

THE FOUR PILLARS OF ASSESSMENT

COURSE OUTLINE/SYLLABUS

COURSE TITLE: The Four Pillars of Assessment

COURSE NUMBER: ACU 102

HOURS: 25

COURSE OBJECTIVES: This three day Acupressure course focuses on classical TCM assessment. This course uses the information that students have learned in "The Twelve Officials", and adds assessment tools to make each acupressure session effective, specific and unique in addressing people's individual needs.

Students learn assessment tools such as pulse listening, tongue and face reading, palpation of specific points, and assessment and treatment of different types of headache. The same set of Qigong exercises learned previously is performed in class.

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

PRE-REQUISITES: ACU 101 – The Twelve Officials

DESCRIPTION OF CONTENT ON A DAILY BASIS

Day 1

Introduction of the four pillars of assessment

- The four aspects of assessment (observation, palpation, asking questions, hearing/smelling)
- Daily practice

Pulse listening

- History and various traditions of pulse assessment
- What pulse listening is and how to perform the assessment
- The three positions on the radial pulse (cun, bar, cubit)
- Location of the twelve Organ Systems in the pulse
- Pulse and the three burners
- Feeling and qualities of the "normal" pulse
- Overall feeling of pulse listening (description and meaning)
- Specific pulse qualities (description and meaning)
- Things to take in consideration when listening to the pulse (person's age, size, gender, lifestyle...)

What to do with the information gathered

- Tonification / Sedation techniques
- When and how to tonify
- When and how to sedate
- How to design a session based on pulse finding

Supervised practice of pulse listening

- Demonstration
- Assessment practice
- Hands-on practice

Qigong movements

Observation – Tongue assessment

- Difference between tongue and pulse listening
- What to look for (spirit, color, shape, coating's quality and color)
- Tongue geography
- Tongue and the three burners
- Tongue body color (description and meaning)
- Tongue body shape (description and meaning)
- Tongue coating (description and meaning)
- Tongue coating's color (description and meaning)

What to do with the information gathered

- Review of tonification/sedation techniques
- How to design a session based on tongue and pulse finding

Supervised practice of tongue observation and pulse listening

- Demonstration
- Assessment practice
- Hands-on practice

Day 2

Qigong movements

Basic Qigong (TuiNa) massage

- Introduction to palpation assessment
- Demonstration

Review and supervised practice of tongue observation and pulse listening plus practice of Qigong massage

- Demonstration
- Assessment practice
- Hands-on practice

Palpation – Back shu points

- What they are
- Where and how to locate them
- Functions and usage of back shu points
- How to use them as assessment tools
- Identify excess/deficiency by palpation
- Inner bladder line vs. outer bladder line

Palpation – Front alarm points

- What they are
- Where and how to locate them
- Functions and usage of front alarm points
- How to use them as assessment tools
- Identify excess/deficiency by palpation

What to do with the information

- Demonstration of back shu and front alarm points palpation
- Review of tonification/sedation techniques
- How to design a session based on tongue, pulse, back shu and front alarm assessment

Supervised Qigong massage and assessment practice

- Assessment by pulse listening and tongue reading
- Assessment by palpation of back shu and front alarm points
- Hands-on practice

Day 3

Qigong movements

Interrogation

- First-time client general questions and history intake
- Difference between symptoms and signs
- Guidelines of what to ask
- Specific questions used to identify the Organ System(s) in need of help
- Ten traditionally asked questions
- Ten asked modern questions
- Identification of imbalance(s) guided by questions that lead to confirmation or exclusion of certain Organ System(s) involvement

Observation – Face (Physiognomy)

- What to look for
- Facial expression
- Meaning of shape, color, marks
- Qualities of the skin complexion
- Eyes expression and qualities of the eyes

Hearing/Smelling

- What to look for
- Specific tones of voice (description and meaning)
- Specific body odors (description and meaning)

Complete assessment procedure

- When and how to begin assessment
- How to design a session based on the information received from the assessment
- Protocol usage of assessment tools before, during and after session

Ethics

- Establish clear boundaries as well as ethical and appropriate client/practitioner relationship
- Usage of proper verbal and non verbal communication
- Development and application of listening skills
- Development and cultivation of mutual trust
- Gather of useful information for assessment purpose only
- Respect of privacy, confidentiality and comfort zone of the client

Supervised assessment and hands on practice

Six division theory

- Three energetic layers
- Six divisions (meridians)
 - o Tai Yang
 - o Yang Ming
 - o Shao Yang
 - o Tai Yin
 - o Shao Yin
 - o Jue Yin
- Traditional use of the six division theory
- When and how to use the six division theory

Usage of six division theory in addressing headaches

- Types of headache
- Identification of type of headache(s) based on location
- Specific points used to address headache(s) related to one or more of the six divisions (meridians)

Supervised Qigong massage and assessment practice

- Assessment by interrogation
- Assessment by pulse listening and tongue reading
- Assessment by face observation, sound and odor perception
- Assessment by palpation of back shu and front alarm points
- Hands-on practice

After attending this class, students will be able to:

- Use the traditional assessment tools of pulse listening, tongue and face reading, interrogation, palpation of points, hearing and smelling to recognize signs of imbalances associated to the one or more of Twelve Officials
- Design a unique session geared to address the specific imbalance(s) of the individual using specific acupressure patterns and points
- Identify the location and cause of headaches
- Address symptoms of headache using the six division theory and specific acupressure points
- Deepen the practice of Acupressure and Qigong massage
- Apply self help techniques to themselves
- Share self help techniques with others
- Establish a clear, honest, trustworthy and appropriate client/practitioner relationship