

# BASTYR UNIVERSITY CATALOG 2012-2013

## SCHOOL OF ACUPUNCTURE AND ORIENTAL MEDICINE

Combined Bachelor/Master of Science in Acupuncture  
Combined Bachelor/Master of Science in Acupuncture and Oriental Medicine  
Master of Science in Acupuncture  
Master of Science in Acupuncture and Oriental Medicine  
Certificate in Chinese Herbal Medicine  
Doctor of Acupuncture and Oriental Medicine

## SCHOOL OF NATURAL HEALTH ARTS AND SCIENCES

Bachelor of Science with a Major in Health Psychology  
Bachelor of Science with a Major in Integrated Human Biology  
Bachelor of Science with a Major in Nutrition  
Bachelor of Science with a Major in Exercise Science and Wellness  
Bachelor of Science with a Major in Nutrition with Didactic Program in Dietetics  
Bachelor of Science with a Major in Nutrition and Exercise Science  
Bachelor of Science with a Major in Nutrition and Culinary Arts  
Combined Bachelor/Master of Science in Midwifery  
Master of Arts in Counseling Psychology  
Master of Science in Midwifery  
Master of Science in Nutrition (Research)  
Master of Science in Nutrition and Clinical Health Psychology  
Master of Science in Nutrition with Didactic Program in Dietetics  
Dietetic Internship

## SCHOOL OF NATUROPATHIC MEDICINE

Bachelor of Science with a Major in Herbal Sciences  
Certificate in Holistic Landscape Design  
Doctor of Naturopathic Medicine

*Curriculum and course changes in the 2012-2013 Bastyr University Catalog are applicable to students entering during the 2012-2013 academic year. Please refer to the appropriate catalog if interested in curricula and courses required for any other entering year.*

# CONTENTS

<b>General Information</b> .....	3
Introduction .....	3
Students .....	6
Student Affairs.....	7
Financial Policies .....	10
Facilities .....	12
Academic Policies and Procedures.....	13
Faculty.....	21
Simkin Center for Allied Birth Vocations .....	22
Certificate, Community and Continuing Education .....	22
Bastyr University Research Institute .....	22
Center for Interdisciplinary Studies .....	23
Center for Spirituality, Science and Medicine...	24
Center for Student Research .....	24
Library .....	24
<b>General Admissions</b> .....	25
<b>Bastyr Undergraduate Programs</b> .....	30
<b>School of Acupuncture and Oriental Medicine</b> ...	32
Combined Bachelor's/Master's Program.....	34
Master of Science in Acupuncture .....	35
Master of Science in Acupuncture and Oriental Medicine .....	35
Certificate in Chinese Herbal Medicine.....	40
Doctor of AOM Program .....	41
<b>School of Natural Health Arts and Sciences</b> .....	45
Department of Basic Sciences .....	46
Bachelor of Science with a Major in Integrated Human Biology.....	46
Cadaver Anatomy.....	48
Department of Counseling and Health Psychology.....	48
Bachelor of Science with a Major in Health Psychology .....	49
Master of Arts in Counseling Psychology.....	51
Naturopathic Medicine/Counseling Psychology Dual Track.....	52
Department of Midwifery .....	53
Department of Nutrition and Exercise Science...	57
Undergraduate Programs .....	58
Bachelor of Science with a Major in Nutrition...	58
Bachelor of Science with a Major in Exercise Science and Wellness .....	59
Bachelor of Science with a Major in Nutrition with Didactic Program in Dietetics.....	60
Bachelor of Science with a Major in Nutrition and Exercise Science.....	62
Bachelor of Science with a Major in Nutrition and Culinary Arts .....	63
Graduate Programs .....	64
Master of Science in Nutrition (Research) ...	64
Master of Science in Nutrition and Clinical Health Psychology .....	65
Master of Science in Nutrition with Didactic Program in Dietetics.....	67
Dietetic Internship .....	69
<b>School of Naturopathic Medicine</b> .....	72
Bachelor of Science with a Major in Herbal Sciences .....	72
Certificate in Holistic Landscape Design .....	74
Doctor of Naturopathic Medicine .....	75
Departments within the Naturopathic Medicine Program .....	81
Botanical Medicine .....	81
Homeopathic Medicine .....	81
Physical Medicine .....	81
Naturopathic Medicine/Acupuncture and Oriental Medicine Dual Track .....	86
<b>Bastyr Center for Natural Health: Clinical   Education Practicum</b> .....	93
<b>Course Descriptions</b> .....	94
Basic Sciences .....	95
Botanical Medicine .....	101
Chinese Herbal Medicine Certificate.....	107
Dietetic Internship .....	108
Exercise Science and Wellness .....	109
Homeopathic Medicine .....	110
Interdisciplinary Studies .....	111
Midwifery .....	112
Naturopathic Medicine .....	116
Acupuncture and Oriental Medicine .....	122
Physical Medicine .....	131
Counseling and Health Psychology .....	132
Didactic Program in Dietetics.....	142
Science and Naturopathy.....	143
Nutrition .....	145
<b>Officers</b> .....	151
<b>Board of Trustees</b> .....	151
<b>Campus and Clinic Locations</b> .....	152
<b>Index</b> .....	153
<b>Federal Refund Requirements</b> .....	155
<b>Academic Calendar</b> .....	156

# GENERAL INFORMATION

## INTRODUCTION

Bastyr University, located in the beautiful Pacific Northwest approximately 15 miles from the city of Seattle, is a progressive, accredited, nonprofit university, internationally recognized as a pioneer in the study of natural health arts and science education and research. Since its inception, the University has based its educational, clinical and research programs on the following key principles:

- Treatment of the whole person
- Prevention of disease
- Teaching patients how to take responsibility for their own health
- Enhancing each individual's inherent healing ability, using natural, nontoxic therapies

Over the years the University has broadened its mission to integrate Western scientific standards with traditional natural healing methods from around the world. The University has expanded and strengthened the academic and clinical education of naturopathic medicine practitioners. It has developed unique academic degree programs in acupuncture and Oriental medicine, nutrition, exercise science and wellness, herbal sciences, culinary arts, midwifery, integrated human biology, and counseling and health psychology, as well as specialized nondegree programs that reflect its founding philosophy.

The education of graduate natural health practitioners and highly qualified undergraduate students at Bastyr University emphasizes development of the scientific understanding of the structure and function of the human body and the disease process, balanced with a profound appreciation for, and ability to activate, the unique self-healing ability inherent in every human being. The University's educational approach is an integrated one, offering traditional didactic instruction combined with innovative and interdisciplinary problem-based learning in rigorous academic and clinical environments. The learning experience emphasizes academic excellence, the development of individual talents and mastery of critical competencies.

Students learn under the guidance of outstanding faculty. More than 90 percent of the University's health sciences core faculty members have earned terminal degrees, and many are successful private practitioners who contribute a wealth of practical

experience to classroom and clinical instruction. Laboratory experiments, demonstrations, clinical experience and case-oriented instruction help students develop practical, patient-oriented skills and understanding. Student clinicians are also trained to recognize when other modes of treatment are in the best interests of the patient and to make appropriate referrals to colleagues in other health care professions.

Bastyr University is dedicated to educating individuals to meet the health and well-being needs of the 21<sup>st</sup> century. Through practice and research, Bastyr graduates will further develop ways to integrate scientific and traditional healing methods in support of the innate healing power of the individual as part of the greater human community.

### BASTYR UNIVERSITY VISION STATEMENT

*As the world's leading academic center for advancing and integrating knowledge in the natural health arts and sciences, Bastyr University will transform the health and well-being of the human community.*

### BASTYR UNIVERSITY MISSION STATEMENT

*We educate future leaders in the natural health arts and sciences. Respecting the healing power of nature and recognizing that body, mind and spirit are intrinsically inseparable, we model an integrated approach to education, research and clinical service.*

### BASTYR UNIVERSITY VALUES

- Compassion
- Community
- Integrity
- Connection to Nature
- Whole Systems Health

### BASTYR UNIVERSITY CORE THEMES

As an accredited university, Bastyr engages in an on-going self-assessment of its programs, student success, faculty, staff, physical capacity, long-term planning and resources. That process involves the development of core themes and goals that are used to characterize the University's priorities and provide the framework for continuous improvement.

- The University's core themes and goals are:
- Core Theme One—Academic Achievement

Goal A – Bastyr University offers a rigorous and relevant curriculum.

Goal B – Bastyr University has a highly qualified faculty with excellent teaching skills.

Goal C – Bastyr University supports student success and program completion.

#### Core Theme 2: Research in the Natural Health Arts and Sciences

Goal A – Faculty are encouraged and supported to pursue research/scholarly activity and disseminate findings.

Goal B – Students are encouraged to participate in research training/scholarly activity.

#### Core Theme 3: Clinical Training and Community Health

Goal A – All clinical programs provide clinical training that prepares competent entry-level health professionals.

Goal B – All clinical programs provide high-quality services to the community.

#### Core Theme 4: Interdisciplinary Integration

Goal A – Students gain the knowledge, skills and attitudes to work collaboratively with peers and others in a variety of health professions.

These four core themes align well with the Bastyr University mission statement: “We educate future leaders in the natural health arts and sciences. Respecting the healing power of nature and recognizing that body, mind and spirit are intrinsically inseparable, we model an *integrated approach to education, research and clinical service.*” Education, research and clinical services constitute the foundation upon which Bastyr University stands, and the interdisciplinary integration of these three primary areas of focus describes the approach the University uses to achieve mission fulfillment.

### BASTYR UNIVERSITY STRATEGIC PLAN

To fulfill its mission and vision and fully meet core theme objectives, the University must think and act strategically. Following a campus-wide, iterative and broadly inclusive process, the University’s Board of Trustees in December 2008 adopted and committed itself to the following core strategic initiatives:

**Strategic Initiative #1:** Convene essential generative conversations that inform the cultivation of practitioners and influence policy decisions that contribute to restoring the world’s intrinsic health.

**Strategic Initiative #2:** Determine what academic programs are essential to a robust and universal education in the natural health arts and sciences

and ensure that each program is focused on the achievement of excellence.

**Strategic Initiative #3:** Attract, support and retain world-class faculty and staff in the natural health arts and sciences.

**Strategic Initiative #4:** Attract, support and retain world-class students representing different cultures.

**Strategic Initiative #5:** Our methods of and access to instruction are innovative enough to attract the most diverse and qualified students, while maintaining the highest standards of academic, research and clinical excellence.

**Strategic Initiative #6:** Establish a secure base of financial support and appropriate physical assets so we can invest in and support those things that ensure we will always lead the way in education, research and clinical practice of the natural health arts and sciences.

Bastyr University has played a key part in establishing the credibility of science-based natural medicine and initiating the current transformation of the health care system. In order to retain the University’s leadership role in promoting the benefits of natural medicine, we will continue to improve and transform the institution into a fully developed, well-financed mature academic center for the natural health arts and sciences.

### GLOBAL COMPETENCIES AT BASTYR UNIVERSITY

Bastyr University has developed global competencies in three major areas to help students succeed in their chosen fields in the natural health arts and sciences. These three major areas are communication skills, critical thinking and professional behavior. Students fulfill these global competencies through the curriculum of their chosen programs and in their interactions with the Bastyr community. If students are having difficulties with any of the global competencies, they are encouraged to seek assistance from their instructors and the Tutoring Center. Faculty members may recommend remediation for students as appropriate.

**Communication Skills:** Five global competencies are listed under communication skills: writing, listening, speaking, information literacy and public speaking.

**Critical Thinking:** Six global competencies are listed under critical thinking: synthesis and integration, reflective evaluation, problem solving, analytical skills, intuitive skills, and research skills.

**Professional Behavior:** Five global competencies are listed under professional behavior: medical and professional ethics, compassionate caring behaviors,

respectful communication, personal health and wellness, and professional boundary skills.

#### LEGAL STRUCTURE OF BASTYR UNIVERSITY

Bastyr University is a nonprofit, tax-exempt corporation founded for the purpose of serving as an effective leader in the improvement of the health and well-being of the human community through education, research and community health care. The Articles of Incorporation are filed in the state of Washington. The University is governed by a Board of Trustees that appoints the president of the University, who is ultimately responsible for all academic and administrative policies as well as institutional financial management and planning. For a listing of University officers and members of the Board of Trustees, please refer to page 151.

#### ACCREDITATION AND RECOGNITION

Bastyr University is accredited by the Northwest Commission on Colleges and Universities (NWCCU), 8060 165th Avenue NE, Suite 100, Redmond, WA 98052-3981, 425.558.4224. NWCCU is a regional institutional accrediting body recognized by the U.S. Department of Education.

The Doctor of Naturopathic Medicine program is accredited by the Council on Naturopathic Medical Education (CNME), a specialized accrediting board recognized by the U.S. Department of Education. A copy of the *CNME Handbook of Accreditation for Naturopathic Medical Colleges and Programs* (2007 edition) is on reserve in the Bastyr University Library. For more information, please contact the Council on Naturopathic Medical Education, P.O. Box 178, Great Barrington, MA 01230, or call 413.528.8877.

The BS Didactic Program in Dietetics, MS Didactic Program in Dietetics and Dietetic Internship are accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics, 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, [acend@eatright.org](mailto:acend@eatright.org), website: [www.eatright.org/acend](http://www.eatright.org/acend).

The Master of Science in Acupuncture (MSA), the Master of Science in Acupuncture and Oriental Medicine (MSAOM) and the Doctor of Acupuncture and Oriental Medicine (DAOM) are all accredited by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM), 7501 Greenway Center Dr., Suite 760, Greenbelt, MD 20770, 301.313.0855. ACAOM is not

currently recognized by the U.S. Department of Education with respect to doctoral programs in the field. However, Bastyr University is regionally accredited by the Northwest Commission for Colleges and Universities, 425.558.4224, and thus all degree offerings are accredited and DAOM students are eligible for Title IV funds.

The Master of Science in Acupuncture and Oriental Medicine and the combination of the Master of Science in Acupuncture and the Certificate in Chinese Herbal Medicine are approved curriculum by the California Acupuncture Board for graduates seeking California licensure.

Bastyr University is approved by the U.S. Immigration and Naturalization Service to accept and enroll foreign nonimmigrant students. Bastyr University's academic programs are approved by the Higher Education Coordinating Board's State Approved Agency (HECB/SAA) for enrollment of persons eligible to receive educational benefits under Title 38 and Title 10, U.S. Code.

Bastyr University has received approval from the state of Washington as a recognized midwifery training facility and provides education for midwives in a program for direct-entry midwifery students in the articulated Bachelor/Master of Science in Midwifery. This program is accredited through the Midwifery Education Accreditation Council (MEAC). Graduates of the Department of Midwifery are eligible to sit for licensure in Washington and other states and apply to the Canadian bridging program for provincial registration. Graduates of both programs may sit for the North American Registry of Midwives (NARM) exam to receive the Certified Professional Midwife (CPM) credential, recognized in many states for legal practice of midwifery and reimbursement for services.

Bastyr University is approved by Washington state to offer its acupuncture and Oriental medicine programs. Individuals who complete the Master of Science in Acupuncture or Master of Science in Acupuncture and Oriental Medicine are eligible to sit for the National Commission for the Certification of Acupuncture and Oriental Medicine (NCCAOM) certification exams as well as various state licensing exams.

#### VISITING CAMPUS

We invite prospective students to visit classes on the Bastyr campuses in Kenmore and San Diego. Visitors at both locations may take a campus tour, speak with an advisor, and talk with administrators, faculty and current students. Visitors should contact

the admissions office at least one week prior to the visit to arrange an appointment.

Regular classes are in session from late September through early June. Upon request, the admissions office will send information about nearby lodging and transportation from Seattle-Tacoma International Airport or San Diego International Airport.

To schedule a visit, please call the admissions office at 425.602.3330 or e-mail [admissions@bastyr.edu](mailto:admissions@bastyr.edu). Visit our website at [www.Bastyr.edu/Admissions](http://www.Bastyr.edu/Admissions).

## STUDENTS

### THE STUDENT BODY

Bastyr University students constitute a diverse group of learners. The average age of the 1,018 students enrolled at the University in the fall of 2011 was 31, with a range in age from 18 to 69.

The demographics across various programs are fairly similar. More than three-quarters of the students are women. About half of the student body is from the Pacific Northwest, and in fall 2011, 47 U.S. states were represented. International students are an important part of the Bastyr community. In 2011-2012, 76 foreign national students, representing 28 countries, were enrolled.

### STUDENT PARTICIPATION

The major focus of student participation is the Bastyr University Student Council. The council determines how student activity fees are spent, appoints students to various committees, represents student interests to the administration and allied professional organizations, and continually seeks to promote the University and meet the needs of students. The Student Council, like the University as a whole, relies upon student participation to create a more effective learning environment. The Student Council's constitution may be found online at MyBU.

The Student Council hosts numerous events during the year, including potluck dinners, dances, a talent show, graduation parties and Bastyr Community Day. The council has made significant contributions to the University, including sponsoring community events, remodeling the movement room and sponsoring the student exercise room, providing remote viewing for some classrooms, as well as equipment for the library and other University departments.

Each student is required to pay a \$25 student activity fee every quarter. These funds are administered by the Student Council and used to support student activities, organizations, programs and services. With these funds, events like Bastyr Community Day, expansion of the herb garden, and free or partially-subsidized concerts, lectures and workshops are made available to students. The funds are also used to purchase equipment for the University for general student body use, such as additional computers for the library, a laptop with LCD projector and video equipment.

The Student Council recognizes official student organizations. In the past several years these organizations have included the following:

- 12-Step Group
- Action Africa
- American Association of Naturopathic Physicians (AANP)
- Bastyr Environmental Action Team (BEAT)
- Bastyr Rock the Vote
- Bellydance Club
- Chamber Music Club
- Christian Fellowship
- Community Health Club
- Culinary Roots Club
- Ethnobotanical Student Association
- Exercise Science Club
- Hapkido Club
- Herbal Ways
- Jewish Student Union
- Journal Club
- Meditation Club
- Nature Cure Club
- Pediatrics Club
- Physicians for Social Responsibility
- Soccer Club
- Sports Medicine Club
- Student Midwifery Association
- Student Nutrition Association
- Sundo Circle
- Tai Chi Club
- Tibetan Medicine Student Club
- Travel clubs
- Ultimate Frisbee Club
- Voice for Queer Natural Health
- Washington Association of Naturopathic Physicians (WANP)
- Yoga Club

## STUDENT AFFAIRS

The division of student affairs at Bastyr University provides support and services for students to meet personal and professional goals.

The student affairs staff at Bastyr University consists of the dean of students' office, admissions, financial aid, the registrar's office, the Student Resource Center, student housing, the Counseling Center, the Tutoring Center, marketing and media, career and alumni services, as well as services for international and veteran students and students who access services under the Americans with Disabilities Act. *Student Policies and Procedures* are available online at MyBU.

### DEAN OF STUDENTS/VICE PRESIDENT FOR STUDENT AFFAIRS

The dean of students' office supervises student affairs and professional staff, plans and conducts orientation and commencement activities, advises student organizations, oversees the Student Resource Center, facilitates communications within and among the University's constituencies, and resolves grievances.

### OFFICE OF ADMISSIONS

The Office of Admissions works with all prospective students for degree and certificate programs at the University. In addition, the admissions office coordinates campus tours, information sessions, webinars, campus visits and off-campus events to highlight the academic opportunities at the University.

### REGISTRATION

The Office of the Registrar maintains student academic records, manages course scheduling, handles academic registration and evaluation, records grades, produces transcripts and grade reports, and provides academic advising and evaluation. The office also provides American with Disabilities Act services, tutoring services, international and veteran student services.

Bastyr University operates on the quarter system. The University's quarter is 11 weeks long. (Summer quarter classes are generally eight weeks; summer clinic is 11 weeks.) Eleven hours of class constitute one credit hour, and 22 hours of lab/practicum constitute one credit hour.

Continuing students preregister for courses and clinic shifts by submitting a preregistration form. The preregistration forms must be received before

the Office of the Registrar will register a student for classes or clinic shifts.

Registration for continuing students takes place in the spring for summer and fall quarters and in the fall for winter and spring quarters. New students are automatically registered for their fall quarter courses, beginning in late spring and after they have paid their confirmation deposit. Nonmatriculated students may register for courses after matriculated students have been registered. Priority for courses is given to matriculated students. Students taking a course that is required for their major have preference over those taking the course as an elective. If a student has withdrawn from her/his program, s/he may take subsequent program courses only with permission from the dean of the school from which the student has withdrawn.

Students may elect to audit a course or change their status in a course from grade to audit beginning the first week of the quarter through the second week of the quarter. However, after the first week of the quarter, standard refund policies apply. After the second week, a student may not change from a graded option to an audit option or from an audit option to a graded option.

