



MIDDLE WAY
ACUPUNCTURE INSTITUTE



2024



MIDDLE WAY
ACUPUNCTURE
INSTITUTE

LLC

College Catalog

2024



MIDDLE WAY

ACUPUNCTURE INSTITUTE

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Mount Vernon, WA 98273
Tel: 360.336.6129
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www.mwai.edu

Middle Way Acupuncture Institute is approved by the Washington State Department of Health, Health Professions, Acupuncture Program.

This school is licensed under Chapter 28C.10 RCW. Inquiries or complaints regarding this private vocational school may be made to the Workforce Board, 128 - 10th Ave. SW, Box 43105, Olympia, WA 98504, Web: wtb.wa.gov Phone: 360.709.4600, Email Address: wtecb@wtb.wa.gov

Selected programs of study at Middle Way Acupuncture Institute are approved by the Workforce Training and Education Coordinating Board's State Approving Agency (WTECB/SAA) for enrollment of those eligible to receive benefits under Title 38 and Title 10, USC. Catalog certified as true and correct for content and policy. In accordance with Title 38 US Code 3679 subsection (e), this school adopts the following additional provisions for any students using U.S. Department of Veterans Affairs (VA) Vocational Rehabilitation and Employment (Ch. 31) benefits, while payment to the institution is pending from the VA. This school will not:

- Prevent the student's enrollment;
- Assess a late penalty fee to;
- Require student secure alternative or additional funding;
- Deny their access to any resources (access to classes, libraries, or other institutional facilities) available to other students who have satisfied their tuition and fee bills to the institution.

However, to qualify for this provision, such students may be required to:

- Produce the Certificate of Eligibility by the first day of class;
- Provide written request to be certified;
- Provide additional information needed to properly certify the enrollment as described in other institutional policies.

Middle Way Acupuncture Institute and its following programs are accredited by the Accreditation Commission for Acupuncture and Herbal Medicine (ACAHM):

(1) Master of Acupuncture

(2) Certificate in Chinese herbal medicine

Temporary federal flexibilities with respect to institutional eligibility for distance education related to the COVID-19 national emergency expire on 7 October 2023. The program(s) listed above are not accredited by ACAHM to offer courses via distance education beyond 7 October 2023. ACAHM does not accredit any programs at the undergraduate/bachelor level. ACAHM's accreditation does not include participation by the institution in Title IV, HEA federal student financial aid programs. Accreditation status and notes may be viewed on the ACAHM Directory.

ACAHM is recognized by the United States Department of Education as the specialized accreditation agency for institutions/programs preparing acupuncture practitioners. ACAHM is located at 500 Lake Street, Suite 204, Excelsior, Minnesota 55331; phone 952/212-2434; <https://acahm.org>

Public Disclosure Statement Effective as of 21 May 2024

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To become licensed in acupuncture (AEMP or LAc) in Washington State an applicant must have graduated from a Washington State approved school and passed the Washington State (NCCAHM) examinations. The applicant must have completed at least 450 hours in biomedical science with study in anatomy, physiology, microbiology, biochemistry, pathology, and medical referral. In addition to at least 750 hours of acupuncture academic education, the applicant must also have completed 500 hours of clinical training. Middle Way Acupuncture Institute is a Washington State approved school and its program meets or exceeds all state requirements.

For more information regarding Washington State regulation of Acupuncture and Eastern Medicine, contact Acupuncture Division, Washington State Department of Health, Olympia, WA, www.doh.wa.gov. Completion of the program has been determined to meet the Washington State educational requirements for licensure. It does not meet the requirements for professional licensure in California or Nevada. Professional licensure requirements have not been determined for any other states. Meeting licensure requirements for all other states may be determined with the Registrar on a case by case basis.

Mission Statement



The mission of Middle Way Acupuncture Institute is the preparation of competent and dedicated health care practitioners as acupuncture professionals.

In support of this mission Middle Way Acupuncture Institute has the following goals:

1. To create an educational program with academic and clinical training leading to a Master's Level Diploma in Acupuncture.
2. To construct an educational program for working adults pursuing a career change as well as students preparing for an initial career.
3. To develop a program that offers classes in different styles of acupuncture and demonstrates how those styles can be integrated.
4. To employ highly qualified faculty and staff and appropriate student services necessary to facilitate the training of Acupuncture and Eastern Medicine professionals.
5. To create community clinics to provide Acupuncture and Eastern Medicine services to the general public including low-cost clinics to treat underserved and/or economically disadvantaged populations.
6. To design curriculum that equips students to inform their patients and the public about the benefits of Acupuncture and Eastern Medicine.
7. To maintain a reasonably priced program that will meet the educational needs of the student population while allowing the school to operate as a profitable business.

Each of these goals addresses the foundational principles behind Middle Way Acupuncture Institute's mission statement. The program seeks to educate students in the holistic spirit and practice of Acupuncture and Eastern medicine.

Our mission and goals have arisen out of the vision and values which follow on the next page.

Mission Statement

Vision

Middle Way Acupuncture Institute will be known for academic excellence, quality patient care, and leadership in wellness and integrative healthcare.

Values

We value graduating health care professionals who are competent and compassionate in both independent practice and integrated healthcare settings.

We value an inclusive and empowering environment for our faculty, staff, alumni, and students.

We value lifelong learning in our faculty, staff, alumni, and students.

We value, honor, and encourage diversity and tolerance in all interactions with all our community members.

We value supporting and serving our local communities.

We value excellence in education.

We value maintaining our reputation for honesty, integrity, and trustworthiness.

We value preserving the core values of acupuncture by promoting practice standards that are widely accepted, while promoting innovation.

We value the richness of the ancestries, ethnicities, social classes, sexual identities, cultures and histories of our school community.

We value and recognize the Coastal Salish tribes, whose land we are standing upon. We give thanks to the Indigenous Peoples for being stewards of this beautiful, ancestral, and sacred homeland and strive to be good guests.

Educational Objectives

These are measurable standards we expect students to attain by the time they complete the program. These objectives issue from the mission, goals, vision and values of Middle Way Acupuncture Institute and direct its development of the curriculum.

Graduates of Middle Way Acupuncture Institute will be able to:

1. Demonstrate knowledge in various styles of practicing Acupuncture and Eastern Medicine and administer them appropriately for the benefit of the patient.
2. Evaluate patients' needs and create effective treatment plans including suggestions for lifestyle changes that promote vitality and well-being.
3. Display a thorough understanding of diagnostic and assessment skills, including knowing when to refer.
4. Communicate in an organized and professional manner with both patients and other healthcare professionals.
5. Demonstrate an understanding of practice management skills, ethics and legal requirements.

Governance

Executive Board

Helen Sanders, M.T.C.M., L.Ac., AEMP, Executive Director, Director of Clinical Studies

Jessica Biles, B.S., Director of Administration & Student Services, Registrar

Linda Ballantine, B.A., Director of Finance

Advisory Board

Kensley Fohn, C.P.A.

Galie Jean-Louis, B.F.A., L.Ac., AEMP

Linda Munson, M.T.C.M. L.Ac., AEMP

Matt Van Dyke, M.T.C.M., AEMP

Cedric Watts, O.T.R./L., L.Ac.

Rebecca Wilhelm, N.D.

Student Representative

Advisory Board Facilitator - Beverly Faxon, M.A.

Administration

Helen Sanders, M.T.C.M., L.Ac., AEMP, Executive Director, Director of Clinical Studies

Jessica Biles, B.S., Director of Administration & Student Services, Registrar

Sharon Adena, D.A.O.M., L.Ac., Director of Acupuncture and Herbal Medicine Studies, Director of Faculty

Linda Ballantine, B.A., Director of Finance

Terry Matthews, Clinic Manager

Matt Van Dyke, M.T.C.M., AEMP, Librarian

Hallie Beaver, B.A., Library Assistant

About the Program

Middle Way Acupuncture Institute, LLC, is a small school located in the beautiful Skagit Valley 50 miles north of Seattle in the community of Mount Vernon, Washington. In keeping with the ancient traditions of acupuncture, we offer a nature-based program. Initially, training is geared towards the study of the natural world through the changing seasons in order that an experiential understanding of the elements as a cyclical process based on balance and harmony can be developed. This understanding then becomes the foundation from which the study of acupuncture grows. Middle Way Acupuncture Institute is a Washington State approved acupuncture program meeting State (and National) requirements. The Diploma of Acupuncture in English program of the Middle Way Acupuncture Institute is nationally accredited under Master's Degree standards, by the Accreditation Commission for Acupuncture and Herbal Medicine (ACAHM). ACAHM is recognized by the United States Department of Education as the specialized accreditation agency for institutions/programs preparing acupuncture and herbal medicine practitioners. ACAHM does not accredit any programs at the undergraduate/bachelor level. ACAHM is located at 8941 Aztec Drive, Eden Prairie, Minnesota 55347; phone 952/212-2434; fax 952/657-7068; www.acahm.org

Facilities and Class Size

Based in the heart of downtown Mount Vernon on the third floor of the Co-op Building, Middle Way Acupuncture Institute provides a cozy and inviting atmosphere for learning. In keeping with the inspiration of the apprenticeship model we aim to keep our class size small with student/teacher ratios from 4:1 to 14:1. This insures ample access to faculty (and administration) for all students. All necessary training aids, equipment and supplies are available on campus. Even clinical supplies such as needles and moxa are provided for students. Middle Way Acupuncture Institute also houses a lending library with computers and high-speed Internet access as well as WIFI for students who bring their own computers.



The original Middle Way campus, upstairs in the Co-op Building

Admission Requirements

General Education

Applicants must be able to document a minimum of 60 semester credits or 90 quarter credits (with a minimum of a “C” grade) from an institution accredited by an agency recognized by the U.S. Dept of Education or an equivalent institution outside the United States.

Required Courses

The following courses are required to be completed before entering the program:

- Biology: 3 semester credits (45 hours) or 5 quarter credits
- Chemistry: 3 semester credits or 5 quarter credits
- Two college level courses in any of the following subjects:
Medical Terminology, Psychology, Western Nutrition, Sociology, Anthropology, Global health, or Physics.
Other western science courses could be substituted with approval from the Registrar.

The following co-requisite courses are required to be completed by the specified dates:

- Human Anatomy & Physiology I-II: 7 semester credits or 10 quarter credits – to be completed by December of the student’s first year
- Biochemistry: 3 semester or 5 quarter credits – to be completed within the first year of the program

Students must earn a “C” or higher in their pre or co-requisite courses in order for the credit to be considered. None of the 90 credits required for admission may be used toward meeting the required 450 hours of bioscience classes included in the program curriculum.

Transfer Credits & Assessment of Prior Learning

Applicants to Middle Way Acupuncture Institute may apply for transfer credit for some of their biomedical science courses taken in training for other health care professions. These credits must meet the same standard as any prerequisite courses. Likewise, Middle Way Acupuncture Institute will accept some transfer credit for acupuncture training completed at other institutions. Transfer credit assessment is reviewed on a case-by-case basis, and transfer students are required to provide course descriptions and/or syllabi of the courses completed for which they wish to receive credit.

Credit transfers may not affect the tuition costs or the length of training. To request transfer credit, students submit a Course Exemption Request Form and provide appropriate transcripts.

Required English Language Proficiency

International applicants whose native language is not English are required to provide proof of English proficiency for admission to degree, certificate, and non-degree graduate programs. This must be demonstrated by one of the following means:

1. The applicant must have completed one of the following:
 - a) four years at a U.S. high school demonstrably delivered in English;
 - b) at least two-years (60 semester credits or 90 quarter credits) of undergraduate- or graduate-level education in an institution accredited by an agency recognized by the U.S. Secretary of Education;
 - c) at least two-years (60 semester credits or 90 quarter credits) of undergraduate-or graduate-level education demonstrably delivered in English;
 - d) high school or two-years (60 semester credits or 90 quarter credits) of undergraduate- or graduate-level education in an institution in one of the following countries or territories: American Samoa; Anguilla; Antigua & Barbuda; Australia; Bahamas; Barbados; Belize; Bermuda; Botswana; British Virgin Islands; Cameroon; Canada (except Quebec); Cayman Islands; Christmas Island; Cook Islands; Dominica; Federated States of Micronesia; Fiji; The Gambia; Ghana; Gibraltar; Grenada; Guam; Guyana; Ireland; Isle of Man; Jamaica; Kenya; Lesotho; Liberia; Malawi; Montserrat; Namibia; New

Zealand; Nigeria; Norfolk Island; Papua New Guinea; Philippines; Pitcairn Islands; Sierra Leone; Singapore; South Africa; South Sudan; St. Helena; St. Kitts & Nevis; St. Lucia; St. Vincent & the Grenadines; Swaziland; Tanzania; Trinidad and Tobago; Turks and Caicos Islands; United Kingdom; U.S. Virgin Islands; Uganda; Zambia; Zimbabwe.

