



Graduate Mentorship Program 2021 Syllabus



GMP 2021

Syllabus

Welcome to the 2021

Graduate Mentorship Program



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Introduction

Great Turning

I am so looking forward to this upcoming 2021 Graduate Mentorship Program! Thank you to everyone for your interest and engagement in this training.

The Graduate Mentorship Program has been running since 2003. This upcoming course is the 9th time I have taught it. Since the start, my understanding has deepened through experience, both in the clinic, through study, with students, and in life. In this rendition of the program, not only have the principles become crystalized and embodied for me, but I also feel that my articulation of them has evolved. Being a teacher is not only about knowing one's material: unless there is a clear articulation that meets the student in a way that clarifies and opens receptivity, the material cannot find a home within the student. While teaching, I always have the question, "Am I making sense to you?" I want you to have a sense of "aha!" and "Yes! I SEE!" I want you to have the experience of the murky confusion coming clear. I've learned that this happens when the foundational principles are sound. Only then does the material find its natural place in your mind and heart. The Graduate Mentorship Program's foundational principles have evolved into what I am now calling *Great Turning*.

Great Turning is not new or unique to the Graduate Mentorship Program. Though it is uniquely my expression of our ancient medicine, my teachers are always there in my heart, for it is their engagement with the medicine on which I stand.

What is Great Turning?

The Great Turnings are the endless circling of the universe around and within us. The stars, planets, sun, and moon are all part of this ceaseless rotation. Our classical root text, the *Huángdì nèijīng* 黃帝內經 (Yellow Emperor's Inner Classic), describes these heavenly patterns in great detail and urges us to see how life on earth, particularly in the human body, is a reflection of these patterns of motion through time. This text defines health as the dance of being in alignment with these celestial movements. Viewed through the lens of these dynamic movements of heaven within the human body, Zhāng Zhòngjǐng's 張仲景 *Shānghán zābìng lùn* 傷寒雜病論 (Treatise on Cold Damage and Miscellaneous Diseases) offers us a method both for diagnosing exactly how the person is misaligned and for re-establishing their right relationship with the processes of nature. When the patient is aligned, the Great Turning motions of nature do the healing.

The Great Turning view facilitates healing. What is healing? The word heal comes from the root word *Healan*, which means "to make whole." To be whole, to be healthy, can be seen as being in right relationship with the Great Turnings of nature. When we view the body as separate from the rest of life, our ability to restore wholeness becomes limited.



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Every living process occurs in cycles. There are cycles within cycles such as yearly seasonal cycles, day and night cycles, menstruation, breath, and pulse cycles. We see the processes of birth, growth, maturation, and completion occurring around and in us everywhere. Our own and our patient's bodies are always expressing the pain of not connecting to these cycles. This expression is called "signs and symptoms." Symptoms are the forms of suffering of which the patient is aware. Signs require a more subtle observation for the practitioner, primarily through looking, hearing, and touching. As a healer in the field of traditional east Asian medicine, the Great Turning view teaches you to read the language of suffering in the signs and symptoms and translate these into an accurate gesture of healing, of making whole, of re-establishing relationship. These gestures come in many forms, including acupuncture, massage, and words. The primary gesture we are learning in this program is one of herbal formulas. However, the herbal formulas themselves are expressions of a healing direction, and that expression is not limited to herbs. Our root teachers are the Yellow Emperor's physician Qìbò and Zhāng Zhòngjǐng.

How Great Turning medicine will support you

If you are to learn and integrate large amounts of material, your foundational principles must be firm. Only then will your knowledge be accessible and useful to you in the clinic. Sound principles will organize your mind and heart and connect you to your tools. We must understand the way life works, how we come into being, how our bodies work with nature, what illness is, and how healing works. Without a unified view, our learning is just a closet full of tricks -- use *this for this and use that for that*. We can be overwhelmed by the plethora of options without a clear path for how to proceed. With a unified view such as the *Great Turning*, we know when and how to apply the appropriate tool. More importantly, when the principles are clear, you can take the material into your core and make it your own. This personal expression of healing that I call *Great Turning* is the unified view I've slowly learned to articulate. This view helped me take classical readings and contemporary teachings to my heart, to make them my own, and then to articulately communicate them back out to you. This process is itself an expression of the circular dynamic of the medicine! I hope you can take it in and relate to all you have learned in your life and all of who you are. This way, a kind of alchemy happens, where you make it your own. I hope it transforms your experience into wisdom and that you, in turn, can offer it back. Whether in the clinic, in your life, or as a teacher, for you, may the *Great Turning* view delight, support, inspire, empower and heal.



