

ITM Course Descriptions

DEPARTMENT OF FUNDAMENTALS OF ORIENTAL MEDICINE

FDN 101 Fundamentals of OM **7 credits 105 hours**

This course explores Oriental Medicine as both an historical and cultural entity. It explores this system of philosophy and science as applied to the practice of medicine, and as a set of interrelated theoretical models and procedures, which form a working clinical system. Specifically, this course will introduce the concepts Yin, Yang, Qi, Blood, Fluids, Jing and Shen, Five Phases, Meridian Theory, Classical Chinese Physiology (Zang Xiang), Etiology and Prognosis and the Seven Emotions. The theory of origins of disease will be presented in detail. Discussion of these topics will include their classical and modern interpretations. This course provides students with a strong theoretical foundation in all areas of OM.

FDN 102 Chinese Philosophy - Yang Sheng Fa (nourishing life principles) **2 credits 30 hours**

This course is an introduction to the historical and philosophical foundations of Chinese Medical Theory. Students will examine Taoist, Confucius and Buddhist worldviews as they relate to the philosophical origins of Oriental Medicine. It will focus on the Taoist approaches to changes in nature and life; understanding social custom and relationship; living and eating according to natural principles; and food and fasting as medicine. This course also covers the different traditions in Acupuncture and OM and how they relate to Chinese medical history. Students will discuss the development of acupuncture and OM and professional trends in Canada, the U.S., China and abroad. Principal Chinese classics covered are: *I-Ching – Book of Changes*, *Ton-Huan Di Nei Jing*, *YellowEmperor's Classic*, and *Tao Te Ching* by Lao Tsu.

FDN 103 History of Traditional Medicine

2 credits 30 hours

This course will compare and contrast several philosophical perspectives of health and their relationship to Chinese medicine, both historically and today. Areas covered include Ayurveda,

Aboriginal, Tibetan, African and Western Medicine. Students will gain a strong foundation in the history and current situation of Traditional, Complementary, and Alternative Medicine in North America and Internationally.

FDN 104 Chinese Language I **4 credits 60 hours**

This course is a basic introduction to the modern Chinese language (Mandarin) used in Oriental Medicine, with a focus on grammar, character writing and recognition, and commonly used OM terms, names, phrases and pronunciation. Class field trips to local Chinese areas and shops to practice vocabulary will be included.

FDN 105 Qing Zhi Bing: Mental & Emotional Disharmony Patterns

2 credits 30 hours

This course outlines the development of human consciousness; the seven emotions and their relationship to human life; the development of culture, religion and custom and their effects on human behavior. Students will also receive an introduction to OM treatment strategies for this disharmonies.

FDN 106 Huangdi Neijing Selections

2 credits 30 hours

This class involves the in-class translation and discussion of selected sections of the Huangdi Neijing (Yellow Emperor's Canon of Internal Medicine) in their original Chinese text.

FDN 107 Advanced Oriental Medicine Classics

2 credits 30 hours

This course will focus on the study of three OM Classics: Shang Han Lun (Treatise on Injury by Cold); Jin Kui Yao Lue Fang Lun (Synopsis Prescriptions of the Golden Chamber); and Wen Bing Xue (Febrile Disease Theory).

TOTAL HOURS: 315 Credits 21

DEPARTMENT OF ACUPUNCTURE STUDIES

ACU 201 Meridians: theory and location

3 credits 45 hours

This course covers all aspects of the clinical application of traditional energetic physiology and pathology unique to the study of acupuncture. The major focus of the course will be upon the study of the flow of energy throughout the body and the clinical applications, which arise from the understanding of Jing-Luo theory in OM. This includes an introduction to the origin and development of the meridian system; introduction to the twelve regular meridians and eight extraordinary meridians, muscle and divergent channels and abdominal diagnosis, the therapeutic properties of the Primary Channels, and Location systems: anatomically, proportionally, by palpation, Anatomical Chinese inch (cun), fen. Meridian gen-jie (root-branch), four seas and the six jing will also be introduced.

ACU 202 Acupoints: location and function **4 credits 60 hours**

In this course students will learn the systems of nomenclature and receive a complete study of the location of all acupoints on the twelve regular meridians; therapeutic uses of the points; functions of the 140 most frequently used points; understanding of the relationship of the functions of points and the treatment of illness. This course is designed to achieve mastery of acupuncture point location and application. Each point will be examined in detail in terms of both its Chinese name, English translation, location, indication, and treatment usage. Acupoints will be located on other students in class. All points on the twelve bilateral channels and the Conception/Ren and Governing/Du vessel, forbidden, contraindicated points as well as the most commonly used extraordinary points will be learned. Special grouping and combinations of points such as Ah Shi, Alarm, Internal and External Dragon points will also be covered.

