

*E*ASTERN  
SCHOOL OF  
ACUPUNCTURE  
AND  
TRADITIONAL  
MEDICINE

*Traditional Herbal Medicine Program*



*Traditional Herbal Medicine Program*

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**ACCREDITATION**

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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: 8941 Aztec Drive, Eden Prairie, MN 55347; Phone (952) 212-2434, Fax (952) 657-7068.



## *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 body is interested in the vastly growing profession of health care 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*

- Deepen the students' understanding of theoretical and diagnostic approaches to patient care.
- Provide students with the fundamental basis for the evaluation and appropriate selection of treatment strategies.
- Develop a functional knowledge base for the creation of appropriate herbal formula prescriptions and instruction on oriental dietary therapy.

- Provide students with the tools, resources, and platform to objectively evaluate patient progress and modify care accordingly.
- Graduate students with a Certificate in Traditional Herbal Medicine and qualify them for the NCCAOM Herbology Module.

## *Curriculum*

The Certificate in Traditional Herbal Medicine program is designed to be an immersion into the studies of herbal medicine. Like all ACAOM approved programs, it has both didactic and clinical requirements. The didactic portion of the program teaches formulas and individual herbs concurrently. Utilizing this method of instruction, students are provided the building blocks of formula creation in a way they can immediately recognize the variations amongst a category of formulas. Once students complete Materia Medica and Herbal Formulas, they are exposed to different models of herbal medicine as detailed in texts important to the development of Chinese Herbology; such as the Shang Han Lun. This area of coursework culminates with classes that evolve student thinking in a manner that systematically facilitates understanding the application of the theory via case studies and diagnostics. The clinical portion begins a third of the way into the program and is divided in two parts. The first level, as an herbal intern, is dedicated to building the student's ability to identify and understand the condition of the patient and make appropriate category recommendations. The second level of clinic is when the student has the opportunity to demonstrate proficiency and understanding through formula recommendation and modifications as the lead herbal intern. This final clinical shift is then peer reviewed in the classroom for further exploration and analysis.

## *Length of Herbal Program*

The 18.5 month continuous Certificate in Traditional Herbal Medicine program is designed to address the needs of working adults, recent graduates, and new practitioners. Didactic classes meet 1 day per week for the entire program. The Clinic internship begins 6 months into the program and is 12 months in length. Students are able to select available herbal shifts in accordance with their own schedules. The entire course of study is 766 hours (480 didactic & 286 clinical) in length.

## ADMISSIONS HERBAL PROGRAM

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### *Eligibility Requirements*

The Herbiology Program will be an 18.5 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 comprehensive exams.
- Must have positive financial history with the school.

***For Eastern School of Acupuncture Alumni:***

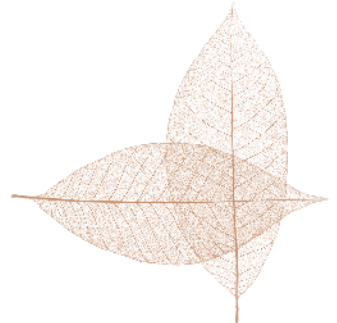
- Completed application and \$25.00 application fee.
- Current acupuncture license.

***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.
- Three letters of recommendation attesting to your ability to complete the program.
- Interview with the Academic Dean.

***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 and only 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 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*

Program Tuition (18.5 months)	\$10,350
Application Fee*	\$25
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

### *Installation Plan*

Students may pay their tuition by monthly installments.

### *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.

## *Course Outlines*

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1. Materia Medica 1-4:	120 hours (8 credits)
2. Herbal Formulas 1-4:	210 hours (14 credits)
3. Paradigms of Herbal Medicine:	30 hours (2 credits)
4. Clinical Case Study and Diagnosis 1 & 2:	120 hours (8 credits)
5. Herbal Clinic Internship 1 & 2:	286 hours (9.6 credits)
Grand Total:	766 hours (41.6 credits)

## Course Descriptions

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### *Materia Medica 1-4*

In this class, you will be immersed in the study of currently used and historic individual herbs, their look, smell, taste, and particular properties. You will learn to distinguish similar herbs from one another and understand the concepts of category grouping and their appropriate uses and contra-indications. By the end of the class you will be able to identify over 300 hundred substances and their applications. Intertwined with this study of individual herbs is a discussion on their role in nutrition and methods to incorporate these substances into a patient's dietary needs. This class will have on-going dialogue relating to current research and the ever changing landscape of the modern pharmacopeia.

### *Herbal Formulas 1-4*

Over the centuries, influential Chinese herbologists have left a legacy of highly effective formulas that remain in use in modern day. It is in this class the student learns where the combination of herbs equals more than their individual parts. These classic combinations can result in actions that neither possesses alone. In this class the student learns how to create formulas according to the hierarchy of Chief, Deputy, Assistant and Guiding Herbs. Different herb pairings and combinations are presented in the context of Formulas. The understanding of Categories, Functions, Actions and Indications and dosing is carried forward into the Study of Formulas. This course combines discussions of Herb-Drug Interactions providing guidelines and awareness to the pharmacology involved within herbal medicine. Included in this coursework, is an ongoing evaluation of pattern identification and diagnosis providing a deeper level of comprehension of the medicine and its application.

## *Paradigms of Herbal Medicine*

Greater understanding of formula application is gained through the study of major source texts such as the Shang Han Lun. This class relates major formulas to contemporary models of treatment and patient conditions. Illustrative case studies are incorporated to reinforce understanding and serve as a platform for class discussion. The presentation of this material will lead to a profound understanding of the basic historic and fundamental concepts of health and healing found in Traditional Chinese Herbal Medicine.

## *Clinical Case Study and Diagnosis 1 & 2*

This course is concurrent with the clinic internship. In-depth discussions of specific diseases, from the perspective of Chinese herbology, teach the student how to differentiate between similar patterns and to design appropriate treatments for individual patients. Case studies are presented by both faculty and students allowing the student to apply their theoretical knowledge into practical application. Students have the opportunity to practice formula prescription, modification, and design treatments individually and collaboratively. Lifestyle modifications, continuity of patient care, ethics and patient safety are included for consideration throughout class discussions and assignments.

## *Herbal Clinic Internship 1 & 2*

The herbal clinic experience gives students the opportunity to apply and refine their herbal skills in the care of their patients. Supervised clinic shifts provide ongoing reinforcement of diagnostic techniques, treatment strategies, formula selection and modification, patient safety and ongoing treatment planning. This experience allows the student to apply the knowledge gained in the classroom, through the guidance and support of veteran, herbal clinic supervisors, to prepare them for their own Chinese herbal healthcare practice.

## DIRECTIONS TO THE ADMINISTRATIVE OFFICES

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

427 Bloomfield Avenue, Suite 301

Montclair, New Jersey 07042

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.



## NOTES

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