

Course List

Topics are grouped in Courses. After each topic is a number, 1-4. Topics with a 1 take half a day to teach, topics with a 2 take a full day and so on. Since POCA Tech takes three years to complete and has 10 modules of 4 day long sessions for each year, there are 240 potential sessions. To maximize student's ability to learn, we remove the last day of each module plus the last module for each year for testing and review leaving 160 sessions to introduce new topics. (Sub total = 123)

Year 1 – The View From 30,000 Feet

1. **Social Justice/Liberation Acupuncture**

- LA111. Social Justice and POCA- 4
- LA112. Touch and how to do it- 2
- LA113. Cultural Appropriation- 1
- AT114. Trauma Informed Rapport Skills- 2
- LA115. The CA Clinic as a Third Place- 1
- LA116. NADA/Public Health Overview- 1
- LA117. Cultural Competence Education- 1
- LA118. Eneagrams- 2
- Total hours: 49

2. **Technique**

This course begins the student's training in the use of clinical tools and essential skills of the acupuncturist. Its objective is to provide a solid foundation in needle techniques. Attention is also paid to general issues of patient protocol and office set-up, with emphasis on establishing and maintaining clean fields, and application of aseptic and sterile procedures. Completion of this course also requires successful completion of the Clean Needle Technique class (CNT) sponsored by the Council of Colleges of Acupuncture and Oriental Medicine (CCAOM) and hosted by OCOM. *There is an additional charge for the CNT class.*

- AT121. How to Needle, part 1- 1
- AT122. How to Needle, part 2- 1
- AT123. Trauma Informed Acupuncture- 1
- AT124. Clean Needle Technique- 1

Total hours: 14

3. **Basic Theory**

This three-term course series provides students with foundation work in the basic theoretical concepts of Traditional Chinese Medicine (TCM). Students explore yin/yang theory; the five phases (wu xing); traditional models for physiologic function, including the zang and fu organs, and the substrates of energy (qi), essence (jing), blood (xue), and fluids (jin/ye).

- AT131. Basic Terms + Vital Substances: Tao, Qi, Yin/Yang, Shen, Qi, Blood, Jing, Bodily Fluids- 1

- AT132. Vital Substances- Chinese Clock- 1
- AT133. Five Elements/Twelve Officials- 1
- AT134. Zhang- Sp & St, Lu & Li- 2
- AT135. Zhang- Ki & Bl, Ht & Si- 2
- AT136. Zhang Fu- Lv & Gb, Pc & Tw- 2
- AT137. Internal, External & Miscellaneous Causes of Disease- 1
- AT138. Extraordinary Vessels- 1

Total hours: 38.5

4. History of Chinese Medicine

This class will provide a foundation in Chinese culture and philosophy and thereby explore the roots of Chinese medicine. A special emphasis on the origins of medicine worldwide and scientific revolution of the second century.

- AT141. Ancient China/ I Ching- 1
- AT142. Scientific Revolution of 2nd Century- Nei Jing- 1

Total hours: 7

5. Point Location, Channels, Point Categories

This is the primary course in Traditional Chinese Medicine energetic anatomy. Students study the location of approximately four hundred acupuncture points and the location and trajectory of the major channels (meridians) and collateral vessels (jing-luo). Point Location is both lecture and hands-on practice and is intended to provide students with the facility to accurately locate the points and channels —the primary anatomical features for treatment and diagnosis.

- AT151. Types & Functions of Channels-Regular, Divergent, Cutaneous, Sinew/Muscle, Extra: Nomenclature and WHO-1
- AT152. Point Categories- 1
- AT153. Tai Yin- 2
- AT154. Yang Ming- 2
- AT155. Shao Yin- 2
- AT156. Tai Yang- 2
- AT157. Jue Yin- 2
- AT158. Shao Yang- 2
- AT159. CV & GV- 1
- AT1510. Extra Points- 2

Total hours: 59.5

6. Diagnosis & Observation

Students will practice the diagnostic skills required of the traditional Chinese medical practitioner — basic observation, pulse reading, tongue observation, hearing and smelling diagnosis, questioning and palpation.

