

Graduate Mentorship Program 2023 Syllabus



GMP 2023

Syllabus

Welcome to the 2023
Graduate Mentorship Program



Graduate Mentorship Program 2023 Syllabus

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Introduction

Great Turning

I am so looking forward to this upcoming 2023 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 10th time I have taught it. Since the start, my understanding has deepened through experience 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 a clear expression meets the student in a way that clarifies and opens receptivity, the material cannot find a home within the student. While teaching, I always ask, "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 become 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 now call *Great Turning*.

Though my expression of the principles I call *Great Turning* is unique to me, they are not new or unique to the Graduate Mentorship Program. My teachers and predecessors are consistently sourced and in my heart, and I stand upon the foundation of their engagement with this medicine.

What are the Great Turnings?

The Great Turnings are the endless circling of the universe around and within us, and 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 aligning with these celestial movements. Viewed through the lens of these dynamic movements of heaven within the human body, we will consider each of the six conformations in Zhāng Zhòngjǐng's 張仲景 *Shānghán Zábìng Lùn* 傷寒雜病論 (Treatise on Cold Damage and Miscellaneous Diseases) as great sweeping motions. Viewed this way, the six conformations offer methods for diagnosing exactly how the person is misaligned with the circular dynamics of nature and for re-establishing their right-relationship with the processes of nature. When the patient is aligned, nature's Great Turning motions do the healing.



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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 is to be healthy and are 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.

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 birth, growth, maturation, and completion occurring around and in us everywhere. The bodies of human beings always express 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 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 a relationship. These gestures come in many forms, including acupuncture, massage, and words. The primary gesture we learn in this program is one of the herbal formulas. However, the herbal formulas themselves are expressions of a great sweeping motion. They re-establish the patient's relationship to the motion of a particular healing direction. Our root teachers are the Yellow Emperor's physicians, 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 practically applicable to you in the clinic. Sound principles will organize your mind and heart and connect you to your tools. We must understand how life works, how we come into being, how our bodies work with nature, what illness is, and how healing works. Without a unified view, what we have learned is just a closet full of tricks -- using *this for this and that for that*. We can be overwhelmed by many options without a clear path 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. I call this personal expression of healing *Great Turning*, the unified view I've slowly learned to articulate. This view helped me take the content of the classical texts and contemporary teachings into my heart, make them my own, and then articulately communicate them back to you. This process is an expression of the circular dynamic of East Asian medicine! I hope you can take it in, relate to all you have learned, and integrate this with all you are. This way, alchemy happens, where you make it your own. I hope this program 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, the *Great Turning View* may 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 and life in general.
2. To unlock a relationship with the *Huángdì Nèijīng* and *Shānghán Zábìng Lùn*.
3. To understand how the *Great Turning* 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 Turning* principles as a path to feel confidence, effectiveness, and excitement about our work with patients.
5. To learn and practice clear, grounded, and effective diagnostic skills
6. To develop life-long joy in learning and studying.
7. To have a firm grasp of Chinese herbs, formulas, and formula patterns of the *Shānghán Zábìng lùn*.
8. To be able to apply the understanding of classic formulas to non-classic formulas.
9. To confidently apply formulas and formula modifications to a diagnosis.
10. To apply these skills to various areas of medicine, including respiratory and digestive illnesses, gynecology, pregnancy, postpartum, cancer, mental-emotional, metabolic, and autoimmune illnesses.
11. Feel happy and excited to go to work and deeply satisfied at the end of your workday.



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Course Structure:

The complete program includes eight topical courses. Each course contains six modules. Modules are added on Fridays every two weeks and remain available for the entire program. Each module is a learning unit that includes the following basic and optional resources:

Basic required tasks to receive the foundational course training:

- A three-hour live online and recorded class on the current topic.
- A dedicated discussion forum for the current module topic. Sharon invites you to ask questions, share insight and experience throughout the program, and respond to each post.

Basic resources required for the certification track and optional for all, include the above plus the following:

- A facilitate-learning quiz designed to support learning through engagement
- Eight one-hour live and recorded diagnosis group practice sessions with your TA in the first year
- Writing a case review and bringing it through the case review process
- Watching case reviews of other students live or recorded

Optional resources are offered to enhance learning:

- Readings, audio, or video related to the current topic
Readings include articles from a variety of authors, as well as ebooks compiled and translated by Sharon Weizenbaum. I give students over 15 eBooks throughout the program, totaling over 2000 pages of well-organized material that will serve as a clinical manual in years to come.
- Biweekly live online and recorded Q&A sessions to answer questions and discuss the current topic.
- Optional breakout classes from Sharon on Intake, Diagnosis, and Formula Determination.
- Abundant resources in the White Pine GMP Student Library
- All GMP students are welcome to attend clinic with Sharon at any time.



