

The Program

Traditional Chinese Medicine (TCM) is the world's oldest literate and continuously practiced professional medicine in the world. It evolved from millennia of clinical observations, and reflects, literally, the Chinese cultural legacy and values of longevity and wellness. These webs of observations, from over 100 generations of clinicians, form the backbone of modern Chinese medicine. The careful observation and study of life, its signs and symptoms and an understanding of the wholesome patterns of organic balance form the theory and basis of a successful TCM treatment. This logic and wisdom, formed by many generations of clinicians, is now taught in our modern world alongside modern medicine. The study of TCM, in combination with the best of Western scientific and modern medical education, creates the curriculum at Five Branches University.

The TCM Master's program is designed to educate students in the history, view, logic and practice of Traditional Chinese Medicine as preparation for practice in the modern world. The five branches of Traditional Chinese Medicine: *Qigong*, dietetics,

acupuncture, clinical herbology and Tuina (massage), reflect the best of the Chinese medical traditions. From the seminal classics of Zhang Zhongjing (circa 200 B.C.E) to modern research, Five Branches University seeks to expose students to the world of clinical TCM. Immersion in the study and practice of this elegant medicine brings students the opportunity for both personal and professional growth, from the cultivation of *Qigong* through the career development program, which is designed to expose students to clinical opportunities available in the profession.

Qigong

The study of *Qigong* is the study of "breathing exercises" designed to enhance vitality and longevity. This practice is the rudiment of living life deliberately and skillfully with the intention of longevity and health, as it has been and is practiced throughout Chinese history. At Five Branches, *Qigong* is taught from a clinical perspective, drawing from the teachings of historic texts as well as modern hospital research. The rich milieu of Chinese history and philosophy come alive in the study of *Qigong* as students learn intentional exercises designed to enhance life.

Dietetics

Daily, people eat food and food affects health. Clinicians have, for centuries, documented the effects of food on human health. The energetic nature of each food affects each human differently. The clinical observations of over one hundred generations of clinicians form the basis of Chinese dietary medicine and the curriculum at Five Branches.



***Intern practicing
acupuncture
in the Five
Branches clinic***

Acupuncture

The study of acupuncture is the recording of points and patterns of the energetic and organic flow of life that dates to prehistory. Stone and bone needles have been found in tombs dating back more than seven thousand years. For centuries, clinicians have investigated and used these points to affect health. Scholars have recorded and catalogued them to amass one of the world's richest troves of medical literature on the study of the human condition and health. At Five Branches University experienced clinicians engage students in the classroom and clinic in the study of singular points to the finer nuances of channel theory and needle technique.

Clinical Herbology

Internal medicine dominates the practice of TCM in China today and herbs form the substantial bulk of that practice. As language is to the poet, herbs are to the clinician. Single herbs are woven into complex formulations derived from empirical observation and the logic of rational scientific study. These medicinals, many catalogued initially by Sheng Nong over 5000 years ago, form the basis of herbal formulas used today in major hospitals throughout the world. The Five Branches pharmacy contains over 350 herbs where students, from the beginning of their studies, can immerse themselves in this science. Four years of integrated study of these herbs exposes the student to the best of TCM clinical herbology practiced today.

Tuina Massage

Tuina dates back to the Shang Dynasty, around 1700 BCE, when massage was used to treat both infants and adults, according to ancient inscriptions on oracle bones. It has been used extensively in China for over 2,000 years to treat or complement the treatment of many conditions, especially specific musculo-skeletal disorders and chronic stress-related disorders of the digestive, respiratory, and reproductive systems. The TCM Tuina massage courses at Five Branches University consist of both the theoretical and clinical training of Tuina.

Clinical Training

The academic study of TCM with strong exposure to the clinic forms the core of the Five Branches Master's program curriculum. As good Traditional Chinese Medicine is rooted in the clinic, clinical training comprises one third of the educational experience at Five Branches where experienced clinicians train and mentor students on the finer points of clinical practice. The Five Branches clinics serve over 100 patients per day, allowing students direct exposure to the realities of clinical practice. Students also have the opportunity to specialize with advanced training in women's health, oncology and sports medicine. Certificates are also available in Five Elements, Medical Qigong and Tuina Massage.

Western Medicine

Modern science and Western medicine are woven into the study and practice of TCM in both the clinic and classroom. Scientists and M.D.'s are part of the faculty at Five Branches, devoted to imparting modern scientific and medical understanding to the most complex of academic and clinical issues. This inevitable integration of two views is seen as critical to the development of a sustainable world medical model. As part of this advocacy, students are offered the opportunity to study abroad in China to experience this integrated medicine in respected institutions with experienced clinicians.

**Stephanie He
and student
choosing patents
in the herb room**



The Practice of Chinese Medicine

Clinical medicine is the skillful and compassionate response to human suffering and Chinese medicine holds that health is a reflection of the wholesome and dynamic relationships between Heaven and Earth, between form and function. The uninterrupted flow of these processes forms the basis of vitality, fully accountable to the laws of nature. Disruption in this vitality invites disease and premature aging. TCM is the study of the methods of rectification, the techniques that help to restore health and vitality. The ability to observe, listen, palpate and sense the subtlety of energetic process and respond with skillful intention is the unspoken wisdom of Chinese medicine and the crux of the educational intention at Five Branches University. To be able to understand TCM philosophy and develop the capacity to communicate it to others is an essential ingredient of a successful practice as is the ability to apply the principles of treatment effectively. These skills, practiced safely in a clinical setting with high professional and ethical standards, mark the goal of the Five Branches educational process.

An Adaptable Curriculum

The Master's program curriculum is taught on a semester basis and is available in a daytime program at both Five Branches campuses, in Santa Cruz and San Jose, and in an evening and weekend program at the San Jose campus. The program can be completed in four years, or can be accelerated for students who wish to finish their degree early. Enrollment on a part-time basis is available based on consideration and approval by the academic dean and admissions director at Five Branches University.

Review and Assessment

At the end of each semester students have the opportunity to review the materials they have learned and to receive assessment of their progress. This evaluation assists students in developing good study and test-taking skills, ensuring full comprehension of courses and the ability to pass the national certification and the California licensing examinations.

Continuing Education

Students may choose to continue their TCM studies through Continuing Education (CEU) courses, learning complementary practices such as Thai Massage and Acupressure offered by the Five Branches

Extension Department or by enrolling in the Doctorate and Ph.D. program offered at the Five Branches San Jose campus.

The Doctor of Acupuncture and Oriental Medicine (DAOM) program is designed to assist licensed acupuncturists in developing advanced TCM knowledge and skills, achieving a medical specialization and improving research and teaching abilities. The DAOM program includes work in collaborative clinical settings and rigorous training from highly skilled and experienced faculty in advanced concepts of TCM and biomedical theory. By learning how to integrate Western medicine with TCM, Doctorate students become more competent practitioners, skilled in "Diagnosis by Disease Identification" and the "Pattern Differentiation" practiced in TCM. The 3-part emphasis of the program's courses includes: TCM Pattern Differentiation, Modern Medicine Disease Category Differentiation, and TCM Treatment.

The Future as a TCM Practitioner

Upon completion of the TCM Master's program, students will be prepared for the California state licensing board examination to become a licensed acupuncturist (L.Ac.). In California, L.Ac.'s are considered primary healthcare providers qualified to accept standard health insurance, Medi-Cal (state health insurance), workman's compensation, and personal injury claims for acupuncture treatments. A degree from Five Branches also meets the criteria to sit for the national board examination enabling students to practice Chinese medicine nationwide.

Five Branches graduates have established careers in private and group practice, hospitals and clinics, and related fields such as herb companies, publishing and TCM education, becoming successful and esteemed practitioners, lecturers and authors of Chinese medicine across the nation and internationally.



FIVE BRANCHES UNIVERSITY

Master of Traditional Chinese Medicine Program ■ 170.5 Units ■ 3208 Hours ■ Program D

DEPARTMENTS	SEMESTER 1	SEMESTER 2	SEMESTER 3	SEMESTER 4	SEMESTER 5	SEMESTER 6	SEMESTER 7	SEMESTER 8
TCM Theory 21u/336hr	TCM Foundations 4u/64hr TCM History & Philosophy 1u/16hr Chinese Language for TCM 1u/16hr	TCM Diagnosis/Lab 5u/80hr	Classics: Nei Jing 2u/32hr	TCM Case Studies I 2u/32hr	Classics: Shang Han Lun 2u/32hr	Classics: Jin Gui 2u/32hr		TCM Case Studies II 2u/32hr
TCM Acupuncture 20u/320hr	Introduction to Channel Theory 1u/16hr	Meridians & Acupuncture Points I/Lab 3u/48hr	Meridians & Acupuncture Points II/Lab 3u/48hr TCM Tuina Massage I 3u/48hr Clean Needle Technique**	Acupuncture Techniques 2u/32hr	Extra Points & Micro Systems/Lab 3u/48hr	Acupuncture Therapeutics I 3u/48hr	Acupuncture Therapeutics II 2u/32hr	
TCM Herbology 20u/320hr	TCM Herbology I 3u/48hr	TCM Herbology II 3u/48hr	TCM Herbology III 3u/48hr	TCM Formulas I 3u/48hr	TCM Formulas II 2u/32hr TCM Dietetics 2u/32hr	TCM Formulas III 2u/32hr TCM Patent Medicines 1.5u/24hr	Herb-Pharmacy Interactions 0.5u/8hr	
TCM Clinical Medicine 17u/272hr				TCM Trauma & Orthopedics 3u/48hr	TCM Internal Medicine I 3u/48hr	TCM Gynecology 3u/48hr	TCM Internal Medicine II 3u/48hr	TCM External Medicine 2u/32hr TCM Pediatrics 3u/48hr
Western Medicine 46.5u/744hr	General Biology* 3u/48hr Human Anatomy 3u/48hr Western Medical Terminology 1u/16hr	Medical Physiology 3u/48hr Chemistry* 3u/48hr	Introduction to Physics* 2u/32hr Pathophysiology I 3u/48hr Immunology 1u/16hr CPR/First Aid **	Pathophysiology II 3u/48hr Public Health & Epidemiology 2u/32hr	Western Physical Exam/Lab 3.5u/56hr Diet, Nutrition & Vitamins 2u/32hr	Western Case Management I 3u/48hr Pharmacology 3u/48hr	Western Case Management II 3u/48hr Research 2u/32hr Red Flags 2u/32hr Psychology & Counseling 2u/32hr	Lab Analysis 1u/16hr Medical Modalities 1u/16hr
Energetics 4u/64hr	Qigong (any class) 1u/16hr	Qigong (any class) 1u/16hr		Taijiquan I 1u/16hr	Taijiquan II 1u/16hr			
Career Development 4u/64hr			Career Development 1u/16hr	Professional Ethics 1u/16hr	Career Development Fair 0.25u/4hr		Marketing & Management 1.75u/28hr	
Electives 2u/32hr			Elective Course*** 2u/32hr					
Review & Assessment 6u/96hr		Cumulative Review I 1u/16hr		Cumulative Review II 1u/16hr		Cumulative Review III 1u/16hr	Assessment Exam	Final Review 3u/48hr
Academic Units	18u	19u	18u	18u	18.75u	18.5u	17.25u	13u
Clinical Training 30u/960hr Theater 96hr Rounds 144hr Internship Rounds 144hr Paired Internship 144hr Internship 384hr Integrative Theater 48hr Total Patient Count 350	Beginning Clinical Theater 1.5u/48hr	Clinical Theater 1.5u/48hr	Clinical Rounds 1.5u/48hr Clinical Rounds 1.5u/48hr Clinical Rounds**** 1.5u/48hr	Clinical Internship Rounds 1.5u/48hr Clinical Internship Rounds 1.5u/48hr Clinical Internship Rounds**** 1.5u/48hr	Clinical Paired Internship 1.5u/48hr Clinical Paired Internship 1.5u/48hr Clinical Paired Internship**** 1.5u/48hr	Clinical Internship 1.5u/48hr Clinical Internship 1.5u/48hr Clinical Internship**** 1.5u/48hr	Clinical Internship 1.5u/48hr Clinical Internship 1.5u/48hr Clinical Internship**** 1.5u/48hr	Clinical Internship 1.5u/48hr Clinical Internship**** 1.5u/48hr
Clinic Hours	48	48	144	144	144	144	144	144
Total Hours	336	352	432	432	444	440	420	352

