



**EASTERN SCHOOL OF ACUPUNCTURE
AND TRADITIONAL MEDICINE**

www.easternschool.com

427 Bloomfield Avenue, Suite 301

Montclair, New Jersey 07042-3551

Admissions Phone: 973-746-8717

Fax: 973-746-8714

Email: info@easternschool.com

Student Clinic: 973-746-2848



ACCREDITATION

Eastern School of Acupuncture and Traditional Medicine is institutionally accredited by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM), which is the recognized accrediting agency for freestanding institutions and colleges of acupuncture or Oriental medicine that offer such programs. ACAOM is located at 14502 Greenview Drive, Suite 300B, Laurel, MD 20708; phone 301/313-0855; fax 301/313-0912.

The Acupuncture program of Eastern School of Acupuncture and Traditional Medicine is programmatically accredited by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM), which is the recognized accrediting agency for programs preparing acupuncture and Oriental medicine practitioners. ACAOM is located at 14502 Greenview Drive, Suite 300B, Laurel, MD 20708; phone 301/313-0855; fax 301/313-0912.

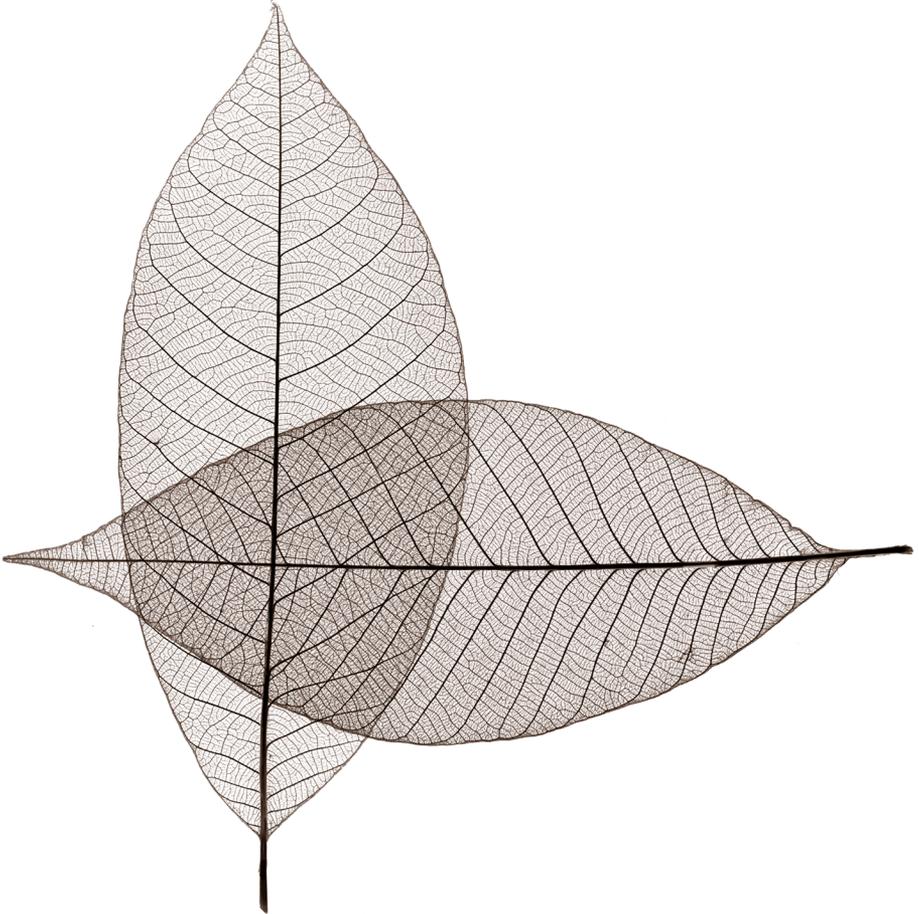


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Our Mission

*T*he purpose of the Eastern School of Acupuncture and Traditional Medicine is to offer professional training, education and services in acupuncture, Oriental Medicine, and traditional healing modalities that enhance the health and well being of the greater community.



INTRODUCTION

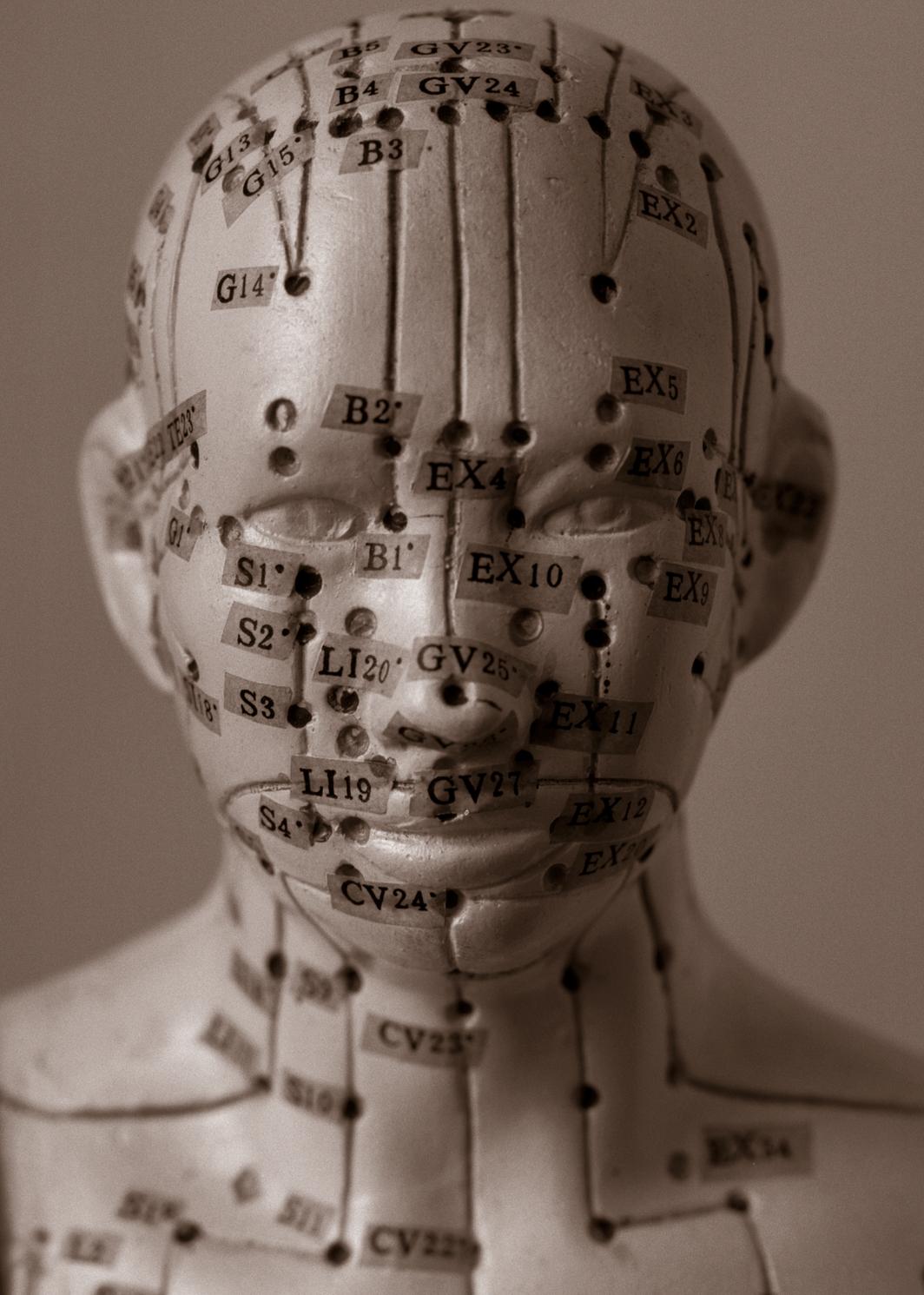
The Eastern School of Acupuncture and Traditional Medicine is New Jersey's first school of acupuncture. Founded in 1997, it is approved by the New Jersey State Department of Education and is accredited by ACAOM.* Graduates receive a Diploma in Acupuncture and are qualified to sit for the NCCAOM national board exam, a prerequisite for state licensure.

