

# ACUPRESSURE THERAPY INSTITUTE



## 經穴指壓醫療學院

CERTIFICATION PROGRAM IN  
ASIAN BODYWORK THERAPY

CATALOGUE 2008-2009

ONE BILLINGS ROAD, QUINCY, MA 02171 • 617.697.1477

ACUPRESSURE  
THERAPY  
INSTITUTE

ONE BILLINGS ROAD

QUINCY, MA 02171

www.acupressuretherapy.com



CATALOGUE 2008-2009

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*If you are thinking  
a year ahead,  
sow one seed;*

*If you are thinking  
ten years ahead,  
plant a tree;*

*If you are thinking  
one hundred years  
ahead, educate  
the people.*

Ancient Chinese Proverb 500BC

# 經 穴 指 壓 土 醫 西 療 學 院

## LETTER FROM THE PRESIDENT

**Welcome to the Acupressure Therapy Institute.** *The path of learning and self-development that the Acupressure Therapy Institute offers is the beginning of the journey to becoming a healer.*

*This is an opportune time to study Acupressure and Chinese medicine. Many hospitals and health centers are now offering complementary and alternative therapies. Many insurance companies are beginning to provide coverage for Acupuncture and massage therapies. The public has a greater awareness of the different modalities for healing and has been seeking out alternative treatments.*

*There are three major healing arts in Chinese medicine: Bodywork Therapy, Acupuncture and Herbalism. All three are based on the same principles of ancient Chinese medicine and philosophy. However, it is Asian Bodywork Therapy that utilizes the hand and the power of touch in healing, one of the most natural and intuitive forms of healing.*

*The Acupressure Therapy Institute offers a comprehensive training in Asian Bodywork Therapy. The curriculum has been based on my twenty-two years of teaching and the previous program curriculum that I founded at OMNI's Institute for Optimal Health (1997-1999) and co-founded at the New England Shiatsu Center (1986-1991). I have continually revised courses and strategies to present the best curriculum in Acupressure Shiatsu therapy. I intend to continue to refine the program with input from the faculty and students to maintain excellence and to accommodate growth and change in the future.*

*In addition to curriculum excellence that meets national professional standards, emphasis will be placed on the self-development of the student to enable him/her to develop his/her professional identity as a therapeutic healer of Asian bodywork. I place the utmost importance on this aspect of the program. To become a successful and true healer one must first look within, improve one's own condition, and find the heart of the spirit. As one of my teachers once said, "Acupressure is an affirmation of the whole."*

*Once again, I welcome you to the Acupressure Therapy Institute. Be well.*

*Yours Sincerely,  
Barbara Blanchard  
Founding Director and President*

## MISSION

*The mission of the Acupressure Therapy Institute is to provide a comprehensive education in Asian Bodywork Therapy. We are dedicated to training professional practitioners with sensitivity, skill, knowledge and compassion so that they can provide health care to the public in complementary and alternative medicine. We encourage our students to self-discovery and to the development of their emerging selves as professional therapists.*



## THE ACUPRESSURE THERAPY INSTITUTE

The Acupressure Therapy Institute was founded in 2000 by the corporation, Acu-Health, Inc. and is licensed by the Commonwealth of Massachusetts Department of Elementary & Secondary Education as a private vocational school. It is a small school, located on the south shore in Quincy, dedicated to offering quality training in the ancient healing arts of Asian Bodywork Therapies. It is a member of the Council for Schools and Programs (COSP) of the American Organization for Bodywork Therapies of Asia (AOBTA). The Acupressure Therapy Institute is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider under category A. Professional Development Activities (PDAs) for NCCAOM recertification are available.

## THE ACUPRESSURE CERTIFICATION PROGRAM

The Acupressure Therapy Institute is pleased to offer a comprehensive program for training professional Asian Bodywork Therapists in the Acupressure Shiatsu style. The 730-hour program fulfills the educational standards set by the national professional associations: the American Organization for Bodywork Therapies of Asia (AOBTA) and the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). Asian Bodywork Therapy is recognized as an integral part of traditional Chinese medicine with Acupuncture and Chinese herbs.

### NATIONAL CERTIFICATION BY THE AOBTA AND NCCAOM

Graduates of the Acupressure Therapy Institute are eligible to become Certified Practitioners of Asian Bodywork Therapy by the AOBTA (CP ABT-AOBTA®) and qualify to sit for the ABT exam given by the NCCAOM. Those that pass the NCCAOM exam are nationally certified as Diplomate of Asian Bodywork Therapy (Dipl. ABT-NCCAOM).