ACU 203 Techniques of Acupuncture and Moxibustion

2 credits 30 hours

This course includes a description and demonstration of a wide variety of classical and modern techniques utilized on the basis of

the meridian or acupoint theories. The needling location will be taught in relation to anatomical regions, nerves, bones, muscles, tendons and internal organs. There will be demonstrations of needling methods, which will introduce the student to basic concepts of Arrival, Reinforcing, and Reducing of Qi. Moxibustion techniques will also be demonstrated and practiced.

ACU 204 Techniques - Needling Lab I
1 credit 15 hours

This course is an introduction to the practical aspects of acupuncture, including finger strength exercises, needle insertion, lifting and thrusting (ti-cha), twirling and rotating (nian-zhuan), as well as practice of classical needling techniques. These classes provide supervised clinical practice in the techniques of acupuncture, moxibustion, cupping and guasha. The practical application of Clean Needle Technique is requisite to passing this course. The purpose of this section of the class is to instruct students in the basic principles of safety in the clinic setting. A review of acceptable methods of sterilization, demonstration of Clean Needle Techniques, practical exam and discussions on health risks and relevant provincial and federal regulations concerning safety are included in this series of technique classes.

ACU 205 Techniques - Needling Lab II
1 credit 15 hours

Students will practice all clinical techniques including bloodletting, mang-zhen, huo-zhen, scalp acupuncture, cupping, ear acupuncture, needle warming moxibustion, direct moxibustion and partitioning moxibustion, as well as electroacupuncture, until they reach proficiency. In addition, needling techniques of the bei-shu points will be covered. The practical application of Clean Needle Technique is requisite to passing this course.

ACU 206 Techniques – Needling Lab III
1 credit 15 hours

This course is a continuation of training the the practical techniques of OM and acupuncture. Students will learn how to practically apply various acu-moxa techniques, including

bloodletting, mang-zhen, huo-zhen, scalp acupuncture, cupping, ear acupuncture, needle warming moxibustion, direct moxibustion and partitioning moxibustion. The course will include needling of acupoints related by anatomical location, by function, or by needling technique. This course also discusses the methods and application of acupuncture relating to the treatment of acute and chronic conditions, first aid, analgesia, and anesthesia.

ACU 207 Acupuncture & the Microsystems
3 credits 45 hours

This course continues its review of all major and frequently used points of the body's microsystems. The microsystems of the ear, face, nose, hand, ankle, head/scalp, and foot will studied more thoroughly in this course. Emphasis will be on the practice of all clinical skills with attention to point location, needle depth and direction, as well as the anatomical vasculature and innervations of the acupuncture points.

ACU 208 Acupuncture Point Study - Auricular
2 credits 30 hours

This class will cover Oriental auricular acupuncture therapy, also known as 'ear acupuncture', and the French counterpart developed by Nogier. This course also covers the special use of auriculotherapy for detoxification from such substances as cigarettes, alcohol, narcotics, and other addictive or habit forming substances. Other important points for treating addictions are also covered in this course.

ACU 209 Advanced Meridian Theory and Application

2 credits 30 hours

The lecture portion of this course will focus on the in depth investigation of the classical meridian writings and their correlation with modern scientific findings. The practical portion of this course will emphasize the assimilation of learned knowledge through various means of assessment and movement.

TOTAL HOURS: 285 Credits 19

DEPARTMENT OF DIAGNOSTIC SKILLS

DGS 301 OM Diagnostics
4 credits 60 hours

This course introduces the student to the Chinese medical techniques for gathering information according to the Four Methods of Diagnosis. These include: observation, osculation/olfaction, interrogation, and palpation. Students are also introduced to tongue diagnosis and pulse taking and have many opportunities to gain practical experience, while learning the basic clinical and record keeping skills. Students are prepared for their clinical internship by learning proper History Taking/Charting in this class.

DGS 302 Diagnosis and Evaluation I
2 credits 30 hours

This is the first of the three part seminar series in advanced diagnosis and evaluation. The intern is required to present their own cases, recorded in their 'case notebooks', for a more in-depth discussion on cases, which they have worked with in the clinic. This is done for strengthening and refining the intern's ability to diagnose, treat, and evaluate different syndromes. Topics for discussion include diagnosis and evaluation, treatment strategy, selection of acupuncture point combinations, and selection and modification of herbal formulas.

DGS 303 Diagnosis and Evaluation II
2 credits 30 hours

This is the second segment of the seminar series in advanced diagnosis and evaluation. The intern continues to present their case notebooks, which record the detailed summary of treatments and evaluations of their patients. In this way, the intern further refines and improves their level of competence, and learns to create the most effective and appropriate treatment plans for their clients.