The Eastern School is located in the scenic township of Montclair. Its central location, near major highways gives it easy access not only for New Jersey residents, but those living in Pennsylvania, Connecticut and New York as well.

The Student Body

The student body is diverse in all aspects. The Eastern School students are interested in pursuing the fastest growing health profession in the United States. Many are pursuing career changes, while others are health professionals seeking to expand and enhance their existing practices.

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Educational Excellence

The Eastern School is committed to maintaining the highest standards of educational excellence. Diversity and new ideas are always sought with the intent of harmoniously utilizing modern educational techniques along with traditional methods that have been used to train acupuncturists for millennia. The School's priority is educating highly qualified acupuncturists, capable of working in clinics, hospitals and private practices. Class size is kept to a minimum to insure individual attention, in which give and take between students and instructors is encouraged and a supportive learning experience fostered.

Faculty consists of instructors and practitioners with only the highest qualifications and experience. The school's faculty members come from diverse backgrounds in the field of acupuncture and are committed to treating students with professionalism and compassion.

Educational Objectives

Graduates of the Eastern School will be able to:

- Deliver competent, compassionate care to patients.
- Gain licensure in the State of New Jersey, New York, and Pennsylvania and certification from the NCCAOM and CCAOM (Clean Needle Technique Course).
- Understand relevant legal and professional issues that impact their future profession.
- Refer patients to appropriate health care providers when indicated.
- Establish successful private practices.
- Work successfully in hospitals and western based health care systems.



Students will be able to demonstrate knowledge and understanding of:

Yin/Yang; the Five Elements; the zang-fu; qi, blood and fluids; the Eight Principles; the meridian system (including regular meridians, extraordinary vessels and internal pathways); the Four Exams; indications and contra-indications for the use of needling, moxibustion and cupping; professional ethics; biomedical terminology and pathology; the laws governing the practice of acupuncture in the State of New Jersey, New York, Pennsylvania and other pertinent public policies.

Students will be able to apply the above knowledge as well as treatment strategies

based on various traditions with specific focus on TCM, Japanese, and Five Element styles.

The Thematic Curriculum

The Eastern School's unique curriculum is organized thematically. Modern research has shown that adult learners absorb information best through hands-on learning activities. Thus, what students learn in theory classes is reinforced in clinical work and again in independent projects. This creates links that aid students in retaining theoretical knowledge and in understanding its practical application.

The core curriculum of the Eastern School includes a thorough grounding in the principles of Anatomy, Physiology, Pathology, as well as the fundamentals of Oriental Medicine including Meridian Pathways, Point Location, and Pulse and Tongue Diagnosis. The educational objectives of the Eastern School also reflect the belief that the best practitioners are often those who have a working knowledge in several different acupuncture modalities. To that end, the core curriculum also includes exposure to various schools of thought such as TCM, Japanese, and Five Element theories. Elective courses are also offered to allow students the opportunity to further explore their individual interests and strengths.



The school is committed to serving as a forum for new and different approaches to acupuncture and to furthering the education of its own faculty. One way that it achieves these objectives is by inviting internationally known master practitioners to share the insights they have gained from their many years of experience.



wood

The theory of the five elements is essentially a study of the movement of energy as it expresses in our bodies and in our universe. These elements – wood, fire, earth, metal and water – are associated, with various qualities that correspond with such phenomena as seasons, foods, directions and internal organs.

Wood symbolizes energy that expands in all directions and is associated with the emergence of all things. It corresponds to the Liver (Yin) and Gall Bladder (Yang).



Length of Programs

Acupuncture Program

The three-year program is designed to address the needs of working adults. Classes meet one afternoon/evening per week and on various weekends, averaging three full weekends a month. Spring and Fall incoming classes are available.

Clinic internship begins in the summer before the third year. Internship is 12 months long and students typically attend clinic 1 ½ days per week. The entire course of study is three years and requires 2500 hours to complete.

Students should be able to complete all course work, independent projects, and clinic hours in order to graduate and attain a Diploma in Acupuncture within the three-year time frame. A student who has not completed the requirements in any course or who takes time off from the program has 4 ½ years to complete the program. After 4 ½ years, any student who has not completed the program will no longer be able to continue their studies at the Eastern School.

The year one schedule for the acupuncture program is one afternoon/evening per week and most weekends for students who have completed 4 credits in Biology, 3 credits in another general bioscience such as Nutrition, Chemistry, Psychology or Physics and 8 credits in Anatomy & Physiology.

The year one schedule for acupuncture students who require some or all of the above mentioned courses will be required to attend additional evenings.

4 credits Biology-Monday 5:30-9:30

3 credits Bioscience-Monday 5:30-9:30

8 credits A & P-Wednesdays 5:30-9:30

The goal of the program is to provide the highest standard of acupuncture education. The program also provides an educational foundation in the western biosciences, which will assist the acupuncturist as a healthcare professional.

ADMISSIONS

Eligibility Requirements

Applicants to the Eastern School are required to have at least 60 college credits and must submit official transcripts from the institution(s) of higher learning that they attended along with copies of professional licenses, if applicable. If students intend to practice in the state of New Jersey, a Bachelor's Degree is required before taking the New Jersey state exam.

All applicants must attend an interview with the Academic Dean after all admissions documents and fees have been received. Applicants will be notified in writing of their admission status. Accepted students applications are valid for two consecutive semesters.

Admissions Procedure

Students applying for admission to the Eastern School Acupuncture program are required to submit:

- A completed Application for Admission form.
- Official transcripts from all higher educational institutions attended.
- Letters of recommendation from three individuals who can attest to the applicant's ability to complete the program, healthcare practitioners, professors or employers. All individuals must include full contact information on letters.
- A narrative 2 – 4 page essay describing the applicant's interest in becoming an acupuncturist.
- A non-refundable application fee of \$50.

Certificate in Traditional Herbal Medicine Program

Eligibility Requirements

The Herbology Program will be a 2 year program open to:

- 3rd year students in the Clinical internship portion of the Acupuncture program
- Students from any master's degree or master's level acupuncture program
- Currently licensed or certified acupuncturists

For more information about the Herbal Program and admission procedure, please contact the Director of Admissions.



Transfer Students

The Eastern School will accept only those transfer credits from other professional programs it judges to be equivalent to its program. In addition, a course grade of “C” or higher is required for credits to be accepted.

At least 1.5 full years of the program must be completed at the Eastern School.

Students who intend to transfer from equivalent professional programs in acupuncture must fulfill several requirements additional to those listed above. They are required to:

- Submit official transcripts from the equivalent professional program they attended so that prior learning can be assessed and appropriate transfer credits awarded.
- Attend an interview with the Eastern School Academic Dean.

