

# Institute of Traditional Medicine

EASTERN MEDICINE DIPLOMAS  
Department of Integrative Health Studies



## Course Descriptions

Diploma of Acupuncture  
Diploma of Eastern Herbal Medicine  
Diploma of Acupuncture & Eastern Herbal Medicine  
Post-Graduate Diploma of Eastern Medicine (TCM)

## **DIPLOMA PROGRAMS**

### **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 in under 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 previous studies and the requirements of their Regulated Health Profession
- 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.







## **FUNDAMENTALS OF EASTERN MEDICINE**

### **FDN 101 Fundamentals of Eastern Medicine**

#### **6 credits 90 hours**

This course explores Eastern 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, 5 Elements, Meridian Theory, Classical Chinese Physiology (Zang Xiang), Etiology and Prognosis, the Seven Emotions and introduction to Chinese Herbology. 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 EM.

### **FDN 102 Eastern Philosophy - Yang Sheng Fa (Nourishing Life Principles)**

#### **2 credits 30 hours**

This course is an introduction to the historical and philosophical foundations of Chinese and Eastern Medical Theory. Students will examine Taoist, Confucian and Buddhist worldviews as they relate to the philosophical origins of Eastern 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 EM and how they relate to Chinese medical history. Students will discuss the development of acupuncture and EM and professional trends in Canada, the U.S., China and abroad. Principal Chinese classics covered are: *I-Ching – Book of Changes*, *Yellow Emperor's Classic*, and *Tao Te Ching*.

**FDN 103 History & Practice 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, Chinese, First Nations, Tibetan, African and Western Medicine. Students will gain a strong foundation in the history and current situation of Traditional, Integrative, Complementary and Alternative Medicine in North America and Internationally.

**FDN 104 Chinese Language & Medical Terminology****4 credits 60 hours**

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

**FDN 105 Mental Health Conditions (Qing Zhi Bing)****2 credits 30 hours**

This course introduces a variety of theories and concepts relating to mental, emotional and spiritual health and wellness. Topics include psychiatry, human consciousness; addictions and trauma, the emotions and their relationship to health and disease; culture, religion and spiritual tradition and their effects on human behavior. Students will also learn the most common medical treatments for such illnesses/diseases as well as EM principles, patterns and treatment strategies for these disharmonies.

**FDN 106 Huangdi Neijing Selections****2 credits 30 hours**

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

**FDN 107 Eastern Medical Classics****2 credits 30 hours**

This course will focus on the study of three EM 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). The course will offer students an exploration and overview of some of the most influential theories in the study of Eastern Medicine.



## **ACUPUNCTURE STUDIES**

### **ACU 201A Acupoints & Meridians I**

#### **4 credits 60 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 EM. 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 201B Acupoints & Meridians I Lab**

#### **2 credits 30 hours**

This course continues its review of the most common acupoints and their functions, and the practical location of these points. In this lab students will receive further hands-on experience in locating and sensing of acupoints and review of the most common point combinations.

### **ACU 202A Acupoints & Meridians II**

#### **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 (Pinyin), 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 202B Acupoints & Meridians II Lab**

#### **2 credits 30 hours**

This course continues its review of the most common acupoints and their functions, and the practical location of these points. In this lab students will receive further hands-on experience in locating and sensing of acupoints and review of the most common point combinations.





### **ACU 203 Techniques of Acupuncture & Auxiliary Modalities 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. Students will also learn the basic theories for applying many of the adjunct modalities such as Moxibustion, gua sha, cupping, blood letting. Risk Management protocols as well as Clean Needle Technique certification is included in this course.

### **ACU 204 Acupuncture Techniques Lab I 1 credit 15 hours**

This course is an introduction to the practical aspects of acupuncture, moxibustion, guasha and other auxiliary modalities, 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 Acupuncture Techniques 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 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. The practical application of Clean Needle Technique is requisite to passing this course.

### **ACU 206 Acupuncture Techniques Lab III 1 credit 15 hours**

This course will cover 5 Element Acupuncture Techniques. Students will review the 5 Element Theory and will practice the Japanese or Classical Chinese style of Acupuncture & Moxibustion. Hara breathing & Diagnosis will be included.

### **ACU 207 Acupuncture Anatomy**

#### **1 credit 15 hours**

In this course students review acupoints according to the associated anatomical structure and function. Both Eastern Medical techniques such as acupuncture as well as biomedical techniques such as musculo-skeletal, postural and range-of-motion assessments are learned and applied. Students also review common point combinations.

### **ACU 208 Acupuncture & the Microsystems**

#### **2 credits 30 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 be 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. Treatment protocols will focus on the most common disorders, pain, and patterns of disharmony.

### **ACU 209 Community & Environmental Health**

#### **1 credits 15 hours**

In this course, students will review the major theoretical and philosophical approaches to community health and environmental. The basis of all healing, particularly in traditional medicine, relies heavily on the connection and balance within nature and the elements. Students will have the opportunity to learn many effective approaches for providing health care in a community setting, such as Community Acupuncture Clinics, and will learn how a systemic approach to healthcare is necessary and should address one's physical, mental, social and environmental situations. These, as well as access to health care services are crucial influences in our overall wellbeing. Students will also explore ways to implement environmentally sound and sustainable decisions and actions within their practice.

### **ACU 210 NADA Acudetox: Acupuncture Point Study**

#### **2 credits 30 hours**

This class will cover Eastern 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 habitforming substances. Other important points for treating addictions are also covered in this course. NADA protocols and certification are covered.



