


A group of people are working at a long table in a bright, modern office. The room has large windows in the background, letting in natural light. There are several indoor plants on the table and shelves. The people are focused on their work, with some looking at laptops and others at documents. The overall atmosphere is professional and collaborative.

CATALOGUE

EASTERN

MEDICINE



YOUR FUTURE BEGINS NOW...

Fuel your Passion
Live your Purpose
Inspire Change
Begin today...

*Medicine is not only a
science; it is also an art.
It does not consist of
compounding pills and
plasters; it deals with the
very processes of life,
which must be understood
before they may be
guided.
Paracelsus*



PURPOSE
PASSION
VISION

CREATING SOCIAL
CHANGE THROUGH
EDUCATION

VISION

FROM THE DIRECTORS

ITM has inspired a unique educational vision in the heart of North America's most multi-cultural city. We are committed to the integration of the world's traditional medicines and wisdom traditions with conventional and modern healthcare approaches. ITM has earned its reputation over a decade, for providing the most affordable, accessible and empowering healthcare education and service options available in North America. We believe that our health depends not only on our individual needs, but must include the health of our communities and the environment. This systemic approach to healing is what allows ITM's graduates to truly make significant impacts in the world.

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IT IS THROUGH SUSTAINABLE MEDICINE, EMBODIED AND FULLY
ENGAGED EDUCATION THAT WE CAN CREATE SOCIAL CHANGE AND
JUSTICE.

Our professional educational programs span the medical arts and sciences, spirituality, ecology, sustainability, psychotherapy, end of life care, mediation and social justice, and are open to all. We foster a community of learning that inspires the growth and expansion of not only the individual, but those of the community. We are dedicated to cultivating a community of learning that encourages the promotion of supportive, open and transparent communication amongst our students, faculty, administration and alumni.

Since our inception, we have developed programs that motivate our community to apply their intellect, resources and learning for the betterment of the world. We endeavour to offer the highest level of training possible in traditional and integrative medicine and interdisciplinary studies. This vision is fueled by our long-term initiatives; to establish community-based healthcare options both within North America as well as abroad, which integrate traditional medical practices with conventional approaches to healthcare. We envision societies in which Integrative and Sustainable Medicine is accessible and available to all.

Integrative Medicine embraces all available therapeutic options, whether they are traditional or conventional techniques and modalities, and acknowledges the importance of the practitioner/doctor and patient relationship. The focus of Integrative Medicine is the promotion of health and the prevention of disease, and it accomplishes these goals by providing affordable, less-invasive and effective healthcare options.

It is a system of medicine that addresses a human's natural healing potential, and integrates the 'whole person', including the psycho-social-spiritual and physical dimensions, into all treatment sessions. Sustainable Medicine is the crux in which all other areas of sustainable development evolves. It is our belief that medicine must benefit not the human alone, but all beings, and nature itself. Medicine must include a systemic approach to health.



THE HE'ART

OF MEDICINE

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LOOK AT EVERY PATH CLOSELY AND DELIBERATELY, THEN ASK OURSELVES THIS CRUCIAL QUESTION: DOES THIS PATH HAVE A HEART? IF IT DOES, THEN THE PATH IS GOOD. IF IT DOESN'T, IT IS OF NO USE. CARLOS CASTANEDA

EASTERN MEDICINE

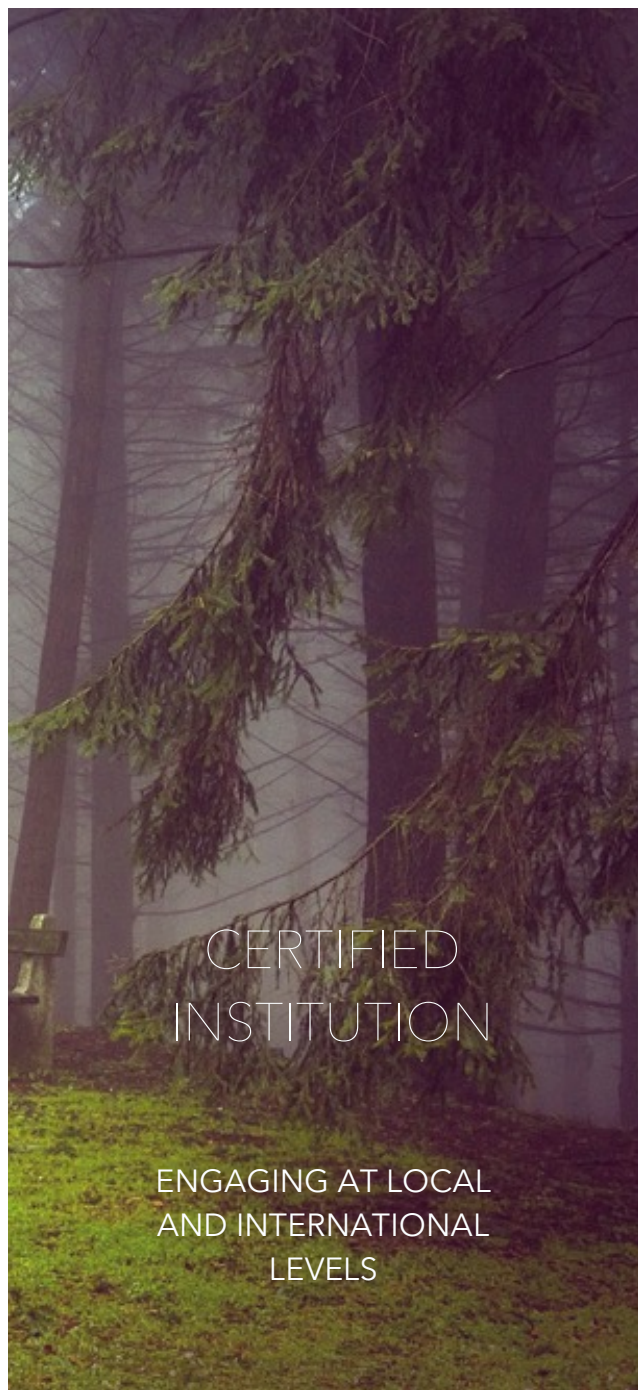
DIPLOMAS & CERTIFICATES

ITM features the highest standard curriculum for Eastern Medicine Diploma Programs. ITM's programs exceed the licensing and certification requirements currently existing in Canada and the United States. Graduates of our programs have successfully completed the CTCMPAO, NCCAOM and California State Board Examinations.

The Post-Graduate Diploma of Eastern Medicine (TCM) at ITM is the only program available in Canada offering students the opportunity to specialize in Advanced Therapeutic training with a focus in the Prevention and Care of Chronic Illness and Cancer. The program consists of a Thesis/Capstone Project.

With the most comprehensive, integrative Diploma Programs & courses in Clinical Acupuncture, Eastern Herbology, and Asian Bodywork Therapy, ITM graduates are leading the way in Integrative Medicine & Social Change.

Our integrative approach to education synthesizes the academic with experiential and applied learning and places our students at an advantageous position, allowing them to develop the skills and abilities to offer the most comprehensive consultations and treatments possible, making them an indispensable resource for the medical and governmental organizations within their communities.



CERTIFIED
INSTITUTION

ENGAGING AT LOCAL
AND INTERNATIONAL
LEVELS

ITM is a certified institution with Human Resources and Skills Development Canada (HRSDC), and is thus eligible to grant tax receipts for educational programs.

Joint Majors

Knowing that many of our students have a wide range of interests, and acknowledging the high demand for and effectiveness of integrative healthcare, ITM has created unique opportunities for students to enroll in a Joint-Major Program. Students may choose to complete their Acupuncture Diploma while also earning their Diploma in Western Therapeutic Herbalism, Psychotherapy, Medical Qigong Therapy, Sound Therapy and many other program options. This means students can complete two programs in the same number of years, with discounted tuition. For a list of potential joint-major programs, please speak with one of our administrators.

International Scope

ITM has a reputation for hosting the leading pioneers, teachers and practitioners in the field of Eastern Medicine. We have hosted international speakers from North America, South America, Europe, Asia, New Zealand, Mexico for advanced workshops and trainings. We have also had the honour of teaching students from Portugal, Japan, Israel, Korea, US, Brazil, England, Poland, and many North America cities.

Internships

ITM was the first Eastern Medicine training facility in Ontario to provide students with internship opportunities within local community organizations. This serves to further develop student learning while serving our community of diverse populations. We are also fortunate to have one of Canada's busiest and most integrative Student-run Community Health Clinics.

Programs in Calgary & Vancouver

ITM has launched many of our programs in Calgary & Vancouver with our affiliate centers and organizations. For details of what is being offered nationally, please email our Program Directors.



CREATING
SOCIAL
CHANGE

THROUGH EDUCATION

EDUCATION

PERSONAL & PROFESSIONAL DEVELOPMENT

We appreciate that working in the field of health and wellness requires one to be a life longer learner. With new developments in the research and study of medicine, practitioners must stay informed, knowledgeable and able to implement relevant and new information into their practices. We also acknowledge that as practitioners begin to work in the field, their interests and focus develops, and their need for personal development and transformation grows. For this reason, we offer one of the most extensive continuing education and personal development departments in Canada. Students may choose from a variety of disciplines in integrative health, sustainability and social change.

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THE DESIRE TO REACH FOR THE STARS IS AMBITIOUS. THE DESIRE TO REACH HEARTS IS WISE. MAYA ANGELOU





MEDICINE

TRADITIONAL

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TRADITIONAL MEDICINE IS THE SUM TOTAL OF THE KNOWLEDGE, SKILLS, AND PRACTICES BASED ON THE THEORIES, BELIEFS, AND EXPERIENCES INDIGENOUS TO DIFFERENT CULTURES, WHETHER EXPLICABLE OR NOT, USED IN THE MAINTENANCE OF HEALTH AS WELL AS IN THE PREVENTION, DIAGNOSIS, IMPROVEMENT OR TREATMENT OF PHYSICAL AND MENTAL ILLNESS. WORLD HEALTH ORGANIZATION



Traditional medicine is rooted in a philosophical understanding which engages a multitude of healing methods that have been preserved for generations through stories, oral teachings, ceremonies, and through written documentation. It is deeply embedded in relationships - relationship to one's own healing abilities, to one's connection with others, to nature and to the environment. Community is central to the practice of traditional medicine. A systemic approach, which addresses the wellbeing of all beings and nature is essential to the practice of traditional medicine. When we refer to the term 'Traditional Medicine', we include the global First Nations and Indigenous communities, and Chinese, African, Ayurveda and Tibetan systems. We also consider the generations of women and men who have made enormous sacrifices to keep these lineages alive.

We include as well, today's practitioners; it is their dedication to perfect their art and science and train a new generation of practitioners and healers that keeps the pulse of traditional medicine alive today.

When our students learn these rich traditions, philosophies and ways of being, they begin to look at the world in such a way that spirituality, health and well-being are inextricably bound together. At the centre of these wisdom traditions is concern for relationship and balance – a human being's relationship to themselves, their families and friends and the larger community of beings that comprises the web of life.

Thus, health is not a concern that arises when we are not well. Rather, health, as our students understand and practice it, is concerned with how we are in the world – every step and every breath. Traditional medicine is a practice of the human spirit, cultivated through humble listening and communication with the rhythms and elemental forces of life.



INTEGRATIVE

HEALTH PRACTITIONERS

When you have an opportunity to work with one of ITM's graduates, you will encounter, not simply an Acupuncturist or Herbalist, rather you will be working with an Integrative Health Practitioner who possesses the professional aptitude and personal qualities to guide you to health by reintroducing you to the doctor that resides within you. A practitioner that understands the importance of addressing one's health through a systemic approach, and addressing one's physical, social, mental health and wellbeing. A practitioner who applies the tools of Eastern Medicine alongside Biomedicine, Lifestyle Guidance, Nutrition, and Environmental Health.

