

*E*ASTERN
SCHOOL OF
ACUPUNCTURE
AND
TRADITIONAL
MEDICINE

Traditional Herbal Medicine Program



Traditional Herbal Medicine Program



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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.



Educational Excellence

The purpose of Eastern School of Acupuncture and Traditional Medicine is to offer professional education, training and services in acupuncture and traditional herbal medicine healing modalities that enhance the well being of the greater community.

Mission and Long-Range Plans

The development of this program will support and substantiate the school's long range plans of growth, stability and consistency as a center of Eastern medical learning and healing.

The Student Body

The student body is diverse in all aspects. The Eastern School student bodies are interested in 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.

Goals

The goal of the Eastern School of Acupuncture and Traditional Medicine is to provide its Traditional Herbal Medicine students the professional skills necessary to successfully complete the National Certification Commission for Acupuncture and Oriental Medicine examinations in Herbal medicine and to excel as competent health care providers.

Educational Objectives

Upon the completion of study, each student will be able to:

- Graduate with a certificate in Traditional Herbal Medicine
- Become qualified to sit for the NCCAOM Herbology exam in order to become a Certified Diplomat of Chinese Herbal Medicine.

Curriculum

With the understanding that herbal education consists of two main elements, didactic (instructional formulas and memorization) and clinical (the practical application of formula usage), our curriculum seamlessly merges these two educational trends. Typical of the modern western approach, our first year consists of herb and formula memorization including an in-depth study of the transition of single herb usage to formula composition. The second year concentrates on the clinical application, formula implementation and hands on herbal treatment. Found between these two levels, the student will participate in Grand Round Practitioner shifts. This offering will bridge the gap between the memorization and theory into the actual administration of herbs and formulas. During this time, the student will have the opportunity to observe and assist their herbology professors in patient care and in-depth case study analysis.

Length of Herbal Program

The 22 month continuous herbology program is designed to address the needs of working adults, recent graduates, and new practitioners. Classes meet 2 evenings per week for the first year. Clinic internship begins during the second year following the summer Grand Round Practitioner shifts. The Internship is 10 months long and students will continue to have class 1 evening per week during this time. The student will select one herbology approved clinic shift per semester in their second year based on their availability. The entire course of study is 22 months and requires 787 on campus hours to complete.

ADMISSIONS HERBAL PROGRAM

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Eligibility Requirements

The Herbology Program will be a 22 month program open to:

- 3rd year students in the Clinical internship portion of the Eastern School's Acupuncture program.

- Students from any master's degree or masters level acupuncture program.
- Currently licensed or certified acupuncturists

Admissions Procedure

For currently enrolled students:

- Completed application and \$25.00 application fee.
- Coursework average of 70% or higher.
- Coursework completed and up to date, through the end of year two of the acupuncture program.
- Must pass year two comp exams.
- Must have positive financial history with the school.

For Eastern School of Acupuncture Alumni:

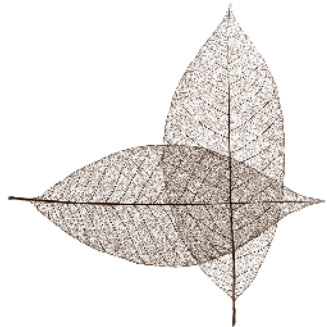
- Completed application and \$25.00 application fee.
- Current acupuncture license.

For transfer students and candidates who have not yet received licensure:

- Completed application and \$25.00 application fee.
- All transcripts from current/former academic institutions.
- An essay stating your interest in herbology.
- Interview with the Academic Dean.
- Three letters of recommendation attesting to your ability to complete the program.

For all other candidates:

- Completed application and \$25.00 application fee.
- An essay stating your interest in herbology.
- Current acupuncture license.
- Interview with the Academic Dean.



Library

The library at the Eastern School is a valuable resource for students, faculty and alumni. 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.

Clinic

The Eastern School takes seriously its position as the first acupuncture school in New Jersey. Part of its commitment is serving the community. The school has an on site low-cost clinic to help provide for the healthcare needs of the greater community.

The clinic also provides second year students with invaluable learning opportunities by treating (under the guidance of one of the school's licensed clinic supervisors) a diverse population and wide variety of disorders.

Tuition and Fees

Year 1 full tuition	\$5,000
Year 2 full tuition	\$6,500
Full 2 year tuition for 2013-2014	\$11,500
Application Fee*	\$25
Installment Payment Fee	\$125
Reinstatement Fee	\$250
Make-up Exam Fee – Written	\$25
Make-up Exam Fee – Practical	\$50
Official Transcript	\$10
Cost of Books and Supplies approximate	\$1,000

*non-refundable

Financial Aid

The Eastern School participates in the US Department of Education Title IV Student Loan program and NJ Class Loan program. Students are encouraged to apply online at www.fasfa.ed.gov and www.hesaa.org.

