

Clinical Integration 2023

Weekend #1: September 9/9 & 9/10 2023

The Big Picture

Saturday: Meditate 830-9am

- a. **9-10am** Orientation, meditation as the foundation.
- b. **10-11am** Understanding Constitutional Diagnosis
- c. **11:15 -12:15** Our Path Through Life: Conception thru Death and Beyond.

12:15-1:15 Lunch

d: **1:15-5:15** pm: Dimensions of the self

- I. Absolute: Emptiness-Luminosity, Ground-Consciousness
- II. Relative: Soul, Mind, Ego, Superego, Unconscious, Subconscious.
- III. States and Stages of Development
- IV. Resistance, Repression, Suppression, Denial, Stagnation, Latency.

Sunday:

8:30am meditation

9-12pm: Stability on the pulse:

1-5pm: Rate, Rhythm, Amplitude, Intensity, Qualities.

Reading:

1. Deepening Perspectives: Chapters 1-4.
2. Handbook of Contemporary Pulse Diagnosis: Chapters 1-7.
Place special emphasis on 6 (stability) and 7 (rate).

Assignments:

- (1) Learn the names of the Five-element, source, luo, and Xi-cleft points on the Left half of the Fire (Ht/SI) Channels and for the Water channels (Bl/Ki).
- (2) Contemplate: "What is the most significant thing I could change about myself that would have positive results in my life and the life of everyone I exist in relation to?" Then do it and note the consequences.
- (3) Practice the pulse as taught in every clinical encounter.

Weekend #2: November 10/7 & 10/8 2023

The Five-Elements & The Two Sides of the Pulse

Saturday: 830-9am, meditate

a. **9am-12pm** The Five Elements: Water and Fire

Virtue, Emotion, & Spirit of each element. Associations, and life themes of the elements. The perspective that liberates each element.

1-5pm: Wood, Metal,

Sunday Morning: Meditate 830-9am.

a. **9-10am** The Five Elements Continued: Earth

b. **10-12pm** Exercises in identifying constitution: 5E Constitutional Power Point.

c. **1pm-5pm**: The two sides of the Pulse

a. Right Side Strong, Left Side Weak (Husband/Wife)

b. Left side strong/Right Side Weak (Digestive system collapse)

c. Both sides weak: Organ and digestive system collapse, Weak qi and blood, yin and yang: Chongmai/CV/GV

d. Right Side Tight: Eat too fast

e. Both sides tense: Nervous system tense: Vigilance

Assignments:

a. Learn the names of the Five-element, source, luo, and Xi-cleft points on the Right half of the Fire Channels (HP/TH).

b. Continue to practice the pulse identifying Left/Right patterns and issues of stability.

Reading:

- a. Nourishing Destiny: Chapters 8 (The Five Elements), 9 (Constitutional Type), 10 (The Five Elemental Constitutions)
- b. Deepening Perspectives: Chapters 5-10 on the Five elements.
- c. Dragon Rises: Chapter 14. The Systems Model of Dr. John Shen.

Behavioral Objectives:

The student will be able to:

1. Begin to formulate a Five-element constitutional diagnosis
2. Begin to think about the Five-elements as an organizing framework for embodiment and the creation of meaning.
3. Begin to understand systems theory and learn to assess pulse patterns involving both sides of the pulse. .

Weekend #3: November 11/11 & 11/12 2023
The Intake, Treatment Planning,

“The scripture states: Anybody who looks and knows it is to be called a spirit; anybody who listens and knows it is to be called a sage; anybody who asks and knows it is to be called an artisan; anybody who feels the vessels and knows it is to be called a skilled Workman.” –Nanjing 61

Saturday: Meditate 830am-9am

I. **9am-12pm The intake:** To Look and to Know

- a. How to conduct an intake.
- b. What can be seen?

c. Establishing Rapport

d. Words as Medicine

e. The importance of Reframing

f. Constitution as the overarching context of assimilating data.

g. Recognizing the Big Moment.

II **1pm-5pm.** The process of synthesizing a diagnosis and short, medium, & long term treatment planning.

a. 5E Constitution

b. Physiology and pattern differentiation

c. Expectations on pulse, Sign, and Symptom change.

d. Words as medicine: What to tell the patient, how much, and how soon.

e.

Sunday: Meditate 830-9am

I will continue the elaboration of a deep pre-TCM physiology as a foundation for lifestyle counseling and dietary, acupuncture, and herbal prescription.

- I. **9-12pm** Pulse: Two Continuums: The progression to *jing* deficiency through the consumption of yin and yang.
- II. **1-5pm** Blood Depth of the pulse
- III. Pulse exercises and practice.

Reading:

1. Nourishing Destiny: Chapter 14 The Intake.
2. Contemporary Pulse Diagnosis Handbook Review 1-7.

Assignments:

- a. Learn the names of the Five-element, source, luo, and Xi-cleft points on the Right half of the Wood Channels (Lv/Gb).
- b. Continue to practice the pulse (Stability, Left/right patterns) and add identifying where a patient falls on the two continuums of yin and yang deficiency and Blood heat.
- c. Learn to compare a patient's pulse to their age and assess where they are on the continuum of yin and yang deficiency.

Behavioral Objectives:

The student will be able to:

1. Begin to incorporate the five-element points in clinical practice.
2. Begin to incorporate the deeper functions of other points in clinical practice.
3. Assess the continuums of yin and yang deficiency, and blood heat, on the pulse.