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Course Start Dates

Note that, new to the GMP, we take summers off, making the program last 2 ½ years. Sharon added this since the previous GMP to give students more time to engage and catch up. Classes meet biweekly on Fridays, from 9:30 am-12:30 pm EST. All meetings and links are posted on the course calendar.

| | |
|---------------------|--------------------------|
| Course One | Begins May 19, 2023 |
| Course Two | Begins August 11, 2023 |
| Course Three | Begins December 15, 2023 |
| Course Four | Begins March 8, 2024 |
| Summer Break | |
| Course Five | Begins September 6, 2024 |
| Course Six | Begins December 6, 2024 |
| Course Seven | Begins March 14, 2025 |
| Summer Break | |
| Course Eight | Begins September 5, 2025 |

Case Review Process

- Each student is assigned a TA to work with you on diagnosis and formula choice skill development through the program.
- Your TA will also help you transform a case from your practice using the diagnostic process outlined in the program. Sharon will review this case and your process in a way that will tremendously help you hone your skills.

Handouts

Pdf handouts created from the PowerPoint presentation will be uploaded in the handout section on the menu at the top of the online classroom streaming page a day before the start of class. Given that PowerPoint slides are not ideal for compiling notes, you will often receive a handout summary for taking notes and creating notebooks of the material.



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Content Overview:

Sharon designed the first three courses to help immerse you in the Great Turning view so that you understand how it clarifies your perspective of your patients, even complex patients. After these courses, you can do a complete 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 studies 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 combine 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.

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 pathological patterns is through studying classical formulas. The formulas themselves express the pattern of the pathology as well as the intervention the body needs to restore the right-relationship. Studying the formulas' architecture in the formula families of the four directions and center, as expressed by the Great Turning of the six conformations, will continuously review physiology, pathology, and diagnosis. As we go through each formula pattern, we will see how respiratory, digestive, gynecological, obstetrical, andrological, psychological, dermatological illnesses, etc., can arise from each pattern. 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, compiled and translated by Sharon Weizenbaum. Throughout the course, these Ebooks will end up being over 2000 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

| | | |
|---------------------|--------------------------|---|
| Course One | Begins May 19, 2023 | <p>Introduction to the Great Turning view and its relationship to learning, to our connection with nature and the heavens.</p> <p>You will learn the Great Turning physiology through numbers as delineated by the <i>Huángdì nējīng</i>: Yin Yang, Three <i>Jiao</i>, Four directions, Five phases, Six conformations, Seven Emotions, and Eight Channels of the Extraordinary Vessels</p> |
| Course Two | Begins August 11, 2023 | <p>Zang Fu, Qi, Blood, and Body Fluid</p> <p>How to see what is happening with grounded clarity</p> |
| Course Three | Begins December 15, 2023 | <p>How to work with the information we gather: Diagnosis</p> <p>Analyzing Signs and Symptoms to reveal the Zang Fu, Qi, Blood, and Body Fluid diagnosis</p> <p>Placing the diagnosis in Yin Yang to see the <i>Great Turnings</i></p> <p>Beginning TA practice meetings</p> |
| Course Four | Begins March 8, 2024 | <p>Herb properties and flavors</p> <p>Great Turning view on formulas: going around the circle</p> <p>Tai Yang: Gui Zhi formula family and Ma Huang formula family</p> <p>Tai Yang patterns in gynecology, gastroenterology, respiratory, etc.</p> |
| Course Five | Begins September 6, 2024 | <p>Great Turning view on formulas: going around the circle Yangming</p> <p>Shi Gao, Zhi Zi, Huang Lian, Da Huang formula families</p> <p>Purging blood stasis</p> <p>Yang Ming patterns in gynecology, gastroenterology, respiratory, etc.</p> |
| Course Six | Begins December 6, 2024 | <p>Shaoyang, Taiyin, and Central Axis formula families</p> <p>Chai Hu and Huang Qin formula families</p> <p>Bai Zhu, Huang Qi, Sheng Jiang, Ren Shen formula families</p> <p>Mixed hot and cold Huang Qin, Huang Lian type herbs combined with Gan Jiang, Shu Jiao, Wu Zhu Yu type herbs.</p> <p>Shao Yang and Tai Yin patterns in gynecology, gastroenterology, respiratory, etc.</p> |
| Course Seven | Begins March 14, 2025 | <p>Shaoyin and Jueyin formula families</p> <p>Fu Zi formula families</p> <p>Dang Gui Formula families</p> <p>Shaoyin and Jueyin patterns in Yang patterns in gynecology, gastroenterology, respiratory, etc.</p> |
| Course Eight | Begins September 5, 2025 | <p>The Yin Yang of the Great Sweeping Motions</p> <p>Water metabolism through the six conformations.</p> <p>Combination formulas and stringing formulas</p> |



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Understanding the two tracks:

Student Track

Track one 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. Still, you can also decide not to at any time or participate in only the parts you choose.