- i. In all cases, English must have been both the language of instruction and the language of the curriculum used.

OR

The applicant must have completed one of the following assessments at the required level:

Assessment Tool	Acceptable Score
Test of English as a Foreign Language Internet-Based Test (TOEFL® iBT)	Total: 61
International English Language Testing System (IELTS), Academic Format	Overall band: 6
Duolingo English Test	90
China Standard of English Language (CSE)	CSE 6
Cambridge First Certificate in English (FCE)	C
Cambridge English Advanced (CAE)	C
Common European Framework Reference (CEFR)	B2
Occupational English Test (OET)	250, C
Pearson Test of English (PTE), Academic	Overall: 45

Non Matriculating Student Admission Policy

Non-matriculating status is for students who want to take courses for credit but are not earning a diploma. When enrolled in a non-matriculated status, a student cannot earn a diploma but a grade is earned and full credit is recorded on a MWAI transcript for any courses taken. Credits earned as a non-matriculated student usually transfer to other institutions. If you are later accepted into a matriculated status at MWAI, courses earned as a non-matriculated student maybe applied to your diploma requirements, with some restrictions. Depending on the course/s a non-matriculating student wishes to take at MWAI, transcripts showing evidence of prerequisite courses completed may be required. This will be determined on a case-by-case basis.

Communication

All students are required to maintain and regularly check an email address. Students will be responsible for being aware in a timely manner of all communications sent to them via email or Populi (MWAI’s online college management system) by administrators or faculty. Owning or having daily access to a computer is required.



Application Instructions

Nondiscrimination

It is the intention of Middle Way Acupuncture Institute to not discriminate against student or potential students on the basis of race, sex, sexual orientation, gender identity/expression, religion, age, color, creed, national or ethnic origin, veteran or military status, or the use of a trained guide dog or service animal by a person with a disability.

1. School Visit

Before filling out an application, we encourage you to review our website and to speak with the Director of Student Services to discuss any concerns or ask questions not answered on the website. We also ask that you arrange to take a tour of the school. You may also choose to sit in on a class and receive a complimentary acupuncture treatment in our teaching clinic.

2. Application

To apply to the program you can access the application form by going to www.mwai.edu, and following the application link to our online college management program. After completing the application you must return to our website in order to pay the \$100 registration fee. (If you prefer, you may mail in the registration fee.)

3. Transcripts and Materials

You must have sealed official transcripts sent from each school you list under the prior education section of the application. The transcripts should be mailed to the MWAI Admissions Office or emailed to registrar@mwai.edu. Please list all accredited college and university-level institutions you have attended, including technical schools, in chronological order on the application. Additionally, you must send us a completed release of information form (available as a download from our site or through an email request) and two letters of recommendation. These may be sent to the school via regular mail or email at registrar@mwai.edu.

4. Interview

Once the application is complete the Registrar will contact you to arrange for an interview. During the interview, you will be given the opportunity to review the details of the Middle Way Acupuncture Institute Program and ask any questions you may have. The interviewer will want to hear about how you have come to your interest in pursuing acupuncture as a career and why you chose Middle Way.

5. Admission Decisions and Rolling Enrollment

The Executive Board meets twice per month to evaluate applicants who have all materials submitted and interviews completed. An Admission decision will be made within a month of the evaluation and, if approved, Acceptance Packages will be mailed at this time. Applicants will be considered on a first come, first served basis until the class limit has been reached.

Waiting List

Once a class has filled, applicants' names will be added to a waiting list. Applicants will be informed of their position on the waiting list and notified if space becomes available. If space is not available, those on the waiting list may elect to defer until the following year.

Deposit

Upon acceptance into the program you will receive an acceptance package containing an enrollment agreement. You must send in a \$500 deposit with your signed enrollment agreement to reserve a seat in the upcoming class. The enrollment deposit will be deducted from the first tuition payment.

Administrative & Academic Policies

Attendance

Middle Way Acupuncture Institute requires a minimum overall attendance of 100% of the program. Additionally students must meet the attendance requirements of each instructor. It is the student's responsibility to communicate with each instructor and the Registrar about any absence and how to make up any missed time and work. Please refer to the student handbook for further details on attendance policies and procedures.

Grading Systems / Standards of Progress

Grading is based on standard letter grades or on a pass/fail system and will be specifically outlined in each course syllabus. Progress is monitored by any combination of short quizzes, homework assignments, online content and/ or in class assignments. Annual cumulative exams require a passing grade in order to advance to the next sequence of classes. In addition, Nature and Clinic Journals will be used throughout the program to track observations and insights. Students receive progress reports no later than 30 days after the end of each semester. In cases of academic probation, students will be notified.

Course Length

Middle Way Acupuncture Institute's Acupuncture program is a three-year course of study taught over the course of thirty-six consecutive months (no summer break). The minimum completion time for the program is 36 months; the maximum completion time is six years.

Hourly Accrual

Middle Way Acupuncture Institute has moved from a semester credit system to semester hours. Academic classes and clinical internship are accrued and reflected as classroom hours on MWAI transcripts.

Graduation Requirements

A Master's Level Diploma in Acupuncture will be earned upon successful completion of required course and clinical work, presentation of a final project/portfolio, certification by faculty, and fulfillment of all financial and administrative obligations.

Guaranteed Tuition

The annual cost of tuition remains the same for the three years a student is in the program.



Student Rights & Responsibilities

MWAI Student Conduct Policy

Introduction

Middle Way Acupuncture Institute students are expected to act in a respectful and professional manner with their peers, patients, and Middle Way Acupuncture Institute staff and faculty. The Middle Way community holds the value of working in a cooperative spirit in keeping with the mission of the school to train qualified health care providers. Any student who behaves in an unprofessional manner will be placed on academic probation and, if the behavior continues, could be dismissed from the program by a decision of the Director of Student Services in conjunction with the Executive Board. Certain behavior, such as cheating, plagiarism, intoxication, or violent behavior will result in immediate dismissal.

Probation and/or Dismissal from the Program

Insufficient academic performance or unprofessional behavior at Middle Way Acupuncture Institute are grounds for academic probation and if uncorrected, dismissal from the program. The student will first be given a verbal warning regarding the concern with a description of appropriate behavior and potential consequences. Further problems will result in a written warning regarding the performance or behavior. If the area of concern with the student continues the student will be placed on probation for one year. If there is still no resolution/improvement within that year, they will be dismissed from the program. There are certain situations (violence, drug use, misconduct regarding responsibilities to patient care, financial misconduct, etc.) that could result in immediate probation or dismissal from the program. In cases of probation, a clear written plan for behavior and/ or any remedial work will be developed by the Director of Student Services and communicated to the individual.

Once there is clear demonstration that the academic or professional conduct issue has been remedied, the academic probationary status will be lifted.

Students are expected to achieve competency in all classes and clinic and pass all comprehensive exams in order to proceed in their program. Any student not meeting attendance requirements and is unable to pass or remedy failed classes will be placed on academic probation. The terms and length of academic probation are decided on an individual basis. The Director of Student Services, in conjunction with the Executive Board, makes decisions regarding academic probation and dismissal. Nothing in the policy prevents the student from contacting the Workforce Board at 360.709.4600 at any time with a concern or complaint.

Leave of Absence

A leave of absence for a period up to a year must be submitted in writing to the Registrar prior to the leave. Depending on the duration of the leave of absence, a competency and placement exam may be required upon return, at the discretion of the Director of Acupuncture. A returning student will be expected to pay any remaining tuition due at the rate of the class s/he joins upon return.

Transcripts and Records

Upon written request, students will be issued a transcript within 30 days after verification of classroom and clinical hours, as long as all tuition and school fees are paid in full. The transcript issuance fee is \$20. Middle Way Acupuncture Institute will keep student educational records for a minimum of fifty years from the date of each student's enrollment or until the school ceases to be licensed under the Workforce Training and Education Board, whichever comes first. In the event of the school's closure, all records will be sent to the Workforce Training Board.

Student Rights & Responsibilities

Student Services

The Director of Student Services provides support for incoming students, students in the program, and those graduating and beginning a practice. This support includes workshops on study skills, coordinating Middle Way Acupuncture Institute tutoring, arranging for student mentors, providing contacts for counseling and health related issues, and being available for personal consultations.

School faculty and the Director of Student Services are available for academic counseling and advisement regarding school projects. The school does not have a formal placement assistance program after graduation.

Student Representation

A third year student is annually appointed by the administration to be on the Advisory Board. Class representatives can provide communication to and from the administration and support student life in other ways based on class interests.

Advisory Board meetings are where strategic planning occurs for future development of the Middle Way Acupuncture Institute programs. Student input is a vital part of this process.

Grievance Procedure

Any student, faculty or staff person may use the following grievance procedure to address concerns that they believe have not been handled fairly by the administration or other parties at the school.

The individual with the grievance should first attempt to resolve the issue directly with the other individual or parties concerned (with or without counseling support provided by the school).

In cases where this is insufficient, not possible, or inappropriate: the grievance should be put in writing and sent to the Director of Student Services at 617 W Division Street, Mount Vernon, WA 98273. The Director of Student Services shall review the grievance, often in consultation with other administrators, and respond in writing to the grievance within two weeks with a decision regarding the concern.

If the individual is dissatisfied with the written response from the Director of Student Services, they may request a meeting with the Executive Board. The Executive Board shall review the grievance, consult with any or all parties involved, and respond in writing to the grievance within two weeks with a Final Decision regarding the concern.

After the decision of the Executive Board, if the individual believes the ruling is unfair, they may choose to contact the Accreditation Commission for Acupuncture and Herbal Medicine (ACAHM) at the following address: 8941 Aztec Drive, Eden Prairie, MN 55347, Phone: (952) 212-2434, Fax: (301) 313-0912, email: coordinator@acaom.org

Student Complaints

Concerns raised by students about the program can be directed to the Executive Board at (360) 336-6129. If a student is still dissatisfied after conferring with the Executive Board, they may contact the Accreditation Commission for Acupuncture and Herbal Medicine (ACAHM) at the following address: 8941 Aztec Drive, Eden Prairie, MN 55347, Phone: (952) 212-2434, Fax: (301) 313-0912, email: coordinator@acaom.org

Faculty

CORE FACULTY

Sara J. Bayer, D.A.O.M., M.A., L.Ac., L.M.P., Certified Advanced Rolfer™

Sara Bayer is an acupuncturist, licensed in California (1987) and Washington (1991), and a Certified Advanced Rolfer® as well as a Washington State licensed massage therapist. Certified in acupuncture and Chinese herbal medicine by the National Commission for Certification in Acupuncture and Oriental Medicine, Sara has taught continuously in schools of acupuncture since 1987 and at MWAJ since 2008. Before studying acupuncture she completed massage coursework while obtaining her Master's degree in Chinese Language and Literature from the University of Michigan, graduating in 1982. A Certified Rolfer™ since 2004, in 2010 she completed the Advanced Training in Roling® Structural Integration. Over the last decade her year-long course in musculoskeletal pain became recognized by students as a vital component of basic acupuncture training. In August 2014 she graduated from the Doctor of Acupuncture and Oriental Medicine program of the Oregon College of Oriental Medicine. For her capstone project she translated the Expanded Treatise on Warm Epidemics written by Dai Tian-zhang circa 1695. She became the Director of Clinical Education and Associate Professor at Bastyr University, Kenmore Washington campus, in July 2018. In the DAOM program at Bastyr she teaches an acupuncture course on fascia and pain, and supervises doctoral students treating patients as part of the Anesthesia and Pain Medicine group at Harborview Medical Center in Seattle.



Catherine Follis, D.C.

Catherine Follis received her Doctor of Chiropractic, cum laude from Palmer College of Chiropractic in Davenport, Iowa and is a Certified Chiropractic Sports Physician (CCSP) from the American Chiropractic Board of Sports Physicians. She also received a Bachelor of Arts in Biology from Augustana College in Rock Island, Iowa. Dr. Follis is a College Accreditation Evaluator for the Accrediting Council for Continuing Education and Training (ACCET), an Anatomy & Physiology instructor and team lead for Everest College, a First Aid/CPR instructor for the Red Cross, and provides Anatomy & Physiology tutoring.



Linda Munson, Ph.D. (ABD), M.T.C.M., L.Ac.