Foreign Students

Foreign educated students must fulfill the following requirements in order to enroll at the Eastern School:

- Applicants with foreign college credits must have the degree translated by a reputable foreign credentials assistance agency and found to be equivalent of a minimum of 60 college credits and the 4 credit biology prerequisite requirement.
- World Education Service, Inc., Bowling Green Station, PO Box 5087, New York, NY 10274-5087 Tel: 212-966-6311. Website: <http://www.wes.org/>
- Foreign students who have not graduated from a school in the US must satisfy a score of 500 or better on the TOEFL iBT, including the speaking section, on the written exam, or a score of 80 or better on the internet exam.
- The Eastern School does not provide student visas.

Requirements for Graduation – Acupuncture Program

To qualify for graduation, students must:

- Complete all courses and projects required for the program.
- Maintain a grade of 70 or higher
- Have met all financial obligations to the school including payment of outstanding tuition and fees.



Library

The library at the Eastern School of Acupuncture is a valuable resource for students, faculty and the public. The library maintains books on Oriental Medicine, Western Medicine and other healing modalities.

Professional journals, videos, a computer for word processing and internet access are also available.



Student Clinic

The Eastern School takes its position as the first acupuncture school in New Jersey seriously. One part of the Eastern

School's commitment is to serve the community by providing a low cost student clinic that is open to the public. The clinic also provides third year students with invaluable learning opportunities. Under the guidance of the school's licensed clinic supervisors, students treat a diverse population and a wide variety of disorders.

Continuing Education

The Eastern School offers Continuing Education classes and seminars that are open to licensed acupuncturists as well as current students.

Community Education

Courses, such as Tai Chi or Qi Gong, are open to the general public.



FINANCIAL INFORMATION

Financial Aid

The Eastern School realizes that educational costs are an important consideration when furthering your education. Financial assistance programs and financing options are offered to students who need to supplement their own resources to meet costs.

The Eastern School participates in the US Education Department's Title IV Student Loan program and the NJ Class Loan program. Students are encouraged to apply online at www.fafsa.ed.gov and www.besaa.org. Additionally, the Eastern School also offers extended payment plans. For additional information, please visit our web site at www.easternschool.com.

Installment Plan

Students may apply for a monthly installment plan. There is an initial fee and nominal monthly administrative fee added for this service.

Refund Policy & Reimbursement

In the event of withdrawal or termination by the school, a refund will be a pro-rated portion of the tuition based upon the last day of attendance. The Academic Dean must be notified in writing within five business days of the student's intended withdrawal date.

POLICIES

The Eastern School of Acupuncture and Traditional Medicine reserves the right to make changes to the policies, procedures, fees, schedule or any other provisions, subject to accreditation requirements and state and federal laws and regulations.

This catalog does not represent a contract between the prospective student and the Eastern School of Acupuncture and Traditional Medicine.

Absences

Students are expected to attend all required classes. Frequent or prolonged absences may impact on final grades and missing more than 15% of class hours of any course may result in a course failure.

In unusual circumstance, at the discretion of the instructor and with the approval of the Academic Dean, the number of absences may exceed the stated limit without affecting the final grade. Unusual circumstances may be defined as a non-repeated event caused by illness, death in the immediate family, jury duty or any unforeseen personal or family emergency. Documentation may be required.

Missed Classwork or Exams

Students are responsible for making up any class work missed due to absence within each term. Students must submit a makeup form for missed classes. The form will be forwarded to the instructor, who will decide an appropriate course of action. It is then approved by an administrator and put into student file. Whenever possible, students should make up missed classes by attending the same course offered at an alternate time.

Tardiness

Students are expected to be on time for class and stay until the end of the scheduled class period. Excessive tardiness (i.e., more than 3 classes in a semester) and/or excessive absences may result in disciplinary action. Excessive tardiness/leaving early will be counted as unexcused absences. Students who arrive for class later than 15 minutes after class has begun or leave 15 minutes prior to the end of class will be required to sign in/sign out with the instructor and document their time of arrival/departure. Students will be required to make up class hours and work due to tardiness/leaving early.



Administrative Suspension

Eastern School students are expected to behave in an ethical and professional manner at all times. All cases of academic dishonesty will be handled by the School's Judicial process and can result in penalties that may include dismissal from the program.

The student disciplinary procedure is outlined in the Student Handbook. Please contact the Admissions Director if you have any specific questions in regards to the policy and procedures.

Grading System & Incomplete Grades

Eastern school students' grades are based on examination scores, student written evaluations, grades given to Independent Study Projects and evaluations of knowledge, skills and professional behavior by instructors and supervisors.

<i>95-100%</i>	<i>A</i>	<i>GPA 4.0</i>	<i>77-79%</i>	<i>C+</i>	<i>GPA 2.3</i>
<i>90-94%</i>	<i>A-</i>	<i>GPA 3.7</i>	<i>74-76%</i>	<i>C</i>	<i>GPA 2.0</i>
<i>87-89%</i>	<i>B+</i>	<i>GPA 3.3</i>	<i>70-73%</i>	<i>C-</i>	<i>GPA 1.7</i>
<i>84-86%</i>	<i>B</i>	<i>GPA 3.0</i>	<i><69</i>	<i>F</i>	<i>GPA 0.0</i>
<i>80-83%</i>	<i>B-</i>	<i>GPA 2.7</i>	<i>Incomplete</i>		<i>INC</i>

Students must maintain an average of 70% on all course work and an overall semester GPA of 3.0 to remain in good standing. If students fail to achieve an academic level of a GPA of 3.0 for any given semester, they will be placed on academic probation. If the student remains on academic probation for more than two consecutive semesters they may be removed from the program.

An INCOMPLETE grade will be given to students who have not completed course work due to unusual circumstances, such as illness or an unforeseen personal or family emergency. Documentation may be required. Students graded INCOMPLETE are expected to notify the Instructor and complete the required work within two weeks. If the incomplete work is not completed by that date, the grade will be changed from INCOMPLETE to FAIL. Extensions may be granted with the approval of the Instructor or Academic Dean. Students' grades will be based on quizzes, tests, mid-terms, finals, Independent study projects, clinical evaluations and professional behavior. Students will be placed on the Dean's list for all GPA's of 3.7 - 4.0 on a per semester basis.



fire

Fire represents energy that is fully grown or expanded. It corresponds to the Heart (Yin), Small intestine (Yang), Pericardium (Yin) and Triple warmer (Yang).



Grievance procedures

The Student Grievance Procedure is available to any Eastern School of Acupuncture and Traditional Medicine student who seeks to resolve any grievance involving an alleged violation directly affecting that student, by any member of the Eastern School community while acting in an official capacity (e.g. faculty member, administrator, staff member), of any of the written policies of the Eastern School of which the student is enrolled.

All tracking and recording of all student complaints and grievances is the responsibility of the CEO and will be kept in confidential files located in the CEO's office. The student grievance policy is outlined in the Student Handbook. Please contact the Admissions Director if you have any specific questions in regards to the policy and procedures.

If any student is not satisfied that the Eastern School has adhered to its policy or been fair in its handling of the complaint, the student may contact the Commission.

The contact information of the Commission is as follows:

Accreditation Commission for Acupuncture and Oriental Medicine ("ACAOM" of "Commission"), 14502 Greenview Drive, Suite 300B, Laurel, MD 20708; phone 301/313-0855; fax 301/313-0912.

Dress Code

Students are required to dress appropriately during school activities. Students must be prepared with loose fitting shorts and T-shirts for all practical coursework. If a student attends class without the required clothing, he/she may wear a gown provided by the school.

Any student who does not comply with the dress code will be asked to leave the class for the day, and will be marked absent for the class. The Instructor will fill out an "Area of Concern" form. This form will be forwarded, by the Instructor, to the School Director and the Academic Dean, and will become part of the student's permanent record.