* Course required for program, but not taught at Five Branches University and must be transferred in. If not taken prior to initial enrollment, may be taken concurrently at another institution, and must be completed by the end of the term in which the course is required in the program in order to progress to the next semester.

**The CCAOM Clean Needle Technique course and the American Red Cross 8-hour CPR/First Aid course must be completed and transferred in by the end of Semester 3 in order to progress to the next semester.

***Must have completed all Semester 2 courses, passed the MRA 200 exam with a minimum score of 80% and have a GPA of 3.5 or better prior to taking elective.

****Course recommended to be taken during Winter Intersession or Summer Session.

DEPARTMENT OF TRADITIONAL CHINESE MEDICINE THEORY

Jeffrey Pang, L.Ac.
 ■ Department Chair

The Five Branches curriculum includes ten courses in Traditional Chinese Medical Theory and Diagnosis, providing students with a thorough knowledge of the TCM theories of human health. Each course increases students' working knowledge of the language and theories of TCM's unique, yet universal, approach to understanding health and the treatment of disease. These courses draw from both classical and modern texts to create a solid framework for the application of clinical methods, especially acupuncture and herbal medicinals.

TCM Foundations

■ MCT 100 4 Units/64 Hours

This course introduces the classical principles of Yin and Yang and the Five Elements, which were universal laws in ancient China. TCM theory applies these broad principles to the realm of human physiology and pathology in a complex and powerful system for understanding the intricate balance of health. The major TCM theories systematically covered include: Qi, Blood, Body Fluids, Shen, Essence, Zangfu Organs, Six Pernicious Influences, Four Levels, Six Stages and Eight Parameters. Etiology, pathogenesis, and TCM treatment principles of disease and disease prevention will be covered in detail. This course is the foundation for all other TCM coursework.

Prerequisite: None
Course requisite: Completion during first semester

TCM History & Philosophy

■ MCT 110 1 Units/16 Hours

This course presents a brief historical overview of the origin, development and changes in regard to Chinese medicine theories and practices. Students will gain an understanding, without being medically or clinically specific, of the larger and broader spectrum of TCM from antiquity to present.

Prerequisite: None

Chinese Language for TCM

■ MCT 130 1 Unit/16 Hours

This course is a general introduction to the spoken and written modern Chinese language (Putonghua or Mandarin). Emphasis will be placed on pronunciation (tones and Pinyin system), essential TCM-related vocabulary and basic syntactical structures.

Prerequisite: None

TCM Diagnosis/Lab

■ MCT 200/MCT 201 5 Units/80 Hours

This course begins with thorough instruction in the four diagnostic methods: inspection, inquiring, auscultation/olfaction and palpation. These methods are the backbone of TCM diagnosis and are used to collect and organize patients' signs and symptoms. Among them, complexion, pulse, and tongue diagnosis are unique methods in TCM. The course continues with in-depth instruction on methods of pattern identification, one of the most important characteristics of TCM. The lab focuses on assisting students in acquiring skill, accuracy and confidence in performing a patient history and physical exam using TCM assessment methods.

Prerequisite: MCT 100, TCM Foundations
Course requisite: Completion during second semester

Classics: Nei Jing

■ MCT 301 2 Units/32 Hours

This is the first course in a series of three that reviews important classical literature on Chinese medicine. In this course, the essential concepts of the *Nei Jing (The Cannon of Internal Medicine)* will be presented from translations of the original articles. *Nei Jing* is attributed to the legendary Huang Di (Yellow Emperor) and serves as the source for TCM diagnosis and acupuncture theory, covering Yin/Yang, Five Elements, Zang organs and their manifestations, and channels and their networks. The theories of pathogens and pathomechanisms, clinical diseases and symptoms, diagnostic methods, therapeutic principles and methods, and the theory of health preservation will be reviewed. The teacher and student work together to understand the true meaning of this ancient Chinese medical text.

Prerequisite: MCT 100, TCM Foundations; MCT 200/MCT 201, TCM Diagnosis/Lab

TCM Case Studies I

■ MCT 401 2 Units/32 Hours

TCM Case Studies I is designed to assist with the transition from academic knowledge to its application in clinical practice, reinforcing the basics of case analysis by teaching students how to systematically analyze case reports using fundamental TCM theory and diagnosis. Students learn how to analyze a chief complaint by looking at accompanying signs and symptoms and results from four examinations. Students gain increased skill in differentiating among similar patterns of disease. The focus of this course is on developing diagnostic ability, from which treatment plans are established. The case reports are selected from the clinic or established TCM texts for presentation and class discussion. Students will learn the proper format for written and oral case presentations.

Co-requisite: Concurrent enrollment in *one* of the following: MHB 410, TCM Formulas I; MHB 520, TCM Formulas II; MHB 610, TCM Formulas III

Classics: Shang Han Lun

■ MCT 501 2 Units/32 Hours

This is the second course in a series of three courses that reviews important classical literature on Chinese medicine. The medical classic *Shang Han Lun*, was a text compiled in the late Han dynasty approximately 2000 years ago, which discussed conditions induced by cold. *Shang Han Lun* utilizes the six-channel pattern identification of diseases and relies almost exclusively on herbal formulas for treatments.

Prerequisite: Completion of *one* of the following: MHB 410, TCM Formulas I; MHB 520, TCM Formulas II; MHB 610, TCM Formulas III

Classics: Jin Gui

■ MCT 601 2 Units/32 Hours

This is the third course in the series which reviews important classical literature on Chinese medicine. *Jin Gui Yao Lue (The Essential Prescriptions of the Golden Chamber)* was written by Zhang Zhong Jing approximately 1700 years ago. Students will learn the main theoretical concepts and herbal prescriptions of the major diseases in the book as they apply to clinical use.

Prerequisite: Completion of *one* of the following: MHB 410, TCM Formulas I; MHB 520, TCM Formulas II; MHB 610, TCM Formulas III

TCM Case Studies II

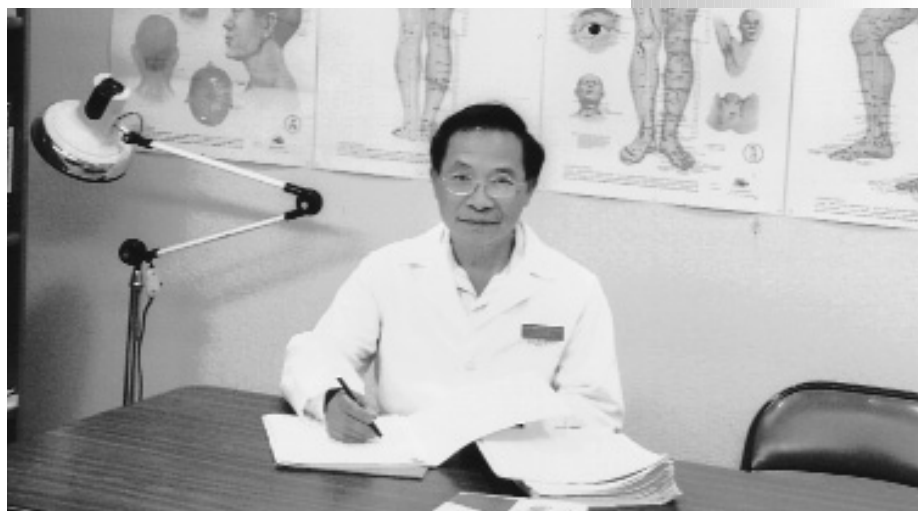
■ MCT 801 2 Units/32 Hours

In this course, students gain advanced skill in TCM pattern discrimination, using TCM theory, diagnoses and detailed treatment planning, including acupuncture and herbal treatment prescriptions. Western diagnostic tests are included in case analysis. The emphasis of the course is on critical thinking and diagnostic ability with complex cases, ensuring students reach a correct diagnosis and understand its supporting logic, including the ability to distinguish among similar TCM patterns of disharmony. This is a comprehensive course which utilizes the knowledge and skills attained throughout the four-year curriculum, and prepares students for advanced clinical practice, and the CALE and NCCAOM examinations. The course utilizes case studies from the clinic and from standard TCM textbooks. Students will be required to present a case to the class for discussion and evaluation.

Prerequisite: Completion of *one* of the following: MHB 410, TCM Formulas I; MHB 520, TCM Formulas II; MHB 610, TCM Formulas III

“As an educator, I enjoy helping the TCM system grow and become popular in the U.S., preserving this traditional treasure of human beings, and developing a new and better medical system in the U.S. and world.”

Jeffrey Pang,
Professor,
Department
Chair



Electives

The following is a partial list of electives offered in the Department of TCM Theory. Electives are offered based on faculty availability and student interest. For a complete listing of electives please refer to the Five Branches University website.