Linda Munson is a licensed acupuncturist (2002) and massage practitioner (1997). Board-certified in acupuncture by the NCCAOM, she has taught at Middle Way Acupuncture institute since 2008. Prior to studying Chinese Medicine and massage, Linda worked in Arctic Alaska for 16 years as a Native teacher trainer with the University of Alaska, Fairbanks, and as an elementary school teacher with the North Slope Borough School District. Before that she spent 5 years in highland Guatemala with the Proyecto Linguistico Francisco Marroquin writing a grammar and teaching literacy in Mam, a Mayan language. She also has extensive experience working with Southwest Native tribes developing bilingual curricula through the University of California, San Diego. Linda holds a B.A. in French Language and Literature from the University of California, Los Angeles (1970), and an M.A. and ABD in Linguistics from the University of California, San Diego (1983). Linda maintains a small private practice and also practices part-time in a physician's office.



Joseph Rothstein, D.A.C.M., Dipl. O.M.

Joseph is an Acupuncturist, Herbalist, Healer, Facilitator and Teacher. He received his Master Level Diploma and his Doctorate of Acupuncture and Chinese Medicine from Daoist Traditions College of Chinese Medical Arts in Asheville, NC. He has studied Energy Medicine at the Barbara Brennan School of Healing. He has studied Transpersonal Facilitation at The Psychoenergetics Training program and the Hero's Journey Apprenticeship. He is happily married to his college sweetheart, has 3 homeschooled children, and is currently a Digital Nomad on Sabbatical in various places around the world.



Helen Sanders, M.Ac, AEMP, L.Ac.

At the age of 17, while walking across FSU's college campus in Tallahassee, Florida, Helen was attacked by an itinerant male who tried unsuccessfully to choke her in a bent arm hold. After the campus police expressed no interest in pursuing her attacker as she had escaped of her own volition, she determined that the martial arts might be a prudent course of study. She spent 1.5 years practicing Tae Kwon Do, a Korean hardstyle art, and then gravitated to Cuong Nhu Oriental Martial Arts, where she thrived for 10 years, eventually earning her first degree black belt and running her own school, The Rainbow Dojo, in Tallahassee, Florida. During training to advance to a second degree black belt, she realized that her next step would be this: having learned to physically harm another human, would it not make sense to be able to help them heal? Devoted to the idea of practicing martial arts that encompassed medicine as well, she interviewed with several schools of Traditional Chinese Medicine and found a home at the Northwest Institute of Acupuncture and Oriental Medicine in Seattle, Washington. She was accepted there and earned her Master's degree in Acupuncture and Oriental Medicine in 1996. At the same time, Microsoft offered her a position and she spent 10 years there as the Corporate Records Manager for the Company within the Legal Department, overseeing 12-14 employees and running a corporate-wide records and information program for Microsoft's key documents and information. Highlights there included being deposed for the FTC/Dept. of Justice investigation (along with a hundred other employees) and winning a senior management award for outstanding achievement during her 10 year tenure there. Helen now has a thriving acupuncture practice in the San Juan Islands and works as the Clinic Director for Middle Way Acupuncture Institute in Mt. Vernon, Washington.

Matt Van Dyke, M.T.C.M., AEMP, Dipl. O.M.

Matt Van Dyke, AEMP is an Acupuncturist, Herbalist, and Qi Gong practitioner clinically focused on maximizing quality of life and longevity. Areas of expertise include EENT pathology and pain management. Matt is especially interested in helping to train patients and students tap into their own innate potential and to facilitate new landscapes of healing. Matt graduated from Five Branches University in 2006. Advanced studies took him to Shenyang, China to study with respected acupuncturist and physician, Dr. Ma Laoshi at Liaoning University Hospital. Many things in life bring Matt joy. These include his family with 2 young children, qi gong, which he has been practicing for almost 2 decades, and being in nature which feeds his soul. He has been on faculty at Middle Way since 2009.

Dr. Sharon Adena L.Ac., DAOM, CFMP, Dipl. O.M., AEMP

Sharon began her healthcare education at the Brian Utting School of Massage in Seattle WA, graduating in 2004. Inspired by her busy clinical practice and her want for more tools, she went on to study Ayurvedic Medicine, Chinese Medicine and eventually Functional Medicine. She earned her Masters of Science in Traditional Chinese Medicine from Five Branches University in Santa Cruz, CA in 2014 and promptly began her teaching career. She then received her Doctorate of Acupuncture and Oriental Medicine in 2018 from Five Branches San Jose. During her studies she completed an internship at the Daejeon Hospital in South Korea and spent time working under Dr. Frank He and Dr. Holly Guzman. Most recently, she completed her Functional Medicine Certification from Functional Medicine University in 2021. Sharon is truly a clinician at heart and she keeps consideration of the body structure at the center of her general practice. She brings her years of clinical experience to the classroom and leans in with a solid adoration of academia and the pursuit of knowledge and skill. In response to a noted social need, Sharon created a non-profit organization in 2015 with the intention of finding creative ways to overcome the financial barriers that stand between patients and high quality healthcare.

FACULTY

Daniel Altschuler, Ph.D. (China), L.Ac.

Daniel Altschuler, Ph.D. (China), L.Ac. studied and taught Chinese medicine in Taiwan for nearly 15 years, apprenticing under Dr. Lee Chen-Yu. He has an MA (1992) in Asian religions from UCLA and a Ph.D. (2005) in Chinese medicine from Guangzhou Chinese Medical College. His specialties include neuropathy and chronically stubborn diseases. He has authored the translation entitled *Neuropathy: Traditional Chinese Herbal Treatment in a Modern Medical Environment*.

Robert B. Bates, DC, MMQ

Robert is a healer and teacher of healing based in Bellingham, Washington. A 1990 graduate from Southern California College of Chiropractic, he has practiced in Washington State since 1992. He has taught Qigong since 1997. He earned his Master of Medical Qigong certificate in 2001 from Jerry Alan Johnson at the International Institute of Medical Qigong. In addition he teaches workshops in Lymph Drainage Therapy and Fluid Articular Release for the Chikly Health Institute, an international teaching organization based in Arizona. He has extensive training in many healing and movement arts including Cranio-Sacral Therapy, Self Healing Qigong (many types), Taiji Quan, and Xin Yi Liu He Quan. Robert has enjoyed a daily practice of Qigong since 1992.

Dr Howard Chen

Howard is a Family and Integrative Biomedicine physician, the founder and director of The Chen Center for Integrative Medicine, and the founding Medical Director of Renown Health's Medical Acupuncture Clinic in Reno, NV, as well as their subsequent Integrative Primary Care Clinic. He is a Fellow of the American Board of Medical Acupuncture, and an Assistant Professor of Clinical Family Medicine at the University of Nevada, Reno. He currently also teaches for the Academy of Acupuncture and the Tan Academy of Balance.

His introduction to acupuncture was in Taipei during an elective rotation in Medical School where he certified in Medical Acupuncture in 2006 through the Helms Medical Institute physician pathway, which taught him French Energetics. He then went on to study Worsley 5e with Drs. Moss and Puhky, Muscle Channel Technique with Frank He, and Medical Qi Gong with Stephen Aung. His personal greatest achievement, however, was being Dr. Richard Tan's only physician apprentice and in his first graduating class of BaZi consultants.

In Howard's current practice, he utilizes a combination of BaZi Birth Chart Analysis, Yi Jing, Balance Method, and his own invention of Chen's Distance Acupuncture Technique (C-DAT) to treat patients remotely.

Dani Compain, AEMP, L.Ac.

Dani Campain has been studying nutrition for over three decades. She studied in the fields of an organic farm in rural Alabama; in restaurant kitchens; and in restaurant management. Dani attended both the Living Foods Institute and the Living Light Culinary Institute. Dani has studied a variety of dietary approaches with some of the finest masters of nutritional therapy. As a classically trained artist, Dani sees the human body with an architectural complexity, beauty, and perfection-viewing its capability to sustain life and heal itself, with the same reverence as a fine masterpiece. This brought her to the study of Eastern Medicine at Middle Way Acupuncture Institute. During her studies there, she continued to pursue her passion for nutrition with a deep dive into Chinese Dietary Therapy. Dani graduated from and began teaching at Middle Way in 2020.

Dr. Catherine Dayhoff, D.A.O.M., Dipl. Ac., L.Ac.

Catherine Dayhoff received her Doctor of Acupuncture and Oriental Medicine degree at the Oregon College of Oriental Medicine (OCOM) in Portland Oregon. She received her master degree in Acupuncture and Chinese Herbal Medicine from Bastyr University in Seattle, Washington. Catherine served on the Washington Acupuncture and Eastern Medicine Association (WAEMA) board for 2 years as the secretary and treasurer from 12/2017 - 11/2019. Catherine specializes in orthopedic acupuncture and musculoskeletal pain conditions. Her two main mentors are Whitfield Reaves and Dr. Anthony Lombardi. Catherine enjoys her private practice, Dayhoff Acupuncture, located downtown Mount Vernon, Washington.



Serena Emerson, M.A., L.Ac., L.M.T.

Serena Emerson is an acupuncturist and massage therapist, licensed in Washington State since 2016 and 2013, respectively. She has taught tuina at MWAI since 2015. Her background includes over a decade of study and apprenticeship in Jin Shou Tuina, as well as internal martial arts, through the North American Tang Shou Tao Association. She currently practices in Vancouver and Bellingham and is enrolled in the Doctor of Acupuncture and Oriental Medicine program at Bastyr University.

Alethea Fleming, N.D.

Dr. Alethea Fleming, ND is a passionate advocate for naturopathic geriatric medicine. She is a Bastyr University graduate and earned a certificate in Gerontology from the University of Washington. Dr. Fleming is the owner and lead physician of the Vital Aging Clinic in Anacortes, Washington where she provides primary care to all adults as well as specific geriatric care. Dr. Fleming is adjunct faculty at Bastyr University and is an engaging public speaker who strives to make naturopathic geriatric care accessible to all providers. In her off hours, Dr. Fleming can be found hiking the beautiful trails of Fidalgo Island, spending time with her wonderful husband and son, or with her nose firmly in a good book.

Brenda Loew, DAOM, AEMP/LAc. Dipl.Ac

Dr Brenda Loew DAOM, AEMP/LAc Dipl. Ac is a teaching associate in the Department of Family Medicine, Osher Center for Integrative Health at the University of Washington, Seattle and provides acupuncture services at the UW Northgate Clinic. She also serves on the Planetary Health, Research, and Acupuncture Committees of the Osher Collaborative. Board certified through the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) since 1991, she has over thirty years of acupuncture clinical and teaching experience. In her private practice, she specializes in Japanese-style acupuncture for the whole family including children and adolescents. She is interested in whole systems thinking and exploring complex, regenerative, living systems integration into allopathic medicine.

Clare Lynam, AEMP, LAc

Clare fell in love with health and healing while studying Medical Anthropology at the University of Connecticut, where she graduated in 1988. She went on to live at a healing center as staff in the late 90's in northern California where she learned how to brew soy sauce and ferment miso, daikon pickles and umeboshi plums the traditional Japanese way. She was also introduced to acupressure there which led her to get a massage license after graduating from the Brian Utting School of Massage. She also studied Thai massage at the Golden Temple in Bangkok while teaching ESL for year. Her massage practice grew to include employees and morphed into a medical billing service serving clinics from Bellingham WA to Eugene OR with 7 employees. Clare studied acupuncture at MWAI, and graduated in 2023. Qi Gong was a surprise gem of the curriculum for her and she is currently enrolled in a 200 hr Qi Gong teacher certification training with the Yoga Farm Ithaca.

Neeshee Pandit, AHP, Menpa

Neeshee Pandit is a Tibetan medical doctor, Ayurvedic practitioner, astrologer, and writer based in Boulder, Colorado. He graduated from the California College of Ayurveda in 2015 and continued his studies under the tutelage of Vaidya R.K. Mishra who initiated him into the Shaka Vansya Ayurveda lineage. Neeshee's long-time interest in Tibetan culture led him to complete a traditional four-year education in Tibetan Medicine under the tutelage of Dr. Phuntsog Wangmo. After graduating in 2020, Neeshee pursued his childhood interest in Chinese Medicine by training in Worsley Classical Five-Element Acupuncture at the Worsley Institute in 2021 and completing a Master's diploma at Middle Way Acupuncture Institute in 2024. His graduate work, "Spirits of the Unconscious", explores the relationship between psychology, acupuncture, and alchemy. Neeshee specializes in the Worsley tradition of Five-Element Acupuncture and continues to apprentice with Judy Worsley. In addition to his clinical practice, Neeshee teaches at The School of Ayurveda and serves on the Worsley Institute Board of Trustees.