## **DIAGNOSTIC SKILLS**

### **DGS 301 Eastern Medical Diagnostic Skills**

**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, & 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. Similar to “Rounds” in allopathic medicine, 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**

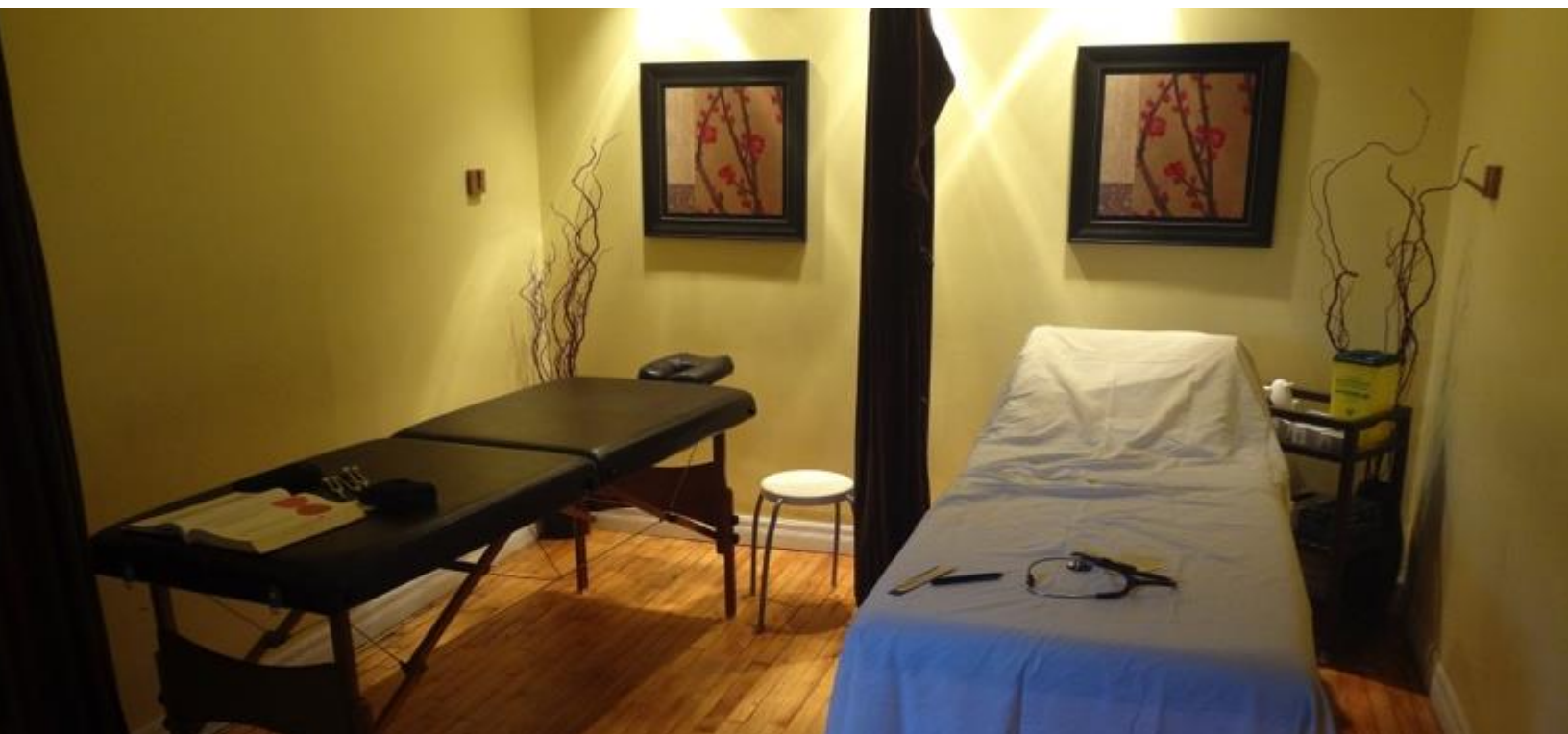
This course concludes the seminar series in advanced diagnosis and evaluation. The intern continues to present their ‘case notebooks’. The instructor works with each intern and their various cases in order to help them acquire more competence in acupuncture and other forms of Eastern medicine. This final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

*\*In each of these courses, instructors present advanced topics in Diagnosis & Evaluation focusing on current and common illnesses and diseases within modern society and in the current clinical setting at ITM.*

### **\*DGS 305 Diagnosis and Evaluation for the Graduate**

**2 credits 30 hours**

This course is designed for the Graduate who will benefit from ongoing clinical support from faculty and guest faculty. Graduates & practitioners will have the opportunity to bring in case studies from their current practice and to use this open forum to discuss these difficult cases and receive feedback from colleagues and from the supervising faculty member. This is also an opportunity for graduates to receive support on a number of personal and professional levels from colleagues as well as experienced practitioners. At the request of the Graduates, the sessions can also be used to review/introduce pertinent studies, information and techniques in the realm of Eastern, Allopathic and Integrative medicine.





## **BIOMEDICAL SCIENCES**

### **BIO 401 Principles of Biomedical Science & Terminology**

**3 credits 45 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, Biology and Biochemistry 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 is part I of two courses which offer students an in-depth study of the body's skeletal, muscular, nervous, respiratory, digestive, urinary, reproductive and endocrine systems. The course offers an explanation of the normal structure and functions of the human body and the effects of disease or illness on normal physiology. Students enrolled in this course also have the opportunity to take part in a Cadaver Lab in affiliation with Guelph University.

### **BIO 403 Western Anatomy/Physiology Theory & Lab II**

**4 credits 60 hours**

This course is part II of two courses which offer students an in-depth study of the body's skeletal, muscular, nervous, respiratory, digestive, urinary, reproductive and endocrine systems. The course offers an explanation of the normal structure and functions of the human body and the effects of disease or illness on normal physiology. Students enrolled in this course also have the opportunity to take part in a Cadaver Lab in affiliation with Guelph University.

### **BIO 404 Microbiology & Immunology**

**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, the fundamental concepts and principles of human immunology, 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, and effectively dealing with emergencies.

### **BIO 405 Neuroanatomy/Neuratomical Acupuncture**

**2 credits 30 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 and diseases are presented and linked with acupuncture point location studies (neuroanatomical acupuncture). 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 & Disease**

**4 credits 60 hours**

This course examines the etiological and pathological mechanisms of disease in the human body and the relationships between separate body systems. Students explore the essential concepts of major diseases/disorders and disease processes, the interactions between systems, and how to apply the concepts to real-life situations and clinical practice. Students are also introduced to the latest research and trends in human disease.