INTEGRATION

PHYSICAL-MENTAL-
SOCIAL-
ENVIRONMENTAL

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TRADITIONAL MEDICINE INCLUDES DIVERSE HEALTH PRACTICES, APPROACHES, KNOWLEDGE AND BELIEFS, INCORPORATING PLANT OR MINERAL BASED MEDICINES, SPIRITUAL THERAPIES, MANUAL TECHNIQUES AND EXERCISES, APPLIED SINGULARLY OR IN COMBINATION TO MAINTAIN WELL-BEING, AS WELL AS TO TREAT, DIAGNOSE OR PREVENT ILLNESS. WHO (TRADITIONAL MEDICINE STRATEGY)



PREVENTION,
MAINTENANCE
AND CARE

THROUGH A
COMPREHENSIVE
SYSTEM OF EDUCATION

By considering the study of traditional and integrative medicine at ITM, students are choosing to join a growing number of practitioners who understand that health is rooted in a balance of mind, body and spirit, and in our relationships and connection to others and to the environments in which we live.

Our graduates are Canada's finest trained practitioners of Traditional & Integrative Medicine. Their education is founded on an integrated approach to healthcare which includes consideration of their own and their client's body, mind, emotions and spiritual well-being, as well as an integration of Western and Eastern medical approaches. An Integrative Health Practitioner from ITM is trained in all aspects of their chosen traditional medicine and has also completed in depth studies in nutrition, interpersonal communication skills, mind-body therapies and healing arts such as qi gong, tai chi, yoga, mindfulness practice, self-care techniques, environmental health, as well as in Clinical Assessment, Pathology, Anatomy, Physiology, Pharmacology and other disciplines within the Western allopathic tradition.

The Integrative Health Practitioner from ITM is competent in providing an integrative health care approach that addresses all aspects of health promotion, restoration and disease prevention. This comprehensive training provides students with the technical skills, knowledge and aptitude to work in cooperation with medical doctors and other health care professionals to develop the most optimal therapeutic options available.

ITM has developed the highest standard Diploma Programs offered in Canada, which surpass all current regulatory requirements both in Canada and Internationally.

Each Diploma Program incorporates a comprehensive system of education, including critical theoretical studies, intensive clinical training, and interpersonal-social skills development which encourage students to embark upon a life-long path of intellectual, physical and personal mastery.

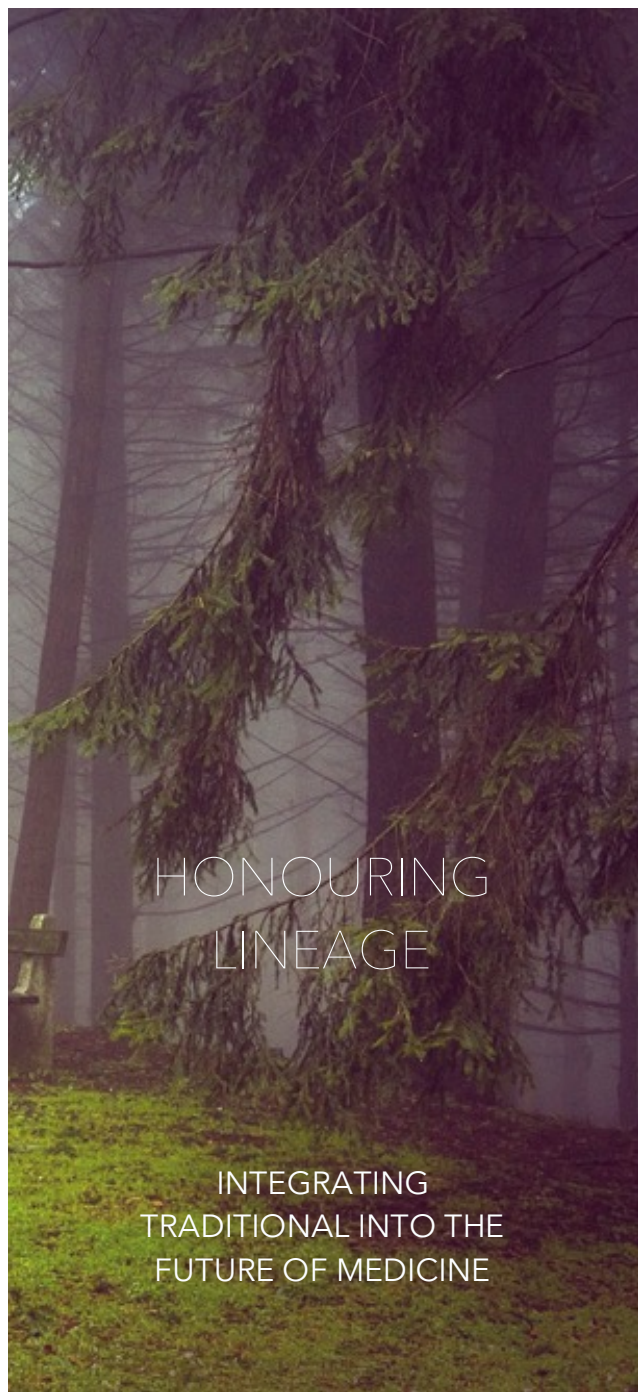
Our curriculum, teaching styles, as well as the community of learning we have developed at ITM, allows ITM Graduates to achieve outstanding results in all regulatory licensing examinations, as well as in their personal careers and life objectives.

Students at ITM are part of an integrated system of education where emphasis is placed on the synchronistic nature of learning; one that engages their hearts, minds and bodies. All areas of study, from Biomedical Science to Massage, Nutrition to Needling Techniques, are integrated in ways that stimulate a student's understanding and appreciation of the interdependent nature of all life.

ITM has chosen to call its programs in Chinese Medicine “Eastern Medicine” rather than Traditional Chinese Medicine (TCM), and commonly refers to its training in Chinese medicine as Classical Chinese Medicine, to represent the historical proponents of this system of medicine, to emphasize the transmission of Eastern traditional practices handed down from generation to generation, as well as to acknowledge and maintain the medicine in its original state as much as possible. This title also acknowledges the other medical systems and traditions that have had an influence on the system of medicine in China, including the esoteric influences of Taoism.

TCM as it is currently taught in China and in many Chinese Medicine programs, offers an approach to Chinese Medicine that was developed after the 1911 Revolution in China, when there was a push to eliminate traditional ways in favour of adopting Western concepts of medicine. Later that century, when Chairman Mao Zedong was in power, he and his soldiers were on the Long March of 1935 when they were removed from the more Westernized medical system, and were forced to resort back to the traditional ways of healing.





The success he and his soldiers had with Chinese Medicine influenced his decision to reincorporate ancient Chinese medical techniques into the current Western system of medicine in China at the time.

Today, most hospitals in China integrate both Western and Chinese approaches to healthcare. Unfortunately, during the time of the Revolution and up until Mao's attempts to reintroduce the ancient techniques of Chinese medicine, much of the original essence and principles were lost or eliminated. This included the wholistic approach to medicine – one that incorporated all aspects of the human being, the psycho-social-spiritual and the environmental and lifestyle influences, as well as any elements of shamanism or spirituality that were at the essence of much of Chinese Medicine at the time. Little attention was given to the ancient techniques of qi gong, breathing and meditation practices traditionally inspired by the Taoists, as well as to the emphasis on nature's impact on our health, including the influence and intimate relationship that the 5 Elements played in one's overall health and wellbeing.

At ITM we honour the lineage of Chinese Medicine and strive to provide the most comprehensive system of training which includes the most fundamental and essential principles of Eastern medicine and its relationship to the natural world: The Elements. Many current approaches to Chinese Medicine no longer emphasize the 5 Elements and their role in health and disease prevention, and instead focus entirely on the 8 Principles of Syndrome Differentiation, which is a method of diagnosing disease based on the manifesting signs and symptoms of syndromes. At ITM we embrace the original teachings as well as modern approaches to the study and practice of Eastern Medicine.

Post-Graduate Diploma of Eastern Medicine (TCM)

- 4400 Hours (1695 Clinic Hours, 293 Credits)
- 5-year Diploma
- Can be completed in 4 years Full Time, must be completed within 8 years
- *1-year Diploma (1115 hours, 705 Clinical Hours): For Students who have previously earned a Diploma of Acupuncture & Eastern Herbal Medicine or are members of another Regulated Health Profession.

Diploma of Acupuncture & Eastern Herbal Medicine (TCM Practitioner)

- 3285 Hours (990 Clinic Hours, 219 Credits)
- 4-year Diploma
- Can be completed in 3 years Full Time, must be completed within 8 years

Diploma of Acupuncture

- 2400 Hours (720 Clinical Hours, 160 Credits)
- 3-year Diploma
- Can be Completed in 2 years Full Time, must be completed within 6 years