Weekend #4: March 9th & 10th 2024

“For the practitioner, the patient appears as a pointillist painting. During each treatment, the practitioner uses her diagnostic skills to comprehend the functional portrait that emerges from the patient. The practitioner, in choosing a treatment, is concerned with where in the portrait to place a dot (acupuncture point) and what color to make it (quality of *qi*) so that the picture is complete in the moment.”-*Nourishing Destiny*.

Saturday: Meditate 830am-9am

9am-12-pm

I. Acupuncture Points: Points as Archetype

- a. Source Points
- b. Lou Points
- c. Xi-Cleft
- d. Reunion points
- e. Spirit Points
- f. Windows

1pm-5pm

- g. The Five Element Points (a lot of time will be spent here)
- h. Mu Points
- i. Shu Points
- j. Exit/Entry Points: The heart and sensory orifices.

Exercises: Painting by numbers-How to design elegant treatments that capture a patient’s “Energetic” Portrait.

Sunday: Meditate 830am-9am

9am-12pm

I. The Inner Nature of Herb Formulas

- a. Constitutional Formulas For each Element
- b. Formulas for Possession
- c. Pain
- d. Gu, Lyme
- e. Infections
- f. GYN
- g. Spirit: Depression, Anxiety

Reading:

- I. Clinical Practice: Chapters 12-20 on Types of Acupuncture Points.
- II. Nourishing Destiny: Ch. 13, The Inner Nature of Acupuncture Point
- III. Clinical Practice: Read the point and channel descriptions for all the points in chapters 24-35.
- IV. Clinical Practice: Chapter 37, Cognitive Styles in the Practice of Chinese Medicine.
- V. Clinical Practice: Ch. 10 P.122: Clearing Blocks with Herbs.

Assignments:

- d. Learn the names of the Five-element, source, luo, and Xi-cleft points on the Metal Channels (Lu/LI).
- e. Continue to practice the pulse identifying issues of Stability, Bilateral Patterns and where a patient falls on the two continuums of *yin* and *yang* deficiency.

Objectives:

1. Understand the nature of the acupuncture point categories
2. Understand the Constitutional herb Formulas
3. Learn to match points and herbs directly to your impression of the patient.
4. Begin to apply the clearing treatments in clinical practice as appropriate.
5. Learn to use herbs to clear the therapeutic field

Behavioral Objectives:

The student will be able to:

- 1. Begin to incorporate the five-element points in clinical practice.**
- 2. Begin to incorporate the deeper functions of other points in clinical practice.**

Weekend #5: April 13th & 14th 2024

Saturday: Meditate 830-9am

9am-12pm **Clearing Treatments**

- a. Aggressive Energy
- b. Possession
- c. Husband/Wife

12-5pm

- d. Stabilize the Pulse
- e. Open the Diaphragm
- f. Exit/Entry Blocks
- g. Akabanyes: Left/Right Meridian Imbalances
- h.

Sunday: Meditate 830-9am

- I. 9-am -12pm: The individual positions: Left Side of the Pulse
- II. 1-5pm: Pulse calibration and practice.

Reading:

1. Clinical Practice: Chapters 1-11 Clearing Blocks.
2. Nourishing Destiny: Ch 7: The Turning Point
3. Listen to this audio in the context of the H/W imbalance and the Turning Point: <http://www.nourishingdestiny.com/audio-teachings/lonny-jarrett-understanding-the-law-of-cure-and-the-healing-crisis.html>
4. Clinical Practice, CH 21: Treatment Planning.
5. Clinical Practice, CH 22: The Suggestive Process in Treatment

Homework:

1. Learn the names and functions of the element, source, luò, and xi-cleft points on the Earth (St/Sp) channels
2. Drain AE on all new patients and apply “possession” treatments when appropriate.

Weekend #6 5/9, 5/10, 5/11 2024

Friday: 830-9am Meditation

This day is for IN PERSON attendees only We will spend the entire day in two sessions 9-12 and 1pm-5pm Calibrating students with hands on the pulse.

Saturday. 830-9am meditation:

9-12pm. Session I: Any content that needs completing or reviewing from the first year.

1-5pm. Patient consult,.

Sunday: 830-9am meditation:

9-12: Patient Consult

1-5 Patient Consult

-> Any extra time will be spent elaborating material that needs to be finished or reviewed.

Reading:

1. Between May and Fall reread:
 - A. Pulse Hand book: Whole thing
 - B. Nourishing Destiny Constitutional Chapters
 - C. Deepening Perspectives: Constitutional Chapters.
 - D. Deepening Perspectives: Chapters 2,3,4.

Weekends #7, #8, #9, #10 : Clinical Integration year II

September 6, 7, 8	2024
November 8, 9, 10	2024
March 7/8/9	2025
May 9/10/11	2025

Each of these four weekends will be clinical in nature. I will assess patients brought in by students in front of the class. Each patient's case will be presented for 2 hours with detailed analysis and presentation of a complete synthesis from multiple perspectives 5E, 8P, Pulse, Tongue, Eye, State and Stage development. Prognosis will be discussed along with an in depth treatment plan. Students will be allowed to take the pulse and check the tongue and eye. All other pulse qualities, herbal formulas, and aspects of the medicine will be elaborated in the context of the patients we see together. In the event a patient does not show up Any extra time will be spent elaborating material that needs to be finished or reviewed.

Friday, Saturday, Sunday: Meditate 830-9am

9-930am: Orientation

9:30-11am: Patient interview

11-12:30pm: Analysis

12:30-1:30 Lunch

1:30-2:00 Questions

2-3:30: Patient interview

3:30-5PM: Analysis

Assignments:

- I. Apply what was learned in year One and in Year II patient consults to your own clinical Practice
- II. Engage with Lonny at NourishingDestiny.com to address all clinical application of course material.