Although graduates of our Asian Bodywork Therapy Program may apply for a massage license in their state or town, Acupressure Shiatsu is more closely aligned with the Oriental medical community than with the massage therapy community. In Massachusetts ABT is excluded from the new 2008 state massage license and is not considered "massage" since ABT works with the meridian and acupoint system of energy medicine. Therefore graduates do not need to be state licensed under massage. They are able to practice ABT with their AOBTA and NCCAOM national credentials. In Massachusetts some towns may license modalities not considered "massage". Graduates are advised to check with the town or

city in which they will practice to see if a license is required for ABT. In those instances our national credentials for ABT will be sufficient for licensure. The ATI Asian Bodywork Therapy program is designed so that upon completion graduates will have complete knowledge, skills, and credentials of certification, licensure, and successful practice.

## ADMISSIONS

The Acupressure Therapy Institute accepts applications on an ongoing basis. Admission into the program is based on the applicant's genuine interest in studying Asian Bodywork Therapy, as well as, the applicant's ability to meet the demands of a serious course of study.

To apply mail the following:

1. A completed application form (including a statement of intent)
2. Applicants must be at least 18 years of age and must provide official documentation of a high school diploma or equivalent.
3. \$50 non-refundable application fee
4. Call to arrange an interview (617) 697-1477
5. Mail to:

**Acupressure Therapy Institute**  
**Barbara Blanchard, Director**  
**Admissions**  
**One Billings Road**  
**Quincy, MA 02171**

### NON-DISCRIMINATION POLICY

The Acupressure Therapy Institute welcomes individuals 18 years or older. The school is an academic community dedicated to openness, tolerance and respect. ATI does not discriminate on the basis of race, color, religion, gender, nationality, ethnicity, sexual orientation or physical handicap.

## WHAT IS ACUPRESSURE SHIATSU?

Acupressure is a healing modality that emphasizes balancing the body's energy or "Qi" on a physical, emotional, mental and spiritual level by applying gentle yet firm pressure to specific acupoints using hand, elbow, knee and barefoot techniques. Traditional Japanese Shiatsu and classical Acupuncture theory are the foundation for assessment skills and treatment planning. Corrective exercises, magnet therapy, moxibustion, cupping, herbal plasters and liniments are adjunct therapies.

Graduates of this program will be professional practitioners capable of assessing, evaluating, treating and following the care of the individual. They will be able to give a treatment that will encompass local therapy for balancing symptoms of a presenting condition, and also, that will balance the deeper energies of the constitution. Toward this goal this program has developed courses on clinical acupressure to address common problems such as low back pain, PMS, headaches, and more, plus Extraordinary Vessel Acupressure which can balance the deep constitutional "root" energies. During this program of study students are also encouraged to develop personal balance, strength and sensitivity of touch through various exercises and practices integrated with the curriculum. The aim is to develop not only technical expertise but also self-development as a healer. We wish our graduates to be healers in the global sense, able to foster peace and health within themselves in order to share it with others.

## LENGTH OF PROGRAM/CALENDARS

The Acupressure Therapy Institute offers a 730-hour program for professional training in Asian bodywork therapy that may be completed in 16 months. Classes are scheduled two evenings a week and one weekend a month for intensive submersion. Elective classes will be scheduled as weekend workshops. Enrollment for new programs begin in January, September and April. Check online for current calendar schedules, enrollment dates and continuing education workshops.

## EXEMPTIONS AND ADVANCED STANDING

Students able to demonstrate advanced training through prior study or professional training may petition for exemption from core curriculum classes which cover that material. Petitions must include appropriate documentation; and students must satisfactorily pass a written equivalency exam and demonstrate practical proficiency by giving the instructor a treatment. Approval is granted at the discretion of the instructor and director of the program. A \$75 fee will be charged for the evaluation of such a petition.

Credit for classes other than core curriculum classes will be considered if having been completed within the five year period before the date of application for admissions at the Acupressure Therapy Institute. Approval will be based on written petition, proper documentation and discretion of the instructor and program director. Classes which require a practical proficiency component (ie. Tai Chi/Qigong, Adjunct Therapies, etc.) will require a practical exam for evaluation at a fee of \$50.