Certification Track

The Certification Track can give serious focus to your work with the Graduate Mentorship Program. Certification shows a high mastery of diagnosis and treatment and 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. Attend all classes live or recorded***
- 2. Meaningful participation in forum discussions.***
- 3. Complete assignments***
- 4. Completion of quizzes.***
- 5. Watching all case reviews***
- 6. Attend all classes with your TA***
- 7. Submit a case to the case review process.***
- 8. Pass the final exam.***

You will do the final exam remotely.

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



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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. 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?
- Your comment on the forum questions and ideas shows evidence of understanding and reflection. Your posts express evidence of developing or emergent ideas and your knowledge of the required readings or videos.
- Your contributions offer new perspectives and encourage further discussion and critical thinking. Outstanding engagement requires substantive responses, including using 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, and we can't accept run-on sentences and stream-of-consciousness posts. Before posting, please read your post from the reader's perspective to ensure your points and questions are clear. If you are posting from a phone, please check 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.

III. Completion of Quizzes

Certification candidates should complete all facilitate-learning quizzes as the course progresses.

IV. Submission of a case for review

Students can submit a case for review beginning at the start of the second year. Candidates have more than a year to submit a 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.



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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 are keeping up well, becoming certified would be a small step. Even if you decide not to take the exam, there are significant benefits to completing assignments as you go along.

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

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

Grading for the Certification Track

You will submit assignments and quizzes within the Canvas platform. All grading, except for the final exam, is done as complete/incomplete. As you progress through the course, you accumulate points through the assignments, discussions, and quizzes. The entire course offers many more than 500 points. The GMP has eight courses, and each course includes six modules. Each module includes the required discussions, assignments, and quizzes 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. You will need 400 total points to qualify to take the final exam.

- Each of the eight courses contains six modules.
- 300 points for participation: Each course will offer the opportunity to obtain about 50 points. There will be over 400 participation points for all eight courses (50 points per course weekend, 6-10 points/module). You can accrue these through completing assignments, participating in discussions, and taking the facilitate-learning quizzes.
- 100 points for the case review: The Case Review offers 100 points. (The Case Review is required regardless of # of points you have)
- Passing the final exam
- The instructor can mark something "incomplete" if the work is unsatisfactory.

Module Assignment Deadlines:

- Those on the certification track should pay attention to the deadlines for obtaining points for assignments, quizzes, and discussions.
- There are no deadlines for completing module assignments, quizzes, or discussions unless you are on the certification track.
- If you are on the certification track, you must complete each module's work within 30 days of the module posting. Deadlines are posted in each course.



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CEU/PDA quizzes

- The CEU/PDA quiz does not count toward the certification

Deadlines

- CEU/PDA Quiz Deadlines are posted with the Quiz

Case Reviews

Case reviews are a unique and essential 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, each student can submit a case review as part of the program. You will write up your cases using a template that encourages precise diagnosis. The case is submitted to a TA for review and then to Sharon. Once it is submitted to Sharon, you may schedule your case review. Then we will 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 a private mentoring session 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 schedule this session directly with Sharon. Mentoring sessions are done privately in Zoom.

Teacher's Assistants

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



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Additional Courses:

To round out your education, we give a discount for add-on courses. These will be offered when we have a break in the GMP.

Fukushin Course

Fukushin is the Japanese word for abdominal diagnosis. Sharon does not teach fukushin as part of the Graduate Mentorship Program, but the White Pine Circle offers a complete didactic course to GMP students at a considerable discount. Our teacher, Kumiko Shirai, has practiced and taught this clinical art for many years.

Pulse Course

Claus Sørensen has been a student and then TA in the GMP for many years. He is also a pulse master in the Shen-Hammer tradition. He has worked over these years to apply his approach to pulse to the *Great Turnings* and to working with herbal formulas. His pulse teaching will profoundly improve your diagnostic abilities.

Other Courses to be Announced

Sharon regularly recommends free and paid classes offered in the White Pine Circle.

Course Policies

Professionalism

Clinical medicine requires a high degree of ethics and professionalism. We hold all teachers and course participants to the same professional and ethical behavior standards. Although rare (it's never happened), participants may be expelled from classes for unprofessional, disrespectful, or unsafe behavior without prior warning. Such decisions are made at the teacher's discretion and are not subject to review or appeal. An expelled student will not receive a refund.

Course Content, Materials Use, and Authorization

Official registrants and those 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 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.

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 70% or better score. *All students must complete the CEU quizzes to obtain CEUs regardless of whether they have attended or not you have attended live.*

Please contact us at whitepinegmp@gmail.com for any questions