Five Element Theory I

■ MEL 315 2 Units/32 Hours

This course is an introduction to the fundamentals of the Five Elements. Students will explore a map of energy that is particularly well suited for treating the emotional and spiritual levels and will begin to develop the skill to read energetic imbalances through color, sound, odor and emotion. The concepts in this course expand the range of conditions successfully treated by TCM practitioners.

Prerequisites: MCT 200, TCM Diagnosis; MAC 220/MAC 230, Meridians and Acupuncture Points I/ Lab

Five Element Theory II

■ MEL 420 2 Units/32 Hours

This course builds on the materials presented in Five Element Theory I, providing an opportunity to look deeper into the Elements and their Officials. Students will gain a deeper understanding of Five Element energetics and how to utilize this knowledge in the treatment room. Case studies will be presented throughout the course to enrich the understanding of this system of acupuncture.

Prerequisite: MEL 315, Five Element Theory I

Five Elements: Spirit of the Points

■ MEL 431, 432, 433 2 Units/32 Hours Each

Acupuncture points each have a name, a history, and a particular meaning and energy. This course examines the name of the point, its relationship to the Elements and to the corresponding Official (organ system), and its location and its relation to the overall context of the patient. The course includes discussion, meditation, art and poetry.

The course is divided into three sections 2 units/32 hours each. Sections may be taken out of order:

Section I, MEL 431: Addresses the points of Wood and Fire Meridians

Section II, MEL 432: Addresses the points of Earth, Metal and Water Meridians

Section III, MEL 433: Addresses the points of the Window of Sky, Governor and Conception Vessels.

Prerequisite: MEL 315, Five Element Theory I

Five Elements: Deepening Into the Officials

■ MEL 440 2 Units/32 Hours

This course presents the energetics of each of the Officials (Zangfu) from the Five Element perspective, including the many ways the Officials may present themselves when out of balance, and how imbalances in the Officials express themselves in patients' physical, mental, emotional, and spiritual lives. Students will explore how imbalances in one Official affect the associated elemental pair, its Ko cycle pair, and the creative Shen cycle. The methodology of choosing points to address the Official most in need of support will be discussed. Students will learn how an imbalance of the Officials within themselves, and as practitioners, affects their understanding and treatment of patients.

Prerequisite: MEL 420, Five Element Theory II

Five Elements: Archetypal Acupuncture

■ MEL 450 2 Units/32 Hours

This course discusses how Jungian psychology archetypes are viewed within the Five Elements of Chinese medicine, exploring the similarities that exist between modern Jungian psychology and Chinese medicine. The emphasis of the course will be on personal growth. Rituals, slides, Qigong exercises, stories, and spiritual poetry are used to create a “sacred space” for this exploration. The course will discuss the ancient Chinese models of the Five Elements and Twelve Officials as a system based on archetypal images. Comparisons will be drawn between Eastern and Western approaches. Students will learn to recognize archetypal emotional imbalance patterns in their patients and influence these energies through acupuncture points.

Prerequisite: MEL 420, Five Element Theory II

Introduction to Sacred Acupuncture

■ MEL 460 3 Units/48 Hours

In this course we examine the process of conception and embryological development as the arising of the universe and how the underlying geometrical and mathematical forces of the universe unfold and can be discerned in the architecture of the embryo and the subtle bodies—the Qi body, the Shen body and the ancestor body. This leads to an exploration of the three Dan-Tian, the five forces, the Zang-Fu organ system, the six phases, the seven chakras, the eight extraordinary channels, the ten heavenly stems, the 12 Earthly branches and the formation of the regular acupuncture channels. These unfolding systems will be related to contemporary TCM and the *Nei Jing* and *Nan Jing*.

Prerequisites: MAC 110, Introduction to Channel Theory; MAC 220/MAC 230, Meridians and Acupuncture Points I/ Lab; MAC 320/MAC 330, Meridians and Acupuncture Points II/ Lab

Classics: Wen Bing

■ MEL 501 1 Unit/16 Hours

This course reviews one of the important books of classical literature on Chinese medicine. *Wen Bing* discusses the theory and treatment of diseases that are induced by heat (febrile disease). The concept of febrile disease was first mentioned in *Inner Canon (Nei Jing)*, however, for centuries the main focus of diagnosis and treatment was placed on Wind and Cold as the major cause of externally induced diseases. The doctrine of Wen Bing considers heat diseases to embrace all externally contacted febrile and infectious diseases and describes the progression of disease by utilizing the four-aspect pattern of differentiation.

Prerequisite: Completion of 6th semester



Hua Tuo (110–207 AD), the father of external medicine

DEPARTMENT OF TRADITIONAL CHINESE MEDICINE ACUPUNCTURE

Frank He, L.Ac.

■ Department Chair

The Traditional Chinese Medicine Acupuncture courses are divided into didactic and lab sections, emphasizing both the theoretical and practical aspects of acupuncture. These courses provide students with thorough knowledge of traditional and modern meridian theory, including point location, functions, indications and treatment planning. The TCM Acupuncture curriculum includes thorough training in moxibustion, cupping, Guasha and electrical stimulation. Labs concentrate on accuracy, needling methods, technique and precautions. These courses, integrated with TCM Theory and Herbology, prepare students to study TCM Clinical Medicine and to begin Clinical Training.

Introduction to Channel Theory

■ MAC 110 1 Unit/16 Hours

Chinese medicine theory includes two major systems: Zang-Fu theory and channel theory. The focus is on the 12 regular channels taught in three-paired circulation cycles (Taiyang and Yangming, Shaoyang and Taiyin, and Shaoyin and Jueyin), plus the Du and Ren channels. Each channel will be covered from the aspect of primary passage, luo connecting channel, divergent channel, and muscular channel. Pathology will be emphasized so students learn to recognize the pathological patterns of individual channels, choosing the appropriate channel to treat the pathology.

Prerequisite: None



Meridians and Acupuncture Points I & II/ Lab

■ MAC 220/MAC 230; MAC 320/MAC 330

6 Units/96 Hours

This two-semester course sequence presents the acupuncture points of the twelve main meridians, plus the Du and Ren channels. Each meridian and acupuncture point is covered in detail, including functions, indications, location, distribution and clinical applications. The lab focuses on accurate point location and needling techniques. Contraindications and precautions of specific points are emphasized throughout the course.

Prerequisite: None

TCM Tuina Massage I

■ MAC 350 3 Units/48 Hours

Massage and manipulation, or Tuina, comprise one of the traditional five branches of TCM. Although the TCM program emphasizes the clinical methods of acupuncture and herbology, this course introduces students to various traditional Chinese therapeutic massage systems, including Tuina. Emphasis is on using specific clinical evaluations to formulate therapeutic massage treatments, which may become a part of clinical practice.

Prerequisite: MWM 103, Human Anatomy

Students marking acupuncture points on each other

CNT: Clean Needle Technique

■ CNT 0.5 Units/8 Hours

This course is a review of material previously introduced in the Beginning Clinical Theater and Meridians and Acupuncture I courses. Students will learn the appropriate procedures of sterilization and sanitation as they apply to the practice of acupuncture. Proper clean needle technique and disposal of needles are covered. Completion of this course is required for entry into Clinical Intern Rounds. Students are required to take a written and practical examination; passing both examinations satisfies the requirements of the Council of Colleges of Acupuncture and Oriental Medicine (CCAOM) and enables the student to receive their CNT certificate, which is required for the licensing examinations.

Prerequisite: Completion of *one* of the following: MAC 220/MAC 230, Meridians and Acupuncture Points I/Lab; MAC 320/MAC 330, Meridians and Acupuncture Points II/Lab

Acupuncture Techniques

■ MAC 420 2 Units/32 Hours

This course covers the full range of an acupuncture treatment from basic preparation, clean field, sterilization and safety, to complex needling techniques. The different types of needle and clinical applications are discussed in the classroom and practiced in the lab, including electrical stimulation, cupping, moxibustion, and Guasha. Students will learn to insert needles painlessly, bring qi to the points, use different types of needles to treat corresponding illnesses, be proficient in ancillary techniques, such as cupping, moxibustion, electrical acupuncture and Guasha, and understand the mechanism of acupuncture treatment.

Prerequisites: MAC 220/MAC 230, Meridians and Acupuncture Points I/Lab; MAC 320/MAC 330, Meridians and Acupuncture Points II/Lab

Extra Points and Microsystems/Lab

■ MAC 510/MAC 520

3 (1.5 and 1.5) Units/48 Hours

This course presents the extra meridians and their associated acupuncture points. Ear and scalp acupuncture and over 40 extra points are covered in detail along with their clinical applications. The lab focuses on accurate point location and special ear and scalp needle techniques.

Prerequisites: MAC 220/MAC 230, Meridians and Acupuncture Points I/Lab; MAC 320/MAC 330, Meridians and Acupuncture Points II/Lab

Acupuncture Therapeutics I & II

■ MAC 601/MAC 701 5 Units/80 Hours

This course reviews treatment principles and methods according to channel theory, with a focus on acupuncture point selection for internal medicine conditions. The focus of this course is the in-depth study of the texts: *Chinese Acupuncture and Moxibustion (CAM)*, and *Acupuncture: A Comprehensive Text (Shanghai)*. The course complements the TCM Internal Medicine courses and provides students with a comprehensive view of how to apply different TCM theories for diagnosis, and how to select the most appropriate treatment methods for the same conditions.

Prerequisites: MAC 220/MAC 230, Meridians and Acupuncture Points I/Lab; MAC 320/MAC 330, Meridians and Acupuncture Points II/Lab; MCM 510, Internal Medicine I *or* MCM 730, Internal Medicine II

Electives

The following is a partial list of electives offered in the Department of TCM Acupuncture. Electives are offered based on faculty availability and student interest. For a complete listing of electives please refer to the Five Branches University website.

TCM Tuina Massage II

■ MEL 400 2 Units/32 Hours

This course focuses on clinical assessment and treatment protocols for a variety of common musculoskeletal and internal medicine disorders, expanding on the foundation of TCM Tuina Massage I. Students will learn how to use Tuina as an independent treatment modality, offering TCM massage to those whom acupuncture is either undesirable or inappropriate. This course is required for obtaining the TCM Massage Practitioner Certificate.

Prerequisite: MAC 350, TCM Tuina Massage I



**BRIAN
FALK**
STUDENT

“The strength of Five Branches University is the diversity among the faculty and clinic supervisors. This mix of instructors allows students to receive a rich and varied learning experience.”

DEPARTMENT OF TRADITIONAL CHINESE MEDICINE HERBOLOGY

Jeffrey Pang, L.Ac.