## AUDITING COURSES

Students may apply to audit individual classes. Acceptance is by consent of the instructor. Courses taken on an audit basis fulfill no curricular requirements. If you audit a course, you attend classes but do not turn in assignments or take exams. No grade is issued and you do not receive

credit for the course. An audit is useful: (1) if you want a review of an area you are already knowledgeable in, or; (2) if you are interested in attending specific classes but not interested in certification. Tuition is reduced for auditing classes. Should you audit a course and later need it for credit, you will be required to register for the course with full tuition and complete all assignments and exams.

## TUITION

Tuition for the 730-hour Acupressure Therapy Institute is \$9,775. Details for tuition costs, payment plans and other student costs are available in the student enrollment agreement.

## FEES

\$50	Application Fee
\$9,775	Tuition for 730-hr. certification program
\$1,550	Anatomy & Physiology 100-hr. (exemption possible if transcripts show you have taken A&P within five years of enrollment)
~ \$642	Books and supplies (prices subject to change)
~ \$100	Liability insurance required for clinic (~\$2,000,000 coverage)
\$60	Student membership in the American Organization for Bodywork Therapies of Asia (AOBTA)

Financial responsibility is a necessary part of any education and of succeeding in the business world. Although the institute does not offer grants we are approved for Sallie Mae's 100% financing for qualified borrowers. ATI offers a small work-study tuition credit for a qualified student each new enrollment. In addition we offer flexible payment plans for quarterly or monthly payments with modest finance fees. MasterCard and Visa are also accepted. There will be a 3% fee for charging any tuition payment over \$100 to a credit card with a \$1000 limit on any single charge.

## PAYMENT PLANS/REFUND POLICY

All students are required to sign an Enrollment Agreement/Refund Policy upon registration. Please refer to the Enrollment Agreement for an explanation of payment plan options and the policy for refunds in accordance with Massachusetts law.

## ACADEMIC POLICIES CERTIFICATION REQUIREMENTS

The Acupressure Therapy Institute awards a certification of completion in Acupressure Shiatsu Therapy to students who have met the certificate requirements. A nominal fee will be charged for the printing of the certificate to be awarded at time of graduation. The certificate will be awarded to students who meet the following requirements:

1. The satisfactory completion of the required number of hours.
2. Satisfactory completion of all course requirements.
3. A cumulative letter grade of C (grade point average of 2.0) or better.
4. A satisfactory record of student comportment.
5. Payment of all fees and tuition owed to the Acupressure Therapy Institute.

## GRADING SYSTEM

Final grades are issued to students in letter grades as follows:

Letter Grade	Percentage	Grade Point Average (GPA)
A	93 and above	4.0
A-	90-92	3.7
B+	87-89	3.3
B	83-86	3.0
B-	80-82	2.7
C+	77-79	2.3
C	73-76	2.0
C-	70-72	1.7
D	60-69	1.0
F	Below 60	0.0
P	Pass	
I	Incomplete	0.0
W	Withdrawal	0.0
AUD	Audit	0.0

Each faculty member clearly states his/her grading policy on the course syllabus. Grading is at the discretion of the individual faculty member in accordance with the grading policy approved by the program director. Students will receive a full grade report and evaluation at the end of each class. Students must satisfactorily complete each course before being allowed to enroll in the next level of study. Students who receive a failing grade will be required to repeat that course at full tuition rates and fulfill any requirements deemed necessary by the instructor, before continuing to the next level of study. Non-core curriculum classes may be offered on a pass/fail basis.

## EXAMINATIONS

Student evaluations will be determined from written and practical examinations throughout each course. The purpose of examinations is to aid the student in ascertaining his/her own level of proficiency and knowledge.

## MAKE-UP EXAMS

Make-up of final examinations must be arranged with the instructor involved. No charge will be made to students who present a valid doctor's certificate of illness or family emergency. A make-up exam fee may be assessed in all other cases.

## TUTORING

ATI is committed to supporting students in the completion of their academic course of study. Students who are experiencing difficulty or who have been identified by faculty as having difficulty are encouraged to consider private tutoring with instructors or graduates. It is ultimately the student's responsibility to make arrangements with the tutor for time and fees.

## TERMINATION/WITHDRAWAL/ LEAVE OF ABSENCE

The administration reserves the right to request the termination of a student at any time to maintain the academic standards of the program

or for any reasons deemed appropriate.

The student shall be accorded the right to an appeals process. A written appeal may be submitted for review by the administration, and if deemed suitable, the student may be granted a probationary period to be determined by the faculty before consideration of readmittance into the program.