Course add/drop forms are available on MyBU. Classes may be added or dropped from a student's schedule through the add/drop period (ending the close of the first week of each quarter). After the first week of the quarter, all withdrawals will be noted with a "W" grade on the transcript (except in the case of weekend intensive classes or non-traditionally scheduled classes that have not yet begun). Assigned clinic shifts may be traded during the shift change period. Elective clinic shifts may be added during that same period. Clinic shift drops are accompanied by financial penalties. (Please see the Office of the Registrar for additional information.) Withdrawal from classes is not permitted during the final three weeks of a quarter (see the financial policies section for the refund policy and last page 155 for a refund schedule). For courses with concentrated scheduling (not evenly spaced throughout a quarter), the timing of additions or drops varies. (In no case may students drop or withdraw from a course after the course has ended.) Students must check with the registrar for specific deadlines.

### FINANCIAL AID

Prospective students, current students and alumni all work with the financial aid office on financial planning for their education. Students have access to a full range of state and federal financial aid programs. The financial aid office also distributes

information about a wide variety of private scholarships available throughout the academic year.

### STUDENT RESOURCE CENTER (SRC)

The Student Resource Center, located in the main hallway near the dining commons, is a central location where students can obtain information and assistance about student-related concerns, details on the student activity schedule and ask general questions. Students can also obtain lockers and identification cards at this center. There are more than 400 lockers available for student rental on campus, costing \$15 - \$20 per year. Student identification cards are provided to all new students, and cost of the card is included in the new student matriculation fee.

### STUDENT HOUSING

The University offers on-campus housing in the Student Village, which opened in summer 2010. The village consists of 11 buildings, housing 12 students each in single-suite rooms. These LEED-certified buildings are green-constructed and designed to enhance the student experience while also reducing traffic congestion. Full information, including photos, pricing and move-in dates, are available on the website or via e-mail at [housing@bastyr.edu](mailto:housing@bastyr.edu). Off-campus postings for local apartments and home share opportunities are also available on the website and are updated often.

### COUNSELING CENTER

The Bastyr University Counseling Center assists students with confidential personal and school-related counseling concerns. Short-term individual and couples counseling is provided by the center's director and staff counselors and is available throughout the academic year to students from all programs. A brochure describing the center's services is provided to new students at the beginning of each year. Informational brochures may also be obtained in the Counseling Center, rooms 54-62. Counseling is also available through Bastyr Center for Natural Health.

### MARKETING & MEDIA

The Department of Marketing and Media works to increase the visibility of Bastyr University, coordinating all of the communications and public relations efforts for the University. The marketing office serves to recruit patients and students to the clinic and University and assists in producing all

campus promotional materials and publications, including the website. The media and public relations office is the liaison between University representatives and members of the media and is responsible for handling proactive campaigns to gain publicity for the University.

### TUTORING SERVICES

Tutoring opportunities consist of sessions in which faculty-approved student tutors provide help to students in most course areas of the curriculum. Small group tutoring workshops are organized when helpful. Audio taping and note-taking programs are also available to students. Students should make their request to the registrar's office.

### CAREER CENTER

The Career Center is a resource for both students and alumni. The center helps students prepare for job search activities and planning their career path. It also maintains a relationship with alumni in assisting Bastyr graduates fulfill their career goals. The Career Center regularly holds informational workshops, brown bag events and panels related to career success. It also provides one-on-one counseling sessions for building and strengthening resumes and cover letters; improving the effectiveness of networking; preparing for job interviews; assisting students in determining their career path; and assisting recent graduates with the transition from student to professional.

### ALUMNI SERVICES

Bastyr is committed to supporting its graduates and helping them stay engaged with the University and fellow alumni. The alumni services office offers a number of resources and opportunities specifically for alumni, including an alumni tuition benefit; lifelong library borrowing privileges; formal and informal alumni gatherings and social networking events; retention of the University e-mail address; an online public directory of alumni; professional opportunity listings on the web; student-alumni mentorship opportunities; service and product discounts nationwide; and discounts on campus space rentals for meetings and retreats.

Further, the alumni services office sponsors numerous workshops and brown bag events that provide alumni opportunities for further personal and professional growth.



### AMERICANS WITH DISABILITIES ACT (ADA) SERVICES

Bastyr University will provide reasonable academic or other accommodations for students with known disabilities to the extent and according to the definitions provided by the Americans with Disabilities Act, Section 504. Individuals with disabilities must formally request accommodation under the ADA in order for the University to provide reasonable accommodations. Students shall make their request to the Office of the Registrar. Please see MyBU, under the Registrar's page, for more information.

### INTERNATIONAL STUDENTS

The U.S. Custom and Immigration Service (USCIS) has approved Bastyr University to accept and enroll international, nonimmigrant students. Student I-20 forms are issued by the University upon admission. For more information, consult the Admissions section in this catalog or contact the admissions office. The University registrar assists currently enrolled international students with USCIS regulations.

### HEALTH CARE SERVICES

Every registered student is eligible and encouraged to make use of the services at Bastyr Center for Natural Health. Students may also register their partners, spouses and dependent children for a nominal fee each quarter. A co-pay is due at the time of each visit, as is typical with most health plans. Lab fees, dispensary items and certain medical procedures are billed separately. Contact Bastyr Center for Natural Health for more information or to make an appointment at 206.834.4100.

The University contracts with an outside company to provide a student injury and sickness plan at a special rate for all Bastyr students and dependents. You may receive a brochure with registration and pricing information at the Office of Student Affairs. You will enroll and do business specifically with the company, not with Bastyr. Also, Bastyr University has contracted with Firebird International Insurance group to offer a mandatory student accident and sickness plan for international students. All F-1 students must participate in this plan or provide proof of comparable coverage. Additionally, a domestic or international student participating in coursework outside of the U.S. may sign up and pay for this same coverage before travelling.

### UNIVERSITY FOOD SERVICES

The Bastyr University Dining Commons offers a variety of whole-foods-focused meal and snack options. During the academic year, breakfast and lunch are available Monday through Friday. Breakfast and lunch are served on most weekends. Weekend hours of service during summer quarter and during breaks between quarters are posted on the Bastyr website. Both the campus bookstore and the Bastyr Center dispensary carry snacks and beverages.

### HEALTH, INJURY & INSURANCE

Bastyr students are responsible for maintaining their health both on a daily basis and as a result of injury or illness. The Student Health Plan is a wellness plan offered through Bastyr Center for Natural Health. It is not an insurance plan so students are encouraged to individually obtain health insurance to cover themselves while students at the University. U.S. students are not required to carry health insurance but are strongly advised to do so. The insurance requirements for international students are included in materials sent directly to international students.

The University does not carry insurance on student health or property. Bastyr is not responsible for illness, injury or other loss suffered by a student while participating in University-related activities, whether the activities occur on or off campus. Students assume the risk of illness, injury or other loss that results from participation in any on or off-campus event, including any injury that happens during travel to or from the activities. Bastyr is not responsible for providing transportation for students to clinic shifts, internships, jobs, social events, volunteer service activities or any other off-campus activity. Students are responsible for making their own travel arrangements and for all associated costs and risks.

### BOOKSTORE

The Bastyr University Bookstore carries a unique selection of health-related books and supplies. All textbooks and materials needed for courses taught at the University are on hand, including books used in continuing education. In addition, the store stocks a wide selection of hard-to-find books on natural health. Topics found in the bookstore include acupuncture, cooking, herbal medicine, homeopathy, nutrition, Oriental medicine, psychology, physical medicine, spirituality, and books on specific diseases — all selected to emphasize Bastyr's focus on natural healing. Medical supplies can also be found

in the bookstore, including acupuncture equipment, herbal tinctures, homeopathic formulas, as well as traditional medical equipment such as diagnostic sets and stethoscopes. Unique gifts and Bastyr apparel are also on display and for sale. Special orders for students, staff and faculty are always welcome.

The bookstore is the between-classes stop for quick snacks and drinks. Natural and organic treats to meet a variety of needs, including gluten-free and dairy-free diets, are always on sale.

Online services can be found at [www.Bastyr.edu/Bookstore](http://www.Bastyr.edu/Bookstore). Reference books specific to the natural health arts and sciences can be ordered; check out the naturopathic reference sections for books that cannot be found at any other site. Bastyr logo items including sweatshirts, T-shirts, hats, Frisbees, bumper stickers, water bottles and more are on sale and ready to be shipped nationwide.

# FINANCIAL POLICIES

## 2012-2013 TUITION<sup>1</sup>

### Doctoral, Professional, Graduate, BS/MS Midwifery, BSOM/MSA/MSAOM Tuition

Students taking fewer than 12 credits .....	\$590 per credit
Students taking 12–16 credits....	\$7,030 per quarter
Students taking more than 16 credits ...	\$7,030 + \$299 per credit for each credit over 16
Naturopathic midwifery program: Practicum (birth experiences) <sup>2</sup> .....	\$172.5/birth (\$345/credit)
Dietetic internship .....	\$680 per credit
Part-time certificate programs with fewer than 12 credits per quarter .....	\$498 per credit

### Undergraduate Tuition

Students taking fewer than 12 credits .....	\$590 per credit
Students taking 12–16 credits....	\$7,030 per quarter
Students taking more than 16 credits ...	\$7,030 + \$350 per credit for each credit over 16

### For all students

Audit.....	\$252/credit
Audit for courses outside the region.....	\$335/credit

<sup>1</sup>Due to the unique nature of summer quarter, summer rates vary from those listed above. Rates for the 2013 summer quarter have been tentatively set at \$490 per credit for 1-16 credits, \$299 for each credit over 16 for graduate/professional students and \$350 for each credit over 16 for undergraduate students.

<sup>2</sup>The naturopathic midwifery program is no longer enrolling new students.

Tuition is increased annually to adjust for program growth and inflation. Tuition is payable on or before the first day of classes each quarter. A signed promissory note is required if for any reason a payment cannot be made by the due date. A deferment fee is assessed for late tuition payments unless a waiver is obtained from the financial aid office. Interest is charged on outstanding balances unless waived by the financial aid office. If the amount of financial aid pending does not cover the full tuition balance, the total not covered by financial aid is due on the first day of the quarter.

If an account is sent to a collection agency, all collection agency fees, reasonable attorney fees and court costs (if legal action becomes necessary) will be imposed on the student's tuition balance.

**2012-2013 FEES**

Add/Drop Fee (after add/drop period) .....	\$10
Admissions Deposit: (credited toward tuition)	
Degree Programs.....	\$200
Certificate, Non-matriculated, Post-baccalaureate .....	\$100
Advanced Standing/Transfer Evaluation Fee .....	\$75
Application Fees:	
Undergraduate .....	\$60
Post-baccalaureate, Graduate and Professional...	\$75
Bike Rental .....	\$40/qtr
Challenge Exam Fee.....	50% of tuition
Clinic Shift Change/Drop Fee <sup>1</sup> .....	\$10, \$25, \$50, \$100
Competency Exam Fee .....	\$50
Deferment Fee .....	\$50
Diploma Replacement/Second Diploma Fee.....	\$50
Interest.....	1.0% per month
International Student Accident/Sickness Plan <sup>2</sup> .....	\$258.70/qtr or \$1035/year
Late Graduation Application Fee .....	\$50
Late Registration Fee.....	\$25
Locker Fee .....	\$15 or \$20/year
National Criminal Background Check <sup>3</sup> .....	\$50
Naturopathic Medicine Student Association (NMSA) Fee .....	\$25/year
New Student Matriculation Fee <sup>4</sup> .....	\$375
Nonrefundable Course Deposit <sup>5</sup> .....	Varies
NSF Check Fee.....	\$28
Official Transcripts (7-10 business days) .....	\$5
Official Transcripts (1-2 business days) .....	\$10
Parking.....	\$40/qtr (summer free)
Parking Citations-Vary according to infraction .....	\$10 - \$100
Program Fee (Undergraduate and MSN) ...	\$150/qtr
Shuttle (between main campus and clinic) .....	Free
Stop Payment on Student Refund.....	\$20
Student Activity Fee.....	\$25/qtr

There may be additional fees.

<sup>1</sup>Fee varies depending on date and shift type. Please see clinic registration staff for details.

<sup>2</sup>A plan may also be purchased for international student dependents.

<sup>3</sup>Students may be charged an additional fee if it is deemed necessary to repeat the national check or their preceptor/clinical site requires the advanced background check.

<sup>4</sup>The new student matriculation fee includes costs for orientation, University publications, student ID cards, unofficial transcripts and copies of official transcripts sent to licensing boards. Once orientation begins, this fee is nonrefundable.

<sup>5</sup>Nonrefundable course deposits are required when confirmed enrollment is essential prior to the start of a given quarter. Amount varies depending on the course.

**PARKING AND TRANSPORTATION**

All students and employees at all Bastyr locations, including adjunct faculty, are required to register their transportation choices, whether driving a car or not. This must be done either online or by paper form within two weeks of the start of the student or employee's first quarter. This information allows us to manage our parking availability, give incentives to carpoolers, track our carbon footprint and offer several services such as quarterly bike rentals. In addition, we have a shuttle service on weekdays throughout each quarter between the main campus and Bastyr Center for Natural Health.

Campus parking fees are \$48/quarter for those who park on campus three or more days per week. Parking two days or less per week costs \$24 per quarter. Carpooling two or more times per week is also \$24 per quarter. Parking one day or less per week is free.

These fees help defray the large expenses of building and maintaining our parking stalls. Automatic inclusion of parking fees with tuition or by payroll deduction is strongly preferred, but payment by cash or check is accepted if automatic deduction is not possible.

Parking citations range from \$10 to \$100 depending on the seriousness of the infraction. Citations are generally given to those who have not registered their transportation information, those who do not have current Bastyr identification on their cars and those who are incorrectly parked. Parking fines are due within two weeks. After two weeks, the fine is automatically charged to the student's account.

For more information on transportation and parking issues, please see the facilities section on MyBU.

**OTHER COSTS**

Books and supplies cost approximately \$700 to \$2,500 a year, depending upon the program of study. Naturopathic medicine students are required to purchase diagnostic equipment by week one of winter quarter of their first year when enrolling in Clinical Skills Lab 2 at an estimated cost of \$1,000-\$3,000.

**LIVING EXPENSE FUND DISBURSEMENT OF FINANCIAL AID**

Bastyr University uses electronic disbursement services (EDS) to issue living expense disbursements for financial aid. Students receiving funds through financial aid for living expenses are required to

enroll in EDS, providing the University with appropriate bank account information in order to process disbursements. Disbursements will be sent to EDS participants generally within two to four business days after the first day of the quarter. If a student does not participate in the EDS program, the University will process a paper check within the regulatory time frame, which is approximately 14 days after the credit balance occurs on the student's account.

## REFUNDS

Dropping all classes by or before the end of the first week of classes entitles a student to a 100 percent tuition refund. An add/drop fee is charged after the first week has ended. Any clinic drops are accompanied by financial penalties. (See clinic registration staff in the registrar's office for more information.) Refund calculations for drops or withdrawals from classes after the first week of the quarter are found on the last page of the catalog. For those students receiving federal financial aid, the federal calculation for the return of Title IV funds is required, and refunds will be returned on behalf of the student to the federal government. Amounts are determined by federal regulations. Students who receive state financial aid may also have funds returned to the state based on each state's refund policy.

Students with financial problems that will affect the payment of tuition and/or fees should contact the finance office at once to make satisfactory arrangements.

The deadline for contesting a charge on a student account is 90 days from the close of the quarter in which the charge is applied or 90 days from the actual posting, whichever is later.

Financial policies, like all policies of the University, are subject to change and revision by the management and/or Board of Trustees of the University. Notice of changes is published on MyBU.

## FACILITIES

### CAMPUS

Bastyr University's primary academic and administrative facilities are located in Kenmore, Washington. The 51-acre campus adjoins Saint Edward State Park (with hiking trails leading down to Lake Washington) and includes a 186,000 square-foot building, playfields and forested areas. The campus includes classrooms, research and teaching laboratories, exam rooms, an auditorium, a chapel, meeting rooms, faculty and administrative offices,

a library, a bookstore and dining commons. Visitors are encouraged to enjoy the spacious grounds, tour the herb garden and visit neighboring St. Edward State Park.

A new Student Village opened in June 2010. This LEED Platinum-certified housing complex enables up to 132 students to reduce their carbon footprint by living on campus. Please see the Office of Student Affairs for more information or e-mail [housing@bastyr.edu](mailto:housing@bastyr.edu) with questions.

In September 2012, the University will inaugurate a new campus in San Diego, California. Bastyr University California resides in a 19,500 square-foot, two-story, leased facility in the Sorrento Valley. The campus includes classrooms, research labs, a library, a teaching clinic and study areas. The surrounding area includes hiking trails, coastal wilderness preserves, research facilities, and the University of California, San Diego campus and amenities.

### BASTYR CENTER FOR NATURAL HEALTH THE TEACHING CLINIC OF BASTYR UNIVERSITY

Bastyr Center for Natural Health (Bastyr Center or BCNH) is the largest natural health clinic in the Northwest. As the teaching clinic of Bastyr University, Bastyr Center provides patient services and student training in a professional clinical setting that emphasizes a natural approach to health care. Bastyr Center serves the health care needs of a diverse patient population, which includes young people, growing families and senior citizens from throughout the Puget Sound area. Bastyr Center schedules approximately 35,000 patient visits annually.

Services at Bastyr Center include naturopathic medicine, acupuncture, Chinese herbal medicine, nutrition counseling, homeopathy, mental health counseling and physical medicine. In an effort to meet the health care needs of patients and to enhance the educational experience for students, Bastyr Center provides specialized care options throughout the year. Specialized care options include an immune wellness program for people living with HIV/AIDS, ADHD treatment and wellness care, diabetes and cardiovascular wellness care, pediatric wellness care, women's wellness care, and senior wellness care.

In 2006, Bastyr Center moved to a newly renovated building in Seattle's Fremont/Wallingford neighborhood, to provide an enhanced environment for promoting health and healing for patients, staff and students. The expanded Bastyr Center features a Chinese herbal medicine dispensary and a larger

natural medicine dispensary, offering a wide selection of natural health care products and a variety of gift items.

Bastyr Center was the first natural health care clinic in the region to receive LEED-CI Certification from the U.S. Green Building Council for compliance with high environmental standards. LEED-CI is the recognized standard for certifying high-performance green interiors that are healthy and productive places to work, less costly to operate and maintain, and have a reduced environmental footprint. The University recently obtained additional space in the building and is in the process of adding several classrooms and making other improvements.

Bastyr Center is located at 3670 Stone Way North in Seattle. Parking is available onsite for patients and on the street for students, faculty and staff. For more information, please visit [www.BastyrCenter.org](http://www.BastyrCenter.org).

Bastyr University maintains several external clinical learning sites, creating tremendous diversity in student clinical education and experiences. Bastyr faculty supervise student clinicians at each site. Below is a partial list of active sites (at the time of publication of this catalog):

- Bastyr campus clinic — naturopathic, acupuncture and nutrition students; general patient care/physical medicine
- Carolyn Downs Family Medical Center — naturopathic students; chronic disease and multi-ethnic/low income
- Cascade Natural Medicine — naturopathic students; pediatrics
- Consejo Counseling and Referral Services — naturopathic students; multi-ethnic/low income
- Country Doctor Community Clinic — naturopathic students; multi-ethnic/sexual orientation, low income
- Chronic Fatigue Clinic at Harborview Medical Center — acupuncture students; chronic fatigue/fibromyalgia
- Edmonds Senior Center — naturopathic students; senior citizens
- 45th Street Homeless Youth Clinic — naturopathic students; homeless youth
- Shoreline/Lake Forest Park Senior Center — naturopathic students; senior citizens
- Ballard NW Senior Activity Center — naturopathic students; senior citizens
- West Seattle Teen Health Center — naturopathic students; teens and staff at West Seattle High School

- International Clinic at Harborview Medical Center — acupuncture students; U.S. immigrants
- Madison Clinic at Harborview Medical Center — acupuncture students; HIV/AIDS
- Mary's Place — naturopathic students; homeopathy, homeless and formerly homeless women and children
- Providence Regional Medical Center Everett — acupuncture students; cancer treatment and pain management
- Providence Mt. St. Vincent — acupuncture students; geriatric and general community patients
- Rainier Park Medical Clinic — acupuncture and naturopathic students; multi-ethnic/low income
- Skagit Valley Hospital — doctoral acupuncture students; oncology
- Snohomish Valley Senior Center — naturopathic students; senior citizens
- YWCA — naturopathic students; homeless women

## ACADEMIC POLICIES AND PROCEDURES

This section is intended to provide students with a working outline of some of the most important policies and procedures pertaining to academic life at Bastyr University. Summary policies and procedures that apply to undergraduates are described in the catalog under “Bastyr Undergraduate Programs” beginning on page 30. Students are advised to consult the *Academic Policy and Procedure Manual, Student Policies and Procedures* and current applicable modules of the *Student Clinician Handbook* on MyBU for complete information on all academic policies and procedures.

