

EMPEROR'S COLLEGE
MTOM COURSE SYLLABUS
ACUPUNCTURE TECHNIQUES I

COURSE DESCRIPTION

The first of a three-course series. The Acupuncture Techniques classes teach the students the various methods and theories of Acupuncture needling, gua sha, moxibustion, electroacupuncture and cupping techniques. The skills and techniques taught emphasize those prescribed by the Laws and Regulations of the California State Acupuncture Board (CAB). Includes instruction in equipment safety and maintenance.

Students will be instructed in hygienic standards, including clean needle techniques. The clean needle technique portion of this subject shall use the "Clean Needle Technique Manual, 7th Edition (rev. January 2016), published by the Council of Colleges of Acupuncture and Oriental Medicine", which is hereby incorporated as reference. Students shall successfully complete the clean needle technique portion of the hygienic standards subject prior to performing any needling techniques on human beings.

In Acupuncture Techniques I, students will learn how to needle points with an emphasis on the proper needling depths, angles, manipulation techniques, safe needling practices and clean needle techniques through in-class demonstrations and practical assignments. This course covers the points along the Lu, LI, SP, ST, HT, SI, and UB channels.

LEARNING OBJECTIVES

Upon successful completion of this course, the student will be able to needle the points along each of the above channels with confidence and safety. The student will also be well versed in Clean Needle Technique procedures as described in the CNT manual published by the National Acupuncture Federation and described in the Laws and Regulations booklet published by the Acupuncture Board of the State of California.

COURSE PREREQUISITIES

Acupuncture Anatomy

REQUIRED TEXTS

Chinese Acupuncture and Moxibustion, Language Press, Beijing, 1990

RECOMMENDED TEXTS

Acupuncture: A Comprehensive Text, Shanghai College of TCM

COURSE REQUIREMENTS

Out-of-Class Work

To successfully complete the program, students need to plan studying a minimum of 2 hours out-of-class for each academic in-class hour; and half an hour out-of-class for each hour of clinical training.

Final Grades Are Determined On The Percentages Below:

40% Attendance And Participation

30% Midterm

30% Final

No Make Up Exams Will Be Given

GRADING SCALE: 100-90% A, 89-80% B, 79-70% C, 69% and below F

SPECIAL NOTES

Responsibilities:

Clean up –Maintaining the orderliness of the classroom is a responsibility of both the teacher and the students. The tables should be cleaned off, closed up with the face cradle and put away. All pillows should be stacked neatly. Any trash should be picked up and thrown away and all belongings taken with you.

Hand Washing: Hand washing is important not only to maintain CNT, but also to clear the energy. It is a good idea to wash past the elbows to achieve this. Also, dabbing some water on your neck and behind your ears will help keep focus and clarity.

Recommendations

The following recommendations will serve to deepen your understanding and solidify your practice.

Spend 20 minutes a day practicing your energy generation and awareness exercises. Tai Ji, Qi Gong, Breathwork and Yoga are all good examples.

Allow sufficient time to read your assignments and any other homework that is assigned in class.

Practice your point location on two to three people per week. Practice your needling techniques at least once a week in a needling tutorial class. Do not needle outside of class.

Develop/continue your self-reflective practices. Meditation, journaling and quiet time are good examples.

Give yourself permission to gain awareness of and experience your body as you are being needled. Trust yourself and tell your partner when your body tells you that the needle needs to be re-inserted.

CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)

Preparation prior to acupuncture treatment.

Needling methods

Cautions and contraindications of needling

The travel kit

Readings: CAM pages 318-333, 352-355

CLASS TWO

Clean needle technique

Lung channel

Readings: CAM, clean needle technique manual

A: Lu 1,3,5,7,9,10,11

B: Lu 2,6,8

C: Lu 4

CLASS THREE

Management of possible accidents

Large intestine channel

Readings: CAM, clean needle technique manual

A: LI 1,3,4,5,6,10,11,14,15,20

B: LI 2,7,8,9,12,13,16,18

C: LI 17,19

CLASS FOUR

Stomach channel

Readings: CAM, clean needle technique manual

A: St: 4,6,7,8,15,21,24,25,26,28,29,34,35,36,37,38,39,40,41,43,44

B: St: 1,2,3,9,-(15,13,14,16)-18-(21,19,20,22,23)-(26,27,28,30)-31,32,33,45

C: St: 5,10,11,12,42

CLASS FIVE

Spleen channel

Readings: CAM, clean needle technique manual

A: Sp1,3,4,6,7,8,9,10,15,21

B: Sp 5,12,13,14,16,17,18,19,20

C: Sp 11

CLASS SIX

Mid-term examination – 30%

Week seven

Heart channel

Readings: CAM, clean needle technique manual

A: Ht 3,5,6,7

B: Ht 1,2,4,9

C: Ht: 8

CLASS SEVEN

Heart channel

Readings: CAM, clean needle technique manual

A: Ht 3,5,6,7

B: Ht 1,2,4,9

C: Ht: 8

CLASS EIGHT

Small intestine channel

Readings: CAM, clean needle technique manual

A: Si: 1,3,5,6,7,8,9,10,11,14,15,17,19

B: Si: 2,4,12,13,16

CLASS NINE

Course Code **AC401**
3 Units
30 Hours

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Stevens, Denise
Fall 2019

Urinary bladder channel

Readings: CAM, clean needle technique manual

A: UB: 2,7,10,11,12,13,15,17,18,19,20,21,22,23,25,28,32

CLASS TEN

Urinary bladder channel continued

Readings: CAM, clean needle technique manual

A: UB: 37,40,42,43,44,46,47,49,52,54,57,58,60,62,65

B: UB: 1,3,4,5,6,8,16,29,30,31,33,34,35,36,39,45,48,50,53,55,56,59,61,63,64

C: UB: 38,66

CLASS ELEVEN

Final examination – 30%

REFERENCE MATERIAL

REQUIRED TO BRING TO CLASS

The travel kit

Disposable needles: 0.5 cun/13mm (38# gauge/0.18mm), 1 box
1 cun/25 mm (36# gauge/0.20mm), 2 boxes
1 cun/25 mm (34# gauge/0.22mm), 2 boxes
1.5 cun/40 mm (32# gauge/0.25mm), 2 boxes
1.5 cun/40 mm (34# gauge/0.25mm), 2 boxes

Container marked “contaminated” for used needles

Disposable Latex Gloves

Dry cotton balls

Plastic bags

1 Tweezers or Forceps

1 gallon ziplock bag

70% alcohol or alcohol swabs

Clean field Papers (paper towers)

FACULTY INFO

Stevens, Denise

Please check with instructor during class to get updated contact info.

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