

## **Clinical Integration 2021 Curriculum:**

**Year One:** Six Two Day Weekends. September 2021 to May 2022.

### **Weekend #1: The Big Picture, Constitution**

This first weekend will focus significantly on Five-element Constitutional Diagnosis. We will review diagnosis by Color, Sound, Odor, Emotion and how to understand constitution as defining the theme and thread of an individual's life story-The lens through which they attribute meaning to life and come to embody that meaning as both health and pathology. We will also examine the whole pulse and issues regarding stability. This weekend is the foundation for the BIG PICTURE.

#### **Saturday:**

- a. 9-10 Orientation: Integral, Evolutionary, Spiritual Perspectives on Medicine
- b. The Role of Meditation in Clinical Practice
- c. 10-11 Understanding Constitutional Diagnosis

11-11:15 Break

d. 11:15 -12:15 Our Path Through Life: Conception thru Death and Beyond.

12:15-1:15 Lunch

e. 1:15-5:15 pm: The Five Elements: Water & Fire

Virtue, Emotion, & Spirit of each element. Associations, and life themes of the elements. The perspective that liberates each element.

#### **Sunday:**

830-9: Meditation  
9am-12pm Wood, Metal,

### **Sunday Afternoon**

1pm-2pm: Earth

2pm-5pm:

- a. Orienting toward the pulse
- b. Stability on the pulse: Rate, Rhythm, Amplitude, Intensity, Qualities.

### **Reading:**

1. Nourishing Destiny: Chapters 8 (The Five Elements), 9 (Constitutional Type), 10 (The Five Elemental Constitutions).
2. Handbook of Contemporary Pulse Diagnosis: Chapters 1-7. Place special emphasis on 6 (stability) and 7 (rate).

### **Assignments:**

- (1) Learn the names of the Five-element, source, lou, and Xi-cleft points on the Left half of the Fire (Ht/SI) Channels.
- (2) Contemplate: "What is the most significant thing I could change about myself that would have positive results in my life and the life of everyone I exist in relation to?" Then do it and note the consequences.
- (3) On all new patients take pulse for 5-10 minutes focusing on issues of stability.

### **Learning Objectives:**

1. Learn Color, Sound, Odor, & Emotion as the basis of Five-element Diagnosis.
2. Understand the basis of each element in terms of spirit, emotion, and virtue.

3. Understand the notion of “Constitution.”
4. Hold an overarching view of the path of life and death as the context for the practice of medicine.
5. Begin to assess issues of Stability on the pulse.

## **Weekend #2: Dimensions of the Self, The Intake, Treatment Planning**

*“The scripture states: Anybody who looks and knows it is to be called a spirit; anybody who listens and knows it is to be called a sage; anybody who asks and knows it is to be called an artisan; anybody who feels the vessels and knows it is to be called a skilled Workman.”*

–Nanjing 61

### **Saturday: Dimensions of the Self**

830-9: Meditation

#### **9am-12pm**

- I. Absolute: Emptiness-Luminosity, Ground-Consciousness, Being-Becomming
- II. Relative: Soul, Mind, Ego, Superego, Unconscious, Shadow, Subconscious. Authentic Self

#### **1pm-5pm**

- III. States Vs. Stages of Development
- IV. Resistance, Repression, Suppression, Denial, Stagnation, Latency, Projection
- V. Physiology and resistance: Pathogens as Metaphor
- VI. Constitution Slide show

### **Sunday:**

- I. 9am-12pm: The intake: To Look and to Know
  - a. How to conduct an intake.
  - b. What can be seen?
  - c. Establishing Rapport

- d. Words as Medicine
- e. The importance of Reframing
- f. Constitution as the overarching context of assimilating data.
- g. Recognizing the Big Moment.
- e. Patterns of reflection

II. 1pm-5pm. The process of synthesizing a diagnosis and short, medium, & long term treatment planning.

- a. 5E Constitution
- b. Physiology and pattern differentiation (Ht/Ki, Vice/Virtue)
- c. Expectations on pulse, Sign, and Symptom change.
- d. Words as medicine: What to tell the patient, how much, and how soon. The importance of framing and context.
- e. Negation
- f. The Turning Point: Healing Crisis

### **Homework & Reading:**

1. Nourishing Destiny: Chapter 14 The Intake.
2. Clinical Practice, CH 21: Treatment Planning.
3. Clinical Practice, CH 22: The Suggestive Process in Treatment.
4. The Path of Medicine in DPOCM.
5. Learn the names of the Five-element, source, lou, and Xi-cleft points on the Water Channels (Ki/BI).