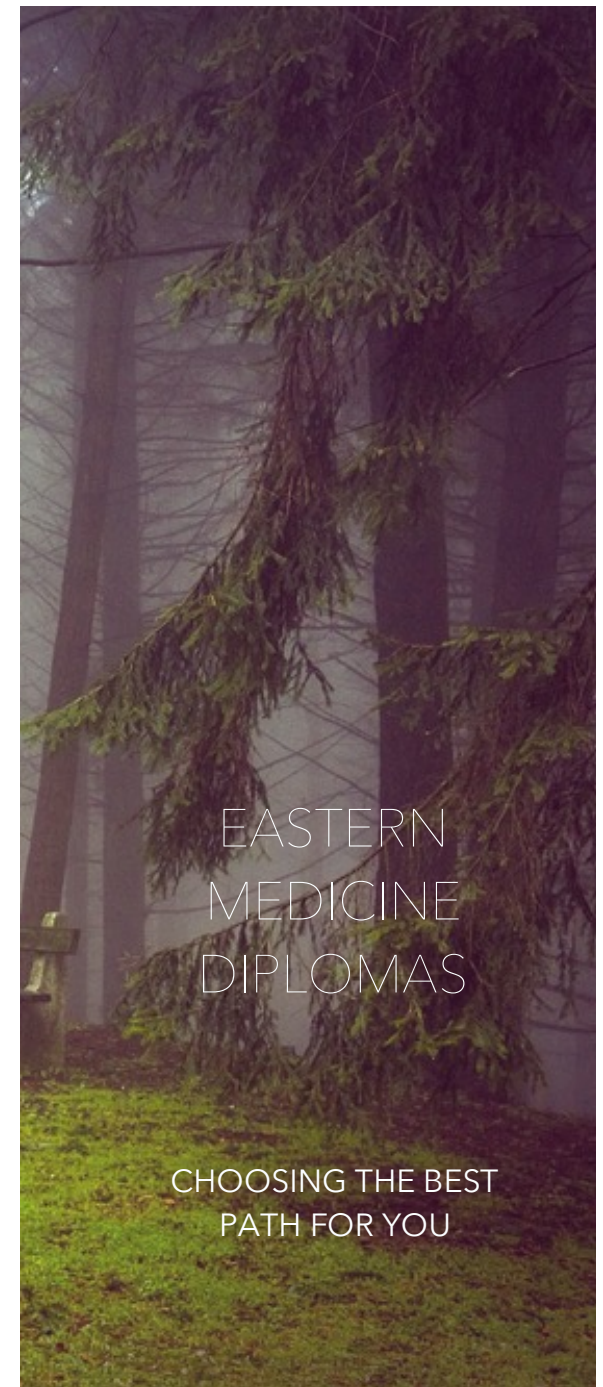
Diploma of Eastern Herbal Medicine

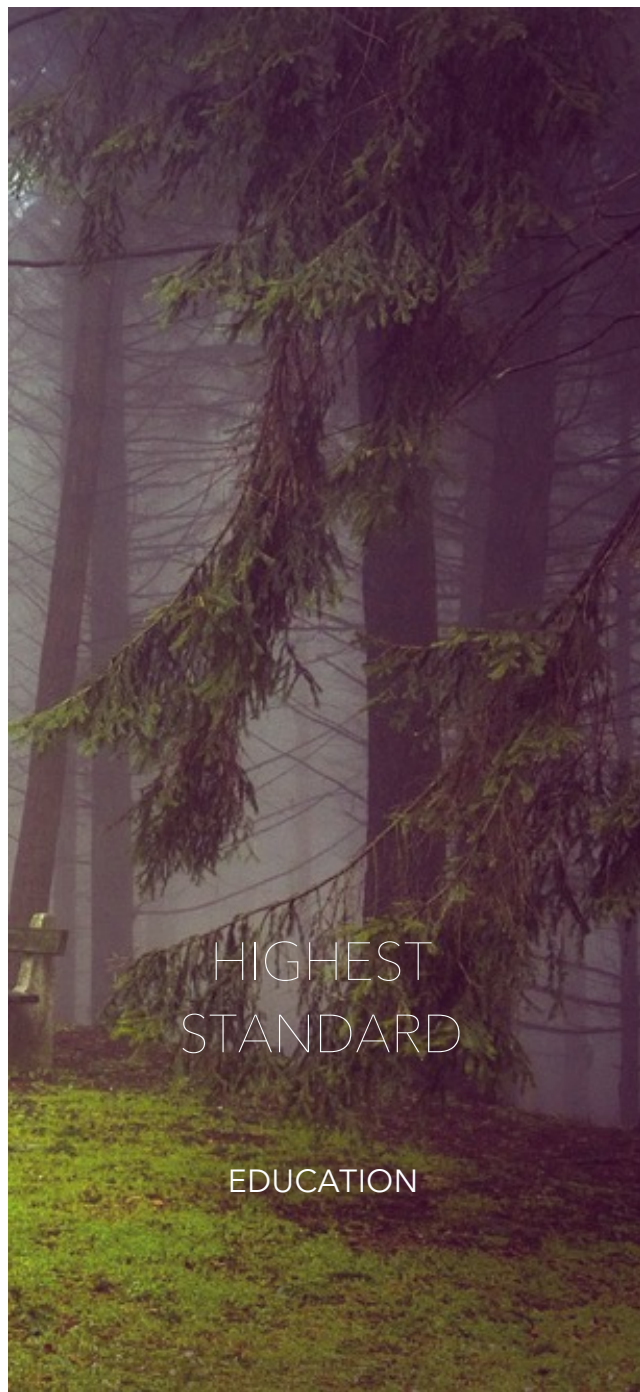
- For Students who have previously earned a Diploma of Acupuncture or are members of another Regulated Health Profession
- 960 Hours (330 Clinic Hours, 64 Credits)
- 1-year Intensive Diploma
- Can be completed in 3 terms Full Time, must be completed within 3 years

Certificate in Acupuncture

- For Students of a Regulated Health Profession
- Hours & Credits dependent on requirements of their RHP
- 6 months to 1 year

*Students who are members of a Regulated Health Profession may receive equivalencies and transfer credits towards the above diplomas, significantly reducing the financial and time requirements of these programs.





HIGHEST
STANDARD

EDUCATION

POST-GRADUATE

DIPLOMA OF EASTERN MEDICINE (TCM)

This 4400-hour Post-Graduate Diploma of Eastern Medicine (TCM) is a low-residency program that can be taken as an 1 year intensive post-graduate program for students who have already completed an Acupuncture & Eastern Herbal Medicine Diploma, or for members of select Regulated Health Professions. This program includes the Diplomas of Acupuncture & Eastern Herbal Medicine.

The diploma prepares practitioners to deliver specialized therapeutic care approaches for chronic illness and cancer care, in private practice/integrative health care settings. Students will develop advanced diagnostic and treatment skills within an integrative model of care, while deepening their research, teaching and practice skills.

- *1-year Diploma (1115 hours, 705 Clinical Hours): For Students who have previously earned a Diploma of Acupuncture & Eastern Herbal Medicine or are members of another Regulated Health Profession.
- This program is equivalent to the Doctoral Diploma Programs in BC & USA.

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ITM IS PREPARING OUR STUDENTS FOR THE PROSPECTS OF THE DOCTOR
OF TCM DESIGNATION.



PRACTITIONER

ACUPUNCTURE & EASTERN HERBAL MEDICINE

The Diploma of Acupuncture & Eastern Herbal Medicine prepares students to become Practitioners of Eastern Medicine/TCM. The 3285-hour program includes the Diploma of Acupuncture and Eastern Herbal Medicine. Students can complete the program in an intensive 3 years.

This program is unique in Ontario, as it provides students with full training in Classical and Clinical Acupuncture, Eastern Herbal Medicine and Western Herbal Medicine. Students become skilled in all aspects, theories and modalities of Acupuncture, while learning to develop, create and prescribe herbal medicine formulas as teas, tinctures, salves and ointments. This Practitioners Diploma is one of the most comprehensive training programs in Eastern Medicine available in Canada.

This program meets all CTCMPAO requirements for the Practitioner of TCM designation.

ACUPUNCTURE
& HERBAL
MEDICINE

INTEGRATION OF THE
EAST & WEST

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FRUSTRATED BY DECADES OF DISEASE-FOCUSED MEDICINE,
PRACTITIONERS, DOCTORS AND PATIENTS ARE FOCUSING ON WHOLE
PERSON HEALTH.



ACUPUNCTURE

DIPLOMA

This 2400-hour diploma provides the most comprehensive training in Acupuncture in Canada. Students may complete this diploma in an intensive 2 years. This training program covers all aspects of the practice acupuncture including various forms of Chinese, Japanese and Korean needling techniques, herbal heat therapy (moxibustion), skin-detoxing (gua sha), fire cupping, abdominal diagnosis and massage, nutrition, lifestyle guidance and movement therapy.

In addition to this training, students will earn their Diploma in Medical Qigong Therapy and Certification in Acudetox/NADA.

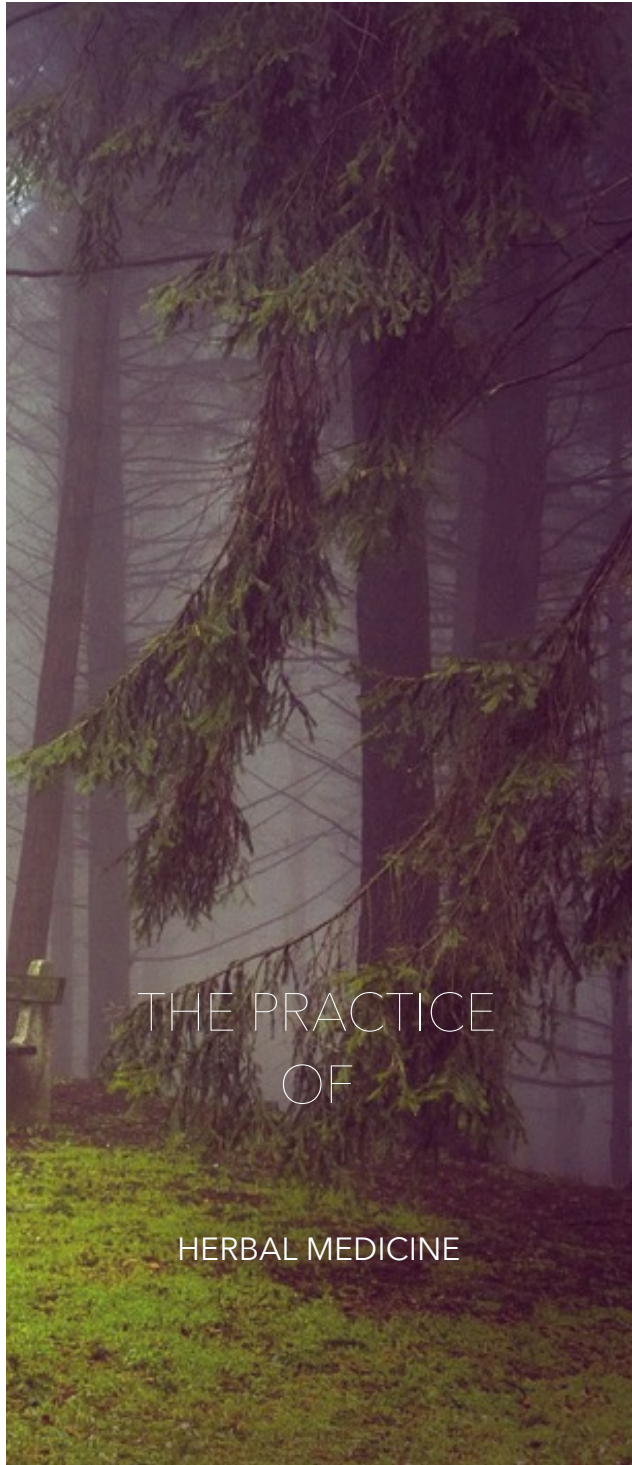
This program meets all CTCMPAO requirements for the Acupuncture designation.

CLINICAL &
CLASSICAL

ACUPUNCTURE

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INTEGRATIVE MEDICINE FOCUSES ON PREVENTIVE MAINTENANCE OF HEALTH BY PAYING ATTENTION TO ALL RELATIVE COMPONENTS OF LIFESTYLE, INCLUDING DIET, EXERCISE, STRESS MANAGEMENT AND EMOTIONAL WELL-BEING. IT INSISTS ON PATIENTS BEING ACTIVE PARTICIPANTS IN THEIR HEALTHCARE AS WELL AS ON PHYSICIANS VIEWING PATIENTS AS WHOLE PERSONS – MINDS, COMMUNITY MEMBERS AND SPIRITUAL BEINGS, AS WELL AS PHYSICAL BODIES. A. WEIL MD.



THE PRACTICE
OF

HERBAL MEDICINE

HERBAL MEDICINE

DIPLOMA OF EASTERN HERBAL MEDICINE

This is Canada's most comprehensive training program in Herbal Medicine. Students learn all the required content for Eastern Herbal Medicine while gaining knowledge and practical skills in Western/Local Herbal Medicine.

For Students who have previously earned a Diploma of Acupuncture or are members of another Regulated Health Profession, this 960-hours diploma can be completed in one intensive year. This program offers full training in medicine making: from tinctures, to salves, to infusions and puts safety, sustainability & ethics at the heart of its training. Students learn how to grow and use local Western herbs from an Eastern Diagnostic perspective. The program honours tradition while welcoming a new integrative approach to herbal medicine, health and healing.

This program meets all CTCMPAO requirements for the Practitioner of TCM designation for those students who have already earned a Diploma of Acupuncture.

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IT IS NOT ENOUGH TO MEMORIZE HERBAL FORMULAS, EFFECTIVE PRACTITIONERS MUST DEVELOP A HANDS-ON, DIRECT RELATIONSHIP WITH THE PLANTS & HERBS.



CERTIFICATES

IN EASTERN MEDICINE

ITM has created several Certificate Program options in a variety of disciplines. For students who are part of another Regulated Health Profession who are seeking to complement their previous training, we have developed shorter, more affordable and more focused certificate programs with their previous learning in mind.

The Certificate in Acupuncture can be completed in 6 months to 1 year depending on a student's prior learning. This program was designed to give students the theoretical, diagnostic and practical knowledge and skills necessary for implementing Eastern Medicine into their current practices. The certificate program is of interest to those trained in Naturopathic, Chiropractic Homeopathic and Functional Medicine, Massage Therapy, Physiotherapy, Nursing and General Medicine.

*Students who are members of a Regulated Health Profession may receive equivalencies and transfer credits towards the above diplomas, significantly reducing the financial and time requirements of these programs.

COMPLEMENTARY

TRAINING

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IN ADDITION TO THE ACUPUNCTURE PROGRAM, ITM OFFERS CERTIFICATES IN MEDICAL QIGONG THERAPY, SOUND THERAPY, ASIAN BODYWORK THERAPY, SOMATIC THERAPIES, WHOLISTIC LIFE & WELLNESS COACHING, END OF LIFE CARE, ADDICTION RECOVERY.

PARTICIPATION

FULL PARTICIPATION LEARNING

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AT ITM WE ENCOURAGE STUDENTS TO TAKE AN ACTIVE ROLE IN THEIR EDUCATION. INSTEAD OF 'SITTING BACK' AND LISTENING TO A LECTURE, WE HAVE CREATED CURRICULUMS AND CLASSROOM STRUCTURES THAT FOSTER CRITICAL THINKING, STUDENT ENGAGEMENT AND A DIRECT RELATIONSHIP TO THE MEDICINE AND ITS ROLE IN SOCIETY AND SOCIAL CHANGE.

