

## Course Descriptions

### Master of Acupuncture and Oriental Medicine (MAOM) Program

#### ACUPUNCTURE & CHINESE MEDICINE

**CM501 Intro to Chinese Medicine & Qi Gong [1cr/15hrs]** This course provides an introduction to history of the development of Chinese Medicine, basic concepts of Chinese Medicine, and the practice of Qi Gong. Topics include yin and yang, qi and blood and the six external, internal and miscellaneous pathogenic factors. Students are introduced to the practice of Qi Gong.

**CM503 Chinese Medicine Theory [3cr/45hrs]** This course provides an introduction to the theoretical framework of Chinese Medicine. Topics include the Four Great Masters of Chinese Medicine, the history of the major schools of thought in Chinese Medicine, Yin/Yang Theory, Zang-Fu Theory, Five Element theory, and the Eight Principles.

**CM504 Meridian Overview [2cr/30hrs]** This course provides an overview of the meridian systems. Topics include the pathways of the Primary Meridians, Extra Meridians, Sinew Meridians, Luo Meridians, and the Divergent Meridians. Students also learn the classical language of acupuncture and to differentiate between the five meridian systems.

**CM505 Adjunct Techniques [2cr/30hrs]** This course provides an introduction to knowledge and skills necessary to perform adjunct techniques of moxibustion, gua sha, and cupping. Emphasis is placed on proper safety precautions, rapport, and techniques.

**CM507 Pulse Diagnosis [1cr/15hrs]** This course provides the history of Chinese Medical system of pulse diagnosis and explores the basic pulse qualities and pulse diagnosis techniques. Students will learn how to differentiate pulses based on rate, locations, and depths. Students are also introduced to methods of feeling both static and dynamic pulses. Prerequisite CM503

**CM509/601 Point Location 1-2 [2cr/30hrs each]** This two-part course provides a comprehensive study of acupuncture points using key anatomical landmarks and proportional body measurements. Topics include locating acupuncture points on the Primary Meridians, Eight Extra channels, and 37 extra acupuncture points. Students learn the precise location of acupuncture points through hands-on practice, as well as needle angle, depth, and contraindications for the points. Courses must be taken in order.

**CM510/602 Point Energetics 1-2 [3cr/45hrs each]** This two-part course provides a comprehensive study of meridians, points. Emphasis is placed on point groupings, functions, indications, contraindications, and cautions.

**CM511/617 Five Elements 1-2 [1cr/15hrs each]** This is a two-part series that will provide a focused study of Five Element theory. Topics include the Classical Chinese Medicine foundations and J.R. Worsley tradition of the 5 transformations, 5 Phases and correspondences, energetics of Elemental Points, Causative/Constitutional Factor (CF), the laws and cycles of the 5 Elements and a basic overview of Japanese Hara Diagnosis. Students will understand the generating (Sheng) and control (Ko) cycles, and practice rapport and 5 Element-style history-taking and be able to design a basic treatment using the energetics of command/ Elemental points. Prerequisite for Part 1 is CM503. Prerequisite for Part 2 is CM605. Courses must be taken in order.

**CM515 Chinese Medicine Diagnosis & Differentiation [3cr/45hrs]** This course is a study of the four diagnostic methods of Chinese Medicine with emphasis on the development of the skills of observation including tongue inspection, auscultation and olfaction, inquiry, and palpation. Students also learn the major systems of syndrome differentiation in the clinical practice of Chinese Medicine. These include differentiation according

to Zang Fu theory, Shang Han Lun (the six stages of cold), Wen Bing (4 levels of warm diseases), and San Jiao theory. Prerequisite CM503

**CM521 Introduction to Healing [4cr/6hrs]** In this class students will explore the age-old question *What is healing?* Since the answer to that question is inseparable from one's world view and life experience, this class will examine how personal beliefs and culture inform our understanding of the terms health, sickness, and healing. This class will introduce students to the varied ways doctors, anthropologists, scientists, psychologists, environmentalists, and religious leaders from time immemorial have approached this question and the definition of these terms. This class will also address the definition of health, sickness, and healing from the perspective of Classical Chinese Medicine. Students will be encouraged to continue to reflect on their personal understanding of health, sickness, and healing, as they develop an understanding of these terms as health practitioners.

**CM604 Tui Na [2cr/30hrs]** This course introduces the knowledge and skills necessary to perform Tui Na. Emphasis is placed on somatic awareness, Tui Na techniques and protocols, diagnosis and treatment, and traditional qigong training exercises. Focus is on palpation, musculoskeletal structure, orthopedic applications, and using Tui Na to treat the sinew meridians.