Guest Lecturers

Jason Robertson, L.Ac.

Jason Robertson, M.S., L.Ac., is a graduate of the American College of Traditional Chinese Medicine (2000). He is involved in ongoing post-graduate studies in Beijing with acupuncture specialist, Dr. Wang. In collaboration, they wrote and published Applied Channel Theory in Chinese Medicine (Eastland Press, 2008). Jason maintains a private practice in Seattle. He has taught at Middle Way since 2011.

Bob Quinn, DAOM

Bob Quinn earned his masters and doctoral degrees from OCOM in 1998 and 2008 respectively. His capstone title was Wholeness in Traditional East Asian Medicine. It was in fact this long held interest in what David Bohm called “the question of wholeness” that initially brought him to Chinese Medicine. He is a retired Assistant Professor in the School of Classical Chinese Medicine at the National University of Natural Medicine (NUNM) in Portland, Oregon. He taught classes at NUNM in Japanese acupuncture styles and Sotai. He now teaches at conferences and in four doctoral programs, and he goes every year to teach in Germany, Sweden, and Switzerland. Additionally, he has hosted over 80 seminars for Japanese style teachers from Japan and North America in the last 16 years. This has afforded him the opportunity to study closely with many talented practitioners. Since 1999 he has been studying various gentle Japanese treatment styles with masters in the field, most notably in recent years with the late Iwashina Anryu Sensei (aka Dr.Bear). Dr. Bear was famous for using only teishin and moxa in his treatments. Bob is fascinated by the question as to how gentle our treatments can be while still delivering good clinical results. Bob has just published an introductory book on the use of the teishin and enshin in Chinese Medicine: A User’s Guide to the Teishin and Enshin: A Quiet Revolution in Traditional East Asian Medicine. Additionally, starting in 1993 Bob has studied Projective Dreamwork with the late Jeremy Taylor, a noted scholar in the field. In the last ten years Bob has been pioneering the reintroduction into Chinese Medicine of the use of dream imagery, which in our ancient texts clearly played a diagnostic role. He has a certificate program available in Classical Chinese Medicine Dreamwork at Net of Knowledge. In his private practice Bob focuses on the treatment of chronic Lyme disease and children. Through his treatment of many chronic Lyme disease patients, he has become interested in the role of past trauma as a hurdle to deeper healing



Acupuncture Program Overview

The Acupuncture program at Middle Way Acupuncture Institute has evolved from an apprenticeship model into a school for working adults who desire to make a transition to another profession. Students embarking upon initial training for a profession will also find a compatible learning environment here. The program is set up in 36 monthly intensive sessions of one four-day weekend per month with a weekly clinical program running concurrently during the third year. The program is divided into six semesters.

Acupuncture Program Outline

Western Sciences	358
Acupuncture Sciences	754.5
Clinical Phase	660
Practice Management	48
Communication / Ethics	69
PROGRAM TOTAL	1889.5
Anatomy & Physiology*	100
GRAND TOTAL	1989.5

*Not included in program tuition. Required as a co-requisite to be completed by December of the first year

Semester Schedule

First Year Course Sequence

SEMESTER 1 - Fall 1st Year

EM 500	MAc Program Orientation	4
EM 501	Foundational Theory	44
EM 511	Qi Gong: Mindfulness & Self-Cultivation I	9
EM 524	History & Philosophy of Eastern Medicine	16
EM 540	5E: Foundational Theory and Diagnosis	48
COM 550	Clinical Competencies	8
WS 521	Surface Anatomy	18.75
WS 526	Biophysics	8
WS 528	Microbiology	22.75
WS 529	Embryology	8
WS 550	Biomedical Clinical Competencies	12.25
Total Hours:		198.75

SEMESTER 2 - Spring 1st Year

EM 512	Qi Gong: Mindfulness & Self-Cultivation II	6
EM 534	Fundamentals of Traditional Chinese Medicine I	96
EM 535	Differential Diagnosis / Point Location	35
EM 541	5E: Clinical Applications I	14.75
EM 565	Introduction to Hara Diagnosis & Abdominal Palpation (Fukushin)	8
EM 570	Food Therapy	16
EM 580	Cumulative Exam - Year 1	2.75
COM 551	Clinical Assists Orientation	4
COM 552	Communication & Counseling I	8
Total Hours:		190.5

Second Year Course Sequence**SEMESTER 3 - Fall 2nd Year**

EM 613	Qi Gong: Mindfulness & Self-Cultivation III	6
EM 634	Fundamentals of Traditional Chinese Medicine II	96
EM 635	Differential Diagnosis / Point Location	40.5
EM 645	5E: Clinical Applications II	8
WS 651	Pathophysiology I	60
Total Hours:		210.5

SEMESTER 4 - Spring 2nd Year

COM 610	Ethical Integrity in Practice	8
EM 614	Qi Gong: 14 Channel Flow I	8
EM 636	Eight Extraordinary Vessel Theory	16
EM 638	Microsystems	8
EM 639	Introduction to Tuina	16
EM 646	5E: Spirit of the Points	8
EM 647	5E: Blocks to Treatment	8
EM 650	Clinical Entry Practicum	8
EM 651	Clinical Primaries Orientation	5
EM 665	Japanese Meridian Therapy	20
EM 636	Applied Channel Therapy	16
EM 680	Cumulative Exam - Year 2	2.75
WS 625	Psychology	8
WS 652	Pathophysiology II	60
WS 656	Lab Analysis	16
WS 660	Clinical Red Flags	8
WS 665	Biomedical Physical Exam	8
Total Hours:		223.75

Third Year Course Sequence

SEMESTER 5 - Fall 3rd Year

COM 750	Communications & Counseling II	36
EM 715	Qi Gong: Channel Qi Flow II	8
EM 731	Acupuncture Therapeutics	32
EM 735	Advanced Techniques	18
EM 736	The Balance Method	4
EM 762	Manaka Style Acupuncture (MSA)	16
WS 722	Clinical Anatomy	16
WS 754	Pharmacology	16
WS 755	Integrative Medicine	10
WS 756	Oncology	8
WS 757	OB-GYN	8
WS 758	Gerontology	4
WS 759	Clinical Nutrients & Diet Therapies	16
Total Hours:		192

SEMESTER 6 - Spring 3rd Year

BUS 700	Practice Management	48
EM 716	Qi Gong: Channel Qi Flow III	8
EM 720	Introduction to Chinese for Acupuncturists	8
EM 721	Acupuncture Classics	12
EM 738	Orthopedics	40
EM 770	Introduction to Chinese Herbs for the Acupuncture Clinician	8
EM 780	Acupuncture Test Preparation	24
WS 725	Systems Thinking & Awareness	8
WS 775	Acupuncture & Public Health	12
WS 779	Acupuncture Research	30
WS 780	Biomedicine Test Preparation	16
Total Hours:		214
Total Didactic Hours:		1229.5

Chinese Herbal Medicine Certificate Program

Middle Way's Chinese Herbal Medicine Certificate Program (CCHM) is a post-graduate 2 year modular program in the study of Chinese Herbs and Formulas. The format of this program utilizes monthly weekend intensives with an integrated clinical schedule to effectively train students to become proficient and knowledgeable Chinese Herbal Practitioners. Successful completion of the CCHM Certificate Program will qualify graduates to sit for the NCCAOM Chinese Herbology Examination.

Students will learn over 300 single herbs and 160 formulas, as well as methods of preparation, dispensing and treatment. They will take part in over 100 patient treatments during their clinical training. In addition, promotion and establishment of ethical, sustainable, ecological, and healing relationships between the practitioner, the medicine, and the patient will be taught and encouraged.

Admissions Requirements:

Herbal Certificate Program Applicants must satisfy at least one of these requirements:

Be accepted into MWAI's MAc program AND have completed their first year.

OR

Be a graduate of an accredited acupuncture program.

OR

Be a Licensed Acupuncturist.

Chinese Herbal Medicine Certificate Course Outline

Clinical Hours (HMC)	220
Chinese Herbal Medicine Didactic Instruction (HME)	472
Biomedical Related Didactic Instruction (HMW)	76
CCHM Review & Assessment (CRA)	16
PROGRAM TOTAL	784

Requirements for International applicants whose native language is not English are the same as requirements for the MAc program.

Semester Schedule

First Year Course Sequence

SEMESTER 1 - Spring 1st Year

HME 800	Orientation	4
HME 801	Chinese Herbology I	20
HME 802	Chinese Herbal Formulas I	96
HME 821	History of Chinese Herbalism	8
HME 822	Chinese Herbal Classics I	24
HME 830	Patterns	8
HME 831	Herbal Preparations I	4
HMW 812	Botany I	12
HMW 814	Pharmacology Energetics & Interactions I	16
Total Hours:		192

SEMESTER 2 - Fall 1st Year

HMC 850	Herbal Clinical Internship I	14
HME 803	Chinese Herbal Formulas II	28
HME 804	Chinese Herbology II	88
HME 823	Chinese Herbal Classics II	8
HME 832	Herbal Preparations II	16
HME 834	Patent Medicines & Pills	12
HMW 811	Mycology	8
HMW 815	Pharmacology Energetics & Interactions II	16
CRA 880	CCHM Review of Year 1 & Comprehensive Exam	2
Total Hours:		192

Second Year Course Sequence**SEMESTER 3 - Spring 2nd Year**

HMC 851	Herbal Clinical Internship II	20
HMC 852	Herbal Clinical Internship III	44
HME 805	Chinese Herbology III	104
HME 833	Herbal Preparations III	4
HME 870	Bioregionalism & Domestic Production of Chinese Herbs	8
HMW 813	Botany II	4
HMW 823	Integrating Eastern & Western Herbs	8
Total Hours:		192

SEMESTER 4- Fall 2nd Year

HMC 853	Herbal Clinical Internship IV	116
HMC 854	Herbal Clinical Internship V	2
HME 840	Gender Specific Medicine	16
HME 842	External Medicine	32
HMW 842	Oncology	8
HMW 841	Autoimmune Disorders	8
HMW 843	Pediatrics	8
CRA 881	CCHM Review of Year 2 & NCCAOM Test Preparation	2
Total Hours:		192

Course Descriptions

EM 500 4 hours

MAc Program Orientation

Entry level orientation designed to allow students to become familiar with the academic environment at MWAI. Covered topics include Student Handbook, Populi Learning Management System, and important policies.

Prerequisite: entry into the program

EM 501 44 hours

Foundational Theory

While exploring the fundamental processes involved with the formation and regulation of the Vital Substances, this class will create an understanding of Chinese Medical Physiology and the building blocks of later study into Internal Medicine and Organ Function.

Prerequisite: entry into the program

EM 511 / 512 / 613 21 hours

Qi Gong: Mindfulness & Self-Cultivation I - III

This course will serve as an introduction to basic Qi Gong and Mindfulness practice, including proper posture and breathing techniques. Special attention will be placed on bringing awareness to what is happening in the present moment. This course will also include basic theory and history of Qi Gong, while laying the foundation for the Daoist practices of Qi Cultivation and Medical Qi Gong exercises such as Tonifying, Balancing, and Clearing Qi.

Prerequisite: entry into the program

EM 524 16 hours

History & Philosophy of Eastern Medicine

Brief introduction to the history of China with emphasis on the Warring States period when systems of acupuncture and philosophy were being developed. The course also details the historical development of acupuncture in Asia, neighboring countries and internationally.

Prerequisite: entry into the program

EM 534 / EM 634 192 hours

Fundamentals of Traditional Chinese Medicine I - II

The EM 534-634 12-weekend series is a core building block of TCM clinical practice. Students learn foundational theories, traditional diagnostic rubrics, meridians and points, methods of information gathering and analysis, pulse diagnosis and tongue diagnosis enabling them to move comfortably about the theoretical world of TCM when assessing patients.

Prerequisite: EM 501

EM 535 / EM 635 75.5 hours

Differential Diagnosis / Point Location I - II

This course is dedicated to the study of the TCM diagnostic patterns and acupoint locations specific to each of the ZangFu. For each organ system students review the functions of that organ, interactively identify patterns and diagnose organ pathologies, locate the acupoints on the channel, and practice needling those acupoints.

Prerequisite: EM 501

EM 536 13.5 hours

Applied Channel Therapy

Course based on the book, Applied Channel Theory in Chinese Medicine by Dr. Wang Ju-Yi and translated by instructor. Jason Robertson demonstrates how a deeper understanding of the interrelationship between organ and channel theory can lead to more precise diagnoses and better clinical results.

