



Holistic Health Care Practitioner II – Acupressure, Shiatsu, Tuina, Asian Medicine, Tai Chi Chuan, Dao Yin, Chi Kung – 16 Week Certificate Program

Asian medicine is one of the oldest health care systems still used today, 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 Asian herbal medicine, Asian bodywork systems including acupressure, shiatsu and Tuina. Also covered are Tai Chi Chuan, Dao Yin, and Chi Kung.

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

- Asian Herbal Medicine
- Asian Health Practices
- Asian Bodywork (Tuina, Acupressure, and Shiatsu)
- Chinese Exercise Systems (Tai Chi Chuan, Dao Yin, and Chi Kung)

Asian Herbal Medicine

The first Yellow Emperor, Huang Di, is said to be the author of the first classic work on Traditional Chinese Medicine (c. 2697). 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 acupressure and tuina.

Tuina

It 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. 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.

Acupressure and Shiatsu

Student will learn the methods and treatment techniques of acupressure and shiatsu, point location, and the science behind this ancient 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 – Acupressure, Shiatsu, and Tuina**
- **Asian Herbal Medicine**
- **Asian Health Practices**

Sallie Mae Financial Corp. Loan: A student loan with Sallie Mae can offer the student a lower monthly payment as well as money for books, table, insurance, and your exam.

How do I reserve my seat in class?

The registration fee of \$100 will reserve your seat for the next session.

What about textbooks?

You will purchase your text books from Blue Heron Academy the first day of class. The cost of the books, manuals and digital program materials is \$120.

What about professional membership and National Board Certification?

You will purchase your national association membership and pay for your national board certification exam 30 days or more before your graduation date. It is provided by the American Institute of Naturopathic Medicine Association and will cost \$110.00 for membership and \$175.00 for the national board exam.

Do I have to take a state licensure exam or get a license?

Acupressure, shiatsu, and tuina are exempt from the massage licensure requirement in Michigan and some other states. Check with your state to verify this. You will not be required to get a state license and you will NOT be eligible to get a state massage license.

What is the NBCA Asian Medicine and Acupressure examination?

The NBCA Asian Medicine and Acupressure examination is a national board certification exam for the Asian Medicine and bodywork profession. You will register for this exam a minimum of 4 weeks before graduation. The cost of the exam is \$175 plus national association membership.

What about any miscellaneous supplies?

For the clinical portion of your training you will be required to purchase massage oils or lotions and medicated oils and liniments. A list of these supplies will be provided to you.

Can I purchase a massage table?

We do not require students to purchase a massage table to attend class however, it is highly recommended to purchase your table as soon as possible so you can start building your practice. You will be given an application from Oak Works in which to purchase your table from. The cost of the tables ranges from \$300 to \$700.

Do I need a laptop or tablet?

We highly recommend that you bring a smart phone, tablet, or a laptop to your lecture classes and for use with the flash drive that will be provided to you on the first day of class. Many of the course materials are in a digital format.

What about employment in the field?

The Academy provides job placement assistance, but does not promise you a job in the field. Employment in holistic health care in general and acupressure/Asian Bodywork specifically is primarily self-employment and private health care practice. However, graduates may find employment opportunities in facilities that hire massage therapists.