DGS 304 Diagnosis and Evaluation III
2 credits 30 hours

This course concludes the seminar series in advanced diagnosis and evaluation. The intern continues to present their 'case notebooks'. The instructor works with each intern and their various cases in order to help them acquire more competence in acupuncture and other forms of traditional Oriental medicine. This final phase involves sharing information, problems, and suggestions among the interns, and supervising instructor.

TOTAL HOURS: 150 Credits 10

DEPARTMENT OF BIOMEDICAL SCIENCES

BIO 401 Principles of Biomedical Science
4 credits 60 hours

The purpose of this course is to provide a conceptual foundation and prepare the student for their future course work in biomedical sciences. By drawing upon the basic theories of Chemistry, Physics, and Biology this course will enable the student to understand the terminology, principles and methodology of Western scientific approach. This course also presents the complex and involved terminology, biomedical and clinical concepts used within the Western medical profession.

BIO 402 Western Anatomy/Physiology Theory & Lab I
4 credits 60 hours

This course offers students an in-depth study of the body's skeletal, muscular, nervous, respiratory, digestive, urinary, reproductive and endocrine systems. Students also learn human physiology through exercises that are applicable to Oriental Medicine, herbal medicine, acupuncture, Tui Na Therapy and Tai Chi/Qigong.

BIO 403 Western Anatomy/Physiology Theory & Lab II
4 credits 60 hours

This course offers students an in-depth study of the body's skeletal, muscular, nervous, respiratory, digestive, urinary, reproductive and endocrine systems. Students also learn human physiology through exercises that are applicable to Oriental Medicine, herbal medicine, acupuncture, Tuina therapy and Tai Chi/Qigong.

BIO 404 Microbiology
2 credits 30 hours

This course introduces students to the various procedures, principles and safety precautions in regards to disease transmission, sterilization, and infection control in the clinical setting. The selection and maintenance of equipment such as needles, cups, moxa, electronic equipment is also covered. This course also covers infectious diseases, sterilization procedures, needle handling and disposal, and other issues relevant to blood borne and surface pathogens. Students will review the provincial and federal regulations concerning safety, as well as procedures for maintaining personal and office cleanliness and hygiene.

BIO 405 Neuroanatomy
3 credits 45 hours

The Study of Neuroanatomy is a major area of contemporary acupuncture research. This course will allow students to explore the neurological mechanisms affected by acupuncture through an in-depth examination of the human nervous system. The central, peripheral, and autonomic nervous system is presented and linked with acupuncture point location studies from Chinese medical texts. This course also covers the functional anatomy of bones, joints, muscles, vessels, and nerves in an integrated way using a regional approach.

BIO 406 Western Clinical Medicine I – Pathophysiology

3 credits 45 hours

This course examines the etiological and pathological mechanisms of disease in the human body and the relationships between separate body dysfunctions and the health of the organism from

an allopathic perspective. All the organ systems and their unique pathological reactions are examined, along with histologic and endocrinological pathology according to the biomedical disease model.

BIO 407 Western Clinical Medicine II – Diagnosis
4 credits 60 hours

This course will examine the basic signs and symptoms of disease from a biomedical clinical perspective. Students will be introduced to the clinical relevance of laboratory and diagnostic tests and procedures as well as biomedical physical examination findings. This course also covers the nature of the biomedical clinical process including history taking, diagnosis, treatment methods, and follow up, and gives students an opportunity to learn the methods for measuring and recording vital signs including respiratory rate, pulse rate, temperature and blood pressure. Emphasis will be on disease identification, differentiation of urgent and serious conditions and the basis and need for referral and/or consultation. Students will also review a range of biomedical referral resources and the modalities they employ. Cardiovascular and respiratory diseases will also be reviewed. Students have the opportunity to complete CPR and basic first aid training at this time.

BIO 408 Western Clinical Medicine III (Medical Laboratory Diagnostics)
4 credits 60 hours

This course will focus on diagnostic skills, body systems, associated diseases and the laboratory testing methods. During this course, various medical problems will be reviewed, with a focus on pharmacological treatment modalities and options. Students will prepare and present a paper based on a Western medical diagnosis of a clinical problem and include a review of the differing Eastern and Western diagnosis and treatment methods. The focus will be on applying knowledge from the previous Clinical Medicine courses in a clinical setting. It will review history taking and identification of Western medical diseases and discuss the integration of Eastern and Western medical concepts.

BIO 409 Principles of Biomedical Research
3 credits 45 hours

This course will teach the student the basic concepts necessary to develop critical skills as applied to biomedical research. In addition, there will be detailed presentations of various theories developed from research to explain Oriental Medicine in a Western scientific model. Also included will be a critical analysis of these theories from both Western and Oriental Medicine perspectives.

BIO 410 Pharmacology
3 credits 45 hours

This course will introduce the fundamentals of the science of pharmacology, including relevant aspects of potential medication, herb and nutritional supplement interactions, contraindications and side effects, and how to best access and utilize this information. This course also discusses the regulations regarding patent formulas, and "natural" products easily found in the marketplace.