### ACADEMIC HONESTY

All Bastyr students are responsible for abiding by the University policy on academic honesty. Academic work is evaluated on the assumption and expectation that all work submitted for a grade is the student's own, unless designated otherwise. Presenting another's work as one's own is unacceptable and considered academically dishonest. Cheating and plagiarism are considered forms of academic dishonesty, and students found responsible for such acts are subject to disciplinary action, including dismissal. The policy is outlined in full in the *Academic Policy and Procedure Manual*.

ACADEMIC STATUS

The University uses the following terms to denote academic status:

- Good Standing
- Academic Warning
- Probation
- Final Probation
- Suspension
- Dismissal

A student whose status is anything other than Good Standing may be required to sign a learning contract, develop an academic improvement plan and/or be held to other sanctions. In addition, students under Academic Warning, Probation or Final Probation status must complete at least two successive quarters with no academic difficulty in order to petition for a change of status. Change in status decisions are made by the student’s school or department Student Progress Committee (or the dean or dean’s designee). Depending on the nature of the academic deficiency, the categories above are not necessarily followed sequentially.

ACADEMIC SUSPENSION POLICY

Academic suspension is used when the dean of the school believes a student will benefit from time away from his/her program and has sufficient opportunity to be successful upon return from suspension. The terms of a suspension are unique to each student and decided by the dean. Suspension will last at least one quarter, and a student may be required to receive remedial academic assistance before being readmitted. Suspended students must petition the dean for reinstatement, may be required to meet with the dean, and must show that all terms of the student contract, improvement plan and/or other requirements have been met before receiving approval to return to the University. If a student is unable to demonstrate that s/he has adequately resolved the issues that led to suspension, the student may be eligible for dismissal.

Removal from a course or clinic shift may be warranted in the case of a student’s failure to adhere to instructions, procedures and/or professional expectations that may lead to the compromised safety of a patient, student, staff or faculty member. Removal from a course or clinic shift constitutes a failure of that class or shift and is not eligible for remediation.

RECOMMENDATIONS FOR DISMISSALS

Recommendations for dismissals from the University usually occur in the case of any of the following:

1. Failure to satisfactorily adhere to the terms of the established learning contract or academic improvement plan
2. Failure of the same class twice
3. Failure of two clinic shifts
4. Three failures in the same quarter
5. A history of poor academic performance relevant to the appropriate department
6. Removal from a course/clinic shift in the case of student failure to adhere to instructions, procedures and/or professional expectations that may lead to the compromised safety of a patient, student or faculty/staff member

DISMISSAL POLICY

Each school of Bastyr University has a Student Progress Committee that follows the individual school dismissal policy. Recommendations for dismissal are submitted to the provost for consideration. The provost will make the final decision on student dismissals.

APPEAL OF ACADEMIC SUSPENSION OR DISMISSAL

An appeal of academic suspension or dismissal is submitted to the provost and can only be made in the event of factual error. The written appeal must be made to the provost within five working days of the date on the suspension or dismissal letter or e-mail. The appeal must specify and include the alleged documented inaccuracy and the relevance of the fact(s).

The provost will respond within 10 working days to an appeal of academic suspension or dismissal and can only consider an appeal based on an error of fact. The decision of the provost is final and cannot be appealed.

NON-ACADEMIC SEPARATION

If an instructor, faculty member, clinic supervisor or University administrator determines that a student’s behavior, performance or professionalism on campus, in the classroom or in a clinical setting is disruptive or otherwise impeding the student’s own success or the success of others, the instructor, faculty member, clinic supervisor or University administrator may take whatever steps deemed appropriate to remedy the situation up to and including requiring the student to leave the

classroom, clinic shift and/or University property for the remainder of the day. A student who is removed from a class, clinic shift or the university property may also be subject to suspension or other discipline.

**LIMITS ON STUDENT CREDIT LOADS**

Bastyr University degree programs are described under each school or department listing in the *Bastyr University Catalog*. The recommended didactic curriculum for each year and track of the degree program is specified. Elective courses and clinic credits are expected over and above the required didactic courses.

Capable students may choose to exceed the full-time recommended enrollment in order to include important electives or special interests in their programs. However, the following are the maximum credit loads for which students may register in each program in any given quarter:

Bachelor of Science (all programs) .....	20 credits
Master of Arts in Counseling Psychology .....	24 credits
Master of Science in Midwifery (all tracks).....	30 credits
Master of Science in Nutrition (all tracks) .....	24 credits
Master of Science in Acupuncture .....	25 credits
Master of Science in Acupuncture and Oriental Medicine .....	25 credits
Doctor of Acupuncture and Oriental Medicine.....	30 credits
Doctor of Naturopathic Medicine .....	30 credits

Students who are seeking degrees in multiple programs must plan their registrations carefully so that they do not exceed the stated limits. Students enrolled in dual programs may use the credit limit of either program.

In extraordinary cases, very capable students may be allowed to exceed the maximum for their programs upon approval by their department chairs. Department chairs indicate their approval by signing student registration or add/drop forms and noting the credit load being approved. Any approved increase may not exceed 10 percent of the above totals.

**ATTENDANCE POLICY**

**Course and Lab Attendance Policy**

Bastyr University does not have a universal course and lab attendance policy. However, faculty members may establish attendance requirements for their course(s) or lab(s). Some state licensing boards and the Veteran’s Administration require 90 percent attendance. Students receiving financial assistance from the Veteran’s Administration or students who need to meet state licensing board requirements are

responsible for notifying the faculty of their need to document attendance.

When a student has an excused absence, the faculty member may require that the student complete an assignment to make up for the time missed. An absence is considered excused if the student has a legitimate personal emergency, a serious illness or a documented birth (midwifery program students), as long as the student calls the faculty member(s) or leaves a message for the faculty member(s) with the faculty services department regarding the situation in advance (24-hour voicemail is available). Faculty may require documentation upon return from the excused absence. It is the student’s responsibility to meet with the faculty member to discuss the absence and make up work upon return. Not meeting the stated attendance requirements for the class may affect the student’s final grade, and a student may be required to take the course again. In addition to possible consequences for absences, habitual tardiness may be taken into account by faculty as part of the course grade and/or may be reported to the dean of students for disciplinary action.

Students cannot register for two courses or labs that are scheduled at overlapping times. Credit can only be applied to a single course at any one given time. Students cannot attend a course without being registered for it and must attend the section of a course or lab for which they are registered. Failure to follow this policy may result in loss of course credit or a course grade of no show (NS).

**Clinic Attendance Policy**

All student clinicians are required to attend at least 80 percent of each assigned quarter shift in order to receive a grade of Achieved Competency (AC). Holidays and emergency closures of the clinic do not figure into the total quarter attendance. A student who does not attend at least 80 percent of the shift (two excused absences) will receive a failure grade for that shift and lose all accumulated patient contacts and hours for that shift. The entire shift would need to be taken again. Exceptional circumstances resulting in a third absence may be approved at the discretion of the supervisor. Four or more absences will result in an automatic failure for that shift. Please note that 100 percent of the required clinical hours must be completed before recommendation for graduation. Please refer to the *Student Clinician Handbook - Global Module* for further details.

**Religious or Spiritual Holidays**

The University’s policy is to attempt to accommodate the observance of religious practices. Religious absences will not count against any attendance requirement, but students are responsible for the information and material covered. Students observing such holidays are required to notify faculty during the first week of classes as well as find substitutes for clinic shifts affected. Students should follow reschedule exam procedures in the event an exam falls on a religious holiday. Bastyr University schedules clinical training and occasional required courses or intensives on weekends. Students with religious restrictions against attending classes on weekends need to contact their program chairs, in advance, when such conflicts occur. Efforts will be made to resolve such conflicts, but a resolution cannot be guaranteed.

**Convention, Conference, Seminar and Workshop Attendance Policy**

Occasionally, there may be professional conventions or conferences offered during the academic year that programs encourage their students to attend. Students who wish to attend such events must receive advance permission from their instructor(s) if there is an attendance requirement for the class or an exam or project due during that time. Students are responsible for the information and material missed. Students who receive permission must arrange with faculty to take missed quizzes and exams immediately upon return, as outlined in the policy on rescheduled examinations in the *Academic Policy and Procedure Manual*. Students must also comply with clinic absence policies. Please refer to the *Student Clinician Handbook - Global Module* for further details.

**UNIVERSITY CLOSURE**

In the event of unplanned school closures for weather or community emergencies, students are required to make up missed course requirements or clinic contact hours. Should the duration of the closure be too long or too late to make up missed requirements/hours in the time allotted, the University reserves the right to extend the quarter and/or academic year to allow for additional make-up time. Please see the inclement weather policy/procedure on MyBU for more information regarding University closure.

**CRIMINAL BACKGROUND CHECKS**

Bastyr University requires national background checks for all students enrolling in clinical training courses. Background checks must be completed prior to any student contact with patients at Bastyr Center for Natural Health, an affiliate clinic, or a practicum or preceptor site.

Students will also be required to immediately notify the dean or department chair of their program and their clinical training program supervisors if charged with and/or convicted of a felony after the background check has been conducted. Students should also note that Bastyr University requires that all felonies be disclosed at time of application for admission. Failure to comply with these disclosure requirements may result in immediate dismissal from the University. See “Background Checks” in the *Academic Policy and Procedure Manual* for more information.

**POLICY ON TB TESTING AND HEPATITIS B IMMUNIZATIONS**

These policies were enacted to protect the health and safety of employees and students who may be exposed to certain biohazards in the campus and clinic working environments.

**Tuberculosis Screening**

All faculty, staff and students who work or have shifts at Bastyr Center for Natural Health are required to be screened annually for tuberculosis (TB), and are responsible to provide documentation of their results. Screening results can be submitted directly to the Facilities and Safety Office on campus, room 38, or to the TB Results box, outside the Medical Records service window at the clinic.

Bastyr provides two TB testing clinics each year, and all are encouraged to have their screening performed in sync with these week-long clinics, called TB Weeks. Two screening options are available: Tuberculosis Skin Test (TST) or QuantiFERON blood test (QFG).

Students pay \$10 toward the cost of their TST during the TB Week clinic, or \$20 if you make a special appointment at Bastyr Center. QFG is available at Bastyr Center for an approximate cost of \$110. If a chest x-ray is necessary, Bastyr University agrees to pay \$37.50 toward this cost. Other locations are available with low cost options. Questions regarding TB screening or requests for forms can be addressed to the campus facilities and safety office or to the safety manager at the clinic.



### Hepatitis B Immunizations

All ND, AOM and clinical nutrition students, AOM and ND faculty and staff at Bastyr Center, and faculty or laboratory and operations assistants who are category I (those who have daily exposure to blood or body fluids) and category II (those who have occasional exposure to blood or body fluids) are required to either take the hepatitis B immunization series, provide documentation that they have had such immunizations in the past 10 years, or sign a waiver refusing the immunizations along with a release of liability form.

Bastyr University agrees to pay 50 percent of the cost of the hepatitis B immunization series for students.

Note: All students are required to pay in full the cost of testing antibody levels for any of the agents listed above, if they choose to check for individual immunity, prior to waiving or taking any immunizations.

Commencement of the immunization series (or submission of a waiver) and TB screening shall occur before the first day of work for all faculty and staff, and before ND, AOM and clinical nutrition students begin their clinic shifts. Hepatitis immunization forms/waivers are distributed to students in one of their required clinical courses. Hepatitis immunization questions can be directed to the Blood Borne Pathogen Safety Officer.

Anyone who has elected to waive the immunization series has the option to change that election, at any time, and take the immunization series.

### DEGREE AND CERTIFICATE REQUIREMENTS

To earn a degree at Bastyr University, a degree candidate must have completed the prescribed curriculum (refer to the specific academic program section), earned passing grades in all required courses and clinic shifts, satisfied the requirement for total degree or certificate credits, and been recommended for graduation by the faculty. To be eligible to graduate with a master's degree or graduate-level certificate, the candidate must have a minimum GPA of 3.0; a bachelor's degree candidate must have a minimum GPA of 2.0. Students in the articulated bachelor's/master's AOM degree program must follow the degree requirements of that school.

A student is held to degree requirements in effect at the time of initial matriculation unless legal or accreditation standards mandate a change to an existing degree or certificate program. Those degree and certificate requirements are published in the edition of the *Bastyr University Catalog* that

is in effect at the time of first matriculation. In rare circumstances, a course may be deleted from the required curriculum and/or curriculum substitutions may be made at the discretion of the school or the University.

A student who is readmitted after an absence of more than one calendar year may be held to the requirements in effect at the time of his/her return or may elect to graduate under degree or certificate requirements specified in a subsequent *Bastyr University Catalog* with written permission of the program dean/chair. Under no circumstances are the requirements from an earlier catalog applied.

Students in the ND and MSAOM programs must complete their degrees within six years. (In extraordinary circumstances, a one-year extension may be approved for ND students.) Students in the DAOM, MSA, MS Midwifery and MS nutrition programs must complete their degrees within five years. There is no time limit on the completion of undergraduate programs.

Students in all degree and certificate programs must have discharged satisfactorily all financial obligations to the University (tuition, fees, library fines, and all other charges), including the graduation fee, for each program in which a degree or certificate is to be awarded. For students who have not met their financial obligations at the time of graduation, the earned degrees and certificates are posted to their records, but diplomas and official transcripts are held until the financial obligations are cleared.

### DEADLINES FOR THE AWARDING OF DEGREES

The awarding and posting of degrees at Bastyr University are governed by specific deadlines. These deadlines affect the actual awarding of degrees. Student participation in commencement ceremonies is governed by a separate policy. The dates for final examinations each quarter and for commencement ceremonies are published in the *Bastyr University Catalog* and the registrar's quarterly calendar.

For all bachelor's, master's and professional doctoral degrees awarded by Bastyr University:

- All coursework must be completed by the last day of the quarter for graduating students.
- Any IP, I or PC grades in coursework or clinic shifts must be replaced with passing grades no later than the last day of the quarter.
- If a student has any outstanding course or grade requirements on the last day of the quarter, his/her degree will be posted at the close of the subsequent quarter.

**GRADING POLICY**

Grades are assigned based on the grading system of the department/program offering the course, rather than by the academic program in which the enrolled student is matriculated. Core courses required for an academic program will be graded according to the normal grading policy for that program.

**Naturopathic Medicine/Dietetic Internship**

Bastyr University provides a competency-based learning format in the classroom for students in the naturopathic medicine program, clinic courses and the dietetic internship program. A competency-based evaluation of student work and performance is structured on the premise of demonstrating competence of a well-defined set of information and/or skills.

With a competency system of grading, a student is aware of the learning objectives and core competencies for each course and clinic shift, knows how knowledge and understanding of these objectives and competencies are measured, and has the opportunity to demonstrate mastery by means of quizzes, exams, papers and/or practical application. The competencies established for each course reflect the goals and objectives of the appropriate program of study. Program and department chairs in the professional programs, in consultation with the faculty, determine the requirements and standards that students must meet in order to earn a grade of Achieved Competency, Partial Competency or Failure.

**Naturopathic Medicine Degree Program, Dietetic Internship and Clinical Shifts**

- AC - Achieved Competency
- PC - Partial Competency
- F - Failure
- I - Incomplete - Personal emergency or serious illness
- W - Withdrawn -Withdrawal form must be completed, signed and filed in the registrar's office at least three weeks before the end of a given quarter. The W grade is transcribed for all course withdrawals after the first week of the quarter (with the exception of courses that have not yet met).
- AW - Administrative Withdrawal
- IP - In Progress - for clinic shifts, preceptorships, clinic entry, theses, didactic courses and internships

- N - No Grade
- CE - Challenge Examination
- NS - No Show
- AU - Audit
- WV - Waived

**ACHIEVED COMPETENCY (AC):** A grade of AC indicates the student has gained the defined knowledge, information, skills and core competencies and has met the learning objectives as defined in the syllabi. Students must attain a level of achieved competency (AC) in all courses, clinic shifts and internships. AC grades are not factored into the GPA.

**PARTIAL COMPETENCY (PC):** A grade of PC indicates that an aspect of the learning objectives or core competencies has not been achieved and there is need for further study to earn the required AC. Faculty determine the date by which a PC grade must be converted; however, PC grades must be converted no later than the end of the break of the subsequent quarter in which the grade was received. Students may be required to complete a PC contract with the faculty member. Upon conversion of the grade, the instructor must submit a grade change form to the registrar's office. Grades of PC that have not been converted to AC grades by the deadline revert to F grades. The course, lab, clinic shift or internship must then be repeated. PC grades do not translate into partial credit on transcripts and are not factored into the GPA.

**FAILURE (F):** A grade of F indicates failure to meet the minimum level of competency for learning objectives or core competencies. A student who receives a failure in a required course, lab, clinic shift or internship must repeat that course, lab, clinic shift or internship.

**INCOMPLETE (I):** A student who is doing satisfactory work in a course but cannot complete the work because of a serious illness or personal emergency may receive an Incomplete grade by filing a request for incomplete grade form with the registrar. Faculty determine the date by which an I grade must be converted; however, I grades must be converted no later than the end of the break subsequent to the quarter in which the grade was received. Students may be required to complete an I grade contract with the faculty member. Upon conversion of the grade, the instructor must submit a grade change form to the registrar's office.

**ADMINISTRATIVE WITHDRAWAL (AW):** A student who is suffering from a serious illness or experiencing a personal emergency and is unable to withdraw from term-based classes within the

appropriate time frame may be awarded an AW grade by the registrar. The AW grade is awarded for all incomplete courses in a given quarter. (See “Administrative Withdrawal” in the *Academic Policy and Procedure Manual* for more information.)

IN PROGRESS (IP): IP grades are indicated for didactic courses, clinic shifts, preceptorships, community practicum, clinic preparation, theses, internships, and clinic entry courses in which work may extend beyond the end of a quarter. If not converted to a passing grade, IP grades may be converted to an F grade.

NO GRADE (N): N grades are assigned to indicate that a student is awarded no credit for a course but did not fail that course. N grades are administrative grades and are assigned only by the registrar. N grades are not refundable.

CHALLENGE EXAMINATION (CE): Please see “Challenge Examinations” in the *Academic Policy and Procedure Manual* for more information.

NO SHOW (NS): NS grades are assigned to indicate that a student did not attend class. NS grades are not refundable, and no credit is given.

AUDIT (AU): Students generally audit a course for their personal enrichment. No credit is given, and no academic grade granted. Courses taken for audit cannot serve as a prerequisite for a subsequent course.

WAIVED (WV): Courses are generally waived if a student has demonstrated competency in a particular subject matter but does not have the appropriate level of coursework from an accredited institution to allow a transfer of credit. There is no credit attached to a waived course, and a student is required to make up the corresponding credits waived with additional elective credits.

**Undergraduate Degree Programs**

For the undergraduate degree programs, a student must maintain a 2.0 cumulative GPA in order to remain in good standing. Undergraduate students in the School of Acupuncture and Oriental Medicine must maintain a 2.5 GPA in their first year and a 3.0 GPA in their second year. Any required course in which a student receives a grade of F must be repeated.

The letter grading system for acupuncture and Oriental medicine\*, nutrition, exercise science, herbal sciences, integrated human biology and health psychology undergraduate programs is as follows:

- A - 95 percent-100 percent or 4.0
- A- - 90 percent-94.9 percent or 3.7

- B+ - 87 percent-89.9 percent or 3.3
- B - 83 percent-86.9 percent or 3.0
- B- - 80 percent-82.9 percent or 2.7
- C+ - 77 percent-79.9 percent or 2.3
- C - 73 percent-76.9 percent or 2.0
- C\*- 70 percent-72.9 percent or 1.7
- D+\*- 67 percent-69.9 percent or 1.3
- D\* - 63 percent-66.9 percent or 1.0
- D\*- 60 percent-62.9 percent or 0.7
- F - Below 60 percent or 0.0

AC - Achieved Competency - for clinic shifts, preceptorships, community practicum, outreach and practical courses

PC - Partial Competency - for clinic shifts, preceptorships, community practicum, outreach, and practical courses

I - Incomplete - personal emergency or serious illness

W - Withdrawn -Withdrawal form must be completed, signed and filed in the registrar’s office at least three weeks before the end of a given quarter. The W grade is transcribed for all course withdrawals after the first week of the quarter (with the exception of courses that have not yet met).

AW - Administrative Withdrawal

IP - In Progress - for didactic courses, clinic shifts, preceptorships, community practicum, outreach, clinic preparation, clinic entry, senior year projects and practical courses

N - No Grade

CE - Challenge Examination

NS - No Show

AU - Audit

WV - Waived

For explanation of grading terms, see above.

