

FIVE ELEMENT ACUPRESSURE COURSE OUTLINE/SYLLABUS

COURSE TITLE: Five Element Acupressure

COURSE NUMBER: FEA 101

HOURS: 25

COURSE OBJECTIVES: This three day Acupressure course builds upon and enhances previous Acupressure training. This course focuses on the 12 Organ Systems learned in "The Twelve Officials" using the Law of the Five Elements, of Phases (Water, Wood, Fire, Earth and Metal), a theory developed by master Taoists more than 2500 years ago.

Students learn to use the Five Elements in relationship with the 12 Organ systems and meridian pathways, as well as a series of Five Element Qigong exercises. Students will learn to identify imbalances and to restore harmony amongst the Elements using unique patterns of Acupressure point combinations.

TEACHING METHODS: Lecture, handouts, discussion, demonstration, hands-on practice, qigong

PRE-REQUISITES: ACU 101 – The Twelve Officials

DESCRIPTION OF CONTENT ON A DAILY BASIS

Day 1

Five Element Theory

- Introduction to the Elements (Water, Wood, Fire, Earth, Metal)
- The Correspondences (Macrocosm and Microcosm)
- Five Elements and their related Officials

The laws of the Five Elements

- Creating cycle
- Controlling cycle
- Overacting cycle
- Insulting cycle

Relationships between the Elements

- Parent – child relationship
- Grandparent – grandchild relationship

Water Element

- Correspondences (Environmental, physical, psychological)
- Relationship between Water and the other four elements
- Qualities of a balanced Water element
- Excess and deficiency within the Water element
- Water meditation
- Kidney and Urinary Bladder Organ systems

Kidney Organ System

- Kidney, the Minister of Health
- Kidney Meridian pathway
- Kidney points location (wood, fire, earth, metal, water points, as well as back shu, alarm, source, lou, xi-cleft, spirit, entry and exit points)
- Usage of sedation point to address excess
- Usage of tonification point to address deficiency

Urinary Bladder Organ System

- Urinary Bladder, Minor District Official
- Urinary Bladder Meridian pathway
- Urinary Bladder points location (metal, water, wood, fire, earth points, as well as back shu, alarm, source, lou, xi-cleft, entry and exit points)
- Usage of sedation point to address excess
- Usage of tonification point to address deficiency

Kidney and Urinary Bladder Organ Systems Practice

- Demonstration
- Supervised Hands-on practice

Five Element Qigong Movements

Wood Element

- Correspondences (Environmental, physical, psychological)
- Relationship between Wood and the other four elements
- Qualities of a balanced Wood element
- Excess and deficiency within the Wood element
- Wood meditation
- Liver and Gallbladder Organ systems

Liver Organ System

- Liver, the General in charge of the Army
- Liver Meridian pathway
- Liver points location (wood, fire, earth, metal, water points, as well as back shu, alarm, source, lou, xi-cleft, spirit, entry and exit points)
- Usage of sedation point to address excess
- Usage of tonification point to address deficiency

Gallbladder Organ System

- Gallbladder, the Judge
- Gallbladder Meridian pathway
- Gallbladder points location (metal, water, wood, fire, earth points, as well as back shu, alarm, source, lou, xi-cleft, entry and exit points)
- Usage of sedation point to address excess
- Usage of tonification point to address deficiency

Liver and Gallbladder Organ Systems Practice

- Demonstration
- Supervised Hands-on practice

Day 2

Five Element Qigong Movements

Fire Element

- Correspondences (Environmental, physical, psychological)
- Relationship between Fire and the other four elements
- Qualities of a balanced Fire element
- Excess and deficiency within the Fire element
- Fire meditation
- Heart, Small Intestine, Pericardium and Triple Warmer Organ systems

Heart Organ System

- Heart, the Emperor
- Heart Meridian pathway
- Heart points location (wood, fire, earth, metal, water points, as well as back shu, alarm, source, lou, xi-cleft, spirit, entry and exit points)
- Usage of sedation point to address excess
- Usage of tonification point to address deficiency

Small Intestine Organ System

- Small Intestine, the Sorter
- Small Intestine Meridian pathway
- Small Intestine points location (metal, water, wood, fire, earth points, as well as back shu, alarm, source, lou, xi-cleft, entry and exit points)
- Usage of sedation point to address excess
- Usage of tonification point to address deficiency

