

EMPEROR'S COLLEGE
MTOM COURSE SYLLABUS
ACUPUNCTURE TECHNIQUES I

COURSE DESCRIPTION

The first of a three-course series. The Acupuncture Techniques classes teach the students the various methods and theories of Acupuncture needling, gua sha, moxabustion, electroacupuncture and cupping techniques. The skills and techniques taught emphasize those prescribed by the Laws and Regulations of the California State Acupuncture Board (CAB). Includes instruction in equipment safety and maintenance.

Students will be instructed in hygienic standards, including clean needle techniques. The clean needle technique portion of this subject shall use the "Clean Needle Technique Manual, 7th Edition (rev. January 2016), published by the Council of Colleges of Acupuncture and Oriental Medicine", which is hereby incorporated as reference. Students shall successfully complete the clean needle technique portion of the hygienic standards subject prior to performing any needling techniques on human beings.

In Acupuncture Techniques I, students will learn how to needle points with an emphasis on the proper needling depths, angles, manipulation techniques, safe needling practices and clean needle techniques through in-class demonstrations and practical assignments. This course covers the points along the Lu, LI, SP, ST, HT, SI, and UB channels.

LEARNING OBJECTIVES

Upon successful completion of this course, the student will be able to needle the points along each of the above channels with confidence and safety. The student will also be well versed in Clean Needle Technique procedures as described in the CNT manual published by the National Acupuncture Federation and described in the Laws and Regulations booklet published by the Acupuncture Board of the State of California.

COURSE PREREQUISITIES

Acupuncture Anatomy

REQUIRED TEXTS

Chinese Acupuncture and Moxibustion (CAM), Language Press, Beijing, 2010
Clean Needle Technique Manual, 4th Edition, National Acupuncture Foundation
Acupuncture: A Comprehensive Text, Shanghai College of TCM.

RECOMMENDED TEXTS

A Manual of Acupuncture, Peter Deadman, Mazin Al-Khafaji
Color Atlas of Anatomy, Johannes W. Rohen
Trail Guide to the Body, 4th ed., Andrew Biel (Includes DVD)
Physical Examination of the Spine and Extremities, Stanley Hoppenfield, M.D.

COURSE REQUIREMENTS

Out-of-Class Work

To successfully complete the program, students need to plan studying a minimum of 2 hours out-of-class for each academic in-class hour; and half an hour out-of-class for each hour of clinical training.

**Attendance In The First Class Session Is Mandatory,
In Order To Be Enrolled In This Course.**

Final Grades Are Determined On The Percentages Below:

40% Attendance & Participation
30% Midterm
30% Final

GRADING SCALE: 100-90% A, 89-80% B, 79-70% C, 69% and below F

SPECIAL NOTES

Specific points to be needed in class will be announced prior to each class session.

Responsibilities:

Clean up – Maintaining the orderliness of the classroom is a responsibility of both the teacher and the students. The tables should be cleaned off, closed up with the face cradle and put away. All pillows should be stacked neatly. Any trash should be picked up and thrown away and all belongings taken with you.

Hand Washing – Hand washing is important not only to maintain CNT, but also to clear the energy. It is a good idea to wash past the elbows to achieve this.

Recommendations:

The following recommendations will serve to deepen your understanding and solidify your practice:

Prior to each class session, **review the anatomy of the muscles and the joints**, in the area of the points to be needed each week.

Be on time !

Practice point location on two to three people per week. **Review the anatomy before every class session.**

Practice needling techniques at least once a week in the needling tutorial class.

Do not needle outside of class, (exception: OK in tutorial classes).

Give yourself permission to gain awareness of, and experience your body as you are being needled.

Tell your partner when your body tells you that a needle needs to be adjusted.

REQUIRED TO BRING TO CLASS:

- White Lab Coat
- The Travel Kit

- Must bring a toilet paper roll to the first class session. Roll must be easy to penetrate deep with a needle. (Recommended: one roll of 'Cottonelle' brand, single-ply toilet paper).
Do not bring a dense high sheet count type of roll.