\*It should be noted that while a C-, D+, D and D- grades are passing, some courses require a C grade for professional standards.

**Graduate Degree Programs: (DAOM, MACP, MSA, MSAOM, MS Midwifery, MSN, MSN/CHP, MSN/DPD)**

The grading system used for graduate degree programs is identical to the undergraduate system, as shown above, except for the following: There is no grade of D+, D or D- for a graduate student, and the IP grade applies also to ongoing work on a thesis. For an explanation of grading terms, see the listing under the professional degree programs.

For the graduate degree programs, a student must maintain a cumulative GPA of 3.0 or better. Any required course in which a student receives a grade of F must be repeated.

### Grade Change Policy

The grades of PC, IP and I are considered temporary grades and designed to be changed. The grades of AC, A, A-, B+, B, B-, C+, C, C-, D+, D, D- and F are considered permanent grades and can be changed only if a faculty error was made at the time of issuance. The faculty member must submit documentation demonstrating the error to the registrar. Students are not allowed to submit additional work after the quarter has ended with the intent to raise an A- through F grade. The option of “extra credit” work must be written into the syllabus and collected prior to quarter’s end.

### F or PC in Sequential Courses

If a student has an F grade, or a PC that converts to an F grade, in a sequence course, the student will not be allowed to continue study in the next sequential course. If a PC grade is not remediated by 5 p.m. on the Friday at the end of the first week of the quarter, the student will be withdrawn from the course.

### INDEPENDENT STUDY POLICY

Independent study allows individual students to study areas of interest not included in the regular curriculum with the aid of an instructor or a selected resource person. Registration forms for independent study are available from the Office of the Registrar. The deadlines for registration, payment and grading of independent study courses are the same as those for regularly scheduled courses. Required courses may not be taken by independent study. Students may take an independent study course only if they are in good academic standing.

ND students may request to do an independent study after they have completed at least 50 credits of their degree program. Acupuncture and Oriental medicine and nutrition students must have completed at least 30 credits of their degree program. Integrated human biology students must have completed at least 60 credits of their degree program. Psychology students must have completed at least 45 credits of their degree program. Students may apply a maximum of five (5) credits of independent study toward the completion of their degree program. Students pursuing two majors as an undergradu-

ate may apply a maximum of ten (10) credits by independent study, five (5) toward each program.

### TRANSFER, WAIVER AND SUBSTITUTION POLICY

Requests for transfer or waiver of credit must be submitted and reviewed within 12 months of a student’s matriculation date or before the quarter in which the student is required to complete the course, whichever comes first. Courses taken prior to entry at Bastyr can only be transferred to Bastyr during a student’s first year of attendance. After the first year, previous courses taken can only be considered for waiver of required Bastyr courses, and elective credits must be taken to make up the waived credit. If this timeline is not followed and a course is waived/transferred after the start of the quarter in which a student is registered for that course, the standard course refund policy will apply. The courses under consideration for waiver or transfer should generally be no older than seven years. Waivers and transfer credit will not be awarded for courses submitted for transfer after the quarter in which the student is expected to take the course at Bastyr University.

If an enrolled student wishes to complete a program requirement at another institution with the intent to transfer or waive the course at Bastyr, the student must request approval *in advance* by submitting a petition to waive, substitute or transfer credits along with the course description from the other institution. Courses submitted for transfer that have not received prior approval are not guaranteed transferability.

### COMPETENCY EXAM

Competency examinations are available when there is evidence on a student’s official transcript of coursework completed in an area of study but the competencies, level of material or accreditation of the institution granting the original credit is in question. Competency examinations are also available when the age of the coursework exceeds the guidelines in the transfer credit policy. Competency examinations are not available when the coursework in question was completed at Bastyr University. If a student satisfactorily completes the exam, the student will be awarded transfer or waiver credit in accordance with the transfer credit policy. Please see “Competency Examinations” in the *Academic Policy and Procedure Manual* for more information.

## TRANSFER

Transfer credit recognizes coursework from another accredited institution as satisfying a Bastyr required course. Transfer credit grants credit for the Bastyr course and eliminates the need for the student to take that course. A petition to transfer may be requested by students who, at another accredited institution of higher education, have satisfactorily completed coursework that is the same in terms of content, level and credit as a specific Bastyr course, and meets or exceeds the academic objectives and competencies of a required course in Bastyr's programs. Transfer credit will generally not be granted for classes that are part of another earned degree or for classes that are taught at a different academic level. For courses taken prior to matriculation into Bastyr, transfer credit can only be granted within the first year of attendance.

Transfer credit may be granted from institutions that are accredited by regional accrediting agencies recognized by the American Council on Education Commission on Recognition of Postsecondary Accreditation and from institutions that are professionally accredited by the CNME, ACAOM and MEAC. Students who apply to Bastyr University with credit from institutions outside the U.S. are required to have international transcripts evaluated by an independent evaluation service. The evaluation report must be issued by an NACES (National Association of Credential Evaluation Services) accredited evaluation service. Credits from schools outside the U.S. are evaluated according to nationally established norms.

## WAIVER

A waiver does not grant credit; it only eliminates the necessity for taking the required course. Students are required to complete the equivalent number of credits approved via the waiver with elective credits. A petition to waive may be requested when formal training, coursework or experience has been earned at an accredited or unaccredited institution. A student must provide documentation showing that the competencies of the Bastyr University course have been met.

In some cases a competency or challenge exam may be required before the waiver will be granted. Students are advised to refer to policies governing competency or challenge examinations in the *Academic Policy and Procedure Manual*.

The waiver decision rests with the chair of the department responsible for teaching the curriculum. Appeals may be made to the dean of the school in which the student is enrolled, whose decision is final.

## SUBSTITUTION

In some cases, students may request to substitute one Bastyr University course for another Bastyr course if the courses are the same in terms of content, level and credit and meet or exceed the academic objectives and competencies of the required course. Substitution both grants credits and eliminates the necessity for taking the required course.

For additional information regarding transfer, waiver or substitution of credit, please contact the advising/evaluations unit in the registrar's office. See "Transfer of Credit to Bastyr University" in the *Academic Policy and Procedure Manual* on MyBU for complete information.

## DIVERSITY AWARENESS IN ACADEMICS

Bastyr University is dedicated to the welfare of its students and patients as well as to promoting equal opportunity and access in education and health care. The University pledges its commitment to recognizing and responding to multicultural and minority health care perspectives in all academic programs, clinical training and patient services, including curriculum development, course content, and supervision. Specifically, wherever appropriate and feasible, the University considers and implements health care information and therapeutics pertaining to differences in age, race, color, religion, national origin, sex, sexual orientation, gender identification or expression, socioeconomic level, disability and physical/mental challenge.

## WHERE TO FIND OTHER ACADEMIC POLICIES AND PROCEDURES

The complete *Academic Policy and Procedure Manual* is located on MyBU. Student clinicians are also held to the policies found in the *Student Clinician Handbook* modules applicable to their specific program(s).

## FACULTY

Bastyr University's location in the greater Seattle area has been a tremendous asset in developing a highly qualified and diverse faculty. The greater Puget Sound region has dozens of higher education institutions, including at least five universities, many colleges and community colleges, medical and dental schools, and residency programs. Drawing full- and part-time faculty from this rich educational environment, Bastyr University has brought creative teachers in a variety of disciplines together with a committed group of naturopathic doctors, nutritionists, acupuncturists,

psychologists and midwives as active participants in the students' educational experience.

The University's employment standards for faculty recruitment give priority to individuals with both teaching experience and doctoral degrees in the areas they teach.

Teaching is the primary obligation of the Bastyr faculty. Faculty members are strongly encouraged to continuously upgrade their skills and knowledge through active participation in continuing education and faculty development activities. Teaching effectiveness is evaluated regularly, primarily through student course assessments, peer evaluation, portfolio development and supervisor-evaluation procedures. Faculty members participate on a variety of University committees and meet regularly as a faculty assembly to discuss issues of mutual importance.

Listings of 2012-2013 faculty are located throughout this catalog, within each school section.

## SIMKIN CENTER FOR ALLIED BIRTH VOCATIONS

The Simkin Center for Allied Birth Vocations provides extraordinary education for birth and postpartum doulas, lactation educators, childbirth educators, infant massage educators, and specialists in prenatal massage therapy. It also offers other allied birth professional workshops. Its mission is to educate and inspire leaders in the childbirth professions. Founded in 1988 in honor of its namesake Penny Simkin, PT, the Simkin Center has a history of pioneering leadership and innovation. Since then, more than 6,000 students have met their educational goals at the Simkin Center. Offerings include:

- Birth Doula Skills Workshop
- Postpartum Doula Skills Workshop
- Childbirth Educator Training
- Professional Education in Breastfeeding and Lactation
- When Survivors Give Birth Workshop
- Pre-and Perinatal Massage Therapy Certification Course
- Infant Massage Educator Certification
- Dancing for Birth Instructor Training
- Perinatal Support Group Facilitator Training

Simkin Center workshops include face-to-face and blended curricula. Instructors and curricula are approved by DONA International, the International Childbirth Education Association, PALS Doulas and the Northwest Association for Postpartum Support. CEUs for lactation educators are

approved from the International Board of Lactation Consultant Examiners, American Dietetic Association and the California Board of Registered Nursing.

For detailed description of workshops, instructors or to register for classes, visit [www.SimkinCenter.Bastyr.edu](http://www.SimkinCenter.Bastyr.edu) or call 425.602.3361.

## CERTIFICATE, COMMUNITY & CONTINUING EDUCATION

Bastyr University's Department of Certificate, Community and Continuing Education (CCCE) offers a variety of educational opportunities for health care professionals, health-centered workshops for the general public, and certificate and training programs open to both health care professionals and the public. In addition to individual workshops and seminars, CCCE offers non-credit programs: Hypnotherapy, Essential Oils and Aromatherapy, Medical Qigong and Craniosacral Therapy.

Many of CCCE's offerings provide continuing education units (CEUs) for acupuncturists, naturopathic physicians, nurses, massage therapists, counselors and a variety of other health care professionals. Offerings include live seminars and home study (distance education) options.

For seminar and program descriptions or to register, please call CCCE at 425.602.3152 or visit [www.Bastyr.edu/Continuing-Education](http://www.Bastyr.edu/Continuing-Education).

## BASTYR UNIVERSITY RESEARCH INSTITUTE

The activities of the Bastyr University Research Institute are devoted to the evaluation of natural medicine practices; the exploration, development and evaluation of new treatments for serious chronic diseases; the continued development of faculty research skills; and the training of students in research methods. The burgeoning interest in natural health care has precipitated a growing need for basic, applied and clinical research in naturopathic medicine, Oriental medicine, nutrition, herbal medicine and health psychology.

Research is a core element of the University's mission. As the nation's leading academic institution for the study of natural medicine, Bastyr University supports rigorous scientific investigation of empirically derived natural medicine practices in an ongoing effort to better understand their theoretical underpinnings. The University encourages evaluation of

new and promising therapies for a variety of diseases and conditions.

Bastyr University's research facilities include a fully equipped clinical research center with three exam rooms, two acupuncture/massage rooms, an interview room, a reception area, a practitioner's office and phlebotomy services. Also included are a biological sample processing facility, a sophisticated computerized data management system and the Tierney Basic Science Laboratory, which is equipped to perform analytical chemistry, molecular biology and tissue culture functions. Analytical chemistry instrumentation includes three HPLC units, including one unit with a coulometric array detector, as well as GC and FPLC instruments. Molecular biology instrumentation includes electrophoresis equipment for running DNA and RNA gels and western blots, and a PCR thermocycler. Adjunctive to our tissue culture facilities are an ELISA plate reader with fluorescent capabilities and microscopes with attached photodocumentation systems. The research lab also has an air displacement plethysmograph (commonly known as the BOD POD), which is used to measure body fat by percentage. Bastyr University has its own Institutional Review Board (IRB) for ensuring the safety and ethical treatment of human participants in clinical trials.

The commitment and expertise of the research faculty have been recognized by the National Center for Complementary and Alternative Medicine, part of the National Institutes of Health, and by a growing number of foundations and natural health product manufacturers who have funded many projects over the years. Bastyr University's research faculty members continue to collaborate with researchers at major universities and research organizations, including the University of Washington, the University of Minnesota, the University of Mississippi, Purdue University, Group Health Research Institute and the Fred Hutchinson Cancer Research Center.

Research faculty members have conducted a variety of basic science and clinical studies. These include randomized clinical trials, larger observational studies and laboratory investigations on a variety of topics. Completed projects include an investigation of the cardiovascular effects of garlic; nutrient absorption; naturopathic treatment of HIV infection; homeopathic treatment of osteoarthritis; botanical treatment of menopausal symptoms; botanical and nutritional treatment for weight loss and diarrhea in HIV+ patients; hyperimmune bovine colostrum in the treatment of cryptosporidiosis; in vitro evaluation of botanicals and ultrahigh dilutions

of chemotherapeutic drugs in breast cancer cells; homeopathic treatment of tinnitus; neurophysiological studies pertinent to consciousness science; evaluation of certain natural agents on prostate cancer cells; a novel telehealth delivery of a weight loss program in diabetes; investigation of the menopause effect in obesity; evaluation of siliphos for hepatitis C; a randomized controlled trial of guided meditation and massage therapy complementing allopathic comfort care for persons with advanced cancer and AIDS; the relative influence of eating patterns versus dietary fat percentage on energy intake; the effects of mixed carotenoids in food or supplements on biomarkers of endothelial dysfunction following an inflammatory challenge; the impacts of Yi Ren Qi-gong on self-care; measurement of oral glutathione supplementation in healthy adults; a comparison of the effects of three different Vitamin D supplements to correct Vitamin D insufficiency for the prevention and treatment of diabetes and cardiovascular disease, and an investigation of whether probiotics can alter immune markers.

Current studies include an assessment of various botanical medicines for clinical application to immune-related disorders, investigation of antitumor effects of botanical medicines, how the mushroom species *Trametes versicolor* may strengthen the immune response to breast cancer, the influence of Echinacea on cold prevention, a curriculum-based research training grant in the School of Naturopathic Medicine, the influence of a naturopathic diet on glycemic control, preclinical studies of complementary and alternative medicine (CAM) botanicals and iron overload, a study of the anti-tumor mechanisms of polysaccharide krestin, an evaluation of the safety, tolerability and absorption of glutathione in Parkinson's disease, and a study that compares "disease free survival" and quality of life in cancer patients who are treated in the Integrated Oncology Research Center to patients living in Washington state who do not include complementary alternative or integrated therapies in their treatment plans. For more information on research at Bastyr University, see [www.Bastyr.edu/Research](http://www.Bastyr.edu/Research).

## CENTER FOR INTERDISCIPLINARY STUDIES

The Center for Interdisciplinary Studies offers both required and elective courses in a variety of interdisciplinary subjects. The center also coordinates course offerings for the Center for Spirituality, Science and Medicine.

## CENTER FOR SPIRITUALITY, SCIENCE AND MEDICINE

The Center for Spirituality, Science and Medicine (CSSM) was created in November 2009 to support Bastyr University's commitment to multidisciplinary exploration of the deep questions at the heart of spiritual and scientific inquiry. As an expression of Bastyr's mission and vision, CSSM hosts courses and conversations devoted to illuminating the interfaces, connections and congruence between spirituality, science, nature and medicine. CSSM shares resources and develops collaborative relationships with organizations and individuals who work on the frontiers of this exploration. Its primary ambition is to contribute to the cultivation of wisdom and wholeness in the practice of medicine.

## CENTER FOR STUDENT RESEARCH

The University established the Center for Student Research (CSR) in 2010 as the central institutional point of contact for students who desire to do formal scientific research at Bastyr University. The CSR informs students about ongoing research projects at Bastyr and links students to appropriate faculty mentors depending on the research interest. It also provides funding, through competitive awards, for faculty-student research projects. These grants have provided the necessary support for students to complete required master's theses as well as conduct research outside their program curricula. Encouraging the ambitions of the University's aspiring student researchers is one way Bastyr maintains its leadership role in natural health arts and sciences research.

## LIBRARY

Established in 1980, the Bastyr University Library comprises a vital multimedia collection supporting the natural health arts and sciences. Scholarly resources include state-of-the-art databases, e-journals, anatomy models, DVDs, and a specialized print collection. Library staff, experts in the subject area of complementary and alternative medicine, promote intellectual curiosity by encouraging questions and inquiry. Students in all programs receive focused instruction in research-oriented classes and individual instruction tailored to their needs. The Kenmore

campus library, featuring distinctive three-story high windows, offers a bright, welcoming space for studying. Bastyr Center for Natural Health and California campus libraries provide comprehensive suites of clinical resources.



# GENERAL ADMISSIONS

## DEGREE AND CERTIFICATE PROGRAMS

Bastyr University offers degree programs in naturopathic medicine, nutrition, nutrition and clinical health psychology, acupuncture and Oriental medicine, midwifery, counseling psychology, exercise science and wellness, health psychology, nutrition and culinary arts, nutrition and exercise science, integrated human biology and herbal sciences. The University also offers certificates in holistic landscape design and Chinese herbal medicine, as well as the option to pursue a registered dietitian credential through the Didactic Program in Dietetics and Dietetic Internship. Information regarding admission to specific natural health arts and sciences programs is included in the separate academic program sections.

Applicants wishing to enroll in Bastyr University's programs must complete and submit a Bastyr University admissions application along with a nonrefundable fee (\$60 for undergraduate programs and \$75 for graduate and professional programs). Supplemental application materials must also be submitted for each degree and certificate program.

## ADDING ADDITIONAL PROGRAMS

Bastyr University has a significant number of students who plan to enroll in more than one degree or certificate course. New students must enter the University in a single degree or certificate program. Once enrolled, students who would like to matriculate in an additional program must go through a formal admissions process. Information and application materials are available from the admissions office. See the section on Double Majors for Undergraduate Students on page 30.

For detailed information about the Didactic Program in Dietetics, see pages 60 and 67. For information on the Dietetic Internship, refer to page 69.

For additional information regarding the ND/AOM dual-track program, please see the School of Naturopathic Medicine section, page 86.

## NONMATRICULATING AND NONDEGREE STUDENTS

Nonmatriculating or nondegree students are those who are not formally admitted to a degree or certificate program. Such students may enroll in undergraduate classes through the registrar's office if the following conditions are met:

- 1) There is space available in the class upon completion of the initial add/drop period for matriculated students.

- 2) Students have successfully completed prerequisites for the course at an accredited college or university and attained a C grade or better or have program/department chair permission.

The registrar's office will check the prerequisites of non-matriculated students entering into undergraduate courses before registering them for the course.

## POSTBACCALAUREATE PREPARATORY PROGRAM

Students who have earned a bachelor's degree may apply for admission to a postbaccalaureate preparatory program. These programs are designed for students who are planning to apply for the MS in Nutrition program or the Doctor of Naturopathic Medicine program at Bastyr University and intend to enroll in courses at the University totaling six (6) or more credits per term while fulfilling prerequisite requirements. Postbaccalaureate preparatory programs are individually designed to permit students to meet outstanding prerequisite requirements and must be completed within one year. Students enrolled in a preparatory program must meet standards of satisfactory progress and minimum standards of admissibility for the degree program in which they wish to matriculate. Bastyr University offers only a limited selection of prerequisite coursework. For detailed information, contact the admissions office.

Students enrolled in the postbaccalaureate preparatory program are eligible for financial aid. Please contact the financial aid office for an application packet or additional information.

## PREREQUISITE WAIVERS

Some prerequisite course requirements may be waived based on documented learning experience. Applicants who wish to request such a waiver must submit a completed petition to waive a prerequisite form to the admissions office.

## APPLICATION PRIORITY DEADLINES

Bastyr University accepts applications on a rolling basis until all available spaces are filled. Application dates are as follows:

November 1

ND Early Decision<sup>1</sup>

February 1

ND Priority

MSMW Priority

MSN Priority

March 15

All other programs

<sup>1</sup>Applicants who have three or fewer outstanding prerequisites may apply by the early decision deadline. The early decision deadline is non-binding.

Applications received after the dates noted above are considered on a space-available basis. Applicants who wish to apply for a quarter other than fall should first check with the admissions office to see if they qualify to begin courses out of sequence.

Applications for the Dietetic Internship program must be postmarked by the February deadline set by the Academy of Nutrition and Dietetics.

## INTERVIEWS

Interviews are required for clinical, professional and certificate programs. Applicants are required to interview at the campus to which they are applying. Telephone interviews may be granted in exceptional circumstances.

