Advanced Needling Techniques & Theory 2

I. COURSE DESCRIPTION

A. Current Catalog statement:
   “This is the second advanced practical course providing an overview of acupuncture techniques, including threading acupuncture, comprehensive reinforcing and reducing method, the acupuncture techniques in the Neijing and Nanjing, Balance method acupuncture, Master Dong’s extraordinary points (20 points), wrist and ankle acupuncture.” (AOMA 2005-2006 Catalog).

B. Pre-requisite: AT0202

C. Personal Comment:

This course will serve as a bridge between the basic theory of TCM and acupuncture and the clinical application of that theory. There will be both lectures and demonstrations. Additionally, students will have class time to practice acupuncture techniques and perform hands-on exercises.

II. COURSE LEARNING OBJECTIVES

A. Program, Departmental and Class Learning Objectives:

AOMA’s Program Learning Objectives (PLOs)
Graduates of the AOMA Master's degree program will:
1. Have the knowledge base necessary to enter the profession
2. Practice professional behaviors and values
3. Provide patient centered care
4. Incorporate evidence and experience based practices
5. Participate in collaborative patient care

Acupuncture Studies Department Learning Objectives (DLOs)
MISSION STATEMENT: The Acupuncture Department at AOMA is committed to the pursuit of excellence, integrity and quality demonstration, instruction, and supervision in Oriental medicine and acupuncture theories with their clinical practice and application.
1. Describe, identify and explain the channel system and distribution, acu-point location and their functions.
2. Explain, compare and contrast uses and contraindications, and safely perform, the basic and advanced acupuncture needling techniques and other Oriental medical treatment methods.
3. Describe, explain, analyze and evaluate Oriental medical disease, pattern diagnosis, and acupuncture and relevant Oriental medical treatment plans.
4. Formulate, integrate and apply fundamental Oriental medical theories, diagnostic techniques and assessment, syndrome differentiation, acupuncture channel and point location, point prescription, and techniques of needling and other Oriental medical treatment methods.
This class aims to accomplish the following Learning Outcomes:

**Course Learning Objectives (CLOs)**

Upon completion of this course, students will be able to:

1. List, compare, and contrast the main indications and functions of the acupuncture techniques including threading acupuncture, comprehensive reinforcing and reducing, acupuncture techniques in *Neijing* and *Nanjing*, four needling, balancing method, Dong’s 20 extraordinary points, wrist and ankle technique and four needling techniques.
2. Correctly use and assess these advanced acupuncture techniques in a clinical setting.
3. Demonstrate and practice the techniques of threading acupuncture, comprehensive reinforcing and reducing, acupuncture techniques in *Neijing* and *Nanjing*, balancing method, Dong’s 20 extraordinary points, wrist and ankle technique skillfully.

**What’s the Benefit to Me?**

Successful completion of this course will allow you to comprehensively communicate with your client on a professional basis. You will be able to apply the learning from this course to all your other coursework and continue to grow and develop as a professional. This course is vitally important.

**III. COURSE TEXTBOOKS**

A. **RECOMMENDED**


B. **Why were these textbooks selected?**

   These books are current and comprehensive. The authors are well known and a recognized expert in Chinese medicine. While all of the books contain important information for the professional, for this class you are required to read. Students should be familiar with the readings before coming to class. I encouraged students to bring questions with them from their reading for class discussion. I have found that such interaction can help deepen learning.

**IV. GRADING**

All work must be submitted to the satisfaction of the instructor in order to pass the course.

For graduate courses, the following grading scale is used:

- A – Outstanding to very good
- B – Good to average
- C – Below average

No credit is granted for courses in which students perform at a below -C level.
A. GRADING
Course Grade will be determined by:

Exams (1 & 2) 40%
Written Final Exam (Comprehensive) 40%
Practical Final Exam 20%

100%

Numerical Equivalent:

<table>
<thead>
<tr>
<th>Percent Grade</th>
<th>Letter Grade</th>
<th>Grade Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>90 – 100%</td>
<td>A Excellent to very good</td>
<td>4.0</td>
</tr>
<tr>
<td>80 – 89%</td>
<td>B Good to average</td>
<td>3.0</td>
</tr>
<tr>
<td>70 – 79%</td>
<td>C Acceptable to below average</td>
<td>2.0</td>
</tr>
<tr>
<td>69 and below</td>
<td>F Fail</td>
<td>0.0</td>
</tr>
</tbody>
</table>

B. Relationship of achieving the CLOs, DLOs and PLOs to the final grade
I have designed the course so that if you make a good grade I believe you will accomplish the CLOs, DLOs and PLOs. But in the final analysis, only you can determine the degree to which you have achieved the desired learning outcomes. I believe your accomplishment of the learning outcomes is more important than the final grade.