TOTAL HOURS: 510 Credits 34

DEPARTMENT OF TRADITIONAL ARTS

ENG 501 Tai Chi/ Qi Gong I

1 credit 15 hours

This course is designed to introduce students to the benefits of the physical and energetic exercise of Taiji Quan. Students will learn a variety of techniques for recognizing, gathering, expanding, and circulating the vital energy of the body. A number of practices will be introduced including standing and sitting meditation, postures, movement, breathing techniques, and imagery exercises. These practices have been utilized for centuries to maintain health and heal illness by practitioners and patients. Classes will be conducted by a number of highly experienced Tai Chi and martial arts practitioners.

ENG 502 Tai Chi/ Qi Gong II

2 credits 30 hours

This physical and energetic exercise class offers an introduction to the regulation of qi through movement, breath control, sound, visualization of intent and creative awareness training. Students will have the opportunity to study several qi gong systems, breathing methods and the therapeutic approach of qi gong/dao yin as a treatment method.

ENG 503 Taiji/Qi Gong III

2 credits 30 hours

This course focuses on the practical development of self-awareness in terms of breathing and body alignment. Students will be trained in more advanced methods of Qi Gong that have been

used by healers to develop the capacity to heal with qi (*Fa Qi*) and to also increase the practitioner's sensitivity to the emotional and energetic state of other persons. Students will also learn methods of protection, for the practitioner, from unbalanced qi and illness.

ENG 504 Tai Chi/Qi Gong IV

1 credit 15 hours

Students will be introduced to the exercises of and principles of Medical Qi Gong. This first course is designed to introduce the student to Medical Qigong exercises to maintain health, heal their bodies, calm their minds, and reconnect with their spirit. Students will also be introduced to Martial Qigong and Spiritual Qigong. These courses can be used as credit for Medical Qi Gong Certificates.

ENG 505 Tai Chi/Qi Gong V

1 credit 20 hours

In this course students are introduced to a variety of Traditional Art forms including Ba Gua, Tao Yin. Emphasis is on the development of Qi awareness, experience and utilization.

TOTAL HOURS: 110 Credits 7

DEPARTMENT OF HERBAL MEDICINE

HRB 601 Introduction to Medicinal Substances

2 credits 30 hours

This course offers students an overview of the origins of Chinese medicinal substances and medical systems in the Orient and North America, as well as the terminology, properties, habitat, collection, and methods of preparation, delivery and treatments commonly used. The fundamental properties of Chinese medicinal substances will also be introduced. The legal and ethical considerations of herbal medicine will also be discussed and the basic botanical knowledge of Chinese and Western Herbs will be included as it applies. This course will include field trips to herbal gardens and dispensaries.

HRB 602 Zhong Yao Xue: Oriental Medical Substances (Materia Medica I)

3 credits 45 hours

This course is an introduction to the different classifications of Oriental medicines and covers the most commonly used medicines in each classification, covering over 300 different herbs, as well as the basic principles of combining the medicines. This series of courses convey the science of OM Materia Medica and the qualities of the range of substances utilized by the traditional Oriental medical physician through detailed presentations of: History, Nomenclature Pinyin and pharmaceutical Latin, and Taxonomy, Visual Identification, including methods of cutting, Collection, Processing and Preparation, Temperature, Theory, Four Properties, Five Tastes, Entering Channel, Incompatibility, Functions, Applications and Combinations, Dose, and Cautions and Contraindications. Current developments in individual herb research and endangered species along with their substitutions will also be discussed.

HRB 603 Zhong Yao Xue: Oriental Medical Substances (Materia Medica II)

3 credits 45 hours

This course is an introduction to the different classifications of Oriental medicines and covers the most commonly used medicines in each classification, covering over 300 different herbs, as well as the basic principles of combining the medicines. This series of courses convey the science of OM Materia Medica and the qualities of the range of substances utilized by the traditional Oriental medical physician through detailed presentations of: History, Nomenclature Pinyin and pharmaceutical Latin, and Taxonomy, Visual Identification, including methods of cutting, Collection, Processing and Preparation, Temperature, Theory, Four Properties, Five Tastes, Entering Channel, Incompatibility, Functions, Applications and Combinations, Dose, and Cautions and Contraindications. Current developments in individual herb research and endangered species along with their substitutions will also be discussed.

HRB 604 Herbal Formulas I

hours

This is the first of a series of courses covering the science of Oriental medical herbal formulas. These courses will convey the science of OM formulation, the relationship of substances within formulas, the art of creative combining of substances to achieve a balanced therapeutic action, and the modification of standard formulas to suit the individual needs of clients. Students will be introduced to over 150 formulas. These courses cover the Traditional formula classification, functions and meaning, including classical and new developments regarding function and action, specific contraindications, current developments in formula research, prescription and methodology of treatment, composition, proportion and form of formulas, method of preparation and use of the formula. Students will also learn the basic approaches to patient education regarding administration, potential side effect, preparation and storage of formulas.