### **BIO 407 Western Clinical Medicine II – Clinical Assessment & 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 (red flags) 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, respiratory, infectious, digestive diseases will also be reviewed.

### **BIO 408 Western Clinical Medicine III – Differential Diagnosis, Internal Medicine & Laboratory Testing**

**4 credits 60 hours**

This course will focus on diagnostic skills, body systems, associated diseases and the laboratory testing methods. Students will have the opportunity to develop strong differential diagnosis skills and feel confident in identifying red flags, making referrals and corresponding with other medical professionals. 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, as well as Emergency procedures. Students also receive an overview of current Biomedical & Ethical Standards and Codes of Practice within Ontario & Canada.

### **BIO 409 Pharmacology & Toxicology**

**4 credits 60 hours**

This course will introduce the fundamentals of the science of pharmacology and integrated 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. Students are introduced to information about each common class of Western pharmaceuticals, including generic names, pronunciation, and registered proprietary versions, an explanation of function, mechanism of action, dosages for adults, children, and the elderly, possible adverse affects, red flags, and the most up-to-date and relevant information on specific drug-drug and drug-herb interactions that may affect patients. This course also discusses the regulations regarding patent formulas, and “natural” products easily found in the marketplace. This course includes an in-depth study of commonly used drugs in the major pharmaceutical categories as well as an overview of scientific research Eastern Medical substances and the interactions of herb-drugs.

### **BIO 410 Principles of Biomedical Research**

**2 credits 30 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 Eastern Medicine in a Western scientific model. course presents a survey of research methods for writing, locating and analyzing scientific journal articles and papers and prepares students for further research and study within the fields of Integrative Health. It includes issues related to design, measurement, and interpretation. This course also serves to introduce students to the importance of evidence based medical models, limitations of research, and equips students with tools needed to critically identify, review and evaluate scientific research and develop the basic elements of a research proposal. Through a comprehensive understanding of the scientific method as well as ethical considerations, students will develop basic research design skills and the ability to understand and implement research in their practices as well as have the necessary knowledge and skills to evaluate research studies, and implement the findings into practice. Students will be able to implement the ethical standards of conducting research and to locate, research and critically evaluate and analyse research within the fields of Psychotherapy and Mental Health.

### **BIO 411 CPR & First Aid (HCP)**

**1 credit 16 hours**

Through an official certification board, students will complete an Advanced CPR & First Aid training course for Health Professionals (HCP). Any student practicing in the student clinic is required to have current CPR certification at the level of ITM standards.





## **TRADITIONAL HEALING ARTS**

**THA 501 Taiji/ Qi Gong I 1 credit 15 hours**

**THA 502 Taiji/ Qi Gong II 1 credit 15 hours**

**THA 503 Taiji/ Qi Gong III 1 credit 15 hours**

**THA 504 Taiji/ Qi Gong IV 1 credit 15 hours**

**THA 505 Taiji/ Qi Gong V 1 credit 15 hours**

**THA 506 Taiji/ Qi Gong VI 1 credit 15 hours**

This series of courses is designed to introduce students to the benefits of the physical and energetic exercises of Qi Gong & Taiji Quan (Tai Chi). In addition to the study of these Taoist practices and theories, 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, diagnostic calligraphy and imagery exercises. This physical and energetic exercise/movement class offers an introduction to the regulation of qi through movement, breath control, sound, visualization of intent and creative awareness training. The advanced courses focus 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 practitioners 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. With each course students are expected to integrate their learning into their clinical training. 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 Qi Gong, Taiji, Meditation, and Martial Arts Practitioners. These courses lead to certification in the therapeutic use of Qi Gong – Medical Qi Gong.





## **EASTERN HERBAL MEDICINE**

### **HRB 601 Introduction to Herbal Medicine**

**2 credits 30 hours**

This course offers students an overview of the origins of Eastern & Western medicinal substances and medical systems in the East and West, as well as the terminology, properties, habitat, collection, and methods of preparation, delivery and treatments commonly used. The fundamental properties of Eastern & Western 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. Students will also learn the basic methods of herbal preparation including teas, tinctures, infusions, and ointments. This course will include field trips to herbal gardens and dispensaries.

### **HRB 602 Zhong Yao Xue: Eastern Medical Substances (Materia Medica I)**

**4 credits 60 hours**

This course is an introduction to the different classifications of Eastern 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 Eastern Materia Medica and the qualities of the range of substances utilized by the traditional Eastern medical practitioner 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, as well as Endangered Species. Current developments in individual herb research and endangered species along with their substitutions will also be discussed as well as sustainable practices in herbal medicine. Students are also introduced to Western Materia Medica.

### **HRB 603 Zhong Yao Xue: Eastern Medical Substances (Materia Medica II)**

**4 credits 60 hours**

This course is an introduction to the different classifications of Eastern 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 Eastern Materia Medica and the qualities of the range of substances utilized by the traditional Eastern medical practitioners 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 as well as Endangered Species. Current developments in individual herb research and endangered species along with their substitutions will also be discussed as well as sustainable practices in herbal medicine. Students are also introduced to Western Materia Medica.



**HRB 604 Herbal Formulas I****4 credits 60 hours**

This is the first of a series of courses covering the science of Eastern Herbal Formulas. These courses will convey the science of Eastern herbal formulation, the connection between preparation and clinical treatment results, 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 200 formulas – offering emphasis on formulas covered in the Board Exams. These courses cover the Traditional formula classification, functions and meaning, including classical and new developments regarding function and action, specific contraindications, herb-drug interactions, current developments in formula research, prescription and methodology of treatment, composition, proportion and form of formulas, method of preparation (including ointments, teas, tinctures) 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. Therapeutic Herbal Medicine from a Western Perspective will also be covered.

**HRB 605 Herbal Formulas II****4 credits 60 hours**

This is the second in the series of courses covering Eastern Herbal Formulas. These courses will convey the science of Eastern herbal 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 200 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. 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. Therapeutic Herbal Medicine from a Western Perspective will also be covered.

