

White Pine Institute's *Graduate Mentorship Program* Syllabus 2016

Objectives of the Graduate Mentorship Program	1
Weekend One	1
Weekend Two	3
Weekend Three	4
Weekend Four	5
Weekend Five	7
Weekends Six and Seven	8
Weekend Eight	9

Objectives of the Graduate Mentorship Program

- To feel confident, highly effective and excited about your work with patients using Chinese medicine
- To develop lifelong learning and study skills and habits
- To have a firm grasp of Chinese herbs, formulas and formula patterns of the Shang Han Lun and Jin Gui Yao Lue
- To be able to apply the understanding of classical formulas to non-classical formulas
- To be able to confidently apply formulas and formula modifications to a diagnosis
- To be able to apply acupuncture and moxabustion in relation to your diagnostic skills
- To be able to apply these skills to a variety of areas of medicine including respiratory and digestive illnesses, gynecology, pregnancy, postpartum, cancer, mental-emotional, metabolic and autoimmune illnesses
- To find yourself feeling happy and excited to go to work and deeply satisfied at the end of your work day

Weekend One

Objectives of Weekend One:

During this first weekend we will organize ourselves toward all that is coming in the next two years. A foundation will be formed that will support and guide us during the program. We will set the goal of feeling confident, highly effective and excited about our work with patients by the end of these two years. The first task is to see how the tools we have been given by our basic education in Chinese medicine are inadequate if we want to access the true power of it with confidence. When we see that our limitations are not our fault, we begin the process of clearing



White Pine Institute's *Graduate Mentorship Program* Syllabus 2016

away doubts and self-blame. This lets the path of learning change from something we do to compensate for our shortcomings to something we do because we are awesome and the process is so fun and interesting. From here we are ready to learn.

By the end of this first weekend, you will learn what diagnosis is and develop a firm grasp of the foundation of diagnosis: physiology.

How these objectives will be reached

- Welcome and overview
- Setting the rudder to lead us to deep, integrated learning with joyful enthusiasm
- Applying clarity to the largely untapped power of Chinese medicine
- Developing clarity and confidence
- Diagnosis
 - Tools we have been given: We did not learn diagnosis.
 - What is and what isn't diagnosis?
 - Correct treatment depends on clear diagnosis.
 - Clear diagnosis depends on clarity in doing an intake.
 - Doing a clear intake depends on understanding pathology.
 - Understanding pathology depends on understanding patho-mechanisms.
 - Understanding patho-mechanisms depends on deep knowledge of physiology.
 - We must understand how things work in order to clearly grasp how they are not working.
- Physiology as the starting point
- Physiology through numerology: How our bodies work is how the universe works.
- The physiology of the Neijing and Shang Han Lun, and how this relates to herbal formulas

After Weekend One

Objectives for the in-between time

The most important objective of this time in between is to develop patience. You will keep reminding yourselves that the goal is to feel confident, highly effective and excited about our work with patients *by the end* of these two years. It is very important to start where you are, by being very aware of where you are and really experiencing it. Taking the time to develop the foundation for learning is how you will end up reaching your goals. During the 2½ months between our first and second class, the objective is to increase your awareness on several levels:



White Pine Institute's *Graduate Mentorship Program*

Syllabus 2016

- Develop awareness of the ways you feel unhappy, inadequate, frustrated.
- Develop awareness of the ways you have been diagnosing up to now.
- Develop awareness of the physiology ("How-The-World-Works, microcosm and macrocosm") that you have learned by observing yourselves, each other, your patients and the natural world around us.
- Develop awareness of Yin and Yang by asking "What is going up that should be going down? What is going down that should be going up?" when you are observing and considering a patient's pathology.

Another objective of this in-between time is also to begin familiarizing yourselves with the basic formula families and deepening your understanding and feel for physiology.

How these objectives will be reached

- All students are invited to set up a private mentoring session with me.
- I will regularly send you articles relating to physiology.
- You will receive assignments for small portions of Dr. Huang Huang's Ten Key Formula Families.
- You will receive optional short assignments to stimulate your involvement in the material.
- The forum is always available for questions.

Weekend Two

Objectives of Weekend Two

Because you will now understand physiology, during weekend two you will learn about pathology and patho-mechanisms. With your understanding of physiology, you will learn to clearly guide the intake toward gathering the necessary information so that the patho-mechanism is accurately revealed. You will learn to apply the intake and diagnostic process for your own patients. You will learn to identify and articulate the formula pattern, and from there you can go back and, through your understanding of physiology, see how the pattern gives rise to the symptoms and disease.