### **Learning Objectives:**

1. Begin to locate the different dimensions of the self within one's own experience.
2. Understand the difference between state and stage development.
3. Learn to conduct an intake with an eight-mile high, top-down perspective.
4. Understand the nature of resistance.

## **Weekend 3: Clearing Blocks & Pulse Patterns**

### **Saturday:** Clearing Treatments

830-9: Meditation

9am-12pm

- a. Aggressive Energy
- b. Possession
- c. Husband/Wife

12-5pm

- d. Stabilize the Pulse
- e. Open the Diaphragm
- f. Exit/Entry Blocks
- g. Akabanyies: Left/Right Meridian Imbalances

### **Sunday**

**9am-12pm:** The two sides of the pulse.

- a. Right Side Strong, Left Side Weak (Husband/Wife)
- b. Left side strong/Right Side Weak (Digestive system collapse)
- c. Both sides weak: Organ and digestive system collapse, Weak qi and blood, yin and yang: Chongmai/CV/GV

**1pm-5pm:**

- a. Right Side Tight: Eat too fast
- b. Both sides tense: Nervous system tense: Vigilance
- c. The Special Lung Pulse
- d. Pulse, Tongue, Eye Slide Show

### **HW & Reading:**

1. Clinical Practice: Chapters 1-11

2. Clearing Blocks.Nourishing Destiny: Ch 7: The Turning Point
3. Listen to this audio in the context of the H/W imbalance and the Turning Point: <http://www.nourishingdestiny.com/audio-teachings/lonny-jarrett-understanding-the-law-of-cure-and-the-healing-crisis.html>
6. Clinical Practice, CH 21: Treatment Planning.
7. Dragon Rises: Chapter 14. The Systems Model of Dr. John Shen.
8. Pulse handbook: Read on the two sides and systems Model
9. Learn the names of the Five-element, source, *lou*, and Xi-cleft points on the Right half of the Fire (TH/HP).

### **Assignments:**

- a. Learn the names of the Five-element, source, *lou*, and xi-cleft points on the Right half of the Fire Channels (HP/TH).
- b. Practice the pulse identifying Left/Right patterns and issues of stability.
- c. Begin to apply the clearing treatments in clinical practice as appropriate.
- d. Learn the names of the Five-element, source, *lou*, and Xi-cleft points on the Right half of the Fire Channels (HP/TH).
- e. Begin to apply the clearing treatments in clinical practice as appropriate.

### **Learning Objectives:**

1. Hold a picture of the whole pulse and the importance of Stability.
2. Learn the patterns involving both sides of the pulse.
3. Continue to practice the pulse identifying Left/Right patterns and issues of stability.
- 4.

### **Weekend # 4: Spirit of the Points**

“For the practitioner, the patient appears as a pointillist painting. During each treatment, the practitioner uses her diagnostic skills to comprehend the functional portrait that emerges from the patient. The practitioner, in choosing a treatment, is concerned with where in the portrait to place a dot (acupuncture point) and what color to make it (quality of *qi*) so that the picture is complete in the moment.”-*Nourishing Destiny*.

### **Saturday:**

830-9: Meditation

#### **9am-12pm**

#### I. Acupuncture Points: Points as Archetype

- a. Source Points
- b. Lou Points
- c. Xi-Cleft

1-5pm

- d. Reunion points
- e. Spirit Points
- f. Windows

### **Sunday:**

- g. The Five Element Points (a lot of time will be spent here)
- h. Mu Points
- i. Shu Points
- j. Exit/Entry Points: The heart and sensory orifices.

Exercises: Painting by numbers-How to design elegant treatments that capture a patient’s “Energetic” Portrait.

### **Reading:**

- I. Clinical Practice: Chapters 12-20 on Types of Acupuncture Points.
- II. Nourishing Destiny: Ch. 13, The Inner Nature of Acupuncture Point
- III. Clinical Practice: Read the point and channel descriptions for all the points in chapters 24-35.

IV. Clinical Practice: Chapter 37, Cognitive Styles in the Practice of Chinese Medicine.

**Assignments:**

- a. Learn the names of the Five-element, source, luo, and Xi-cleft points on the Wood Channels (Lv/Gb).
- b. Begin to apply the clearing treatments in clinical practice as appropriate.

**Objectives:**

1. Understand the nature of the acupuncture point categories
2. Learn to match points directly to your impression of the patient.
3. Learn to compare a patient's pulse to their age and assess where they are on the continuum of yin and yang deficiency.

**Weekend # 5: Spirit of the Herbs: Pulse Continuums**

**Saturday Psychophysiology and the Pulse**

830-9am: Meditation

9am-12pm

I will continue the elaboration of a deep pre-TCM physiology as a foundation for lifestyle counseling and dietary, acupuncture, and herbal prescription.

