

Mind-Body Acupressure
Course Outline
Marjorie Silcoff

Total course hours: 141
9 am - 4 pm

Course Objectives

This course will cover the 12 organ meridians (pathways, point location, therapeutic use of acupoints) and various types of acupressure treatments: five elements, antique points, tendino-muscular, body armouring, mental-emotional and more. By the end of the course, the students will be able to choose powerful point combinations and prescriptions to treat a wide range of disharmonies and be able to use moxabustion effectively. Students will also be refining the myriad components that will make the art of acupressure their own.

Format

The classes will be given as a 3 hour lecture in the morning with review, questions/answers, and a 3 hour hands on practice in the afternoon. Students will need 3-4 hours of study per week, including at home hands on practice.

Text

Teacher's manual required, cost \$45

Evaluation

Final Exam 40%, Attendance, class participation 30%, Quiz and Assignments 30%

Passing mark is 70% with 12 case studies due 4 weeks after final exam

Student requirements

Students are required to be in class by 9 am. Lateness will affect grade.

If a class is missed the student is responsible for getting and learning the course material and come prepared for the next class. If more than 3 classes are missed, the student will have to book time with the teacher to review (at \$60/hr).

Week 1 Kidney meridian
Week 2 Bladder meridian
Week 3 Quiz-Water Element
Liver Meridian
Week 4 Gallbladder Meridian

Week 5 Quiz-Wood Element
Heart Meridian
Week 6 Small Intestine Meridian
Week 7 Master Heart Meridian
Gua Sha
Week 8 Triple Warmer Meridian
Week 9 Quiz-Fire Element
Spleen Meridian
Week 10 Stomach Meridian
Week 11 Quiz-Earth Element
Lung Meridian
Week 12 Large Intestine Meridian
Week 13 Quiz-Metal Element
Moxa
Week 14 Shu-Mu Points
Windows of the Sky
Week 15 Antique Points
Week 16 Tendino-Muscular Meridians
Week 17 Chakras and The Emotions
Week 18 Body Armouring
Week 19 Review Extraordinary Meridians & Cases
Week 20 Conditions and Cases
Week 21 Conditions and Cases
Week 22 Japanese Abdominal Palpation Exam
Week 23 Allergy Clearing
Week 24 Exam (morning only)