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

This course introduces students to the most common Eastern Herbal Patent Medicines utilized today, including the study of composition, indications and use. Students also explore the energetic applications, symptoms, clinical guidelines, cautions, and ingredient percentages for hundreds of patents. This course provides students with an overview of the most common brands, safety precautions, and current findings/governmental regulations regarding imported products, toxicology reports and a review of endangered wildlife.

**HRB 607 Pharmacology & Toxicology II****1 credits 15 hours**

This course is a continuation of level I, and further investigates the drug-herb interactions and most up-to-date findings and regulations regarding Eastern Herbal Medicinal Substances, drug-herb interactions and safety precautions.



## **ASIAN BODYWORK THERAPY**

### **ABW 701 Tui Na 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 Eastern Medicine. 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.

### **ABW 702 Tui Na 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.

### **ABW 703 Tui Na III 4 credits 60 hours**

This course focuses on the practical application of Tui Na therapy on the Microsystems of the body including the head and face, hands, feet and ears. Students are introduced to a variety of Tui Na techniques for massaging these Microsystems.

*\*Additional Asian Body Work Therapy courses are available as Electives.*





## **CLINICAL TRAINING**

### **CLT 801 Clinical Training I: Orientation & Observation**

#### **1 credit 15 hours**

Students are required to complete this course prior to beginning their clinical courses. Students will review the procedures for running the EM Clinic at ITM, including Therapeutic Relationship Skills and Self-Care. 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, including appropriate medical abbreviations; and acupuncture and moxibustion techniques.

### **CLT 802 Clinical Training II: Observation II**

#### **3 credits 45 hours**

Students will be introduced to the procedures and day-to-day running of the EM clinic. In this course, students will learn the basic procedures of patient intake, file management, scheduling, diagnosis and treatment planning for ITM's EM 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, practitioners and supervisors 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.

### **CLT 803 Clinical Training III: Internship I**

#### **8 credits 120 hours**

Students will become familiar with the day-to-day running of the EM clinic. This course will focus on participation of all aspects of the diagnostic and treatment procedure. *Prerequisites: all first year courses/ at the discretion of the Director.* The student will be given further responsibilities as an Intern and is closely supervised in all aspects of the intake, diagnosis and treatment as they begin their direct patient contact with diagnosis and treatment 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 partakes in all aspects of diagnosis and treatment in order to develop skills in pulse taking, observation of tongue properties, medical history taking, diagnosis, charting of treatment and treatment. Case presentations and discussions are an integral part of this course. Students will be able to perform cupping, moxibustion and guasha and needling under supervision of their Supervisor. Students also participate in Grand Rounds with Senior Supervisors.

**CLT 804 Clinical Training IV: Internship II****8 credits 120 hours**

This course allows Interns to deepen their skills and knowledge in the clinical setting with direct patient contact. In this format the students participate alongside a variety of experienced Supervisors receiving guidance and support as they diagnose and work with patients. The course emphasis is on taking a case history, forming a differential diagnosis, developing a treatment principle, point prescription, and any other appropriate treatment modality. Discussion and analysis of this process occurs during and after the treatment has been concluded. Students continue to strengthen their skills in acupuncture and auxilliary modalities under supervision.

**CLT 805 Clinical Training V: Internship III****8 credits 120 hours**

This course allows Interns to continue to deepen their skills and knowledge in the clinical setting with direct patient contact. In this format the students participate alongside a variety of experienced Supervisors receiving guidance and support as they diagnose and work with 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 during and after the treatment has been concluded. Students continue to strengthen their skills in acupuncture and auxilliary modalities under supervision, while developing integrative health plans for their patients/clients, which include life-style and nutritional guidance, community support resources and ongoing health education.

**CLT 806 Clinical Training VI: Internship IV****8 credits 120 hours**

This course allows Interns to continue to deepen their skills and knowledge in the clinical setting with direct patient contact. In this format the students participate alongside a variety of experienced Supervisors receiving guidance and support as they diagnose and work with 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 during and after the treatment has been concluded. Students continue to strengthen their skills in acupuncture and auxilliary modalities under supervision, while developing integrative health plans for their patients/clients which include life-style and nutritional guidance, community support resources and ongoing health education.

**CLT 807 Clinical Training VII: Internship V****12 credits 180 hours**

The objective of this clinical training is to provide the student with many opportunities to acquire competence in acupuncture and other forms of Eastern Medicine with extensive direct patient contact. The Intern is instructed and evaluated during all phases of medical history taking, diagnosis, treatment, and charting of patient records, and is expected to perform all responsibilities and tasks to the highest standard of care. Interns continue to develop integrative health plans for their patients/clients, and share tools for the prevention of disease and the maintenance of good health through Nutrition, Exercise, Qi Gong, Meditation, Mental and Emotional Health and Community Support. This is the last clinical component for the Diploma of Acupuncture.



**CLT 808 Clinical Training VIII: Internship VI****6 credits 90 hours**

The Intern continues the clinical practice of direct patient contact and treatment, while under direct supervision, and continues to provide integrative health care and preventative support. 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 EM techniques, including Herbal Formulation under the guidance of a Supervisor. 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 continues to acquire competence and confidence in the science of EM.

**CLT 809 Clinical Training IX: Internship VII****6 credits 90 hours**

The Intern continues to assume primary responsibility for diagnosis and treatment, while conferring 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 EM are emphasized strongly. The goal is to allow each Intern to become an effective practitioner of Eastern 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, mental-emotional, and social/community aspects of life. Students continue to develop their skills in formulating herbal medicines for their clients.

**CLT 810 Clinical Training X: Internship VIII****6 credits 90 hours**

The Intern continues to assume primary responsibility for diagnosis and treatment, while conferring 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 EM are emphasized strongly. The goal is to allow each Intern to become an effective practitioner of Eastern 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, mental-emotional, and social/community aspects of life. Students enrolled in Eastern Herbal Medicine, continue to develop their skills in formulating herbal medicines for their clients, and providing the most integrative, comprehensive treatment plans possible.