In addition to offering Advanced Standing Programs for Medical professionals, ITM supports the community and our own students by offering Preparatory and Refresher Classes for those wishing to sit for the board exams or to simply deepen their understanding of the medicine.

The Preparatory & Refresher Courses provide graduates with a comprehensive overview of all material covered in the Eastern Medicine programs including foundational theories, acupuncture and point prescription, herbal Materia Medica and formulas, biomedical sciences including CNT, regulatory procedures and laws, case study analysis, and practice/mock exams. The refresher courses include clinical skills training.

These courses provide students with the strategies and methods required to master the material to succeed on board exams as well as to fully assimilate and apply the acquired knowledge and practices in Eastern Medicine. These courses are prepared by professionals and practitioners who have successfully completed regulatory board exams both in Canada and the US. Students who have not enrolled in an ITM program, are eligible to enroll in many of these preparatory courses.

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WISDOM IS NOT A PRODUCT OF SCHOOLING, BUT OF THE LIFELONG
ATTEMPT TO ACQUIRE IT. ALBERT EINSTEIN





WORK-PLAY-STUDY

FINDING BALANCE

You have decided you want to follow your calling and study Eastern Medicine. Now how can you balance your work and family responsibilities, include time for what you love and enjoy most in life and succeed at your studies?

We have thought this through for you. And have created both in-class and on-line learning opportunities for you, and made these the most affordable study options possible. After all, you are choosing to enrol in a program that is focused on health, and we could not offer programs that did not have your health as a priority.

We strongly believe that students who maintain a social connection to life, and to nature, do better in school. Students who learn, through our mindfulness and self-care classes, to reflect and check in on their own lifestyle habits eventually become the best practitioners.

Our entire Administration and Faculty Team are dedicated to making sure you stay healthy, connected and integrated while you are at ITM.

Below are some additional tips on finding and maintaining balance during and after your studies.

BALANCE

STUDY,
WORK,
COMMUNITY

01. Find out what kind of learner you are – your learning style: visual, tactile; find out and follow it. Learning your 'constitution or element' will also help you to understand how you learn and apply information and knowledge.

02. Prioritize. This means prioritizing not only your study time, but your social time, work time, alone time.

03. Create communities of support. You cannot do it alone. Develop peer or professional support teams made up of people you trust and who have similar motivations and goals. Support one another through it all.

04. Recognize when it is time to take a break, and a “ME” time out. Nourish yourself.

05. Share Gratitude. There are a lot people in this world that would like your life. Enjoy what you have, and share it with others.

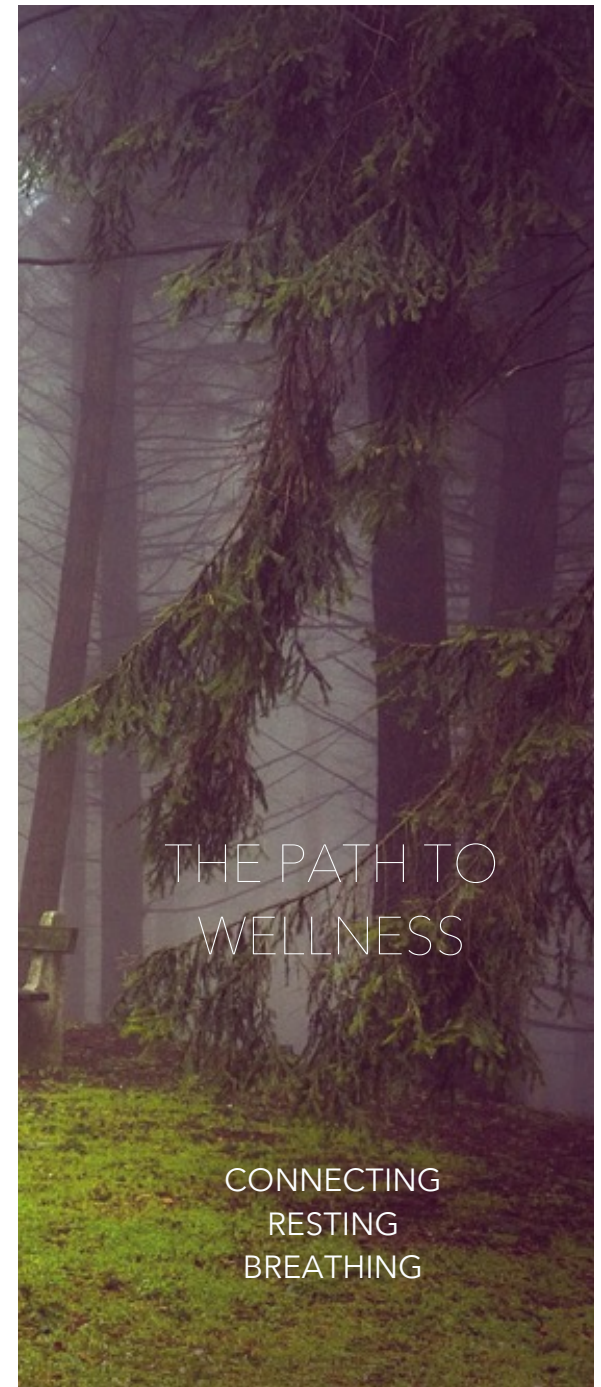
06. Get outside. Sit under a tree. Lay on the grass. Connect. Nature is our first and number one source of healing and medicine. Use it. Respect it. Connect to it. Give back to it. It will never let you down.

07. Listen to music. Music and Sound therapy have been proven to lower our stress levels, increase our ability to stay calm, focused and at peace.

08. Practice Mindfulness. Learn to breathe deeply, slowly, and without judgment.

09. Eat Well. Our gut is our second nervous system and can control how we process and let go of information, thoughts, feelings. Eat Whole Foods.

10. Rest. It's that simple. To work hard, the body and mind need to rest.





EDUCATION

IS

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*THE MOST POWERFUL WEAPON WHICH YOU CAN USE TO
CHANGE THE WORLD. NELSON MANDELA*





MAKING IT WORK

TUITION & MONEY MATTERS

At ITM, we do our best to make the study of Eastern Medicine as accessible for as many people, from diverse backgrounds, as possible. For this reason, we offer the most affordable tuition in all North America. That's right. Not only is our program one of the most comprehensive (in content and hours), it is also the most affordable. And that's because our mission is to use education to create social change. And to do so, we are committed to training the right students who will use their knowledge and experience to do the same.

In addition to affordable tuition, we offer flexible payment plans, scholarships and several in-class and on-line, part and fulltime study options to get you started.

AFFORDABLE
ACCESSIBLE

EDUCATION

Post-Graduate Diploma of Eastern Medicine (TCM)

- 4400 Hours (1695 Clinic Hours, 293 Credits)
- Tuition: \$6500/yr based on enrolling in 3 terms per year and completing the program in 4 years.
- Total Tuition: \$26,000 for fulltime studies for 4 years.

Diploma of Acupuncture & Eastern Herbal Medicine (TCM Practitioner)

- 3285 Hours (990 Clinic Hours, 219 Credits)
- Tuition: \$6667/yr based on enrolling in 3 terms per year and completing the program in 3 years.
- Total Tuition: \$20,000 for fulltime studies for 3 years.

Diploma of Acupuncture

- 2400 Hours (720 Clinical Hours, 160 Credits)
- Tuition: \$7000/yr based on enrolling in 3 terms per year and completing the program in 2 years.
- Total Tuition: \$14,000 for fulltime studies for 2 years.

Diploma of Eastern Herbal Medicine

- For Students who have previously earned a Diploma of Acupuncture or are members of another Regulated Health Profession
- 960 Hours (330 Clinic Hours, 64 Credits)
- 1-year Intensive Diploma
- Tuition: \$6000/yr based on enrolling in 3 terms per year and completing the program in 1 year.
- Total Tuition: \$6,000 for fulltime studies for 1 year.

Certificate in Acupuncture

- For Students of a Regulated Health Profession
- Hours & Credits dependent on requirements of their RHP
- 6 months to 1 year
- Tuition: 6-month program: \$1500 / Tuition: 1 year program: \$3000



Scheduling

ITM recognizes that a fulltime schedule, where classes take place throughout the week may not be possible for everyone. For this reason, we have developed a fulltime hybrid schedule which includes both on-line and in-class training and requires students to be in class in the evening (1-2 evenings a week) and weekends.

For some students, time is more limited, or for those interested in taking one course at a time, we can create a part-time schedule that best suits your needs.

Part Time Tuition: \$185 per credit (+HST) (applicable to students enrolling in anything less than a full course load).

Payment Options

Each term's tuition fees are paid at the time of registration. Students who require a payment plan, can make up to 4 payments per term. Please review the Student Contracts for additional details on payment plans. Students may also contact administration for further details. Tuition fee payments can be made online via credit card or direct deposit.

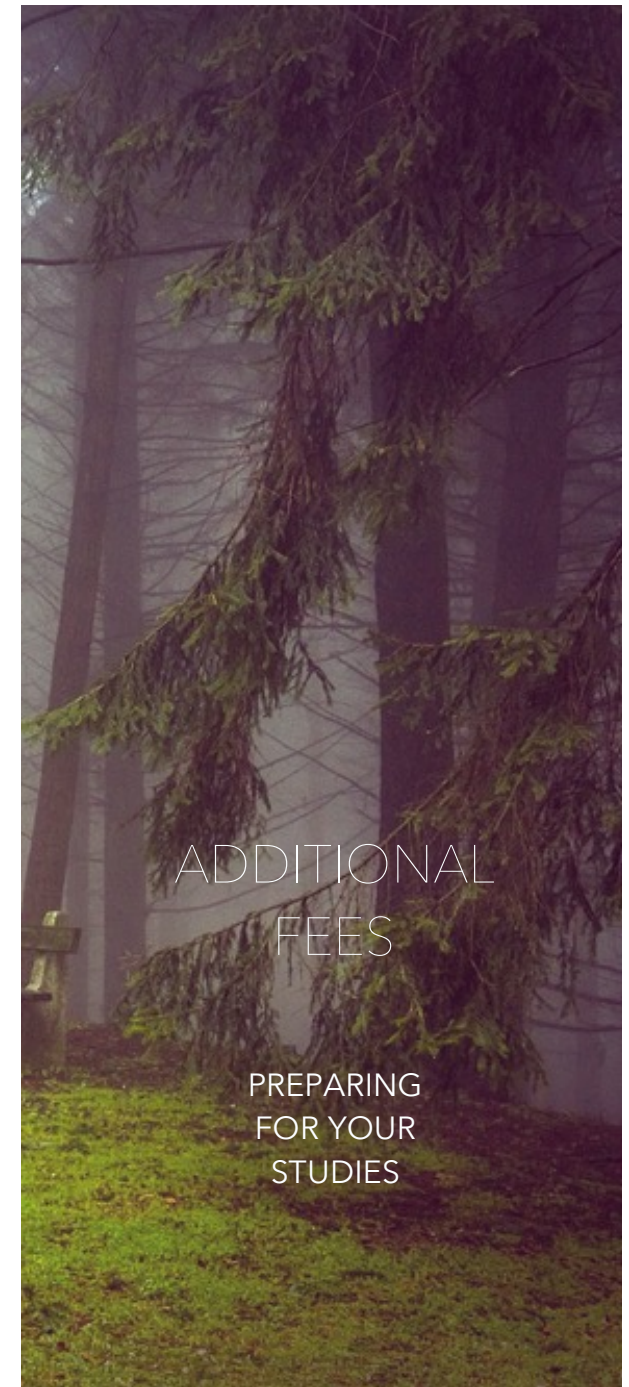
Textbooks & Material Fees

To develop a more sustainable environment and reduce waste, while decreasing fees for students, ITM provides E-Versions of course notes. A \$75 per term fee is required by all students for course manuals and materials for the term. This has reduced material fees by over 75%.

