

# The Blue Heron Academy of Healing Arts and Sciences

## Blue Heron Academy Fact Sheet

### **Holistic Health Practitioner, Part Two Asian Medicine, Acupressure, Tuina, and Medical and Practical Acupuncture - Certificate Program Eighteen Week Training Program**

#### PROGRAM CONTENT AND CERTIFICATION:

Chinese medicine is one of the oldest treatments still used today. Many of the major hospitals around the world have been combining traditional Asian medicine with conventional medicine practices. This course covers the history and philosophy of traditional Asian medicine (TAM) and the clinical applications, and treatment protocols of contemporary Asian medicine (CAM) including evidence based Chinese herbal medicine, clinical Asian bodywork, and medical/practical acupuncture.

The course Holistic Health Practitioner Part Two provides training in several Asian Medicine clinical treatment modalities including:

- Chinese Herbal Medicine
- Asian Bodywork (Tuina, Acupressure, and Shiatsu)
- Practical Acupuncture (Clean needle technique, Cupping technique, Moxa treatment)

#### Chinese Herbal Medicine

The oldest medicine book was found in China about 4000 to 5000's years ago, it is one of the oldest complete medicine books in the world. Chinese Herbal formulas are one of the most profound treatments for many internal disorders. In this course students will learn how the use of Chinese herbal formulas can treat different health conditions. Students also will learn about the Eastern theories of disease and other healing practices such as acupuncture and tuina.

#### Tuina

Tuina is one of the oldest massage techniques in the world, records found in the form of oracle bones show that tuina was used to treat digestive complaints and other illness. Today tuina is commonly used to treat inflammation and pain, and increase range of motion. In this hands-on class, students will learn Chinese massage techniques to help reduce musculoskeletal pains.

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Students will also learn how to use topical medicated liniments and ointments as first aid, therapeutic modalities such as heat, cold, and laser therapy for different conditions.

## Medical and Practical Acupuncture

Student will learn clean needle techniques, point location, and the science behind this 4000-year-old healing technique. After completing this course students will be able to treat clients with back pain, shoulder and neck problems, repetitive stress injury, headaches, anxiety, depression and stress, indigestion issues, and menstrual problems.

Upon Completion of the program students will have the following certifications:

- Asian Bodywork
- Chinese Herbal Medicine
- Practical Acupuncture

## HOW LONG IS THE PROGRAM AND HOW OFTEN DO I ATTEND CLASSES?

- Students attend classes one time per week for three hours.
- Program is 18 weeks in duration.
- Typically, students spend 8-15 hours on homework per week.

## HOLISTIC HEALTH PRACTITIONER CAREER OPTIONS:

Holistic health counseling helps others learn about and choose the foods and activities that work best for them and how to painlessly incorporate this knowledge into their existing lifestyle. Whether individuals are basically healthy and happy, or have serious health concerns, everyone can improve their condition and expand their understanding on stress management.

The Academy provides job placement assistance but does not guarantee job placement. Jobs in the holistic health care field are primarily self-employment and private practice.

## PROGRAM ENROLLMENT AND REGISTRATION:

How do I reserve my seat in class? The registration fee of \$100 will reserve your seat for the next session.

## SALLIE MAE FINANCIAL CORPORATION STUDENT TUITION LOAN

A student loan with Sallie Mae can offer the student a lower monthly payment as well as money for additional expenses.

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