



Nature Care College

Introduction to Oriental Healing

DESCRIPTION	Oriental Healing is based on the philosophy of our relationship with, and as part of, the universe. Students will be presented with the traditional eastern approach to healing and an understanding of the philosophical foundation of which traditional Chinese medicine is based.	
DURATION	24 hours	
LEARNING OUTCOMES	<p>By the conclusion of this module, students should be able to:</p> <ol style="list-style-type: none"> 1. Explain the basics of Oriental philosophy and its applications in traditional Oriental medicine. 2. Describe the basic concepts used in traditional Oriental medicine, ie. qi + blood, the 5 phases, etc. 3. Detail the traditional Oriental medical view of the internal organs and their relationships. 4. Explain the causes of disease according to traditional Oriental medicine and the basics of diagnostic procedures. 	
TEACHING METHOD	Modified lecture	
ASSESSMENT	Exam	100%
	<p>Pass mark 70% The examination component must be passed at 70% in order to pass this subject satisfactorily.</p>	
ATTENDANCE	90% minimum.	
PRE-REQUISITES	Nil	
CO-REQUISITES	Nil	
MATERIALS REQUIRED	Notebook, pen.	
TEXTBOOKS	<p>Compulsory: Kaptchuk T, 1994. <i>Chinese Medicine - The Web That Has No Weaver</i>. 11th ed. Random House, Sydney.</p> <p>Recommended Reading / References: Watts A. <i>Tao</i>, (1975) <i>The Watercourse Way</i>. Pantheon Books, NY</p>	

WEEK-BY-WEEK OUTLINE

WEEK 1	Tao. Medicine - East and West. An introduction to Oriental philosophy. Discrepancies between the traditional Oriental approach to medicine and the modern western approach.
WEEK 2	Yin/Yang. 5 Phases. These are relationships used in traditional Oriental medicine to categorise health and disease according to dynamic processes between body / environment and within the body.
WEEK 3	Qi, Blood and Body Fluids. The fundamental life giving substances encountered in the body. Description and relationship.
WEEK 4	Zang Fu: The 12 Essential Processes. A detailed look at the functions of the internal organs according to traditional Oriental philosophy.
WEEK 5	Zang Fu: The 12 Essential Processes continued
WEEK 6	Zang Fu: The 12 Essential Processes continued
WEEK 7	Zang Fu: The 12 Essential Processes continued
WEEK 8	Pathogens. A look at the causes of disease according to the Chinese traditional medicine model.
WEEK 9	Pathogens cont
WEEK 10	Chinese Clock. 8 Principles. The flow of energy in the body depending on the time of the day. An introduction to the eight diagnostic principles in Traditional Chinese Medicine. Revision.
WEEK 11	Chinese Clock cont
WEEK 12	Exam

Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.