**CM605 Needling Techniques [2cr/30hrs]** This course introduces the basic principles of needling techniques as they relate to treatment in a clinical setting. Emphasis is placed on safety, patient position and draping, insertion depth and angle, insertion techniques, basic manipulation techniques and adjunct techniques related to needling. Prerequisite CM505, 509, 510

**CM606/608 Treatment of Disease 1-2 [3cr/45hrs each]** This two-part course introduces the basic principles of the Chinese Medicine treatment of disease. Topics include etiology, pathogenesis, acupuncture, and herbal treatment strategies for the most common clinical presentations of disease. Prerequisite CM503, 510, 515

**CM609 Microsystems & Techniques [2cr/30hrs]** This course provides an introduction to the knowledge and skills necessary to perform auricular, electro-acupuncture, and scalp acupuncture. Emphasis is placed on the development of therapeutic techniques and treatment strategies. Prerequisite CM601, 602, 605

**CM610 Clinical Preparation [2cr/30hrs]** This course is designed to prepare students to enter Clinical Internship. Students practice interviewing patients using the 10 questions, palpation, listening, observing, determining a diagnosis and developing a corresponding treatment plan. Students will be introduced to the requirements for working in the College Clinic, HIPAA and OSHA regulations, SOAP note-taking, clinical safety protocols, including CNT, and the ethics of the patient/practitioner relationship. Course includes CPR training. Prerequisite CM503, 507, 515, 606

**CM612 Eight Extraordinary Meridians [2cr/30hrs]** The Eight Extraordinary channels represent constitutional energetics. The Eight Extraordinary channels are the delineation of one's destiny and the unfolding of life. They facilitate the transition from pre-natal to post-natal energetics. This course introduces the theory and clinical application of the Eight Extraordinary channels. The course will cover both the pathways and the clinical applications for each of the eight vessels. Prerequisite CM504, 601, 602

**CM618 Advanced Needling Techniques [2cr/30hrs]** In this course, students deepen their needling skills. Emphasis is placed on techniques that promote the arrival and transmission of Qi, and various reinforcing and reducing techniques. Students hone needling skills in preparation for entering clinic. Prerequisite CM605

**CM701/702/801/803 Clinical Case Review 1-4 [2cr/60hrs total]** These courses are designed to address issues or concerns that arise during Clinical Internship and explore cases presented by students. Discussions focus on

diagnoses and treatment plan options with regard to meridian systems, the patient-practitioner relationships, referrals, and general patient care issues. Students must complete one Clinical Case Review course each semester he/she is enrolled in Clinical Internship. If additional semesters of internship are required, additional sections of this course are also required. Corequisite IN701/702/801/802

**CM703 Acupuncture Comprehensive Review [3cr/45hrs]** This class is designed to prepare students for the NCCAOM certification exam. The class reviews information from all previous semesters. The course will review the four diagnostic methods, point location, point energetics, and Chinese Medicine theories, and treatment of disease. This course is taken in the final semester of study before graduating.

**CM707 Sinew Meridians [2cr/30hrs]** This course is an introduction to the Sinew Channels and the channel pathways according to the Six Divisions, surface terrain, and their pathology. These secondary vessels will be considered in relation to the conduction of wei qi. Diagnostic methods, ashi (binding) points, and specific needling techniques will be utilized in the treatment various conditions. Prerequisite CM504, 601, 602

**CM711 Divergent Meridians [2cr/30hrs]** This course introduces the clinical application of the divergent meridians for the treatment of chronic degenerative diseases. Students will learn how to determine appropriate application of this channel system to Western disease diagnoses. Prerequisite CM504, 601, 602

**CM802 Advanced Pulse Diagnosis [1cr/15hrs]** This course is an examination of pulse diagnosis drawing from traditional and classical Chinese medicine. Emphasis is placed upon pulse qualities, dynamic moving pulses, assessing Wei Qi, Ying Qi, Yuan Qi and the Eight Extraordinary meridian system pulses. Prerequisite CM507

**CM805 Gynecology [2cr/30hrs]** This course provides an overview of the diagnosis and treatment of obstetric and gynecological disorders with acupuncture. Topics include women's physiology and pathology from a Chinese and Western Medicine perspective; acupuncture treatment principles; contraindications; commonly seen menstrual disorders; pregnancy and pregnancy related complications; infertility, and menopausal complaints. Prerequisite CM606, 608

**CM806 Pediatrics [.67cr/10hrs]** This course provides an overview of the diagnosis and treatment of commonly seen pediatric disorders. Topics include physiology and pathology from a Chinese Medicine perspective, and commonly seen pediatric conditions. Contraindications and conditions that require referral will be covered. Treatment strategies for working with children and patient / family communication will also be discussed. Co-requisite HM808

