

CHINESE MEDICINE AND THE QUIET SMILE

WE ARE THE POINT

First Level Class:
Acupuncture/Pressure and
Chinese Medicine for Personal
Use

REDUCE STRESS
FEEL GOOD WITHOUT MEDICATION
ATTAIN WELL BEING WITH SELF KNOWLEDGE

Karen Black M.A., Lic. Acupuncturist, N.C.C.A.

Diploma in Acupuncture, 1981

A CLASS TO TEACH PEOPLE CHINESE MEDICINE FOR
PERSONAL USE

It is my purpose to teach people how to progress in the most basic life study, the study of living well. The actual information and techniques offered here are time tested, (for over 2000 years), the teaching style is progressive and form fitting to each person. Chinese medicine teaches us the relationship between organic, dynamic opposites; the sameness between all people with the uniqueness of each individual. And so I am teaching an ancient and practical system for helping people in their life, and through my method of teaching, translate Chinese medicine into the student's own language.

FIRST WE START WITH HEALTH

Healthy people see themselves as greater than the sum of their own parts, perceiving the organic relationship between their mind, body, spirit, social reality and environment. They enjoy their connectedness to whom and what is around them, appreciate their strengths and hold compassion for that which they must still learn. They feel their body as an entire, comfortable whole. They feel a sense of balance enough to notice when something first begins to feel unbalanced, giving them an opportunity to intervene before there is a deeper or more difficult problem.

When we are healthy, we are not perfect but have mobility in adapting ourselves to changes in our lives. We can begin to see the events of our lives as opportunities for advancing our understanding and capability, in process of self knowing which I have heard stated as "The Journey Home".

THE UNIQUENESS OF THIS CLASS

We are the point after all, so first we learn to feel energy. We do this with Meridian Tracing (tracing the circulation of the pathways of energy traveling on the body surface with our hands), stimulating points with pressure or acupuncture needles, and exercises like qi gong which fill our body/mind with energy. We can immediately feel the affect of these practices which gives us information from inside, using our senses to support and stimulate the new information we are learning.

Learning from "the inside out" is a major part of my philosophy of teaching and learning Chinese Medicine. It grounds the student in direct awareness, enabling a personal rapport with philosophy that is culturally unfamiliar at best, because Chinese medical theory is based on largely experiential data.

Really important in my teaching is realizing the way the body and mind function together in Chinese Medicine. The body systems (such as the digestive, respiratory, nervous) the organs, the types of energies in the body have distinct and interweaving responsibilities. Being able to organize ourselves in this new thinking we open a new range of influence within ourselves.

As western thinkers, we tend to define our body and mind as separate entities and the body systems in isolation. This is more mechanical take on how we operate and what we can do to enhance our lives. At this time in Western medicine, we know that what we eat and drink what we do, think and feel will affect us. We must rely on medical tests for feedback that will inform us about our internal workings. This is important surely, but with our class we can also have a method for making connections between little events, a pain here, what we have eaten, an angry outburst, a sad occurrence, deepening our self knowledge of how to interpret what is happening within and what we can do to help ourselves.

We will learn about this in our discussions of Chinese philosophy and theory, studying material based in ancient texts, learning the character of each of the organ's functioning and disturbance of the functioning, the concept of yin/yang, the Chinese clock (circadian rhythms), and meridian theory.

We will study points on the pathways (acupuncture points), their proper locations, functions and theory for combining points for greatest effect.

We will learn self diagnosis by looking at our tongues, taking our pulses, studying our behavior, including mood, personality, body functions, areas of strengths and vulnerability, and practicing case study in our class to widen our perspective of diagnosis

KAREN BLACK

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M.A., Lic. Acupuncturist, N.C.C.A.

Diploma in Acupuncture, 1981

Licensed Acupuncturist (MA) 1985

Nationally Certified Acupuncturist, N.C.C.A, USA

Master's Degree, Counseling Psych.(1981)

New class starting in Modiin area

IS IT FOR ME?

This course directs people to understanding the elements necessary to working with Chinese medicine themselves and if desired, to progress to professional application of Chinese medicine. If you are considering a career in Chinese Medicine, or have a desire to expand your skills for living well, this class is for you.

WHY DO I NEED IT?

Gain powerful tools and know how to maintain and increase well being.

CERTIFICATION

At the end of the the course you can receive certification for the hours of practical experience.

(Class hours can also be applied as hours of clinical internship required in Israeli programs that give professional diplomas in Chinese Medicine.)

WHEN DO I COME?

*Every week except holidays
Monday mornings*

WHAT DOES IT COST?

The cost of the class is 150 for each 3 hour session with a 6 month commitment.

YOU ARE ENCOURAGED TO BRING A STUDY PARTNER WITH YOU. FOR EACH STUDENT YOU BRING TO CLASS YOU RECEIVE A FREE CLASS.

WHAT WILL I LEARN?

CLINICAL APPLICATION OF
ACUPUNCTURE

PHILOSOPHY AND THEORY OF
CHINESE MEDICINE, AND
DIAGNOSIS.

DIAGNOSIS AND TREATMENT

IMPACT OF ENERGY
SELF ANALYSIS
CIRCULATION, HABITS AND DIET
ON HEALTH

HOW WILL I LEARN?

- • Practice self-treatment and technique development
- • Through discussion and lectures

WHAT WILL WE COVER IN CLASS?

