

AIMC BERKELEY (CEP #436)
Medical Qigong Therapy in Clinical Practice Certificate Program
with Suzannah Stason, L.Ac., CMQ, CQT

PROGRAM OVERVIEW

Medical Qigong Therapy, a hands-on-healing and *qi* emission therapeutic practice, has been used for centuries to balance and restore healthy energy flow in the body, mind and spirit. Based on ancient Daoist and Chinese medical theory, medical qigong is a powerful and effective healing system that has powerful and effective application in any clinical practice.

This 6-module series will provide students and practitioners from across healing disciplines the opportunity for deep self-inquiry and Qi cultivation, in-depth understanding of Chinese medicine theory and experiential mastery of Medical Qigong therapeutic diagnostic and treatment techniques. Training is based on the Yijing Medical Qigong, as brought forth by Suzanne B. Friedman, L.Ac., DMQ (China) in her book, [Yijing Medical Qigong System: A Daoist Medical I-Ching Approach to Healing](#). Each weekend will include experiential qigong practice, meditation instruction, lectures, individual and partner work (if permissible), written assignments and discussions.

There are 3 main dimensions of this program:

- **Self-Cultivation:** Students will learn and practice several qigong forms, qi sensing and boundary setting exercises and Daoist meditations to cultivate their own qi and mind-body-spirit health.
- **Chinese Medicine Theory and Medicinal Daoism:** Students will take an in-depth look at key psycho-emotional and cosmology dimensions of medical qigong practice and theory.
- **Medical Qigong Training:** Students will build qi sensitivity and qi emission practices with use of qi balls, sound, color, hand postures and movements, channel reading, and medical qigong balancing protocols. They will learn to diagnose, treat, and maintain ongoing support to patients in varied clinical settings.

Structure of the Program:

- I. Six 14-hour weekend modules with class from 9am – 4:30pm each day. With each module, participants have the option to either attend in-person or via live webinar. Each module is pending approval from the California Acupuncture Board for 14 CE units.
 - Module 1: September 25-26, 2021
 - Module 2: November 6-7, 2021
 - Module 3: January 15-16, 2022
 - Module 4: March 6-7, 2022
 - Module 5: May 21-22, 2022
 - Module 6: July 9-10, 2022
- II. 6 hours of self-cultivation and personal practice
- III. An additional 60 hours of required clinical practice outside of class to earn the 150-hour certificate in Medical Qigong Therapy.

A note about course format: When registering for each weekend module, participants will indicate whether they plan to attend that particular module in-person or via live webinar. Both

options will provide students the skills and experience they need to become proficient and effective medical qigong practitioners.

Requirements:

Intro to TCM Course (February 2022): This will be required for all non-acupuncturists/ acupuncture students enrolling in Module 4. The course will be offered for an additional fee and will be taught privately by Suzannah Stason at a time and location TBD. This will be a 2 day TCM theory course to teach the basics of Chinese medicine theory, channels, diagnosis and application of the medicine as it pertains to medical qigong therapy and practice.

This course is open to anyone with an interest in the healing arts including acupuncturists, nurses, doctors, chiropractors, massage therapist, psychotherapists, mind-body health coaches or physical therapists.

About the Instructor:



Suzannah Stason, LAc/CMQ/CQT is a licensed acupuncturist, medical qigong therapist and teacher, and meditation practitioner. Suzannah has a degree in mind-body health from Stanford University and trained with qigong master and Zen priest Suzanne Friedman, L.Ac/DMQ (China) for over 6 years.

Suzannah has extensive teaching experience at the American College of Traditional Chinese Medicine, Kaiser Permanente, Atria Senior Living, Breath of the Dao Chinese Medicine Clinic, the San Francisco Buddhist Center and at several private and public events and conferences. She is currently adjunct faculty and director of the Medical Qigong Program at the Acupuncture and Integrated Medical College in Berkeley, California.

Suzannah also runs an acupuncture and medical qigong practice in San Francisco where she also teaches regular public qigong drop-in classes, series, and discussion groups. More information on Suzannah and class offerings available at <http://www.mindmovementqigong.com>

About the Provider:

AIMC Berkeley
2550 Shattuck Avenue
Berkeley, CA 94704
(510) 666-8248
CE Provider #436

Acupuncture & Integrative Medicine College, Berkeley is a 501(c)(3) nonprofit organization committed to the development of caring, proficient, and successful practitioners who serve our communities and the Oriental medicine profession worldwide by treating illness and promoting health and wellness.