Code of Conduct

The Eastern School places great value on behavior that is compassionate, considerate and professional. It enhances the learning environment and forms an important foundation for the preparation of future practitioners.

The following are unacceptable and will not be tolerated:

- All forms of bias based matters of race, ethnicity, gender, creed, disability or national origin as demonstrated through verbal and written communication and physical acts.
- Sexual harassment including hostile environment and quid pro quo (forcing an individual to perform sexual favors in return for something).
- All types of dishonesty including cheating, plagiarism, knowingly furnishing false information to the institution and forgery, alteration or use of institution documents of identification with the intent to defraud.
- Intentional disruption or obstruction of teaching, research, administration, disciplinary proceedings, public meetings and programs or other school activities.
- Physical abuse of any person on school premises or at functions sponsored or supervised by the school.
- Theft or damage to the school premises or damage to the property of a member of the school community on the school premises.
- Failure to comply with directions of institutional officials acting in the performance of their duties.
- Violations of the law on school premises in a way that affects the school community's pursuit of its proper educational objectives. This includes, but is not limited to, the use of alcoholic beverages and/or controlled dangerous substances on school premises.

Standards Of Conduct

Students enrolled at the Eastern School assume an obligation to conduct themselves in a manner compatible with the mission and function of the college as an institution of higher education, and as persons training to become practicing health care professionals. To this end, students are expected to honor the Code of Conduct contained in the Student Handbook. Violations of the Code of Conduct may result in disciplinary action and dismissal from the program, as outlined in the Student Handbook.

ACUPUNCTURE PROGRAM



Days of Attendance – Acupuncture Program

Courses are one afternoon/evening per week in addition to weekends from 9:00 am to 5:00pm. The weekend courses vary and average three weekends per month. Clinical internship is a year round flexible schedule with a limited amount of weekend courses.

Year-by-year Course Outlines

Year 1HoursCredits

1. Oriental Theory A [OTA].....	75 hours5.0 credits
2. Point Location/Oriental Practical A [PLA]	106 hours3.5 credits
2. Theory Five element [T5E].....	45 hours3.0 credits
4. Survey in Japanese Acupuncture A [JAA].....	45 hours3.0 credits
5. Oriental Bodywork [TNA].....	30 hours1.0 credits
6. Clinical Observation Off Site [CO1]	20 hours0.67 credits
7. Clinical Observation On Site [CO2]	20 hours0.67 credits
8. Grand Rounds Observation [GRA]	25 hours1.2 credits
9. Enrichment Seminars A [ER]	22.5 hours1.5 credits
10. Palpatory Anatomy for Acupuncturists [PAA]	60 hours2.0 credits
11. Structural Assessment for Acupuncturists A [SAA]	30 hours1.0 credits
12. Current Western Med Rationale for Acupuncture [CWR]	7.5 hours0.5 credits
13. Psychology and Physiology of Stress [PPS].....	15 hours1.0 credits
14. Anatomy Intensive for Point Location Prep [AIP].....	15 hours0.5 credits
15. Practice Management A [PMA].....	15 hours1.0 credits
16. Ethics and Counseling A [ECA]	15 hours1.0 credits
17. Intro to Literacy [IL]	2.0 hours0.13 credits
18. Tongue and Pulse[TP].....	15 hours0.5 credits
19. Medical Terminology[MT]	15 hours1.0 credits
20. Tai Chi[TC]/QiGong[QG]	18 hours0.6 credits
21. Paradigms[PD]	7.5 hours0.25 credits
22. History [HS]	7.5 hours0.5 credits
23. Nutrition[NU]	15 hours1.0 credits
24. Herbal Concepts[HC]	15 hours1.0 credits
25. Human Biology[HB]	60 hours4.0 credits
26. Anatomy & Physiology[AP]	120 hours8.0 credits
27. Bioscience[BS]	40 hours3.0 credits
28. Personal Treatments [TXA].....	10 hours0.3 credits
29. Independent Study Project [PRA].....	90 hours2.0 credits

Total Hours – 961.0 hours.....Total Credits – 48.82 credits

Year 2HoursCredits

1. Oriental Theory B [OTB]	105 hours	7.0 credits
2. Clinical Skills A [CSA]	105 hours	3.5 credits
3. Theory Five element [T5E]	30 hours	2.0 credits
4. Survey in Japanese Acupuncture B [JAB]	37.5 hours	2.5 credits
5. Clinical Assistantship A [CA]	30 hours	1.0 credits
6. Clinical Assistantship B [CA2]	30 hours	1.0 credits
7. Oriental Bodywork [TNB]	30 hours	1.0 credits
8. Grand Rounds Observation [GRB]	37.5 hours	1.25 credits
9. Auricular [AU]	18.75 hours	1.25 credits
10. Orthopedics [OR]	18.75 hours	1.25 credits
11. Intro To Research [IR]	7.5 hours	0.5 credits
12. Tai Chi [TC/Qi Gong [QG]	9.0 hours	0.3 credits
13. Enrichment Seminars B [ER]	22.5 hours	1.5 credits
14. Pathophysiology [PA]	75 hours	5.0 credits
15. Practice Management B [PMB]	15 hours	1.0 credits
16. Ethics and Counseling B [ECB]	15 hours	1.0 credits
17. Biomedical Clinical Process [BCP]	22.5 hours	1.5 credits
18. Structural Assessment for Acupuncturists B [SAB]	15 hours	0.5 credits
19. Personal Treatments [TXB]	10 hours	0.3 credits
20. Independent Study Project [PRB]	90 hours	2.0 credits

Total Hours – 724 hoursTotal Credits – 35.35 credits

Year 3HoursCredits

1. Clinical Skills B [CSB]	60 hours	2.0 credits
2. Clinical Internship A [CI1]	275 hours	9.17 credits
3. Clinical Internship B [CI2]	275 hours	9.17 credits
4. Gynecology/Andrology [GY]/[AD]	22.5 hours	1.5 credits
5. Medical Pharmacology [MP]	22.5 hours	1.5 credits
6. Supplementary Meridian Systems [SMS]	15 hours	1.0 credits
7. Practice Management C [PMC]	15 hours	1.0 credits
8. Ethics and Counseling C [ECC]	15 hours	1.0 credits
9. Personal Treatments [TXC]	10 hours	0.3 credits
10. Clinic Research Project [PRC]	105 hours	3.5 credits

Total Hours – 815 hours.....Total Credits – 30.14 credits

Total Hours for Program as of 3/22/12Total Hours 2500 hours

Total Credits 114.31 credits

Course Descriptions for Acupuncture Program

Oriental Theory A [OTA] This course provides an overview of the history of acupuncture in China and its place in the modern world. The basic theoretical concepts of Chinese Medicine are covered, including: Yin and Yang, Qi, Blood, Fluids, the Zang Fu, The Five Elements, primary channels and vessels, Luo, divergent, eight extra meridians, and Oriental pathophysiology. Students are also introduced to the eight principles and the four exams.

Oriental Theory B [OTB] Oriental pathophysiology and diagnostic techniques, as well as differentiation of organ patterns and indications of acupuncture points, are discussed in detail. Students utilize Oriental theory to explore different traditions in acupuncture, and are exposed at length to Traditional Chinese Medicine, the traditions of Five Elements and Japanese, as well as other styles of acupuncture. Western diseases and their treatment by the various traditions of acupuncture are covered.