## SELECTION FACTORS

Bastyr University is committed to providing quality education in the natural health arts and sciences. We encourage individuals from underrepresented minority groups to apply. The University supports equality of educational opportunity and, therefore, does not discriminate on the basis of race, color, national origin, marital status, gender, sexual orientation, gender identification or expression, age, religion, creed, veterans' status or handicap in admission or access to its programs and activities.

For detailed program information, refer to the required skills and abilities section (if applicable) in the appropriate school section.

## ACCEPTANCE

Following completion of the application process a letter of acceptance is sent to those students selected. Those students who are making satisfactory progress toward the completion of their prerequisite requirements may be accepted with conditions. For these students, matriculation is contingent on successful completion of the requirements outstanding at the time of acceptance. They must return a nonrefundable deposit within two weeks of receipt of the

acceptance letter to hold a place in the class. The deposit is credited toward tuition at registration. Applicants have six business days from the University's receipt of their deposit in which to request return of the deposit. Following this time, deposits are nonrefundable, even if applicants decide to reapply and enroll in a subsequent year.

Offers of admission are made for a specific quarter of a specific year. For most degree programs, students are admitted only in the fall quarter.

An admissions file may be examined by the student (with the exception of confidential recommendations) only after acceptance and enrollment. Files remain the property of the University, and information contained within cannot be returned to or copied for the student. Certain items submitted for admission to the University are not considered to be part of a student's permanent academic record. Those items are therefore purged from the file upon receipt by the registrar's office.

## DEPOSITS

All candidates for admission who have been accepted into a program at Bastyr University are required to pay a nonrefundable deposit (\$200 for degree programs, \$100 for certificate programs) to hold a place in the entering class. The deposit is credited toward the student's first quarter tuition. Applicants should be aware that the University may, without notice and at the discretion of the admissions committee, offer to another student the place of any applicant whose deposit has not been submitted within the specified time.

Accepted students who wish to take a summer course (i.e., general or organic chemistry), must pay a separate \$100 nonrefundable deposit to hold their place in the summer class. This summer quarter deposit is credited toward the student's summer tuition. Continuing students are not required to pay a deposit for summer courses.

Currently enrolled students who have been accepted into an additional program at the University are not required to pay a deposit.

## DEFERRAL OF ENROLLMENT

Applicants who have accepted their offers of admission may request a deferral of their application for up to one year. The admissions committee reviews the request and will either approve or deny the request. If re-admitted the following year, deferred application students must pay the deposit for their program to hold their spot in the class. If students

fail to make this deposit, the deferral is rescinded and the initial deposit forfeited.

#### GRADUATE-LEVEL TRANSFER CREDITS AND ADVANCED STANDING STATUS

Students who have completed professional doctoral programs may be considered for advanced standing status. Students who have attended, but not graduated from, similar graduate or professional programs may receive transfer credit for individual courses but are not considered advanced standing students. For transfer consideration, credits must be earned from an institution accredited by a regional accrediting agency that is recognized by the American Council on Education Commission on Recognition of Postsecondary Accreditation or from an institution accredited by the CNME, ACAOM or MEAC. Graduate and professional students must complete at least two-thirds of their credits at Bastyr University. Specific information regarding transfer and advanced standing status policies for the naturopathic medicine program is included in that school's section (page 79). Specific information regarding transfer policies for AOM programs is included in the acupuncture and Oriental medicine section (page 34). Midwifery transfer policies are available under the program description (page 53).

#### UNDERGRADUATE AND COMMUNITY COLLEGE TRANSFER CREDITS AND RESTRICTED COURSES

Bastyr University accepts undergraduate transfer credits earned at any regionally accredited college or university, provided the courses are similar in content and taught at the same level as courses within the curricula of Bastyr University. As the University is an upper-division, degree-completion institution, all undergraduates are transfer students. A maximum of 135 quarter credits or 90 semester credits may be transferred toward an undergraduate degree, and students must complete a minimum of 45 quarter credits at Bastyr to earn a University undergraduate degree.

Ninety quarter or 60 semester credits may be transferred from a community college. An additional 10 credits may be accepted from a community college in the following areas if the content of the courses is determined to be equivalent to the required courses at Bastyr University: organic chemistry, biochemistry, anatomy and physiology, microbiology, botany, physics, statistics, developmental psychology, abnormal psychology, social psychology, and psychology of personality. Once

a student has matriculated into Bastyr, additional credits over 90 will not be transferred from a community college. All entering undergraduate students are required to have at least a 2.75 cumulative grade point average, with a grade of C (2.0) or better in all required courses. An exception to this is the bachelor's entry option for AOM. This program requires a 2.5 cumulative grade point average, with a grade of C (2.0) or better in all required courses upon entrance. For fall 2013 and thereafter, the minimum cumulative grade point average required for all undergraduate students will be 2.75. Exceptional applicants who do not meet this minimum requirement will be reviewed on a case by case basis. Transfer students who hold an approved direct-transfer associate degree from a Washington state community college are given priority consideration in accordance with the Washington Inter-College Transfer and Articulation agreement. Admission to Bastyr University is competitive. All applicants are evaluated on the basis of academic records, narrative statement and applicable experience.

Undergraduate students may transfer a maximum of three quarter credits of one-credit physical education courses toward the required 180 graduation credits. A maximum of 15 vocational, technical, CLEP or military credits may be applied to the elective credit total. Non-college courses, such as remedial composition, intermediate algebra and English as a second language, are nontransferable.

For further information refer to the Academic Policies section starting on page 13 and the "Transfer of Credit to Bastyr University" policy in the *Academic Policy and Procedure Manual*.

#### APPLICANTS WHOSE FIRST LANGUAGE IS NOT ENGLISH

All applicants for whom English is a second language must present evidence of proficiency in the English language in one of the following ways:

- Official TOEFL exam results on the Internet-based test (iBT) with a score of 79 with a minimum of 20 in the speaking section, 213 on the computer-based test, or 550 on paper-based test (PBT)
- Two quarters or semesters of enrollment in liberal arts courses taught in English, totaling at least 15 quarter credits (10 semester credits) of college transferable credits (not including vocational coursework or English as a second language), completed at an accredited U.S. or Canadian school, with GPA of 3.0 or greater (no single course less than a C- grade or 1.7

on a 4.00 scale). Please note that the Admissions Committee reserves the right to request further English proficiency documentation or the TOEFL results if desired.

- Completion of Level 6 from any ACE Language Institute in the United States within the last two years from date of expected entry into a Bastyr University program

TOEFL scores more than two years old will not be accepted. The Bastyr University code for the TOEFL exam is #9839. Admitted students whose first language is not English may also be required to take additional elective credits and/or training to improve their language skills.

#### INTERNATIONAL STUDENTS

To be eligible for enrollment at Bastyr University, all international student applicants must submit an application, application fee, letters of recommendation (if needed), documentation of sufficient funds (see below), official transcripts or an evaluation sent from a foreign credential evaluation service, a copy of their passport, and a current photograph. Applicants who speak English as a second language are required to submit official exam results outlined in the section Applicants Whose First Language Is Not English. (See above.) Official transcripts from any college or university outside the United States must be translated and evaluated, course-by-course, by an independent evaluation service. There is a charge for this evaluation. The service will forward the evaluated transcript to Bastyr University at the applicant's request.

Housing is available on a first-come, first-served basis in our Student Village on the Kenmore campus. Apartments and houses are also available for rent near the Kenmore campus, Bastyr Center for Natural Health in Seattle and our San Diego campus.

International students must enroll as full-time, degree-seeking students and comply with all related immigration policies for the F-1 student visa program.

Federal laws require that international students maintain adequate health insurance while attending Bastyr University. All admitted F-1 students will be required to purchase coverage through Bastyr University or submit a waiver form providing documentation of comparable insurance coverage valid in the United States for the duration of study.

#### F-1 STUDENT VISAS

A nonimmigrant student and his/her spouse and/or children may be admitted into the United States

in the F-1 classification during their course of full-time study. This does not include those applicants who hold dual citizenship, are lawful permanent residents (or have received confirmation from the U.S. Custom and Immigration Service [USCIS] of an adjustment of status to Lawful Permanent Resident), have a valid business visa, or, if by blood percentage, are 50 percent or more North American Indian. However, Bastyr University requires official documentation of such status. Students with current F-1 visas transferring to Bastyr University must forward a copy of their current I-20.

#### DOCUMENTATION OF SUFFICIENT FUNDS

International students must provide complete and accurate documentation of sufficient funds in order to qualify for a student visa. The total of these funds must cover the cost of the first year of school, books, insurance and living expenses. Official bank statements as proof of liquid assets are required to document sufficient funds. A signed affidavit of support (available from the admissions office) is required if the bank statement/account proving the availability of required funds is not in the student's name. The amount required to cover expenses for the first year is dependent upon the program of study. If you have dependents who will apply for F-2 Visas, the cost of living expenses for the spouse and/or children must be provided. The current cost of total expenses for each student and the cost of living per each dependent is listed on the 1-20 documentation worksheet, which is part of the application packet for international students.

#### FINANCIAL ASSISTANCE AND EMPLOYMENT

International students are not eligible for U.S. federal or state-funded student aid programs but may obtain private loans with a U.S. citizen or resident as a co-signer. Canadian students also have access to the Canadian federal student loan program and most provincial loans. Documentation of sufficient funding is required for F-1 students because off-campus employment is prohibited by the USCIS during the first year of study. International students are limited to no more than 20 hours a week of on-campus employment while school is in session and may work full-time during vacation periods, as long as they have maintained status and intend to register for the following term. Bastyr University has a very limited amount of international employment money available.

## FINANCIAL AID

The role of the financial aid office at Bastyr University is to assist students in obtaining the funding they need to reach their educational goals.

Bastyr University participates in the full range of state and federal student financial aid programs. Student eligibility is determined following the state and federal regulations that apply to each particular aid program.

Graduate students primarily rely on federal educational loan programs, including Federal Direct unsubsidized and Graduate PLUS loans, and the Perkins loan program. Employment opportunities are provided by the federal and state work-study programs.

Additional support is provided by scholarship programs administered by Bastyr University from both endowed programs and University resources.

Undergraduate students are also eligible for all of the programs mentioned above except Graduate PLUS loans, but parents of dependent undergraduate students may apply for a Federal Direct Parent PLUS loan. Undergraduate students may also be eligible for subsidized Federal Direct Stafford loans and federal grants (Pell grants and Federal Supplemental Educational Opportunity grants). Washington state residents may be eligible for a Washington State Need Grant.

Private loan programs also provide a supplemental source of funding to students. These loans require a positive credit history and/or a co-signer with good credit.

All international students are eligible for University-funded scholarships and grants as well as on-campus employment from University funds.

**Financial Aid Deadlines:** There are no formal University deadlines. However, undergraduate students are encouraged to apply by April 1 in order to receive consideration for several external grant programs with early deadlines. All students are encouraged to apply for financial aid at least 90 days before the first quarter of attendance.

Detailed information on application procedures, program costs, and financial aid funding are published annually in the *Bastyr University Financial Aid Handbook*. The *Bastyr University Financial Aid Handbook* and financial aid application are located on the Bastyr website and the MyBU student portal.

### Satisfactory Academic Progress for Financial Aid

Federal student aid regulations mandate that students who wish to be considered for financial aid must be making satisfactory progress in a degree

or certificate program. This requirement applies to the entire period of enrollment at Bastyr University, even though students may not have received financial aid for some periods of enrollment. Satisfactory academic progress is currently reviewed at the end of each spring quarter. It is also students' responsibility to monitor their own progress.

All students must meet the published academic standards for their individual programs. Students placed on suspension or limited suspension are not eligible for financial aid.

Undergraduate students awarded a State Need Grant must complete at least 50 percent of the credits for which they received funding for that quarter. Failure to complete the required number of credits each quarter will result in cancellation of subsequent disbursements. Satisfactory academic progress is monitored at the end of each quarter for this program.

See the student portal (MyBU) under Financial Aid menu option for the complete satisfactory academic progress policy for financial aid eligibility.

### Required Return of Federal Financial Aid

The University is required to return federal Title VI funds when a student fully withdraws during the first 60 percent of any quarter. Please see the student portal (MyBU) under financial aid for the complete policy.

### Required Return of State Financial Aid

The University is required to return state financial aid when a student fully withdraws during the first half of any quarter. Please see the student portal (MyBU) under financial aid for the complete policy.

### Gainful Employment Compliance

As of July 1, 2012, the U.S. Department of Education will require institutions who participate in the student financial assistance programs under Title IV of the Higher Education Act of 1965, as amended, to report certain information about students enrolled in their Title IV eligible programs that lead to gainful employment in a recognized occupation. At this time, the regulations only apply to the certificate programs in Chinese Herbal Medicine and Holistic Landscape Design. The following links to our website will provide that information:

Certificate in Chinese Herbal Medicine  
[www.herbal1.bastyr.edu](http://www.herbal1.bastyr.edu)

Certificate in Holistic Landscape Design  
[www.landscape.bastyr.edu](http://www.landscape.bastyr.edu)

# BASTYR UNDERGRADUATE PROGRAMS

## MISSION STATEMENT FOR UNDERGRADUATE PROGRAMS

*The mission of the Bastyr University bachelor's degree completion programs is to help each student build a strong foundation of basic knowledge and skills, as well as foster a greater understanding of health of body, mind and spirit.*

## VISION STATEMENT FOR UNDERGRADUATE PROGRAMS

*Bastyr University bachelor's degree completion programs provide students with opportunities to develop competency in basic skills such as written and verbal communication, critical thinking and the ability to work cooperatively with others. The degree completion programs also provide students with opportunities to develop competency in the fundamental theories, models, core knowledge and skills of their major field of study.*

*The degree completion programs uniquely emphasize the importance of holism and the natural health arts and sciences. The programs provide students with opportunities to develop a deeper understanding of the interconnections between body, mind and spirit and learn to foster wellness in themselves and others through approaches found in the natural health arts and sciences.*

## UNDERGRADUATE EDUCATION AT BASTYR UNIVERSITY

As Bastyr University continues to develop undergraduate degree offerings, we strive to maintain consistency across all programs in terms of admissions requirements, shared courses, double majors and undergraduate student support. The undergraduate experience at Bastyr encompasses a range of academic programs, which are coordinated by the Undergraduate Committee. Admissions requirements, the structure of interdisciplinary courses, double majors and general policy issues affecting undergraduates are all considered by this committee. The Undergraduate Committee works closely with the admissions office to ensure that applicants who meet all basic criteria are admitted to the University and to the undergraduate program of their choice.

## THE UNDERGRADUATE MAJORS

Exercise Science and Wellness (For curriculum see page 59.)

Health Psychology (For curriculum see page 50.)

Herbal Sciences (For curriculum see page 74.)

Integrated Human Biology (For curriculum see page 47)

Nutrition (For curriculum see page 58.)

Nutrition and Culinary Arts (For curriculum see page 63.)

Nutrition with DPD (For curriculum see page 61.)

Nutrition and Exercise Science (For curriculum see page 62.)

## FULL-TIME EXPECTATIONS

The undergraduate curricula are designed for full-time participants. Students may complete a program on a part-time basis but should recognize that there may be scheduling conflicts between required courses. It is the responsibility of a student who wishes to complete a program on a part-time basis to work with an advisor to arrange an appropriate schedule. Special sections will not be offered to accommodate the needs of part-time students.

## DOUBLE MAJORS FOR UNDERGRADUATE STUDENTS

Bastyr University will allow students to complete two majors, provided students are in good standing at the time they wish to declare their second major. The second major cannot be declared until the second quarter of attendance. However, students may start attending courses required for the second major in their first quarter of attendance. Students must submit a declaration of double major form to the registrar's office at the time the major is declared. Students are required to have their program of study approved by the appropriate chair(s) and/or dean(s) at the time the double major is declared.

There are no predetermined schedules for the double majors. It is the student's responsibility to create appropriate schedules for double major combinations. Students must meet quarterly with the undergraduate advisor in the registrar's office for assistance in tracking the progress of the two majors.

Students are advised that declaring a double major will increase the amount of time it takes to graduate.

The minimum amount of time to complete any double major is three years. If the required courses for any quarter exceed the limit on student credit loads as outlined on page 15 of the *Bastyr University Catalog*, the student must obtain permission from the academic chairs of both majors.

Students earning a double major must usually complete no fewer than 220 credits. The credit requirement total for double majors is determined by the total of the prerequisite basic proficiency, science and general education credits, the major core credits in both programs and any elective credit requirement with defined parameters for one or both majors (for example, two activity credits required for exercise science and wellness majors). Where duplication exists between the two majors, the student is not required to make up the credits represented by the duplication.

#### UNDERGRADUATE ACADEMIC PROBATION, SUSPENSION AND DISMISSAL

Summary information on academic probation, suspension and dismissal as well as the appeals process, applicable to all students, is provided on page 14 of this catalog. In addition to the information provided below, more specific standards, guidelines and practices may be developed and published by individual schools and/or programs of the University. Undergraduate students should refer to the complete policies governing probation, suspension, dismissal and appeals published in the *Academic Policy and Procedure Manual*.

##### Reasons for Academic Probation

An undergraduate student may be placed on academic probation under the following circumstances:

- The student's cumulative GPA falls below a 2.0
- The student's GPA for the quarter is below that required for graduation, even if the student's cumulative GPA is above that required for graduation
- The student earned a grade lower than the minimum required by the school or program in a required course, internship or clinical rotation
- The student's record shows that s/he has failed a course more than once, or that the student has a number of incompletes and/or withdrawals that the dean or dean's designee considers to be of concern

A student placed on academic probation will be required to meet with a faculty advisor to develop an academic improvement plan that the student must complete in order to be removed from academic probation.

A student is generally placed on academic probation for one quarter. If the dean or dean's designee determines that the student has not satisfied the conditions of the probation, the dean or dean's designee will determine whether the student will be:

- Continued on probation and the circumstances for continued probation
- Placed on suspension (see below)
- Recommended for dismissal (see below)

The dean or dean's designee will notify the student each quarter that s/he remains on probation and whenever the student's academic status has changed.

##### Dismissal for Academic Deficiencies

Each school at Bastyr University has a Student Progress Committee that follows an individual dismissal policy. Recommendations for dismissal are submitted to the provost for consideration. The provost will make the final decision on student dismissals.

A student may be dismissed from Bastyr University:

- If the student fails to fulfill the conditions of academic probation
- After the second consecutive quarter on probation (including summer, if enrolled)
- After the third quarter on probation (including summer, if enrolled); the quarters need not be consecutive

Students who are dismissed will be dropped from all classes for which they are registered at the time of dismissal.

## SUMMER MASSAGE INTENSIVE

Bastyr University and the Bellevue Massage School Center for Healing Arts offer a summer massage training program that allows students to apply coursework taken at Bastyr University toward the Washington state requirements for licensure. This course cannot be audited. Students interested in further information may meet with their academic advisor in the registrar's office or with their department's program supervisor to discuss the program availability and the course prerequisites.

# SCHOOL OF ACUPUNCTURE AND ORIENTAL MEDICINE

## ADMINISTRATORS OF THE SCHOOL OF ACUPUNCTURE AND ORIENTAL MEDICINE

Dean to be announced  
 Associate Dean, Clinical Education; DAOM Program Director to be announced  
 Molly Parkhurst, Program Supervisor  
 Cheryl Cuevas, Administrative Assistant

## OVERVIEW

The field of acupuncture and Oriental medicine in America is rooted in the traditional medicine of China that has evolved over the past several thousand years. The contemporary model of natural health care education and practice in China is the combined system of traditional Chinese medicine (TCM) and Western medicine. This system has strongly inspired the current programs in acupuncture and Oriental medicine (AOM) at Bastyr University.

Established in 1988, the School of Acupuncture and Oriental Medicine currently offers the following degree/certificate options:

- Bachelor of Science in Natural Health Sciences/ Master of Science in Acupuncture (BS/MSA) (see page 34)
- Bachelor of Science in Natural Health Sciences/ Master of Science in Acupuncture and Oriental Medicine (BS/MSAOM) (see page 34)
- Master of Science in Acupuncture (MSA) (see page 35)
- Master of Science in Acupuncture and Oriental Medicine (MSAOM) (see page 35)
- Certificate in Chinese Herbal Medicine (CCHM) – postgraduate offering (see page 40)
- Doctor of Acupuncture and Oriental Medicine (DAOM) – postgraduate offering (see page 41)

These programs are closely interrelated and require the same foundational studies in traditional Chinese medicine.