MODULE DESCRIPTIONS

MODULE 1 : Introduction to Medical Qigong Therapy in Clinical Practice

September 25-26, 2021

*Category 1 CE Course pending approval from the California Acupuncture Board for 13 CE units
No experience or prerequisites required. Open to all.*

In this course, you will learn the foundations of medical qigong practice, Chinese medicine theory and an introduction to Daoist medicine as it pertains to emotions, stress and wellness. You will learn basic hands-on-healing medical qigong diagnostic and treatment techniques you can easily incorporate into any clinical practice.

You will learn and practice the six healing sounds qigong and several Daoist meditations for clinical boundary setting, energy cultivation and conservation skills.

MODULE 2: Introduction to the Yijing Medical Qigong System and Qigong Protocols

November 6-7, 2021

*Category 1 CE Course pending approval from the California Acupuncture Board for 13 CE units
No experience or prerequisites required. Open to all.*

In this course, you will deepen and hone the medical qigong skills learned in Module 1 and begin to learn and practice basic medical qigong protocols. You will begin training in the Bagua Balancing treatment technique and explore Chinese medicine principles of the five elements, 12 regular meridians, and yin-yang theory.

You will delve into Daoist cosmology and deepen your self-cultivation practice with Daoist meditations, qigong practice and inner inquiry.

MODULE 3: The I Ching in Medical Qigong Clinical Practice

January 15-16, 2022

*Category 1 CE Course pending approval from the California Acupuncture Board for 13 CE units
No experience or prerequisites required. Open to all.*

In this course, you will learn the depths, history and magic of the I Ching as well as its clinical use and applications. You will learn to use this ancient text of divination for medical, personal and professional purposes and how to apply it to both diagnosis and treatment approaches.

You will learn and practice the powerful Yijing Qigong form and meditation based on the 8 hexagrams and I Ching theory.

MODULE 4 : Advanced Medical Qigong Therapy I

March 6-7, 2022

*Category 1 CE Course pending approval from the California Acupuncture Board for 13 CE units
Prerequisites: Modules 1, 2 and 3*

In this course, you will refine and expand your diagnostic skills, energy sensation & sensitivity exercises, and complete learning the Bagua Balancing treatment protocol. You will learn the psycho-emotional and cosmological dimensions of the five elements as they apply to clinical practice.

You will learn and practice the Daoist Five Qigong form.

MODULE 5: Advanced Medical Qigong Therapy II

May 21-22, 2022

*Category 1 CE Course pending approval from the California Acupuncture Board for 13 CE units
Prerequisites: Modules 1, 2, 3 and 4*

In this course, you will learn a wide variety of medical qigong treatment protocols that tonify, purge or circulate their patients' qi, calm shen and balance emotions. You will continue to learn and cultivate your own qi through practice of the Daoist Five qigong form and Zhang Zuan Standing meditation practice.

MODULE 6: Advanced Medical Qigong Therapy III

July 9-10, 2022

*Category 1 CE Course pending approval from the California Acupuncture Board for 13 CE units
Prerequisites: Modules 1, 2, 3, 4 and 5*

In this course, you will review all protocols and learn eastern & western pathology and internal organ treatment protocols. You will review Chinese pattern diagnosis and the Western equivalents, and learn how to treat each pattern with medical qigong therapy. You will also explore dimension of practice ethics, business and legalities. You will practice and teach qigong exercises we have learned throughout the modules.

TUITION

General Admission

Early bird (30 days in advance) \$375

Regular \$425

AIMC Alumni/Faculty

Early Bird discount (30 days in advance) \$300

Regular \$350

AIMC/AOM Students (30 days in advance) \$225

Regular \$275

AIMC BERKELEY CE COURSE CANCELLATION AND REFUND POLICY

Unless explicitly stated in the description of the course, the AIMC Berkeley CE Course Cancellation and Refund Policy follows accordingly:

- Cancellations and requests for refunds must be received by the AIMC Berkeley Accounting Department no fewer than 7 days prior to the first class.
- No refunds will be given for cancellations made fewer than 7 days prior to the first day in the course.
- Please submit requests for refunds via email to accounting@aimc.edu; in writing to 2550 Shattuck Avenue, Berkeley, CA 94704; or via fax to 510 666-0111, Attn: Accounting Department.
- All requests for refunds must be approved by the Accounting Department.
- Approved refunds will receive a full refund less a \$50.00 administration fee, and will be processed within 30 days of approval.
- AIMC Berkeley is unable to transfer course fees paid for one seminar or course to any other seminar or course.
- AIMC Berkeley reserves the right to cancel seminars with insufficient enrollment. A full refund will be granted in this case and refunds will be processed within 30 days of cancellation.