The cost of additional materials and books varies from course to course. A fulltime student may expect to pay approximately \$100 - \$300 per term in textbook fee; there are many e-copies of books for purchase that reduce this fee. We recommend students to purchase discounted materials and books at the ITM Bookstore to offset costs. Students should review the ITM Book and Materials List to ensure they put aside enough funds for these additional costs.



Application Fee	100 (+HST)
Late Application Fee	\$50 (+HST)
Late Registration Fee	\$100 (+HST)
Supplemental Exam Fee	\$50 (+HST)
Official Transcript Fee	\$20 (+HST)
Late Payments	\$25
Transfer Credit Evaluation Fee	\$50 (per course) (+HST)
Advanced Standing Exam Fee	\$25 (per course) (+HST)
Materials & Course Notes Fee	\$75 (per term) (+HST)
Malpractice Insurance	\$150 (annually) (+HST)
Student Card Fee	\$10 (+HST)
Re-Audit Course Fee	\$50 (1-4 credits) (+HST)
Interest Rates	5% per month on outstanding fees
Graduation Fee	\$150 (+HST)



SCHOLARSHIPS

TO FURTHER SUPPORT YOUR CALLING

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ITM IS COMMITTED TO SUPPORTING INDIVIDUALS WHO HAVE PROVEN THEIR DEDICATION TO BEING OF SERVICE TO OTHERS, BUT FOR FINANCIAL REASONS HAVE DIFFICULTY IN PURSUING THIS PATH OF LEARNING. FOR THESE REASONS ITM OFFERS PARTIAL SCHOLARSHIPS TO STUDENTS WHO DEMONSTRATE A STRONG COMMITMENT TO PRESERVING THESE TRADITIONAL MEDICAL SYSTEMS TO ASSIST OTHERS ON THE PATH TOWARD HEALING. SCHOLARSHIP APPLICATIONS ARE AVAILABLE FROM THE REGISTRAR. ALL SCHOLARSHIPS AND THEIR PARTICULARS, ARE GRANTED, RESCINDED OR SUBJECT TO CHANGE AT THE DISCRETION OF THE DIRECTORS OF THE INSTITUTE.



IN HONOUR OF

DALIA MASCARIN & HELEN HARRISON

Dalia Mascarin Scholarship

Dalia Mascarin, in a very short time, brought intense joy, love, hope and healing for the many who were blessed with knowing her. In honour of her life, and the happiness and healing that she brought to this world, ITM offers scholarships, each year, to individuals who have demonstrated a personal dedication to serving their community and to bringing healing to this world.

Helen Harrison Memorial First Peoples Scholarship

In honour of the First Peoples of this land, and their commitment to sharing and protecting the land and the medicine, ITM offers scholarships to individuals who are of the First Nations of this land, and who have demonstrated a personal dedication to preserving their traditional medicinal practices. Helen Harrison was a respected Quileute elder and gifted healer from LaPush, WA. We honour her love, memory, and tenacious efforts to keep the 'old ways' alive.



APPLICATION

PROCESS

- Applications are forwarded to you upon your initial request for program information and should be submitted online via email to info@itmworld.org.
- All completed forms must be submitted to the Registration Office along with the following:
- A personal statement/essay (no longer than one page) indicating the applicant's motivation for, interest and experience in studying Eastern/Integrative Medicine.
- An autobiographical outline detailing the applicant's educational, professional, personal achievements, accomplishments and goals.
- Copies of certificates and transcripts from previous institutions.
- If applying for credit transfers, the application must include copies of syllabi and course descriptions along with the completed Transfer Credit Form.
- A digital copy of a passport sized photo, submitted electronically.
- A referral letter from an individual other than family and friends who can attest to your ability and motivation for succeeding in the program and your dedication to being of service to others. Must be submitted directly to the Institute via email.
- A non-refundable application fee of \$100 payable to: Institute of Traditional Medicine

BEGINNING
YOUR STUDIES

TAKING THE NEXT STEP
TOWARD YOUR
DREAMS.

Tuition Deposit

Once all the required documents and fees are received, the student will be contacted to arrange an interview with the Director of ITM. An acceptance letter containing further details for studying and joining the community at ITM will be sent to successful applicants. Once an applicant is notified of their acceptance, they are required to make a \$500 tuition deposit within 10 days of their acceptance to secure their spot in the Institute. This amount is deducted from the total tuition fees. Please refer to the Refund Policies for further details on refunds, withdrawals and cancellations.

Application Deadlines

ITM offers three terms for all Diploma Programs. Although application deadlines exist for each program and term, students are advised to apply early, as there are limited spaces available. Given ITM's emphasis on personal, hands-on training, the focus of the institute is on the quality of education and training, rather than the quantity of students enrolled in the program.

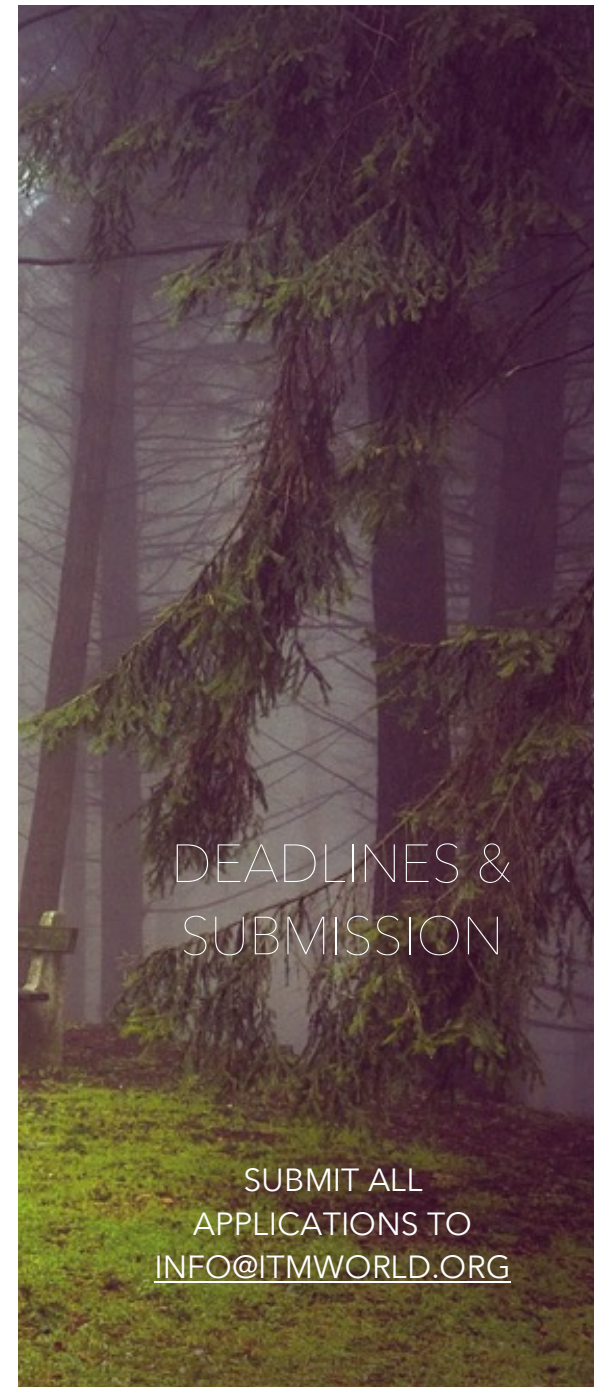
Terms & Deadlines

Fall Term: September – December (Deadline: June 28)

Winter Term: January – April (Deadline: October 28)

Summer Term: May – August (Deadline February 28)

*If the deadline has passed and a student is still very eager to join the program or class, there may be other available options to study at ITM. Students are required to contact the Registration Office as soon as possible and their case will be reviewed individually. Late fees may apply.



For any students who are planning to withdraw, cancel or postpone enrolment in the program or any classes, workshops, seminars, field trips or retreats, formal written notice must be given to Administration via email by submitting the official withdrawal forms.

Withdrawal/Cancellation forms can be obtained from Administration via email.

Students are not eligible for any refunds without formal written notice.

Refunds for withdrawals or cancellations prior to the commencement of a class, course, program:

A) Full tuition is refunded less a \$100 administration fee (plus the non-refundable application fee) if notice is received less than 5 calendar days after payment is received, or 30 or more calendar days before the first day of classes.

B) Subject to A, full tuition is refunded less 10%, if notice is received 30 calendar days before the first day of classes.

C) Subject to A, the full tuition is refunded less 20%, if notice is received less than 30 calendar days before the beginning of classes.

Refunds for withdrawals or cancellations after the commencement of the class, course, program.

D) Subject to A, 75% of the tuition is refundable if the notice of withdrawal or dismissal is received within 10% of the course, class or program's study duration.

E) Subject to A, D, 40% of the tuition is refundable if the notice of withdrawal or dismissal is received within 50% of the course, class or program's study duration.

F) A student is not eligible for any refunds of tuition after 50% of the course, class or program's duration.

*Refunds will be paid to the student thirty days of receiving appropriate notice of withdrawal or dismissal.



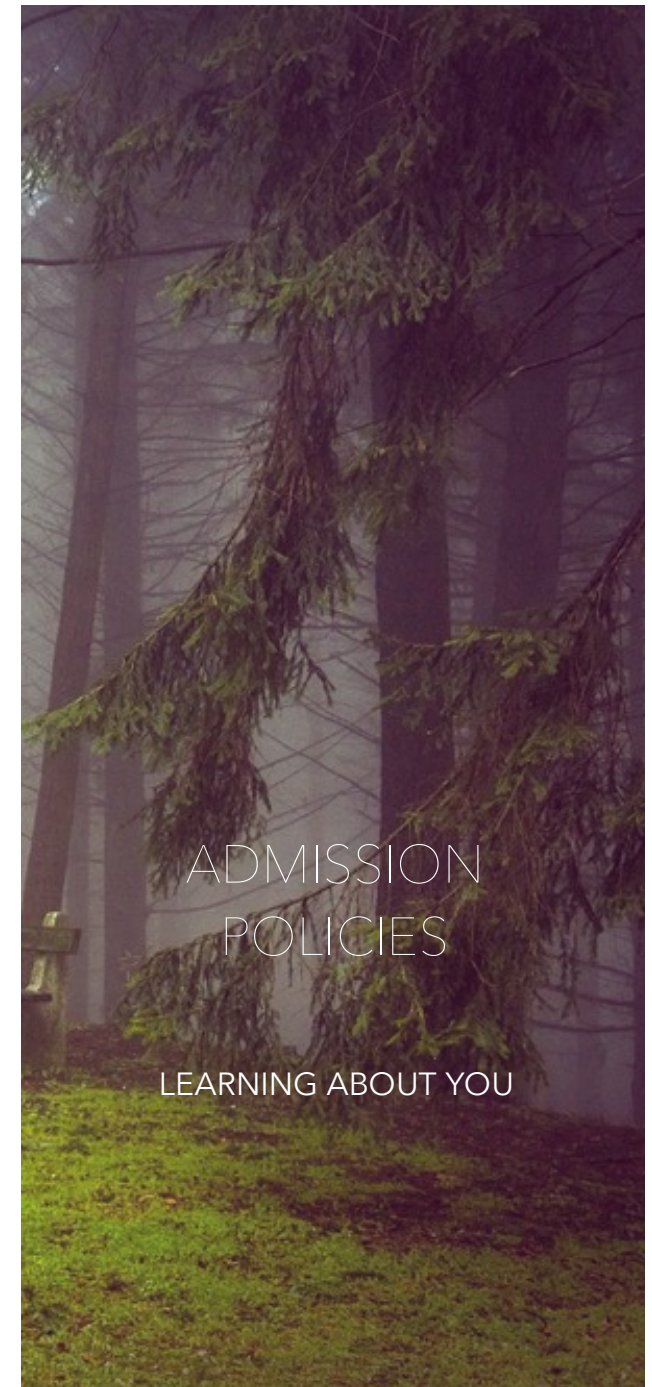
ITM is dedicated to maintaining a learning environment that is conducive to the integrative development of each student and team member. For this reason we seek to establish a student body made up of students who:

- Possess a personal dedication to maintaining and sharing the traditional medical systems of the world.
- Demonstrate a sincere desire and passion to be of service to others through the application of traditional healing modalities.
- Possess “right motivation” for practicing medicine.
- Have obtained at least two years of post-secondary education (For those who do not meet this criterion, “Pre-Medical” courses are available and offered each term, these courses are included in the Biomedical Sciences Dept.)
- *Volunteer, employment, and personal life experiences related to this field of study are of interest in our evaluation process.
- Possessing the requirements above does not guarantee admission to a program.
- ITM reserves the right to admit those applicants who also possess the character and the ability to complete the entire program, and who demonstrate the promise of becoming ethical members of the Eastern Medicine community and profession.