Prerequisite: EM 501

EM 540 48 hours

5E: Foundational Theory

This course introduces and establishes a foundation of Five Element theory as a celestial, human, and environmentally connected evolution of Yin Yang Theory. From a historical perspective, this course explores the evolution of Five Element theory from the ancient 河圖 Hé Tǔ Yellow River Diagram, Four Element Diagram, 八卦 Bā Guà theory and its subsequent refinement over the millennia through various schools of Chinese thought. We will cover the Organ Clock (Law of Mid-Day Midnight) and the Five Element Diagram as well as its interrelationships (cycles). For each of the elements, the resonances, "Officials", personality types and homeostatic and pathological functions will be discussed. The concepts of Constitutional Elements and their strengths and weaknesses as a cause of disease will be addressed and further clarified, deepened, and emphasized through the calculation and discussion of each student's Five Element Constitution (optional), and how it affects their personal health and personality characteristics. Basic diagnostic and treatment planning involving tonification or sedation of the affected Constitutional Elements will be addressed, and correlations will be made to TCM and the Worsley tradition of Five Element Acupuncture

Prerequisite: entry into the program

EM 541 **16 hours****5E: Clinical Applications I**

This course introduces and establishes a foundation of Five Element theory, namely a comparison in philosophy to TCM, importance of practitioner internal state, Five Element resonances, interrelationships, Officials, Law of Midday Midnight, and the significance of Spirit. In addition, the class will delve into the Constitutional Factor and Causes of Disease according to Five Element theory. This course also covers diagnostics and treatment planning in relation to the 1) conceptual framework of underlying cause of disease based on the Worsley tradition and Classical Five Element Acupuncture and 2) alignment with the seasons, in order to develop and correlate nature, climate and cycles in the natural world with the Five Elements and Twelve Officials.

Prerequisite: EM 540**EM 565** **8 hours****Introduction to Hara Diagnosis & Abdominal Palpation (Fukushin)**

In Japanese Acupuncture the condition of areas of the abdomen reflect the internal conditions of the organs. This course explains these conditions using various palpation methods and gives students an opportunity to practice them.

Prerequisite: EM 501, EM 540**EM 576** **6 hours****Needling Practicum I - Elective**

This six hour elective course is offered in one hour, end-of-the-day sessions during each weekend module. This course allows students the opportunity to further develop their needling skills and gain more comfort and experience by needling fellow students and working with the points that were or will be covered during the same module. The full range of acupuncture treatment skills will be reinforced, including basic preparation, establishing and utilizing a clean field, sterilization and safety, needle technique, the use of tubes and the choice of needle type and size. Emphasis will be placed on the focus of intention, needle manipulation, angle and depth of insertion, needle removal and proper disposal.

Pre-requisites: Completion of first semester of the program**EM 580** **2.75 hours****Cumulative Exam - Year 1**

Cumulative coursework from the 1st year of study will be assessed and reviewed. The purpose of this course is to help students develop good study and test taking skills, and to ensure appropriate pace of self-directed study between modules.

Prerequisite: Completion of 1 st year of the program.**All 600 level courses require a passing grade on EM 580 Cumulative Exam – Year 1****EM 614 / 715 / 716** **12 hours****Qi Gong: 14 Channel Flow I - II**

This course will build upon the foundational material developed in OM 511-512 Qi Gong: Mindfulness & Self Cultivation. Qi Gong: 14 Channel Flow will introduce students to the 14 Channel Flow Qi Gong Set, an intermediate level Qi Gong form designed to teach students the pathways of the primary channels, with an emphasis on the internal pathways. This set will also use the qi cultivated in the first three semester to open all of the acupuncture channels.

Prerequisite: EM 511 / 512 / 613**EM 636** **16 hours****Eight Extraordinary Vessel Theory**

奇經八脈 (Qí jīng bā mài), the 8 Extraordinary Vessels are one of the most fascinating and clinically useful aspects of Channel Theory. This course further expands on the basic theory and clinical applications of the Eight Extraordinary Vessels as presented in EM 503.

Prerequisite: EM 541, EM 565, EM 634, EM 635**EM 638** **8 hours****Microsystems**

This course will introduce the concept, theory, and practical application of acupuncture microsystems and how they are used in the acupuncture clinic to diagnose and treat common conditions. The holographic model of microsystems will be presented in a way that ties these systems together in a practical and efficient way. Auricular, hand, foot, head, channel and body-mapping microsystems will be presented.

Prerequisite: EM 634, EM 635**EM 639** **15 hours****Introduction to Tuina**

This class will serve as an introduction to the basic techniques, principles, and diagnostic techniques of Tuīná 推拿, an effective form of Chinese massage. Through the use of Qi Gong and conditioning exercises, this class will prepare students to execute these techniques safely and sensitively.

Prerequisite: EM 536, EM 565, EM 634, EM 635**EM 645** **8 hours****5E: Clinical Applications II**

This course will serve as a review and provide hands on time with CSOE diagnostics.

Prerequisite: EM 541**EM 646** **8 hours****5E: Spirit of the Points**

In Five Element Acupuncture, each acupuncture point is seen to have a particular spirit associated with it. This course explores the spirit aspects of the major points used.

Prerequisite: EM 645

EM 647 **8 hours**

5E: Blocks to Treatment

This course includes the Five Element Acupuncture blocks to treatment, including specific conditions that may interfere with the patient's ability to heal, and addresses how to appropriately assess and clear the "blocks".

Prerequisite: EM 645

EM 650 **8 hours**

Clinical Entry Practicum

This course provides acupuncture diagnostic, point location, and treatment review. A clinic entry practical exam is issued during the class, in which students are required to pass before starting clinic internship.

Prerequisite: EM 634, EM 635

EM 665 **20 hours**

Japanese Meridian Therapy

This course familiarizes students with Japanese styles of acupuncture and moxibustion and teaches the fundamentals of a neo-classical style known as Japanese Meridian Therapy. The Shudo style of Meridian Therapy will be presented along with an overview of the palpation and needling skills important in the practice of Japanese styles of acupuncture. Additionally, we will learn direct moxibustion techniques. Beyond the Shudo style, which is the bulk of the course, we will also touch on Iwashina Sensei's use of the teishin and enshin in the neck region. The emphasis is on pulse assessment, gentle palpation and needling techniques, all of which are hallmarks of Japanese styles.

Prerequisite: EM 565, EM 634, EM 635

EM 670 **16 hours**

Food Therapy

This course covers classification of common foods according to Chinese medical theory and develops a basic understanding of seasonal considerations from a five-element perspective. We will explore the energetics of common meats, fruits, vegetables and grains, and learn how to build basic food prescriptions for seasonal changes as well as for conditions involving hot/cold/damp/dry.

Prerequisite: EM 501, EM 541

EM 675 / 676 **12 hours**

Needling Practicum II & III - Elective

A twelve hour elective course offered in one hour end-of-the-day sessions during each weekend module. In this course students further develop their needling skills and comfort with a range of techniques and needle manipulations. Focus will continue to be placed on locating and needling the primary points covered in each weekend module, with a greater emphasis placed on the cultivation of presence and intention, free-hand and tubed needling skills and the incorporation of moxa into the needling skill set.

Pre-requisites: Completion of first year of the program

EM 680 **2.75 hours**

Cumulative Exam - Year 2

Cumulative coursework from the 1st and 2nd year of study will be assessed and reviewed. The purpose of this course is to help students develop good study and test taking skills, and to ensure appropriate pace of self directed study between modules.

**Prerequisite: Completion of 2nd year of the program.
All 700 level courses require a passing grade on EM 680 Cumulative Exam Year 2**

EM 720 **8 hours**

Introduction to Chinese for Acupuncturists

In this course students take their first steps in learning the phonemes of Chinese. They will become aware of theseveral systems of transliteration of Chinese pronunciation into English. They will actually learn the pinyin system of transliteration. Very basic grammar and the stroke order of character writing will be introduced. The course will then concentrate on Chinese medicine terminology including the verbs describing treatment, diagnostic terms, words describing the body systems of Chinese medicine, the names of disease entities and tides and authors of classic medical texts. A brief discussion of words pertinent to Chinese herbal medicine, including herb names and preparation will end the course. As a course project students will translate a very brief section of classic medical text using a Chinese-English dictionary and other resources provided.

Prerequisite: entry into the program

EM 721 **12 hours**

Acupuncture Classics

This course delves into the texts and literature that serve as a source for the theory of East Asian Medicine. Ancient texts such as the Huang Di Nei Jing (Yellow Emperor's Internal Classic) and Nan Jing (Classic of Difficulties) are explored and applied to the present day Acupuncture Clinic.

Prerequisite: EM 534-634, EM 535-635, EM 646

EM 731 **30 hours**

Acupuncture Therapeutics

This class introduces the Chinese medicine treatment approaches for commonly presented symptoms and diseases, defined both in western biomedical terms and traditional Chinese terms. A goal of the course is to provide students with resources to investigate differential diagnoses and treatment or referral choices for other conditions they may encounter in practice. These two teaching methods will enable chem to respond confidently to a wide variety of clinical problems. The course will be taught in four sections covering conditions for which acupuncture has relevance, in the following categories: respiratory, cardiovascular and neurological, obstetric and gynecological, digestive, dermatological, urinary and male reproductive.

Prerequisite: EM 634, EM 635

EM 735**18.8 hours****Advanced Acupuncture Techniques**

This course introduces advanced techniques to further enhance Acupuncture Treatment in an East Asian Medical Clinic. Some techniques covered are cupping, guasha (dermal friction), plum blossom or 7 star needle, electro-acupuncture (EA), and others.

Prerequisite: EM 634, EM 635

EM 736**4 hours****The Balance Method**

This class introduces a clinically effective acupuncture system that balances metaphysical theory with practical acupuncture techniques. The system is based on the philosophical theories of acupuncture methods, including: Yin-Yang, the Eight Trigrams and Ba Gua.

Prerequisite: EM 536, EM 634, EM 635, EM 638

EM 738**40.8 hours****Orthopedics**

This course covers the etiology, diagnosis and treatment of common diseases of the musculoskeletal system from the perspectives of both Chinese medicine and Western medicine. There will be a focus on injuries and pain patterns most often seen in a clinical setting, with special attention given to common sports and industrial injuries. Students will learn to treat patients with acupuncture techniques and strategies, perform essential orthopedic tests to assess injuries and evaluate treatment outcomes, learn to recognize red flags in orthopedics, and make appropriate referrals.

Prerequisite: EM 634, EM 635, WS 521, WS 665, WS 722

EM 762**15 hours****Manaka Style Acupuncture (MSA)**

Yoshio Manaka M.D. was a famous Japanese allopathic physician with a Ph.D. in biology who devoted himself to studying East Asian Medicine and the Qi Paradigm. This course is a two-day introduction to Dr. Yoshio Manaka's four step Yin Yang Channel Balancing Therapy. This system integrates unique treatment methods developed by Dr. Manaka with a range of specialized and general treatment techniques commonly used by different schools in Japan. Key among the treatment approach is the use of abdominal diagnosis to select treatment patterns, use of the extraordinary vessels as the primary root treatment approach, and use of "ion (IP) cords." In this Manaka style acupuncture course, you will learn a structured system of diagnosis and effective treatment that addresses "root & branch" and overall body structural imbalances as well as a range of techniques for addressing specific symptoms & conditions.

Prerequisite: EM 565, EM 634, EM 635, EM 636, EM 665

EM 770**8 hours****Introduction to Chinese Herbs for the Acupuncture Clinician**

This course gives MAc students an introduction to Chinese Herbology. This course will not prepare students to prescribe Chinese Herbs, however, but will give a basic introduction to the theory and practice of Chinese Herbology. Also, this class will introduce commonly used patent formulas that patients may already be taking.

Prerequisite: EM 634, EM 635, EM 670, EM 731, WS 754

EM 775-776**12 hours****Needling Practicum IV & V- Elective**

A twelve hour elective course offered in one hour end-of-the-day sessions during each weekend module. This course allows more supervised, hands-on time to develop needling technique and cultivate ease with the all the tools in an acupuncturist's kit. Advanced skills will be practiced, such as Trigger Point needling, threading, Muscle Channel Technique with E-stim, needles and cups, 2 - and 3 -needle skills, flying needle technique, seven-star and plum blossom needling, three-edged needling, the use of magnets and tacks, Oku moxa administration. Emphasis will continue to be placed on intention, the application of all aspects of CNT, how to manage potential risks and the safe utilization of all skills learned.