Installment Plan

Students may apply for a monthly installment plan which will include an initial installment fee of \$125.

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.

Absences

Students are expected to attend every class. Absences may have an impact on final grades, and more than 15% of missed class hours, of any course, may result in course failure.

In unusual circumstances, 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 include a non-repeating event caused by illness, death in the immediate family, jury duty, or an 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 make up 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.

Schedule

The schedule will be 2 weekday evenings for 4 hours each for the first year. The second year will continue with 1 regularly scheduled weekday evening class and 1 clinic internship shift per semester based on student schedule and available herbal shifts. The herbal program will run continuous over the 22 month period in an effort to be minimally disruptive to the student's schedule

Year-by-year Course Outlines

Year 1

The beginning of the herbal program will be devoted to the learning and memorization of core material.

1. History and Basic Theory of Chinese Herbal Medicine	12 hours (0.8 credits)
2. Legal and Ethical Considerations	8 hours (0.5 credits)
3. Materia Medica	128 hours (8.5 credits)
4. Safe Practice of Herbal Medicine	20 hours (1.3 credits)
5. Herbal Preparations, applications and Pao Zhi	12 hours (0.8 credits)
6. Herbal Formulas	128 hours (8.5 credits)

7. Dietary Therapy	24 hours (1.6 credits)
8. Grand Rounds/Practitioner Shift	56 hours (1.9 credits)
Total = 388.0 hours (23.9 credits)	

Year 2

This portion of the herbal program will be devoted to clinical internship integration. The student will attain a deeper level of understanding of differential diagnosis and how to apply the herbal theory in patient treatment and proper formula prescription.

1. Classical Texts	52 hours(3.5 credits)
2. Advanced Clinical Thinking	116 hours (7.7 credits)
4. Clinic Internship 1	115.5 hours (3.9 credits)
5. Clinic Internship 2	115.5 hours (3.9 credits)

Total = 399.0 (19.0 credits)

Grand Total = 787 hours (42.9 credits)

Course Descriptions

History and Basic Theory of Chinese Herbal Medicine:

We can trace the roots of Chinese Medicine back over two thousand years to the time of the Yellow Emperor when shamanistic healing rituals began to give way to healing practices based on scholarly theoretical models of cause and effect. The great thinkers of the time observed the cycles of nature and recognized that these same rhythms govern the human body. Hundreds of years later, in the 2nd and 3rd centuries, these theories evolved into empirical systems of medicine with diagnosis and treatment strategies. Following centuries saw further evolution of these theories and techniques that led to what we now call Traditional Chinese Medicine. This survey course provides the student with a basis for understanding the evolution of Chinese Medicine giving a perspective on the various medicinals that are taught in our Chinese Herbal program.

Legal and Ethical Considerations

Many states, including New Jersey, now consider the practice of herbology as within the scope of practice of a Licensed Acupuncturist who also holds a Certificate in Chinese Herbology or Oriental Medicine. The effects of these amendments to state law vary from state to state. Disclosure, privacy, communications with relative and concerned practitioners, the limits of malpractice insurance, and the rights of the patient and practitioner are all important issues for anyone working in today's field of healthcare. Learning to protect yourself and your practice while providing the best care for your patient is the objective of this course.

Materia Medica

Although the Nei Jing contains the earliest mention of medicinal uses for Chinese herbs, it was the Divine Husbandman's Classic of the Materia Medica, from the later Han Dynasty, that is considered the first catalog of the major substances used, grouping them into categories of actions and common usage. Since then, there have been several revisions, each building on previous versions with updated appraisals concerning the qualities, functions, actions, common usages, and contradictions. These efforts continue to this day with competing works that are frequently revised to reflect new ideas and attitudes, plus newly introduced herbs that have come into common usage. In this class, you will be immersed in the study of the individual herbs, their look, smell, taste, and particular properties. You will learn to distinguish similar herbs from one another and understand their appropriate uses. By the end of the class you will be able to identify over 300 hundred substances.

Safe Practices of Herbal Medicine

Herbs constitute the internal aspect of Chinese Medicine. Like food, herbs are consumed and absorbed into the tissues of your patient's body. Interactions, contraindications, and possible side effects can be complex especially for patients also taking western pharmaceuticals at the same time. It is important that every practitioner of Chinese Herbology know the precautions in order to protect their patients.