- Disposable, Acupuncture Needles with Individual Guide Tubes, in the following sizes :
('Cloud and Dragon' brand required)
1.0 inch /25mm (30 gauge) 1 box
1.5 inch /40mm (30 gauge) 1 box
2.0 inch /50mm (30 gauge) 2 boxes
3.0 inch /75mm (30 gauge) 1 box

- ('Silver Star' brand recommended in addition to Cloud & Dragon brand)
1.0 inch /25mm (32 gauge) 1 box
1.0 inch /25mm (30 gauge) 1 box
1.5 inch /40mm (30 gauge) 1 box
2.0 inch /50mm (30 gauge) 2 boxes
3.0 inch /75mm (30 gauge) 1 box

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- Approved **'Sharps' container** marked "contaminated" (for used needles).
- Dry cotton balls.
- 70% alcohol in a travel bottle, (available in the student bookstore).
- Paper bag with plastic bag liner (**labeled: "Waste" or "Trash"**).
- One Pair of locking Forceps, Hemostat, or Needle Holder.
- Clean Field Papers (paper towels or tray liner).
- Gallon Ziploc bag.
- Disposable Latex Gloves.

Professionalism and Full and Prompt Attendance: To pass any course (separate from academic performance) all students must meet requirements for professionalism in coursework. Professionalism includes full and prompt attendance: Students who miss more than 2 class meetings in a 10-week course will earn an F in that course. Additionally, students who arrive more than 15 minutes to class or leave class before it ends will be marked tardy. Two tardies equal one absence. NOTE: Students who leave and return to class late from a break or leave during the class (especially if this is repeated) or who disrupt the class in other ways may be referred to the Academic Dean for professionalism.

CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)

****Attendance of the first class session is mandatory in order to be enrolled in this course****

Must bring a toilet paper roll to the first class session. Roll must be easy to penetrate deep with a needle.
Recommended: One roll of "Cottonelle" brand single-ply toilet paper.

Introduction

The Travel Kit

Demonstration: Clean needle technique

Preparation prior to acupuncture treatment

Needling methods – **In class practice** with objects and toilet paper roll. 1.5", 2.0" 3.0" needles (30 gauge).

Reading: CAM: Chapter 14, (Acupuncture Techniques);

Clean Needle Technique Manual: Chapter 6, pages 41-44 (CNT in a Travel Setting), Chapter 5, pages 27-33

CLASS TWO

Lecture

Management of possible accidents

Cautions and contraindications of needling

Demonstration

Practical needling of specific points

Reading: CAM: Chapter 14 (Acupuncture Techniques);

Clean Needle Technique Manual

CLASS THREE

Lecture

Demonstration

Practical needling of specific points

Reading: CAM: Chapter 14 (Acupuncture Techniques);

Clean Needle Technique Manual

CLASS FOUR

Lecture

Demonstration

Practical needling of specific points

Reading: CAM, Clean Needle Technique Manual

CLASS FIVE

Lecture

Demonstration

Practical needling of specific points

Reading: CAM, Clean Needle Technique Manual

CLASS SIX

MID-TERM EXAM – (30% of final course grade)

Lecture

Demonstration

Practical needling of specific points

Reading: CAM, Clean Needle Technique Manual

CLASS SEVEN

Lecture

Demonstration

Practical needling of specific points

Reading: CAM, Clean Needle Technique Manual

CLASS EIGHT

Lecture

Demonstration

Practical needling of specific points

Reading: CAM, Clean Needle Technique Manual

CLASS NINE

Lecture

Demonstration

Practical needling of specific points

Readings: CAM, Clean Needle Technique Manual

CLASS TEN

Final Examination – (30% of final course grade)

CLASS ELEVEN

Course Code **AC401**
3 Units
30 Hours

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Kessler, Dennis
Winter 2019

REFERENCE MATERIAL

See "**Required to bring to class**"

Dennis Kessler, OMD, LAc

OMD, California Acupuncture College, Los Angeles

As one of the early adopters and pioneers of Oriental medicine in the US, Dr. Dennis Kessler, OMD, has cultivated an extensive background in clinical medicine, research and licensing examination expertise. Early in his career he had the fortunate opportunity of completing extensive apprenticeship studies in Korean Constitutional Medicine and has held staff positions at Harbor UCLA Medical Center Pain Control Clinic, The Arthritis and Back Pain Center of Santa Monica, The Summa Medical Group of Los Angeles, and collaborative partnerships with several orthopedic surgeons. Kessler is well known in northern and southern California for his work in the diagnosis and treatment of low back and leg pain, and served on examination committees for the national acupuncture boards and the California acupuncture licensing boards.

Chief Practical Examiner

FACULTY INFO

Kessler, Dennis

Please check with instructor during class to get updated contact info.

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