Pre-requisites: Completion of second year of the program.

EM 780**24 hours****Acupuncture Test Preparation**

Overview of testing procedure and steps to professional licensure; review of acupuncture theory and foundation, point location, diagnostics, point prescriptions, advanced techniques; assessment of knowledge base through practice examinations; identification of areas warranting further analysis; assistance with developing individualized studying and test taking strategies designed for successful outcome.

Prerequisite: EM 680

WS 521**18.75 hours****Surface Anatomy**

This course provides students the opportunity to observe the surface anatomy of the body and confidently explore the skin, muscles, bone, and joint landmarks, as well as underlying fascia structures, including landmarks which help to identify organs, nerves, blood, vessels and lymph nodes which require caution when practicing acupuncture.

Prerequisite and Co-requisite: entry into the program and A&P 1-11 (may be taken concurrently) with WS

521

WS 526 **8 hours**

Biophysics

This course will explore the underlying mechanisms of acupuncture and moxibustion, and will encompass investigations of physical properties of points and channels. Cellular effects of acupuncture and physiologic effects will also be considered.

Prerequisite: entry into the program

WS 528 **22.75 hours**

Microbiology

This class will cover the basics of microbiology. It will include an overview of the history of the science of microbiology, epidemiology and microorganisms in our world. We will then focus on the cells of the human body (eukaryotic cells) and the common disease causing microorganisms (bacteria and viruses). The pathogenesis of these organisms will be studied as well as methods used to defend the human body from these microorganisms. Some pathologies attributed to microorganisms will be discussed (these may include: bubonic plague, anthrax, botulism, mad cow disease, AIDS, measles, small pox, cholera, influenza).

Prerequisite: entry into the program

WS 529 **8 hours**

Embryology

An emerging field of research shows distinct correlations between East Asian Medical theory and Western Scientific theory. These correlations help to describe and clarify Eastern Prenatal Energetics in light of modern Science. This course will actively explore these ideas and show applications for Clinical Practice.

Prerequisite: entry into the program

WS 550 **12.5 hours**

Biomedical Clinical Competencies I - II

Together, these courses cover the necessary clinical components of Clean Needle Technique, CPR, and Suicide Awareness and Prevention trainings.

Prerequisite: entry into the program

WS 625 **8 hours**

Psychology

This course provides an overview of the scientific study of human behavior and will give students a basic knowledge and vocabulary to interact with western physicians. In addition, clinical ideas of integration between western scientific psychology and treatments in Chinese Medicine will be explored.

Prerequisite: Completion of WS 500 level coursework

WS 651 / 652 **120 hours**

Pathophysiology I - II

Pathophysiology 1 and 2 (WS 651 and 652) refers to the

process of disease mechanism and manifestation in the human body. This two part course starts with an overview of the basic physiology, and then delves into disease process and the body's attempt to correct them. Epidemiology, signs and symptoms, pathology, and conventional treatment will be identified for the following systems: Cardiovascular, Respiratory/Lungs/ENT, Dermatology, Endocrinology, Gynecology, Renal & Urology, Gastroenterology, Neurology, Musculoskeletal, Psychology, and will also encompass basic labs, imaging and physical exam appropriate for each pathology.

Prerequisite: Completion of WS 500 level coursework

WS 656 **12 hours**

Lab Analysis

This course expands upon the basic introduction to biomedical laboratory diagnostics and imaging given in Pathophysiology. Students will become familiar with routine diagnostic labs and it's use in a number of diseases, as well as the most common types of imaging and how to read them.

Prerequisite: WS 651

WS 660 **8 hours**

Clinical Red Flags

This course will train students to effectively identify, evaluate, and refer medical red flags in an East Asian Medical clinical setting. Many important and life-threatening medical red flags will be presented, along with steps for stabilization and referral or consultation to the patient's Primary Care Physician or emergency service.

Prerequisite: Completion of WS 500 level coursework

WS 665 **8 hours**

Biomedical Physical Exam

This course hones student's western physical examination and history taking skills. Basic routine biomedical examination procedures using the techniques of inspection, palpation, percussion, and auscultation will be taught, along with their associated tests such as taking blood pressure, pulses, neurological exams and more.

Prerequisite: WS 651

WS 722 **16 hours**

Clinical Anatomy

Through hands-on palpatory work, this course offers students the opportunity to gain an advanced understanding of human anatomy, and the functional organization of the human visceral and myofascial system. Students will utilize palpatory and energetic awareness to clinically assess movement and structural pathology, and demonstrate knowledge of the clinical applications of anatomy and kinesiology.

Prerequisite: Completion of WS 600 level coursework

WS 725**8 hours****Systems Thinking & Awareness**

Systems Thinking is a holistic mental model that looks at complex systems in terms of the relationship dynamics that are present. In this course, students will learn basic terminology and theory of systems thinking, as well as learn how to make inquires, map, and innovate upon these systems. Students will also create maps of Eastern Medicine through the lens of systems thinking, and communicate the theories of Eastern Medicine in terms the Western mind can grasp.

Prerequisite: Completion of WS 600 level coursework**WS 754****16 hours****Pharmacology**

This class explores the importance of Western pharmaceuticals to many of their patients and pertains to the actions, therapeutic rationale, benefits, risks and potential interactions of pharmaceuticals. Students will learn terminology, and general mechanism for many prescription drugs, over-the-counter medications, and abused substances. Drug-drug and drug-herb interactions will also be addressed.

Prerequisite: Completion of WS 600 level coursework**WS 755****12 hours****Integrative Medicine**

Students learn the basics of how conventional medicine or mainstream medical therapies can work with complementary and alternative medicine in approaching disease, illness and injury. The emphasis of this class is healing-oriented medicine that takes into account the whole person (body, mind, and spirit), including all aspects of lifestyle, emphasizing the therapeutic relationship, and making use of all appropriate therapies, both conventional and alternative. Research and scientific evidence on the safety and effectiveness of integrative medicine will also be reviewed and discussed.

Prerequisite: Completion of WS 600 level coursework**WS 756****8 hours****Oncology**

This course provides an introductory overview of the terminology and classification of cancer and the principle issues in its treatment. Commonly available anti-cancer drugs will be reviewed with emphasis on mode of action, dose intensity and chemotherapy regimens. The range of side effects of cancer treatments will be studied in detail. Quality of life issues in terms of overall assessment and result interpretation will also be discussed.

Prerequisite: Completion of WS 600 level coursework**WS 757****8 hours****OB-GYN**

This course goes deeper into the field of Obstetrics and Gynecology. Both western and eastern diagnostics and

patterns are presented with case studies and treatments. Subject matter includes wellness care, gynecological pathology, the menstrual cycle, menopause, sexually transmitted diseases, and pregnancy.

Prerequisite: Completion of WS 600 level coursework**WS 758****4 hours****Gerontology**

This course introduces the physical, mental and social aspects of treating older patients, and addresses specific challenges or special needs commonly seen in aging individuals.

Prerequisite: Completion of WS 600 level coursework**WS 759****16 hours****Clinical Nutrients & Diet Therapies**

This course introduces acupuncture students to the most commonly used Western nutritional supplements as used for prevention and treatment of disease. Safety, dosage, efficacy and delivery systems of herbs, vitamins, and therapeutic foods are presented. This class also discusses the importance of nutrition/dietary interventions for prevention and treatment of diseases. Students will learn to do basic nutritional assessment for their patients.

Prerequisite: Completion of WS 600 level coursework**WS 775****12 hours****Acupuncture & Public Health**

This course provides a broad introduction to public health concepts including: public health history, public health practice & infrastructure, law & government in public health, advocacy and policy, with an emphasis on how acupuncture is currently utilized in the public health setting, more specifically in regards to chemical dependency.

Prerequisite: Completion of WS 600 level coursework**WS 779****30 hours****Acupuncture Research**

Third year students choose a research topic related to acupuncture. Textbooks, medical and acupuncture journals, online articles and studies will be utilized in order to compile, write, and present research topics to class, alumni and faculty.

Prerequisite: Completion of all 600 level coursework**WS 780****16 hours****Biomedicine Test Preparation**

Overview of biomedicine topics: history taking, pain patterns, vital signs; anatomy and physiology of the organ systems; physical examination and abnormal findings; imaging and diagnostic tests; organ pathology; laboratory tests and screening examinations; pharmacology, nutrition and supplements; safety and practice management; administration and assessment through practice exams.

Prerequisite: Completion of all WS 600 level coursework

COM 550**8 hours****Clinical Competencies**

In order to embark on their clinical journey as practitioners, EM 550 is designed to provide students with direct patient management observation. This class will encompass introducing students to the collection and organization of relevant information that will lead to an appropriate AEM diagnosis by observing charting skills. This will include interviewing, observation of evaluation of pulse and tongue, developing good communications skills with a diverse demographic of patients, and maintaining an observation journal in which students can begin to organize their thoughts in reference to AEM fundamental theory, differential diagnosis, and point location used in treatments that they are observing. EM 550 will also provide an overview of different observation strategies students may pursue: clinical theater class, MWAI student clinic, and approved offsite locations for observation that need Clinic Director approval.

Prerequisite: entry into the program**COM 551****4 hours****Clinical Assists Orientation**

In the clinic, the assist role to the principal plays a distinct part. In this 3 hour class, students will explore moving from purely observing to an assistant role in second and third year. Students will be assisting faculty, senior acupuncturists treating patients or fellow interns in student clinic. The assistant role in student clinic requires second year students to be supportive of the primary intern, engage and contribute in diagnostics and treatment planning discussion, and communicate and clarify tasks with the primary. Assistants should also have taken their Blood Borne Pathogen, CPR, and HIPAA classes prior to becoming assists.

Prerequisite: EM 550**COM 552****12.4 hours****Communications & Counseling I**

This course delves into the basic tenets required for optimal communication in the therapeutic patient/practitioner relationship. Different methods of communication will be addressed and how each form contributes to overall understanding and development of the practitioner. The class will practice counseling skills utilizing the tenets with respect to patients and working or collaborating with other healthcare professionals.

Prerequisite: COM 620**COM 620****8 hours****Ethical Integrity in Practice**

This course recognizes that the most common medium for exchange of our personal and professional values is reflected in our ethical behavior in the clinical setting.

Time is devoted to the study of the acupuncture laws and regulations of safety and boundary protocols in Washington State and the NCCAOM Code of Ethics. This overview will outline the standard of care required for a successful, rewarding and enduring acupuncture practice.

Prerequisite: entry into the program**COM 651****4 hours****Clinical Primaries Orientation**

In this orientation, the role of primary or intern for third year students is defined. Third year interns, under direct supervision, are fully engaged in all aspects of treatment and patient care and in this role, primaries conduct the intake and interview patients, evaluate tongue and pulse, and develop a working diagnosis and treatment plan. They also will continue to develop and hone point location and needle technique, as well as their communication skills. This orientation also provides an overview of the final phase of clinic, which includes the integration of TCM, Five Element, and other styles/techniques learned in the program. Primary students (third year students) must have completed and passed their Clean Needle Technique, Blood Borne Pathogen, CPR and HIPAA coursework prior to becoming primaries.

Prerequisite: EM 551**COM 750****32 hours****Communications & Counseling II**

The second part of Comm. and Counseling will help develop basic charting skills and will also explore ways that enhance inner development, balancing work, and preventing burnout. This section will also explore examples of difficult patient situations, aggression, and ethical and moral issues that can arise. As much as possible we will work with material arising directly from students' clinical and personal experience, as well as with situations likely to be encountered in their professional careers.

Prerequisite: COM 620**BUS 700****49.5 hours****Practice Management**

This course covers the essentials of opening and managing an acupuncture practice, including setting up a practice, leasing business space and marketing strategies.

Prerequisite: Completion of all 600 level coursework**CL 550****160 hours****Clinical Observation**

Clinical Observation provides three different routes for students to gain the required 160 hours of observation: clinical theater class at MWAI, observation in the student clinic, and observation at approved offsite locations. Observing Acupuncture and Eastern Medicine at the

different sites exposes students to a diverse range of styles and methods, which can be further examined and discussed in class.

Prerequisite: entry into the program

CL 650

Clinical Rounds & Assistance

An intermediate phase of clinic where student clinicians will move from purely observing to an assistant role in second and third year. Interns will be assisting faculty, senior acupuncturists treating patients or fellow interns in student clinic. The assistant role in student clinic requires interns to be supportive of the primary intern, engage and contribute in diagnostics and treatment planning discussion, and communicate and clarify role with the primary.