C. Practical Exam FORM

V. COURSE PRACTICES and POLICIES PRACTICES

A. Class Attendance, Tardiness, Leaving Early
Students are expected to be on time and prepared for the day’s lesson. Furthermore, class participation is required, as is a courteous and polite manner. Strict adherence to the Student Handbook and AOMA policies will be kept.

Attendance is mandatory. Since this is a practical course, a student may miss up to one, three-hour sessions. If a student misses more than what is permissible, regardless of the reason, the final course grade will be lowered one letter. If a student misses more than 25% of the scheduled classes, the student will be dropped from the course as of that date, and the course grade will be determined as stated in the add/drop policy.

Three tardies or early departures will be counted as an absence and will be subject to the stated attendance policies.

If a student misses an exam, the individual must make it up within 7 calendar days. Please contact the administration office to set up the date for making–up the exam and to pay the make – up fee. Please read AOMA Student Manual 2005-2006 for details.

B. Plagiarism and Cheating
Plagiarism and cheating are serious offenses of academic and public life. Blatant or intentional plagiarism occurs when a person copies a passage almost word for word without identifying the source of the words or ideas. Unintentional plagiarism occurs when a person attempts to paraphrase the words of another, but the sentence structure, sequence of ideas, and key phrases noticeably resemble the original without giving due credit to the author.
Cheating is looking at or copying unauthorized sources during an in-class quiz, test, or exam, or during a take-home exam or assignment. It may also include unauthorized submission of a paper or assignment used for another class.

The following consequences may be imposed:

Blatant Plagiarism: May mean (at the discretion of the professor) failure in the course.

Unintentional Plagiarism: May (at the discretion of the professor) result in an automatic “F” for the assignment and may require that, in order to receive credit for the course, the student repeat the assignment (without credit) using proper documentation.

Cheating: May result in an “F” for the assignment. It may also result in failure of the course and any other action deemed appropriate by the professor, division chair, and Provost.

Repeated Plagiarism or Cheating: May result in academic suspension from the academy by the Academic Council.

All incidences of plagiarism or cheating will be reported to the Academic Office.

C. Late Work Policy
In a rare emergency students can turn in assignment after the time it is due. The final grade for the assignment will be docked at least one letter grade for all late work.

No work will be accepted after the time of the final exam.

D. Communication Policy
I am here to help you learn. If you need to contact me outside of class, do not hesitate to contact me. You can leave message at 454-1188. I try to respond to as soon as possible.

E. Required Format for formal class paper(s): APA with Endnotes.
Refer to http://www.apastyle.org

F. Scholarship of Engagement Agreement
As a learning institution, AOMA engages in classroom research on the effectiveness of teaching. It is understood that all student work and grades may be anonymously used in the study of the scholarship of teaching and learning. Any student not wishing to participate in this learning endeavor should make his or her wishes known to the professor within the first two weeks of the course.

G. Shared Responsibility for Learning
Students are expected to be actively engaged with the learning process. Both instructor and students have responsibilities to be active participants in the learning that occurs.

H. Returning Papers, and Examinations
All papers will be returned. Examinations will not be returned. If there is a question the student is encouraged to make an appointment with the instructor for individual discussion.

I. Accommodation for Special Needs
If you need special accommodations because of a documented disability, whether it is a physical, sensory or learning, you must process your request with the Dean of Students.

**Contact should be made prior to the beginning of the term** (the sooner the better), to allow enough time to review the disability documentation and to arrange for any needed reasonable accommodations. If contact is not made prior to the beginning of the term accommodations may not be possible.

J. Classroom Decorum
I encourage students to be actively involved and ask questions at any time. Students have a responsibility to come prepared and be alert. Creativity is highly valued.