## MASTER'S PROGRAM MISSION STATEMENT

*The mission of the acupuncture and Oriental medicine program at Bastyr University is to prepare excellent practitioners. This is accomplished through rigorous training in traditional Chinese medicine with an emphasis on collaborating with other health care disciplines. The program is committed to producing graduates who are respected among their health care*

*peers, dedicated to service in their community, and prepared for lifelong learning in the field.*

## EXPECTED LEARNING OUTCOMES

The school of Acupuncture and Oriental Medicine's master's program trains graduates to be the following:

1. Safe and effective in the care of patients by demonstrating in-depth ability in the following areas:
  - a. Knowledge of traditional Chinese medicine diagnostic strategies and their application to individual cases
  - b. Skill in the traditional methods of assessment of patients including interviewing, palpation and observation
  - c. Competence in selecting the appropriate treatment modalities and plans for a patient utilizing acupuncture, tui na, Chinese herbs (relevant to the MSAOM) and lifestyle counseling
  - d. Skill in the application of acupuncture techniques in an appropriate and safe fashion for each patient
2. Able to integrate Eastern and Western paradigms of medicine for the purposes of informing the practice of traditional Chinese medicine, communicating with other health care professionals and patients, and making appropriate medical referrals when necessary
3. Professional in their approach to setting up and maintaining a private practice, collaborating with other health care professionals, working in an integrated health care setting and providing leadership within the acupuncture and Oriental medicine field
4. Capable of accessing research information and critically assessing the value of published clinical research in the field
5. Able to provide health prevention measures based on traditional Chinese medicine theory (such as tai chi, qigong, and therapeutic nutrition) to support the well-being of their patients and themselves
6. Qualified to pass national and state acupuncture and/or herbal exams



### RECOGNITION AND LICENSURE OF ACUPUNCTURE AND ORIENTAL MEDICINE

The Master of Science in Acupuncture (MSA), the Master of Science in Acupuncture and Oriental Medicine (MSAOM) and the Doctor of Acupuncture and Oriental Medicine (DAOM) degree programs at Bastyr University are accredited by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM), 7501 Greenway Center Dr., Suite 760, Greenbelt, MD 20770, 301.313.0855. Bastyr University is accredited by the Northwest Commission for Colleges and Universities, 425.558.4224, and thus all degree offerings are accredited and eligible for Title IV funds.

The Master of Science programs are approved by the Washington State Department of Health. Graduates of Bastyr University's MSA and MSAOM programs are eligible to apply for licensure in acupuncture in Washington state, as well as in most other states offering similar licensure. Applications for licensing in Washington can be obtained by contacting the Washington State Department of Health, Professional Licensing - Acupuncture, P.O. Box 47868, Olympia, WA 98504-7868, 360.236.4700. Applications for licensing in California can be obtained by contacting the Department of Consumer Affairs, Acupuncture Board, 444 N. Third Street, Suite 260, Sacramento, CA 95814, 916.445.3021.

Currently, acupuncture is recognized in 44 states and the District of Columbia. The actual requirements for licensure can vary from state to state, with the majority of states requiring the successful completion of the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) exam. If a student is interested in licensure in a state other than Washington or California, it is imperative for the student to know the licensing requirements of that particular state in order to ensure that there are no outstanding academic requirements at the time of graduation. Academic advising is available to help students who may have additional requirements to meet.

### ACUPUNCTURE AND ORIENTAL MEDICINE ADMISSIONS

For general information on the admissions process, please refer to the Admissions section in this catalog. The information below refers only to the acupuncture and Oriental medicine programs. It is strongly recommended that applicants receive acupuncture and/or a traditional Chinese medicine

treatment prior to applying to the program. Additionally, applicants will benefit from reading about and researching the field of Oriental medicine via the mainstream press and Internet.

### REQUIRED ABILITIES/SKILLS FOR ACUPUNCTURE AND ORIENTAL MEDICINE PROGRAM ADMISSION

A candidate for the acupuncture and Oriental medicine degree must be able to demonstrate appropriate observational and communication skills, motor function, intellectual-conceptual, integrative and quantitative abilities, and behavioral and social maturity. A candidate should be able to perform in a reasonably independent manner.

**Observation:** A candidate must be able to observe a patient accurately at a distance and close at hand. Observation necessitates the functional use of the sense of vision and somatic sensation. These are enhanced by the functional use of the sense of smell.

**Motor:** Candidates should have sufficient motor function to elicit information from patients by palpation, auscultation, percussion and other diagnostic maneuvers. A candidate should be able to execute motor movements reasonably required to provide general care and emergency treatment to patients such as CPR and application of pressure to stop bleeding and the opening of obstructed airways. Such actions require coordination of both gross and fine muscular movements, equilibrium and functional use of the sense of touch and vision.

Observation and motor skills must be in coordination with each other in order to safely practice many of the diagnostic and clinical techniques specific to Oriental medicine. A combination of observation and motor skills are required for acquiring diagnostic information from patients as well as for the clinical portion of the training which includes the safe insertion and manipulation of acupuncture needles, cupping, moxibustion, etc.

**Communication:** A candidate should be able to speak, to hear and to observe patients in order to elicit information, describe changes in mood, activity and posture, and perceive nonverbal communications. A candidate must be able to communicate effectively and sensitively with patients. Communication includes not only speech but reading and writing. The candidate must be able to communicate effectively and efficiently in oral and written form with all members of the health care team.

**Intellectual-Conceptual, Integrative and Quantitative Abilities:** These abilities include measurement, calculation, reasoning, analysis and synthesis. Problem solving, which is a critical skill for health care practitioners, requires all of these intellectual abilities. In addition, the candidate should be able to comprehend three-dimensional relationships and to understand the spatial relationships of structures.

**Behavioral and Social Attributes:** A candidate must possess the emotional health required for full utilization of her/his intellectual abilities, the exercise of good judgment, the prompt completion of all responsibilities attendant to the diagnosis and care of patients, and the development of mature, sensitive and effective relationships with patients. Candidates must be able to tolerate physically taxing workloads and to function effectively under stress. They must be able to adapt to changing environments, to display flexibility, and to learn to function in the face of uncertainties inherent in the clinical problems of many patients. Compassion, integrity, concern for others, interpersonal skills, interest and motivation are all personal qualities that are assessed during the admissions and education processes.

#### AGE OF COURSE

Required chemistry and biology courses not taken within seven years of matriculation into the program are subject to review by the admissions committee. Additional coursework may be required.

#### TRANSFERS

Students who wish to transfer from other acupuncture and Oriental medicine programs are accepted on a space-available basis and must meet the same entrance requirements at the class level they seek to enter. Transfer credit is evaluated on an individual basis following completion of the application process. Transfer applicants must submit a \$75 transfer evaluation fee.

Applicants must provide an official transcript from the college or program from which the transfer is being requested, demonstrating that they are leaving in good academic standing.

Applicants must submit syllabi for the courses they completed in their acupuncture program and should be prepared to submit additional documentation to support a thorough evaluation. If a transfer student is found to be deficient in some area(s) of study, s/he may be required to complete additional

courses at Bastyr University. For more information on the transfer admission policies and procedures, contact the admissions office.

## COMBINED BACHELOR'S/ MASTER'S PROGRAM

Students who have completed at least two years at the undergraduate level (60 semester credits or 90 quarter credits) have the opportunity to earn their bachelor's degree in combination with either the Master of Science in Acupuncture or the Master of Science in Acupuncture and Oriental Medicine. Master's program prerequisites must also be met prior to matriculation. The bachelor's degree is awarded at the time of graduation from the master's program.

#### PREREQUISITES FOR BS/MSA OR BS/MSAOM

Entering undergraduates must have earned at least a 2.75 cumulative grade point average, with a grade of C or better in all basic proficiency and science requirement courses. Prior to enrolling, students must have completed 90 quarter credits (60 semester credits) including a minimum number of credits in basic proficiency, science and general education categories. Surplus credits not used to satisfy basic proficiency or science requirements may be applied to the appropriate general education requirements. Note that students may apply to the program while completing prerequisite coursework.

Students entering the BS/MS program as undergraduates are required to maintain a minimum 2.75 GPA for the first year of their studies, regardless of credits. Starting with the second academic year, students are required to maintain a minimum 3.0 GPA. Please see the Academic Status and Graduation Requirements section for additional information on grading.

#### BASIC PROFICIENCY AND SCIENCE REQUIREMENTS

English literature or composition.....	9 quarter credits
Intermediate algebra.....	1 course <sup>1</sup>
General psychology.....	3 quarter credits
General chemistry (allied-health level with lab).....	4 quarter credits <sup>2</sup>
General biology (allied-health level) with lab.....	4 quarter credits

<sup>1</sup>Intermediate algebra is not college level, and the credits will not transfer in toward degree completion.

<sup>2</sup>Survey-level class that covers inorganic chemistry and includes a lab component. Intended for students in allied-health majors.

GENERAL EDUCATION REQUIREMENTS

Natural sciences and mathematics.....	12 quarter credits
Arts and humanities.....	15 quarter credits
Social sciences .....	15 quarter credits
Speech communication or public speaking ...	3 quarter credits
Electives.....	25 quarter credits <sup>1</sup>

<sup>1</sup>The number of elective credits may vary depending upon the exact number of quarter credits earned in the other prerequisite categories. Total prerequisite credits must equal at least 90 quarter credits.

MASTER OF SCIENCE IN ACUPUNCTURE

The MSA provides the didactic and clinical training necessary for eligibility for the National Commission for the Certification of Acupuncture and Oriental Medicine (NCCAOM) exam, which is the basis for licensing in most states. The MSA program is a three-calendar-year course of study.

MASTER OF SCIENCE IN ACUPUNCTURE AND ORIENTAL MEDICINE

The MSAOM is the model comprehensive degree program. It includes all the didactic and clinical training of the MSA but also includes training in Chinese herbal medicine and an introduction to Chinese medical language. The MSAOM program is a three-and-a-half-calendar-year course of study.

PREREQUISITES FOR MSA/MSAOM

Entering students must have a bachelor's degree from a regionally accredited college/university and must have completed the following courses or their equivalent:

Intermediate algebra.....	1 course
General chemistry (allied-health level with lab) ....	1 course <sup>1,2</sup>
General biology (allied-health level with lab).....	1 course <sup>2</sup>

General psychology..... 1 course  
Note: All students must complete a CPR-C level course or equivalent prior to entering clinic.

<sup>1</sup>Survey-level class that covers inorganic chemistry and includes a lab component. Intended for students in allied-health majors.

<sup>2</sup>Science classes must have been taken within seven years of entering the program. If not, additional coursework may be required after the admissions committee review.

CLINIC

The core of the program's clinical training takes place at Bastyr Center for Natural Health, the University's teaching clinic. Bastyr Center is a comprehensive, multidisciplinary clinic providing quality training for

students in all of the University's programs. Within the acupuncture and Oriental medicine clinic, students receive clinical training in acupuncture and Chinese herbs. In addition to training at the University clinic, students have the opportunity to train at several community medical sites that provide clinical experience in working with diverse populations.

The clinical training program begins in the first year and is comprised of three observation shifts, one preceptorship and either 14 (MSA) or 16 (MSAOM) student clinician shifts. The three observation shifts can be completed in any of the five quarters preceding clinician status. All observation hours, shifts and interim observation hours must be completed prior to starting as a student clinician, in spring of the second year. The preceptorship shift may be performed in either the observation or clinician phase of training. A minimum of one observation shift must be completed in order to do a preceptorship. Students in the MSAOM program or the CCHM program also take eight Chinese herbal shifts and two Chinese herbal dispensary shifts in the latter portion of their program. On a space available basis, students are welcome to take additional clinic shifts for elective credit. However, elective shifts cannot be used to make up missing hours in core shifts due to prior or future absences.

Admission as a clinician to the AOM student training clinic at Bastyr Center for Natural Health is based on: 1) good academic standing, 2) completion of a bachelor's degree or being enrolled in or graduated from an acupuncture master's program, 3) completion of the required prerequisite curriculum, 4) successful passage of the clinic entry written and practical exam, 5) current CPR for health care provider certification, and 6) certification in Clean Needle Technique (CNT).

Please be aware that the opportunity to be placed at one of the external clinics offered through Bastyr University is contingent on the student's ability to provide documentation of a vaccination history. If this documentation is unavailable or out of date, students will need to update their vaccines at either local health centers or through their personal physicians. The community clinic rotations are outstanding clinical experiences in working with underserved and special patient populations, including developing skills working with medical translators. Students who are unable to provide vaccine documentation will not be eligible for this rotation and clinical training may be restricted to the Bastyr student clinic. Students are also required to submit to a national criminal background check.

For more information, see “Background Checks” in the *Academic Policy and Procedure Manual*, Student Policies and Procedures section of MyBU.

#### CHINA STUDIES

Students in good academic standing are encouraged to apply for advanced studies in China and may earn eight (8) clinical credits. Students are placed at Sichuan Integrated Hospital of Eastern and Western Medicine in Chengdu or Shanghai University of Traditional Chinese Medicine. Permission to attend is at the discretion of the School of AOM and depends on a number of additional factors, such as interpersonal skills, maturity and depth of clinical skills. For an application, see the AOM clinic section. Students who plan to study in China are required to take the one-credit elective OM6820 Clinic Entry for China in summer quarter of their third year, immediately preceding their China trip.

#### SUMMER MASSAGE INTENSIVE

Bastyr University and the Bellevue Massage School Center for Healing Arts offer a summer massage training program that allows students to apply coursework taken at Bastyr University toward the Washington state requirements for massage licensure. This course cannot be audited. This program of study is an excellent future practice builder. The schedule for this training works particularly well for MSA students. Students interested in further information may meet with their academic advisor in the registrar’s office to discuss the program availability and the course prerequisites.

#### BASIC SCIENCES CURRICULUM WITHIN ACUPUNCTURE AND ORIENTAL MEDICINE

Basic science courses within acupuncture and Oriental medicine include Anatomy and Physiology, Organic Chemistry, Biochemistry, Microbiology, Pathology, and Pharmacology. These courses serve as a foundation for an understanding of the human body and provide students with the necessary skills and competency to pursue coursework in the AOM program. In addition, a portion of the AOM Anatomy and Physiology course is taught in Bastyr’s cadaver anatomy lab, thus giving students the unique opportunity to study anatomy in greater depth. Basic science courses in the doctoral program include Pathology of Cancer, Pharmacology and Advanced Living Anatomy.

The basic sciences faculty encourages and expects students to advance beyond the simple learning of

scientific facts and to integrate systematically the information from basic science disciplines into a unified model of human organization and function. This educational scheme requires students to assume an active role in the learning process and encourages them to adopt this inquisitive behavior for a lifetime. Problem solving, clinical cases and examples are an integral part of the basic science curriculum. This educational process is an expression of Bastyr University’s basic philosophy of a holistic approach to human behavior, health and therapeutics. The basic sciences faculty encourages students to pursue an integrated approach to learning and understanding. Instructors are readily available to facilitate this process on an individual basis.

The department also offers General Chemistry in a summer intensive format, which is a prerequisite requirement for the AOM program.

#### COUNSELING AND HEALTH PSYCHOLOGY CURRICULUM WITHIN ACUPUNCTURE AND ORIENTAL MEDICINE

The counseling and health psychology curriculum trains students in understanding and effecting change in the emotional, mental and spiritual dimensions of human functioning.

Students in acupuncture and Oriental medicine MS programs are required to take the following:

- PS5205: Patient Communications - 3 credits
- PS6100: Motivational Interviewing - 2 credits

Students in the DAOM program are required to take the following:

- PS8110: Counseling in Chronic Pain and Chronic/Terminal Illness - 3 credits

For additional counseling and health psychology courses available as electives to matriculated students, please see the course listings in this catalog or the current quarterly schedule of classes.

#### ACADEMIC STATUS AND GRADUATION REQUIREMENTS

A grade of C or higher is required to pass all AOM/CCHM courses. Students entering the BS/MS program as undergraduates are required to maintain a minimum GPA of 2.75 for the first year of their studies, regardless of credits. Starting with the second academic year, undergraduate students are required to maintain a minimum GPA of 3.0. Students entering the master’s program as graduate students or entering the Certificate in Chinese Herbal Medicine (CCHM) must maintain a minimum of a 3.0 GPA to be in good academic standing. Academic sanctions occur when the quarterly or cumulative

GPA drops below the minimum level or when a student receives PC, D or F grades. Students with a quarterly GPA below the minimum will be placed on academic warning status. Students who receive a PC, D or F in any one quarter, regardless of GPA, may be placed on probation status. Academic tutoring and support is available to assist students to return to good academic standing.

Students accepted into the Master of Science in Acupuncture (MSA) program must complete a total of 157.5<sup>1</sup> quarter credits with a minimum of 101 quarter credits in residence at Bastyr University. Students must maintain a minimum 3.0 GPA.

Students accepted into the Master of Science in Acupuncture and Oriental Medicine (MSAOM) program must complete a total of 219.0<sup>1</sup> quarter credits with a minimum of 144 quarter credits in residence at Bastyr University. Students must maintain a minimum 3.0 GPA.

Students earning the MSA must complete their degree requirements within four years and MSAOM within six years, including any credits completed as a bachelor's student and applied toward the master's. Students must complete at least two-thirds of their credits in residence at Bastyr University.

Students earning the DAOM must complete their degree within five years. Students must complete at least two-thirds of their credits in residence at Bastyr University. Students must maintain a minimum 3.0 GPA to be in good academic standing.

The Certificate in Chinese Herbal Medicine (CCHM) program has a total of 62 required credits of coursework and clinical training. To earn the certificate, at least 41 credits must be completed in residence. To maintain good academic standing, students in the CCHM program must maintain a term and/or cumulative GPA of 3.0 or better. The CCHM is a graduate course of study and, as such, follows the grading policies of the school of AOM degree programs.

Students accepted into the combined Bachelor/Master of Science degree program receive their bachelor's degree upon graduation from the master's program. If a student voluntarily or involuntarily leaves the program prior to completion of the master's, she/he may be eligible for a bachelor's degree if the student has a combined upper and lower division quarter credit total of 180 credits (specific course requirements also apply. See the dean for further information.) Furthermore, a student must have a minimum of 45 quarter credits in residence at Bastyr University.

In order to receive a license to practice acupuncture in the majority of states a student must earn either an MSA or MSAOM degree, pass the NC-CAOM licensing exam and meet any additional state requirements. Several states require Chinese herbal medicine training for licensure (e.g., CA, FL, NM, TX). Students graduating with an MSA degree may need to consider taking the CCHM program as a postgraduate option to meet this requirement.  
<sup>1</sup>*Credits do not include prerequisites/corequisites.*

*Students may enter their course of study either into the combined BS/MS programs or directly into the MS programs. (The programs described below include required curriculum for the Bachelor of Science programs.)*

ELECTIVES

The School of Acupuncture and Oriental Medicine continually develops and adds to its special topics and elective course curriculum. These courses are included in the course description section of the catalog.

The MSA requires completion of eight elective credits. The MSAOM requires completion of five elective credits. For dual-track (ND/AOM) students, please see the dual-track program requirements listed in the School of Naturopathic Medicine section.