Students wishing to withdraw from the program voluntarily must apply in writing. The effective date of withdrawal to be used to determine any refund per the refund policy will be the date the application is mailed. Failure to attend classes or merely giving notice to the instructor is not considered an official withdrawal.

Students needing a leave of absence for special circumstances may make arrangements on an individual basis; upon resuming their academic studies, any changes in program requirements will apply for completion of the program.

### ATTENDANCE/TARDINESS

Students are expected to attend all scheduled classes and special seminars as required. Approval from the instructor is necessary for more than two absences. All class materials, practicums and exams must be satisfactorily made-up to receive a passing grade for the course. Students are asked to make necessary arrangements to avoid any tardiness to scheduled classes. Should a student be consistently tardy to class without reasonable explanation or instructor approval, a warning and probationary period will be invoked.

Should the situation not improve, formal complaints may be brought before the administration. Attendance records will be maintained in order to provide verification if needed. Attendance and class participation is a percentage of the final grade in each course.

### CONDUCT/ATTIRE/ PERSONAL HYGIENE

Students are expected to respect and uphold the academic policies of the program. Students are

expected to conduct themselves with appropriate demeanor, suitable attire and hygiene. Hands should be clean at all times and nails must be trimmed short. Students will be expected to wear whites for participation in the student public clinic.

### TEACHER/STUDENT RATIO

Class size will be limited to 24 students.

### GUIDANCE & COUNSELING

The Acupressure Therapy Institute provides guidance and counseling to support both personal and professional aspects of the student's life. Private consultations with the Director or pertinent faculty members are arranged to discuss options available to the students in need of counseling. Discussions may include a student taking a leave-of-absence, maternity-leave, or withdrawal from the program. It may also include listening to student's personal life challenges that might impact his/her performance at ATI and his/her health. Appropriate recommendations and referrals are made to support the student achieve his/her goals and health.

### JOB PLACEMENT

The Acupressure Therapy Institute shares with its students any job listings or employment opportunities that have been sent to the school. This information is made readily available to the students. No job placement is guaranteed.

### LIBRARY RESOURCES

ATI has entered into special arrangements with the New England School of Acupuncture (NESA) in Watertown, MA. for ATI enrolled students to have one year library privileges with NESA's online, video and stack library. This enables students to research reference materials to enable them to write their thesis required for graduation. It also offers the opportunity to explore topics of interest within the Chinese medicine field and related areas.

### COMPLAINTS PROCESS

Formal complaints by students or faculty shall be processed by the administration as follows: complaints must be submitted in writing and an appointment made with the administration for initial discussion, after which the administration will make such arrangements as is necessary for satisfactorily resolving conflicts through arbitration of the involved parties. The student has the right to contact the MA Department of Elementary & Secondary Education; email: [proprietaryschools@mass.doe.edu](mailto:proprietaryschools@mass.doe.edu); phone 780.338.6048.

### WORK STUDY

The Acupressure Therapy Institute offers a limited work study opportunity. Please inquire if interested.

### RECORDS

All student academic records are confidential. Student information shall be released only at the written request of the student. Students may gain access to their records by appointment with the administration. Patient records from the student public clinic will be kept in confidentiality and will not be released without the written consent of the client.

### CANCELLATION OF CLASSES/SCHEDULE CHANGES/SNOW DAYS

The Acupressure Therapy Institute reserves the right to cancel any course that does not meet its minimum enrollment by the registration deadline date. In the event of cancellation, full refunds will be granted or tuition credit applied toward another course. In case of inclement weather or unusual circumstances, classes will be rescheduled. The winter class calendar will reserve extra teaching days to be used for make-up in case of class cancellations due to snow.

