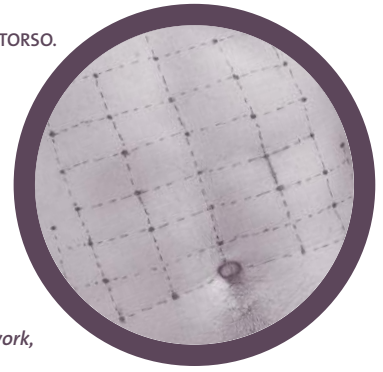


The curriculum at ITEA is the oral tradition of Classical Five-Element Acupuncture. The format is based on a spiral (non-linear) system of learning utilized in Eastern approaches to teaching. Many courses are cumulative in nature. Material that is presented in the first Intensive may be revisited in increasing depth in subsequent Intensives. Between Intensives, the students are expected to internalize the material, at their current level of competency, in preparation for the next Intensive. In this tradition, the most important effort required of students is to attempt the work, for if nothing is attempted, no learning can occur.



1 Course of Study

Intensives of 15 days occur in August – September, October – November, January – February and April – May for the first two years of the program. During the third year, two clinical Intensives will be held in August – September and again in January – February with additional material interspersed a few days at a time. Homework is given quarterly, between Intensives. Due to the cumulative nature of the curriculum, satisfactory understanding of all material from the first year is a prerequisite to beginning the second year.

C101: Classical Five-Element Acupuncture 1

The purpose of this course is to give the student a solid base for the study of Classical Five-Element Acupuncture. The course covers introduction, orientation and history of ITEA and procedures for students. Students are taught basic concepts, the five elements and their associations and laws, and beginning pulse taking. Included practical sessions provide an opportunity for experiential learning and serve to deepen the discernment of the operations of the five elements in nature, their associations and laws.

P101: Points 1

Measurement and surface anatomy palpation of the lower arm, the location of all acupuncture points on the lower arm and hand, and types and spirits of points are covered in this course. Included practical exercises give the student an opportunity to gain hands-on experience in locating points on a variety of body shapes. Classical Five-Element Acupuncture relies on extremely precise point location, thus it is necessary for students to receive feedback during class sessions. Continual practice is necessary for the refinement of touch consistent with excellence in point location, and it is the responsibility of the student to maintain consistency in point location throughout the entire program.

C102: Classical Five-Element Acupuncture 2

This course continues to give the student a solid base for the study of Classical Five-Element Acupuncture. Students will review the five elements and their associations while learning the functions of all the Officials. The students will learn how to transfer energy in the body. Techniques for conducting a physical exam on a client also are taught and practiced. Included practical sessions enable students to explore pulse taking in greater depth. Exercises to promote the discernment of qualities of color, sound, odor, and emotion deepen the diagnostic skill of the students.

P102: Points 2

This course covers the measurement and surface anatomy palpation of the lower leg, the location of all acupuncture points on the lower leg and foot, and the types and spirits of acupuncture points. Practical exercises give students an opportunity to gain hands-on experience in locating points on a variety of body shapes. Classical Five-Element Acupuncture relies on extremely precise point location. It is therefore necessary for students to receive feedback during class sessions.

C103: Classical Five-Element Acupuncture 3

This course continues the process of providing students with a solid base for the study of Classical Five-Element Acupuncture. Students learn about Aggressive Energy, the Conception and Governing vessels, the extraordinary meridians, and needle techniques. Included practical sessions allows students to deepen their knowledge of the elements, of the operation of nature in the winter, and of all the diagnostic tools.

P103: Points 3

New material for this class includes entry and exit points, and AEPs. All command points on the body are reviewed, and ample time for classroom feedback is provided.

PH100: Medical Terminology/ Introduction to Pharmacology

This course covers the basic principles of medical terminology for all major body systems. Included exercises aid students in learning the terminology used in written and spoken medical reports. The course also provides an understanding of the basic diagnostic tests used in medical evaluations. The Introduction to Pharmacology portion of the course includes basic principles, drug metabolism, dose response relationships and drug interactions for all major body systems.

PH103: Pharmacology 1

This course covers the fundamental principles of drugs that interact with the gastrointestinal system, the respiratory system, the cardiovascular system, and therapies. The physiology of each system is reviewed and material on specific drugs is presented, including mechanisms of action, drug metabolism and dosing, and drug interactions. Both traditional western drugs and herbal medicines are discussed.

ZB103: Zero Balancing

This four day program covers the Zero Balancing methodology of integrating body energy with body structure. Emphasis is placed upon learning basic theory, skills and protocol. Students also practice Zero Balancing techniques and finish with a hands-on working knowledge of Zero Balancing. This course has been approved by the Zero Balancing Association and counts towards Zero Balancing certification.

C104: Classical Five-Element Acupuncture 4

Exams covering all information contained in C101 through C103 are held during this course. Students are taught Windows of the Sky, and the included practical sessions deepen their understanding of the relativity of pulse taking, and how the laws of nature work in the spring season. After this course, students may begin Clinical Observation, gaining experience through observing different practitioners and supervisors working with clients.

N104: Nutrition 1

This course allows students to develop an understanding of the structure and function of proteins, carbohydrates, fats, vitamins, and minerals, and the symptoms of deficiencies and excesses. It discusses the importance of the whole foods diet in the prevention of the chronic diseases prevalent in the United States today, including the role of specific nutrients and foods in each disease process. Students will acquire an overview of different dietary philosophies in order to meet the needs of a diverse patient population.

P104: Points 4

Students review all learned points and take a cumulative point exam.

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