

New Curriculum

Credits and Hours by Department

Traditional Medicine Theory Department total: 39 Credits/585 hours

TM100 History and Foundations of Eastern Medicine (3)

This course presents a rich and fascinating history that brings to life the subject of Eastern Medicine. Students come to understand that they are a link in the unbroken chain of this healing tradition. They will travel through medical history guided by the classical texts. Students will survey each key concept in the field to acquire an overview of the subject that they will immerse themselves in over the next three years.

TM111 TCM Theory I (3)

The basic theory of Oriental Traditional Medicine is to describe the relationship of Yin and Yang, Five Phases, Physiological Functions of Solid and Hollow Internal organs (Zang-Fu theory), the formation and function of Qi, Blood, body fluids and the nature of human beings according to eastern medicine. This course covers the basic theory for the different aspects of Traditional Oriental Medicine.

TM112 TCM Theory II (3)

TCM Theory II continues our comprehensive study of the basic theories of Chinese medicine. It is the Eastern School's position that only after deeply understanding the basic theories of Chinese medicine can the student effectively progress towards more advanced concepts such as those presented in subsequent theory and acupuncture courses. Moreover, without a firm Chinese medical conceptual framework for contextualizing later material on diagnosis and treatment, the student is less equipped to understand principles of clinical techniques such as acupuncture, moxibustion, tui na, Qi Gong, and dietary therapy. This includes having a broad context in which to understand other authentic experiential or text-based styles within the larger family of East Asian medicine, such as Japanese meridian therapy. As such, the basic theory courses comprise the cognitive spine on which students will build a firm and flexible frame of understanding—one that will endure throughout their careers as practitioners of East Asian medicine.

TM113 TCM Theory III (3)

TCM Theory III continues our comprehensive study of the basic theories of Chinese medicine. It is the Eastern School's position that only after deeply understanding the basic theories of Chinese medicine can the student effectively progress towards more advanced concepts such as those presented in subsequent theory and acupuncture courses. Moreover, without a firm Chinese medical conceptual framework for contextualizing later material on diagnosis and treatment, the student is less equipped to understand principles of clinical techniques such as acupuncture, moxibustion, tui na, Qi Gong, and dietary therapy. This includes having a broad context in which to understand other authentic experiential or text-based styles within the larger family of East Asian medicine, such as Japanese meridian therapy. As such, the

basic theory courses comprise the cognitive spine on which students will build a firm and flexible frame of understanding—one that will endure throughout their careers as practitioners of East Asian medicine.

TM120 Chinese Medical Classics (3)

This is a course focusing on the classical texts of Chinese medicine as a means by which students can synthesize the information and expertise they have been acquiring in their studies. Students will explore the teachings of the *Su Wen* and the *Ling Shu* of the *Nei Jing*, the *Nan Jing*, and the *Zhen Jiu Da Cheng*. Class discussions will examine the theories, ethics, and treatment strategies in these teachings. In addition, students will be exposed to the influence of the *Nei Jing* in other traditions of Oriental medicine. This course requires the students to research existing studies and compare and analyze the modern research with the classical textual wisdom. The research paper that is required is a reflection of an application of its efficacy and impact. This course provides a critical analysis of classical texts and is the basis for developing innovative techniques and treatment strategies.

The *Huang Di Nei Jing Su Wen* and *Ling Shu* are the consensus premier seminal works of Chinese medicine. The diagnostic systems, treatment principles, and treatment protocols introduced in these two books are fundamental to TCM, and form the foundation of all subsequent classical and modern texts of Chinese medicine. An introduction to the *Su Wen* and *Ling Shu* deepens our understanding of Chinese medicine's history, theory, and practice, and allows for a more deliberate practice of the medicine. In addition, The *Huang Di Bashiyi Nan Jing* will be explored as arguably one of the most important texts on the fundamentals of theory and the practice of acupuncture as well as the acupuncture classic, the *Zhen Jiu Da Cheng*.

TM211 TCM Diagnostic Principles I (3)

This course provides students with an in-depth study of the four (4) traditional pillars of Oriental diagnosis, including observation, auscultation & olfaction, inquiry, and palpation. Students will learn signs and symptoms of various disorders, tongue diagnosis, pulse, meridian, and other palpation techniques.