HRB 605 Herbal Formulas II

3 credits 45

3 credits 45 hours

This is the second in the series of courses covering Oriental herbal formulas. These courses will convey the science of OM formulation, the relationship of substances within formulas, the art of creative combining of substances to achieve a balanced therapeutic action, and the modification of standard formulas to suit the individual needs of clients. Students will be introduced to over 150 formulas. These courses cover the Traditional formula classification, functions and meaning, including classical and new developments regarding function and action, specific contraindications, current developments in formula research, prescription and methodology of treatment, composition, proportion and form of formulas, method of preparation and use

HRB 606 Patent Formulas**2 credits 30 hours**

This course introduces students to the most common Oriental patent medicines utilized today, including the study of composition, indications and use.

TOTAL HOURS: 240 Credits 16

of the formula. Students will also learn the basic approaches to patient education regarding administration, potential side effect, preparation and storage of formulas. This course also focuses on creating multiple combinations of herbs, so that the student can learn how pairs of herbs are combined to improve the therapeutic effects of individual herbs. The following will also be discussed in this course: Shan Han/6 Stages, Wen Bing/4 Levels, and Zang Fu, and Oriental herbal medicine protocols applied to patients with a biomedical diagnosis.

DEPARTMENT OF ASIAN BODY WORK THERAPY**ABW 701 Asian Body Work Therapy I****4 credits 60 hours**

This course is an introduction to the physical manipulations, principles and therapeutic uses of Tui Na massage, an integral part of OM. This course will also enhance the student's ability to visualize meridian channels and experience the sensation of Qi. The systematic treatment of basic illnesses with Tui Na; a continuation into the study of acupuncture point function; the use of implements and mediums (oils, liniments) to aid in the manipulation of tissue or qi will also be covered. Students will also be instructed in a number of other Asian Body Work Therapies, including Shiatsu, Hwal Gong and Anmo.

ABW 702 Asian Body Work Therapy II**4 credit 60 hours**

This course focuses on the study of therapeutic uses of Tui Na in the treatment of various internal and gynecological diseases. The student will learn varying pressures, posture, movement and joint manipulative techniques and the channels and points most affected by these manipulations. Emphasis is on advanced diagnostic and treatment techniques. Pediatric Tui Na fundamentals and therapeutics will also be included in this course. Students will also be instructed in a number of other Asian Body Work Therapies, including Shiatsu, Hwal Gong and Anmo.

ABW 701 Asian Body Work Therapy III**4 credits 60 hours**

This course focuses on the practical application of Tui Na therapy on the Microsystems of the body including the hands, feet, ears and head. Students are introduced to a variety of techniques for massaging these Microsystems including Korean Soo Ji Chim, Ayurvedic Massage, Chinese and Western Reflexology, Asian Head Massage, and Indian Head Massage. Course will be led by a number of experienced Practitioners in each of these fields of study. Students will also be instructed in a number of other Asian Body Work Therapies, including Shiatsu, Hwal Gong and Anmo.

TOTAL HOURS: 180 Credits 12

DEPARTMENT OF CLINICAL TRAINING

CLC 801 Clinical Training I – Orientation .5 credits 15 hours

Students are required to complete this course prior to beginning their clinical courses. Students will review the procedures for running the OM Clinic at ITM. They will focus on all aspects of the diagnostic and treatment procedure. This course prepares the student for entry into clinical internship by reviewing the following: diagnostic techniques; fundamentals of taking a patient case history; critical observation of face, tongue, and overall appearance; listening to the voice and respiration; pulse palpitation; accurate charting of clinical information; and acupuncture and moxibustion techniques.

CLC 802 Clinical Training II - Observation I 1.5 credits 45 hours

Students will be introduced to the procedures and day-to-day running of the OM clinic. In this course, students will learn the basic procedures of patient intake, file management, scheduling, diagnosis and treatment planning for ITM's OM Student Clinic. This course will focus on observation of all aspects of the diagnostic and treatment procedure. Prerequisites: at the discretion of the Director. The student will observe interns and physicians as they diagnose and treat patients under the supervision of qualified and experienced clinical faculty. This process provides a bridge between theory classes and actual clinical application. The student observes all aspects of diagnosis and treatment in order to develop skills in pulse taking, observation of tongue properties, medical history taking, diagnosis and charting of treatment. Case presentations and discussions are an integral part of this course.