How these objectives will be reached

- Complete your study of physiology: 6 conformations, resolution times, 5 movements, 7 emotions, 8 extraordinary vessels.
- Connect physiology to pathology and patho-mechanisms.
- Learn the classic concepts of pathology through the clauses of the Shang Han Lun.
- Establish the goal of an intake.
- The intake: what information we need and how to obtain it
- Practice what to do with this information:
 - Ask: What are symptoms?



White Pine Institute's *Graduate Mentorship Program*

Syllabus 2016

- Ask: What do they tell us for sure?
- Recall how to get out of the way so the diagnosis will reveal itself.
- SEE and articulate the diagnosis so it will lead to appropriate herbal treatment.
- Practice the diagnostic method that leads you to a diagnosis you can be confident in.

After Weekend Two

Objectives for the in-between time

Practice! Continue to develop your new intake and diagnostic skills. The most important objective of this time in-between is to start practicing seeing symptoms for what they *are*, and beginning to break down your ineffective habits. It won't happen unless you apply the method.

This is a difficult time for many students, as the old habits can't be relied upon but the new habits have not yet been fully integrated. So...patience! Take it slowly. It *will* fall into place!

How these objectives will be reached

- Allow yourself to practice the way you always have, while selectively working on integrating your new perspective.
- I will make available a set of flash cards for you to practice understanding symptoms for what they *are*.
- I will continue to send you articles relating to physiology, pathology and patho-mechanisms.
- You will continue to receive assignments for small portions of Dr. Huang Huang's Ten Key Formula Families.
- You will continue to receive optional short assignments to stimulate your involvement in the material.
- The forum continues to be available for questions..

Weekend Three

Objectives of Weekend Three

At this stage, you will learn abdominal and pulse diagnosis in lecture format. This information will establish the foundation for integrating acupuncture into our practice with classic formulas. You will also learn the basics of Integrative Mandala Acupuncture.



White Pine Institute's *Graduate Mentorship Program* Syllabus 2016

How these objectives will be reached

- Abdominal diagnosis lectures
- Pulse diagnosis from a Shang Han Lun perspective
- Integrative Mandala Acupuncture through the lens of the Shang Han Lun

After Weekend Three

Objectives for the in-between time

Start actively integrating the intake and diagnostic methods into clinical practice.

How these objectives will be reached

- Continue to practice.
- Optional case submission:
 - Cases can now be submitted using the power-point template.
 - GMP graduate assistants will review your case and make suggestions before you submit them.
 - A time will be schedule for your case to be reviewed with Sharon online.
 - Other students will be notified and can attend this session.
 - The session will be filmed and made available on our course website.
- Flash cards can be used to review and memorize important information.
- I will continue to send you articles on related topics.
- You will continue to receive optional short assignments to stimulate your involvement in the material.
- The first of a series of videos will be made available for the study of abdominal diagnosis.
- The forum continues to be available for questions.

Weekend Four

Objectives of Weekend Four

Now that you have the foundation for gathering information and processing that information into a solid diagnosis, you will learn the foundations of herbal prescribing. You will learn root and branch, herb flavors and qualities, modifying and stringing formulas, and dosing. You will learn formula architecture and how there are formulas within formulas, which makes it possible to learn many formulas. By the end of this weekend, you will know how to skillfully recognize and apply over 75 formula patterns! You will have a grasp of some little-known but wonderfully powerful formulas.

How these objectives will be reached

Lectures



White Pine Institute's *Graduate Mentorship Program*

Syllabus 2016

- Flavors and qualities
- Root and branch
- Modifying and stringing formulas
- The pharmacy: powders, pills and raw
- Understanding water, phlegm and damp heat from a classical formula perspective
- Formulas:
 - Our work with formulas includes:
 - Formula clauses
 - The architecture of the formula
 - The formula as an expression of Shang Han physiology, so that we understand the pattern in a clinically relevant way
 - The formula as a gateway to understanding individual herbs
 - Case examples, both translated and from Sharon's practice
 - Acupuncture corollaries
 - Gui Zhi Tang formulas
 - Ma Huang Tang formulas
 - Gui Zhi Ma Huang formulas
 - Ma Huang Shi Gao formulas
 - Gui Zhi Fu Ling formulas
 - Gui Zhi Xi Xin formulas
 - Ban Xia formulas
 - Gui Zhi Chai Hu formulas

After Weekend Four

Objectives for the in-between time

By this point you will be feeling competent in identifying patterns and prescribing the formulas we have covered in class. The direct perception of disharmony and diagnostic process will be sinking in, and you will begin to have the experience of knowing just what to do and how to do it and the pleasure of seeing your work unfold in the well-being of your patients.