Herbal Preparations, Applications, and Pao Zhi

When preparing herbs for a decoction (Pao Zhi), consideration must be given to the properties of the various ingredients. Some must be cooked longer to extract the active components, others should be cooked for a shorter time to prevent the evaporation of the volatile oils, while others need to be crushed, wrapped, or precooked in wine, honey, ginger, or other substances to modify their innate properties rendering them appropriate for the patient's treatment. Whether the herbalist chooses to prepare the herbs themselves or instruct a pharmacist when prescribing, they must understand the methods of preparation and the appropriate circumstances in which to use them. In this class you will learn the theories and methods of preparation techniques regularly used in Chinese herbology.

Herbal Formulas

Great Chinese herbologists over the centuries have left a legacy of highly effective formulas that, to the educated eye, have recognizable styles that appear both aesthetic and elegant. Students who have acquired proficiency in Materia Medica are ready to enter into this domain where the combination of herbs equal more than their individual parts, and result in actions that neither possess alone. For ease of learning, the formulas are organized into categories similar to those of the Materia Medica. Commentaries give a historical background with descriptions of original usages together with applications for modern times. You will be taught the theories behind the structure of each formula, the traditional pairings of certain herbs, the various functions of individual ingredients, and the art of modifying formulas for individual cases.

Dietary Therapy

Many herbs fall under the category of food and are traditionally used in cooking, especially for their therapeutic values. Most foods are consumed for taste and nutritional value, but they are also recognized as having energetic qualities that can also be therapeutic. Everyone eats, so instructing our patients on the kinds of foods that will benefit their condition is effective treatment. A prescribed diet complements the prescribing of herbal formulas, and helps with prevention long after the herbal treatments are completed. In this class we explore the variety of foods that can be used therapeutically, beneficial herbs that can be consumed as foods, and how to combine them both to create healing meals that also taste good.

Practitioner Shift/Grand Rounds

This course, taught only in the summer session, is an introduction to the herbal clinic for herbal students. Working side by side with a seasoned herbologist, the student benefits from an apprentice experience of watching the intakes from an herbal perspective and the designing of herbal formulas appropriate to the patient's presentation. Eventually partaking in the building of prescriptions allows you to attain the skills needed to work as a supervised intern in the autumn clinic shifts.

Classical Texts

The great Han dynasty physician Zhang Zhong Jing, author of the Discussion on Cold Diseases, is credited with developing the theories of diagnosis, differentiation and treatment that gave birth to modern Chinese medicine. Many of the most commonly used formulas used today were created by him 1800 years ago. In the following centuries many great scholars built upon Zhang's work with the creations of new schools of medicine such as Warm Diseases, Spleen-Stomach Supplementation, and Enriching Yin Heart. The writings of these revered sages serve as inspiration for every practitioner of Chinese medicine. Through the study of selected readings of their works the student will gain a deeper understanding of the concepts and theories of health and healing in Traditional Chinese Medicine.

Advanced Clinical Thinking

This course is for the advanced student who is currently interning in the herbal clinic. In-depth discussions of specific diseases from the perspective of Chinese herbology teaches the student how to differentiate between similar patterns and to design appropriate treatments for individual patients. Case studies brought in by the teacher and students allow the student to apply theoretical knowledge to practical applications.

Clinical Herbal Internship 1 & 2

Herbal clinic gives students the opportunity to refine their herbal skills through real life experiences. Supervised clinic shifts provide ongoing reinforcement of diagnostic techniques, treatment strategies, formula selection, modification, and ongoing treatment planning. This allows the student to apply all they've learned under the guidance and support of experienced herbal clinic supervisors, preparing themselves for their own Chinese herbal healthcare practice.

DIRECTIONS TO THE ADMINISTRATIVE OFFICES

The Eastern School of Acupuncture and Traditional Medicine is located at:
427 Bloomfield Avenue, Suite 301
Montclair, New Jersey 07043-3551
Phone (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 Ave. and continue to #427. Proceed to the 3rd floor, Suite 301.

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 enter Montclair, continue to #427. Proceed to the 3rd floor, Suite 301.

From Points East of Montclair

Route 3 West to Exit Grove Street - Montclair/Paterson. At the top of the ramp, turn left. Proceed down Grove Street to Bloomfield Avenue (11th traffic light). Turn right onto Bloomfield Ave. and continue to #427. Proceed to the 3rd floor, Suite 301.

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. and enter the town of Montclair continuing to #427 Bloomfield Ave. Proceed to the 3rd floor, Suite 301.