TM212 TCM Diagnostic Principles II (3)

This course provides students with in-depth study of the manifestation, etiology, pathology, as well as herbal and acupuncture treatment of common Zang fu organ patterns and complicated Zang fu organ patterns.

This course provides students with the Oriental Medicine diagnosis methods according to internal organs (Zang fu). Eight Principle/Five Phase Treatment Strategy is the practical synthesis of the diagnostic techniques, TCM pattern identification and point location skills which will culminate in applying effective clinical protocols in a successful acupuncture practice.

This class also provides historical, theoretical and practical overview of classical acupuncture theory as presented in the *Huang Di Nei Jing* and *Nan Jing* culminating in an interpretation of classical point selection according to these disciplines. Eight Principal/Five Phase Treatment Strategy seeks to promote an understanding of acupoint energetics in a historical context in order to lay the foundation for appropriate point selection and optimal treatment.

TM220 Survey of OM Systems (3)

This is a course focusing on the diversity of forms of Eastern Medicine. Studied in this course is Japanese Meridian Therapy (Ikeda sensei and Shudo Denmai lineages), Korean Sasang and SaAm acupuncture

theories and treatments, Worsley Classical Five Element Acupuncture, and Classical Chinese Medicine principles and theories. There will be a focus on the introduction to Kiiko Style Japanese acupuncture.

TM221 Japanese Kiiko Style I (3)

This course includes a review of the basic concepts of Kiiko Style Japanese Acupuncture and theories, contrasting and comparing them with TCM. Students will be also be introduced to the special tools and techniques of this style of acupuncture, including the use of diodes, pachi pachi, thread moxa, ion pumping cords and triple bypass cords. Most importantly, students will learn and practice fundamentals of hara evaluation and basic point combinations used to release disease reflection areas of the hara.

TM222 Japanese Kiiko Style II (3)

Kiiko Style II continues the first class, including basic hare review, points prescription for different diseases supported by hands on practice. This class encourages students to analyze what they have read Vol 1 and 2 and formulate clinical strategies to begin the transition to 3rd year student clinic.

TM310 Treatment of Diseases-OM I (3)

Treatment of Diseases OM I is the first in the three course series on the clinical practice of Eastern Medicine. Diseases will be studied from the dual perspective of both biomedicine and Chinese medicine. The emphasis of this series is on the practice of Eastern Medicine. A major goal of this series is on developing the cognitive skills to integrate both biomedical and Chinese medical concepts. The student will develop the ability to analyze a given medical condition from both perspectives. A central component to the series is the cultivation of self-directed learning skills in the students. The diseases focused on in this class are gynecology and andrology.

TM311 Treatment of Diseases-OM II (3)

Treatment of Diseases OM II is the second of the three course series on the clinical practice of Eastern Medicine. Diseases will be studied from the dual perspective of both biomedicine and Chinese medicine. The emphasis of this series is on the practice of Eastern Medicine. A major goal of this series is on developing the cognitive skills to integrate both biomedical and Chinese medical concepts. The student will develop the ability to analyze a given medical condition from both perspectives. A central component to the series is the cultivation of self-directed learning skills in the students. The diseases focused on in this class are pediatrics and geriatrics.

TM312 Treatment of Diseases-OM III (3)

Treatment of Diseases OM III is the third of the three course series on the clinical practice of Eastern Medicine. Diseases will be studied from the dual perspective of both biomedicine and Chinese medicine. The emphasis of this series is on the practice of Eastern Medicine. A major goal of this series is on developing the cognitive skills to integrate both biomedical and Chinese medical concepts. The student will develop the ability to analyze a given medical condition from both perspectives. A central component to the series is the cultivation of self-directed learning skills in the students. The diseases focused on in this class are mental diseases and dermatology.