■ Department Chair

While acupuncture treats disharmony and disease from the exterior of the body, herbal medicine works from the body's interior to support normal Qi, Blood and Fluids. TCM herbal medicine corrects irregular patterns and expels abnormal influences. Following the lead of modern Chinese medical schools, Five Branches University places knowledge of herbs and prescription herbal formulas alongside acupuncture, at the heart of TCM education and clinical training.

Chinese herbology is the world's most sophisticated medical herbal system. The curriculum includes extensive training in the identification, categorization and clinical use of the traditional Chinese herbal pharmacopoeia. Three semesters of in-depth study in the courses TCM Herbology, TCM Formulas, TCM Dietetics, TCM Patent Herbs, and Herbal-Pharmaceutical Drug Interactions provide students with a solid working knowledge of more than 350 individual herbs and more than 200 classical and modern formulas. Advanced courses instruct students how to modify and enhance classical formulas in response to specific variants in a patient's diagnosed condition. All herb courses are taught using the Pinyin names of herbs.



TCM Herbology I, II & III

■ MHB 100/MHB 200/MHB 310 9 Units/144 Hours

This three-semester course sequence provides students with knowledge of TCM herbology, including general theory, treatment methods, categorization, taste, temperature, entering meridians, indications, and the laws of herbal combining. Students will learn over 350 single herbs, including clinical use, contraindications, and methods of preparation and delivery. Current research in the field of TCM herbology will augment lectures. This knowledge will serve as a foundation for the TCM Formula courses.

Prerequisite: None

TCM Formulas I, II & III

■ MHB 410/MHB 520/MHB 610 7 Units/112 Hours

The art of Chinese herbology lies in the practitioner's ability to combine herbs into a balanced formula tailored to meet each patient's singular pattern of signs and symptoms. During this three-semester course sequence in TCM Formulas, students will implement the knowledge they have acquired in the single herbs courses, and TCM differential diagnosis, to understand how a formula is designed. The formulas are taught in functionally related categories. Students will study approximately 250 herbal formulas including: formula composition, functions, clinical indications, modifications and contraindications.

Prerequisites: MHB 100, TCM Herbology I; MHB 200, TCM Herbology II; MHB 310, TCM Herbology III

Julie Zhu and students preparing herbal formulas

TCM Dietetics

■ MHB 530 2 Units/32 Hours

Since the beginning of TCM, great physicians understood the profound influence of diet on human health. This course introduces theories of TCM dietetics and surveys the TCM functions and properties of common foods, the dietary programs appropriate for the treatment of prevalent TCM disharmonies, and their effect on health and longevity. Effective food combinations and recipes are provided for the treatment of common diseases, and to enhance general well being.

Prerequisites: MHB 100, TCM Herbology I; MHB 200, TCM Herbology II; MHB 310, TCM Herbology III

TCM Patent Medicines

■ MHB 620 1.5 Units/24 Hours

This is an invaluable course for students and every clinician using herbal pills and prepared solutions. The course covers major TCM syndromes and the patent herbs used to treat them. The lectures include the differential analysis of patent herbs used for the same diagnosis, recommended dosages for both adults and children, and contraindications. Much of the information presented is derived from various Chinese texts and clinical expertise, and will not be found in any textbook. Upon completion of this course, students will understand the functions of over 150 prepared Chinese patent herbs and solutions and how to properly prescribe them.

Prerequisite: Completion of one of the following: MHB 410, TCM Formulas I; MHB 520, TCM Formulas II; MHB 610, TCM Formulas III

Herbal-Pharmaceutical Drugs Interactions

■ MHB 700 0.5 Units/8 Hours

This course addresses the increasing concern among the medical community, including TCM practitioners who prescribe medicinal herbs, regarding toxic biomedical interactions between pharmaceutical drugs and natural products, such as Chinese medicinal herbs. The course reviews the biomedical nature of herbs and the potential interaction between them and commonly used pharmaceutical drugs and nutritional supplements. The course includes the critical analysis of literature and research reports of herb/drug interactions.

Prerequisites: MHB 100, TCM Herbology I; MHB 200, TCM Herbology II; MHB 310, TCM Herbology III; MWM 620, Pharmacology

Electives

The following is a partial list of electives offered in the Department of TCM Herbology.

Electives are offered based on faculty availability and student interest. For a complete listing of electives please refer to the Five Branches University website.

Herb Pairs

■ MEL 520 1 Unit/16 Hours

Understanding how to blend herbs is essential for constructing effective and appropriate formulas. This course clearly explains which herbs pair best, and why. The foundation of herbal formula treatment is based on understanding how to combine single herbs' specific inherent properties and functions to maximize their therapeutic qualities. This is an opportunity for students to enrich their skills in basic formula building.

Prerequisites: MHB 100, TCM Herbology I; MHB 200, TCM Herbology II; MHB 310, TCM Herbology III

Sharon Feng and students weighing herbs in the 1980s



DEPARTMENT OF TRADITIONAL CHINESE CLINICAL MEDICINE

Joanna Zhao, L.Ac.

■ Department Chair

The courses in TCM Theory, Herbology and Acupuncture teach students the basic principles of Chinese medicine pattern differentiation and treatment, including the study of common functions and indications of herbs, formulas and acupuncture points. However, this knowledge alone is not enough to fully diagnose and treat disease.

The courses in the Department of Clinical Medicine expand on this knowledge, providing students with advanced skills in diagnosing and treating diseases in the specialized fields of TCM internal medicine, external medicine, gynecology, pediatrics, and traumatology and orthopedics. Training includes detailed instruction of herbal and acupuncture treatment plans for both common and complex diseases. These courses lay the foundation for students' clinical practice.

TCM Traumatology and Orthopedics

■ MCM 410 3 Units/48 Hours

This course will cover the etiology, diagnosis, and treatment of common diseases of the musculo-skeletal system in accordance with both TCM and Western medicine. Emphasis will be on the differentiation of bone and soft tissue injuries, which are common industry and sports injuries. Students will learn to treat patients with acupuncture and herbs and perform essential orthopedic tests to evaluate the outcome of treatments, as well as recognize red flags in orthopedics and make referrals. Students will be able to properly instruct patients in the proper rehabilitation and prevention of sports and industrial injuries. This course is required to obtain the Sports Medicine Certificate.

Prerequisite: MAC 510/MAC 520, Extra Points and Microsystems/Lab

TCM Internal Medicine I & II

■ MCM 510/MCM 730 6 Units/96 Hours

This two-semester course sequence reviews the history of TCM internal medicine, the mechanisms of disease, the principles of making a diagnosis, and the common treatment methods associated with making a diagnosis. Etiology, pathogenesis, and signs and symptoms of common disease patterns of internal medicine will be reviewed. Students will learn to diagnose common internal medicine diseases from TCM and Western medicine perspectives, identify their patterns, and devise appropriate treatment plans using acupuncture and herbal formulations with appropriate modifications.

Prerequisites: MHB 100, TCM Herbology I; MHB 200, TCM Herbology II; MHB 310, TCM Herbology III; MAC220/MAC 230, Meridians and Acupuncture Points I/Lab; MAC 320/MAC 330, Meridians and Acupuncture Points II/Lab

TCM Gynecology

■ MCM 630 3 Units/48 Hours

This course presents both Western and TCM knowledge of gynecology. Differential diagnosis of the most common gynecological concerns and disharmonies are covered in detail, including common menstrual disharmonies, such as irregularity, leukorrhea, PID, PMS, infertility, pregnancy, childbirth, and postpartum. Emphasis is placed on the common complaints of women and the TCM herbal and acupuncture treatments for these disharmonies. Contraindications during pregnancy are also covered. The course includes training in the use of Western diagnostic reports in relation to hormonal cycles.

Prerequisites: Completion of *two* of the following: MHB 410, TCM Formulas I; MHB 520, TCM Formulas II; MHB 610, TCM Formulas III

TCM External Medicine

■ MCM 810 2 Units/32 Hours

This course teaches students the treatment of common diseases in external medicine according to both TCM and Western disease categorizations. In studying each disease, students learn its etiology and pathogenesis, syndrome differentiation (patterns), treatment principles and corresponding treatment therapies, using both herbs and acupuncture.

Prerequisites: Completion of *two* of the following: MHB 410, TCM Formulas I; MHB 520, TCM Formulas II; MHB 610, TCM Formulas III

TCM Pediatrics

■ MCM 820 3 Units/48 Hours

This course emphasizes common complaints of children, and the TCM theories, herbal, acupuncture and pediatric Tuina treatments that apply to the special circumstances of children. Child development, specific patent formulas for children, herbs for breast-feeding moms to pass onto the baby, respiratory ailments, enuresis, special children's disharmonies such as ADHD (Attention Deficit Hyperactivity Disorder), and TCM health recommendations for children, will be reviewed in the course.

Prerequisites: Completion of *two* of the following: MHB 410, TCM Formulas I; MHB 520, TCM Formulas II; MHB 610, TCM Formulas III

Learning is a treasure which accompanies its owner everywhere.

—CHINESE PROVERB

Electives

The following is a partial list of electives offered in the Department of TCM Clinical Medicine. Electives are offered based on faculty availability and student interest. For a complete listing of electives please refer to the Five Branches University website.

Hepatitis C Seminar

■ MEL 490 .5 Units/8 Hours

This is an introductory level course on hepatitis C that encompasses East/West diagnosis and treatment plans. TCM diagnosis and modalities for treatment such as acupuncture point prescriptions, herbal formulas, nutritional considerations and supplementation will be reviewed. Students will learn the functions of the liver from Chinese, Western and naturopathic perspectives. Western diagnostics, such as lab and imaging reports, will be covered. Supportive care for patients undergoing Western anti-viral therapy, and complications and associated symptoms of hepatitis C infection, including liver damage, fatty liver disease, diabetes, and autoimmune diseases will be addressed. This course is a prerequisite for Hepatitis C Clinical Training.

Prerequisite: MRA 200, Cumulative Review I

Advanced TCM Gynecology

■ MEL 600 2 Units/32 Hours

This case study based course will provide students with the clinical applications of theories and treatment modalities introduced in TCM Gynecology. The focus of the course is on management of female patients during pregnancy, childbirth and postpartum. The course will review the special signs, symptoms, indications and contraindications for acupuncture and herbal treatment of pregnant women and new mothers. Current gynecological research from hospitals in China that have successfully merged TCM and Western medicine treatments for conditions, such as infertility, ovarian atrophy, endometriosis and amenorrhea, will be covered in detail.

Prerequisite: MCM 630, TCM Gynecology



CHAD LANPHEAR
STUDENT

I feel blessed having the opportunity to learn this ancient medicine at the depth of study that a clinical Master's Degree requires. The diversity of electives that the school offers gives the advantage of finding a specialty that resonates with my personal style of treating, while also providing a marketable niche.