## ACADEMIC PROGRAM

### ACUPRESSURE SHIATSU CERTIFICATION PROGRAM

The Acupressure Therapy Institute offers a 730-hour program for professional training in Asian Bodywork Therapy that may be completed in 16 months. Classes are scheduled two evenings a week with one weekend per month for intensive submersion. Calendars and schedules will be available for the calendar year. The curriculum and course descriptions are as follows:

#### 730 HR ACUPRESSURE CERTIFICATION PROGRAM

100 hr.	Anatomy & Physiology
512 hr.	Core Classes in Acupressure Shiatsu
13 hr.	Chair Acupressure
30 hr.	Adjunct Therapies
20 hr.	Business management
13 hr.	Ethics
32 hr.	Electives
10 hr.	CPR/First Aid

### CLINICAL REQUIREMENTS

The Acupressure Therapy Institute requires students to attend a minimum of 100-hours in supervised student treatment clinic. Students will be required to obtain liability insurance before participating in the student clinic (\$2,000,000 coverage is available to students for \$107 per year at Hands-On Trade Association). Students participate in two on-site clinics: (1) A Chair Acupressure Clinic during Level 3 gives the opportunity for students to develop their confidence in giving Shiatsu Acupressure in short sessions to clients in a seated position. (2) Student Acupressure Clinic during Level 5 prepares students in applying theory and technique in a practical setting and gives students confidence and

experience for opening their private practices upon graduation.

In addition, an off-site ATI Student Acupressure Clinic at the Massachusetts Hospital School is offered. This is a wonderful opportunity to work with a special population of disabled adolescents. Acupressure sessions are given in a team approach with students assisting the supervisors during the treatments. A minimum of 15 hours is required for participation. Available positions are limited and a fee of \$200 not included in the tuition is required. Check the website for new clinic opportunities at off-site hospital and community centers.

### **ANATOMY AND PHYSIOLOGY (100 HOURS)**

A comprehensive study of western human anatomy and physiology of all the major systems is required for certification. Anatomy and Physiology for Asian Bodywork Therapists is offered at ATI as weekend intensives over four or five months. This will fulfill the 100-hr requirement. This course is designed specifically for bodyworkers and introduces eastern perspectives to A&P. Check website for A&P scheduled dates. Alternatively A&P may be completed by attending a course at a local college. Exemptions are possible if transcripts show that you have taken 100 hrs. of A&P within five years of enrollment.

### **CORE CLASSES IN ASIAN BODYWORK THERAPY**

These will emphasize Acupressure Shiatsu and consist of 5 Levels, 50 hours of independent case studies and a final thesis. Each Level will include theory, demonstration and hands-on application. Level 5 students will participate in a Student Acupressure Clinic. As advanced students, they will be able to take client histories, do assessments based on interviewing, observation and palpation skills and to plan appropriate treatments for individual clients. Student clinics will be supervised by an instructor at all times. A description of the 5 Levels of core classes follows. Refer to the calendar schedule available online for semester details.

### **LEVEL 1A: FUNDAMENTALS OF ACUPRESSURE SHIATSU (72 HOURS)**

Students will learn a whole body shiatsu form. Concepts of yin and yang, qi, blood and fluid will be presented including their correlation with the channel system. Students will learn the theory of the 12 main channels; their anatomical locations, functions, correlations with the diurnal and five phase cycles, and interrelationships. Location and energetics of major acupoints will be learned. Students will be introduced to the four basics of assessment skills - asking, looking, listening and touching.

### **LEVEL 1B: ACUPRESSURE POINT LOCATION (33 HOURS)**

The anatomical location and energetic functions of approximately 60 major acupoints will be learned. The pathways of the twelve major channels will be reviewed. Emphasis will be placed on developing kinesthetic skills and sensitivity of touch.

### **LEVEL 2: THEORETICAL FOUNDATIONS & INTERMEDIATE SHIATSU (72 HOURS)**

Assessment skills including pulse, tongue, abdominal and back palpation are continued. Concepts of zang-fu theory are presented with differentiation of patterns. Advanced shiatsu techniques include side position and use of elbows, knees and foot. Treatment forms for specific conditions common to zang-fu patterns are learned with an introduction to combining acupoints.

### **LEVEL 3: TRADITIONAL CHINESE MEDICINE PATTERNS AND CLINICAL ACUPRESSURE I (69 HOURS)**

Zang-fu organ pathologies and aetiologies are continued. Common patterns will be studied for each of the major organs. Acupressure treatment

patterns will be discussed and presented for common clinical conditions often seen in practice ie. headaches, PMS, dysmenorrhea, asthma, low back pain, etc. Students will learn how to identify, differentiate, and create a treatment plan for specific conditions. The appropriate use of adjunct therapies including magnet treatment, sotai, and moxibustion will be explored.

### **LEVEL 4: CLINICAL ACUPRESSURE II & EXTRAORDINARY VESSEL ACUPRESSURE (69 HOURS)**

The study of common clinical conditions is continued. Theoretics of the Extra Vessel system will be presented. Students will learn abdominal palpation patterns for differentiation and assessment for the 8 Extra Vessels. Acupressure patterns will be presented for specific treatment of imbalance in the Extra Vessels which can treat the deep energetic source or "root."