**CM811 Longitudinal Luo [2cr/30hrs]** This course is an introduction to the historical and theoretical foundations of the Luo Vessel system of Classical Chinese medicine. Luo Vessels are often used with cardiovascular, neurological, and psychological conditions, in addition to dealing with external and internal pathogenic factors. Emphasis is placed on trajectories and functions, and the clinical application of the Luo Vessel system. Topics include the progression of pathogens, the psycho-social model of human development, specific treatment applications and needling techniques used for the Luo vessels. Prerequisite CM504, 601, 602

### **CULTIVATION PRACTICE**

**CP501/ 504/ 601/ 604/ 701/ 704/801/ 804 Qi Gong 1-8 [.4cr/12hrs each]** At the heart of all we do at Daoist Traditions is the commitment to cultivate a healing presence and encourage self-cultivation as an important part of the development of an effective practitioner. This course is designed to offer students tools to work on this aspect of the curriculum. This course provides the knowledge and skills necessary to perform qi gong. Emphasis is placed on the practice and appreciation of Tai Yu Shen Gong. Garden cultivation hours (CP501,

CP504, CP601, 604) and cultivation journals are completed as part of this course to fulfill the Cultivation Practice requirements. Students complete a Qi Gong course every semester they are enrolled.

## **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 in the herbal gardens on campus. Maintenance of plants and information on special requirements for plant care are covered.

**HM502/503/601/602 Herbal Medicine 1-4 [4cr/60hrs each]** This series of courses provides a total of 240 hours of comprehensive study of Chinese Herbal Medicine. Topics include history, theory, and the classifications and medical properties of Chinese herbs. Students also learn pattern discrimination, actions and indications of major classical formulas. *\*If courses are not taken in order students must first complete HM504 as an introductory course in herbal medicine.*

**HM504 Intro to Herbal Medicine & Qi Gong [1.5cr/22.5hrs]** This course introduces Chinese herbal medicine for students who enter the program in January. It introduces the history of the development of Chinese Medicine, basic concepts of Chinese Medicine, and the practice of Qi Gong. Topics include yin and yang, qi and blood and the six external, internal and miscellaneous pathogenic factors. Students are introduced to the practice of Qi Gong.

**HM701 Patent Medicines [2cr/30hrs]** This course is a study of patented Chinese herbal medicines. Students learn the actions, indications, dosage, and contraindications of patent medicines. Topics include proper dosage, manufacturers, and dispensary operations. Prerequisites HM502,503,601,602

**HM703 Chinese Medicine Food Therapy [2cr/30hrs]** This course introduces the basic principles of food therapy as they relate to Chinese Medicine practice. Topics include Materia Medica of foods and their categorization with regard to temperature, taste and function as well as the implementation of dietary advice for various diseases and pattern differentiations. Prerequisite CM503/HM502

**HM705 Botany & Western Herbs [1cr/15hrs]** This course provides an introduction to the medicinal use of Western (non-Chinese) herbs commonly used in commerce and clinical practice. Topics include principles of herb classification, historical and modern uses of Western herbs in contemporary Western and Chinese herbalism, and cultivation / wildcrafting.

**HM706 Essential Oils [2cr/30hrs]** This course introduces the basic uses and properties of essential oils and their place in Chinese medicine. Topics include essential oils, materia medica, applications and safety of essential oils in the treatment of conditions of the respiratory and digestive systems and the Spirit / Shen. Prerequisite HM502

**HM801 Herbal Preparations [2cr/30hrs]** This course provides an introduction to the knowledge and skills necessary to create medicinal preparations from raw herbs. Topics include herb processing (pao zhi), tinctures, pills and other internal medicines, liniments, salves and other topical preparations. Students practice preparing the most commonly used medicinal formats from raw herbs. Prerequisite HM502

**HM802 Herbal Comprehensive Review [3cr/45hrs]** This class is designed to prepare students for the NCCAOM certification exam. This course provides a comprehensive review of Chinese Materia Medica and classical prescriptions information from all previous semesters. Emphasis is placed on synthesizing knowledge of herbs and formulas. This course is taken in the final semester of study before graduating.