TCM Oncology

■ MEL 610 2 Units/32 Hours

The use of acupuncture to support patients undergoing chemotherapy and radiotherapy is well documented for its success. This course will introduce the theory and pathogenesis of cancer mechanisms from a TCM perspective. TCM treatment modalities for cancer as well as detoxification methods for chemo-radiation therapy are covered in detail. Case studies will also be presented.

Prerequisite: Completion of 6th semester

NADA:TCM Treatment of Alcohol and Drug Addiction

■ MEL 620 2 Units/32 Hours

This course is designed to help students understand addiction/chemical dependency and the TCM treatments that apply. Special emphasis is given to NADA (National Acupuncture Detoxification Association) protocols for the treatment of substance abuse. The course provides an overview of established methods currently used in state and federal drug rehabilitation programs, as well as the legal and ethical issues related to treating individuals with addictions.

Prerequisite: Completion of 5th semester

Advanced TCM Trauma and Orthopedics

■ MEL 700 2 Units/32 Hours

Based on the TCM Traumatology and Orthopedics course, students will further discuss the etiology, pathogenesis, differential diagnosis and treatment for traumatic injuries of the skin, tendons, ligaments and muscles from an integrative approach. Students will review X-rays, learn how to perform specific orthopedic tests for common musculoskeletal injuries, and make proper referrals when necessary. Herbal formulas for poultices, plasters and compresses will be taught, in addition to acupuncture treatment modalities. This course is required for obtaining the Sports Medicine Certificate.

Prerequisite: MRA 600, Cumulative Review III



Students in clinical theater

DEPARTMENT OF WESTERN MEDICINE

Alan Wong, M.D., M.S.

■ Department Chair

Modern practitioners of TCM must have a fundamental understanding of Western medicine to effectively communicate with medical doctors and other healthcare professionals, make appropriate referrals, and provide the best care possible for their patients. In the study of Western medicine courses, students discover the parallels between modern TCM and Western medical practices, preparing them for new cooperative and integrative approaches. Students will be introduced to the basic methods of Western diagnosis, the fundamental vocabulary used in diagnostic analysis and the clinical methods used in Western medical approaches to disease. With this knowledge, practitioners of Traditional Chinese Medicine can become an active part of today's dynamic healthcare network.

It is highly recommended that students complete General Biology, Introduction to Physics and Chemistry prior to entry; however, these courses can also be taken from a community college or university concurrent with courses at Five Branches. Please contact the Admissions Director regarding transfer credit of these Natural Science courses.

General Biology

■ MWM 101 3 Units/48 Hours

This course covers the basics of the chemistry of life, molecular and cellular biology, structure and function of organisms, reproduction and development, genetics, evolution and ecology (the relations of organisms to each other and to their environment). This course, with emphasis on human biology, provides a solid basis for further biomedical studies with knowledge of vocabulary, concepts, and skills.

Note: This class is no longer offered at Five Branches University; however, it is a program requirement. Students should complete this class prior to entry or during the first year of study. Please contact the Admissions Director regarding transfer credit for this course.

Human Anatomy

■ MWM 103 3 Units/48 Hours

This course gives an introduction to the study of human structure. This includes examination of cells, tissues, organs, systems and their interrelationships. Structural components of all physiological systems including nervous, endocrine, circulatory, respiratory, digestive, excretory, reproductive, immune systems and those involved in human movement will be studied. Emphasis will be placed on the nervous system and musculoskeletal system, which are particularly important in acupuncture. Human skeletons, anatomical charts, models and full color digital images will be used for demonstration.

Prerequisite: None

Western Medical Terminology

■ MWM 110 1 Unit/16 Hours

This course introduces students to the basic principles, concepts and terminology of modern Western medicine.

Prerequisite: None

Medical Physiology

■ MWM 203 3 Units/48 Hours

This course outlines the principles of human physiology, general properties and functions of the living cell and the internal environment. The course will systematically cover the nervous, musculoskeletal, cardiovascular, respiratory, gastrointestinal, renal, reproductive and endocrine systems, with an emphasis placed on the interrelationships among the systems. Additionally, students will learn about metabolism and homeostasis, and the diseases of the body systems.

With the knowledge of human physiology, students will build a solid foundation for further study of human disease.

Prerequisites: MWM 101, General Biology; MWM 103, Human Anatomy; MWM 110, Western Medical Terminology

I like the interaction with the students, being able to share my knowledge and experience with them, as well as learning from their experience. I like encouraging people to let their gifts shine. Five Branches University is a fun and stimulating place to learn, both as a student and a teacher. It is in a great location, with the beach one block away. The students are all so unique and come from many different backgrounds, so they have life experiences that contribute to their healing education. It is an honor to work with them.

Sally Lewis,
Associate
Professor

Chemistry

■ **MWM 204** 3 Units/48 Hours

This introductory course explores various topics of inorganic chemistry including the periodic table of elements, atomic structure of matter, nuclear chemistry, molecular bonding, atomic quantum numbers and orbitals, equilibrium states, acid/base chemistry and thermodynamics. The basic organic chemistry of alkanes and unsaturated hydrocarbons will also be examined throughout the course.

Note: This class is no longer offered at Five Branches University; however, it is a program requirement. Students should complete this class prior to entry or during the first year of study. Please contact the Admissions Director regarding transfer credit for this course.

Introduction to Physics

■ **MWM 301** 2 Units/32 Hours

Designed for health science students, this is an introductory course on physics with minimum calculations. It will conceptually explore various topics of physics, including: motions and forces of a body, properties of matter, heat, sound, light, and electricity and magnetism. Basic atomic and nuclear physics, as well as the theory of relativity will be introduced.

Note: This class is no longer offered at Five Branches University; however, it is a program requirement. Students should complete this class prior to entry or during the first two years of study. Please contact the Admissions Director regarding transfer credit for this course.

Pathophysiology I & II

■ **MWM 310/MWM 410** 6 Units/96 Hours

Pathophysiology is the study of the mechanism of disease in humans from a western medical perspective. In this two-semester course sequence, students receive a brief overview of healthy physiology of the body's major systems, focusing on disease processes and the body's attempt to adapt to them. These courses link western anatomy, physiology and biochemistry to clinical practice. The first course will cover infectious, psychiatric, hematological, cardiac and pulmonary diseases. In the second course, students learn about selected diseases in the departments of oncology, neurology, rheumatology, endocrinology, gastroenterology, musculoskeletal and nephrology.

Prerequisites: MWM 110, Western Medical Terminology; MWM 103, Human Anatomy; MWM 203, Medical Physiology

Immunology

■ **MWM 315** 1 Unit/16 Hours

This course begins with a review of basic immunology. Subsequently, the principles of immunology will be applied to enhance the understanding of various autoimmune diseases. The pharmacology of vaccines, immune-modulating drugs, herbs and supplements will also be discussed.

Prerequisite: MWM 203, Human Physiology

CPR/ First Aid

■ **CFA** 0.5 Units/8 Hours

This is a required class that students must take through an outside provider. Completion of this course is required before entry into Intern Rounds. Upon completion of this course, students will have certification in CPR and First Aid and will have the necessary skills to respond to emergencies within the clinic.

Prerequisite: None

Public Health and Epidemiology

■ **MWM 412** 2 Units/32 Hours

This course explores the impact of disease and wellness in regard to populations. Factors in epidemiology such as prevalence of incidence of disease in given populations and sensitivity and specificity of tests in diagnosis will be discussed. Environmental, socio-economical and cultural factors that contribute to health and illness in our society will be explored, as well as the role of evidence-based medicine. Particular emphasis is paid to the ways TCM practitioners interface with, and are affected by this system. Topics will include the effects of economics on the current health care system, especially to the underprivileged segments of population and the role of L.Ac.'s in the public health setting.

Prerequisite: Completion of 3rd semester

Western Physical Examination /Lab

■ MWM 520 3.5 Units/56 Hours

In this course, students are instructed in Western methods of information gathering and evaluation. They will study and perform adult history and physical exams, including the use of blood pressure cuffs and stethoscopes. Laboratory tests and x-rays are presented and discussed and students will gain a basic understanding of their use and results. The course also covers how and when to make referrals to other providers, as well as how to recognize and respond in emergency situations. Students will be required to give an oral and written presentation of a patient's history and physical exam.

Prerequisites: MWM 310, Pathophysiology I; MWM 410, Pathophysiology II

Diet, Nutrition and Vitamins

■ MWM 530 2 Units/32 Hours

This course is designed to provide a basic understanding of the fundamentals of human nutrition and how excess or deficiency of essential nutrients affects our health throughout life. Students will learn digestion and assimilation, including useful assessment tools and lab tests, and how to counsel patients on developing a healthy diet. There will also be a discussion of vitamins and minerals, recommended intake, the role of diet in the various stages of the life cycle, the way chronic disease is influenced by excessive or deficient states, and the bio-variability of needs among different patients. The course will cover special issues like food allergies, detoxification, and weight loss as well as possible nutritional approaches to illness commonly encountered in clinical practice.

Prerequisite: MWM 204, Chemistry

Western Case Management I & II

■ MWM 610/MWM 710 6 Units/96 Hours

This two-semester course sequence is intended to help students bring together information from all prior Western medicine classes. Symptoms and signs, and X-ray and laboratory results will be analyzed. Students will study musculoskeletal, respiratory, gastrointestinal, endocrine, cardiovascular, dermatological, urinary, menstrual, and psychosomatic conditions. Students will be required to derive a list of differential diagnosis, including assignment of ICD-9 codes. Particular emphasis will be placed on conditions commonly encountered in an acupuncture practice. Recognizing red flags, indicating a serious disorder, will be covered in detail. Students will learn when to refer to other healthcare providers, and how to treat patients from an integrative perspective. Students will be required to present one case study, with written analysis, as part of the course assignment.

Prerequisite: MWM 520, Western Physical Examination/Lab

Pharmacology

■ MWM 620 3 Units/48 Hours

This course is designed to familiarize students with the use of Western pharmaceutical drugs. The lectures will focus on the categorizations of the Western pharmacopoeia, and the broad principles and mechanisms of action of drugs commonly used in a Western paradigm. A large percentage of patients seeking TCM care will already be taking prescription medications, and this course offers the student an opportunity to understand how these drugs are used in the treatment of disease.