Prerequisite: CL 550, EM 551

CL 750

Clinical Internship

In this phase of clinic, third year interns, under direct supervision, are fully engaged in all aspects of treatment and patient care. Primary interns conduct the intake and interview patients, evaluate tongue and pulse, develop a working diagnosis and treatment plan, while further developing and honing point location, needle technique, and communication skills. This final phase of clinic allows interns to integrate TCM, Five Element, other styles / techniques learned in the program.

Prerequisite: CL 650 Clinical Rounds and Assistance

HME 800

4 hours

CHMC Orientation

Entry level orientation designed to allow students to become familiar with the academic environment at MWAJ. Covered topics include Student Handbook, Populi Learning Management System, and important policies.

Prerequisite: Enrollment in the Program

HME 801

20 hours

Chinese Herbology I

This course lays the basic foundation for the study of Chinese Herbal Medicine. History, basic strategies, herbal categories, single herb names and the properties of select individual substances will be covered.

Prerequisite: Enrollment in the Program

HME 802 / 803

124 hours

Chinese Herbal Formulas I-II

Students first consider Herb Pairs (Dui Yao) and then categorically examine Chinese Herbal Formulas. Actions, modifications, dosages, preparations, and contra-indications will be covered for all NCCAOM formulas over this course.

**Prerequisites: HME 801
Co-requisites: HMW 814**

HME 804 / 805

168 hours

Chinese Herbology II-III

This course will take the student deeper into their study of the individual substances found in the Chinese Herbal Medicine Materia Medica. A review of all NCCAOM single herbs will be conducted with time spent considering herb properties, channels entered, actions & indications, dosages, preparations, and contra-indications. Herb Pairs (Dui Yao) will again be examined at the end of this course.

Prerequisites: HME 803

HME 821

8 hours

History of Chinese Herbalism

This course will be an introduction to the History of Chinese Herbalism as a series of events, highlighting Imperial Dynasties and famous schools of Chinese Herbal Medicine throughout time.

**Prerequisites: Enrollment in the Program
Co-requisites: HME 801, HME 822**

HME 822

24 hours

Chinese Herbal Classics I

This course delves into the texts and literature that serve as a source for the theory of East Asian Medicine and the practice of Chinese Herbology. The ancient texts that will be studied are Shén-Nóng's Běn-Cǎo (神農本草) - The Divine Farmer's Materia Medica, Zhang Zhongjing's (張仲景) Shang Han Lun (傷寒論) and Jin Gui Yao Lue (金匱要略), the body of literature that examines Wen Bing Theory (溫病) and Lǐ Dōng-Yuán's (李東垣) Pí-Wèi Lùn (脾胃論) - Treatise on the Spleen & Stomach. Practical applications for the present-day Eastern Medicine clinic will be the emphasis of this course.

**Prerequisites: Enrollment in the Program
Co-requisites: HME 801, HME 821**

HME 823

8 hours

Chinese Herbal Classics II

This is a continuation of HME 822 Chinese Herbal Classics I. It will focus on the historical context and formulas of the later Qing dynasty classic Yi Lin Gai Cuo, (醫林改錯) by Wang Qingren (王清任)

**Prerequisites: HME 822
Co-requisites: HME 803**

HME 830

8 hours

Patterns

This course will review and study the Energetic Patterns of physiology, pathology, diagnosis & treatment. These include flavors, temperatures, 6 stages, and climactic factors among others.

**Prerequisites: Enrollment in the Program
Co-requisites: HME 801**

HME 831 **4 hours**

Herbal Preparations I

This course familiarizes students with operating and utilizing a Chinese Medicinal Herb Clinic. Herbal formulation, including raw and granular compounding, organization, and best practices will be introduced. This course will serve as a basic orientation to the herbal dispensary which will be expanded in the clinical portion of the program. Students will also be introduced to herb grinding for the production of drafts, medicinal wines & tincture making.

Prerequisites: Enrollment in the Program
Co-requisites: HME 801

HME 832 **16 hours**

Herbal Preparations II

These are a continuation of HME 831 Herbal Preparations I. The most common preparation of raw Chinese Herbs is Decoction. However, before decoction can take place, many Chinese Herbs are processed (pao zhi) according to specific recipes in order to change the energetic qualities or flavors of the herbs. This course provides an introduction to the knowledge and skills necessary to create medicinal preparations from raw herbs, as well as an overview of herbal processing. Topics include decoction, herb processing (pao zhi), and cooking food with herbs, as well as the production of drafts, medicinal wines and tinctures.

Prerequisites: HME 831

HME 833 **4 hours**

Herbal Preparations III

This is a continuation of HME 832 Herbal Preparations II. This course provides an introduction to the knowledge and skills necessary to create medicinal preparations from raw herbs, as well as an overview of herbal processing. Topics include the production of drafts, medicinal wines and tinctures.

Prerequisites: HME 831

HME 834 **12 hours**

Patent Medicines & Pills

This course introduces students to the use of patented Chinese herbal medicines. Students learn the actions, indications, dosage, and contraindications of patent medicines and granules. Topics include proper dosage, manufacturers, and recognition of quality in the many varieties of patent medicines available on the market.

Prerequisites: HME 801
Co-requisites: HME 802, HME 803

HME 840 **16 hours**

Gender Specific Medicine

This course will serve as an introduction to Gender Specific Health and methods of utilizing Chinese Herbs

for the treatment of common problems related to common issues of each gender, as well as those transitioning. This course will also emphasize prevention and health to boost and enhance fertility. Both Eastern and Western disease categories pertaining to Gender Specific Health will be covered. Students will learn disease etiology, pattern differentiation, and treatment principles, with an emphasis on Chinese Herbal treatment.

Prerequisites: Completion of all First Year Courses
Co-requisites: HME 804

HME 842 **32 hours**

External Medicine

This course addresses the treatment of external medicine according to both Eastern and Western disease categories. Students will learn disease etiology, pattern differentiation, and treatment principles, with an emphasis on Chinese Herbal treatment. Western Science concepts of Dermatology, Orthopedics and First Aid will be covered. Students will study ready to use external herbal products such as liniments and plasters and relevant pills and tinctures. Students will also learn how to make their own internal and external preparations relevant to External Medicine.

Prerequisites: Completion of Third Semester Courses

HME 843 **8 hours**

Pediatrics

This course provides an overview of the diagnosis and treatment of commonly seen pediatric disorders. Contraindications and conditions that require referral will be covered. Treatment strategies for working with children and patient/family communication will also be discussed. Commonly available child-friendly Chinese herbal products will be presented.

Prerequisites: Completion of Third Semester Courses

HME 870 **8 hours**

Bioregionalism & Domestic Production of Chinese Herbs

This course will discuss the issues surrounding sustainability and quality of Chinese Herbal Production. Alternative avenues for sources of herbs will be explored, including wild harvesting and domestic production of Chinese Herbs. This course will include a tour of a local Chinese Medicinal herb farm.

Prerequisites: HMW 812, HMW 811
Co-requisites: HMW 813

HME 871 **8 hours**

Integrating Eastern & Western Herbs

This course introduces students to the properties of Western herbs, including Western biomedical actions & Chinese energetics. A focus will be on commonly prescribed and bio-regionally based Western herbs. Students will learn how to fit these herbs

into the framework of Chinese Medicine, thereby facilitating proper balance and minimizing side effects of Western Herbs. Contra-indications and incompatibilities will also be covered, in addition to utilizing Western Herbs in Classical formulas.

Prerequisites: Completion of all First Year Courses

Co-requisites: HME 804

HME 880 8 hours

Year 1 Review & Comprehensive Exam

Cumulative coursework from the 1st year of study will be assessed and reviewed. The purpose of this course is to help students develop good study and test taking skills, and to ensure appropriate pace of self-directed study between modules. The course will end with a Cumulative Examination to test student's retention of information from the entire program thus far.

Prerequisites: Completion of First Semester Courses

Co-requisites: Enrollment in all Second Semester Courses

HME 881 8 hours

Year 2 Review & Comprehensive Exam

Cumulative coursework from the 2nd year of study will be assessed and reviewed. The purpose of this course is to continue helping students to develop good study and test taking skills, and to ensure appropriate pace of self-directed study between modules. The course will end with an Cumulative Examination to test student's retention of information from the entire program.

Prerequisites: Completion of Second Semester Courses

Co-requisites: Enrollment in Second Semester Courses

HMW 811 8 hours

Mycology

This course will familiarize students with mushroom terminology, family characteristics and identification skills. It will also cover: classification, structure, and function of important Chinese and Western herbs. It will culminate with study in the field to see & harvest mushrooms in nature.

Prerequisites: Enrollment in the Program

Co-requisites: HMW 812

HMW 812 / 813 16 hours

Botany I - II

This course will familiarize students with plant terminology, family characteristics and identification skills. It will also cover: classification, structure, and function of important Chinese and Western herbs. The last class meetings will be field trips aimed at applying the knowledge gained in the previous class meetings, with a focus on plant identification in the field, as well as harvesting wild herbs and edibles.

Prerequisites: Enrollment in the Program

HMW 814 / 815 32 hours

Pharmacology Energetics & Interactions I - II

This course combines Western Pharmaceutical science

with Eastern Energetics to analyze Actions, Interactions, Effects & Side Effects of both drugs and herbal medicines. Each class, different groups of drugs will be studied that roughly correlate with Chinese Herbal Categories.

Prerequisites: Enrollment in the Program

Co-requisites: HME 801 & HME 802 / HME 803

HMW 841 8 hours

Autoimmunity

This course will provides students with a deeper dive into the processes of somatic inflammation and autoimmunity. Various syndromes and potential etiologies will be discussed, including current methods of diagnosis and courses of treatment.

Prerequisites: Completion of Third Semester Courses

HMW 842 8 hours

Oncology

This course provides an introductory overview of the terminology and classification of cancer and the principal issues in its treatment. Commonly available anti-cancer drugs will be reviewed with emphasis on mode of action, dose intensity and chemotherapy regimens. The range of side effects of cancer treatments will be studied in detail. Quality of life issues in terms of overall assessment and result interpretation will also be discussed. Chinese Herbal strategies for patients undergoing Western treatment will be presented.

Prerequisites: Completion of Third Semester Courses

HMC 850 - 851 32 hours

Herbal Clinical Internship I & II

Clinical Orientation and Theatre. During their second semester of training, students receive a comprehensive introduction and orientation to the clinic's protocols on patient care, safety, herb formula preparation and patient record handling. Additionally, in each class, scheduled patients are interviewed, diagnosed and treated by faculty, as students observe and assist. Following each patient's intake, a general forum-discussion of the patient's case is conducted and a diagnosis and treatment plan are devised. Students observe and participate in all aspects of treating patients with herbal medicine as a TCM professional, including diagnostic data gathering, syndrome identification and treatment planning. Students practice professional conduct within the clinical setting: how to take a patient's medical history, and how to create and maintain patient records. Students prepare and fill all herbal formulas and prescriptions, which are approved directly by their supervisor before dispensation. Students give patients instructions regarding the preparation and use of any prescribed herbs. Acupuncture needling techniques or other East Asian medical modalities may be applied at the practitioners discretion. Students will be evaluated on their knowledge and their developing patient skills.

Prerequisites: Completion of First Semester Courses

Co-requisites: HME 804

HMC 852 - 853**184 hours****Herbal Clinical Internship III & IV**

Internship Rounds. Third and Fourth Semester: Students interview, diagnose, treat and develop long-range treatment plans for their patients. Interns will work in small groups directly under a licensed herbal clinical supervisor who is there to answer questions and provide recommendations and support as needed. Students continue to refine their herbal clinical skills, working first with unmodified classical herbal formulations and patent medicines, and later with formula modification and original creation. Emphasis will be placed on appropriate dosage and preparation methods. Supervisor review and clinical case reviews of actual patients will be used for evaluation.

Prerequisites: HMC 850
Co-requisites: HME 805

HMC 854**Elective****Herbal Clinical Internship V**

Grand Rounds. Towards the end of their final semester students once again have the opportunity to observe NCCAOM certified Herbalists in a clinical theatre setting. Practitioners utilizing various pulse and palpation methods to determine appropriate herbal formulations will be emphasized, so as to expose students to potential avenues for continued development of their clinical skills.

Prerequisites: HMC 852
Co-requisites: HME 842

HMC 855**10 hours****Herbal Clinical Observation**

Throughout the program, students will observe the Prescription and Dispensation of Chinese Herbal Medicine in a professional clinic or Apothecary. Students must complete a minimum of 10 hours of Observation before graduating from the program.

Program Costs

Acupuncture Program

The cost for the class that starts in September of 2024 is \$61,992, which covers the cost of the entire three-year program. There are several payment options to choose from, depending on your financial needs.