Pericardium Organ System

- Heart, the Messenger
- Pericardium Meridian pathway
- Pericardium points location (wood, fire, earth, metal, water points, as well as back shu, alarm, source, lou, xi-cleft, entry and exit points)
- Usage of sedation point to address excess
- Usage of tonification point to address deficiency

Triple Warmer Organ System

- Triple Warmer, the Irrigation official
- Triple Warmer Meridian pathway
- Triple Warmer points location (metal, water, wood, fire, earth points, as well as back shu, alarm, source, lou, xi-cleft, entry and exit points)
- Usage of sedation point to address excess
- Usage of tonification point to address deficiency

Hearth, Small Intestine, Pericardium Triple Warmer Organ Systems Practice

- Demonstration
- Supervised Hands-on practice

Five Element Qigong Movements

Metal Element

- Correspondences (Environmental, physical, psychological)
- Relationship between Metal and the other four elements
- Qualities of a balanced Metal element
- Excess and deficiency within the Metal element
- Metal meditation
- Lung and Large Intestine Organ systems

Lung Organ System

- Lung, the Prime Minister
- Lung Meridian pathway
- Lung points location (wood, fire, earth, metal, water points, as well as back shu, alarm, source, lou, xi-cleft, spirit, entry and exit points)
- Usage of sedation point to address excess
- Usage of tonification point to address deficiency

Large Intestine Organ System

- Large Intestine, the Official of Drainage
- Large Intestine Meridian pathway
- Large Intestine points location (metal, water, wood, fire, earth points, as well as back shu, alarm, source, lou, xi-cleft, entry and exit points)
- Usage of sedation point to address excess
- Usage of tonification point to address deficiency

Lung and Large Intestine Organ Systems Practice

- Demonstration
- Supervised Hands-on practice

Day 3

Five Element Qigong Movements

Earth Element

- Correspondences (Environmental, physical, psychological)
- Relationship between Earth and the other four elements
- Qualities of a balanced Earth element
- Excess and deficiency within the Earth element
- Earth meditation
- Spleen and Stomach Organ systems

Spleen Organ System

- Spleen, the Official of Granary in charge of transforming and transporting
- Spleen Meridian pathway
- Spleen points location (wood, fire, earth, metal, water points, as well as back shu, alarm, source, lou, xi-cleft, spirit, entry and exit points)
- Usage of sedation point to address excess
- Usage of tonification point to address deficiency

Stomach Organ System

- Stomach, the Official of Granary in charge of rotting and ripening
- Stomach Meridian pathway
- Stomach points location (metal, water, wood, fire, earth points, as well as back shu, alarm, source, lou, xi-cleft, entry and exit points)
- Usage of sedation point to address excess
- Usage of tonification point to address deficiency

Spleen and Stomach Organ Systems Practice

- Demonstration
- Supervised Hands-on practice

Five Element Qigong Movements

Assessing the Imbalance(s) by using pulse listening

- Pulse location
- Overall pulse
- Pulse strength (excess vs. deficiency)

Session planning and assessment procedure

Application of the Laws of the Elements to influence a specific element by using

- the related Organ system
- the Parent of the Organ system
- the Grandparent of the Organ system
- the Child of the Organ system
- the Grandchild of the Organ system

Supervised practice

- Demonstration
- Assessment practice
- Hands-on practice

Ethics

- Establish clear boundaries as well as ethical and appropriate client/practitioner relationship
- What therapeutic touch is and it is not
- Usage of proper verbal and non verbal communication
- Development and application of listening skills
- Understand and respect client's privacy, confidentiality and comfort zone

After attending this class, students will be able to:

- Understand the Elements (correspondences, Organ systems, deficiency and excess...)
- Locate and use Five Element points on each of the 12 meridian pathways
- Assess and identify excess and deficiency within the Elements
- Learn basic Five Element assessment tools using pulse listening
- Give a session addressing a specific Organ system using Five Element points on its associated meridian pathway
- Give a session addressing a specific Organ system using Five Element points on a different meridian pathways using the Law of the Elements (creating and controlling cycles)
- Practice Five Element Qigong movements
- Establish a clear, honest, trustworthy and appropriate client/practitioner relationship