Prerequisites: MWM 310, Pathophysiology I; MWM 410, Pathophysiology II



**Students practicing
Western diagnostics**

Research

■ **MWM 712** 2 Units/32 Hours

In this course students will learn the elements of doing research in the biomedical field. The following concepts will be covered: basic and literature research papers, clinical trials, blinding and research design, forming and testing hypotheses. The element of writing and implementing research proposals will also be covered including relevance of the study, materials and methods, and conclusions and basis statistical analyses. Students will be introduced to the various methods of evaluating research literature. The class will discuss special problems arising from the application of modern research methods on acupuncture and oriental medicine. A research paper or an evaluation of a TCM research report will be required to unify the student's knowledge gained in the course.

Prerequisites: MWM 520, Western Physical Examination/Lab; MWM 620, Pharmacology

Red Flags

■ **MWM 715** 2 Units/32 Hours

In this course students review signs and symptoms indicating severe or life threatening emergencies that warrant referral to a Western physician. Instruction includes appropriate assessments and interventions including lab and common diagnostic information. The course includes training in proper management of "red flags" and "yellow flags" and the proper procedures for making referrals to other physicians. The procedures for referral include determining whether the referral is to an ER or an outpatient clinic. In addition, the course reviews how to handle simple emergencies within the acupuncture clinic.

Prerequisite: Completion of *one* of the following: MWM 610, Western Case Management I; MWM 710, Western Case Management II

Psychology and Counseling

■ **MWM 720** 2 Units/32 Hours

This course is designed to assist students in acquiring the knowledge and skills necessary to evaluate and treat clients with mental disorders. The class introduces the psychotherapeutic diagnostic system (DSM IV-TR) and the vocabulary to empower practitioners to more effectively interact with western clinicians. The course covers suicide, psychosis, chemical dependency, depression, anxiety and the psychopharmacology used in western medicine. Emphasis is placed on developing solid boundaries, interviewing and communication skills, and setting up a safe and trusting environment. The course presents an introduction to western counseling skills and also addresses eastern influences on counseling. Various modalities of psychotherapy are presented.

Prerequisites: MWM 520, Western Physical Examination/Lab; MWM 620, Pharmacology

Lab Analysis

■ **MWM 815** 1 Unit/16 Hours

This course is an exploration of Western laboratory approaches to diagnosis. The class will review routine labs applicable to major body systems. Lab tests will be correlated with clinical diseases. The class will discuss lab methodology, normal values, variation in laboratory results as well as the limitations and power of lab findings.

Prerequisite: MWM 520, Western Physical Examination/Lab

Medical Modalities

■ **MWM 820** 1 Unit/16 Hours

Patients are best served when their practitioners are part of a wider network of information and support. This course introduces students to guest practitioners representing various medical philosophies, histories and medical professions in the healthcare community. Guest speakers will discuss their medical philosophy, educational background, scope of practice, type of diagnosis and services offered, and how they manage their practice. The professions represented may include a general practitioner (M.D.), surgeon, pharmacist, chiropractor, neurologist, podiatrist, osteopath, gynecologist, oncologist, public healthcare nurse, homeopath, naturopath, shaman, and ayurvedic practitioner.

Prerequisite: Completion of 4th semester

DEPARTMENT OF TCM CLINICAL TRAINING

Joanna Zhao, L.Ac.

■ Department Chair

The The Five Branches Master's Degree is a professional degree in the clinical practice of Traditional Chinese Medicine. This practical aspect of training is vital, preparing students to work professionally with the theories, knowledge and skills learned in the academic program and lab. Five Branches prioritizes clinical training, with clinical faculty who on the average have over 20 years of clinical and hospital experience. While practicing under the direction of faculty members, students will develop solid clinical and communication skills, professional conduct, efficiency, and confidence.

Clinical training comprises approximately one-third of the Five Branches Master's Degree program. This training is accomplished in six settings: Clinical Theater; Clinical Rounds, Clinical Internship Rounds, Clinical Paired Internship, Clinical Internship, and Clinical Integrative Theater Internship, each offering a distinct type of clinical and practical experience. Small class sizes enable students to receive individual faculty training, feedback and written evaluations. In addition, students receive an orientation from staff before each phase of the clinical training, and a written clinical manual is provided with carefully developed guidance to clinical protocols and procedures. Enrollment in each level of clinical training allows students to learn from clinical faculty in various learning environments. By the end of clinical training, interns will perform at least 350 patient treatments, a basic requirement for graduation.

Douglas Wang
treating a
young patient

Beginning Clinical Theater

■ MCL 100 48 Hours

In Beginning Clinical Theater, newly enrolled students receive a comprehensive introduction and orientation to the clinic's protocols on patient care, safety, herb formula preparation and patient records. This is students' first opportunity to see how TCM theory and practice are combined. In each class, scheduled patients are interviewed, diagnosed and treated by faculty, as students observe. Following each patient's intake, diagnosis and treatment, a general forum-discussion of the patient's case is conducted. Students begin learning professional conduct within this clinical setting: how to take a patient's medical history, and how to create and maintain patient records. Students observe all aspects of treating patients as a TCM professional, including diagnostic data gathering, syndrome identification, treatment planning, herb prescription formulation, and acupuncture needling techniques. Students also participate in the preparation of herbal formulas.

Prerequisite: None

*Surrender
yourself
humbly; then
you can be
trusted to care
for all things.*

—DAODEJING 13



Clinical Theater

■ MCL 200 48 Hours

This class is a continuation of Beginning Clinical Theater. Conducted in a classroom setting, students will have the opportunity to see how TCM theory and practice are combined. In each class, scheduled patients are interviewed, diagnosed and treated by faculty as students observe. Following each patient's intake, diagnosis and treatment, a general forum-discussion of the patient's case is conducted. Students begin learning professional conduct within this clinical setting: how to take a patient's medical history, and how to create and maintain patient records. Students observe all aspects of treating patients as a TCM professional, including diagnostic data gathering, syndrome identification, treatment planning, herb prescription formulation, and acupuncture needling techniques. Students also participate in the preparation of herbal formulas.

Prerequisite: MCL 100, Beginning Clinical Theater



Demonstrating ear acupuncture

Clinical Rounds

■ MCL 300 144 Hours

Clinical Rounds provides students with experience in observing and assisting licensed faculty practitioners in interviewing, diagnosing and treating patients. In Rounds, four to five students follow a practitioner, treating patients in the school's teaching clinic. Students participate in taking and recording a patient's history and exam. Students take the patient's pulses and observe the patient's tongue to understand the instructor's diagnosis, choice of acupuncture treatment and herbal prescription. This close assistantship is invaluable in the study of TCM. Students will learn how to fill an herbal prescription from the clinic's pharmacy and give patients instructions regarding its preparation and use. Students are evaluated on their knowledge and their developing patient skills.

Prerequisites: MCL 200, Clinical Theater; MRA 200, Cumulative Review I

Clinical Internship Rounds

■ MCL 400 144 Hours

In Clinical Internship Rounds, students advance to hands-on treatments in a clinical setting under the direct supervision of a licensed practitioner. A small, intimate group of students attend to the patient's intake and treatment with constant monitoring by a licensed faculty supervisor, who develops a diagnosis and treatment strategy. Students will learn to treat patients with a variety of TCM modalities, and prepare formulas or prescribe patent herbs, under the direct supervision of a licensed faculty supervisor. Clinical Internship Rounds is designed to provide a setting for the students to develop comprehensive clinical skills in preparation for Internship.

Prerequisites: MCL 300, Clinical Rounds; CNT: Clean Needle Technique; CPR/First Aid

Clinical Paired Internship

■ MCL 510 144 Hours

Clinical Paired Internship is the next level in the clinical hands-on training, preparing students for senior Internship. In Paired Internship, students work in pairs and alternate in conducting the patient history, intake, diagnosis and treatment of their patients. In this setting, students collaborate in the development of the patient's diagnosis and treatment plan, and the presentation of their patient's case to their faculty supervisor.

Prerequisites: MCL 400, Clinical Internship Rounds; MRA 400, Cumulative Review II

Clinical Internship

■ MCL 600 384 Hours

Clinical training at Five Branches University culminates with Clinical Internship. Clinical Internship is designed to simulate an actual clinical environment, in which students diagnose, treat and develop long-range treatment goals and plans for their patients. Interns work independently under a licensed clinical faculty supervisor who is there to answer questions and provide recommendations and support as needed. Clinical Internship imparts the ultimate clinical educational condition for students, in which autonomy with patients is supported by the guidance and wisdom of experienced licensed faculty members. Students will be able, upon licensure, to treat patients unsupervised with confidence and expertise.

Prerequisite: MCL 510, Clinical Paired Internship

Clinical Integrative Theater

■ MCL 800 48 Hours

A member of the Western faculty and the TCM faculty will supervise up to nine interns. In rotating groups of three, interns will perform the history and relevant examination of a patient from both Western and Eastern perspectives, and develop an assessment and plan from each perspective. The diagnosis and the plan will be evaluated and discussed. A second group of students will perform the Eastern treatment and carry out and make appropriate recommendations for the Western treatment with the exclusion of administering medications.

Prerequisite: Completion of one of the following: MWM 610, Western Case Management I; MWM 710, Western Case Management II

Clinical Specialty Options

Clinical training offers experience with a broad spectrum of patient clinical cases. Clinical specialty options offer students the opportunity to practice in-depth with faculty in specialized fields.

Sports Medicine

Frank He, L.Ac., Department Chair

Students interested in furthering their understanding of TCM Traumatology and Orthopedics as applied in the clinic may enroll in clinical training courses which focus on the treatment of sports injury. These clinical courses may be taken as part of the MTCM clinical training, while also fulfilling the clinical training requirement for the Sports Medicine Certificate.

Sports Medicine Clinical Rounds

■ MCL 300 48 Hours

In this specialized clinical training course, students are able to observe senior practitioners in clinic practice as they apply acupuncture, Chinese medicinal herbs and Tuina massage to a broad spectrum of patients with sports injury-related conditions.

Prerequisites: MCL 200, Clinical Theater; MRA 200, Cumulative Review I

Sports Medicine Clinical Internship

■ MCL 600 48 Hours

In this final stage of clinical training, students gain greater responsibility to diagnose and treat patients, applying classical and specialized acupuncture and herbal formula treatment plans for a variety of sports injuries, as well as utilizing Western medical diagnostic techniques and examination when appropriate.

Prerequisites: MCL 300, Sports Medicine Clinical Rounds; MCM 410, Traumatology and Orthopedics; MCM 520, Western Physical Examination/Lab

“The founders’ forethought on the location of Five Branches Santa Cruz campus was an immediate draw. The building was first established as a spiritual storehouse (it used to be a church), and is now a clinic and school located one block from Monterey Bay. The natural setting alone is an inspiration, but combined with the distinguished and reputable teachers and quality of education, the decision was an easy one—I chose to become a Five Branches student!”