### **ASSESSMENT AND PRACTICUM REVIEW (27 HOURS)**

A review of assessment techniques and practical clinical treatments are practiced in preparation for the student clinic experience in the fifth semester.

### **LEVEL 5: STUDENT TREATMENT CLINIC (97 HOURS)**

A supervised student clinic open to the public by appointment will prepare the student for opening his/her practice after graduation. Students will be responsible for making appointments, setting up the clinic and receiving clients. In addition, students will do client intakes, evaluate and assess the presenting condition, carry out a full treatment and plan follow-up care. Emphasis will be on developing a professional manner and gaining experience in dealing with the diversity of situations that commonly arise in a clinic setting. Case histories will be reviewed and discussed on a regular basis throughout clinic.

### **INTRODUCTION TO CLINIC (9 HOURS)**

The logistics and procedures of making appointments and running the student clinic will be reviewed. Forms and procedures for keeping

case histories on clients in clinic will be provided. In addition, proper and ethical conduct will be discussed, as well as, problems that might arise in a clinic setting. Intro to clinic will be scheduled before the spring and fall student clinics.

### **INDEPENDENT CASE HISTORIES (50 HOURS)**

Throughout the five levels of study, students will be required to write up case histories on clients that are followed outside of class, as well as, on clients followed in the student treatment clinic. The case histories will reflect the student's increasing knowledge and ability to assess, evaluate and plan treatments. Group discussions will assure a deeper understanding of individual cases and will explore the best treatment options that can be offered including adjunct therapies and client education. A total of 50 case histories will be submitted and/or presented for review by an instructor.

### **FINAL THESIS (14 HOURS)**

A final thesis is required at the end of the core curriculum classes. It must be at least five typewritten pages and include an introduction, research results, discussion, and a reference bibliography. The topic may be any special field of interest in Asian Bodywork Therapy approved by the instructor. A presentation to the class will be required.

### **ADJUNCT THERAPIES (30 HOURS)**

Adjunct therapies to the practice of Asian Bodywork Therapy include Sotai (Japanese corrective exercises), magnet therapy, moxibustion (a special Asian herbal heat therapy), liniments and poultices, cupping and gwashu. The history, theory and principles of technique will be presented through lecture, demonstration, and practical application. When appropriate adjunct therapies may be used in the student treatment clinic with instructor supervision.

**BUSINESS MANAGEMENT  
(20 HOURS)**

Business management is taught so that students will be capable of setting clear professional goals and will have the tools and knowledge to achieve them. Pertinent legal considerations, licensing and professional organizations will be covered. Practical aspects of how to start a small business will be taught along with successful management practices. Students will be prepared upon graduation to have the know-how to successfully establish themselves as professional practitioners.

**ETHICS (13 HOURS)**

The professional ethics requirement is designed to help students to prepare for ethical decision-making in professional practice. It is also designed to aid students in developing their emerging professional identities and also to encourage students to maintain the highest standards of ethical and professional practice. The course content will include such topics as: regulation of the profession and code of ethics, issues of boundaries in relation to bodywork, interpersonal aspects of the therapeutic relationship, responsibilities of the therapist, emotional and psychological factors in physical illness.

**CONTRAINDICATIONS**

Guidelines for safe practice and proper contraindications are integrated in each Level and discussed in class.

**ELECTIVES (32 HOURS)**

Elective classes offer the student the opportunity to focus on areas of special interest. Various topics may include Chair Acupressure, Five Phase Theory, the Pulse Revisited, Meridian Channel Theory, Reiki, Tuina, and more. Info on seminars and workshops are available online.

**FIRST AID/CPR**

Standard First Aid with Adult CPR is required for certification. This course is taught by the American Heart Association and the American Red Cross. When possible classes are scheduled at ATI.

**BOOKS & SUPPLIES**

Expenses for required books and materials will be approximately \$642. This cost is not included in the tuition. The following list may be subject to change by the faculty and administration. Students should anticipate modest expenses for optional supplies such as magnets, moxa, cups, plasters and other miscellaneous items. When possible the Acupressure Therapy Institute will place a group order for discounted rates. Prices are subject to change.