**The following curriculum tables list the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.), the lab/clinic hours each week (L/C) and the total contact hours for the course over the entire quarter (Tot).**

MASTER OF SCIENCE IN ACUPUNCTURE (MSA)  
2012-2013

MSA YEAR I

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot
F	BC3100	Survey of Organic Chemistry 1 <sup>1</sup>	4	4	0	44
	BC3134	Living Anatomy	4	4	0	44
	OM4106	Meridians & Points 1	4	4	0	44
	OM4118	TCM Fundamentals	4	4	0	44
	OM4315	TCM Bodywork: Tui Na	1	0	2	22
	OM4406	Qi Gong	1	0	2	22
	OM4800	Clinic Entry	2	2	0	22
	OM5121	Medical Chinese 1	1	1	0	11
		Quarterly Totals	21	19	4	253
W	BC3104	Biochemistry <sup>1</sup>	4	4	0	44
	BC3135	Anatomy & Physiology 1 Lec/Lab <sup>1</sup>	5	4	2	66
	OM4107	Meridians & Points 2	4	4	0	44
	OM4211	TCM Diagnosis 1	3	3	0	33
	OM4221	TCM Pathology 1	3	3	0	33
	OM4411	TCM Techniques 1	2	2	0	22
	OM4803	Clinical Observation 1 <sup>2</sup>	2	0	4	44
	OM5442	Tai Chi	1	0	2	22
		Quarterly Totals	24	20	8	308

Sp	BC3136	Anatomy & Physiology 2 Lec/Lab <sup>1</sup>	4	3	2	55
	BC4105	Introduction to Western Pathology	3	3	0	33
	OM4108	Meridians & Points 3	4	4	0	44
	OM4212	TCM Diagnosis 2	3	2	2	44
	OM4222	TCM Pathology 2	3	3	0	33
	OM4804	Clinical Observation 2 <sup>2</sup>	2	0	4	44
	OM5430	TCM Techniques 2	2	2	0	22
		Quarterly Totals	21	17	8	275

**MSA YEAR II**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.	
F	BC4104	Microbiology Lec <sup>1</sup>	3	3	0	33
	OM5321	Survey of Western Clinical Sciences 1	3	3	0	33
	OM5414	Acupuncture Therapeutics 1	2	2	0	22
	OM5415	Acupuncture Therapeutics 2	2	2	0	22
	OM5436	TCM Techniques 3	2	2	0	22
	OM5803	Clinical Observation 3 <sup>2</sup>	2	0	4	44
		Quarterly Totals	14	12	4	176
W	BC4125	Pharmacology Overview for AOM	4	4	0	44
	OM4806	AOM Preceptor Observation <sup>3</sup>	2	0	4	44
	OM5322	Survey of Western Clinical Sciences 2	3	3	0	33
	OM5416	Acupuncture Therapeutics 3	2	2	0	22
	OM5417	Acupuncture Therapeutics 4	2	2	0	22
	OM5438	TCM Techniques Lab	1	0	2	22
		Quarterly Totals	14	11	6	187
Sp	OM5300	Auricular Therapy	2	2	0	22
	OM5302	Public Health Issues in AOM	2	2	0	22
	OM5324	Survey of Western Clinical Sciences 3	3	3	0	33
	OM5418	Acupuncture Therapeutics 5	2	2	0	22
	OM5419	Acupuncture Therapeutics 6	2	2	0	22
	OM5813-14	AOM Clinic 1-2	4	0	8	88
	OM6305	Survey of Biophysics/ Electroacupuncture	2	2	0	22
		Quarterly Totals	17	13	8	231
Su	OM5815-18	AOM Clinic 3-6	8	0	16	176
	PS5205	Patient Communications	3	3	0	33
		Quarterly Totals	11	3	16	209

**MSA YEAR III**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.	
F	OM5405	TCM Whole Foods Nutrition	2	2	0	22
	OM6110	TCM Medical Classics	2	2	0	22
	OM6417	Acupuncture Therapeutics 7	2	2	0	22
	OM6827-29	AOM Clinic 7-9	6	0	12	132
	PS6100	Motivational Interviewing	2	2	0	22
	TR6105	Nutrition & Dietary Systems	3	3	0	33
		Quarterly Totals	17	11	12	253
W	OM4101	History of Medicine	2	2	0	22
	OM6111	Practice Management 1	2	2	0	22
	OM6310	Case Review	2	2	0	22
	OM6315	Clinical Theatre	2	2	0	22
	OM6830-32	AOM Clinic 10-12	6	0	12	132
		Quarterly Totals	14	8	12	220
Sp	BC5140	Research Methods in AOM	3	3	0	33
	OM5819	AOM Interim Clinic <sup>4</sup>	1.5	0	3.3	36
	OM6105	Jurisprudence/Ethics	1	1	0	11
	OM6112	Practice Management 2	1	1	0	11
	OM6833-34	AOM Clinic 13-14	4	0	8	88
		Quarterly Totals <sup>5</sup>	10.5	5	11.3	179

<sup>1</sup>Corequisite courses to the MSA program: The MSA curriculum has been designed so students missing one or more of these may take them after matriculating at Bastyr University. Previously

completed coursework from other accredited institutions may satisfy these corequisites.

<sup>2</sup>Observation 1-3 can be taken in any of the five quarters preceding clinician status.

<sup>3</sup>Preceptorship can be taken during observation or clinician phase, once Observation 1 is completed.

<sup>4</sup>Students are required to complete a total of 36 interim clinic hours. (Usually students staff the shifts they were assigned to in the quarter just ended.) Students register and pay for this shift in their last quarter of attendance.

<sup>5</sup>All students who plan to study in China must take the one-credit required class Clinic Entry for China in summer quarter of year three, just preceding their China rotation. This course may be counted toward the nine required elective credits.

**Elective Requirements: MSA**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	Elective & Special Topics <sup>6</sup>	8	8	0	88
	Total Elective Credits and Hours	8	8	0	88

<sup>6</sup>Electives/Special Topics: The MSA program requires a total of nine (9) elective/special topics credits. These credits may be any general electives/special topics as long as the prerequisites for each course are met.

For students who are approved to take an optional clinic in China, eight (8) credits (16 lab hours) will be applied toward AOM Clinical hours.

**Total Requirements: MSA**

	Crdt.	Lec.	L/C	Tot.
Total Core Course Credits and Hours	106	101	10	1221
Total Prerequisites/Corequisites	20	18	4	242
Total Elective Credits and Hours	8	8	0	88
Total Clinic Credits and Hours	37.5	0	75.3	828
Total Requirements	171.5	127	89.3	2379

*Curriculum and course changes in the 2012-2013 Bastyr University Catalog are applicable to students entering during the 2012-2013 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

**MASTER OF SCIENCE IN ACUPUNCTURE AND ORIENTAL MEDICINE (MSAOM) 2012-2013****MSAOM YEAR I**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.	
F	BC3100	Survey of Organic Chemistry 1 <sup>1</sup>	4	4	0	44
	BC3134	Living Anatomy	4	4	0	44
	OM4106	Meridians & Points 1	4	4	0	44
	OM4118	TCM Fundamentals	4	4	0	44
	OM4315	TCM Bodywork: Tui Na	1	0	2	22
	OM4406	Qi Gong	1	0	2	22
	OM4800	Clinic Entry	2	2	0	22
	OM5121	Medical Chinese 1	1	1	0	11
		Quarterly Totals	21	19	4	253
W	BC3104	Biochemistry <sup>1</sup>	4	4	0	44
	BC3135	Anatomy & Physiology 1 Lec/Lab <sup>1</sup>	5	4	2	66
	OM4107	Meridians & Points 2	4	4	0	44
	OM4211	TCM Diagnosis 1	3	3	0	33
	OM4221	TCM Pathology 1	3	3	0	33
	OM4411	TCM Techniques 1	2	2	0	22
	OM4803	Clinical Observation 1 <sup>2</sup>	2	0	4	44
	OM5442	Tai Chi	1	0	2	22
		Quarterly Totals	24	20	8	308

Sp	BC3136	Anatomy & Physiology 2 Lec/Lab <sup>1</sup>	4	3	2	55
	BC4105	Intro to Western Pathology	3	3	0	33
	OM4108	Meridians & Points 3	4	4	0	44
	OM4212	TCM Diagnosis 2	3	2	2	44
	OM4222	TCM Pathology 2	3	3	0	33
	OM4804	Clinical Observation 2 <sup>2</sup>	2	0	4	44
	OM5430	TCM Techniques 2	2	2	0	22
		Quarterly Totals	21	17	8	275
Su	B02101	Introduction to Botany <sup>1</sup>	3	2	2	44
	CH6421	Chinese Materia Medica 1	4	4	0	44
	CH6831	CHM Dispensary 1 <sup>3</sup>	2	0	4	44
	OM5122	Medical Chinese 2	1	1	0	11
		Quarterly Totals	10	7	6	143

**MSAOM YEAR II**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC4104	Microbiology Lec <sup>1</sup>	3	3	0	33
	CH6422	Chinese Materia Medica 2	4	4	0	44
	OM5123	Medical Chinese 3	2	2	0	22
	OM5321	Survey of Western Clinical Sciences 1	3	3	0	33
	OM5414	Acupuncture Therapeutics 1	2	2	0	22
	OM5415	Acupuncture Therapeutics 2	2	2	0	22
	OM5436	TCM Techniques 3	2	2	0	22
	OM5803	Clinical Observation 3 <sup>2</sup>	2	0	4	44
		Quarterly Totals	20	18	4	242

W	BC4125	Pharmacology Overview for AOM	4	4	0	44
	CH6423	Chinese Materia Medica 3	4	4	0	44
	OM4806	AOM Preceptor Observation <sup>4</sup>	2	0	4	44
	OM5124	Medical Chinese 4	2	2	0	22
	OM5322	Survey of Western Clinical Sciences 2	3	3	0	33
	OM5416	Acupuncture Therapeutics 3	2	2	0	22
	OM5417	Acupuncture Therapeutics 4	2	2	0	22
	OM5438	TCM Techniques Lab	1	0	2	22
		Quarterly Totals	20	17	6	253

Sp	CH6431	CHM Herbal Formulations 1	4	4	0	44
	OM5300	Auricular Therapy	2	2	0	22
	OM5302	Public Health Issues in AOM	2	2	0	22
	OM5324	Survey of Western Clinical Sciences 3	3	3	0	33
	OM5418	Acupuncture Therapeutics 5	2	2	0	22
	OM5419	Acupuncture Therapeutics 6	2	2	0	22
	OM5813-14	AOM Clinic 1-2	4	0	8	88
	OM6305	Survey of Biophysics/ Electroacupuncture	2	2	0	22
		Quarterly Totals	21	17	8	275

Su	CH6432	CHM Herbal Formulations 2	4	4	0	44
	OM5815-18	AOM Clinic 3-6	8	0	16	176
	PS5205	Patient Communications	3	3	0	33
		Quarterly Totals	15	7	16	253

**MSAOM YEAR III**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	CH6408	Chinese Herbal Therapeutics 1	4	4	0	44
	OM5405	TCM Whole Foods Nutrition	2	2	0	22
	OM6110	TCM Medical Classics	2	2	0	22
	OM6417	Acupuncture Therapeutics 7	2	2	0	22
	OM6827-29	AOM Clinic 7-9	6	0	12	132
	PS6100	Motivational Interviewing	2	2	0	22
	TR6105	Nutrition & Dietary Systems 1	3	3	0	33
		Quarterly Totals	21	15	12	297

W	BC6100	Pharmacology of CHM & Drug Interactions	2	2	0	22
	CH6409	Chinese Herbal Therapeutics 2	4	4	0	44
	CH6803-4	Chinese Herbal Medicine Clinic 1-2	4	0	8	88
	OM4101	History of Medicine	2	2	0	22
	OM6111	Practice Management 1	2	2	0	22
	OM6310	Case Review	2	2	0	22
	OM6315	Clinical Theatre	2	2	0	22
	OM6830-32	AOM Clinic 10-12	6	0	12	132
		Quarterly Totals	24	14	20	374

Sp	BC5140	Research Methods in AOM	3	3	0	33
	CH6410	Chinese Herbal Therapeutics 3	4	4	0	44
	CH6805-6	Chinese Herbal Medicine Clinic 3-4	4	0	8	88
	CH6832	CHM Dispensary 2 <sup>3</sup>	2	0	4	44
	OM5819	AOM Interim Clinic <sup>5</sup>	1.5	0	3.3	36
	OM6105	Jurisprudence/Ethics	1	1	0	11
	OM6112	Practice Management 2	1	1	0	11
	OM6833-34	AOM Clinic 13-14	4	0	8	88
		Quarterly Totals	20.5	9	23.3	355

Su	CH6411	Chinese Herbal Therapeutics 4	4	4	0	44
	CH6807-8	Chinese Herbal Medicine Clinic 5-6	4	0	8	88
	OM6835	AOM Clinic 15	2	0	4	44
		Quarterly Totals <sup>6</sup>	10	4	12	176

**MSAOM YEAR IV**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	CH6105	Chinese Herb Preparations <sup>7</sup>	1	0	2	22
	CH6809-10	Chinese Herbal Medicine Clinic 7-8	4	0	8	88
	OM6836	AOM Clinic 16	2	0	4	44
		Quarterly Totals	7	0	14	154

<sup>1</sup>Corequisite courses to the MSAOM program: The MSAOM curriculum has been designed so students missing one or more of these may take them after matriculating at Bastyr University. Previously completed coursework from other accredited institutions may satisfy these corequisites.

<sup>2</sup>Observation 1-3 can be taken in any of the five quarters preceding clinician status.

<sup>3</sup>CH6831, CH6832 may be taken any quarter in the herbal program.

<sup>4</sup>Preceptorship can be taken during observation or clinician phase, once Observation 1 is completed.

<sup>5</sup>Students are required to complete a total of 36 interim clinic hours. (Usually students staff the shifts they were assigned to in the quarter just ended.) Students register for and pay for this shift in their last year of attendance.

<sup>6</sup>All students who plan to study in China must take the one-credit required elective Clinic Entry for China in summer quarter of year three, just preceding their China rotation. This course may be counted toward the six required elective credits.

<sup>7</sup>CH6105 may also be taken in the summer of year two or three.

**Elective Requirements: MSAOM**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable		Elective & Special Topic	5	5	0	55
		Total Elective Credits and Hours	5	5	0	55

Electives/Special Topics: The MSAOM program requires a total of six (6) elective/special topics credits. These credits may be any general electives/special topics as long as the prerequisites for each course are met. Clinic in China is an eight (8) credit experience to be applied toward AOM Clinical, CHM shifts and/or elective credit. These credits may not be audited.

**Total Requirements: MSAOM**

	Crdt.	Lec.	L/C	Tot.
Total Core Course Credits and Hours	150	144	12	1716
Total Prerequisites/Corequisites	23	20	6	286
Total Elective Credits and Hours	5	5	0	55
Total Clinic Credits and Hours	61.5	0	123.3	1356
Total Requirements	239.5	169	141.3	3413

*Curriculum and course changes in the 2012-2013 Bastyr University Catalog are applicable to students entering during the 2012-2013 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

**CERTIFICATE IN CHINESE HERBAL MEDICINE (CCHM)**

The Chinese herbal medicine certificate program is designed for those seeking comprehensive training in the field of Chinese herbal medicine. This program is a postgraduate course for acupuncturists.

The CCHM curriculum enables students to gain skills and knowledge in the principles of Chinese herbology, including materia medica, formulations, prepared medicines, dispensary, herbal therapeutics and clinical training at the Chinese herbal medicine teaching clinic. The CCHM curriculum covers a minimum of 300 herbs and other therapeutic substances and a minimum of 150 herbal formulas. Case studies are presented to enhance the learning process. Students also gain skills in understanding drug/herb interactions — a very relevant topic for today’s practitioners. At the conclusion of the certificate program, graduates have enhanced their academic skills through clinical training and have gained the traditional Chinese medicine diagnostic skills to assess and diagnose syndromes relevant to traditional Chinese medicine. They also are prepared to determine and use appropriate Chinese herbal therapies within the appropriate professional scope of practice.

**EXPECTED LEARNING OUTCOMES**

The Chinese Herbal Medicine Certificate trains graduates to be the following:

1. Safe and effective in the care of patients by demonstrating in-depth ability in the following areas:
  - a. Knowledge of traditional Chinese medicine diagnostic strategies and their application to individual cases
  - b. Skill in the traditional methods of assessment of patients, including interviewing, palpation and observation
  - c. Competence in selecting the appropriate treatment modalities and plans for a patient

utilizing Chinese herbs (relevant to the MS-AOM) and lifestyle counseling

- d. Skill in the application of herbs and Chinese herbal formulas in an appropriate and safe fashion for each patient
2. Able to integrate Eastern and Western paradigms of medicine for the purposes of informing the practice of traditional Chinese medicine, communicating with other health care professionals and patients, and making appropriate medical referrals when necessary
3. Qualified to pass national and state acupuncture and/or herbal exams

**PREREQUISITES**

The CCHM is a postgraduate course of study that includes both didactic and clinical training. The minimum requirement for the CCHM is either a master’s degree in acupuncture or a certificate in acupuncture with 10 years of documented clinical experience. Applicants need to have completed or be in the process of completing the following coursework:

- Intermediate algebra ..... 1 course
- General psychology ..... 3 quarter credits
- General chemistry (allied-health level with lab) ..... 4 quarter credits
- General biology ..... 1 course

The following classes are corequisites and may be completed while taking CCHM classes:

- Survey of Organic Chemistry
- Biochemistry
- Microbiology

CCHM applicants must have a background in the basic sciences that is comparable to Bastyr University’s master’s curriculum. Upon review of past coursework, applicants may be asked to take a higher level science course or complete a competency exam.

**CALIFORNIA LICENSURE REQUIREMENTS**

The CCHM curriculum is designed to meet the current Chinese herbal medicine requirement portion for California acupuncture licensure. (The California licensing exam requires comprehensive training in acupuncture as well as CHM.) Those interested in California licensure should complete the MSAOM program or complete the MSA and return to the CCHM program as a postgraduate student.

**CHINA STUDY**

Students in the CHM certificate program may also choose to study in China. (Please see the China Studies section in the AOM master’s program de-



scription.) Students who choose to complete the China studies must take an additional one-credit course, OM6820 Clinic Entry for China, in the summer quarter immediately preceding their trip.

**The following curriculum tables list the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.), the lab/clinic hours each week (L/C) and the total contact hours for the course over the entire quarter (Tot).**

### CERTIFICATE IN CHINESE HERBAL MEDICINE PROGRAM (CCHM) 2012-2013

#### CCHM YEAR I

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	BO2101 Intro to Botany	3	2	2	44
	CH6421 Chinese Materia Medica 1	4	4	0	44
	CH6831 CHM Dispensary 1 <sup>1</sup>	2	0	4	44
	Quarterly Totals	9	6	6	132
F	CH6422 Chinese Materia Medica 2	4	4	0	44
	Quarterly Totals	4	4	0	44
W	CH6423 Chinese Materia Medica 3	4	4	0	44
	Quarterly Totals	4	4	0	44
Sp	CH6431 CHM Herbal Formulations 1	4	4	0	44
	Quarterly Totals	4	4	0	44
Su	CH6432 CHM Herbal Formulations 2	4	4	0	44
	Quarterly Totals	4	4	0	44

#### CCHM YEAR II

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	CH6408 Chinese Herbal Therapeutics 1	4	4	0	44
	Quarterly Totals	4	4	0	44
W	BC6100 Pharm of CHM & Drug Interactions	2	2	0	22
	CH6409 Chinese Herbal Therapeutics 2	4	4	0	44
	CH6803-04 Chinese Herbal Medicine Clinic 1-2	4	0	8	88
	Quarterly Totals	10	6	8	154
Sp	CH6410 Chinese Herbal Therapeutics 3	4	4	0	44
	CH6805-6 Chinese Herbal Medicine Clinic 3-4	4	0	8	88
	CH6832 CHM Dispensary 2 <sup>1</sup>	2	0	4	44
	Quarterly totals	10	4	12	176
Su	CH6411 Chinese Herbal Therapeutics 4	4	4	0	44
	CH6807-8 Chinese Herbal Medicine Clinic 5-6	4	0	8	88
	Quarterly Totals <sup>2</sup>	8	4	8	132

#### CCHM YEAR III

Qtr.Cat.No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	CH6105 Chinese Herbs Preparation <sup>3</sup>	1	0	2	22
	CH6809-10 Chinese Herbal Medicine Clinic 7-8	4	0	8	88
	Quarterly Totals	5	0	10	110

<sup>1</sup>CH6831,6832 may be taken in any quarter in the herbal program.

<sup>2</sup>Students who plan to study in China must take the one-credit elective course Clinic Entry for China in summer quarter of year two, just preceding their China studies, making their total required program credits 63.

<sup>3</sup>CH6105 may also be taken in summer of year two.

### Total Requirements: CCHM

	Crdt.	Lec.	L/C	Tot.
Total Core Course Credits and Hours	42	40	4	484
Total Clinic Credits and Hours	20	0	40	440
Total Requirements	62	40	44	924

Note: The CCHM program is 62 credits total. To earn the certificate, 41 credits must be completed in residence.

Curriculum and course changes in the 2012-2013 Bastyr University Catalog are applicable to students entering during the 2012-2013 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

## ACUPUNCTURE AND ORIENTAL MEDICINE DOCTORAL PROGRAM

### MISSION STATEMENT

*The mission of Bastyr University's Doctor of Acupuncture and Oriental Medicine program is to develop the knowledge and skills of qualified practitioners in the specialties of integrated oncology and advanced pain management. The program accomplishes this through rigorous training in traditional Chinese medicine and biomedical concepts, and by emphasizing an integrative model of care delivery. The program graduates leaders in the field of acupuncture and Oriental medicine prepared for lifelong learning and achievement in clinical practice, education and scholarship.*

### EXPECTED LEARNING OUTCOMES

Graduates of the School of Acupuncture and Oriental Medicine's clinical doctoral program will have the skills to:

- develop an advanced TCM diagnosis and treatment plan including all applicable modalities within the scope of practice, commensurate with patients' health statuses.
- demonstrate an understanding of allopathic oncology and pain treatment protocols in order to inform TCM care.
- discuss treatment planning issues as part of an integrated medical team.
- demonstrate an ability to participate as part of a clinic supervisory team educating master's students in acupuncture and Oriental medicine.
- conduct research that demonstrates knowledge and skills in study design and comprehension.

