics mean in terms of a Chinese medicine diagnosis. Students discuss personal learning from acupuncture treatments. **Prerequisite:** OB502

**OB601 Clinic Observation 3 [1.2cr/36hrs]** This class is part of a series of classes where students demonstrate professional demeanor and attire in the clinical setting as described in the Student Handbook and Clinic Manual. Students observe a patient treatment in a clinical setting and complete Subjective-Objective Assessment & Plan (SOAP) notes to record patient information. Students discuss personal learning from acupuncture treatments. **Prerequisite:** OB504

**OB602 Clinic Observation 4 [1.3cr/39hrs]** This class is part of a series of classes where students demonstrate professional demeanor and attire in the clinical setting as described in the Student Handbook and Clinic Manual. Students observe a patient interview and treatment in a theater setting and complete a full intake form and chart notes. Students discuss personal learning from acupuncture treatments. **Prerequisite:** OB601

**IN701 Clinical Internship 1 [5.33cr/160hrs]** In Clinical Internship 1, interns work in pairs to integrate the theoretical and practical aspects of Chinese medicine in a clinical setting. Student demonstrate proficiency in professional behavior and patient care using acupuncture, herbal medicine, and adjunct techniques. Students identify conditions that warrant patient referral and make recommendations for self-care. Students evaluate and re-evaluate diagnosis and treatment strategies and modify formulas and treatment. Students incorporate Zang Fu and Primary meridian diagnoses and treatment principles into treatments. Students complete one Clinical Case Review course with each semester of Clinical Internship. **Prerequisite:** OB602, OB604, CM605, CM606, CM608, CM610, CM618, HM502, HM503, HM603, HM604, WM601

**IN702 Clinical Internship 2 [3.33cr/100hrs]** In Clinical Internship 2, interns work individually to treat patients in a supervised clinical setting. Students demonstrate professional behavior in a clinical setting. Students complete a thorough patient intake using SOAP notes and formulate and refine a Chinese medicine diagnosis using Zang Fu, Primary, and Sinew meridians. Students develop and execute a treatment plan using acupuncture, herbs, and adjunct modalities. Students learn to manage ongoing patient relationships. Students incorporate meridian diagnoses and treatment principles for these channel systems into treatments. Students recognize common red flag conditions, and execute emergency and urgent referrals. Students incorporate Daoist principles in a clinical setting. Students complete one Clinical Case Review course with each semester of Clinical Internship. **Prerequisite:** IN701

**IN801 Clinical Internship 3 [9cr/270hrs]** In Clinical Internship 3, interns individually treat patients in a supervised clinical setting. Students demonstrate professional behavior in a clinical setting. Students demonstrate patient intake using SOAP notes and independently formulate and refine a Chinese medicine diagnosis using the most appropriate channel system. Students develop and execute a treatment plan using acupuncture, herbs, and adjunct modalities that supports the diagnosis. Students explain the chosen treatment plan and prognosis to patients. Students incorporate Zang Fu and Primary, Eight Extraordinary, Sinew, Longitudinal Luo and Divergent meridian diagnoses and treatment principles into treatments. Students recognize common red flag conditions and execute emergency and urgent referrals. Students incorporate Daoist principles in a clinical setting. Students complete one Clinical Case Review course with each semester of Clinical Internship. **Prerequisite:** IN702

**IN802 Clinical Internship 4 [7.6cr/228hrs]** In Clinical Internship 4, interns treat patients in a supervised clinical setting. Students demonstrate professional behavior in a clinical setting. Students complete a thorough patient intake using SOAP notes and formulate and refine independently a Chinese medicine diagnosis using the most appropriate channel system. Students independently develop and execute a treatment plan using acupuncture, herbs, and adjunct modalities that supports the diagnosis. Students explain the chosen treatment plan and prognosis to patients. Students complete a thorough patient intake using SOAP notes and formulate and refine independently a Chinese medicine diagnosis using Luo Vessels, Divergent Meridians, Zang Fu, Primary, Eight Extra and Sinew meridians. Students incorporate meridian diagnoses and treatment principles for these channel systems into treatments. Students recognize common red flag conditions, and execute emergency and urgent referrals. Students incorporate Daoist principles in a clinical setting. A minimum of 350 patients and minimum 758 total hours must be met to complete Internship 4. Students complete one Clinical Case Review course with each semester of Clinical Internship. **Prerequisite:** IN801