**Required**

Lecture Handouts ..... (copying costs)

**Points to Ponder**

Blanchard, Editor ..... \$ 14

**Chinese Acupuncture and Moxibustion**

Cheng Xinnong, Editor  
ISBN 7119017586 ..... \$ 65

**Acupuncture A Practical Guide to Point**

Location, Barbara D. Ferro ..... \$65

**Human Anatomy & Physiology**

(7th edition), Elaine N. Marieb  
ISBN 080539095 ..... \$93

**The Anatomy Coloring Book,**

(3rd edition),  
ISBN 0-8053-5086-1 ..... \$17

**Acupuncture Case Histories  
from China**

Chen Jirui and Nissi Wang, Editors  
ISBN 0939616076 ..... \$35

**Business Mastery, 4rd Edition**

Cherie M. Sohnen-Moe ..... \$ 24.95  
ISBN 0962126543

**Ethics of Touch** ..... \$ 28

Ben E. Benjamin & Cherie M. Sohnen-Moe

Acupuncture Doll ..... ~ \$ 35  
Body Support System ..... ~ \$507  
Adjunct Therapies Materials  
kit fee ..... \$ 60

**Recommended / Optional****Shiatsu for Beginners**

Nigel Dawes ..... \$16.95  
ASIN 0761501320

**The Foundations of  
Chinese Medicine**

Giovanni Maciocia ..... \$120  
ISBN 0443039801

**Extraordinary Vessels**

Matsumoto & Birch ..... \$20  
ISBN 0912111356

**The Web That Has No Weaver**

Ted Kaptchuck ..... \$18.95  
ISBN 0809228408

**The Clinic Companion**

Mary Landry ..... \$45

Portal Pro Chair  
(after student discount) ..... \$449

Shiatsu Futon Mats\* ..... ~\$140 ~ \$260

Zabutons & Bolsters\* ..... ~\$50 ~ \$65 ea.

\* Prices vary depending on specifics of size,  
materials and shipping.

**FACULTY &  
ADMINISTRATION****Program Director and  
AOBTA Certified Instructor**

**Barbara Blanchard, Lic.Ac., Dipl.Ac. & Dipl.ABT** (NCCAOM), ABT & CI (AOBTA), a highly respected teacher and practitioner, was one of the founding directors of the New England Shiatsu Center (1986-1991). She was the founding treasurer for the first national professional association for shiatsu, the American Shiatsu Association, which later merged with other national groups and schools to form the American Organization for Bodywork Therapies of Asia (AOBTA). Barbara recently retired from the biology department at Massachusetts Institute of Technology where she researched biochemical mechanisms and therapies for Alzheimer's disease. She is a graduate of the Acupuncture and Shiatsu Therapy Center of Boston and the New England School of Acupuncture. She was director and primary instructor for the Acupressure Certification Program at The Institute for Optimal Health (OMNI) in Hingham, Ma. for 1997 to 1999. A licensed acupuncturist in Massachusetts and a Certified Instructor of the AOBTA, Barbara has taught her own style of

Extraordinary Vessel Acupressure for more than 20 years. Her studies with Dr. Yoshio Manaka, Steve Birch, Kiiko Matsumoto, Shizuko Yamamoto and others have influenced her style in integrating classical and modern Japanese meridian theory with Asian bodywork and Acupuncture. She brings a unique inspiration for learning and dedication to the healing arts to her students. Her private practice includes Acupuncture, acupressure, magnet therapy and homeopathy. (*Advanced Core Curriculum classes, Clinic Supervisor, Adjunct Therapies, Program Director and Administrator*)

## FACULTY (in alphabetical order)

**Isabel Balmaseda**, M.Ed., ABT, Lic.Ac. has been a movement educator for twenty years at Perkins School for the Blind in Watertown, MA where she has taught visually impaired adolescents. Working with the students she has learned many tactual and kinesthetic techniques, and she continues to teach movement and swimming with this special population part-time. She completed her studies in shiatsu and acupressure at the New England Center for Oriental Bodywork in Brookline, MA in 1995. Barbara Blanchard was one of her instructors and she has been influenced greatly by her unique style of Acupressure. Isabel graduated from the New England School of Acupuncture (NESA) in 1996 and is a licensed acupuncturist in Massachusetts. She has been a NESA teaching assistant in point location and clinical and structural anatomy. She has continued to work with special populations, successfully bridging her educational interests with her interests in energetic medicine. Isabel works at the Massachusetts Hospital School in Canton, MA where she heads the pain management clinic and provides Acupuncture and Acupressure services to adolescents with physical disabilities. She is the supervisor for the Acupressure Therapy Institute's off-site student clinic at Mass. Hospital School, Canton, MA (*Acupressure Point Location, Chair Acupressure, Clinic Supervisor of ATI Student Clinic, Clinic Supervisor of ATI's Acupressure Student Clinic at Mass. Hospital School*)