Leta Jussila,
Graduate

TCM Tuina Massage

Michael Alexander, L.Ac., Department Chair

Students interested in furthering their skills in TCM massage may enroll in two clinical training courses which focus on TCM Tuina massage as applied in the treatment of pediatric and adult patients. This treatment modality is highly regarded not only for its results, especially with young patients, but also for meeting the concern that many parents and patients may have about needles. These clinical courses may be taken as part of the MTCM clinical training, while also fulfilling the clinical training requirement for the TCM Tuina Massage Practitioner Certificate.

TCM Tuina Massage Clinical Internship Rounds

■ MCL 400 48 Hours

A continuation of the theoretical and practical TCM Tuina Massage course, this course presents students with an opportunity to practice a broad spectrum of applications of Tuina massage with patients in the clinic, under supervision of senior practitioners.

Prerequisite: MAC 350, TCM Tuina Massage I

TCM Tuina Massage Clinical Internship

■ MCL 600 48 Hours

A continuation of the theoretical and practical TCM Massage course and the Tuina Massage Clinical Internship Rounds, this clinical course offers students an opportunity to apply the Tuina massage techniques they have learned in class and observed in clinic with their own patients, under the supervision of a senior practitioner of Tuina massage.

Prerequisites: MEL 400, TCM Tuina Massage II; MCL 400, TCM Tuina Clinical Internship Rounds; MRA 400, Cumulative Review II



Five Element Clinical Training

Dr. Gary Dolowich, M.D., L.Ac.,

Mary Huse, R.N., L.Ac., Department Chairs

Three levels of clinical training classes are available to students interested in studying the clinical applications of Five Element theory. These clinical courses may be taken as part of the MTCM clinical training, while also fulfilling the clinical training requirement for the Five Element Certificate.

Five Element Clinical Rounds

■ MCL 300 48 Hours

In this clinical training course, students will be able to observe senior practitioners in clinic as they apply Five Element theory, energetics and spirit of the points with their patients. Students will begin to understand how the principles of Five Element Acupuncture are applied in a clinical setting.

Prerequisites: MRA 200, Cumulative Review I; MEL 315, Five Element Theory I

Five Element Clinical Internship Rounds

■ MCL 400 48 Hours

In this clinical training course, students will be asked to diagnose and treat patients, under the direct supervision of senior practitioners, and to apply Five Element theory, energetics and spirit of the points.

Prerequisites: MCL 300, Five Element Clinical Rounds; MEL 420, Five Element Theory II

Five Element Clinical Paired Internship

■ MCL 510 48 Hours

In this second level of hands-on training, students work in pairs and alternate in conducting the patient intake, diagnosis and treatment. The students collaborate in the development of the patient diagnosis and treatment plan, and the presentation of their patient's case to their clinical supervisor.

Prerequisites: MCL 400, Five Element Clinical Internship Rounds; MEL 420, Five Element Theory II

Michael Alexander performing Tuina massage

Hepatitis C Clinical Training

Hepatitis C is an epidemic, affecting 4 million people in the United States and 100 million worldwide. This specialty training introduces students to an integrated approach to treating hepatitis C. A combination of lecture and clinical experience is used to teach a holistic approach to hepatitis C, which includes diet/lifestyle counseling, herbal formulas, nutritional supplements, moxibustion and acupuncture. Students will learn to identify the symptoms of hepatitis C, the side effects of Western treatment, and how to alleviate them.

Hepatitis C Clinical Rounds

■ MCL 300 48 Hours

In Clinical Rounds, students observe and assist licensed faculty practitioners in interviewing and diagnosing hepatitis C patients. Students learn how treatment plans are formulated based on the information gathered from both the Western medical lab work and a TCM perspective.

Prerequisites: MRA 200, Cumulative Review I; MEL 490, Hepatitis C Seminar

Hepatitis C Clinical Internship Rounds

■ MCL 400 48 Hours

In Clinical Internship Rounds, students advance to hands-on treatments in a clinical setting under the direct supervision of a licensed practitioner. Students practice the hepatitis C patient's intake, treatment planning, and application and treat patients with a variety of TCM modalities, including prescription of formulas or patent herbs.

Prerequisite: MCL 300, Hepatitis C Clinical Rounds

Hepatitis C Clinical Internship

■ MCL 600 48 Hours

The primary objective of this clinical internship is for students to gain the skills and knowledge necessary to treat hepatitis C with Chinese medicine alone, and in combination with Western treatment. Students are expected to interpret lab work, biopsy and ultrasound reports. Based on the information gathered, students will develop acupuncture and herbal protocols for treating specific symptoms associated with hepatitis C.

Prerequisites: MCL 400, Hepatitis C Clinical Internship Rounds; MRA 600, Cumulative Review III

Medical Qigong

The Medical Qigong clinic specialty was developed for treating patients with a multitude of conditions, including internal organ diseases, immune system dysfunction and cancer. Patients are treated with Qigong and given specific Medical Qigong prescription exercises and meditations in order to complement the treatments and enhance healing. These clinical courses may be taken as part of the MTCM clinical training, while also fulfilling the clinical training requirement for the Medical Qigong Practitioner Certificate.

Medical Qigong Clinical Internship Rounds

■ MCL 400 72 Hours required for Medical Qigong Practitioner Certificate

Conducted in a small class setting, Clinical Internship Rounds gives students exposure and first-hand experience with Medical Qigong diagnoses and treatments. This is a hands-on experience in which the different aspects of energetic dysfunctions and symptom manifestations are studied and experienced by the Medical Qigong students. Through the careful guidance of the instructor, the Medical Qigong students will assist in all phases of diagnosis and treatment. Seventy-two hours of clinical training are required for the Medical Qigong certificate.

Prerequisites: MEL 310, Medical Qigong I; MEL 320, Medical Qigong II; CNT: Clean Needle Technique; CPR/First Aid

Francesca Ferrari
giving a Medical
Qigong treatment



Yin Tuina

Yin Tuina Clinical Internship Rounds

■ MCL 400 48 Hours

In Yin Tuina Clinical Internship Rounds, students participate in hands-on diagnosis and treatment in a clinical setting, under the direct supervision of a licensed practitioner. Students use TCM theories to reach a diagnosis of the patient's pattern of disharmony. The focus of this clinical course is honing the students' confidence in diagnosis through palpation of energetic patterns, the primary method of diagnosis and treatment in the ancient art of Yin Tuina.

Upon completion of this course, students will have confidence and skill in the basics of TCM diagnosis, treatment planning and using Yin Tuina as a primary diagnostic tool and method of treatment.

Prerequisite: MEL 491, Yin Tuina I

Yin Tuina Clinical Internship

■ MCL 600 48 Hours

In Yin Tuina Internship, students advance to treating patients independently, under the guidance of a faculty supervisor. Students independently conduct the patient interview, exam, reach a correct diagnosis, and establish an appropriate treatment plan. The focus of this clinical course is to advance the students' confidence and skills in diagnosis through palpation of energetic patterns. The primary method of diagnosis and treatment is the ancient art of Yin Tuina.

Upon completion of this course, students will demonstrate clinical mastery in Yin Tuina as the primary method of diagnosis and treatment.

Prerequisites: MEL 491, Yin Tuina I; MCL 400, Yin Tuina Internship Rounds; MCL 510, Clinical Paired Internship

Clinical Training in China

Students may choose to complete up to 25% of their clinical training in the affiliated hospitals of our sister colleges in China. Every summer, 20 to 30 students accompany our native Chinese faculty and travel to China for an extraordinary professional experience: training in China's leading hospitals, discovering a new country, and making new friends.

The hospitals of our sister colleges have received the highest AAA rating from the Chinese government. Students can choose to train in various specialty departments such as internal medicine, gynecology, pediatrics and oncology. Using translators, students study in small groups with famous doctors from the hospital. For further details, please refer to the Study in China section of the catalog.



DEPARTMENT OF COMPLEMENTARY STUDIES

Christine Klein, L.Ac.

■ Department Chair

Complementary studies enrich and round out students' professional TCM training. Career development courses prepare students to practice TCM professionally, ethically, and successfully. Energetics courses introduce students to the ancient Chinese practices of Qigong and Taijiquan. Electives are offered in the study of Yin Tuina and Medical Qigong.

Career Development

Career Development

■ MCD 301 | 1 Unit/16 Hours

This course provides students with the steps necessary to create a successful practice. Topics covered will include: the legal requirements of starting a practice, setting up a practice space, creating a financial budget, managing an office, medical billing, patient management, and practice marketing. Upon completion of this course, students will have a clearer understanding of what is involved in starting and maintaining a successful practice.

Prerequisite: Completion of 2nd semester

Professional Ethics

■ MCD 420 | 1 Unit/16 Hours

This course covers the universal medical ethics required of a primary healthcare practitioner, emphasizing professional responsibility and the study of laws which regulate TCM practices in California and the U.S. Upon completion of this course, students will be thoroughly aware of the professional, ethical, and legal responsibilities of treating patients.

Prerequisite/Co-requisite: Prior completion of or concurrent enrollment in MCL 400, Clinical Internship Rounds

Career Development Fair

■ MCD 500 | 0.25 Units/4 Hours

Twice a year, Five Branches University hosts a free health fair for the public. Interns provide mini-acupuncture treatments, tongue and pulse diagnosis, and short Tuina massages. Advanced students are encouraged to give a 15-30 minute lecture on a health topic of their choice, lead a Qigong or Taijiquan class, or create an informative display. The health fair provides interns with the opportunity to promote their practice, giving out cards to patients, and demonstrating their knowledge and mastery of TCM. In this four-hour period, interns are able to see a wide variety of patients in a short period of time, providing excellent clinical experience.

Prerequisite: None

Marketing and Management

■ MCD 701 | 1.75 Units/28 Hours

This course provides students with the information they need to apply their acupuncture training skills in a business-like manner, in a variety of clinical settings. The emphasis is on the practical application of the business and professional skills necessary to provide acupuncture health care to an ever-growing population of patients. Upon completion of this course, students will understand the synergistic nature of the professional, ethical, financial, and marketing skills necessary to run a primary health care practice in the U.S. in the 21st century. They will know how to set up, run and maintain a viable practice and will understand the inner workings of an acupuncture office.

Prerequisite: MCD 420, Professional Ethics



**KIMBERLEY
BENJAMIN**
ALUMNA

“At Five Branches University we learn a mixture of classical Chinese medicine and Traditional Chinese Medicine. My trip to China really helped me to differentiate between the two. It also gave me a greater understanding of my teachers and the culture they come from. Traveling to China was an enriching and worthwhile experience.”