**CLT 811 Clinical Training XI: Practicum Placement I****16 credits 235 hours**

Students are permitted to participate in a variety of clinical settings throughout Toronto and Canada under the direct supervision and mentorship of highly experienced practitioners in Eastern and Integrative Medicine. There may be opportunity for clinical placement in China and other international locations. Students will perform practical application of previously learned theory and will conduct patient interviews, participate in diagnosis and treatment planning, and perform appropriate acupuncture treatments, nutritional and lifestyle guidance, herbal formulations and follow-up on patients' responses in treatment. Emphasis will be on the integration of the area of focus of the students's thesis/capstone project and their clinical practice.

**CLT 812 Clinical Training XII: Practicum Placement II****16 credits 235 hours**

Students are permitted to participate in a variety of clinical settings throughout Toronto and Canada under the direct supervision and mentorship of highly experienced practitioners in Eastern and Integrative Medicine. There may be opportunity for clinical placement in China and other international locations. Students will perform practical application of previously learned theory and will conduct patient interviews, participate in diagnosis and treatment planning, and perform appropriate acupuncture treatments, nutritional and lifestyle guidance, herbal formulations and follow-up on patients' responses in treatment. Emphasis will be on the integration of the area of focus of the students's thesis/capstone project and their clinical practice.

**CLT 813 Clinical Training XIII: Practicum Placement III****16 credits 235 hours**

Students are permitted to participate in a variety of clinical settings throughout Toronto and Canada under the direct supervision and mentorship of highly experienced practitioners in Eastern and Integrative Medicine. There may be opportunity for clinical placement in China and other international locations. Students will perform practical application of previously learned theory and will conduct patient interviews, participate in diagnosis and treatment planning, and perform appropriate acupuncture treatments, nutritional and lifestyle guidance, herbal formulations and follow-up on patients' responses in treatment. Emphasis will be on the integration of the area of focus of the students's thesis/capstone project and their clinical practice.



## **INTEGRATED STUDIES**

### **INT 901A Eastern Medicine Pathology**

#### **4 credits 60 hours**

This course provides the basis of EM pathology through the examination of commonly observed Western illnesses, including those of the cardiovascular, digestive, auto-immune, urinary, respiratory systems and covers the etiological factors, distinguishing patterns and differentiation of syndromes, differential diagnosis of symptom complexes, establishing principles of treatment, selection of treatment, acupoints, 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 901B Integrative Approaches to Cancer Care & Prevention**

#### **2 credits 30 hours**

This course will offer an overview of the common approaches to prevention & treatment of cancer as well as the side effects of common cancer treatments both from the current Western medical model as well as from an Eastern Medicine perspective. Students will be exposed to a variety of integrative approaches, which involve nutrition, acupuncture, herbal supplements, exercise, and other modalities for prevention, improving survival rates, and preventing recurrence.

### **INT 902 Nei Ke: Eastern Internal Medicine**

#### **6 credits 90 hours**

This course is an examination of diseases commonly observed in internal medicine including their etiology, differential diagnosis and treatment from an Eastern Medical perspective. It will examine the important Eastern 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 EM. Selection of standard therapeutic herbal formulas, modifications of standard formulas, and most effective acupuncture protocols are reviewed in depth. Discussion will include the major herbal formula, acupoints, nutritional and lifestyle recommendations and traditional healing art practices for each differentiation, and suggestions for modifications for the most common conditions. Western herbal and Integrative approaches will also be introduced.

### **INT 903 Er ke: Pediatrics**

#### **2 credits 30 hours**

The course covers the examination of diseases commonly observed in pediatrics, their etiology, differential diagnosis and treatment with Eastern Medicine, including massage, formulas, acupuncture protocols and nutritional recommendations. Western herbal approaches will also be introduced.

### **INT 904 Fu Ke: Women's Health (Gynecology & Obstetrics)**

#### **4 credits 60 hours**

As over 80 percent of most clinical practices are comprised of female clients, this is of great importance to integrative health practitioners. This course covers the examination of diseases commonly observed in gynecology and obstetrics, their etiology, differential diagnosis and treatment with Eastern medicinal herbal formulas, acupuncture protocols, lifestyle and nutritional recommendations. Specific attention is paid to areas of women's health that are current and most common. Western herbal and Integrative approaches will also be introduced.

### **INT 905 Wai Ke: Eastern External Medicine**

#### **2 credits 30 hours**

This course is an examination of diseases commonly observed in external medicine, including dermatology, with a focus on etiology, differential diagnosis and treatment with Eastern medicinal formulas, acupuncture protocols and nutritional recommendations. Western herbal and Integrative approaches will also be introduced.

### **INT 906 Integrative Care & Prevention I**

**2 credits 30 hours**

This is the first in a series of courses that deepen the student's understanding of Eastern Medicine and Biomedical approaches to chronic illnesses and cancer, and prepares them to apply the theories and treatment principles to clinical practice. This course offers an advanced and indepth overview of the Eastern and Western concepts, theories and approaches to the prevention and treatment of chronic illness and cancer. Students will receive advanced training in the diagnostic and treatment protocols of Eastern Medicine, as well as the current Biomedical approaches and the current best practices and approaches to working with these conditions in an integrative way to improve quality of life. The course will set the foundation for further studies, research and practice within this field.

### **INT 907 Integrative Care & Prevention II: Pain Management**

**2 credits 30 hours**

In this course, students study the theories and pathways of pain, including the endorphin theory, the neurobiology of pain, and learn to use Eastern & Western Medicine, to diagnose and treat pain related to chronic conditions. This course also covers the long-term effects of pain, and the associated psychological and emotional aspects of pain and the forms of pain management commonly used, including pharmacology of pain management. In addition to acupuncture and herbal formulas, students will be introduced to a variety of approaches to pain management including mindfulness techniques, bodywork, sound therapy, supplements, botanicals and nutrition.

### **INT 908 Integrative Care & Prevention III: Advanced Clinical Therapeutics I**

**2 credits 30 hours**

In this course, a wide range of chronic illnesses will be covered in the fields of internal medicine, neurology, otorhinolaryngology (ENT), ophthalmology, oncology, urology, dental, immunology, auto immune, gerontology and emergency medicine. In many cases, Eastern and Western medical concepts will be presented and discussed conjointly to foster an integrated medical approach. Treatment will focus on advanced herbal formulas, acupuncture protocols, lifestyle and nutritional recommendations with an integrative approach to prevention, treatment and maintenance.