**HM805 Field Botany [1cr/15hrs]** This course explores the local, vascular plants of Western North Carolina. Students will be provided an opportunity to get outside, walk and examine closely the plants commonly grown at various local locations. The basic principles and methods of plant taxonomy will be covered, including identification, classification and history of herbal medicine. Students will learn to identify major medicinal plant families. Prerequisite HM705

**HM808 Herbal Medicine for Pediatrics [.33cr/5hrs]** This course is an adjunct to the Pediatrics course. It covers herbal strategies for commonly seen pediatric conditions. Proper administration, dose/dosage for infants and children, and contraindications are included. Co-requisite CM806

## **BIOMEDICINE**

**WM501 Anatomy [3cr/45hrs]** This course introduces the basic principles of biological concepts as they relate to musculoskeletal anatomy. Topics include anatomical nomenclature, anatomical landmarks, skeletal and muscular physiology.

**WM502 Physiology [3cr/45hrs]** This course provides a continuation of Anatomy & Biology. Topics include anatomy and physiology of the nervous system, cardiovascular system, special senses, endocrine system, urinary system, immune system, fluid and electrolytes, reproductive and integumentary system.

**WM503 Surface Anatomy [1cr/15hrs]** This course covers the external landmarks of the human muscular-skeletal system that guide the location of acupuncture points. This course provides an important foundation for all subsequent acupuncture point location and needling courses. Students learn through hands-on practice.

**WM601 Physical Examination Techniques [2cr/30hrs]** This course provides the knowledge and skills necessary to perform a physical examination from a Western medical standpoint. Topics include approaching the patient, obtaining a biomedical history, differentiating normal from abnormal findings, and correctly using tools and exam techniques. Prerequisite WM501, 503

**WM602 Medical Ethics [1cr/15hrs]** This course will explore the history and basic principles of medical ethics. Specific evaluation of the ethical codes in acupuncture and Chinese Medicine will be examined. The student will practice recognizing and developing plans for dealing with ethical issues as they arise in practice. Issues involving boundaries, dual relationships, and business ethics will be explored. Using case studies, the students will learn how to approach sensitive issues such as intimacy, death and dying, impaired providers, domestic abuse, and suicide.

**WM603 Healthcare Disparities [1cr/15hrs]** Healthcare disparities are inequities that occur in the provision of and access to healthcare across various racial, ethnic and socioeconomic groups. In the U.S. the most pointed disparities exist in the African American, Latino, Native American, and poor communities. In this course, students will examine the reasons that underlie these disparities and current efforts to address them. They will explore how Chinese medicine practitioners can work independently and in collaboration with western medicine practitioners to provide services to underserved populations.

**WM631 Metabolism of Pharmaceuticals [1cr/15hrs]** This course will provide an in-depth analysis of the biochemical and physiological effects of classes of commonly used pharmaceuticals on the body. It will explore how these classes of drugs are absorbed, distributed, metabolized, and eliminated from the body. The focus is on the use of these common classes of pharmaceuticals and their cautions and contraindications. In addition, this course will provide information on potential interaction between herbal medications, supplements, and common classes of pharmaceuticals. Prerequisite WM502

**WM702/704/803 Pathology & Pharmacology 1-3 [3cr/45hrs each]** This series of courses provides an introduction to the study of allopathic pathology, terminology, and pharmacology. Musculoskeletal, neurological, respiratory, gastrointestinal, genitourinary, and cardiovascular systems are discussed. Autoimmune illnesses, hematology, and oncology, EENT conditions, and mental and emotional disorders are also covered. Prerequisite WM501, 502

**WM703 Research and Statistics [2cr/30hrs]** This course introduces the basic principles of the research model. Emphasis is placed on utilization of Western medical databases and research pertaining to Western medical studies on acupuncture. Students learn how to analyze and evaluate research publications and communicate effectively with Western medical practitioners regarding acupuncture.

**WM705 Western Diagnostic Studies [2cr/30hrs]** This course provides an overview of tests and diagnostic procedures in Western Medicine. The topics include blood tests and other procedures that are used to help make diagnoses in hematology, musculoskeletal disease, thyroid disorders, kidney and urologic disease, diabetes, cardiovascular disease, cancer, nervous system disease, pulmonary disease, and gastrointestinal disease. Prerequisite WM501, 502

**WM801 Biomedical Comprehensive Review [3cr/45hrs]** This class is designed to prepare students for the NCCAOM certification exam and provides a comprehensive review of information learned in all previous Western Medicine courses. Emphasis is on integration by system of anatomy/physiology, physical examination, pathology, pharmacology, and diagnostic testing. This course is taken in the final semester of study before graduating.