**Ping C. Chan**, Lic.Ac. has studied at the Chinese College of Acupuncture, the Chinese Medical Institute and the Kowloon Chinese Traditional Medicine College, Hong Kong, China. A specialist of Tui Na and traumatology treatment, Chan has taught at the New England School of Acupuncture, Watertown, MA since 1989. He has more than thirty years of practical experience which enriches his teaching. Chan makes his own herbal formulas for trauma plasters and liniments. He has a practice in Quincy and is a primary faculty member of the Chinese Acupressure Tui Na Certification Program at ATI. (*Tui Na Acupressure*)

**Susan Liao**, LMT is a graduate of Princeton University and Cortiva Institute-Muscular Therapy Institute and brings over 10 years of experience in the marketing & advertising industries, with expertise in small business management and online marketing strategies. Susan is also founder of Hara Wellness, a group massage therapy and shiatsu practice in Central Square, Cambridge, MA, and the project director for Boston Logic Technology Partners, a web site development company located in Boston, MA. (*Business Management*)

**Lisa Lipson**, M.P.H, Lic.Ac, M.Ac., Dipl.Ac. & C.H. has worked in the health care field for the past 15 years. She has a Masters in Public Health with a concentration in epidemiology/biostatistics and social behavioral medicine. She is a graduate of the New England School of Acupuncture, where she studied Acupuncture and Chinese herbal medicine and is currently a faculty member in the Chinese Herbal Medicine Department. She maintains a private practice in Cambridge, MA. She is interested in the intersection of eastern and western medicine, and is currently involved in a National Institutes of Health-funded research project on evaluating complementary and alternative medicine. (*Ethics*)

## LOCATION & DIRECTIONS

Acupressure Therapy Institute is located at:  
One Billings Road, Quincy, MA. 02171 Telephone: 617.697.1477

### By train:

- We are conveniently located approximately three blocks south of the North Quincy T station off Hancock Street.
- Take the red line outbound towards Braintree (NOT Ashmont) to the North Quincy Center T stop.
- Exit train and walk up steps.
- Turn right at top of stairs (turn left if you are exiting an inbound train towards Boston) and go out past token booth to street (bus stop area).
- Walk directly across Squantum Street and enter Holmes Street
- Walk down Holmes Street for one long block.
- Turn right onto Billings Road.
- One Billings Road is a red brick building on the left.

### By car: From Boston & points north:

- Take the Southeast Expressway (RTs 3 and I-93) to Exit 12-toward RT-3A S/Neponset/Quincy.
- Turn slight right (towards Quincy/Marina Bay) onto Neponset Bridge.
- Stay on the right side and take the ramp exit continuing straight onto RT-3/Hancock Street
- Continue through 4 lights (and 2 blinking yellow lights), take a right onto Billings Road (Balducci's pizza will be across the street on your left).
- One Billings Road is on the left (a red brick 3-story office building) at the end of the block.
- Parking is available onsite.

### By car: From the Cape:

Rt3N toward Boston.

- Take the first exit after the Braintree split, Exit 8 to Furnace Brook Parkway/Quincy college.
- Stay on Furnace Brook Parkway through five lights (and one blinking light) until you come to Hancock Street
- Turn left and continue about 1.3 miles to Billings Road (Balducci's pizza will be on your right).
- Turn Left onto Billings Road go to end of street to # One on the left (a red brick 3-story office building).
- You can park on the street or anywhere under the building

### By car: From points south:

I-95N via Exit 13A-toward Boston.

- Take I-93N to Exit 12- toward Braintree/Boston.
- Take the first exit after the Braintree split, Exit 8 to Furnace Brook Parkway/ Quincy college.
- Stay on Furnace Brook Parkway through five lights (and one blinking light) until you come to Hancock Street
- Turn left and continue about 1.3 miles to Billings Road (Balducci's pizza will be on your right).
- Turn Left onto Billings Road go to end of street to # One on the left (a red brick 3-story office building).
- You can park on the street or anywhere under the building
- Parking is available onsite.