The University

Two Campuses

Five Branches University opened its first campus and health center in Santa Cruz, California in 1984, offering Traditional Chinese Medicine education and healthcare to the residents of this thriving, coastal Northern California town. In 2005, our main objective for opening the San Jose campus, located in the heart of Silicon Valley, was twofold: to provide the best of Traditional Chinese Medicine education and healthcare to this growing high-tech area; and to have a campus located in close vicinity to important university medical programs and hospitals such as Stanford Medical School and Kaiser Hospital.

Eleven Programs

Five Branches University offers eleven programs related to Traditional Chinese and Integrative Medicine at its two California campuses:

Santa Cruz Campus
• Master of Traditional Chinese Medicine (English)
• Asian Bodywork and Qigong Certification Programs (English)
• Asian Bodywork and Qigong Certification Programs (Chinese)

San Jose Campus
• Master of Traditional Chinese Medicine (English)
• Master of Traditional Chinese Medicine (Chinese)
• Master of Traditional Chinese Medicine (Korean)
• Doctor of Acupuncture and Oriental Medicine (English)
• Doctor of Acupuncture and Oriental Medicine (Chinese)
• Asian Bodywork and Qigong Certification Programs (English)
• Asian Bodywork and Qigong Certification Programs (Chinese)
• Mind-Body Medicine Certification Programs

This catalog describes the Master of Traditional Chinese Medicine (MTCM) program. The doctorate and certificate programs are described in separate publications.

Mission and Purpose

Five Branches University, Graduate School of Traditional Chinese Medicine, aims to set the standards for excellence in Traditional Chinese Medicine (TCM) education and healthcare. Five Branches University is dedicated to:
• Provide the highest level of professional education in Traditional Chinese Medicine and integrative medicine in the U.S. and internationally.
• Develop highly-skilled TCM clinical practitioners, educators, and researchers.
• Advance the practice of TCM as an independent medical modality through clinical practice, education, and research.
• Encourage professional collaboration among TCM practitioners, faculty, patients, and other medical providers to transform the worldview of healthcare; to recognize TCM as a significant component of world medicine.
• Support an international and diverse cultural community by offering our programs in three languages, and providing students the opportunity to study abroad.
• Foster a professional environment for faculty, staff and students to promote academic excellence as well as personal growth and development.
• Provide exceptional TCM and integrative medicine patient care to the community through the Five Branches University health centers.
• Educate the general public about the significant benefits of TCM healthcare through continuing education programs and community lectures.

**Vision and Values**

Over the next 20 years, Five Branches University will evolve into an international university, teaching high-level TCM education in English, Chinese, and Korean and offering TCM healthcare in an integrative medicine environment throughout the U.S. and worldwide.

TCM philosophy views medicine as a compassionate response to human suffering. We will embrace this philosophy by encouraging supportive and humanistic academic and healthcare environments. Our faculty members will be chosen based not only on academic excellence but also on the passion they emanate while teaching and mentoring students. Our students will be chosen for academic competence as well as their compassion and commitment to serve others.

Four trends will influence our vision over the next 20 years:

An increasing number of patients will continue to seek highly qualified TCM practitioners as primary healthcare providers. TCM schools will continue to improve their programs to provide highly skilled TCM clinical practitioners to meet this growing demand.

TCM universities in China and medical experts in the U.S. will continue to collaborate and share their expertise in TCM and Western medicine, a vital component for the advanced development of TCM doctoral programs and research.

Scientists, researchers and medical institutions will continue to research the depth and efficacy of TCM, resulting in greater acceptance of Chinese medicine among medical professionals and medical schools in the U.S.

A greater demand for integrative healthcare will evolve as healthcare professionals join together to address the population’s full health needs by educating one another about their work and collaborating to provide effective treatment, prevent disease and promote optimal well-being for patients.

**Center for International Medicine and Education**

After eighteen years of educational and medical relations with China, Five Branches University formally established its Center for International Medicine and Education. With a mission to promote cultural and professional exchange, the Center brings experts and students from the U.S. and China together to participate in international conferences and programs in Traditional Chinese Medicine (TCM), integrative medicine, medical administration, and language.

The Center’s most continuous activity is its Study Abroad program which offers Five Branches students
and TCM practitioners the opportunity to travel to Asia to receive specialized TCM and integrative medicine training in an affiliated hospital and out-patient center at one of our five sister schools in China, Taiwan or Korea: Zhejiang Chinese Medical University, Liaoning University of TCM, Tianjin University of TCM, China Medical University, and Daejeon University. After training in the hospital, many participants make time to travel throughout China and Asia.