Survey in Japanese Acupuncture A [JAA] The course includes a review of the basic concepts and theories, contrasting and comparing them to TCM. Students will also be introduced to the special tools and techniques of this style of acupuncture, including use of diodes, pachi pachi, thread moxa, ion pumping cords and triple bypass cords. Students will also learn and practice the fundamentals of hara evaluation and basic point combinations used to release tender areas of the hara.

Survey in Japanese Acupuncture B [JAB] This is a continuation of the Year 1, Survey in Japanese Acupuncture A course. The focus is on the process of how to choose which points to use in treatment. Students will practice treatment by needling each other and practice direct moxa and use of special equipment.

Theory Five Element [T5E] The weekend portion of the Oriental Theory A course is designed to provide students with an in depth study portion of the main Oriental Theory A curriculum. Specifically, this portion of OTA will cover the Five Element style. Students will learn the basic Five Elements and the corresponding organ system theory and pathology. The basic Laws of mother Child/ Midday/Midnight will be explored as well as the basic Five element Diagnosis. In year 2, students will deepen the Basis of Five Element Diagnosis (CSOE), treatment strategies and planning.

Point Location/Oriental Practical A [PLA] Students begin their clinical internship by practicing acupuncture skills on each other. Students are taught the locations of acupuncture points and meridian pathways and given the opportunity to practice point location on one another. Theoretical concepts of Chinese Medicine are reinforced, and the basics of diagnosis, treatment techniques, and other acupuncture skills are introduced. To maximize its effectiveness, this course corresponds thematically with the theoretical concepts covered in “Oriental Theory A”.

Clinical Skills A [CSA] Students continue their clinical work using each other as models. Classes are coordinated thematically with “Oriental Theory B.” This course provides students with the opportunity to apply the theoretical concepts they have learned, to expand their skills in point location, needling and diagnostic techniques; and to increase their competency at conducting the four exams. Cases are discussed, and the processes of intake, evaluating patients, selecting treatment strategies and determining treatment plans prepare students for the clinical experience. Clean needle techniques are practiced, sterilization techniques are taught, and the use of universal precautions is emphasized. Students also have opportunities to practice Oriental modalities such as Tui Na, cupping, moxibustion, gua sha, and electro-acupuncture.

Clinical Skills B [CSB] Students refine their skills in acupuncture and other Oriental medical modalities through practical clinical internship experience. This course provides ongoing reinforcement of point location, needling and diagnostic techniques, treatment strategies and planning.

Oriental Bodywork [TNA, TNB] Oriental bodywork is an integral part of the Chinese healing arts. Based in Oriental theory, the use of this practical technique will reinforce students’ integration of theory and knowledge of meridian pathways.

Clinical Observation [COA, COB] Students are required to fulfill a specified number of hours observing a licensed acupuncturist in his/her practice. They will experience how an acupuncture practice is organized and observe treatments being given.

Personal Treatments [TXA, TXB, TXC] Students are required to experience ten personal acupuncture treatments per year. Five of the treatments must be by a licensed practitioner, and the other five must be received at the school’s student clinic.



earth

Earth is a harmonizing and stabilizing energy that revolves around its own axis and corresponds to the Spleen (Yin) and Stomach (Yang).



Personal Treatments [TXA, TXB, TXC] Students are required to experience ten personal acupuncture treatments per year. Five of the treatments must be by a licensed practitioner, and the other five must be received at the school's student clinic.

Independent Study Project [PRA, PRB] Each semester students will be assigned independent study projects appropriate for their academic level. These projects afford the student an opportunity to explore in greater detail topics of interest to them while deepening their understanding of Acupuncture and Oriental Medicine. It allows them to research and reflect how they wish to develop as a practitioner.

Practice Management [PMA, PMB, PMC] Students will explore the business, legal and ethical issues involved in the practice of acupuncture. Students will advance their individual career goals by engaging in discussions, exercises and research designed to build the knowledge and refine the skills of a successful health care practitioner.

Ethics and Counseling [ECA, ECB, ECC] Students will examine the difference between the professional/therapeutic relationship and the personal/social relationship. This will include a review of the contract between the patient and practitioner required by the state in terms of confidentiality as well as therapeutic boundary issues, interviewing techniques and communication skills. Case studies and referral issues will be integrated throughout the course.

Grand Rounds Observation [GRA, GRB] Senior acupuncture clinicians will conduct grand rounds during which they will explain their processes for evaluating and treating patients. This course is designed to expand the students' knowledge of acupuncture and its various traditions, and to encourage the students to develop individual styles of practice.

Clinical Observation (CO1/CO2) By observing Third Year Interns and Supervisors actively working with patients, students in their first year of study become familiar with the procedures and policies of the Eastern School Clinic, as well as become more familiar with a variety of clinical skills.

Clinical Assistantship (CA1/CA2) As student's progress in their classroom theoretical and clinical skills instruction, they begin to play a more active role in the School Clinic developing the ability to participate in the treatment of patients in preparation for becoming an Intern in their third year.

Clinical Internship [CI] Students, in their third year of study, treat patients in a clinical setting supervised by licensed acupuncturists. They will take medical histories, examine, and assess patients, and carry out treatments determined to be appropriate with the guidance of a supervisor. Externships at local area hospitals are also available.

Research Project [PRC] This course will introduce good clinical practice and how to involve and develop a clinical research team. It prepares the student to design the protocol to conduct clinical trials. Students completing this class will learn how to review literature, collect and analyze data, and write a clinical paper for publishing.

Palpatory Anatomy for Acupuncturists [PAA] This course is designed to help the beginning student become better skilled in the art of touch. Through movement, imagery, massage instruction, group project work, clay building of musculature and hands-on palpation, students integrate their knowledge of the body's bony structure, soft tissue, acupoints, meridians, channels and acupuncture theory.

Current Western Medical Rationale for Acupuncture [CWR] With the growing awareness of acupuncture and the increased interaction of acupuncturists with Western trained healthcare professionals, it is increasingly important for acupuncturists to have a working familiarity with Western Medicine's most current understanding of the mechanism of acupuncture's proven benefits. Recent accepted scientific studies will be utilized as the foundation for this class.

Psychology and Physiology of Stress [PPS] With many experts estimating that at least 80% of disorders are either generated by stress or include stress as a major causative factor, it is important for acupuncturists to be familiar with the physiological impact that stress has on the various organs and systems of the body. Also explored will be simple, effective stress management practices that students' can use for themselves or for their future patients.

Anatomy Intensive for Point Location Preparation [AIP] Designed for students who have little or no background in Anatomy, this course will facilitate point location by providing students with a familiarity with both the language of anatomical location and a fundamental understanding of important bony and soft tissue markers used in point location texts.

Pathophysiology [PA] Designed for the acupuncture clinical experience, this course focuses on the common diseases and disorders which are presented to acupuncturists in the clinical setting. Both Western diagnosis and treatment will be discussed.

Biomedical Clinical Process [BCP] An introduction to Western medical terminology and diagnosis. Students gain an understanding of how to assess patients from a Western biomedical perspective. Assessment techniques, such as, history taking, palpation, percussion, auscultation and interpretation of laboratory tests are discussed.

Structural Assessment [SAA] Designed to aid the acupuncturist in the assessment of structural imbalances and the determination of their possible contribution to presenting disorders. Students will examine the fundamental structure and alignment of the spine and pelvic girdle and learn how misalignments contribute to acute and chronic pain of the back, hips, neck and shoulders.

Structural Assessment B [SAB] A continuation of the exploration of structure in the disease process. Students will learn how to assess gait and range of motion of all major joints. Also covered will be how internal organic problems may at times reflect as structural imbalances.