Acupuncture Department: 27 credits/405 hours

AC100 Meridian Theory (3)

This course studies the basic concepts of Meridian Theory: The distribution of channels, branches, and collaterals in the human body, including their physiological functions, pathological changes and inter-relationships with all internal organs. Topics covered are: The formation of the channel and collateral theory; the distribution of the channel and collateral system: 12 channels, 8 extra channels, 15 collateral, the internal branches of the 12 channels, 12 tendon channels, and 12 superficial channels with their connections; the origin and the end of the channels and collaterals; the physiological function of channels and collaterals; the clinical application of the channel and collateral theory. The basics are also covered in Meridian pathologies, treatment protocols for common conditions, orthopedic disorders from a meridian perspective, and a study of the eight extraordinary meridians.

AC110 Acupuncture Channels & Points I (3)

This course provides students with a detailed study of point locations and primary channel pathways in relation to anatomical regions, nerves, bones, muscles, tendons, ligaments, and vessels, with an emphasis on channel and collateral theory and treatment. Meridians covered in this course are the Lung, Large Intestine, Stomach, Spleen, and Heart meridians.

AC120 Acupuncture Channels & Points II (3)

This course provides students with a detailed study of point locations and primary channel pathways in relation to anatomical regions, nerves, bones, muscles, tendons, ligaments, and vessels, with an emphasis on channel and collateral theory and treatment. Meridians covered in this course include the Small Intestine, Urinary Bladder, Kidney, Pericardium, and San Jiao meridians.

AC130 Acupuncture Channels & Points III (3)

This course provides students with a detailed study of point locations and primary channel pathways in relation to anatomical regions, nerves, bones, muscles, tendons, ligaments, and vessels, with an emphasis on channel and collateral theory and treatment. Meridians covered in this course are the Gall Bladder and Liver meridians. In addition, the eight extraordinary meridians will be discussed in this class.

AC210 Clinical Techniques I (3)

Basic Needling techniques are presented using demonstration and active participation by the students. Cautions and contraindications to needling are reviewed. Exercises are practiced to develop and to improve needle techniques. Students proceed from inanimate object needling to common and difficult acupuncture point needling. Students progress from less sensitive points to more sensitive and difficult points. At completion of the course, students are able to demonstrate free Hand Needling and Guide Tube Needling on common and difficult acupuncture points. Techniques/Methods to obtain the Qi, “De Qi”, and to direct Qi. Students learn and demonstrate Clean Needle Technique (CNT) whenever needling and be familiar with OSHA and CNT standards presented in the Introduction to Acupuncture Technique class.

AC220 Clinical Techniques II (3)

In this class, students needle the most sensitive points, practice needle threading, through-and-through needling, and dermal stimulation (including pellets, press needles, etc.). Students learn specialized acupuncture techniques such as electro-acupuncture, and combine needling with moxibustion. Students practice scalp acupuncture needling. More advanced methods for redirecting the qi in the channels (supplementing and draining) are practiced such as generating heat or cold. In addition, students will be introduced to alternate forms of acupuncture styles.

AC290 Clinical Point Selection (3)

This course guides students in the clinical skill of how to select acupuncture treatment points and combinations to treat various diseases and conditions in adherence to traditional Chinese medicine principles. Various point protocols located in the CAM text will be introduced and discussed.

AC310 Clinical Point Selection II (3)

This course further teaches students how to select points and combinations to treat various diseases and conditions in adherence to traditional Chinese medicine and modern Acupuncture Theories.

AC320 Treatment of Orthopedic Disorders (3)

This course applies the diagnostic skills learned in Orthopedic and Neurological Evaluation to the treatment of such disorders with East Asian medicine. In addition this course presents: review of, and practice in, acupuncture channels; pathways and point location; introduction to, and practice of, TCM and Sports Medicine; development of Motor Point theory; and increased palpatory skills of anatomical structures.

Western Medicine: 39 credits/585 hours

WM100 Medical Terminology (3)

This course provides students with a study of western medical terminology and nomenclature, including word origin and structure through the introduction of prefixes, suffixes, root words, plurals, abbreviations and symbols, surgical procedures, diagnostic procedures and medical specialties. This course will increase the ability of the student to access an extensive range of medical literature and to correspond with health care professionals as well as integrate biomedical terms into a TCM perspective.