In April 2004, the Center for International Medicine and Education, in partnership with Zhejiang Chinese Medical University, hosted their first international conference, Treating Difficult Cases with Integrated Medicine. Six representatives from Five Branches University, including eminent doctors of both Western and Traditional Chinese Medicine, traveled to Hangzhou, China to present three research papers on TCM and integrative medicine.

The Center invited leading doctors from Stanford University and the University of California, San Francisco to attend the conference, along with other medical professionals from Europe and China.

Also in 2004, the Center, along with the Director of the Center for Education in Family and Community Medicine at Stanford University, organized a series of seminars on modern hospital administration. The seminars were presented to leaders of hospitals in Foshan, Chongqing and Shantou, China.

In Fall of 2008, Five Branches inaugurated two specialized medical centers: a Diabetes Center with Dr. Gan Ma of the Zhejiang Chinese Medical University Diabetes Center, and a Head Acupuncture Institute with Dr. Shunfa Jiao, the developer of Head Acupuncture in China.

From 2008 through 2012, the Center invited several renowned practitioners from China to teach in the Doctoral program and practice at the Five Branches health centers. Also in 2012, Five Branches, in partnership with Dr. Shi Xuemin, inaugurated the new Stroke and Rehabilitation Center at both of our campuses in Santa Cruz and San Jose, California.
The Five Branches of Traditional Chinese Medicine

Five Branches University derives its name from the five branches of Traditional Chinese Medicine that maintain and restore an individual’s harmony with nature: Acupuncture, Herbology, Massage (Tuina), Qigong (energetics and exercise), and Chinese Dietary Medicine.

I. Acupuncture uses very fine needles to regulate Qi (Yang) and Blood (Yin), produced by the internal organs, which flow in the regular channels and extra meridians that course throughout the body. According to TCM theory, all human physical disorders or diseases are related to the dysfunction of Qi and Blood. By inserting acupuncture needles in correct points, we tonify Qi and Blood deficiencies or invigorate their stagnation, resulting in improved mental and physical health.

II. Herbology is the preparation and use of plants and minerals as prescription medicine. Chinese herbology is found in many forms, including powder, pills, teas, and creams. These herbs treat disorders and diseases through internal or external absorption. Since Chinese herbs have different tastes, properties, natures and functions—and because they enter various channels—the herbs affect the flow of Qi and Blood, as well as the body’s balance of Yang and Yin.

III. Tuina Massage refers to the use of traditional Chinese massage to treat injuries of tendons and muscles, and organ disorders. Tuina applies pressure on the points, as well as applying specific movements along the meridians, to regulate and harmonize the flow of Qi and Blood.

IV. Energetics are exercises that heal through rhythmic breathing and body movements. Energetics includes internal healing arts, such as the Five-Animal Exercise developed by Hua Tuo, meditation, Medical Qigong, and various styles of Taijiquan, an internal martial art practiced worldwide.

V. Chinese Dietary Medicine is a highly effective method of self-treatment handed down in China over thousands of years. Like all agricultural societies, China understands the vital connection between food and health. Thus, TCM doctors prescribe energetically balanced diets to treat disharmonies in the Qi, Blood, and organ functions, using the energetic profile of foods.

TCM and Western medicine are both essential to the evolution of a future world medicine. At Five Branches, we believe TCM education provides a profound view of the human relationship to nature—a philosophical view at the heart of all great human civilizations. We wish to perpetuate this inherent TCM wisdom.

A Growing Profession

Consumers are fueling the growth of alternative medicine. According to a study published in the Journal of the American Medical Association released in December 2008, approximately 42% of Americans are spending more than 34 billion dollars on complementary and alternative therapies each year. The author of the study, Dr. David Eisenberg, Director of the Center for Alternative Medicine and Research at Beth Israel, and Assistant Professor of Medicine at Harvard Medical School, claims that, “One out of every two individuals between the ages of 30–55 use alternative therapies.” What this growing base of consumers seem to prefer is the safe, noninvasive nature of alternative therapies, the affordable cost of treatments, and the emphasis on preventing illness while maintaining optimal health.

Traditional Chinese Medicine has been the primary healthcare system for over 25 percent of the world’s population for decades, yet today it is the fastest growing form of alternative healthcare in the United States.

In 2003, the World Health Organization (WHO) published findings stating that acupuncture can be effectively used to treat over 43 conditions. The prestigious Mayo Clinic uses acupuncture for a number of ailments, including pain management, drug addiction and anxiety relief. Insurance providers are taking note, providing improved coverage for alternative therapies, including chiropractic, massage and acupuncture.