An interview with the Director is required of all potential students interested in joining ITM Diploma Programs. This is either completed in person at the ITM campus, or for students out of town, a telephone interview is offered.

All applications are considered on an individual basis irrespective of nationality, race, religion, gender and age. Applicants of minority and diverse populations are encouraged to apply.

*Admission requirements are subject to change without notice. Please contact ITM for current information.





ACADEMIC POLICIES

BECOMING AN
ESSENTIAL PART OF THE
COMMUNITY OF
LEARNING

At ITM we understand that the quality of education we provide is vital for our students' ability to practice Eastern/Integrative Medicine in the future. Our objective is to offer the highest level of excellence in all our programs and to provide guidance for success both on professional and personal levels.

Students of ITM are expected to demonstrate a strong commitment and dedication to their personal journey of learning and development, and a sincere respect and cooperation of the path their cohort of students are leading. ITM's academic policies have been developed to create an Institute that focuses on student success, and is also committed to establishing a safe and professional environment that is founded on strong and clear ethical principles which are carried out with integrity and honesty.

Our curriculum, teaching strategies and standard of education enable all graduates to succeed as healthcare providers using the principles of integrative medicine, and to become an integral part of the modern health care system.

Each student's "learning style" is evaluated and incorporated into our Faculty's teaching methods for each class, and our system of evaluation considers each student's personal abilities and skills. Students are expected to preview the Instructor's notes and required reading material before each class.

Attendance, participation, professionalism, clinical performance, respect, sincerity and moral conduct are pertinent factors considered in evaluating a student's progress. If a student is experiencing academic, professional, or personal challenges, they are welcome and encouraged to contact Administration for support.

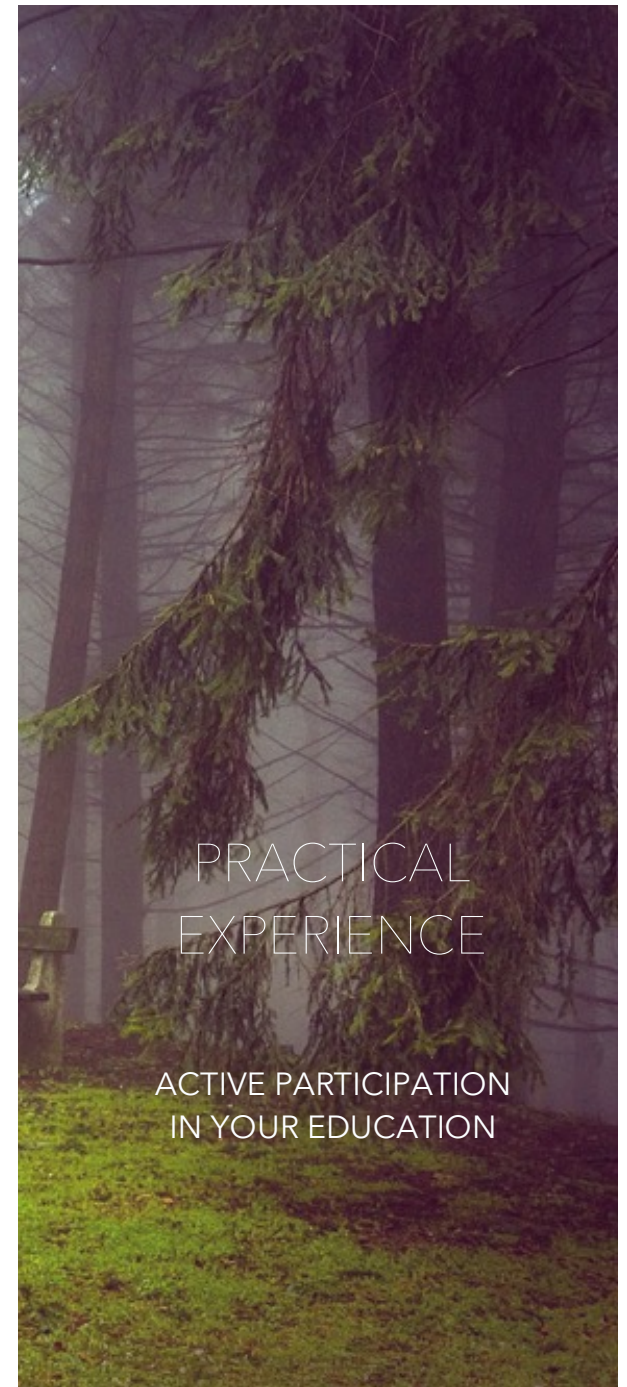
Learning Eastern/Integrative Medicine requires a very hands on, experiential approach. Our students are expected to attend all classes with a concerted effort, and to participate and remain focused on being open to the learning process. Frequent lateness and unexplained absences are unacceptable as they demonstrate a lack of respect for the professors, your cohort of students and the medicine.

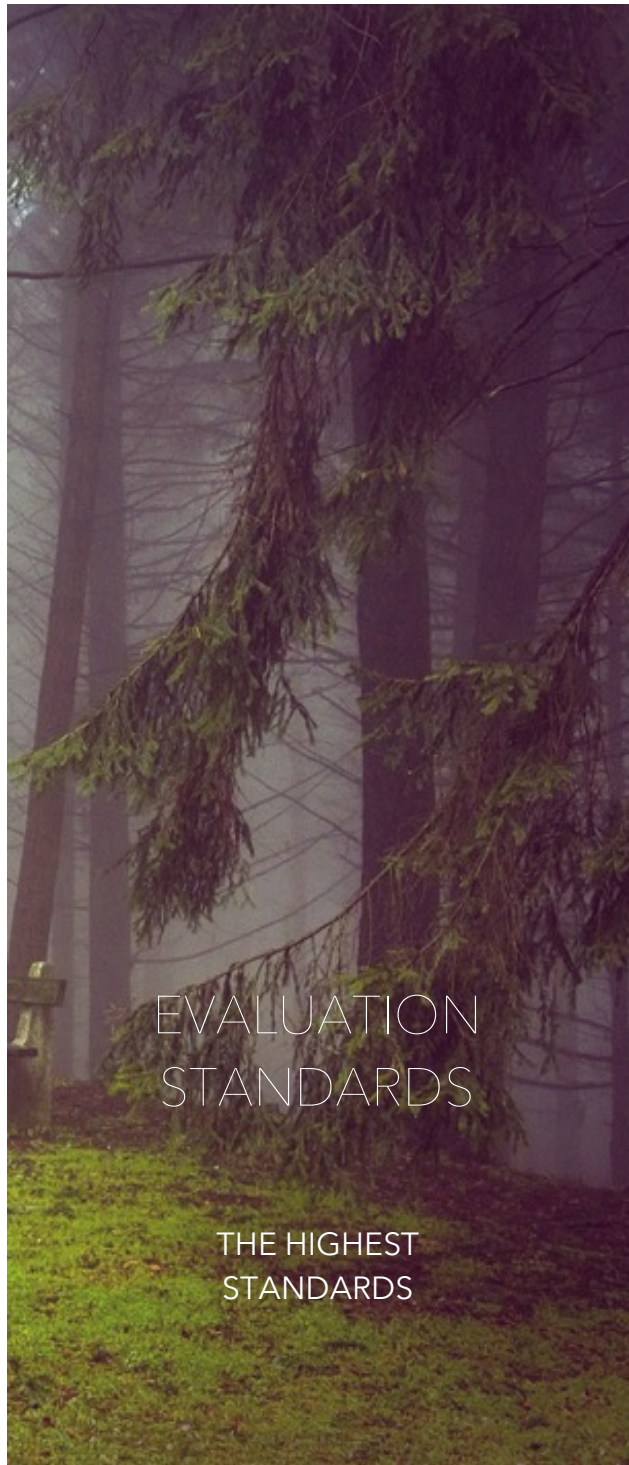
Attendance

Students are required to attend 90% of all classes, and failure will result, regardless of grade, if the minimum attendance standard is not met. There is a zero-tolerance policy on absenteeism for clinical internships, field trips and planned activities and events. Academic penalties, including additional fees, may apply for such situations.

ITM faculty and administration do understand that unexpected obstacles and challenges arise from time to time, and may make exceptions if appropriate documentation or notice is presented. All exceptions are made at the discretion of the Directors of the Institute.

What is most important is that students maintain contact with Faculty and Administrators to communicate any special requests, extensions or support.





ITM utilizes several approaches to evaluating a student's apprehension, proficiency and knowledge of the material, theories and techniques covered.

What's unique about our evaluation process is that we incorporate several modalities that not only test a student's comprehension, but also develops a student's presenting, teaching and practicing abilities and skills.

In addition to written testing and examinations which prepare students for board exams, we include practical exams, presentations, lecture requirements, group projects, research studies, and interactive exercises. Students have several opportunities to demonstrate their competency of course material. Each course includes a syllabus which clearly outlines the requirements. It is the instructor's discretion as to whether a given student must take any additional tests/exams to complete the course.

To support our sustainability efforts, all assignments are submitted either through our online platform or via email. Students are advised to keep copies of their work for their own records.

With the Instructor's prior consent, students can take a missed test with the maximum allowable grade being 75%. Final exams must be taken on the date assigned by the Instructor/Institute. Missed final exams will result in an automatic failure of the course, unless documentation, deemed appropriate by the Director, is presented prior to or within one day of the scheduled exam. A deferred examination may be accorded the same weight as the scheduled final exam in the computation of the student's final grade. A student who becomes ill during an exam must notify the invigilator immediately of the inability to complete the examination. The student may then apply to write a deferred exam.

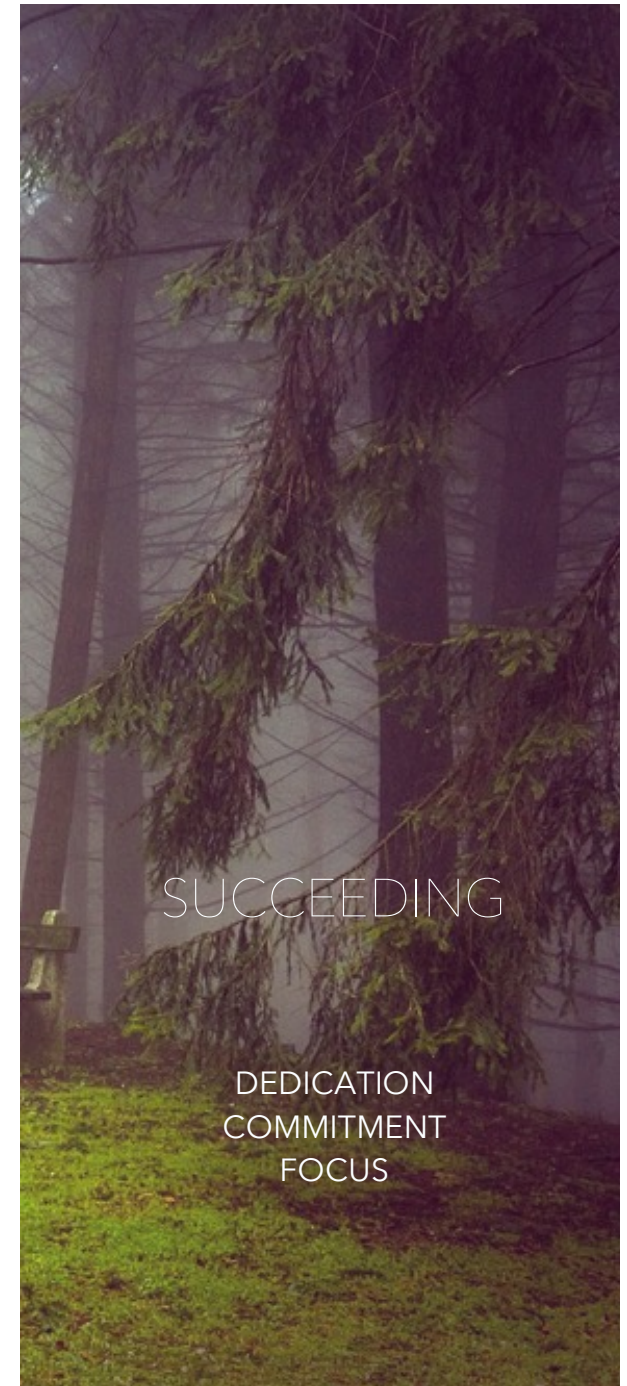
Students who fail to receive a passing grade due to a failed exam can apply to take a supplementary exam. Applications must be received within 10 days of notification of a failed exam, along with a non-refundable \$50 fee. The student will be informed of the date of the exam. Rewrites must occur prior to beginning subsequent terms, as many courses require prerequisites.