Medical Pharmacology [MP] A discussion of the general benefits and possible harmful effects of prescription drugs, as well as an introduction to commonly prescribed drugs, their specific mechanisms of action, common side effects, and drug interactions. Students will learn how to use the Physicians' Desk Reference to research drug indications, side effects, and interactions.

Qi Gong [QG] This course teaches the practice of the five animal frolics formulated by Dr. Huato. Each of the animal forms builds healing energy relating to a particular organ system. It develops and directs the Qi through breathing and moving exercises.

Tai Chi [TC] Students will learn body and energy awareness through the practice of Yang style Tai Chi Chuan. This course will teach students the theory and history behind the form. Participation in the class will provide students a way to achieve relaxation and develop deep breathing techniques.

Gynecology/Andrology [GY/AD] This course deals with the etiology, pathology, pattern differentiation, and treatment strategies of commonly encountered gynecological and andrological diseases. Students will learn the clinical management of these diseases and how to integrate acupuncture into the patient's care.

Tongue and Pulse [TP] This class will teach the student the basics of observing the tongue and palpation of the pulse. Students will learn how to describe and interpret their findings and utilize these elements into pattern differentiation and diagnosis.

Nutrition [NU] This course introduces theories in traditional Chinese medicine dietary therapy and macrobiotics. Foods have properties and functions within the body creating health and healing through balance. Food combinations and recipes are discussed in relation to the seasons, patterns of disharmony, general well-being and disease prevention.

Paradigms [PD] Multiple styles of acupuncture are taught to the student. Each has its own strengths and weaknesses. Paradigms of acupuncture shows the student how to compare and contrast each style of acupuncture and teaches them how to decide on the best method to utilize for each treatment.

Medical Terminology [MT] Integral to health care is an understanding of medical terminology. This course is designed to give students exposure to the most common terms used in medicine. It emphasizes the prefix, suffix, and root of the various word combinations students will encounter in practice.

History [H] The history of acupuncture is diverse based on each style studied. This course focuses on the history of Traditional Chinese Medicine, Japanese (Kiiko) Acupuncture, and Worsley 5-element style. Students will be able to compare and contrast each system and learn the lineage of each style's evolution.

Supplementary Meridian Systems [SMS] Most modern texts go into great detail on the treatment of disease using the 12 Main Channels of Acupuncture and two of the 8 Extraordinary Vessels. The Classics describe 6 categories of Channels and Collaterals, which make a total of 71 Pathways. This class expands the understanding of these pathways and how to use them in the treatment of a variety of conditions.

Orthopedic [OR] Pain and structural dysfunction still make up the largest part of an acupuncturist's practice. This class will go beyond some of the classical ideas of painful obstruction. It will include more modern tools of assessment and treatment of pain and dysfunction in a variety of orthopedic conditions of back, neck, shoulder, hip pain etc. It will include use concepts of Trigger Points and a neuroanatomical understanding of acupuncture to enhance traditional approaches.

Auricular [AU] This course gives the student extensive instruction in clinical application of auricular acupuncture. French and Chinese theoretical schools of auricular acupuncture and their respective ear maps will be compared and contrast. It will teach students how to utilize these points in clinical application and treatment formulas.

CPR Students entering their 3rd year of study at the Eastern School of Acupuncture must have a current CPR card from the American Heart Association or American Red Cross only (online courses will not be accepted).

RESEARCH OPPORTUNITIES AT EASTERN SCHOOL OF ACUPUNCTURE

The third year of studies culminates with a class research project involving human subjects from our student intern clinic. Students will work with an academic advisor on a study of their choice. Students will be involved in study design, recruitment of subjects, data collection and writing and publishing a research paper with the submission and approval from Eastern Schools Institutional Review Board (IRB),

Eastern Schools IRB:

The Eastern School of Acupuncture & Traditional Medicine Institutional Review Board is responsible for the review of all human subjects research conducted by the Eastern School Student Intern Clinic or by Principal Investigators. The IRB seeks to create a collaborative relationship with the research community to assure that research with human subjects is conducted in accordance with legal requirements and ethical principles of Respect for Persons, Beneficence and Justice as defined in the Belmont report.* These principles require the balancing of risks to subjects against the scientific knowledge to be gained and the potential benefits to subjects and society. The IRB also focuses on the informed consent process to assure that subject participation in research is voluntary.

*The **Belmont Report** was created by the former *United States Department of Health, Education, and Welfare* (which was renamed to *Health and Human Services*) entitled "Ethical Principles and Guidelines for the Protection of Human Subjects of Research. The Belmont Report serves as a historical document and provides the moral framework for understanding regulations in the United States on the use of humans in experimental research.

IRB Mission

The Institutional Review Board (IRB) upholds the principles of the Belmont Report and guidelines for the protection of human subjects in research at the Eastern School of Acupuncture & Traditional Medicine. We are committed to safeguarding and upholding the rights and welfare of all children, adolescents and adults who volunteer to participate in research.

The administrative office of the IRB facilitates the review process of human subject studies for the IRB. We provide professional guidance and support to the research community and help researchers navigate all of their study's compliance requirements with exceptional knowledge and service.



FACULTY

Peter Angelo L.Ac., C.A.

Peter Angelo has been a faculty member at the Eastern School of Acupuncture since 2000 and currently serves at the clinical supervisor of the Eastern Schools externship at the Veterans Hospital in East Orange, NJ. A Graduate of Florida School of Massage in 1985 and of Tri-State College of Acupuncture in 1995, Peter completed a two year post graduate study of classical acupuncture styles, in addition to one year on the use of essential oils in Chinese Medicine, both with Jeffrey Yuen in 2003-2004. Peter also has been a Student/Teacher of Tai Chi Chuan and Chi Jung since 1978.

Patricia Barron, B.A. L.Ac.

Patricia Barron has studied forms of martial arts including Hung Ga kung fu and various forms of QiGong since 2001 and Yang Style Tai chi since 2004. She became involved with Traditional Chinese Medicine by receiving treatments and taking courses in Tuina Chinese Massage by her Sifu Pedro Yee which led her to the interest of Acupuncture. She graduated from the Eastern School of Acupuncture and Traditional Medicine in 2008 and is currently licensed in Acupuncture in NJ, NY and PA. Patricia has a degree in Psychology from Rutgers University and is a Social Worker. For several years, she studied the Five Animal Frolics QiGong system with Master Walter Fricke at the ESATM achieving the level of QiGong instructor.

Ken Burgess, (certified teacher)

Ken Burgess has dedicated over three decades to the practice and study of traditional martial arts. He has attained teacher certification in Karate, Kung Fu, Tai Chi and Chi Kung. In 1991, after receiving the precepts, he became a Buddhist and was given the Dharma name, Hoshu (Treasured Practice). After clearly realizing the potential healing powers of these practices, he is now committed to deepening his understanding to help others improve their physical and mental health and fulfill his vow to relieve suffering. He is currently teaching Yang Family Tai Chi under Holly Sweeney-Hillman and is working toward full certification in the 18 Luohan Chi Kung System under Sifu Sergio Arione.

Mitchel Chalek B.F.A., M.S., C.A. (NJ), L.Ac. (NY). Dipl. Of Oriental Medicine (NCCAOM)

Mitchel Chalek is currently teaching Oriental Theory and Clinical Skills at The Eastern School of Acupuncture. A graduate of Pacific College of Oriental Medicine in 1999, Mitchel is certified in Ohashiatsu, from the Ohashi Institute in 1989 and also has a BFA from New York University, in 1977. Prior to joining the Eastern Schools faculty, Mitchel taught at Pacific College of Oriental Medicine, and has a private practice in Montclair, NJ.