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Objectives of the Graduate Mentorship Program

1. To deeply integrate the healing possibilities of *Great Turning* principles as the heart of your work with East Asian Medicine as well as life in general.
2. To unlock a relationship with the *Huángdì nèijīng* and *Shānghán zābìng lùn*.
3. To understand how the Great Turnings principles clarify your work with patients, simplifying intake, diagnosis, grasping the appropriate method, and writing the formula will carry out that method.
4. To experience the Great Turnings principles as a path to feel confidence, effectiveness, and excitement about our work with patients.
5. To develop life-long joy in learning and study.
6. To have a firm grasp of Chinese herbs, formulas, and formula patterns of the *Shānghán zābìng lùn*.
7. To be able to apply the understanding of classic formulas to non-classic formulas
8. To confidently apply formulas and formula modifications to a diagnosis.
9. To apply these skills to various areas of medicine, including respiratory and digestive illnesses, gynecology, pregnancy, postpartum, cancer, mental-emotional, metabolic, and autoimmune illnesses.
10. To find yourself feeling happy and excited to go to work and deeply satisfied at the end of your workday.

Course Structure:

I have divided the 2018 Graduate Mentorship Program into eight courses. We've enrolled you in all of them. Each course comprises the live and recorded content covered in a three-day weekend (or bi-weekly zoom classes for the pandemic duration). This content can be viewed or listened to in its entirety, but I have broken down each course into six modules for ease of learning. Each module will include and expand upon a part of the live lecture. To help you stay engaged in a manageable way, each module will have assignments, discussion, a live Q & A session with me, and often other learning tools.



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Content Overview:

I designed the first three courses to help immerse you in the Great Turning view so that you understand how it clarifies your view of your patients, even complex patients. After these courses, the student will be able to do a full intake and then know what to do with the information obtained to articulate a diagnosis. For this to happen, we first build a foundation for understanding the basic physiology through the Great Turning lens. Physiology is the study of how our bodies work in harmony with the heavenly cycles. Only from this understanding can we see the message pathology is expressing to us and offer appropriate methods. In course three, we will pull together all that we have learned into an approach to diagnosis and treatment, teaching a 40 herb pharmacy to address the Great Turning's essential functions.

The Graduate Mentorship Program is a comprehensive herbal training, giving the students the skills they need from the time the patient walks in the door; intake, diagnosis, writing formulas, interpreting responses to formulas and follow-up.

There is a saying that “a single pattern can lead to many different diseases, and a single disease can be the result of any number of patterns.” This saying tells us that the most critical aspect of diagnosis for us to master is recognizing patterns. The natural way to study the patterns of pathological circulation of the circle is through studying classical formulas. The formulas themselves express the pattern of the pathology as well as the intervention the body needs to restore right relationship. By studying the formulas' architecture in the formula families of the four directions and center, as expressed by the Great Turning of the six conformations, physiology, pathology, and diagnosis will be continuously reviewed.

As we go through each formula pattern, we will learn what kinds of diseases can arise from a pattern in the areas of respiratory, digestive, gynecological, obstetrical, andrological, psychological, dermatological illnesses, etc. For example, the formula pattern for *Xiao Chai Hu Tang* can manifest as illnesses that are respiratory, digestive, gynecological, obstetric, etc. We will look at many case examples in these areas as we go to deepen our understanding.

Ebooks

After the third weekend, we begin to learn formula patterns; you will start to receive Ebooks exclusive to the Graduate Mentorship Program. Throughout the course, these Ebooks will end up being over 1000 pages of translated material. The books contain case studies and discussions about the formulas we cover that I have translated for this course. They begin with a table of contents, making them excellent reference texts for your clinic. Case examples and discussions of the doctor's thinking process are essential for learning diagnosis, formulas, formula modification, and dosage.



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Course Schedule

We record all live-online, all classes will and place them in our course modules, whether they are live in Amherst, MA or live-online. For now, the March and May 2021 classes will take place as live-online zoom classes, meeting alternate Fridays beginning March 5th for course one and May 14th for course two. The class will be from 9:30-12:30. Hopefully, we will be able to meet live starting in the autumn of 2021.