### **INT 909 Integrative Care & Prevention IV: Advanced Clinical Therapeutics II**

**2 credits 30 hours**

In the final part of this series of courses, students will continue to explore classic and modern literature and research on a range of chronic illnesses with particular attention to cancer and autoimmune diseases. Students will be expected to develop lectures and workshops to develop both research and teaching skills.



## **INTEGRATIVE NUTRITIONAL THERAPY**

### **NUT 1001 Integrative Nutrition I**

#### **4 credits 60 hours**

From the earliest texts in Eastern Medicine, emphasis was placed on the earth element and the functioning of the stomach and spleen (digestion) for the over health of a person. 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 foundations of nutrition including the significance of the micro and macro nutrients, digestion and metabolism in relation to health and disease. Students are also introduced to the concepts of food journaling, combining, and a variety of common diets around the world which are proven to prevent disease and create a more sustainable and environmentally sound lifestyle.

### **NUT 1002 Integrative Nutrition II**

#### **4 credits 60 hours**

Students will be introduced to Shi Liao - Eastern 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 offer nutritional guidance for various conditions.

### **NUT 1003 Integrative Nutrition & Herbal Medicinals III**

#### **2 credits 30 hours**

This course completes the series in nutrition & combines the ancient system of cooking with herbal medicine. The objective of this course is to enable the student to cook foods with traditional Eastern and Western herbs, develop recipes for clients, including the introduction to medicinal elixirs. Individual foods and herbals 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. This is a fun, highly interactive and informative course.





## **THERAPEUTIC RELATIONSHIPS, ETHICS & RIGHT MOTIVATION IN BUSINESS**

### **EMB 1101 Therapeutic Relationship Skills I**

#### **2 credits 30 hours**

This series of courses offers an in-depth overview of developing and maintaining therapeutic relationships with clients, colleagues and within inter-professional teams. The theoretical components of this course will be followed by practical exercises and scenarios to further enhance understanding and learning. Students are introduced to the physical boundaries in the practitioner/client relationship and cover issues of permission, safety, multi-dimensional boundaries, marginalization, and intention in practice. Students will be introduced to the basic steps of beginning the practitioner/client relationship from the first encounter, creating alliance, rapport, safety, trust, providing insights, support, the art of questioning, the role of honesty and compassion. Students deepen their understanding of, and through practice sessions and theoretical discourse, demonstrate their understanding of therapeutic relationship skills – including boundaries, confidentiality, an appropriate use of self, triggers, and referrals. Students will learn to apply a safe and effective use of self, create safety, trust, rapport with clients, demonstrate and apply therapeutic boundaries in a clinical setting, address client concerns and issues using a variety of questions; active listening, open ended, closed and assist clients in setting goals for sessions and life. Students will also be introduced to mindfulness techniques for developing personal awareness and self-care practices. All theoretical understandings will be demonstrated in practice sessions.

### **EMB 1102 Therapeutic Relationship Skills II**

#### **2 credits 30 hours**

In part two of this series, students will have the opportunity to deepen their personal understanding of the principles and ethics of developing effective therapeutic alliance and boundaries. The focus of the course is on methods of interaction and the client/patient – practitioner relationship. Guest Lecturers within the fields of Psychotherapy, Counselling, Mediation and Mindfulness will discuss and present a number of techniques for managing psychosocial reactions that may arise during the course of treatment. Topics covered include Trauma, Abuse, Addictions, Mental Health, HIV/AIDS, Eating Disorders, Palliative Care, Legal & Ethical Aspects of Primary Care, Grief, and Bereavement. Students will also learn how to make appropriate referrals. This course provides the bridge between the knowledge of Eastern Medicine, the area of clinical issues and the practical application of such knowledge. Psychological aspects of treatment are also discussed, including many areas of professional concern, such as confidentiality, professional behavior, patient expectations and prognosis, making appropriate referrals and working collaboratively with other health professionals. Student Self-Care and prevention of Compassion-Fatigue is addressed throughout the course.

### **EMB 1103 Business Success Skills: Career Development, Medical & Ethical Business Management, Jurisprudence**

#### **4 credits 60 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 business planning. Students will learn the step-by-step procedures for completing legal documentation, billing, insurance, jurisprudence and safety and the details of starting health-oriented practice in Canada. Students will also discuss the current Regulatory policies and guidelines set out by the CTCMPAO and other regulatory bodies in Canada, and status of EM worldwide. This course also allows 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 an integrative health professional within the dominant medical system. An overview of the HIPAA standards and code of ethics, practice and responsibilities will also be covered.

## **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 Eastern and Integrative Medicine. By the end of the course, students will feel confident in preparing their thesis/capstone projects.

### **RTP 1202 Thesis/Capstone Project**

**7 credits 95 hours**

Under the supervision of a faculty advisor, students are encouraged to explore a topic of their choice (with the approval of the Director) as a thesis/capstone project. Students will be expected to do independent readings, develop a project/thesis that will further the field of Eastern/Integrative Medicine. In this course, the student develops a research report on a specific aspect of Eastern/Integrative Medicine, a research project focusing on observation and treatment of specific syndromes during the advanced practicum training period, or develops and implements a capstone project. Students will either complete this course by presenting their findings from their research paper or implementation of their capstone project. The thesis/capstone 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/Capstone 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 Post-Graduate Diploma of Eastern Medicine (TCM) is granted. The Thesis/Capstone Project becomes part of the institute library for future use by teachers, students, and researchers.



## **COMPARATIVE STUDIES**

### **COM 1301 Elective**

**2 credits 30 hours**

Electives at ITM can be chosen from a variety of departments pertaining to Integrative Health, in the form of classes, workshops and seminars offered throughout the year, including Advanced Eastern Medical Studies, Complementary Medical Studies, Psychotherapy, Traditional Healing Arts, etc. Students are required to take one elective for each diploma.

### **COM 1302 Elective**

**2 credits 30 hours**

\*See above description. Students enrolled in the Post-Graduate Diploma of Eastern Medicine (TCM) are encouraged to take electives that complement their advanced studies and research thesis/capstone project, and are required to complete two electives.