WM110 Anatomy & Physiology I (3)

The A & P series comprehensively provides students with a presentation of the human muscular-skeletal system and physiology. A & P I comprehensively presents the human muscular---skeletal system. While the entire system is covered, particular emphasis is placed on internal areas to avoid when needling and external landmarks that guide the location of acupuncture points. This course provides the most important foundation for all subsequent acupuncture point location courses, orthopedic and neurological evaluation and treatment courses, needling courses and more.

WM120 Anatomy & Physiology II (3)

The A & P series comprehensively provides students with a presentation of the human muscular-skeletal system and physiology. A & P II presents the anatomy and physiology of the integumentary, urinary, digestive, respiratory, cardiovascular, lymphatic, and reproductive systems. While the entire systems are covered, a particular emphasis is placed on internal areas that are may be dangerous in needling and

external landmarks that can guide the location of acupuncture points. Also emphasized are the relationships between different organs in the human body.

WM130 Anatomy & Physiology III (3)

The A & P series comprehensively provides students with a presentation of the human muscular-skeletal system and physiology. A & P III presents the development, structure, and function of the human nervous and endocrine system. While the entire systems are covered, a particular emphasis is placed on internal areas that are may be dangerous in needling and external landmarks that can guide the location of acupuncture points. Also emphasized are the relationships between different organs in the human body.

WM140 Biochemistry & Western Nutrition (3)

This course is designed to provide an overview of the biological determinants of nutrient requirements and the assessment of nutrient status in individuals. Diseases associated with nutrients as well as those prevented by nutrients will be discussed.

WM210 Pathophysiology I (3)

This course is designed to provide students with an introduction to pathology, microbiology, inflammation, infection, immunity and immunology, non-neoplastic and neoplastic proliferations. This course provides a study of cellular adaptation to disease, environmental factors in disease, inflammation, and neoplasia.

WM220 Pathophysiology II (3)

This course continues the discussion in regards to pathology, microbiology, inflammation, infection, immunity and immunology, non-neoplastic and neoplastic proliferations. This course provides a study of cellular adaptation to disease, environmental factors in disease, inflammation, and neoplasia.

WM310 Western Clinical Medicine I (3)

The Internal Medicine series is designed to relate to the corresponding A & P and pathophysiology classes and cover the biomedical diagnostic methods and treatments for the areas covered in the class.

WM320 Western Clinical Medicine II (3)

The Internal Medicine series is designed to relate to the corresponding A & P and pathophysiology classes and cover the biomedical diagnostic methods and treatments for the areas covered in the class.

WM330 Western Clinical Medicine III (3)

The Internal Medicine series is designed to relate to the corresponding A & P and pathophysiology classes and cover the biomedical diagnostic methods and treatments for the areas covered in the class.

WM340 Western Diagnostics & Pharmacology (3)

This course is designed to help students develop basic skills in reading and interpreting medical images (X-ray, CT scan, MRI, etc.) and ordering, reading, and interpreting common Western medical diagnostic tests with respect to scope of practice. Western medical red flags will also be emphasized in this course. The pharmacology module provides students with an overview of the basic pharmacological principles,

terminology, and the use of drug reference tools. These concepts are applied to help the student understand the potential complications drugs can have on the application of the treatment process. Current information on drug-herb interactions will be discussed and a discussion on the application of the ADME (Absorption/Distribution/Metabolism/Elimination) protocol will be emphasized.

WM350 Orthopedic & Neurological Evaluation (3)

This course is designed in two parts: 1.The learning of neurological examinations; 2.The study of the biomechanics of the human body. Students learn the basics of dermatome testing, muscle testing, deep tendon reflexes, etc. Students will also study biomechanics, which is a study of the body in terms of mechanical structure and the analysis of body motion and posture. This will enhance students' ability to understand proper body movement and the nature of physical injuries.

WM360 Western Physical Exam (3)

This course provides students with a study of western physical diagnostic processes, emphasizing three clinical skills: history taking, physical examination, and logical thinking. Students will be able to utilize these skills clinically and know when to refer patients to other healthcare professionals.

Miscellaneous: 17.66 credits/264.9 hours

EBW110 Tai Ji (2)

This is an introductory course in the Chinese System of movement and meditation of Tai Chi Chuan (Taijiquan); to maintain good health and longevity by promoting the free flow of Qi.