Course One	Begins March 5 th , 2021	Introduction to the Great Turning view and its relationship to learning, to our connection with nature and the heavens. Learning Great Turning physiology through numbers as delineated by the <i>Huángdì nēijīng</i> : Yin Yang, Three <i>Jiao</i> , four directions, five phases, and six conformations.
Course Two	Begins May 14 th , 2021	Seven Emotions and eight Extraordinary Vessels Gathering Information: The intake Pulse Study
Course Three	September 17-19, 2021	How to work with the information we gather: Diagnosis Flavors and Herbal Properties Basics of treatment: The 40 herb pharmacy is enough
Course Four	December 10-12, 2021	Great Turning view on formulas: going around the circle learning pulses, patterns, abdomens Taiyang as the Eastern movement of up and out Tai Yang: Gui Zhi formula family and Ma Huang formula family
Course Five	March 4-6, 2022	Yangming as the Western movement of down and in Shi Gao, Zhi Zi, Huang Lian, Da Huang formula families
Course Six	May 14-15, 2022	Shaoyang pivoting the ministerial fire into position so it can rise in the East. Chai Hu and Huang Qin formula families Taiyin as the transformations of the center Bai Zhu, Huang Qi, Sheng Jiang, Ren Shen formula families
Course Seven	September 9-11, 2022	Shaoyin receiving and storing Yang and Yin for the continuation of life Fu Zi, Shu Di Huang, Rou Gui, An Gui, Lan Gui, Ba Ji Tian formula families Jueyin as the Eastern rebirth of life through blood Dang Gui, Bai Shao, Chuan Xiong formula families
Course Eight	December 2-4, 2022	Central Axis and the up and down pivot of Earth Huang Lian and Huang Qin with Ban Xia, Gan Jiang type formula families



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Course Live Q & A

There are Live Q & A for each module, usually on a Sunday.

Understanding the two tracks:

Student Track

The student track has no requirements. All options are open to you, but you are not obligated to take advantage of them. You can participate in discussions, do assignments, submit cases, and complete quizzes like in the Certification Track. You can also decide not to at any time or participate in only the parts you choose. It is very important to keep in mind that this program is here for YOU. The certification track is designed to give structure to your studies so as to help you. If you want to take a less structured approach, just enjoying the teachings and letting them nourish you, that is wonderful.

Certification Track

The Certification Track can give serious focus to your work with the Graduate Mentorship Program. Certification shows a high level of mastery of diagnosis and treatment and the use of classic formulas. We will add those who become certified to a registry of skilled practitioners. Students who wish to pursue the certification track must engage in the following:

- 1. Meaningful participation in forum discussions.***
- 2. Complete assignments***
- 3. Completion of quizzes.***
- 4. Submit TWO cases to the case review process during the entire program.***
- 5. Pass the final exam.***

There will be an additional cost for sitting for the exam, and. The exam may be done remotely.

Students who complete all of the requirements successfully will be placed on a roster of GMP graduates on the White Pine Institute website and can advertise as certified graduates of the program.



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Detailed Requirements for Certification Track

I. Meaningful Participation in Forum Discussions

- Evidence of reflection in your questions. Your posts are reflective in nature. To support your reflective practice throughout the course, consider how the material resonates with you when reading the material. What makes sense to you? How does it resonate with your practice or life? What is confusing or seemingly contradictory?
- Evidence of understanding and reflection in your comment to the forum questions and ideas. Your posts express evidence of developing or emergent ideas and your understanding of the required readings or videos.
- Your contributions offer new perspectives and encourage further discussion and critical thinking. Outstanding engagement requires substantive responses, including the use of scholarly references to support your views when responding to others in the forum. Avoid “shutting down” the discussion or merely agreeing with what others have said.
- The readability of ideas discussed in postings is critical. Run-on sentences, stream consciousness type of posts will not be accepted. Before posting, please read your post from the reader’s perspective to make sure your points and questions are clear. If you are posting from a phone, please check all of your sentences and punctuation.
- Referencing: Name the article, slide number, or module you refer to in your post so readers can easily reference it.

II. Completion of Assignments

There will be reading, flashcards, videos, etc., for the modules of this course. We expect candidates to complete enough assignments to obtain adequate points.

III. Completion of Quizzes

Certification candidates should complete all quizzes as the course moves along, even if you have attended the weekend live.

IV. Submission of Two Cases for Review

Students can submit cases for review beginning after the third weekend. Candidates have more than a year to submit cases for review.

VI. Passing the Final Exam

You will take the final exam remotely. It will be a timed exam, so the more you know through study, the more likely you will finish and pass it.

When do you need to decide?

You can complete the requirements as you go along and wait to decide about certification until just before the final exam. If you find you are keeping up well, it would be a small step then to become certified. Even if you decide not to take the exam, there are significant benefits to completing assignments as you go along.



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Are there deadlines for taking quizzes, doing assignments, participating in discussions, and submitting cases?

