

From Surviving to Thriving with Acupuncture Syllabus

WFEA - A Brief Review of Worsley Five Element Acupuncture

Elizabeth Ostermiller, L.Ac.

Worsley Five Element Acupuncture is based on Natural Laws and through determining the root imbalance within an individual we can support them by finding the resources within to achieve health of body, mind, and spirit. This course offers a brief introduction to this powerful system of Chinese Medicine.

1.5 hrs

Mapping & Treating the Physical Aspects of COVID-19

David Ford, L.Ac.

This course addresses both the acute and chronic aspects of the novel Coronavirus using the 5 Element paradigm. David will explore the difference between reinfection and relapse, how to use the 5 Element toolbox to rebuild after infection, and how to use the 5 Element model to support the immune system and prevent disease.

2 hrs

Qigong: Blue Meditation

Naomi Jankowitz, L.Ac.

The Blue Meditation is a Qigong form that strengthens the immune system. The form was inspired by the way Tibetans stimulate the immune system; it was developed over forty years of practice by Dr. Liu Dong, in his Ling Gui International Healing Qigong school. Living at high altitude, Tibetans practice a meditation form that uses colors and sounds to create strong protection around the body. The Blue Meditation purifies and tonifies the blood and lymph, to strengthen the Original Qi and the Defensive Qi.

1 hr

Treating the Pandemic's 'Mental Mandalas' on the Emotional and Spiritual Levels

David Ford, L.Ac.

This course discusses the 5 Element approach in treating the emotional trauma caused by the Coronavirus on individuals and communities. David explores this topic from both the practitioner perspective and that of our patients. Finally, David discusses ways to move forward in our post-Covid world, individually; locally; as a nation; as a planet.

3 hrs

Providing Restoration and Healing Through Trauma-Informed Care

Katie Best, LCSW & Elizabeth Ruten-Turner, LCSW

Healing and wellness professionals in all fields benefit from understanding and practicing trauma-informed care. In this course, we'll offer you a working definition of trauma and explain how experiences of trauma can impact individuals, families and communities—including staff and practitioners — neurobiologically and socially. We'll also provide you with practical considerations that will boost your own resiliency and improve your practice.

2 hrs

Yin Sotai: Gentle Within Gentle—The Painless Way to Pain Relief

Bob Quinn, L.Ac.

Yin Sotai is a natural outgrowth and evolution of Sotai, a gentle form of neuromuscular reeducation that was developed in Japan by Keizo Hashimoto, MD. It is the simplest of the indirect styles of bodywork, i.e., the focus is always on moving in the direction of ease and comfort. In Yin Sotai we work with our patients with a contact pressure "just a little bit more than gravity." One advantage of Yin Sotai is that it is easily learned and can be applied immediately after training in the clinic.

1.5 hrs

Jin Jing Gong Qigong

Callie Blackwood, L.Ac.

Jin Jing gong qigong is designed to strengthen the tendons, ligaments and connective tissue to prevent disease, as well as to support the practitioners' awareness of their body and surroundings. Jin Jing Gong opens the meridians and smoothes energy flow to allow the body to detoxify and release stuck and held emotions that hinder wellness. This is accomplished through a combination of sounds, sitting and standing meditations, mudras, mantras, movements and posture practices. This is an interactive class where the skills gained can be easily integrated into your medical practice and your own self care regimen.

1 hr

Gentle Treatment Strategies for Traumatized and Highly Sensitive Patients

Bob Quinn, L.Ac.

There has been an explosion of interest and research in recent years into the treatment of trauma. Stephen Porges, Ph.D. with his polyvagal theory demonstrates the key role the autonomic nervous system has in addressing this challenge. His theory evolves our current understanding of the ANS, particularly the PNS, to explain the dynamics of what commonly occurs in cases of trauma. Many of the gentle techniques developed in modern-day Japan turn out to be particularly helpful in treating traumatized patients, and beyond that can be extended as well to what we might call "highly sensitive" patients. In this webinar Bob Quinn will describe all of this in broad brush strokes and goes on to demonstrate some of these techniques.

2 hrs