CLC 803 Clinical Training III – Observation II 4 credits 120 hours

Students will become familiar with the day-to-day running of the OM clinic. This course will focus on observation and participation of all aspects of the diagnostic and treatment procedure. Prerequisites: all first year courses, at the discretion of the Director. The course prepares the student for internship training. The student will observe interns as they diagnose and treat patients under the supervision of our most qualified and experienced clinical faculty and will be given further responsibilities in the clinic. This process provides a bridge between theory classes and actual clinical application. The student observes all aspects of diagnosis and treatment in order to develop skills in pulse taking, observation of tongue properties, medical history taking, diagnosis and charting of treatment. Case presentations and discussions are an integral part of this course. Students will be able to perform cupping, moxabustion and guasha and some needling under supervision of their Intern/Supervisor.

CLC 804 Clinical Training IV – Assistantship I 4 credits 120 hours

This course comprises the second stage of the Assistantship process in preparing students for entry into clinic internship. In this format the students observe while a variety of experienced acupuncturists diagnose and treat patients. The course emphasis is on taking a case history, forming a differential diagnosis, developing a treatment principle, point prescription, herbal formulation and any other appropriate treatment modality. Discussion and analysis of this process occurs after the treatment has been concluded. Students will also be able to perform acupuncture, cupping, moxibustion and guasha under supervision of their Intern/Supervisor.

CLC 805 Clinical Training V – Assistantship II 4 credits 120 hours

This course comprises the second stage of the assistantship process in preparing students for entry into clinic internship. In this format the students observe and participate while a variety of experienced acupuncturists diagnose and treat patients. The course emphasis is on taking a case history, forming a differential diagnosis, developing a treatment principle, point prescription, herbal formulation and any other appropriate treatment modality. Discussion and analysis of this process occurs after the treatment has been concluded. Students take on more responsibility in the area of treatment including acupuncture, cupping, moxibustion and guasha, under supervision of their Intern/Supervisor.

CLC 806 Clinical Training V1 - Assistantship III 4 credits 120 hours

The course format allows for students to diagnose and treat patients along side a variety of experienced acupuncturists. The course emphasis will be on taking a case history, forming a differential diagnosis, developing a treatment principle, and the application of a point prescription, herbal formulation and any other appropriate treatment modality. Development of diagnostic skills is also included.

CLC 809 Clinical Training VII - Internship I 4 credits 120 hours

This is the first segment of a three part internship training course in which the Intern diagnoses and treats patients while under the direct supervision of qualified and experienced clinical faculty. The objective of this clinical training is to provide the student with many opportunities to acquire competence in acupuncture and other forms of Oriental Medicine, including moxibustion and Oriental herbal medicine. The Intern is instructed and evaluated during all phases of medical history taking, diagnosis, treatment, and charting of patient records. Prevention of disease and the maintenance of good health through diet, exercise, Qi Gong, meditation, and emotional counseling are emphasized to each patient as well as to the Intern.

CLC 810 Clinical Training VIII - Internship II 4 credits 120 hours

This is the second in the series of courses in which the Intern continues the clinical practice of patient treatment, while under direct supervision. During this second stage, the Intern begins to develop sharper diagnostic skills and becomes more adept at clinical skills. The Intern makes the diagnosis and determines the course of treatment and may administer all OM techniques. In ITM's busy clinic Interns have many opportunities to recognize and treat various pathologies and manifestations of disease. From this intensive practice the Intern can become adept at recognizing and effectively treating many different syndromes. By using their acquired skills and the guidance of their experienced supervisor, the Intern begins to acquire competence and confidence in the science of OM.

CLC 811 Clinical Training IX : Internship III 9 credits 270 hours

This is the final segment of the clinical internship series during which the Intern assumes primary responsibility for diagnosis and treatment, but still confers with their supervisor before and after treatment of each case. In this way, the Intern begins to feel confident and competent in their ability to diagnose and treat varying diseases. Direct supervision still takes place at all times, yet each Intern is allowed more flexibility and individuality in the treatment of their patients. Prevention of disease and the maintenance of good health through the basic principles of OM are emphasized strongly. The goal is to allow each Intern to become an effective practitioner of Oriental medicine by utilizing

their individual talents as best as possible within the framework of the profession. The development of patience and compassion for those who suffer is equally important as clinical and technical skills. The clinic seeks to support healing that encompasses the physical, emotional, and spiritual areas of life.

**CLC 812 Clinical Training X: Practicum Placement I
6 credits 270 hours**

Students are permitted to participate in a variety of clinical settings throughout Toronto and Canada with independent practitioners. There may be opportunity for clinical placement in China and other international locations. Placements will range from five weeks to three months. Students will be performing practical application of previously learned theory and will conduct patient interviews, participate in diagnosis and treatment planning, and perform appropriate acupuncture treatments and follow-up on patients' responses in treatment.