## **CONTINUING EDUCATION**

ITM has been dedicated to providing its students and graduates with the most comprehensive training available in Canada. Students & Graduates of Eastern Medicine have the opportunity to study with some of the world's leading authorities in Integrative Medicine. In previous years students and practitioners have had the opportunity to take Continuing Education courses and certification training both in-class and online, in a variety of areas including: Acupuncture for Musculo-Skeletal Disorders, 5-Element Acupuncture, Zen Mei Cosmetic & Weight Management Acupuncture, Akabane, Obstetric Acupuncture, Creating a Community Pain & Stress Clinic, Sports Tuina, Acupuncture for Rehabilitation, 5 Spirits Training, Plant Spirit Medicine, I-Ching Studies, Medical Qi Gong Therapist Certification, Chi Nei Tsang and many others.

*\*For a complete list of current Continuing Education workshops and trainings, please visit our website.*

## **PREPARATORY COURSES**

Students & Graduates have the opportunity to enrol in one of ITM's Preparatory Courses which provides a comprehensive overview of all material covered in the student's program including foundations, acupuncture and point prescription, herbal materia medica and formulas, biomedical sciences including CNT, regulatory procedures and laws, diagnosis, case study analysis, and practice/mock exams. These courses provide students with the strategies and methods required to master the material in order to fully comprehend, retain, and succeed on board exams. These courses are prepared by professionals and practitioners who have successfully completed regulatory board exams both in Canada and the US.





**DIPLOMAS in EASTERN MEDICINE****PGDEM:** Post Graduate Diploma of Eastern Medicine**DAcEHM:** Diploma of Acupuncture & Eastern Herbal Medicine**DEHM:** Diploma of Eastern Herbal Medicine**DAc:** Diploma of Acupuncture**DABW:** Diploma of Asian Bodywork Therapy**DTHA:** Diploma of Traditional Healing Arts: Medical Qigong**YEAR I (Intensive)**

Term	Course	Credits/Hours	PGDEM	DAcEHM	DEHM	DAc	DABW	DTHA
1	FDN 101 Fundamentals of Eastern Medicine	6 credits 90 hours	○	○		○	○	○
	FDN 103 History of Traditional Medicine	2 credits 30 hours	○	○		○	○	
	ACU 201A Acupoints & Meridians I	4 credits 60 hours	○	○		○	○	○
	ACU 201B Acupoints & Meridians I Lab	2 credits 30 hours	○	○		○	○	○
	BIO 401 Principles of Biomedical Science	3 credits 45 hours	○	○		○	○	
	ABW 701 Asian Bodywork Therapy I: Tui Na I	4 credits 60 hours	○	○		○	○	○
	EMB 1101 Therapeutic Relationship Skills I	2 credit 30 hours	○	○		○	○	○
	THA 501 Traditional Healing Arts I	1 credit 15 hours	○	○		○	○	○
	CLT 801 Clinical Training I: Orientation	1 credit 15 hours	○	○	○	○	○	○
	CLT 802 Clinical Training II: Observation I	3 credits 45 hours	○	○	○	○	○	○
	Total Hours	420	420	420	45	420	420	345
2	ACU 202A Acupoints & Meridians II	4 credits 60 hours	○	○		○	○	
	ACU 202B Acupoints & Meridians II Lab	2 credits 30 hours	○	○		○	○	
	ACU 203 Techniques of Acupuncture & Moxibustion	2 credits 30 hours	○	○		○	○	
	ACU 204 Acupuncture Techniques Lab I	1 credit 15 hours	○	○		○	○	
	ACU 205 Acupuncture Techniques Lab II	1 credits 15 hours	○	○		○	○	
	BIO 404 Microbiology & Immunology	2 credits 30 hours	○	○		○	○	
	BIO 402 Anatomy & Physiology I	4 credits 60 hours	○	○		○	○	○
	THA 502 Traditional Healing Arts II	1 credits 15 hours	○	○		○	○	○
	EMB 1102 Therapeutic Relationship Skills II	2 credits 30 hours	○	○		○	○	
	CLT 803 Clinical Training III: Observation II	8 credits 120 hours	○	○		○	○	○
	TOTAL	405	405	405	0	405	315	195
3	FDN 102 Eastern Philosophy	2 credits 30 hours	○	○		○	○	○
	BIO 411 CPR & First Aid HCP	1 credit 15 hours	○	○		○	○	○
	ACU 206 Acupuncture Techniques Lab III	1 credit 15 hours	○	○		○	○	
	DGS 301 Eastern Medical Diagnostics	4 credits 60 hours	○	○		○	○	○
	BIO 403 Anatomy & Physiology II	4 credits 60 hours	○	○		○	○	
	THA 503 Traditional Healing Arts III	1 credits 15 hours	○	○		○	○	○
	BIO 406 Pathophysiology & Disease	4 credits 60 hours	○	○		○	○	
	NUT 1001 Integrative Nutrition I	4 credits 60 hours	○	○		○	○	
	CLT 804 Clinical Training IV: Internship I	8 credits 120 hours	○	○		○	○	○
	TOTAL	435	435	435	0	435	420	240
	YEAR 1 TOTAL	1260	1260	1260	45	1260	1140	765
<b>YEAR II (Intensive)</b>								
4	BIO 405 Neuroanatomical Acupuncture	2 credits 30 hours	○	○		○	○	
	BIO 407 Western Clinical Medicine II: Diagnosis	4 credits 60 hours	○	○		○	○	
	DGS 302 Diagnosis and Evaluation I	2 credit 30 hours	○	○		○	○	
	ACU 208 Microsystems Acupuncture	2 credits 30 hours	○	○		○	○	
	ACU 210 Acudetox (NADA) Certification	2 credits 30 hours	○	○		○	○	
	THA 504 Traditional Healing Arts IV	1 credit 15 hours	○	○		○	○	○
	FDN 104 Chinese Language & Medical Terminology	4 credits 60 hours	○	○		○	○	
	INT 901A Eastern Medicine Pathology	4 credits 60 hours	○	○		○	○	
	INT 901B Integrative Approaches to Cancer Care	2 credits 30 hours	○	○		○	○	
	HRB 601 Introduction to Herbal Medicine	2 credits 30 hours	○	○	○	○	○	
	CLT 805 Clinical Training V: Internship II	8 credits 120 hours	○	○		○	○	
	TOTAL	465	465	465	30	465	345	15
5	DGS 303 Diagnosis and Evaluation II	2 credits 30 hours	○	○		○	○	
	NUT 1002 Integrative Nutrition II	4 credits 60 hours	○	○		○	○	○
	HRB 602 Zhong Yao Xue: Materia Medica I	4 credits 60 hours	○	○	○	○	○	
	ACU 207 Acupuncture Anatomy	1 credits 15 hours	○	○		○	○	
	THA 505 Traditional Healing Arts V	1 credit 15 hours	○	○		○	○	○
	BIO 409 Pharmacology & Toxicology	4 credits 60 hours	○	○		○	○	
	ABW 702 Asian Bodywork Therapy II: Tui Na II	4 credits 60 hours	○	○		○	○	
	BIO 408 Western Clinical Medicine III: Differential Dgs	4 credits 60 hours	○	○		○	○	
	CLT 806 Clinical Training VI: Internship III	8 credits 120 hours	○	○		○	○	
	TOTAL	480	480	420	60	360	345	75
6	ABW 703 Asian Bodywork Therapy III: Tui Na	4 credits 60 hours	○	○		○	○	
	THA 506 Traditional Healing Arts VI	1 credit 15 hours	○	○		○	○	○
	HRB 603 Zhong Yao Xue: Materia Medica II	4 credits 60 hours	○	○	○	○	○	
	DGS 304 Diagnosis and Evaluation III	2 credits 30 hours	○	○		○	○	
	EMB 1104 Business Management & Jurisprudence	4 credits 60 hours	○	○		○	○	○
	ACU 209 Community & Environmental Health	1 credit 15 hours	○	○		○	○	
	COM 1301 Elective	1 credit 15 hours	○	○		○	○	
	CLT 807 Clinical Training VII: Internship IV	12 credits 180 hours	○	○		○	○	
	TOTAL	435	435	375	60	315	385	
	YEAR 2 TOTAL	1380	1380	1260	150	1140	1125	75
	Grand Total					2445	2235	930