**VI. COURSE SEQUENCE and REQUIREMENTS**

Tentative Class Schedule:

**WEEK ONE: Class 1**

**Goals:**
Students will learn the structure of class, the course goals and objectives, as well as the grading system. Student will learn the classic 9 kinds of needling techniques from the *Neijing*.

**Objectives:**
Upon the end of class, students will be able to:
1. Understand the structure of the class
2. Understand the goals and objectives of the course
3. Understand and discuss the methods of the 9 kinds of needling techniques in the *Neijing*
4. Practice these 9 methods skillfully

**Class Sequence**
Hour 1- Introduction to the Syllabus and study demanding,
Hour 2- Introduction and demonstrations of 9 kinds of needling techniques in *Neijing* including their clinical applications;
Hour 3- Students practice all methods learnt in class under the teacher’s guiding;

**Class Assignments:**

**Assigned Reading**
CAM (1999) pg 357 – 359
Johns ( ) pg 122 – 142

**WEEK TWO: Class 2**

**Goals:**
Student will learn the 12-needling techniques in the *Neijing*.

**Objectives:**
Upon the end of class, students will be able to:
1. Understand the methods and skills of 12 needling techniques and the mechanism
2. Discuss the clinical applications of 12 needling techniques in *Neijing*
3. Practice and operate these techniques skillfully
Class Sequence
Hour 1- Introduction and demonstrations of 12 needling techniques in Neijing, including clinical applications.
Hour 2- Practice all methods learned in class.
Hour 3- Case discussion

Class Assignment:
Assigned Reading
CAM (1999) pg 359 – 360

Johns ( ) pg 122 – 142

WEEK THREE: Class 3
Goal:
Student will learn 5 needling techniques in the Neijing. Students will also learn the introduction of the needling techniques in Nanjing.

Objectives:
Upon the end of class, students will be able to:
1. Understand the techniques and methods of 5 needling techniques;
2. Discuss the clinical applications of 5 needling techniques in Neijing;
3. Practice and operate these techniques skillfully.

Class Sequence:
Hour 1- Introduction and demonstrations of 5 needling techniques in Neijing including clinical applications.
Hour 2- Practice all methods learnt in class.
Hour 3- Introduction of needling techniques in Nanjing and practice;

Class Assignment:
Assigned Reading
CAM (1999) pg 347 – 349
Johns ( ) pg 122 – 142

WEEK FOUR: Class 4
Goal:
Student will learn the comprehensive reinforcing and reducing methods.

Objectives:
Upon the end of class, students will be able to:
1. Operate a complete mountain firing and heaven cooling techniques
2. Understand the clinical applications of the mountain firing and heaven cooling techniques

Class Sequence:
Hour 1- Introduction of mountain firing and heaven cooling techniques;
Hour 2- Demonstration and discussion of mountain firing and heaven cooling techniques;
Hour 3- Practice the skills and techniques learnt in class;
**Class Assignment:**
**Assigned Reading**
Tan (1999) pg 1 – 25


**STUDY and REVIEW for Exam 1**

**WEEK FIVE: Class 5**

**Goals:**
Complete Exam 1
Student will learn Dr. Tan’s balance method.

**Objectives:**
Upon the end of class, students will be able to:
1. Understand the history, clinical applications, and advantages of Dr. Tan’s balance method
2. Discuss and apply system # 1 of Dr. Tan’s balance method

**Class Sequence**
Hour 1- Quiz one (based on contents learned class from 1 to 4)
Hour 2- Introduction of Dr. Tan’s balance method, including history, clinical applications, advantages, and System# 1.
Hour 3- Practice by given disease.

**Class Assignment:**
**Assigned Reading**
Tan (1999) pg 26 – 45


**WEEK SIX: Class 6**

**Goals:**
Student will learn the other 4 systems of Dr. Tan’s balance method, as well as their indication and application.

**Objectives:**
Upon the end of class, students will be able to:
1. Understand system # 2, # 3, # 4, and # 5 of Dr. Tan’s balance method
2. Choose the proper points in clinic in accordance with the balance therapy
3. Practice Dr. Tan’s balance method in class

**Class Sequence**
Hour 1- Introduction of System #2, #3, #4, #5 of Dr. Tan’s balances method
Hour 2- Practice the techniques and methods for all the above 4 systems
Hour 3- Case discussion

**Class Assignment:**
READING FOR THE WEEK
Read the handout for threading acupuncture, and related materials about threading acupuncture on the Internet.