CLC 813 Clinical Training XI: Practicum Placement II

8 credits 375 hours

This is the final course in clinical training. Students are permitted to participate in a variety of clinical settings throughout Toronto and Canada with independent practitioners. There may be opportunity for clinical placement in China and other international locations. Placements will range from five weeks to three months. Students will be performing practical application of previously learned theory and will conduct patient interviews, participate in diagnosis and treatment planning, and perform appropriate acupuncture treatments and follow-up on patients' responses in treatment.

TOTAL HOURS: 1695 Credits: 49

DEPARTMENT OF INTEGRATED STUDIES

**INT 901 Oriental Medicine Pathology
4 credits 60 hours**

This course provides the basis of OM pathology through the examination of commonly observed illnesses, including etiological factors, distinguishing patterns and differentiation of syndromes, differential diagnosis of symptom complexes, establishing principles of treatment, selection of treatment and its method of application, contraindications, prognosis and advice to the patient. Case studies will be introduced on selected categories to enhance the student's understanding of the practical application of the material. Appropriate referrals and consideration of special factors or symptoms indicating potential increased risk to the patient are also discussed.

**INT 902 Nei Ke: Oriental Internal Medicine
4 credits 60 hours**

This course is an examination of diseases commonly observed in Oriental Internal Medicine in the area of internal medicine including their etiology and differential diagnosis and treatment with Oriental medicinal formulae. This course will examine the important traditional Oriental medical disease concepts, with an emphasis on explaining the following: Historical background of the concept of the disorder, Etiology and Pathology of disorder, Differentiation of syndromes in terms of OM. Selection of standard therapeutic herbal formulas, Modifications of standard formulas. Discussion will include the major herbal formula for each differentiation, and suggestions for modifications for particular conditions.

**INT 903 Er ke: Pediatrics
3 credits 45 hours**

The course covers the examination of diseases commonly observed in pediatrics, their etiology, differential diagnosis and treatment with Oriental medicinal formulas.

**INT 904 Fu Ke: Gynecology
4 credits 60 hours**

The examination of diseases commonly observed in gynecology, their etiology, differential diagnosis and treatment with Oriental medicinal formulas.

INT 905 Wai Ke: Oriental External Medicine 2 credits 30 hours

This course is an examination of diseases commonly observed in OM external medicine, including dermatology, with a focus on etiology, differential diagnosis and treatment with Oriental medicinal formulas.

**INT 906 OM Orthopedics & Sports Medicine
2 credits 30 hours**

This course involves the study of the OM diagnosis and treatment of sports injuries, soft tissue injuries, joint dislocations, bone fractures and common diseases of the bones and joints. Students will also discuss normal joint range of motion, joint and postural assessment, and rehabilitation.

**INT 907 Advanced Clinical Therapeutics
4 credits 60 hours**

In this course, a wide range of illnesses will be covered in the fields of internal medicine, neurology, otorhinolaryngology, ophthalmology, oncology, urology, immunology and gerontology and emergency medicine. In many cases, OM and Western medical knowledge will be presented and discussed conjointly in order to foster in students the integrated medicine approach. Treatment will focus on advanced herbal formulas and the use of modern OM herbs.

**INT 908 Pain Management
3 credits 45 hours**

In this course, students study the theories and pathways of pain, including the endorphin theory, and learn to use OM, including herbs and acupuncture to diagnose and treat pain. This course also covers the long-term effects of pain, the associated mental stresses and the forms of pain management commonly used throughout the world.

TOTAL HOURS: 390 Credits 26

DEPARTMENT OF NUTRITIONAL THERAPY

NUT 1001 Dietary Nutrition I **3 credit 45 hours**

This course is an examination of the basic components of nutrition. Included in this study are the chemical, biological and physiological aspects of nutrition, and their relationship to health and disease. Students learn the foundation of nutrition including the significance of the micro and macro nutrients, digestion and metabolism in relation to health and disease.

NUT 1002 Dietary Nutrition II **3 credits 45 hours**

Students will be introduced to Shi Liao - OM dietetics, and the principles and formulas commonly used to treat illness with food and nutrition. Students explore contemporary biochemical aspects of nutrition, and the relationship between nutrients and health. A thorough examination of the techniques involved in the assessment of both requirements for and deficiencies of particular nutrients will be covered. Students will also learn how to give dietary advice for various conditions.

NUT 1003 Dietary Nutrition III **4 credits 60 hours**

This course completes the series in nutrition. The objective of this course is to enable the student to cook traditional foods with medical herbs, prescribe medical recipes for patients with specific health problems, and develop skills evaluating dietary journals. Individual foods are discussed in detail as to their energetic

properties and actions. Particular attention is given to healing foods and herbs easily located in Western societies.

TOTAL HOURS: 150 Credits 10

DEPARTMENT OF ETHICS & RIGHT MOTIVATION IN BUSINESS

EMB 1101 Touch Ethics/Body Landmarks **1 credit 15 hours**

This is a practical course, which identifies the physical boundaries in the doctor/patient relationship. Issues of permission, safety and multi-dimensional boundaries will be included. Course will include palpation of major anatomical landmarks of the body.