PLAN A: Pay the full three-year tuition upfront and take advantage of a 5% discount. Your total cost under this option is \$58,892.

PLAN B: Twice-yearly payments, which are made in six equal installments of \$10,332 each over the course of three years, paid by August 25th and February 25th (not including \$500 enrollment deposit).

PLAN C: 36 payments made over the course of three years. The monthly payment is due on the 25th of every month beginning in August, and continues until July. Monthly payments are \$1,765 (this includes 5% interest totaling \$3,099).

PLAN D: 6 year payment plans are available. Contact the Director of Finance for further information.

Supplies: Clinic and Insurance fees are included in the tuition. However, books are not and cost approximately \$2,000.

There are also some additional costs, including courses that you will need to take in addition to the courses offered at Middle Way. You will need to pay for the following in addition to your tuition and book costs:

1. Clean Needle Technique Class
2. CPR and Suicide Awareness Training
3. State/national exam fees

Student books and supplies may be acquired directly by the student from retail sources. Students sometimes buy books or supplies as a group to get discounted fees. Occasionally, the school may offer particular titles for sale.

No Financial Aid through Middle Way is offered at this time.

Chinese Herbal Medicine Certificate Program

The cost for the class starts in March of 2024 is \$16,800, which covers the cost of the entire two-year program.



EMPLOYMENT PLACEMENT

Although MWAI does not have a placement program, graduates will be referred to career opportunities as they arise. By law, MWAI cannot guarantee a job upon completion of this program.

Class Calendars

Classes take place in weekend modules Thursday - Sunday once a month throughout the whole year.

Fall Semester runs from September - February.

Spring Semester runs from March-August.

Please refer to our website for specific dates.*

ACUPUNCTURE PROGRAMS 2024-2025

	CLASS 19	CLASS 18	CLASS 17
September	Module 1	Module 13	Module 25
October	Module 2	Module 14	Module 26
November	Module 3	Module 15	Module 27
December	Module 4	Module 16	Module 28
	WINTER BREAK	WINTER BREAK	WINTER BREAK
January	Module 5	Module 17	Module 29
February	Module 6	Module 18	Module 30
March	Module 7	Module 19	Module 31
	SPRING BREAK	SPRING BREAK	SPRING BREAK
April	Module 8	Module 20	Module 32
May	Module 9	Module 21	Module 33
June	Module 10	Module 22	Module 34
July	Module 11	Module 23	Module 35
August	Module 12	Module 24	Module 36

*Class meeting dates are subject to change. Please check with school administration before scheduling any paid travel.

CHINESE HERBAL CERTIFICATE PROGRAM 2024 - 2025



CLASS 2 - YEAR 1

March	Module 1
SPRING BREAK	
April	Module 2
May	Module 3
June	Module 4
July	Module 5
August	Module 6
	September
	Module 7
	October
	Module 8
	November
	Module 9
	December
	Module 10
WINTER BREAK	
	January
	Module 11
	February
	Module 12



Enrollment Refund Policy

Cancellation and Refund Policy for Acupuncture Diploma Program:

REFUND BEFORE ENTERING CLASSES

1. You will receive a full refund of all money paid if the school does not accept you.
2. You will receive a full refund of all money paid if you withdraw not later than midnight on the fifth business day (excluding Sundays and holidays) after signing the contract or making an initial payment, provided that you have not begun training.
3. After five business days (excluding Sundays and holidays), the school may retain the \$100 registration fee.

OFFICIAL TERMINATION DATE

The official termination date shall be the last date of your recorded attendance when withdrawal occurs in any of the following manners:

1. When Middle Way Acupuncture Institute receives written notice of your intention to discontinue the training program; or
2. When you are terminated for a violation of a published Middle Way Acupuncture Institute policy which provides for termination; or
3. When you, without notice to Middle Way Acupuncture Institute, fail to attend classes for three consecutive modules.

REFUND AFTER ENTERING CLASSES

(Refund applies to total tuition over 36 months of instruction.)

1. Given that each month represents 1/36th of tuition, once there is an official termination date, tuition will be collected through the month during which the termination takes place and the following month as well.
2. If Middle Way Acupuncture Institute continues to operate under its license but discontinues instruction in any program after your training has begun, you are entitled to a pro rata refund of all tuition and fees paid unless comparable training is arranged by Middle Way Acupuncture Institute to be provided at another public or private vocational school and such arrangements are agreed to in writing by you.
 - (a) The term "discontinued" generally applies to the elimination by the school of a particular course offering prior to its completion. However, the term includes circumstances where program(s) commenced at a specific location under terms of an enrollment agreement are relocated to substituted physical site.
 - (b) A student affected by relocation may voluntarily accept transportation and other arrangements offered by the school in order to continue his/her training or may file a refund claim.
 - (c) If the school discontinues instruction in any program after students enter training, including circumstances where the school changes its location, students must be notified in writing of such events and are entitled to a pro-rata refund of all tuition and fees paid unless comparable training is arranged by the school and agreed upon, in writing, by the student. A written request for such a refund must be made within ninety days from the date the program was discontinued or relocated and the refund must be paid within thirty days of such a request.

Termination by the School

If the student fails to maintain satisfactory progress, violates safety regulations, interferes with other students' work, is disruptive, obscene, under the influence of alcohol or drugs, or does not make timely tuition payments, s/he will be subject to immediate termination.

Cancellation of Classes

The school reserves the right to cancel a starting class if the number of students enrolling is insufficient. Such a cancellation will be considered a rejection by the school and will entitle the student to a full refund of all money paid.

Notice to Student

Do not sign this agreement before you read it or if it contains any blank spaces. This is a legal document. All pages of this agreement are binding. Read both sides of all pages before signing. You are entitled to an exact copy of the agreement, school catalog, and any other papers you may sign and are required to sign a statement acknowledging receipt of those.

Cancellation of Contract

If you have not started training, you may cancel this contract by submitting written notice of such cancellation to the school at its address shown on the contract, which notice shall be submitted not later than midnight of the fifth business day (excluding Sundays and holidays) following your signing this contract or the written notice may be personally or otherwise delivered to the school within that time. In event of dispute over timely notice, the burden of proof service rests on the sender.

Unfair Business Practice

It is an unfair business practice for the school to sell, discount, or otherwise transfer this contract or promissory note without the signed written consent of the student or his/her parent or guardian if s/he is a minor and a written statement notifying all parties that the cancellation and refund policy continues to apply.

Testimonials

Linda Munson has been not only an inspiration and mentor during my time at MWAI, but also a friend. Each day spent in clinic with her is a gem. Her passion for the medicine, the patients' well-being and the success of her students is as contagious as her beaming smile. I am so grateful for her and for all of the exceptional faculty and staff at MWAI.

-Dani Compain, Class 12

I attended Middle Way because it afforded me the flexibility I needed to work and go to school at the same time. It was not feasible to close my business while going to school and lose all of my clientele. Middle Way made it possible for me to keep my business so I can grow my acupuncture business from my existing clientele, ultimately setting me up for better success post-graduation. Something I appreciated was how Middle Way was always willing to work with me when unexpected major life stuff came up. They were flexible and understanding which makes a world of difference for overall stress levels and ultimately made it easier for me to succeed through those tough times. I found the experience to be conducive to my learning style which is to soak in information slowly and then solidify it by applying it through experiential, hands-on work. There is a lot that you need to learn through self-study and reading but then the teachers are there with hands-on experiences and one-on-one attention to help you apply the information and build skills.

-Shannon Tallman, Class 11

Because of the smaller class size Middle Way is flexible in ways other schools might not be able to. Clinic provided lots of opportunity to get one-on-one personalized instruction which was of ultimate value to me. The supervisors were easy to work with and very knowledgeable. I really enjoyed Community Clinic and learned how to think on my feet there.

-Michelle Ubell, Class 11

I chose Middle Way because the school I was previously attending in my State had lost its accreditation. The staff at Middle Way was willing to put in extra effort to make sure they could comply with the regulations of the State that I needed to be licensed in. Also, the way the schedule is set up, I was able to attend the required class and clinic hours without having to move. The instructors are extremely knowledgeable and compassionate. Middle Way Acupuncture Institute truly wants to see you succeed.

-Bekka Fulkerson, Class 11

The faculty at Middle Way offered me a wide range of acupuncture techniques, diverse treatment strategies and tools needed to begin a practice of working with and healing people. As a result of my education, I was able to start my own acupuncture business and feel confident that was going to give my clients safe and effective treatments. The staff at Middle Way were always kind and were incredibly supportive leading to our success as students and practitioners. I feel grateful for all that I learned, and I am glad I had the awareness to take the steps needed to make my education there happen. Middle Way is sincerely a wonderful place to begin your journey as an Acupuncturist and Eastern Medicine Practitioner.

-Karen Powers, Class 12

I attended Middle Way Acupuncture Institute from 2018-2021 and I HIGHLY recommend this program to prospective students! I made this career change at nearly 40 years old and the flexibility of the monthly weekend class schedule allowed me to continue working and avoid student loans. What I most appreciated about my experience at Middle Way was that the instructors and administrators have heart. Understanding the medicine and providing meaningful patient care took priority over rigid academic appearances and hierarchies. They really cared about us and that accelerated my personal growth and learning. That said, the instruction helped me pass the board exams and prepared me for the doctoral program I commenced after graduating Middle Way. Also, my time in the student clinic prepared me for treating on my own afterward and I'm incredibly grateful!

-Chris Bosworth, Class 13

I look back quite fondly of my time at MWAI and am so appreciative for everything I gained while there. I graduated in 2016 and quickly transitioned my existing massage practice over to Acupuncture. I feel that not only did MWAI get us prepared to pass our National Boards, but also to immediately step into the real world and trust in our skills we had learned to quickly spread health and wellness to our patients. My education at MWAI was incredibly well-rounded and they found it important to give us tastes of all different forms of Acupuncture by some of the greatest mentors out there, which peaked each of our interests in different areas that we since have been able to explore further. Not to mention, their program is set-up to cater to real life and I was able to continue to work while going through school, which made it possible for me to do the 3 year program. It really was the foundation that helped me to quickly build a flourishing practice doing what I love.

- Nikki Dvorak, Class 8



Roland Matthews

1951 - 2017

The seed that grew to be Middle Way Acupuncture Institute was planted in 2006 when a friend asked Roland Matthews if she could apprentice with him. She had become unable to complete her final year of acupuncture school and needed someone to supervise her clinical internship as well as teach her remaining courses. As apprenticeship has been the primary method of transmission for this medicine for millennia, Roland felt called to accept her request and shortly became approved by Washington State to take on an apprentice.

The following year when two more women asked him to take them on as apprentices, he was informed that teaching more than one person at a time required that he become a school. So it was, that with a class of two, Middle Way Acupuncture Institute was born. While Roland did not intentionally set out to start a school, it became an appropriate manifestation of his skills and interests as his original college degree was a BA in Education and he was a teacher at heart.

As word circulated that an opportunity to study acupuncture existed north of Seattle, the school grew. In the beginning, Roland taught all the classes, but he soon decided that his training and grounding in Five Element Acupuncture would be well complemented by seasoned practitioners from the world of Traditional Chinese Medicine as well as Japanese Acupuncture. He then hired some of the finest acupuncture instructors in the Pacific Northwest to come teach at Middle Way.

A graduate of The Academy for Five Element Acupuncture in Florida, Roland himself was an accomplished clinician whose decision to attend acupuncture school arose from years of studying Jin Shin Do and Eastern philosophies, especially Buddhism and Taoism. His approach to patients was deeply compassionate and intuitive, and he was noted for his simple, yet highly effective, treatments. An obsessive and enthusiastic gardener, Roland had a visibly strong connection with the natural world. He felt that bringing a capacity for deep listening and being fully present with a patient were as important as the actual treatment itself and emphasized this view in his teaching. Emerging from his own beliefs and experiences was a curriculum based on the rhythms of nature, the interaction of the Five Elements, and the traditions and tenets of Traditional Chinese Medicine. By the time the school blossomed into a nationally accredited institution in 2016, Roland's vision was firmly rooted in the mission of the school. Students from all over the country sought out Middle Way for its nature-based approach to acupuncture education and its commitment to small class sizes so as to continue the apprenticeship model.

His untimely passing in the fall of 2017 left a palpable hole in the MWAI community. While the sadness for those who were fortunate to be a part of the Middle Way experience during his life will never entirely diminish, students for years to come will continue to learn acupuncture within an organization which continues to embody the vision of its beloved founder.