Yes! We will do our best to make sure the deadlines are apparent so you don't miss them, but please make sure to pay attention as you go as well. See below

Grading for the Certification Track

All assignments and quizzes are submitted within canvas. All grading, except for the final exam, is done as complete/incomplete. As students move through the course, points will be accumulated as assignments, discussions, and quizzes are completed. The entire course offers many more than 500 points. In the GMP, there are eight courses/weekends, and each course/weekend is broken down into six modules. Within each module are discussions, assignments, and quizzes that are required for certification candidates.

A minimum of 450 points is required to become certified. Points are transferable from previous GMP courses.

Below is the breakdown of the point system.

- Each of the eight courses/weekends is broken down into six modules.
- Each module offers 6-7 points. There will be well over 320 participation points for all eight course/weekends (40 points per course weekend, 6-7 point/module). You can accrue these through completing assignments, participating in discussions, and taking the facilitate learning quizzes.
- Case Reviews offer 100 points total at 50 points for success. (required regardless of # of points you have)
- Passing the final exam is worth 50 points (required regardless of # of points you have)

350 pts (easily be obtained through participation in forums and assignments)

100 pts case reviews

50 pts final exam

Total Needed: 450

- The instructor reserves the option of marking something "incomplete" if the work is not satisfactory.
- The CEU/PDA quiz does not count toward certification

Deadlines

CEU/PDA Quiz Deadlines

Please note these deadlines as quizzes will become unavailable after the date listed

Module Assignment Deadlines

There are no deadlines for completing module assignments, quizzes, or discussions unless you are on the certification track.



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If you are on the certification track, you must complete each module's work within 30 days of the module posting.

Case Reviews

Case reviews are a unique and important part of the graduate mentorship program. Case reviews are an option starting after the third class in December 2022. Regardless of whether you are becoming certified or not, each student is entitled to submit two case reviews as part of the program. You will write up your cases using a template that encourages the use of precise diagnosis. The case is submitted first to a TA for review and then submitted to Sharon. Once it is submitted to Sharon, and you may schedule your case review. Then we meet on Zoom to review your case. You, the students, are all invited to the case reviews. Each session is recorded for those who have to miss it. These reviews are friendly and supportive. It is an opportunity to hone the fine points of diagnosis and treatment.

Case Review Deadlines

You can submit Case Reviews after the third weekend/course. You will submit these to your TA. The TA has one week to meet with you and get the case in shape to submit to me. After your TA has approved your review, your TA submits it to me, and then you can schedule your review.

Mentoring Sessions

As part of your involvement in the Graduate Mentorship Program, you can have two private mentoring sessions with Sharon. Students have found these sessions extremely valuable in eliminating blocks to learning and practicing with joy and confidence. You will first fill out the appropriate form and then schedule this session directly with Sharon. Mentoring sessions are done privately in Zoom.

Fukushin Course

Fukushin is the Japanese word for abdominal diagnosis. Though fukushin is not taught as part of the Graduate Mentorship Program, a full didactic course is offered to GMP students at a considerable discount. Our teacher is Kumiko Shirai, who has practiced and taught this powerful art for many years.

Teacher's Assistants

We have a wonderful group of practitioners, all of whom have gone deep with the principles of the Graduate Mentorship Program, who are there to help you as you go through the program. Each student is assigned a teacher's assistant. This person is there to make sure your journey through the program is going well and help you with your case reviews.



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Course Policies

Professionalism

Clinical medicine requires a high degree of ethics and professionalism. All teachers and course participants are held to the same standard of professional and ethical behavior. Although rare (it's never happened), participants may be expelled from classes for unprofessional, disrespectful, or unsafe behavior at any time without prior warning. Such decisions are made at the discretion of the teacher and are not subject to review or appeal. If a student is expelled for such behavior, no refund will be given.

Course Content, Materials Use, and Authorization

Official registrants and who had paid their course tuition alone are authorized to access the material and lectures in this course. If you would like to share material for a specific purpose, please feel free to ask Sharon. She will likely give permission. Unauthorized sharing of material or login information with others, copying, broadcasting, or using the material in research, publications, or other media venues without prior written permission is strictly prohibited and grounds for dismissal from the course or legal action taken.

CEU/CME/PDA Credit

In the United States, classes are accredited (or pending accreditation) by the NCCAOM and California for Professional Development Activity credit. For live-streamed or recorded online lectures, students must sign in to the online classroom to complete a post-course quiz with a score of 70% or better. *All students must complete the CEU quizzes to obtain CEU's regardless of whether you have attended live or not.*