EMB 1102 Counselling Skills I **2 credits 30 hours**

Students will have the opportunity to study the principles and ethics of therapeutic counselling. The focus of the course is on methods of interaction and the client/patient – practitioner relationship. Guest Lecturers within the fields of Psychotherapy, Counselling and Mediation will discuss and present a number of techniques for managing psychosocial reactions that may arise during the course of treatment.

EMB 1103 Counselling Skills II **2 credits 30 hours**

This course continues to introduce students to a variety of counseling techniques with emphasis on a number of life circumstances, illness and their associated emotional and mental states. Guest Lecturers within the fields of Palliative Care, Psychotherapy, Grief Counselling will offer

presentations and seminars in this course. Students will also learn how to make appropriate referrals.

EMB 1104 Career Development & Business Management

2 credits 30 hours

This course focuses on the practical and ethical aspects of setting up a medical practice including administration, maintenance, office management, client relationships, marketing and the creation of a business plan. Students will learn the step-by-step procedures for filling out Insurance forms and billing, and the details of starting a TM practice in Canada. Students will also discuss the current Regulatory concerns regarding OM within Canada, and regarding Traditional Medicine worldwide. Students are encouraged to focus on creating employment opportunities and develop skills in areas of TM that are of most interest to them.

EMB 1105 Ethics and the Meaning of Service in the Healing Arts

2 credits 30 hours

The purpose of this course is to invite students to explore the moral and ethical responsibilities and the meaning of serving as it relates to the practice of medicine, as practitioners, members of a professional community, individuals, and as a complementary profession within the dominant medical delivery system. Practical, social and spiritual dimensions of serving will be examined. Students will explore dynamics of the practitioner-patient relationship, the role of the practitioner in the process of healing, the role of compassion and fear in relation to illness, and the limits to serving. This course provides the bridge between the knowledge of Oriental Medicine, and the area of clinical problems and the practical application of such knowledge. This course also

focuses on Intern Communication Skills and provides a bridge between the student as observer and the student as Intern. Psychological aspects of treatment are also discussed, including many areas of professional concern, such as confidentiality, professional behavior, patient expectations and prognosis. Guest lecturers provide detailed instruction on the following relevant subjects as well as other pertinent topics. 1. Sexual Abuse 2. Alcoholism 3. Depression 4. A.I.D.S. 5. Anorexia and Bulimia 6. Legal and Ethical Aspects of Primary Care 7. Spiritual dimension of healing.

TOTAL HOURS: 135 Credits: 9

DEPARTMENT OF RESEARCH STUDIES

**RTP 1201 Research Techniques and Thesis Preparation
1 credit 15 hours**

This course presents a survey of methods of research for writing, locating and analyzing scientific journal articles and papers and prepares students for further research and study within the fields of Traditional, Complementary and Alternative Medicine.

**RTP 1204 Thesis Project
1 credit 45 hours**

Under the supervision of a faculty advisor, students are permitted to examine a topic of their choice (with the approval of the Director). Students will be expected to do independent readings, provide case studies, including differential diagnosis and treatment outlines, prepare a research paper and present their findings. In

this course, the student develops a research report on a specific aspect of Oriental Medicine, Traditional Medicine, or a research project focusing on observation and treatment of specific syndromes during the internship training period. The thesis subject is selected by the student in consultation with a faculty advisor, and should be confirmed at the beginning of the final school year. The Thesis Project must be completed in the year in which the student expects to graduate. The project must be completed and approved by the student's faculty advisor before a Diploma of OM is granted. The Thesis Project becomes part of the institute library for future use by teachers, students, and researchers.

TOTAL HOURS: 60 Credits: 2

DEPARTMENT OF COMPARATIVE STUDIES

COM 1301 Elective 2 credits 30 hours

At ITM students have the opportunity to explore a number of traditional medical systems while they complete their Diploma Programs in OM. These can be chosen from a variety of courses offered throughout the year, including courses in the departments of Ayurveda, Tibetan, Aboriginal and Complementary Studies.

COM 1302 Elective 2 credits 30 hours

*Please review COM 1301 for Description of course.

COM 1303 Elective 2 credits 30 hours *Please review COM 1301 for Description of course.

COM 1304 Elective 2 credits 30 hours *Please review COM 1301 for Description of course.

COM 1305 Elective 2 credits 30 hours

*Please review COM 1301 for Description of course.

COM 1306 Elective 2 credits 30 hours

*Please review COM 1301 for Description of course.

TOTAL HOURS: 180 Credits: 12

TOTAL HOURS: 4400 Credits: 227 Clinical Credits: 49

*"Remember that silence is sometimes the best answer."
Dalai Lama*