According to the American Association of Acupuncture and Oriental Medicine, growth in the acupuncture profession has increased dramatically, providing graduates with a multitude of career opportunities around the world. TCM practitioners can choose to establish a private or group practice, work in an integrative medical center or hospital, or become involved in TCM education, publishing or research.

Currently, there are over 12,000 students enrolled in over 50 Traditional Chinese Medicine (TCM) colleges with more than 22,500 licensed acupuncturists now practicing throughout the United States. This is a growing profession!
**History of Five Branches**

Five Branches University was founded on an auspicious day: February 4, 1984, on Chinese New Year in the Year of the Mouse, at the beginning of a 60-year cycle. We had one classroom, a clinic with three treatment rooms, five teachers, 18 dedicated students, one patient a day, and one typewriter. Today we have two campuses, 14 classrooms, 38 treatment rooms, 200 teachers, 450 dedicated students, 1500 alumni, and we see 160 patients a day. We have grown.

From the beginning, it was our intention to invite Traditional Chinese Medicine practitioners to the West, to teach and transmit their precious knowledge of Chinese medicine and to share their subtle yet powerful ways of practicing medicine. The history of Five Branches began when several of these extraordinary yet humble practitioners of TCM accepted our invitation.

The essence of our success has been the quality and dedication of our faculty/practitioners. Jeffrey Pang, L.Ac., Joanna Zhao, L.Ac., and Lucy Hu, L.Ac., have been with us for over 28 years. Today, our faculty number over 200 distinguished members.

The most meaningful events of our history, however, are the memories of the hug and warm smile a patient gives one of our faculty members when they meet outside the clinic, the practitioner who shares how Chinese medicine saved their patient’s life, and the heartfelt gratitude expressed by a graduate at their graduation for the gifts received from faculty during their time of study and training at Five Branches.

It is our comprehensive academic programs, the quality of teaching in both the classroom and clinic and the deep and sincere dedication of faculty, staff and students that have contributed significantly to the transmission of this incredible medicine into our communities and throughout the West.
Accreditation & Approvals

Institutional Accreditation

Five Branches University is institutionally accredited by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM), which is the recognized accrediting agency for freestanding institutions and colleges of acupuncture or Oriental medicine that offer such programs.

Doctor of Acupuncture and Oriental Medicine (DAOM) Program Accreditation

The Doctor of Acupuncture and Oriental Medicine degree program of Five Branches University is accredited by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM), which is the recognized accrediting agency for programs preparing acupuncture and Oriental medicine practitioners.

Master of Traditional Chinese Medicine (MTCM) Program Accreditation

The Master of Traditional Chinese Medicine degree program of Five Branches University is accredited by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM), which is the recognized accrediting agency for programs preparing acupuncture and Oriental medicine practitioners.

ACAOM is located at 14502 Greenview Drive, Suite 300B, Laurel, MD 20708; telephone (301) 313-0855; fax (301) 313-0912; website www.acaom.org.

National and State Approvals

Five Branches University is recognized, approved by, or is a member of the following national and state associations:

- National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)
- Council of Colleges of Acupuncture and Oriental Medicine (CCAOM)
- Title IV Federal Student Financial Aid Program, U.S. Department of Education
- U.S. Citizenship and Immigration Services (USCIS)
- U.S. Department of Homeland Security approval for foreign students
- Veterans Education, U.S. Department of Veterans Affairs
- California State Acupuncture Board, California State Department of Consumer Affairs
- Bureau for Private Postsecondary Education, California State Department of Consumer Affairs, www.bppe.ca.gov.

Board of Directors

Board Chair: Angela Tu, L.Ac.
TCM Practitioner, Walnut Creek, California
President, National Federation of Traditional Chinese Medicine Organizations, USA
Ex-commissioner of: Accreditation Commission for Acupuncture and Oriental Medicine; California Acupuncture Board; National Certification Commission for Acupuncture and Oriental Medicine

Secretary: John K. Liu
Counsel, Lowenstein Sandler LLP, Palo Alto, California

Treasurer: Lar Short
Director, Grace Essence Mandala, Taos, New Mexico

Ron Zaidman, M.B.A., M.T.C.M., Doctoral Fellow
President and CEO, Co-founder of Five Branches University

Joanna Zhao, L.Ac., Doctoral Fellow
Vice-President Academic and Clinic Affairs, Co-founder of Five Branches University

Steven Vaccaro
Entrepreneur, Toronto, Canada

Joanna Zhao and Ron Zaidman, co-founders of Five Branches University