Jianzhong Chen, B.A., C.A., (NY, CT). Dipl. AC and O.B.T (NCCAOM)

Jianzhong Chen has been teaching Oriental Bodywork at The Eastern School of Acupuncture since 1998. Prior instructor of varying acupuncture programs at Pacific College of Oriental Medicine, Mercy College and New Center College. Jianzhong is a Diplomate of Chinese Acupuncture & Massage from Shanghai Quinjin College in China and also has a B.A. in Commercial Economics from Shanghai University of Finance and Economics. Jianzhong is a fifth generation practitioner with 40 years experience in Oriental Medicine.

Lois Denmark, M.S., C.A., (NJ), L.Ac. (NY), Dipl. Oriental Medicine (NCCAOM). Bach Foundation Registered Practitioner (Utilizing Bach Flower Essences)

Lois Denmark is currently teaching core curriculum courses for both the Acupuncture and Traditional Herbal Medicine programs at The Eastern School of Acupuncture. Lois graduated with a MS from the Pacific College of Oriental Medicine in 1999. In addition Lois holds a Diploma in Acupuncture from PIOM-NY as well as a B.A from Montclair State College.



metal

Metal symbolizes energy that moves inward and concentrates. It is associated with the Lung (Yin) and Large intestine (Yang).



Leslie DiCola, B.S., L.Ac.

Leslie DiCola is a graduate of the Eastern School of Acupuncture and Traditional Medicine. She has a full time acupuncture practice in her hometown of Chester, New Jersey. She is a clinic supervisor, teacher, and administrator at Eastern School. She practices and teaches Kiiko Matusmoto-style acupuncture. She has been a dedicated student of Kiiko's for eight years. Leslie is also a student of Jeffrey Yuen and has completed studies in herbal medicine, gems and stones medicine and dietary therapy. Her current studies with Jeffrey include patent herbs and essential oils. Leslie holds a BS in biology from Montclair State University and has completed 60 post baccalaureate credits in education. Leslie is a naturalist and has enjoyed employment with NJ Audubon Society, the USDA Forest Service and NJ Department of Parks and Recreation. Six years with the program, part time Instructor and Clinic Dean.

Jihong Ding, M.B/B.S., C.A., L.Ac., Dipl. Of Oriental Medicine

Jihong Ding is a Clinical Supervisor and teaches Clinical Skills courses at The Eastern School of Acupuncture. Jihong has a Medical Degree from Anhui College of Traditional Chinese Medicine, China, 1987, and practiced in China from 1987-1995. An author of various books and articles on Tai Chi, Qigong, Eastern Nutrition and Oriental Medicine, Jihong is also Master of Tai chi Chuan and Tai Chi Sword, having won numerous medals and championships in both events. Jihong has been practicing acupuncture in the United States since 1996 and specializes in Gynecological, Neuromuscular, Psychological Disorders and Pain Syndromes.

Robin Lustig, MS, DC, LAc, CNS, DCBCN

Robin Lustig currently teaches Structural Assessment and Anatomy at the Eastern School of Acupuncture. Robin received her DC at New York Chiropractic College in 1986 and her MS degree in Clinical Nutrition from Bridgeport University in 1998. Robin is a graduate of the Eastern School. Robin also holds degrees in Naturopathy, Sports Medicine and is a Certified Nutrition Specialist. She is also Diplomate of the Board of Chiropractic Nutrition. She currently practices in Lodi and Wayne, New Jersey; specializing in Nutrition and Herbolgy, Sports and Rehabilitation, and Applied Kinesiology.

Sheila Mason, M.S.W., M.A., C.A., (NJ, PA). Dipl. Ac., (NCCAOM)

Sheila Mason currently teaches core curriculum courses at The Eastern School of Acupuncture. Sheila received her Diplomate in Acupuncture from Tri-State Institute of Traditional Chinese Acupuncture in NY, as well as receiving her B.A. in 1986 from the University of Illinois and her M.S.W., from George Williams College Chicago, Illinois. Sheila is a T'ai Chi Chuan Instructor at the Teanek Education Community Center and a faculty member at The Swedish Institute.

Michael O'Neill, B.A., M.B.A., L.Ac.

Starting in his early 20's and continuing into his late 40's, Michael practiced martial arts. In the late 70's he dislocated his shoulder multiple times and eventually had surgery. After the surgery, he went to a physical therapist who was also a massage therapist. The massage therapy did more for his shoulder than the physical therapy did. He continued martial arts and began to study massage on his own. In 1995, he attended massage school to become a massage therapist. He began his massage practice part time and decided to study acupuncture.

He graduated The Eastern School of Acupuncture in March 2008. Micheal specializes in Japanese acupuncture as practiced by Kiiko Matsumoto. While going to acupuncture school, he also became Level II certified in the Myoskeletal Alignment Technique, a form of body work, as taught by Eric Dalton which further compliments Kiiko's style.

Jeremy Steiner, B.A., L.Ac.

Jeremy graduated from Rider University in 2001, where he earned his Bachelor's degree in Communications. He then went on to further his studies at the Eastern School of Acupuncture and Traditional Medicine, where he obtained his diploma of Acupuncture in 2007. Here he was trained in Traditional Chinese Medical Acupuncture, Five Element Acupuncture and Japanese Style Acupuncture. He also has certification in Five Animal Frolics and Pangushengong Medical Chigong. He was national Board Certified in Acupuncture in 2007, by the national Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), as well as being state licensed

continued next page

Jeremy Steiner, B.A., L.Ac. continued

in Pennsylvania and New Jersey since 2007. He has extensive training and experience working with Master Kiiko Matsumoto, possibly one of the most influential acupuncturists in the last one thousand years. Jeremy has a very busy clinic in Manasquan, NJ, where he has treated between 40 to 60 patients per week for the last 5 years. Currently, Jeremy teaches courses in Japanese Acupuncture, and supervises student interns at the Eastern School of Acupuncture and Traditional Medicine. He implements a holistic approach to health and strongly believes in the power of self-healing to achieve long term constitutional improvements in health.

Michael A. Taromina, J.D.

Michael Taromina currently teaches Ethics and Management courses at The Eastern School of Acupuncture. Michael holds a B.A. from Fordham University and received his J.D. from The City University of New York Law School. He has an extensive background representing practitioners, institutions, organizations and students in the acupuncture and Oriental Medicine field and is presently serving as a member of the Review and Disciplinary Committee for NCCAOM. Michael has designed and taught programs in health law, ethics, professional liability, and practice management while serving on the faculty at Touro College, Pacific College of Oriental Medicine, Tri-State College of Acupuncture and New York College of Health Professions. Michael has also been a guest lecturer at Mount Sinai Hospital, New York University, the Building Bridges of Integration for Tradition Chinese Medicine Conference, AOM Alliance Annual Conference, Cardozo School of Law, Brooklyn University, Hostos Community College, and Strathmore College, Africa.

Shiaomei Weingarten, B.A., M.S., Lic. Ac. (NY, CT, PA), C.A. (NJ), Dipl. Ac. (NCCAOM)

Shiaomei Weingarten currently teaches Survey in Japanese Acupuncture and is a clinic supervisor at The Eastern School of Acupuncture. A graduate of the Eastern School, Shiaomei holds a B.A. in Oriental Languages from Fu Jen Catholic University, Taipei, Taiwan and a M.S. in Hotel and Food Service Management from the School of Hospitality Management, Florida International University, Florida. Shiaomei has postgraduate studies in Advanced Japanese Treatment (Kiiko Matsumoto Style), is certified in Reflexology by the International Institute for Reflexology, Florida and has professional training with Professor Lin Yun, leader of Tibetan Black Sect Tantric Buddhist Feng Shui.