- I. Pulse: Two Continuums: The progression to *jing* deficiency through the consumption of *yin* and *yang*.

1-5pm

- II. Blood Depth of the pulse
- III. Pulse Contemplation

**Sunday:**

830-9am: Meditation



**9am-12pm: The Inner Nature of Herb Formulas**

- a. Constitutional Formulas For each Element
- b. Formulas for Possession: *Gui* (Ghosts) and *Gu* (Bugs).

**1pm-5pm**

- a, Pain
- b. Infections
- c. GYN
- d. Spirit: Depression, Anxiety

**Readings:**

1. Clinical Practice: Ch. 10, Removing Blocks with Chinese Herb.

**Assignments:**

- a. Learn the names of the Five-element, source, luo, and Xi-cleft points on the Metal Channels (Lu/LI).
- b. Continue to practice the pulse identifying the qualities present in the blood depth of the pulse.
- c. Contemplate and begin to apply the herb formulas in a constitutional context as appropriate.

**Objectives:**

1. Understand the constitutional Herb formulas
2. Learn to use herbs to clear the therapeutic field
3. Learn pulse patterns for Constitutional herb formulas

**Weekend #6: Clinical Integration: In Person and Streamed**

On Friday I will teach the individual pulse positions and take considerable time calibrating those students who attend in person as to the depths and locations of the pulse.

On Saturday, as a preview of year II, I will assess 2 patients brought in by students in front of the class. Practitioners are invited to come in to take the class live or to continue to participate via

streaming. Each patient's case will be presented with detailed analysis including a complete synthesis from multiple perspectives 5E, 8P, Pulse, Tongue, Eye, State, and Stage development. Prognosis will be discussed along with an in depth treatment plan. Students will be allowed to take the pulse and check the tongue and eye. All other pulse qualities, herbal formulas, and aspects of the medicine will be elaborated in the context of the patients we see together.

Students must specify when registering if they choose to attend weekend #6 in person.

**Friday:**

830-9am: Meditation

9am-12: The individual positions Left Hand

12-1: Lunch

1-3: The individual positions Right Hand

3-8pm: Pulse calibration/contemplation. (For those attending in person, streaming students will need a partner and will be directed in a pulse contemplation for 2-3 hours hours).

**Saturday:**

9-930am: Orientation

9:30-11am: Patient interview

11-12:30pm: Analysis

12:30-1:30 Lunch

1:30-2:00 Questions

2-3:30: Patient interview

3:30-5PM: Analysis

Assignments:

- (1) Learn the names of the Five-element, source, lou, and Xi-cleft points on the Earth (St/Sp) Channels.

- (2) Spend at least 15 minutes doing pulse diagnosis on all new patients. Assess whole pulse, L & R Patterns, the 3 depths and the 3 Jiao. Assess the continuums of yin and yang deficiency and heat in the blood. Begin learning to identify the complimentary positions with special emphasis on the special lung pulses.

**Year Two: Four, Three Day Clinical Weekends**  
**September 2022 to May 2023**

In the clinical year the teachings come alive. Those choosing to continue will have the option to attend in person for hands on training or to stream the year. The course will be held in beautiful Berkshire County, in Western Massachusetts one of the major scenic destination in North America. The venue will be determined once enrollment numbers are clear.

Friday morning's will be open for questions and hands on pulse review. Over the weekend I will assess 5 patients brought in by students in front of the class. Each patient's case will be presented with detailed analysis including a complete synthesis from multiple perspectives 5E, 8P, Pulse, Tongue, Eye, State, and Stage development. Prognosis will be discussed along with an in depth treatment plan. Students present will be allowed to take the pulse and check the tongue and eye (Tongue and eye will be made available as pictures to those streaming the class). All other pulse qualities, herbal formulas, and aspects of the medicine will be elaborated in the context of the patients we see together.

**Friday**

9am-12pm: Pulse Exercises-Questions

12:30-1:30 Lunch

1:30-2:00 Questions

2-3:30: Patient interview  
3:30-5PM: Analysis

**Saturday, Sunday:**

9-930am: Orientation  
9:30-11am: Patient interview  
11-12:30pm: Analysis

12:30-1:30 Lunch

1:30-2:00 Questions  
2-3:30: Patient interview  
3:30-5PM: Analysis

1. Live attendance is optional but those wishing to come in person must sign up for that option in advance. Space is limited for those wishing to attend in person.

All Students are advised to sign up to attend the 6<sup>th</sup> weekend of year one in person. This will facilitate calibrating you for the depths of the pulse and teaching the individual positions. It is not necessary but is recommended.