- AT161. Basic Observation- Face, Eyes, Nose, Ear, Mouth, Lips, Teeth, Gums, Throat- 1

- AT162. Five Element Body Types- 1
- AT163. Body Imaging- 2
- AT164. Pulse Diagnosis 1- 1
- AT165. Pulse Diagnosis 2- 1
- AT166. Jingei Pulse Diagnosis- 2
- AT167 Tongue Diagnosis- 1
- AT168. Hearing and Smelling Diagnosis- 1

Total hours: 35

Year 2 – Acupuncture on the Ground: Reality

7. History of Chinese Medicine

This course will continue to provide a foundation in Chinese culture and philosophy and thereby explore the roots of Chinese medicine from medieval China to the present day, including the history of the medicine in Japan, Korea, Vietnam, and the US. A special emphasis on the Community Acupuncture/Liberation Acupuncture movement in the US is provided.

- AT271. Medieval China to 1949- 1
- AT272. Modern China, Japan, Korea, and Vietnam- 1
- AT273. Acupuncture in the US- 1
- AT274. Community/Liberation Acupuncture- 1

Total hours: 14

8. Social Justice/Liberation Acupuncture

- LA281. Patient Education- 1
- LA282. Integration and Trauma Informed Care- 1

Total hours: 7

9. Differentiation

The purpose of this course is to increase and deepen knowledge of the origins and processes of disease, including the four levels of disease (wen-bing xue) and the six stages of cold-induced disorders (shang-han bing); as well as the fundamentals of diagnostic theory (four methods). The study of selected portions of Chinese classic texts (Nei Jing, Wen Bing, Shang Han Lun) is integrated into the study of the theories based on these writings. In addition, there is discussion of the Master Tung lineage. Clinical application of these theories is also discussed.

- AT291. Eight Principles- 1
- AT292. Five Element- 1
- AT293. 10 Questions- 1
- AT294. Qi, Blood, Bodily Fluids- 1
- AT295. Zhang Fu diagnosis 1- 2

AT296. Zhang Fu Diagnosis 2- 2
AT297. Zhang Fu Diagnosis 3- 2
AT298. Six Stages, Four levels, Three Burners- 1
AT299. Channel Differentiation: Meaning of disease symptoms and signs- 1
AT2910. Tung Acupuncture 1- 2
AT2911. Tung Acupuncture 2- 2
AT2912. Tan 12 Magic Needles-1
Total hours: 59.5

10. Technique

This course continues the student's training in the use of the clinical tools and essential skills of the acupuncturist. Its objective is to strengthen the solid foundation in needle techniques provided in Year One, and to review the related skills of moxibustion, cupping, gua sha, bloodletting and seven star needling, scalp and auricular acupuncture, and overviews of Korean hand acupuncture and Japanese acupuncture. In addition an understanding in contraindications, forbidden points, and the use of tonification and sedations techniques is provided as well as basic point strategies and an introduction to the Balance method.

AT2101. Contraindications, Forbidden Points & Tonification and Sedation- 1
AT2102. Bleeding and Seven Star needling-1
AT2103. Cupping and gua sha-1
AT2104. Moxibustion-1
AT2105. Scalp + Electro Acupuncture- 1
AT2106. Point Prescriptions- 1
AT2106. Korean Hand Acupuncture +Korean Four Point Diagnosis and Treatment- 1
AT 2107 Ear Acupuncture, part 1-2
AT 2108 Ear Acupuncture, part 2-2
AT 2109 Introduction to the Balance Method- 1
AT21010. Japanese Acupuncture Overview- 2
AT21011. Japanese Acupuncture Overview- 2
AT21012. Point Strategies- 1
Total hours: 59.5

11. Western Medicine

Students are expected to develop a basic understanding of western medicine, with an emphasis of how an acupuncturist can best interface with western medical practitioners. The classes below are supplemented by the co-requisite classes that students take outside of the school.