Energetics

Qigong I

■ MEB 100 | Unit/16 Hours

Qigong, or Vital Energy Skills, are the ancient Chinese methods of cultivating and using the vital energy in the body, representing the Chinese philosophy of the exercise-health connection. Qigong is now successfully used in China for treating chronic diseases. In this practical introductory course, students learn to experience various Qigong exercises in an atmosphere of personal experimentation, with emphasis on the fundamentals of “reading” and “feeling” the Qi.

This course will enable students to become familiar with the theory, form and potential health benefits of Chinese therapeutic energetics.

Prerequisite: None

TCM Qigong

■ MEB 140 | Unit/16 Hours

Qigong is a system of exercises that cultivates life force energy and is at least as old as the *I Ching (Book of Changes)*, one of the first Chinese recordings of Qi, dating from 3000 years ago. Qigong studies the relationship of the three natural energies of the universe, Tian (Heaven), Di (Earth), and Ren (Man). The practice of Qigong can be classified as martial, medical, or spiritual in nature. TCM Qigong teaches medical aspects of this exercise by integrating physical postures, breathing techniques, and mental intentions. TCM Qigong practice can reduce stress, increase stamina, strengthen and balance internal organ systems, and enhance the immune system. This course will provide students with foundational skills in improving health for both practitioner and patient through TCM Qigong.

Prerequisite: None

Wild Goose Qigong

■ MEB 150 | Unit/16 Hours

Originating over 1000 years ago from the Daoist Kunlin School, this once secretly passed down, classic set of movements is one of China’s most respected Qigong styles. Dayan (Wild Goose) style imitates the movements of wild geese with dynamic and static postures, combining strength and stretching. This easy to learn yet elegant form opens channels and points, expels toxins from the tissues, and draws in healthy air to improve the health of the body, mind, and spirit. Upon completion of this course, students will be familiar with the sequence of the first 64 movements and postures of Dayan Qigong.

Prerequisite: None

Qigong Stretch

■ MEB 160 | Unit/16 Hours

Qigong Stretch utilizes the posture, breath, and mental intentions found in the disciplines of Qigong to gently extend the body’s joints, tendons, ligaments and muscles to provide elasticity and fluidity of movement. With proper stretching the body opens up and the vital energy moves freely, alleviating pain caused from stagnation and tonifying the body by allowing energy to properly nourish deficiencies. Qigong Stretch is a great way to relieve stress. This course provides students with the understanding of the fundamentals of Qigong Stretch and its therapeutic application for both practitioner and patient.

Prerequisite: None

Qigong II

■ MEB 200 | Unit/16 Hours

In this course, students continue to explore the sensation of Qi flowing through their bodies, utilizing exercises to cultivate their Qi and increase their awareness of the dynamic state of their own body, in response to changes in the environment. Completion of this course serves as one of the prerequisites for the Qigong Teacher Training Certificate.

Prerequisite: None

Taijiquan I

■ MEB 450 1 Unit/16 Hours

Taijiquan is recognized as one of the fundamentals of good health. This course is a natural extension of the Qigong courses and introduces students to more advanced exercises and sets for health enhancement. This course is aimed at teaching exercises the student can master, and that are safe for a wide spectrum of conditions.

Prerequisite: None

Taijiquan II

■ MEB 550 1 Unit/16 Hours

This course is a continuation of the Taijiquan I course. In this energetic medicine course, the students learn through demonstration and practice of advanced Taijiquan forms to become more aware of energy pathways and flow. The emphasis of this course is on teaching the student exercises they can master, and are safe for a wide spectrum of conditions.

Prerequisite: MEB 450, Taijiquan I

Assistant Professor
Jaime Marquez
demonstrating
Taijiquan



Electives

The following is a partial list of electives offered in the Department of Complementary Studies. Electives are offered based on faculty availability and student interest. For a complete listing of electives please refer to the Five Branches University website.

Medical Qigong I

■ MEL 310 2 Units/32 Hours

In Medical Qigong I, students are led through a progressive series of Qigong (Vital Energy Skills) meditations and exercises. Students experience basic applications of Medical Qigong purgation, tonification, and regulation energetic skills. Each class includes lecture and personal application of energetic medicine. Students are taught to recognize specific Medical Qigong prescription exercises and meditations, (purging excess conditions, tonifying deficiencies, dispersing stagnations and regulating Qi, Blood and Body Fluid), and learn how and when to apply them in clinic. Students are introduced to energetic psychology, discharging toxic emotions, and how to handle the emotional discharges and toxic energetic releases coming from their patients.

Prerequisites: MCT 100, TCM Foundations; MAC 110, Introduction to Channel Theory

Medical Qigong II

■ MEL 320 2 Units/32 Hours

In Medical Qigong II, students are led through a progressive series of advanced Shengong (Spirit Skill) meditations and exercises. These exercises and meditations are specifically used for developing advanced intuitive diagnostic skills. Students are taught how to establish proper energetic boundaries, and neutralize specific psycho/emotional interactions such as projection, transference, and counter-transference. Upon completion of this course, students are prepared to participate in the Medical Qigong clinical training and assist the instructor with performing treatment protocols.

Prerequisite: MEL 310, Medical Qigong I

*Even if one
studies to an
old age, one
will never
finish learning.*

—CHINESE
PROVERB

Medical Qigong III

■ MEL 330 2 Units/32 Hours

In Medical Qigong III, students learn an energetic overview of the esoteric principles and foundational structures that govern Traditional Chinese Medical Qigong. Course content includes: the study of the Three Outer Forces and the influences on the human body, energy, food and diet, prenatal and postnatal Jing, Qi and Shen, the body's energetic internal structures, the five spiritual aspects of the five Yin organs, Advanced Shengong Cultivation Methods, the Six Transportations of Shen, the Eight Supernatural Powers, soul projection, spirit projection and energy projection, the energetic principles and functions of Medical Dao Yin training, and how to rectify Qi deviations.

Prerequisite: MEL 320, Medical Qigong II

Medical Qigong IV

■ MEL 340 2 Units/32 Hours

In Medical Qigong IV, students are introduced to advanced Medical Qigong theories and clinical application. Topics include: energy purgation, tonification, regulation and cultivation, as well as the exercises and meditations used as homework prescriptions in the Medical Qigong clinical training. Other topics are: clinical protocols, combining Medical Qigong with other TCM modalities (acupuncture, massage, cupping, moxa and herbs), clinical ethics, clinical burnout, principles and parameters of Medical Qigong therapy, contraindications, and clinical observations of pathological energetic patterns, internal organ prescriptions, and Healing Sound Therapy. Upon completion of this course, students are ready to begin practicing on their own, utilizing Medical Qigong treatment protocols in combination with other TCM modalities, and empowering their patients by teaching them modified Qigong prescriptions to suit their personal needs.

Prerequisite: MEL 330, Medical Qigong III

Yin Tuina I

■ MEL 491 1 Unit/16 Hours

This course explores the methods of TCM diagnosis and treatment using the ancient art of Yin Tuina. Diagnostic methods include the TCM standards of Ba Gong, Six Evils, Zangfu, Wen Bing and San Jiao. This course will deepen students' understanding and confidence in diagnosis through palpation of energetic patterns, both healthy and aberrant. They will learn how to utilize Yin Tuina as a method of diagnosing and correcting aberrant Qi flow. Additionally, students will gain confidence in their ability to locate and feel meridians and points. The course consists of a combination of lecture and hands-on practice in Yin Tuina. Lectures will frequently allude to the classics and key cornerstone quotes. Hands-on practice will be one-on-one, in a group setting. This course is a prerequisite for Yin Tuina II, Internship Rounds and Clinical Internship, and the Amsterdam Parkinson's Recovery Project Externship. Class size is limited.

Prerequisites: MCT 200, TCM Diagnosis; MAC 220/MAC 230, Meridians and Acupuncture Points I/Lab; MAC 320/MAC330, Meridians and Acupuncture Points II/Lab

DEPARTMENT OF REVIEW AND ASSESSMENT

Tiffa Taylor, L.Ac.

■ Department Chair

The courses in the Department of Review and Assessment are designed to systematically review all core coursework and evaluate students' mastery of the material. These courses aid students in developing solid study and test-taking skills, preparing students for the cumulative examinations at Five Branches University, and the national certification (NCCAOM) and California licensing (CALE) examinations.

Cumulative Review I

■ MRA 200 | Unit/16 Hours

The core curriculum of the first two semesters of study, including TCM Theory, TCM Herbology, TCM Acupuncture and Western Medicine are systematically reviewed to strengthen and solidify the students' understanding and mastery of the material. The objective of this course is to help students develop good study and test-taking skills, and to learn to maintain a controlled pace in studying the curriculum. The course is designed to assimilate the coursework covered during the first year, preparing students for the first cumulative examination.

Prerequisite: Completion of 1st semester

Cumulative Review II

■ MRA 400 | Unit/16 Hours

The core curriculum of the first four semesters of study, including TCM Theory, TCM Herbology, TCM Acupuncture and Western Medicine will be systematically reviewed in order to strengthen and solidify the students' understanding and mastery of the material. The objective of this course is to help students develop good study skills, strong test-taking skills, and to learn to maintain a controlled pace in studying the curriculum. The course is designed to assimilate the coursework covered during the first two years and to prepare students for the second cumulative examination.

Prerequisite: Completion of 3rd semester

Cumulative Review III

■ MRA 600 | Unit/16 Hours

The core curriculum of the first six semesters of study, including TCM Theory, TCM Herbology, TCM Acupuncture, TCM Clinical Medicine, and Western Medicine will be systematically reviewed in order to strengthen and solidify the students' understanding and mastery of the material. The objective of this course is to help students develop good study skills, strong test-taking skills, and to learn to maintain a controlled pace in studying the curriculum. The course is designed to assimilate the coursework covered during the first three years and to prepare students for the third cumulative examination.

Prerequisite: Completion of 5th semester

Final Review

■ MRA 800 | 3 Units/48 Hours

This course is designed to prepare students for the final cumulative exam and to assimilate the coursework covered during the complete four years of study. This course provides a solid foundation and study guide for preparing for the California State Board licensing (CALE), and national certification (NCCAOM) examinations. Key TCM concepts, study methodology, analysis and integrative skills will be emphasized. Upon completion of this course, students will be primed and prepared for the final cumulative exam, the California State Board and the NCCAOM examinations.

Prerequisite: Completion of 7th semester and successfully passing the Assessment Exam



**PETER
YANG**
PROFESSOR

“Our students are very clear about their career in TCM. They are already equipped with a strong motivation in their learning. As a teacher, I'm greatly motivated by the enthusiasm of my students. It's an honor to teach at Five Branches.”