

Medical Qigong Certificate Programs

2013 - 2014



Provide **Compassion** and **Healthy Energy Exchange**

Medical Qigong functions to activate, cultivate, balance, harmonize, transform and manage the Qi-energy for self-healing, self-care and healing others. Anyone can learn it, no matter what age or way of life. Our medical Qigong program will train health care practitioners on how to incorporate Qigong into their personal and professional lives.

Those who are able to synchronize their personal energy with the energy of the universe through cultivating Qi will maintain a healthier body and mind, as well as have greater insight, clarity and creativity. Additionally, due to increased internal Qi flow, Qi cultivators naturally experience the functions of the internal organs at a subtle energy level and, over time, come to understand the signals and sensations of the internal organs.

A unique aspect of Qigong practice is that we can become deeply aware of the connection between the mind and the body, and use the information we receive from the body's communication network to facilitate our own healing process or that of others. Our program uses a modern approach to medical qigong that is a rich blend of ancient Chinese teachings, documented scientific research, and decades of personal practice and experiential understanding by the creator of Yi Ren Medical Qigong.

We offer two certificate programs. The **Medical Qigong Self-Care Certificate Program** is open to any health and wellness practitioner (anyone in a client-practitioner relationship) who wishes to cultivate Qi and move Qi along the pathways to maintain their own health and avoid burnout in their professional practice. The second program, **Medical Qigong Therapist Certificate Program** is designed for licensed health care professionals who wish to use Qigong to assist with treating common health ailments.

PROGRAM INFORMATION SESSIONS – Free

Learn more about this and our other non-credit weekend programs at one of our free Info Sessions: 9/10/13, 1/8/14 and 4/9/14. Meet the instructors. Attend two free mini-workshops. Pre-registration required: www.Bastyr.edu/Continuing-Education

Programs, Courses & Hours (see course descriptions on reverse side)

- Each 95-hour class (42 CEUs/PDAs) includes 45 hours of in-class instruction, 30 hours of Qigong practice outside of class, and approximately 20 hours of reading
- Each class (1-6 below) is held on two Sat/Sun weekends plus two Saturdays (9a.m. – 5:30p.m.)

Medical Qigong Self-Care Certificate (285 hours)

Audience: licensed health care professionals, other health/wellness practitioners in a client-practitioner relationship, and students in a practitioner program. Registration priority: 1st priority to licensed health care professionals enrolling for the first time, 2nd priority to other health/wellness practitioners enrolling for the first time, and 3rd priority to health care professionals and other health/wellness practitioners wishing to retake.

- 1: Internal Qi-Energy Activation (Fall '13: 9/14-15, 10/12, 11/16-17 & 12/7)
- 2: Internal Organ Energy Pathways (Winter '14: 1/4-5, 2/8, 2/22 & 23 & 3/8)
- 3: Extraordinary Energy Pathways (Spring '14: 4/12-13, 5/3, 5/17-18 & 6/7)

To earn a Certificate of Competency, you need to take three courses for a total investment of \$3,495 (at prof/public "early bird" rate).

Medical Qigong Therapist Certificate (570 hours)

Audience: licensed health care professionals who have completed Self-Care program.

- 1-3: All Self Care Certificate courses along with the following three courses:
- 4: Qigong Diagnostics (Fall '14, dates TBA)
- 5: Therapy for Health Conditions (Winter '15, dates TBA)
- 6: Therapy Ethics (Spring '15, dates TBA)

To earn a Certificate of Competency, you need to take six courses for a total investment of \$7,055 (\$3,495 for Self-Care courses plus \$3,560 for Therapist courses and books – all at the prof/public "early bird" rate).

Fees - per 10-week class

You can "pay as you go" by registering for each class separately. The class fee includes a manual and DVD set for each class (\$60 value per set). The only additional cost is the purchase of the following for the Therapist Program: *Ling Shu - The Spiritual Pivot*, by Jing-NuanWu (\$31), and *The Medical I*

	Early Bird	Regular
Professional	\$1,165	\$1,395
Bastyr Alumni:	\$1,065	\$1,275
Full-time Student:		\$ 875
Retake:		\$ 395

GUAN-CHENG SUN, PhD

Dr. Sun is the core instructor of the program. He is the developer of Yi Ren Medical Qigong and founder of the Institute of Qigong & Integrative Medicine in Seattle. Dr. Sun earned his PhD in molecular genetics from the Graduate University for Advanced Studies in Japan in 1993.



Dr. Sun is also a Qigong teacher with over 35 years of practice in a program which he began learning at the age of nine from his grand-uncle in China. Dr. Sun's Yi Ren system of medical Qigong allows a person to develop internal energy right away, so that one's own internal energy system activation and cultivation promotes the prevention and healing of chronic illnesses. Dr. Sun's understanding of modern molecular genetics and scientific principles, as well as his experience with internal energy cultivation, allows him to create a unique bridge between cultures.

Dr. Sun is currently engaged in mind-body medicine and energy medicine research at Bastyr University, as well as teaching Qigong academic classes. He is also the author of *Yi Ren Medical Qigong - A Guide to a Better-Functioning Body and a Peaceful Mind*, and *Yi Ren Medical Qigong Manual I, II, III, IV, V and VI*.