BS2111. Western Diagnostic Methods- 2
BS2112. Red Flags: When to Refer Out- 2
BS2113. Clinical Overview of Western Medicine: Lab tests and Procedures and Examinations: What They Mean- 2
BS2114. The Range of Biomedical Resources and the Modalities They Employ- 2

BS2115. Pain Management in Western Medicine: Psychiatric Diagnoses and Medications- 2
Total hours: 31.5

12. Allied Therapies

Allied traditional Chinese therapies are presented in this class: Chinese dietary principles, qigong, and the use of patent medicines in an acupuncture clinic.

Class 12 A. Food Therapy and Diet Counseling- 1
Class 12 B. Exercise/Breathing Therapy- 1
Class 12 C. Qi Gong/Bodywork- 2
Class 12 D. Patient Medicines in the CA Clinic- 2
Total hours: 21

Year 3 – Acupuncture Treatment in POCA Clinics

13. Clinic Systems

Designed to provide students with the skills required to establish and manage a successful clinical practice, this course sequence covers such topics as treatment skills, charting, office set up, computer systems, record keeping, billing, reimbursement, inventory, lease agreements, risk management, professional liability insurance, laws and regulations, and financial planning.

PM3131. Punk Skills: Inside the Treatment Room, including History Taking- 1
PM3132. Charting and Record Keeping of Patients' Charts- 1
PN3133. Safety and Ergonomics in the Clinic- 1
PM3134. Front Desk/Reception- 1
PM3135. Computer Systems and Marketing- 1
PM3136. Human Resources in the Clinic- 1
PM3137. Budgets and Bookkeeping- 1
PM3138. Ethics, Risk Management, and Liability Issues- 1
PM3139. Refining and Communicating Your Goals Inside and Outside the Clinic- 1
1
PM31310. POCA and Cooperatives- 1
PM31311. Laws and Regulations- 1
PM31312. Individual Professional Development Counseling- 1
Total hours: 42

14. Whole Systems Planning

AT3141. Tai Yin- 2
AT3142. Yang Ming- 2
AT3143. Shao Yin- 2
AT3144. Tai Yang- 2
AT3145. Jue Yin- 2

AT3146. Shao Yang- 2
Total hours: 42

15. Research

The purpose of this course is twofold:

1) students will examine different ways of knowing in acupuncture and Oriental medicine (AOM) and Western biomedicine. Learning activities will provide the opportunity to practice formulating searchable questions, locating and evaluating evidence.

2) Research in acupuncture has become increasingly important for enhancing the credibility of traditional Oriental medicine in the eyes of the biomedical community, and health care policy analysts. In this course, students will examine the current evidence base for acupuncture and the methodological challenges of designing research that is relevant to clinical practice. Students will learn and practice how to evaluate and design clinical trials. The course also introduces physiological theories of how acupuncture works.

AT3151. Research 1- 1
AT3152. Research 2- 1

Total hours: 7

16. Case Discussions

In this last year of study, students will present and analyze cases that they are facing in their clinic internship as well as cases that the instructors provide.

AT3161. Case Discussions- 1
AT3162. Case Discussions- 1
AT3163. Case Discussions- 1
AT3164. Case Discussions- 1
AT3165. Case Discussions- 1
AT3166. Case Discussions- 1
AT3167. Case Discussions- 1

Total hours: 24.5

17. Capstone Project

AT3171. Introduction to the Capstone Project- 1
AT3172. Capstone Project- 1
AT3173. Capstone Project- 1
AT3174. Capstone Project- 1
AT3175. Capstone Project- 1
AT3176. Capstone Project- 1
AT3177. Capstone Project- 1
AT3178. Capstone Project- 1

AT3172. Capstone Presentations- 8
Total hours: 56

18. Third Year Point Location

A review of the approximately four hundred acupuncture points and the location and trajectory of the major channels (meridians) and collateral vessels (jing-luo) is provided here as the student prepare for their national board test.

AT3181. Point Location- 1
AT3182. Point Location- 1
AT3183. Point Location- 1
AT3184. Point Location- 1
Total hours: 14

Course outline and schedule subject to change