To receive a passing grade, students must:

- Participate in class experiences and discussions.
- Attend at least 90% of scheduled classes (100% of Clinical Classes).
- Successfully complete all course work.
- Successfully pass all exams and tests with at least a 70% average (B-).
- Meet all academic and clinical objectives set out by the Professors/Supervisors.

Graduation Exams

Students can take a final graduation exam at the completion of any of the diplomas offered at ITM. These examinations are comprehensive in nature and allow the students to evaluate their overall retention and recollection of material and content (theoretical and practical) covered in each year of their studies. These graduation exams also prepare students for regulatory board exams within the province, country and abroad. These exams are prepared by professionals, and practitioners who have successfully completed regulatory board exams either in Canada or the US.





Repeating A Course

Students are expected to repeat a course in the next available session, if they have received a grade lower than 70% (B-). Full charges may apply for repeating a course. Students must take into consideration that repeating courses may interfere with the scheduling of subsequent terms.

Re-Admission

Students who have withdrawn from or interrupted their program studies and wish to re-enter the program, must submit a new application and fees. Acceptance is not automatic, and is based on availability.

Incompletes

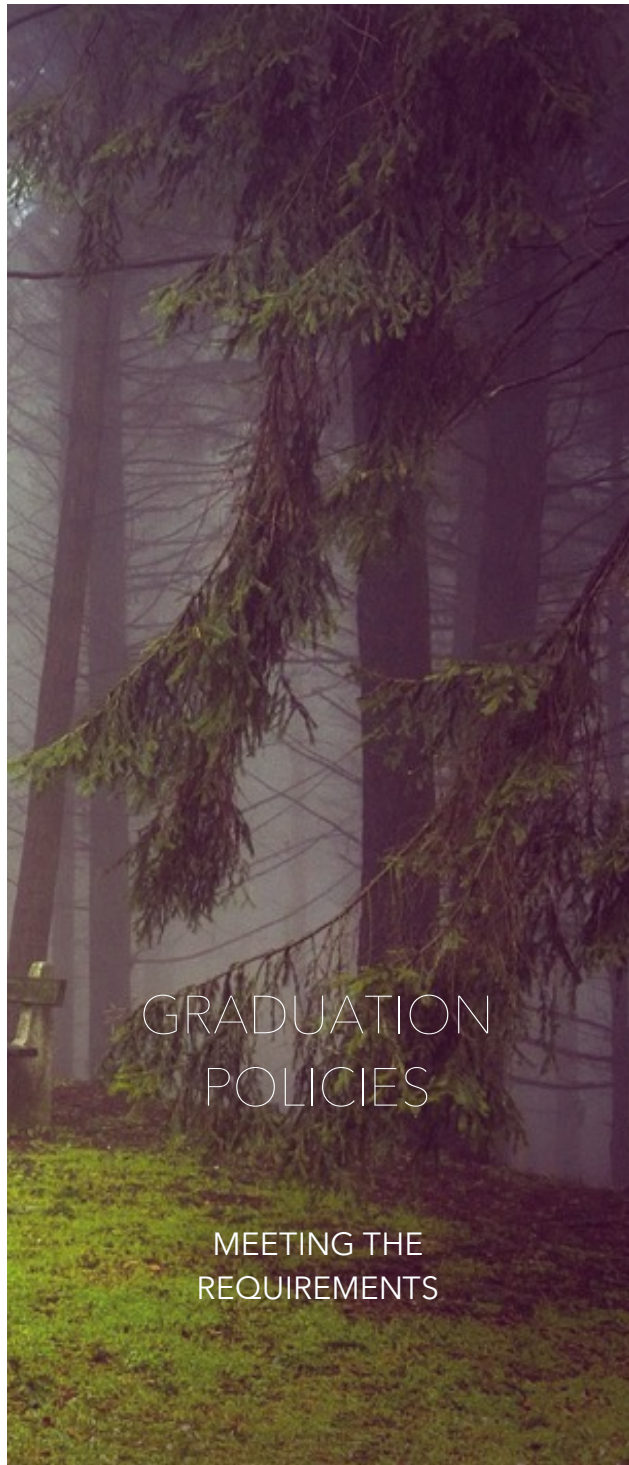
Due to extenuating circumstances deemed acceptable by the Instructor or Director, a student may be given additional time to complete course work. The decision and the time permitted to do so, are solely at the discretion of the Instructor and Director of the Institute. The student will be given a designation of "incomplete" until the required course work is successfully completed.

Withdrawals

Students who wish to withdraw from any given course should complete a withdrawal form and submit to the registration office within 10% of the course. Each request will be individually assessed and students will be advised of the academic and financial implications. Non-attendance will not be automatically considered a withdrawal and may be subjected to financial penalty.

Letter Grade	Percentage Grade	GPA
A+	90-100%	4.0
A	85-89%	3.9
A-	80-84%	3.7
B+	77-79%	3.3
B	73-76%	3.0
B-	70-72%	2.7
C+	67-69% (may be required to repeat course)	2.3
C	63-66 (any grade below C+ is an automatic fail and must be repeated)	2.0
C-	60-62	1.7
D+	57-59	1.3
D	53-56	1.0
D-	50-52	.7
F	0-49	0.0
CE	Currently Enrolled	
INC	Incomplete	
W	Withdrawal	
EQV	Equivalent/Transfer Credit	
ADV	Advanced Standing	
ABD	All But Dissertation	





To graduate from ITM Diploma Programs students must:

- Demonstrate the academic, practical, and personal abilities necessary for practicing Eastern/Integrative Medicine in an effective, professional and ethical manner, abiding by the rules and regulations set out by the CTCMPAO.
- Successfully complete all required courses within the program within the allotted time.
- Successfully complete all required clinical internships in the allotted time.
- Clear all financial obligations.
- Return all outstanding library books.
- Receive approval from the Board of Directors.

Confidentiality

- All ITM permanent student records will be kept personal and private, and no educational or personal information will be released to third parties without the written consent of the student, except in the case of a court order.

Student Evaluations

- ITM strives to maintain a student-centered learning environment, training excellence, and highly effective and diverse programming, events, and teaching strategies. ITM offers its students the opportunity to meet with Advisors and Directors throughout the year to discuss potential changes, suggestions and ideas that will create the most nourishing learning environment possible for everyone at the Institute. Each student is also encouraged to complete Course Evaluations during and at the end of each class.

Academic Credit Transfers

Students who have studied at other educational institutes may be eligible for credit transfers at ITM. Those interested in receiving credit for courses completed at another school are required to notify ITM during the application process.

Students are required to submit all information deemed necessary by ITM at the time of applying to the Institute. Courses that are approved for advanced standing receive an Equivalent grade (EQV) on the ITM transcript.

Information required includes:

- Syllabi and course descriptions.
- Transcripts indicating that the course completed at an accredited university, college or institute was completed with a grade of 60% ("C") or higher.
- Documents in English or notarized in literal English translations.

Given that all schools have individual evaluation processes and standards, ITM reserves the right to request proficiency exams of those students applying for transfer credits. Students are only permitted to transfer up to 50% of the program's requirement from another institute. Students are eligible to transfer credits only at the time of their application. International Evaluations: Applicants who have completed studies outside of North America, and are applying for transfer credits towards their program, must have their transcripts evaluated and translated by the World Education Services. For details, visit: www.wes.org.







THE MINDFUL

PRACTITIONER

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STUDENTS ENROLLED IN PROGRAMS AT ITM ARE ALSO INTRODUCED TO ESSENTIAL SELF-CARE, SELF-AWARENESS EXERCISES AND TECHNIQUES, TOOLS AND PHILOSOPHIES THAT ENABLE THEM TO BECOME A SELF-AWARE, MINDFUL PRACTITIONER. THESE TECHNIQUES INCLUDE MINDFULNESS, MEDITATION, AND SELF-REFLECTION PRACTICES.



Student Conduct

All students are expected to conduct themselves in a respectful, caring, responsible and professional manner during and after their studies at ITM. Personal and character development achieved during their studies at ITM will inevitably influence a student's conduct as practitioners and citizens of their communities.

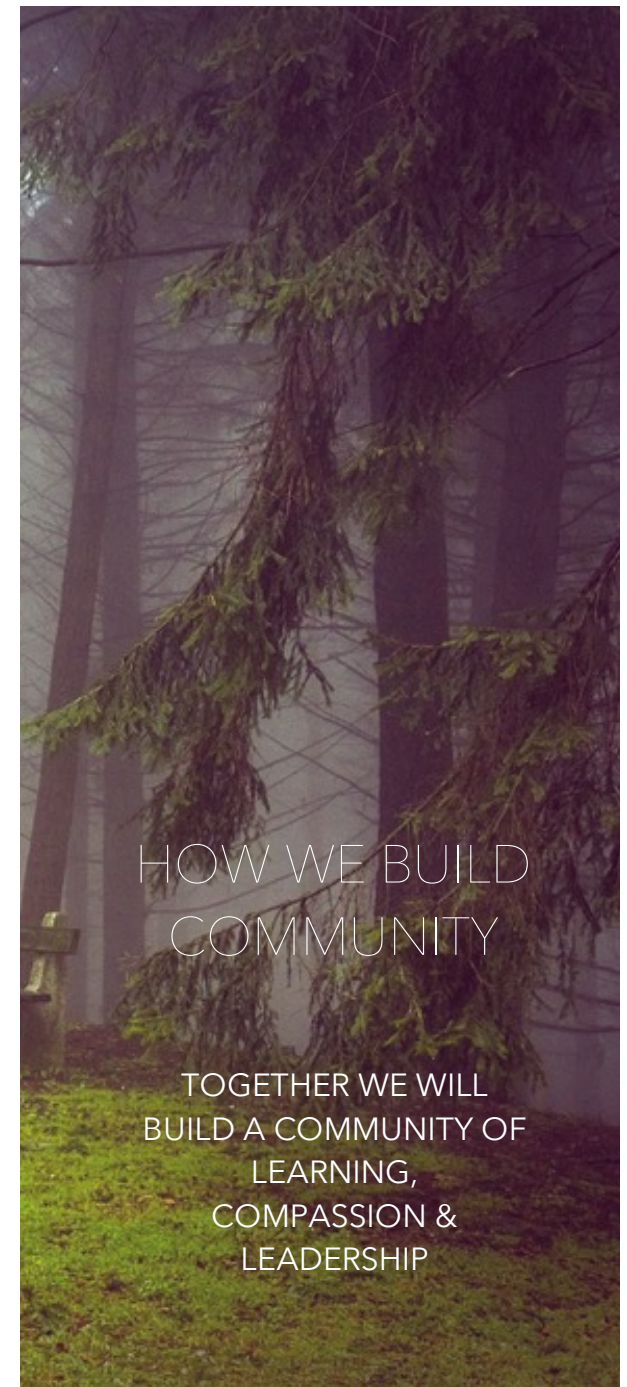
Students may be placed on probation for academic, behavioural or other circumstances which impedes their progress or the progress of their cohort of students in successfully completing their studies and self-development, or interferes with any faculty or staff member's attempts to carry out their responsibilities, within ITM.