- • Curriculum Year 1 (divided into 6 month modules)

MERIDIAN PATHWAYS

- • Course of channels
- • Channel theory (what they affect in the body)
- • Pathology

POINTS

- • Location
- • Function
- • Classifying points
- • Pathology and effect
- • Point selection

CLINICAL THEORY

- • Yin yang
- • 8 principles
- • 5 elements
- • Functions and Pathology
- • History

EXAMINATION

- • **Channels and points**
- • **4 methods**
- • **Pulse**
- • **Tongue**
- • **Diagnosis**

ENERGETIC PRACTICE

- • **Aligning body/mind**
- • **Do-in**
- • **6 healing sounds**

CLINICAL TREATMENT

- • **Insertion depth**
- • **Needle selection**
- • **Stimulation techniques**

TREATMENT ISSUES

- • **Social implications of treatment**
- • **Responsibility in Treatment**
- • **Emotional interaction in treatment**
- • **Treatment style**

WHO IS YOUR TEACHER?

I have practiced Chinese medicine since 1979.
I am a first generation student of Tin Yao So, Mun Yip, Leon Hammer, Yao Zhang,
Liu Wei Dong, Ted Kaptchuk, Bob Flaws. As my student you are the second
generation. Teaching in Chinese Medicine is handed down much like studying with a
particular Teacher or Rav in Judaism. These are the people who give entrance into a
sea of teachings and help you understand the wisdom available.

In becoming a practitioner of Chinese Medicine, we acquire understanding and our
philosophy or approach is formed coupling our own personality with the teachings
learned.

I have come to see that every moment of my life has served to form my philosophy
and style of practice of medicine and healing.

The ability to help people integrate physical and emotional well being takes intelligent
and compassionate focus, artistry, and the intention to see problem solving through
until that person feels a sense of comfort and mastery.

The dignity in each person, the life purpose, hope, vision and belief, all are critical in
that balance that tells a person, "I am well."

Like all of us I have chosen experiences that lead me further on my road. I am always
challenging my capacity to honor people under stress, understand how things work
mechanically and organically, problem solves, convey information, and love without
fear. I am continually inspired by the marrying of practicality and poetic
imagery intrinsic to Chinese medicine. All of these refine my reach toward healing,
teaching and strengthening holistic perspective.

RESUME

Karen Black

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Acupuncture, Herbal Medicine, Psychotherapy

Professional Work History

Private Practice

Jerusalem, Modiin, Kibbutz Gezer, 1998- 2008
Clinician

Center for Wellness, Holbrook, MA 1980-97
Director /Educator using Chinese Medicine and Psychotherapy

Public Health Acupuncturist and Herbalist

Braintree Rehabilitation Hospital, Braintree MA 1993-4
Pilot program Acupuncturist Stroke, Accident, Injury practice
Acupuncture of Hingham, Hingham, MA 1996-7
General Medical Acupuncturist
Fenway Community Health Center, Boston, MA 1991-4
Medical and HIV/AIDS Acupuncturist
A.I.D.S. Care Project, Boston, MA 1991-3
HIV/AIDS practice
Neponset Health Center, Dorchester MA 1992-4
Director Acupuncture Pilot Project
Medical practice and HIV project
SPAL Acupuncture Detox Center, Sommerville MA 1990-1
Detox Acupuncturist (N.A.D.A.)
Lemuel Shattuck Hospital 1987-90, Jamaica Plain, MA
Acupuncture Coordinator for the Pain and Stress Relief Clinic
Directly responsible to Ted Kaptchuk

Clinical Supervisor

Reidman School of Medicine, Tel Aviv 1988-2008
Founder and Supervisor of the Student Chinese Medicine Clinic
Center for Wellness 1990-97
Lemuel Shattuck Hospital 1987-90
New England School of Acupuncture 1989, Watertown, MA

Consulting

1981-97
New England Sinai Hospital, Stoughton, MA
Massachusetts Respiratory Hospital, Braintree, MA
Newton-Wellesley Hospital, Newton, MA

Acupuncture Teaching

Public Health Educator 1980-90
Center for Wellness, Holbrook, MA

Lecturer

Reidman School of Complementary Medicine, Tel Aviv, Israel 1998-2008

New England School of Acupuncture, Watertown, MA 1989, 90
Massachusetts Acupuncture Society, Boston MA 1989
Private, Professional and Public Associations, 1978-97

Social Service Work

Instructor – Group Dynamics

Massasoit Community College, Brockton, MA, 1983-85

Community Organizer and Fund Raiser

Harbor Area Task Force for Battered Women, East Boston, MA, 1980-1

Pilot Project Director for “Kids at Risk”

East Boston Social Centers, East Boston, MA 1980-1

Child Welfare Worker

Valatie Development Social Centers, Valatie, NY 1973-4

Education and Training

Chinese Herbal Certification, *New England School of Acupuncture*, Watertown, MA 1994-97

Chinese Herbal Certification, Herbal Traditions/, (*Ted Kaptchuk*) Watertown, MA 1989-91

N.A.D.A. Internship, *Lincoln Detox Hospital*, Bronx, N.Y. 1990

Acupuncture Diploma, *New England School of Acupuncture*, Watertown, MA 1979-81

Pulse Training, *Leon Hammer*, Lenox, MA 1990 - 93

Masters Degree Psychology, *Goddard College*, Plainfield, VT 1978-90

Bachelor of Science, *University of Vermont*, Burlington, VT 1969-73

Academic /Art, *High School of Music and Art*, NYC, NY

Licenses and Certificates

Acupuncture License- Board of Registry in Medicine, Boston, MA

National Acupuncture Certification- NCCA

Social Work – Commonwealth of Massachusetts

Teacher Certification Art- State of Vermont

Member- Massachusetts Acupuncturists Society

Member- Association of Counseling and Development

Member- Association of Massachusetts Acupuncturists