EBW120 Qi Gong (2)

Qi Gong is a set of exercises combining motion with meditation and breathing to train and nourish energy. The techniques and movements learned in this class will encourage the smooth flow of qi, which will allow for the cultivation of the mind-body-spirit connection. With practice, students will achieve insights to holistic self-healing and will be able to recommend appropriate qi gong exercises to patients to enhance their healing therapies.

EBW130 Tui-Na I (2)

Tui-na is a massotherapy (massage) to treat diseases and traumatic injuries. In this course, there will be a brief discussion of Chinese Massotherapy and the basic principles of Massotherapy; which deals with Yin, Yang, Qi, Blood and internal organs. There will be a discussion introducing diseases involving the internal organs and their treatment by Tui-Na. Also, the special physical examination of the vertebrae, hip joint, upper and lower extremities will be taught in this course.

EBW140 Tui-Na II (2)

This course teaches hands-on techniques implementing combinations of acupressure, acupoint identification, and soft tissue massage. The student learns to prevent and treat disease by applying manual methods to remove obstructions in the meridian pathways by promoting an increase of vital energy or qi and blood circulation; reducing slight displacement of joints and healing soft tissue injuries; adjusting the functions of the internal organs and nerve regulation; improving joint mobility; and flushing cellular

tissue. The sports tui na techniques are practiced under supervision, applying moderate to deep pressure, or pressure suitable to client sensitivity to assist in the healing process. Pediatric Tui-Na will also be introduced.

BEC110 Medical Ethics & Counseling (3)

There are certain ethical points to be considered in the business management within the Oriental Medical field. In this course, there will be lectures, readings and discussions of ethics, jurisprudence and current issues that confront the modern health practitioner. The issues of compensation and money as it relates to service and ethics will also be discussed. Due to the range of status of the acupuncturist from primary care provider to technician depending on the state of residence, ethics will be discussed covering all of these. This course provides students with knowledge of the laws and regulations of the New Jersey Acupuncture Examining Board and other government agencies with regard medical ethics and these will be in detail.

BEC120 Practice Management & Medical Billing (3)

This course provides students with many factors contributing to the successful management of clinical practice in the Oriental Medical field. ESATM recognizes that students should achieve a satisfactory return on the time, money, and energy invested in their education. To achieve this end, students must be introduced to good business skills and ethical business behaviors. Important factors to be considered are: skills and abilities of the acupuncture practitioner, practice plan (business plan), concentration of energy and resources, reputation and image, financial foundation, office location, fee schedule, operations, insurance, patient care, personnel and advertisement. In this course, these topics, including the laws and regulations of the New Jersey Acupuncture Examining Board and other governmental agencies, will be discussed in detail. For the Medical Billing module, ESATM recognizes and respects that students should realize a return on the time, money and energy invested in their education. For any service to persist, medicine included, there must be mutual benefit for the parties involved. In most cases, patients must receive health and well-being from their relationship with the practitioner. In addition to the satisfaction of a job well done, in most cases the practitioner must receive money. Money is the most common medium for the exchange of our values and energy, thus the student must practice good business and more importantly, ethical behavior. This hands-on module gives students a comprehensive view of the various office management, record keeping, insurance billing, and bookkeeping systems related to an acupuncture practice.

MSC 110 Medical Research Principles (2)

As the interface between Western medicine and TCM grows larger, so does the need for research on the effectiveness of and appropriate use of TCM in numerous health problems. Therefore, one of the things that is missing is a training program that will teach TCM practitioners how to conduct high-quality, multidisciplinary clinical research in Chinese medicine. This course provides an overview on the purpose, standards, and methodologies in conducting research related to our field.

MSC120 Comprehensive Exam Review (.66)

This 10-hour course reviews the materials covered on the Comprehensive exams and answers student's questions in regards to testing procedures and advantageous studying strategies. A focus will be on the development of positive studying and preparation habits that students can use to prepare for their board exams.

MSC210 Integrative Medicine (1)

This course will introduce students to a survey of the clinical practice of multiple modalities of medicine and be introduced to the practices of other health care practitioners, including: osteopathy, chiropractic, homeopathy, naturopathy, reflexology, biofeedback, hypnotherapy, polarity, hydrotherapy, and other natural healing modalities.