7/10/13

CANCELLATION, TRANSFER & REFUND POLICY
Please submit your request in writing (email or fax). Unless otherwise specified in the individual course descriptions, cancellations or transfers made up to 14 calendar days before the first day of the course will result in a full refund, less a \$35 processing fee or 20% of tuition, whichever is less. No refunds are granted for cancellations made with less than the 14-day notice. Returned checks will be assessed a \$28 fee. Students registered for the full course will not be refunded for any missed sessions and may not receive certificates of completion for partial completion of a seminar. Bastyr University reserves the right to cancel courses with insufficient enrollment, in which case a full refund will be granted to those registered.

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REGISTRATION: Visit www.Bastyr.edu/Continuing-Education
call (425) 602-3152, or at our campus office **Room 441**.

Medical Qigong Certificate Programs

Course Descriptions



Medical Qigong Self-Care Certificate Program (285 hours)

Receive fundamental Qigong and energy medicine training to develop the internal energy matrix and Qi-communication network for maintaining one's own vitality and health. This training will enhance the quality and efficacy of your professional skills, as well as provide protection from energy depletion during your professional work with clients/patients. Earn a "Certificate of Completion" for each course upon attending 45 hours of class instruction, approximately 20 hours of reading outside of class, documentation of 30 hours of Qigong practice, and passing a written quiz of 80% accuracy or higher. After successfully earning certificates for Qigong 1, 2 & 3, you can take the culminating written exam and pass with at least 80% accuracy to earn a "Certificate of Competency" in Medical Qigong Self-Care.



1: Yi Ren Medical Qigong & Internal Qi-Energy Activation (Prerequisite: None)

The focus is on Yi Ren Medical Qigong (YRMQ) philosophy and the natural steps of internal Qi-energy activation, cultivation, grounding and circulation, as well as how they relate to basic Qigong theory and principles. In addition, you'll explore methods and techniques for direct, experiential understanding of the functions of Du-Ren energy pathways in managing the activities of the autonomic nervous system.



2: Cultivation & Development of Internal Organ Energy Pathways (Prerequisite: Qigong 2)

The focus is on the methods of developing the 12 internal organ energy pathways (acupuncture meridians). Learn YRMQ practices for cultivating and clearing the internal organ energy pathways, such as the heart and small intestine energy pathway, and the kidney and bladder energy pathway. Explore five-element and meridian theories of Qigong therapy. Gain an experiential understanding of the functions of the internal organs at the subtle energy level, as well as the relationships between emotions and their corresponding internal organs.



3: Cultivation & Development of the Extraordinary Energy Pathways (Prerequisites: Qigong 1 & 2)

The focus is on the techniques for developing the extraordinary energy pathways. Learn YRMQ practices for cultivating the extraordinary energy pathways, including practices for the endocrine system and the internal organ interconnected energy pathways. Explore the functions of these extraordinary energy pathways at the subtle energy level. Integrate the experience of these newly activated and energized pathways with the study of the fundamental codes and symbols of the different energy interactions represented in the 64 hexagrams of the The Medical I Ching – Oracle of the Healer Within.



Medical Qigong Therapist Certificate Program

(570 hours, of which 285 hours are included in the "self-care" certificate program)

Licensed health care professionals who have obtained the Medical Qigong Self-Care certificate may opt to complete an additional 285 hours to earn the Medical Qigong Therapist certificate. This advanced study will provide energetic diagnostic techniques and methods to explore and understand the causes or roots of an illness in order to treat the patient not only for health conditions, but also as a whole person. Additionally it offers Qigong therapeutic training to treat the cause and root of an illness to facilitate a more effective and complete healing and recovery for a patient.

Earn a "Certificate of Completion" for each course upon attending 45 hours of class instruction, approximately 20 hours of reading outside of class, documentation of 30 hours of Qigong practice, and passing a written quiz of 80% accuracy or higher. After successfully earning the Medical Qigong Self-Care Certificate of Competency and completing Qigong 4, 5 & 6, you can take the culminating written exam and pass with at least 80% accuracy to earn a "Certificate of Competency" as a Medical Qigong Therapist.



Qigong 1-3 (above) along with the following three courses:



4: Qigong Diagnostics (Prerequisites: Qigong 1-3)

The focus is on the Qi-energy diagnostic methods and techniques for energy healing in the clinic. Receive numerous diagnostic tools, including Qi-image perception method, and Qi-energy body communication method. Explore what happens in the process of a Qi-energy-information communication between a Qigong therapist and a patient, and practice "reading" these energetic signals. Discuss issues of Qigong therapist boundaries and self-care.

5: Qigong Therapy for Health Conditions (Prerequisites: Qigong 1-4)

This is an introduction to the applications of five-element theory in healing specific health conditions, including self-care exercise design and how to treat patients with Qi-energy. Study the natural changes both within the body and the outside environment, and how those changes affect one's health and quality of life. Explore the energy healing principles and specific YRMQ practices patients can use in self-healing for a variety of health conditions, including type 2 diabetes, insomnia, chronic pain, and arthritis. Practice YRMQ techniques for "downloading" and "uploading" healing energy during healing sessions.

6: Qigong Therapy Ethics (Prerequisites: Qigong 1-5)

The focus is on Qigong healing philosophy and the ethical code for professional Qigong therapists. The world-view of the Qigong therapist is based upon study of the living and energized body, and thus is not purely mechanistic or anatomical. It participates in a perspective of creation that is fundamentally energetic and spiritual, dynamic and relational. One's own healing and the healing of others are seen in the context of consciousness, energy and development of virtues. This course provides methods and tools for conducting Qigong healing sessions, including energy preparation before healing sessions and advanced self-care practice to be used after healing sessions. Also, explore and experience the healing power of complementary energy resources during healing sessions.