<b>YEAR III (Intensive)</b>					
<b>Term</b>	<b>Course</b>	<b>Credits/Hours</b>	<b>PGDEM</b>	<b>DAcEHM</b>	<b>DEHM</b>
7	HRB 604 Herbal Formulas I	4 credits 60 hours	○	○	○
	BIO 410 Principles of Biomedical Research	2 credits 30 hours	○	○	○
	INT 904 Women's Health: Gynecology & Obstetrics	4 credits 60 hours	○	○	○
	HRB 605 Herbal Formulas II	4 credits 60 hours	○	○	○
	INT 903 Pediatrics & Children's Health	2 credits 30 hours	○	○	○
	CLT 808 Clinical Training VIII: Internship V	6 credits 90 hours	○	○	○
	<b>TOTAL</b>	<b>330</b>	<b>330</b>	<b>330</b>	<b>330</b>
8	INT 902 Internal Medicine	6 credits 90 hours	○	○	○
	HRB 607 Pharmacology & Toxicology II	1 credits 15 hours	○	○	○
	HRB 606 Patent Formulas	2 credits 30 hours	○	○	○
	INT 905 External Medicine	2 credits 30 hours	○	○	○
	CLT 809 Clinical Training IX: Internship VI	6 credits 90 hours	○	○	○
	<b>TOTAL</b>	<b>255</b>	<b>255</b>	<b>255</b>	<b>255</b>
9	NUT 1003 Integrative Nutrition III	2 credits 30 hours	○	○	○
	FDN 106 Huang Di Nei Jing	2 credits 30 hours	○	○	○
	FDN 107 Eastern Medical Classics	2 credits 30 hours	○	○	○
	CLT 810 Clinical Training X: Internship VII	6 credits 90 hours	○	○	○
	<b>TOTAL</b>	<b>180</b>	<b>180</b>	<b>180</b>	<b>180</b>
	<b>YEAR 3 TOTAL</b>	<b>765</b>	<b>765</b>	<b>765</b>	<b>765</b>
<b>Grand Total</b>				<b>3285</b>	<b>960</b>
<b>YEAR IV (Intensive)</b>					
<b>Integrative Medicine: Chronic Conditions &amp; Oncology</b>					
10	RTP 1201 Research Techniques & Thesis Preparation	1 credit 15 hours	○		
	FDN 105 Mental Health Conditions	2 credits 30 hours	○		
	INT 906 Integrative Care & Prevention I	2 credits 30 hours	○		
	CLT 811 Clinical Training XI: Practicum Pl. I	16 credits 235 hours	○		
	<b>TOTAL</b>	<b>310</b>	<b>310</b>		
11	INT 907 Integrative Care & Prevention II: Pain Mngt.	2 credits 30 hours	○		
	INT 908 Integrative Care & Prevention III: Adv.C.Ther.	2 credits 30 hours	○		
	INT 909 Integrative Care & Prevention IV: Adv.C.Ther.	2 credits 30 hours	○		
	CLT 812 Clinical Training XII: Practicum Pl. II	16 credits hours 235	○		
	<b>TOTAL</b>	<b>325</b>	<b>325</b>		
12	RTP 1204 Thesis/Capstone Project	7 credits 95 hours	○		
	COM 1302 Elective	2 credits 30 hours	○		
	CLT 813 Clinical Training XIII: Practicum Pl. III	16 credits hours 235	○		
	<b>TOTAL</b>	<b>360</b>	<b>350</b>		
<b>YEAR 4 TOTAL</b>		<b>995</b>	<b>995</b>		
<b>GRAND TOTAL</b>		<b>4400</b>	<b>4400 (1695 Clinical)</b>		

## EDUCATION – COMMUNITY – SOCIAL CHANGE