Written notice will be given, outlining the details of the probation and the consequences of non-compliance with those terms.

Appeals

To maintain a level of consideration to students concerns and opinions, ITM allows students the opportunity to appeal decisions regarding their probation, suspension and grades. Since openness, non-violent communication and acceptance are of great importance in resolving conflicts and misunderstandings, students are asked to first approach the faculty member or administrator in question regarding the situation or decision made.

If the matter is not resolved, the student must make a formal appeal to the Director of the Institute. The appeal must be made no later than seven days after the decision or action that is being appealed was made. A formal appeal along with \$25 (refunded only if the student's appeal is successful), and a letter outlining the details and a resolution for the appeal, is to be submitted to the Director via email.






Unacceptable situations include but are not limited to:

- Below average academic/clinical performance.
- Less than 90% attendance in class and clinics.
- Failure to meet financial obligations.
- Cheating, plagiarism, fraud, deceit and other forms of academic dishonesty.
- Disruptive behaviour that interferes with the studies, clinical training of any students.
- Disrespectful, uncaring and irresponsible behaviour.
- Threatening or subjecting any person, student, or staff to physical, sexual, or mental harassment.
- Indignity, injury or violence.
- Intentionally damaging or destroying property of the Institute, or that of any student or staff member.
- Failure to obey the lawful instructions of any Institute official or employee acting in the performance of their duty and failure to obey all published or posted regulations relating to the use and entry of the Institute buildings and facilities.
- Failure to obtain approval, permission, or to follow procedure as required under Institute policies and regulations.

Dismissal

- Failure to comply with these guidelines may lead to disciplinary probation, a student's suspension or expulsion from the Institute.



THE GIFT

THERE IS NO GREATER GIFT

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THERE IS NO GREATER GIFT TO GIVE OR RECEIVE THAN TO HONOUR YOUR CALLING. IT IS WHY YOU WERE BORN, AND HOW YOU BECOME MOST TRULY ALIVE.



Service in the Community

At ITM we recognize that theoretical learning alone will not foster the skills necessary for success in Integrative Medicine. We are also aware that our graduates can transform communities by practicing Community Based Integrative Medicine. Medicine that is accessible, affordable and available for everyone.

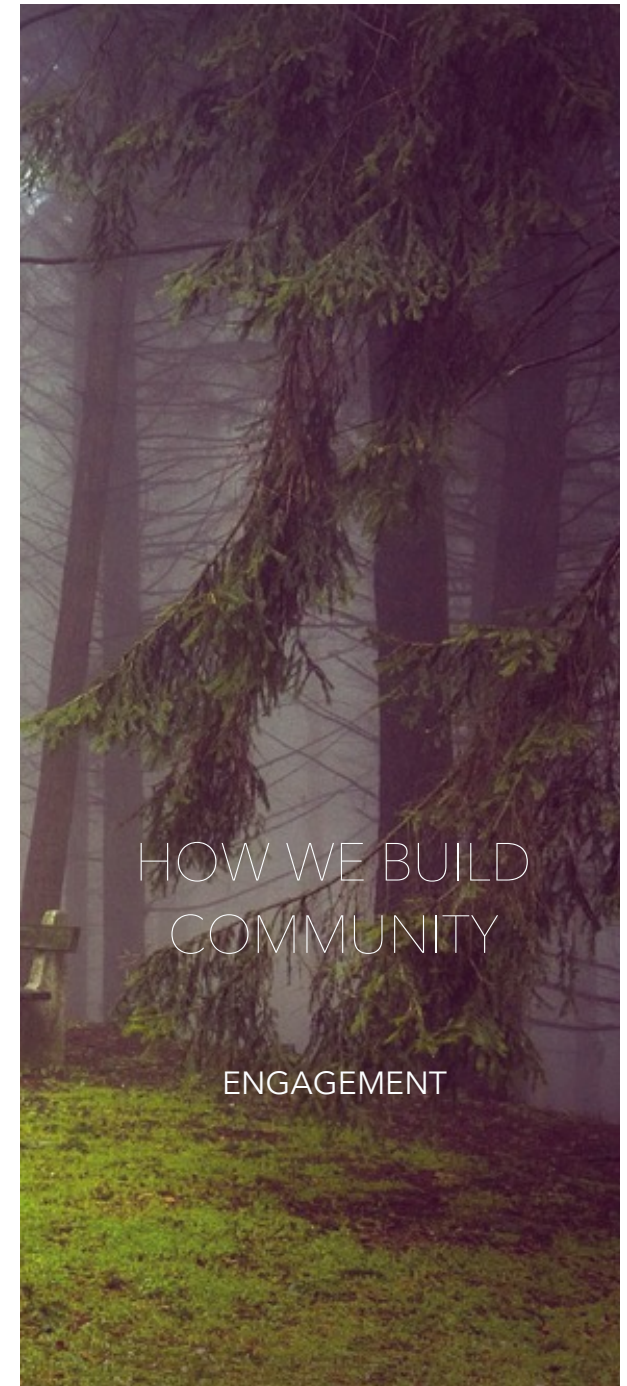
For these reasons, we endeavour to provide opportunities for our students to offer the Toronto community integrated health clinics within ITM, and offsite at our affiliate community organizations. These clinics are run by Senior Interns and Supervised by highly skilled and experienced Practitioners. We have also developed International Externship Opportunities in Guatemala, Nepal and China.

We are honoured to have one of the busiest Student-Run Community clinics in Canada. Student Interns are exposed to diverse populations, learn to work with a variety of health conditions, including Addictions, Mental Health and Trauma, Paediatrics, Pain & Stress, and Women's Health.

Graduates may join ITM's Health Hub – a community health centre comprised of an inter-professional team of Health Practitioners who are committed to offering affordable healthcare options. This is an incredible way to launch one's career in integrative health.

Students of ITM receive several additional benefits just by being part of the community, including:

- Complimentary treatments during Student Clinic.
- Discounted rates for workshops, seminars and retreats.
- Access to the ITM Library with over 2000 books and resources.
- Discounted books and supplies at the ITM Book Store.
- An opportunity to be part of an ever-growing community of practitioners & leaders in the field of Eastern & Integrative Medicine.





RESOURCES

BOOKSTORE
APOTHECARY
SPACE TO BE

LIBRARY

ITM's Library carries a rare collection of books and materials featuring several areas of medicine from around the world. Students of ITM are permitted to access and borrow books from the Library for a period of two weeks. Students are asked to review the Book and Materials Borrowing Guidelines found in the library, and must sign a consent form to confirm their compliance to the regulations. Members of ITM are also able to access the Library and have borrowing privileges.

ITM BOOKSTORE

ITM offers its students and the community of Toronto an opportunity to find a wide variety of resources, books and supplies necessary for the practice and study of Integrative Medicine and Wellbeing. Students receive discounts and are able to place "special orders" for materials not currently found in the bookstore.

APOTHECARY & DISPENSARY – Vegan & Sustainable

ITM is proud to host a full dispensary of Eastern & Western Herbal Medicine, from herbal teas and patents, to prepared formulas and remedies. Our Dispensary is Vegan and Sustainably run.

Open Door Policy

ITM is determined to maintain strong communication levels between staff and students and hold an "Open Door" policy to meet student's needs. The Director, instructors and administration are available to meet with students throughout the term to discuss concerns, requests and suggestions. Appointments must be made with the administrative team.

Faculty & Advisors

ITM has the support and guidance of several distinguished and highly experienced experts within the field of Eastern and Integrative Medicine. Each faculty member has been carefully chosen for their specific expertise within Eastern/Integrative; for their pioneering leadership in the advancement of Integrative Medicine world-wide; and for their commitment, ability and dedication to educating others while promoting the ethical and professional training and practice of Integrative Medicine in North America. All faculty and staff fully uphold and support ITM's mission, motivation and intentions regarding preserving the world's traditional medicines in ethical, moral, professional and compassionate ways.

Many members of the faculty, who have been trained in other modalities of science, art and spirituality, including biomedicine medicine, benefit our students and program by bridging the gap between Western and Eastern, and ancient and modern perspectives and modalities of healing and medicine. They provide our students with the highest quality of educational training possible in Eastern and Integrative Medicine.

Our Advisors bring the necessary skills and experience to give ITM its reputation on both a local and international level for excellence and integrity in education and training. Their experiences span numerous fields including Politics, Counselling, Psychology and Psychotherapy, General Medicine, Nutrition, International Affairs, Education, Business Development, Community Care, Spiritual Direction, and Design; giving ITM the direction and guidance necessary for being a world leader in education and training in health & sustainability.

For a complete list of current Faculty and Advisors, please refer to the Visionaries & Faculty page on our website www.itmworld.org.





COURSE

DESCRIPTIONS

For a detailed overview of all courses offered within the department of Eastern Medicine, and for each diploma, please refer to the Course Descriptions Catalogue.

Students at ITM are part of an integrated system of education where emphasis is placed on the synchronistic nature of learning; one that engages the heart, mind and body.

All areas of study, from Biomedical Science to Massage, Nutrition to the Healing Arts, are systemically integrated in ways that foster a deeper understanding of the wholistic nature of the human, of healing and wellness.

The methods of teaching are integrated in ways that stimulate a student's understanding and appreciation of the interdependent nature of all life.

INTERDEPENDENCE

ALL AREAS OF
LEARNING ARE
CONNECTED

RELATIONSHIP

THE SYMBOL

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ITM'S SYMBOL IS A REMINDER OF RELATIONSHIP AND BALANCE; TEACHINGS THAT ARE AT THE HEART OF TRADITIONAL MEDICINES AND WAYS OF LIFE. HOLD YOUR HANDS HORIZONTALLY IN FRONT OF YOU, JOIN THE TIPS OF YOUR MIDDLE AND RING FINGERS TOGETHER, PALMS FACING YOU – THIS IS THE HEART OF ITM'S SYMBOL. IN THIS SIMPLE ACT YOU HAVE JOINED LEFT AND RIGHT, ABOVE AND BELOW – THE SYMBOL YOU HAVE CREATED IS THE EYE OF LIFE – AND LOOKING THROUGH IT WE PEER INTO THE BEAUTY AND MYSTERY OF CREATION (TS'IK'A.TI). IN THIS JOINING WE HAVE CREATED BALANCE, SYMMETRY, AND AN IMMEDIATE REMINDER OF THE VASTNESS OF BEING.

SURROUNDING THIS CENTRAL IMAGE ARE FOUR CIRCLES, HONOURING THE DIRECTIONS AND THE CYCLES OF LIFE AS THEY MANIFEST IN DAYS, SEASON, LIFETIMES. THE OUTER CIRCLE WAS INFLUENCED BY THE EASTERN & WESTERN TRADITIONS AND TEACHINGS ON ONENESS, INSEPARABILITY AND WHOLENESS. WE THANK OUR INDIGENOUS ANCESTORS AND TEACHERS FROM ALL DIRECTIONS FOR THESE PRECIOUS TEACHINGS, SUPPORT AND GUIDANCE.



INSTITUTE OF
TRADITIONAL
MEDICINE

EDUCATION COMMUNITY SOCIAL CHANGE

// THE 'CIRCLE' HAS HEALING POWER. IN THE CIRCLE, WE ARE ALL EQUAL. WHEN IN THE CIRCLE, NO ONE IS IN FRONT OF YOU. NO ONE IS BEHIND YOU. NO ONE IS ABOVE YOU. NO ONE IS BELOW YOU. THE SACRED CIRCLE IS DESIGNED TO CREATE UNITY. THE HOOP OF LIFE IS ALSO A CIRCLE. ON THIS HOOP THERE IS A PLACE FOR EVERY SPECIES, EVERY RACE, EVERY TREE AND EVERY PLANT. IT IS THIS COMPLETENESS OF LIFE THAT MUST BE RESPECTED IN ORDER TO BRING ABOUT HEALTH ON THIS PLANET. DAVE CHIEF, OGLALA LAKOTA