WEEK SEVEN, Class 7
Goals:
Student will learn the methods and skills of the threading acupuncture and its indication and application.

Objectives:
Upon the end of class, students will be able to:
1. Understand the clinical applications of the threading acupuncture;
2. Practice the needling techniques of the threading acupuncture and apply them in their clinics.

Class Sequence
Hour 1-Introduction to the history, clinical applications and precaution of threading needling techniques.
Hour 2-Demonstration and practice of threading needling techniques on the different area of the body
Hour 3-Case discussion and students practice on their partners

Class Assignment:
Assigned Reading

STUDY REVIEW for Exam 2

WEEK EIGHT: Class 8

Goals:
Student will learn the location, indication and application of Master Tong’s extraordinary points (20 points).

Objectives:
Upon the end of class, students will be able to:
Understand the history, clinical applications of Master Tong’s extraordinary points
Discuss the locations and clinical applications of 20 points
Apply the specific needling techniques for Master Tong’s extraordinary points

Class Sequence
Hour 1- Quiz two (based on class 5-7)
Hour 2- Introduction of Master Tong’s extraordinary points
Hour 3- Practice the point location and techniques of Master Tong’s extraordinary points.

Class Assignment:
Assigned Reading
Lao (1997) pg 1 – 18
WEEK NINE: Class 9

**Goals:**
Student will learn wrist and ankle acupuncture.

**Objectives:**
Upon the end of class, students will be able to:
Be familiar with the developing history, confirm point locations, and remember indications and clinical applications of wrist and ankle acupuncture

**Class Sequence**
Hour 1- the introduction of wrists and ankle acupuncture including history, point locations, indications and clinical applications and precautions.
Hour 2- Demonstration and practice of needling technique.
Hour 3- Practice by given diseases.

**Class Assignment:**
**Assigned Reading**
Lao (1997) pg 19 – 37

WEEK TEN: Class 10

**Goals:**
Student will continue learn the wrist and ankle acupuncture, methods, mechanism and application of the four needling techniques.

**Objectives:**
Upon the end of class, students will be able to:
Apply wrist and ankle acupuncture in their clinics
Understand mechanism and clinical applications of four needling techniques and discuss the needling methods of the four needling techniques.

**Class Sequence**
Hour 1- students will practice the wrist and ankle acupuncture on their partners each other
Hour 2- Practice the methods for choosing points in accordance with four needling techniques
Hour 3- Case discussion and class practice

**Class Assignment:**
**Assigned Reading**
Review all the materials we covered in classes 1-10, and prepare for the final written test and practical test.

WEEK ELEVEN: Class 11

**Goals:**
Students will review all information learned in this term and take final examinations, including written and practical exams
Objectives:
Upon the end of class, students will be able to:
Combine all material learned in this term and have a better understanding of subject matter
Take comprehensive practical and written examinations
Familiar with different styles of questions

Class Sequence
Hour 1 – 3: Final examination (60 % of total grade)

WEEK TWELVE: Class 12

Goals:
Student will learn the Needling techniques for points need more careful needling techniques.

Objectives:
Students will be able to understand and confirm careful needling points’ locations and the local anatomy, familiar with needling techniques for

Class Sequence
Hour 1-The introduction of the anatomy of the points more careful needling, and the related safety needling techniques for them.
Hour 2-Demonstrations and practice the points need more careful needling techniques on the Head, Neck, and chest areas.
Hour 3- Practice all the points mentioned in the class.

VII. SELECT BIBLIOGRAPHY
A. Books
Tyme. Student manual on the fundamentals of traditional oriental medicine: Living Earth Enterprises.

B. Journal articles
C. Recommended Web Resources
http://www.tcm.co.uk ,
Provides information for overall Oriental medicine, some specific topics on the fundamental Chinese medicine can be found.
http://www.tcmcentral.com
Easy to use with broad information on TCM,
http://www.acupuncture.com
Provides broad information about this profession, as well as the fundamentals of Chinese medicine

http://www.orientalmedicine.com
Useful information on OM, including foundations of Chinese medicine, Taichi and Qigong

http://www.aaom.org
Provides broad information on OM, OM organizations, and continuing education and so on.