

FIVE ELEMENT CONSTITUTIONAL ASSESSMENT

COURSE OUTLINE/SYLLABUS

COURSE TITLE: Five Element Constitutional Assessment

COURSE NUMBER: FEA 102

HOURS: 25

COURSE OBJECTIVES: This three day Acupressure course focuses on traditional Five Element assessment (color, sound, odor, emotion) to identify the Constitutional Element (CE). The CE is part of our genetic and energetic make-up and it is responsible for influencing the person's own strengths as well as weaknesses.

Identification of the person's CE allows the practitioner to work at the root-cause of the person's imbalances. It also empowers the receiver to get in touch with his/her own strengths, to recognize destructive behavioral patterns and transform them into more creative and healthy ones.

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

PRE-REQUISITES: FEA 101 – Five Element Acupressure

DESCRIPTION OF CONTENT ON A DAILY BASIS

Day 1

Introduction to Constitutional Assessment

- Know and understand oneself
- Strengths and weaknesses of the elements
- Early childhood traumas shaping our present life
- Identifying and stopping the domino effect

Confucius Philosophy

- The Emperor's chamber
- The rituals of each season (element)

Five Element Constitutional Assessment Theory

- Three layers
- The underlying condition
- Distressed element
- Constitutional element

Identify the Constitutional Element

- Color identification

- Sound of voice
- Odor identification
- Recurrent emotion
- Behavioral patterns and personality traits
- Pulse confirmation

Wood Type

- Archetype – The Leader
- Strength qualities
- Out of balance signs
- Issues affecting Wood types
- Spectrum of imbalances
- Existential questions

Fire Type

- Archetype – The Magician
- Strength qualities
- Out of balance signs
- Issues affecting Fire types
- Spectrum of imbalances
- Existential questions

Earth Type

- Archetype – The Mediator
- Strength qualities
- Out of balance signs
- Issues affecting Earth types
- Spectrum of imbalances
- Existential questions

Metal Type

- Archetype – The Alchemist
- Strength qualities
- Out of balance signs
- Issues affecting Metal types
- Spectrum of imbalances
- Existential questions

Water Type

- Archetype – The Sage
- Strength qualities
- Out of balance signs
- Issues affecting Water types
- Spectrum of imbalances
- Existential questions

Supervised practice

- Questionnaire
- Assessment
- Hands-on practice

Five Element Qigong Movements

Day 2

Five Element Qigong Movements

Elemental Types – Pannell / Discussion

- Introduction
- Practice listening, witnessing and confidentiality

Wood Type(s)

- Questions and Answers

Fire Type(s)

- Questions and Answers

Earth Type(s)

- Questions and Answers

Metal Type(s)

- Questions and Answers

Water Type(s)

- Questions and Answers

Supervised practice

- Demonstration
- Assessment
- Hands-on practice

Day 3

Five Element Qigong Movements

Four Assessment Tools

- Color
- Sound
- Emotion
- Odor

Color Assessment

- Areas to assess
- Color associated with elements
- Combination of tonalities

Sound Assessment

- Sound of voice
- Sound associated with elements

Odor Assessment

- Area to assess
- Odor associated with elements
- Combination of odors

Emotion Assessment

- Recurrence of emotion
- Emotion associated with elements

Case studies

Supervised practice

- Demonstration
- Assessment
- 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 concept of Constitutional Element (CE)
- Identify the Constitutional Element (CE) using Five Element assessment tools (color, sound, odor, emotion)
- Understand and identify strengths and weaknesses of the Constitutional Element (CE) that shape one's life
- Give a session based on the Constitutional Element (CE)
- Practice Five Element Qigong movements
- Establish a clear, honest, trustworthy and appropriate client/practitioner relationship