Xin Zheng, M.Ac., OMD (China), C.A. (NJ, NY)

Xin Zheng teaches core curriculum courses at The Eastern School of Acupuncture. Xin holds a M.Ac from the China Academy of Traditional Chinese Medicine and an OMD from Beijing University of Traditional Medicine in China. A faculty member at the New York institute of Chinese Medicine, Xin also has done extensive clinical research, and has teaching experience in China, Wales and England in Internal and Neurological Diseases, with particular reference to Pain Management.

Aili Zhu, D.C., C.A., (NY, NJ) (NCCAOM)

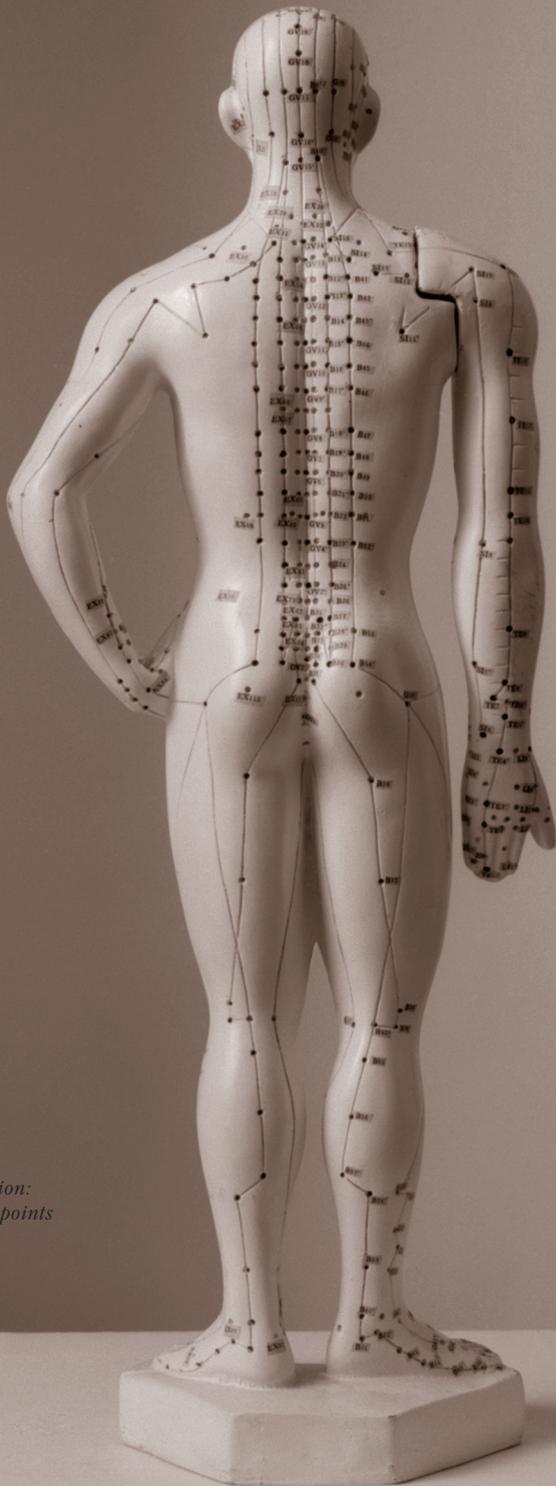
Aili Zhu is currently The Eastern School of Acupuncture's Clinic Dean as well a faculty member. A graduate of the Eastern School, Aili received her D.C at the National University of Health Sciences in Lombard, Illinois. She is also a clinical director at Northvale Acupuncture and Chiropractic and practices physical rehabilitation, nutritional counseling and Chinese Herbal Medicine.

Special Master Classes Taught By:

Kiiko Matsumoto, Lic.Ac.

Jeffrey Yuen, B.S. Dipl. Chinese Herbology





*Energy circulation:
meridians and points*

being and non-being produce each other;

difficult and easy complete each other;

long and short contrast each other;

high and low distinguish each other;

sound and voice harmonize each other;

front and back follow each other.

Lao Tzu (Lao Zi)

Yin and Yang,



The theory of Yin And Yang is a model for understanding and working with the process of change that is intrinsic to our world. Every phenomenon in the universe alternates through cycles of emergence, evolution and dissolution. The alternation of Yin And Yang is the motive force for change and development.



DIRECTIONS TO THE ADMINISTRATIVE OFFICES

The Eastern School of Acupuncture and Traditional Medicine is located at:

427 Bloomfield Avenue, Suite 301

Montclair, New Jersey 07042-3551

973-746-8717

From points north of Montclair

Garden State Parkway South to Exit 151. At the bottom of the ramp, make a right onto Watchung Avenue. Stay on Watchung Ave. to Grove Street (3rd traffic light). Turn left onto Grove Street. Continue on Grove St. to Bloomfield Avenue (5th traffic light). Turn right onto Bloomfield Avenue.

From points south of Montclair

Garden State Parkway North to Exit 148 - Bloomfield Avenue/Montclair. At bottom of ramp cross over Bloomfield Avenue and make the horseshoe turn to the left which will take you back to Bloomfield Avenue. Turn right onto Bloomfield Ave. Stay on Bloomfield Ave. through the towns of Bloomfield and Glen Ridge to Montclair. When you get to Montclair, proceed to 427 Bloomfield Avenue.

From points east of Montclair

Route 3 West to Grove Street Exit - Montclair/Paterson. At the top of the ramp, turn left. Proceed down Grove Street to Bloomfield Avenue (11th traffic light). Turn right onto Bloomfield Avenue.

From points west of Montclair

Take Route 280 East to Exit 8B - Prospect Avenue, Cedar Grove. At the bottom of the ramp turn right on Prospect Ave. Proceed North on Prospect Ave. to Bloomfield Avenue (Exxon station on left, Acura dealer on opposite corner), turn right. Stay on Bloomfield Ave. into Montclair.

MONTCLAIR: A TOWN MARKED BY DIVERSITY

The Eastern School of Acupuncture and Traditional Medicine is located in the scenic town of Montclair, New Jersey. Its name was inspired by the clear view of the island of Manhattan where even today, the New York City skyline can be seen from several vantage points.

Arriving at the base of Eagle Rock Mountain, near what is now Montclair, the Lenni Lenape Indians marveled at the vast undisturbed woodlands and the majestic eagles that soared overhead. The presence of these eagles symbolized a spiritual haven to the Lenni Lenape, who were the first settlers in this area. Today, the Eagle Rock Reservation remains a sanctuary for many species of birds.

Over the years diversity has become and remained a hallmark of Montclair. War veterans, pacifist Quakers and Lutherans settled side-by-side. Many slaves on the Underground Railroad decided to stay here rather than venturing to Boston. Irish immigrants, working on the nearby Morris Canal liked the gentle neighborhood and brought their families to settle in Montclair. Italian produce and meat vendors also followed drawn to the area by the building of the railroad and found Montclair to be a perfect hub for their businesses in the Garden State.

Today, Montclair remains a haven for diverse cultures and expressions. Museums, quality restaurants, boutiques, cafes, galleries – all within walking distance from the school's classroom and clinic – proliferate and help make Montclair the perfect location for the Eastern School, a school dedicated to the belief that “Learning to care for others begins in a caring environment.”





water

Water is energy that descends. It is the phase in which things come to maximum rest and renewal. It is associated with the Kidney (Yin) and Bladder (Yang).



NOTES

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