**WM804 Orthopedic Essentials [2cr/30hrs]** This orthopedics course is an in-depth analysis of injuries and diseases from an allopathic perspective. Students learn how to communicate effectively with patients and Western physicians regarding orthopedic conditions. Conditions covered include carpal tunnel syndrome, fibromyalgia, gout, osteoarthritis, rheumatoid arthritis, tendonitis, bursitis, plantar fasciitis, and nerve entrapments. Students will be able to perform basic orthopedic evaluation techniques and discern conditions for referral. Prerequisite WM501,503

**WM805/806/808 Western Nutrition 1-3 [.67cr/10hrs each]** This three-part course is a study of nutrition from a Western medicine perspective. Emphasis is placed on the digestive system, nutritional supplements, diet, and disorders associated with nutritional deficiencies. Students learn to recognize nutritional deficiencies and make appropriate recommendations regarding optimization of nutritional supplements and dietary regimens. Course must be taken in order. Prerequisite WM502

**WM807 Psychiatric Pathology & Pharmacology [2cr/30hrs]** This course provides an overview of mental and emotional disorders from a biomedical standpoint. Emphasis is placed on recognition of psychiatric disease states and Western treatment modalities, including pharmacotherapy. Students also learn key factors indicating referral for Western medical care and psychiatric emergencies. Prerequisite WM501,502

### **COMPLEMENTARY STUDIES**

**CS501 Library & Research Skills [.5cr/7.5hrs]** This course provides an overview of knowledge necessary to enhance student academic skills. Topics include library skills, research techniques, and APA standards for writing research papers. Students receive library orientation at the DT library and the University of NC Asheville Ramsey Library.

**CS503 Professionalism & Communication [2cr/30hrs]** Strong communication skills enhance our professionalism and personal presence, and potential for advancement. This course is designed to help students refine the written and verbal communication skills required in educational and clinical settings, including making requests in a professional way, and providing and receiving feedback. The course will also introduce professional dress/attire, demeanor and healing presence in the clinical setting.

**CS504 Medical Chinese [.5cr/7.5hrs]** This course provides practical instruction in medical Chinese. The purpose of this course is to develop a deeper understanding of Chinese medicine and culture through language study. Included is the basic pronunciation and how to recognize basic Chinese characters used in Chinese Medicine.

**CS701 Practice Management 1 [1cr/15hrs]** This course provides an overview of the basic knowledge and skills necessary to function in an Acupuncture and CM practice. Emphasis is placed on working in the group practice setting including self-marketing, public speaking, record-keeping, and a review of HIPPA compliance. The course will include listening and communication skills used to develop the patient-practitioner relationship, including the choice of language in patient communication.

**CS802 Practice Management 2 [2cr/30hrs]** This course provides an overview of the basic business knowledge and skills necessary to start a small business or join an existing practice in a Chinese Medicine or collaborative clinic. Topics include business planning, insurance billing, legal responsibilities, appropriate charting, and OSHA compliance. Prerequisite CS701

### **CLINICAL TRAINING**

**OB501/OB503/603/604 Herbal Dispensary 1-4 [2cr/60hrs total]** These courses provides an introduction to the Chinese herbal dispensary and emphasizes hands on experience mixing herbal formulas using raw herbs, essential oils, tinctures, and granules. Students will become familiar with the categories of bulk herbs and the most frequently used patent medicines. Students are introduced to Good Manufacturing Practices (GMP) standards.

**OB502/504/601/602 Clinical Observation 1-4 [3cr/90hrs total]** In this four-part course, students observe the treatment of patients. Students begin by observing a patient interview and the patient/practitioner relationship in a theatre setting. In Clinical Observation 2 & 3, students observe treatments in the clinic setting and practice skills of tongue observation and pulse palpation. In Clinical Observation 4, students observe patient treatments performed by clinical faculty members in a theatre setting. Emphasis is on formulation of a diagnosis and treatment plan. Students begin to learn appropriate charting, and record keeping.

**IN701/702/801/802 Clinical Internship 1-4 [24.7cr/740hrs total]** Clinical Internship provides the student with an opportunity to integrate the theoretical and practical aspects of Chinese medicine in a clinical setting. The student is expected to develop and demonstrate proficiency in professional behavior and patient care using acupuncture, herbal medicine, and adjunct techniques. Identifying conditions that warrant patient referral and making recommendations for self-care must be demonstrated. Students must be able to re-evaluate diagnosis and treatment strategies, and modify formulas and treatment. Through their clinical progression, students will incorporate Zang-Fu, Primary Meridians, 8 Extraordinary Meridians, Divergent Meridians, Longitudinal Luo Vessels, and Sinew Channels into treatments. Prerequisite OB602,604/CM605,606,608,610,618/HM602/WM601. A minimum of 350 patients and minimum 740 total hours must be met to complete Internship 4. Students must complete one Clinical Case Review course with each semester of Clinical Internship.