How these objectives will be reached

- Continue to practice.
- Case submission continues.
- Continue to use your flash cards to review and memorize important information.
- I will continue to send you articles students relating to physiology, and will supplement them with translated case studies.
- You will continue to receive optional short assignments to stimulate your involvement in the material.



White Pine Institute's *Graduate Mentorship Program* Syllabus 2016

- The final of a series of videos will be made available for the study of abdominal diagnosis.
- The forum continues to be available for questions.

Weekend Five

Objectives of Weekend Five

By the end of this weekend, you will know how to skillfully recognize and apply over 100 formula patterns in addition to all the patterns learned in weekend four! This will give you the basic foundation of the main bulk of the classic formulas and where they fit in the Shang Han physiology. In addition, you will be able to prescribe Fu Zi formulas comfortably with an understanding of the Fire God School methods.

How these objectives will be reached

Lectures

- Formulas:
 - Our work with formulas includes:
 - Formula clauses
 - The architecture of the formula
 - The formula as an expression of Shang Han physiology, so that we understand the pattern in a clinically relevant way
 - The formula as a gateway to understanding individual herbs
 - Case examples, both translated and from Sharon's practice
 - Acupuncture corollaries
 - Fu Zi formulas
 - Chai Hu formulas
 - Huang Lian formulas
 - Shi Gao formulas
 - Huang Qin formulas
 - Da Huang formulas
 - Hou Po formulas
 - Zhi Shi formulas
 - Dang Gui formulas
 - Bai He formulas
 - Other miscellaneous formulas



White Pine Institute's *Graduate Mentorship Program* Syllabus 2016

After Weekend Five

Objectives for the in-between time

Now you will be feeling even more competent in identifying patterns and prescribing the formulas we have covered in class. You will continue to find yourself knowing what to do and how to do it.

How these objectives will be reached

- Continue to practice.
- Case submission continues.
- Continue to use your flash cards to review and memorize important information.
- I will continue to send you articles and case studies relating to physiology.
- You will continue to receive optional short assignments to stimulate your involvement in the material.
- All students are invited to schedule their second private mentoring session with me.
- The forum continues to be available for questions.

Weekends Six and Seven

Objectives of Weekends Six and Seven

Now that your perceptive and diagnostic skills are deepening and you have a good grasp of the main bulk of the Shang Han formulas and formula patterns, you will be able to apply this to particular areas of medicine. By the end of weekend six, you will be able to confidently diagnose and treat many chronic and acute digestive illnesses, respiratory illnesses, and spirit illnesses such as depression, anxiety and panic attacks. In weekend seven, this same learning is applied to women's health issues including fertility, menstrual and vaginal, pregnancy and postpartum illnesses. You will also be learning how to integrate excellent non-classic formulas, including Wen Bing formulas, into your deepened understanding of Shang Han physiology.

How these objectives will be reached

Lectures: We will go through the illnesses through the formula patterns of the 6 conformations. We will see how a variety of formula patterns can explain an illness. This will train you to bring your focus away from the illness to see how a formula pattern can lead to that illness. At the same time, you will get a deepened ability to recognize the formula patterns in clinically relevant ways. Case studies will continue to illuminate the principles we are working with.



White Pine Institute's *Graduate Mentorship Program* Syllabus 2016

After Weekends Six and Seven

Objectives for the in-between time

By the end of the in-between time after weekend 6, you will feel very competent in applying the diagnostic method to digestive and spirit issues. You will start to see how the understanding of these issues expands into a direct understanding of other issues that your patients present with.

How these objectives will be reached

- Continue to practice.
- Case submission continues.
- Continue to use your flash cards to review and memorize important information.
- I will continue to send you articles and case studies relating to physiology.
- You will continue to receive optional short assignments to stimulate your involvement in the material.
- The forum continues to be available for questions.

Weekend Eight

Objectives of Weekend Eight

After finishing any remaining material from weekend seven, by the end of weekend eight, you will be able to confidently work with patients who have metabolic illnesses, hypertension, obesity, cancer, and autoimmune illnesses, as well as with patients who are dying. You will also be learning how to integrate non-classic excellent formulas, including experiential gynecology formulas, into your deepened understanding of Shang Han physiology.

How these objectives will be reached

Lectures completing the topics from weekends six and seven.

After Weekend Eight

- All the videos, audio and student library will remain available for students for two years after the close of the course.
- Students are invited to ask questions and remain in community through a new external forum.