The AOM clinical doctorate is focused on training students in cancer care and advanced pain management and treatment with an emphasis on training in integrated clinical settings. Students develop skills in clinical research and teaching with an in-depth focus on a medical specialty. Courses include advanced Chinese medical classics, advanced acupuncture techniques, Chinese herbs

and therapeutics classes. Basic science classes focus on oncology and pain conditions pertaining to pathology and pharmacology. The curriculum also includes nutrition and patient management courses. A capstone research project is required.

The degree title is “DAOM,” Doctor of Acupuncture and Oriental Medicine. At the present time, there is no change in scope of practice for DAOM graduates. Students would choose to pursue this training if they are 1) interested in a doctoral degree in traditional Chinese medicine, 2) interested in oncology and management of advanced pain conditions and /or 3) interested in learning to conduct clinical research. This is a clinical doctoral degree, not a PhD program.

CLINICAL COMPONENT

The DAOM program emphasizes clinical training in integrated care settings, with rotations at Bastyr Center for Natural Health, Seattle, Washington; Providence Regional Medical Center, Everett, Washington; and Skagit Valley Hospital Regional Cancer Care Center, Mount Vernon, Washington. As part of the clinical training, DAOM students travel to China and complete additional studies at Sichuan Integrated Hospital of Eastern and Western Medicine in Chengdu and Shanghai University of Traditional Chinese Medicine. Students take a one-credit course, Clinic Entry for China, in preparation for China studies.

There are additional expenses associated with the China studies other than tuition, including travel, lodging and living expenses, and laboratory fees assessed by institutions in China. With planning, these expenses can be covered by financial aid. Bastyr University holds fundraising events to support China studies. DAOM students may choose to participate in these fundraising events to help defray travel expenses in China. See the DAOM program director for more information.

CAPSTONE THESIS PROJECT

As part of the program of study, DAOM students must complete a capstone research project. Capstone projects may take a variety of formats, including clinical or basic research, surveys, translation, systematic review or theoretical analysis. Students are expected to conduct and complete their capstone project, including final acceptance of their capstone paper, by the time all other program requirements are completed. If additional time is needed for completion and all other program

requirements are finished, then students will be assessed an additional fee (equal to 1 credit of tuition) in the quarter in which their capstone is submitted. Please see OM8199 “Capstone Continuation” and/or the *Capstone Project Handbook* for further details.

PREREQUISITES

Minimum prerequisites for the DAOM are a master’s degree in acupuncture or acupuncture and Oriental medicine or a certificate of acupuncture with 10 years of documented clinical experience. Prospective students with certificates of acupuncture should contact the admissions office for specialized assistance.

Applicants with AOM master’s degrees must have graduated from an ACAOM-candidate or -accredited program and have formal academic training in Chinese herbs. If applicants do not have a Chinese herb background, then they must complete the Certificate in Chinese Herbal Medicine as a prerequisite. Students may begin their doctoral studies if the classroom portion of the certificate has been completed. The clinical portion of the CCHM may be done concurrently with the DAOM program.

Applicants to the doctoral program need to either have completed or be in the process of completing the following coursework:

- Intermediate algebra ..... 1 course
- General psychology..... 3 quarter credits
- General chemistry  
(allied-health level with lab) ..... 4 quarter credits

Doctoral applicants must have a background in the basic sciences that is comparable to Bastyr University’s master’s curriculum. Upon review of past coursework, applicants may be asked to take a higher level science course or complete a competency exam. The minimum GPA for any past college-level education is 2.75.

**The following curriculum table lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.), the lab/clinic hours each week (L/C) and the total contact hours for the course over the entire quarter (Tot). This table reflects a full-time course of study. A part-time option is also available.**

## DOCTOR OF ACUPUNCTURE AND ORIENTAL MEDICINE (DAOM) 2012-2013

## YEAR I

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F BC7101	Pathology of Cancer	3	3	0	33
OM7401	AOM Orthopedics	2	2	0	22
OM7405	Chinese Herbs in Oncology	3	3	0	33
OM7800	Clinic Entry for Supervisors	1	1	0	11
OM7805	Clinic Supervision 1	2	0	4	44
OM9817	Advanced Clinician Shift <sup>1</sup>	2	0	4	44
TR5100	Biostatistics	4	4	0	44
	Quarterly Totals	17	13	8	231
W BC6134	Advanced Living Anatomy	1	0	2	22
BC7105	Pharmacology of Cancer Therapeutics	3	3	0	33
OM7110	Mechanisms & Pathology of Pain	2	2	0	22
OM7400	Acupuncture in Oncology	2	2	0	22
OM7411	TCM Cancer Therapeutics 1	2	2	0	22
OM7806	Clinic Supervision 2	2	0	4	44
TR5104	Research Methods in Health Sciences	3	2	2	44
	Quarterly Totals	15	11	8	209
Sp OM7200	Huang Di Nei Jing	2	2	0	22
OM7311	Pain Management 1	2	2	0	22
OM7412	TCM Cancer Therapeutics 2	2	2	0	22
OM7415	Advanced Acupuncture Techniques for Pain	2	2	0	22
OM7807	Clinic Supervision 3	2	0	4	44
PS8110	Counseling in Chronic Pain & Chronic/Terminal Illness	3	3	0	33
TR5128	Applied Research Skills	3	3	0	33
	Quarterly Totals	16	14	4	198
Su OM6820	Clinic Entry for China	1	1	0	11
OM7312	Pain Management 2	2	2	0	22
OM7403	Advanced Tui Na	1	0	2	22
OM7406	Qi Gong for Immunity & Pain Management	1	0	2	22
OM7808	Clinic Supervision 4	2	0	4	44
OM7811	Oncology Clinic 1	2	0	4	44
OM8101	Research Practicum 1	2	2	0	22
	Quarterly Totals	11	5	12	187

<sup>1</sup>May be waived, depending on experience. Waived credits must be made up with elective credits. Failure to demonstrate a grade of Achieved Competency in this shift may require a repeat of the shift under the guidelines of a learning contract.

## YEAR II

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F OM7205	Shang Han Lun	2	2	0	22
OM7313	Pain Management 3	2	2	0	22
OM7812	Oncology Clinic 2	2	0	4	44
OM7821	Pain Clinic 1	2	0	4	44
OM8102	Research Practicum 2	2	2	0	22
OM8809	China Studies	8	0	16	176
TR8401	Nutrition Issues in Cancer Care	3	3	0	33
	Quarterly Totals	21	9	24	363
W OM7210	Jin Gui Yao Lue	2	2	0	22
OM7402	Clinical Orthopedics	2	2	0	22
OM7813	Oncology Clinic 3	2	0	4	44
OM7822	Pain Clinic 2	2	0	4	44
OM8104	Research Practicum 3	1	1	0	11
	Quarterly Totals	9	5	8	143

Sp OM7215	Wen Bing Xue	2	2	0	22
OM7814	Oncology Clinic 4	2	0	4	44
OM7823	Pain Clinic 3	2	0	4	44
OM8105	Research Practicum 4	1	1	0	11
	Quarterly Totals	7	3	8	121

**Elective Requirements: DAOM**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	Elective & Special Topics <sup>3</sup>	4	4	0	44
	Total Elective Credits and Hours	4	4	0	44

<sup>3</sup>Electives/Special Topics: The DAOM program requires a total of four (4) elective/special topics credits. These credits may be any general electives/special topics as long as the prerequisites for each course are met.

**Total Requirements: DAOM**

	Crdt.	Lec.	L/C	Tot.
Total Core Course Credits and Hours	64	60	8	748
Total Elective Credits and Hours	4	4	0	44
Total Clinic Credits and Hours	32	0	64	704
Total Requirements	100	64	72	1496

*Curriculum and course changes in the 2012-2013 Bastyr University Catalog are applicable to students entering during the 2012-2013 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

## NATUROPATHIC MEDICINE/ ACUPUNCTURE AND ORIENTAL MEDICINE DUAL TRACK

Students in the Bastyr University naturopathic medicine program who are academically in good standing have the opportunity to apply to the Master of Science in Acupuncture (MSA) or the Master of Science in Acupuncture and Oriental Medicine (MSAOM) program in October of their second year of the four-year track. This requires a formal application to the acupuncture and Oriental medicine program through the admissions department, followed by a joint interview with both the AOM and ND schools. Please see page 86 in the "School of Naturopathic Medicine" section for a complete program description for dual-track studies.

## FACULTY

### WITH HIGHEST DEGREES, LICENSES OBTAINED AND DEPARTMENTAL AFFILIATIONS

## Key

- (AOM) Acupuncture & Oriental Medicine
- (BS) Basic Sciences
- (BTM) Botanical Medicine
- (EXS) Exercise Science
- (HO) Homeopathy
- (HS) Herbal Sciences
- (MW) Midwifery

(NM)	Naturopathic Medicine
(NTR)	Nutrition
(PM)	Physical Medicine
(PSY)	Psychology

**CORE**

- Cao, Qiang, MD (China), Shanghai University of Traditional Chinese Medicine, ND, Bastyr University, LAc (AOM)
- Ding, Weiyi, MD (China), MS, Shanghai University of Traditional Chinese Medicine, RN, Indiana University of Pennsylvania, LAc (AOM)
- Elson-Schwab, Lev, PhD, University of California, San Diego (BS)
- Golden, Lynelle, PhD, MS, University of Tennessee, Knoxville (BS)
- Kazaks, Alexandra, PhD, RD, University of California-Davis (NTR)
- Kirk, Elizabeth, PhD, University of Washington (NTR)
- Lichtenstein, Brad, ND, Bastyr University (PSY)
- Liu, Chongyun, MD (China), MS, Chengdu University of Traditional Chinese Medicine, LAc (AOM)
- Love Steward, Rebecca, DVM, Washington State University (BS)
- Lumiere, Kathleen, DAOM, Bastyr University, MAc, Northwestern Institute of Acupuncture and Oriental Medicine, LAc (AOM)
- Mitchell, Richard (Kyo), DAOM, MS, Bastyr University, MPH, Northern Illinois University, LAc (AOM)
- Spicer, Diane, MIT, University of Washington, MS, University of Wisconsin (BS)
- Tseng, Angela, DAOM, MS, Bastyr University, LAc (AOM)
- Wang, Ying, MD (China), MS, Heilongjiang University of Traditional Chinese Medicine, LAc (AOM)

**ADJUNCT**

- Apichai, Boonchai Benjamin, MD (China), Jinan University, MS, Bastyr University, LAc (AOM)
- Altschuler, Daniel, PhD (Taiwan), Guangzhou Chinese Medical College (AOM)
- Bayer, Sara, MA, University of Michigan, LAc (AOM)
- Dowling, James, MAc, Northwest Institute of Acupuncture and Oriental Medicine, RN, LAc (AOM)
- Ewing, Drake, MS, Bastyr University, LAc (AOM)
- Ferguson, Matthew, MS, Bastyr University, LAc (AOM)
- Heep, Amanda, ND, MS, Bastyr University (AOM)
- Hudson, George, MS, Bastyr University (PS)
- Huang, Jianxin, MD (China), MS, Nanjing University of Traditional Chinese Medicine, LAc (AOM)
- Hughes, Angela, MAc, Northwest Institute of Acupuncture and Oriental Medicine, LAc (AOM)

- King, Kayo, MAc, Northwest Institute of Acupuncture and Oriental Medicine LAc (AOM)
- Lamden, Mark, ND, Bastyr University (NM, AOM)
- Lee, Lillian, PhD, University of California at Davis, MS-AOM, Bastyr University, LAc (AOM)
- Loew, Brenda, MSAOM, Northwest Institute of Acupuncture and Oriental Medicine, LAc (AOM)
- Lu, Yuanming, MD (China), Qinghai Medical School, MS, Bastyr University, LAc (AOM)
- Ma, Xin Dong (Rosey), MD (China), Heilongjiang University of Traditional Chinese Medicine, LAc (AOM)
- Majd, Iman, MD(Iran), Tehran University of Medical Sciences, MS Bastyr University, LAc (AOM)
- Marshall, Anita, DAOM, American College of Traditional Chinese Medicine, PhD, American Global University, PharmD, University of the Pacific, LAc (BS)
- Martin, Eric, MS, Bastyr University, LAc (AOM)
- Philp, Hazel, ND, MS, Bastyr University, LAc (AOM)
- Pollard, Tiffany, MS, Bastyr University, LAc (AOM)
- Rome, Janna, MSAOM, Bastyr University, LAc (AOM)
- Russo, Alfred, DAOM, Bastyr University, LAc (AOM)
- Scott, Susan, MSAOM, Northwest Institute of Acupuncture and Oriental Medicine, LAc (AOM)
- Sayigh, Allen, MAc, Seattle Institute of Oriental Medicine, LAc (AOM)
- Stahlberg, Rainer, PhD, Leningrad State University (HS)
- Sun, Guan-Cheng, PhD, National Institute of Genetics (Japan) (AOM)
- Yu, Hong, DAOM, Bastyr University, LAc (AOM)

# SCHOOL OF NATURAL HEALTH ARTS AND SCIENCES

## ADMINISTRATORS OF THE SCHOOL OF NATURAL HEALTH ARTS AND SCIENCES

Lynelle Golden, PhD, Dean and Chair, Basic Sciences

Debra Boutin, MS, RD, Chair, Nutrition and Exercise Science

Suzu Myers, LM, CPM, MPH, Chair, Midwifery

Charles E. Smith, PhD, Chair, Counseling and Health Psychology

Tiffany Reiss, PhD, Program Director, Exercise Science and Wellness

Hatha Gbedawo, ND, Cadaver Anatomy Program Director

Jeanne Garthwaite, Program Supervisor, Nutrition and Exercise Science

Mary Yglesia, Practicum Coordinator, Midwifery

Andrea Larson, Program Coordinator, Basic Sciences

Eileen Newsom, Program Coordinator, Counseling and Health Psychology

Marissa Ohoyo, Program Supervisor, Midwifery

Chris Vires, Manager, Lab Services

Roselyn Le, Assistant Manager, Lab Services

Annie Kennedy, Director, Simkin Center for Allied Birth Vocations

Kay Hwang, Program Coordinator, Simkin Center for Allied Birth Vocations

The School of Natural Health Arts and Sciences is comprised of the Department of Basic Sciences, Department of Counseling and Health Psychology, Department of Nutrition and Exercise Science, Department of Midwifery, Simkin Center for Allied Birth Vocations, laboratory services, and the cadaver anatomy program.

*The mission of the School of Natural Health Arts and Sciences is to facilitate the development of a scientific foundation for students to investigate the individual and the natural world. We inspire students to reach their full potential in education, research and health care.*

*The vision of the School of Natural Health Arts and Sciences is to produce leaders in the art and science of natural health through the development of relevant and innovative programs that build on a foundation of science and integrate mind, body and spirit.*

The core values of the School of Natural Health Arts and Sciences are:

To practice critical and integrative thinking

To honor and celebrate diversity

To promote professional ethics and behavior

To communicate respectfully

To foster a lifelong quest for knowledge

To pursue excellence

The Department of Basic Sciences offers a Bachelor of Science with a Major in Integrated Human Biology. The department also provides science curriculum for most graduate and undergraduate programs. It also houses the University's Laboratory Services and the Cadaver Anatomy program. The courses offered by this department emphasize the scientific knowledge required for success in each of these programs.

The Department of Counseling and Health Psychology offers a Master of Arts degree in Counseling Psychology and a Bachelor of Science with a Major in Health Psychology with tracks in either health psychology and human biology or general health psychology. The department also provides coursework and training for the Master of Science in Nutrition and Clinical Health Psychology (see page 65 for details), and counseling coursework and training for the School of Naturopathic Medicine and the School of Acupuncture and Oriental Medicine.

The Department of Nutrition and Exercise Science offers a Bachelor of Science degree with a Major in Nutrition, a Major in Nutrition and Exercise Science, a Major in Exercise Science and Wellness, and a Major in Nutrition and Culinary Arts. In conjunction with the Bachelor of Science with a Major in Nutrition, the department offers a Didactic Program in Dietetics (DPD) that meets Academy of Nutrition and Dietetics (the Academy) academic requirements leading to eligibility to apply for a dietetic internship. There are three Master of Science offerings in the Department of Nutrition and Exercise Science: the MS in Nutrition (Research), the MS in Nutrition with Didactic Program in Dietetics (DPD) and the MS in Nutrition and Clinical Health Psychology (CHP). The Dietetic Internship, based on the Academy's standards of education, is offered to provide performance requirements for entry-level dietitians through supervised practice. The department also provides coursework for students in the School of Naturopathic Medicine and the School of Acupuncture and Oriental Medicine.

The Department of Midwifery offers a Master of Science degree in Midwifery and a combined Bachelor/Master of Science degree in Midwifery using a low-residency model. The mission of the Department of Midwifery is to educate and inspire leaders in the profession of midwifery.

## DEPARTMENT OF BASIC SCIENCES

The Department of Basic Sciences offers a Bachelor of Science with a Major in Integrated Human Biology. The department also provides courses for most of Bastyr University's programs. The basic sciences curriculum is designed to meet the specific competencies and learning objectives within each program.

*The basic sciences department's mission is to promote an optimal learning environment in which Bastyr University students can develop a strong foundation of knowledge and skills that will serve their continued development in their chosen fields of endeavor.*

The basic sciences faculty encourages and expects students to advance beyond the simple learning of scientific facts and to systematically integrate the information from basic science disciplines into a unified model of human organization and function. This educational scheme requires students to assume an active role in the learning process and encourages them to adopt this inquisitive behavior for a lifetime. Problem solving, clinical cases and examples are an integral part of the basic science curriculum. This educational process is an expression of Bastyr University's basic philosophy of a holistic approach to human behavior, health and therapeutics. The basic sciences faculty encourages students to become totally absorbed in an integrated approach to learning and understanding. Instructors are readily available to facilitate this process on an individual basis.

## BACHELOR OF SCIENCE WITH A MAJOR IN INTEGRATED HUMAN BIOLOGY

The innovative integrated human biology program is designed to connect concepts from physiology, anatomy, cell biology and genetics, rather than separating the concepts into courses by discipline. This distinct approach allows students to achieve a unified understanding of the structure and function of the human body. The curriculum

encourages both individual and collaborative learning and fosters the development of communication skills. The program emphasizes scientific process and research skills through inquiry-based labs and research-methods courses. Interested students will also have an opportunity to work with a faculty mentor to complete an original research project. Students may also take elective coursework in psychology, nutrition, herbal sciences and other disciplines that provide a broad perspective on human health.

The integrated human biology degree provides a firm foundation in biological science and fosters the development of critical thinking skills that are an excellent foundation for careers in medicine and research.

### ADMISSION

For general information on the admissions process, please refer to the Admissions section in this catalog. The information below refers only to the Bachelor of Science with a Major in Integrated Human Biology.

### PREREQUISITES

Entering undergraduates must have at least a 2.75 cumulative GPA with a grade of C or better in basic proficiency and science requirement courses. Prior to enrolling, students must have completed 90 quarter credits (60 semester credits), including a minimum number of credits in specific proficiencies and general education requirements. Students may apply to the program while completing prerequisite coursework. Students who have not completed all the prerequisites may not be eligible to take some courses.

### BASIC PROFICIENCY AND SCIENCE REQUIREMENTS

English .....	9 credits
Mathematics (through pre-calculus) .....	5 credits
Psychology .....	3 credits
General biology (science-major level with labs).....	10 credits
General chemistry (science-major level with labs)	15 credits

### GENERAL EDUCATION REQUIREMENTS

Arts and humanities.....	15 credits
Social sciences.....	15 credits
Speech communication or public speaking .....	3 credits
Electives .....	15 credits
Total .....	90 credits

Total prerequisite credits must equal at least 90 quarter credits. Ten credits of Organic Chemistry are recommended for students planning to apply to allopathic medical schools.

## EXPECTED LEARNING OUTCOMES

- Demonstrate understanding of the scientific process and describe how scientific knowledge is developed and supported.
- Use mathematics and quantitative reasoning appropriately to describe or analyze natural phenomena.
- Demonstrate understanding of basic physical principles and apply these principles to living systems.
- Demonstrate understanding of basic principles of chemistry and apply these principles to living systems.
- Demonstrate knowledge of how biological molecules contribute to the structure and function of cells.
- Demonstrate an understanding of the link between structure and function at all levels within a living organism: molecular, microscopic, and macroscopic.
- Explain how internal environments are maintained in the face of changing external environments.
- Demonstrate an understanding of the theory of evolution by natural selection.
- Demonstrate an understanding of the biological basis for human behavior.
- Demonstrate an understanding of the connection between the human organism and the biosphere as a whole.

## GRADUATION REQUIREMENTS

Upper-division Bachelor of Science students enrolled at Bastyr University must complete a minimum of 180 credits (inclusive of credits transferred into Bastyr). To graduate, Bachelor of Science students must have a minimum 2.0 grade point average with a minimum of 45 credits in residence at Bastyr University.

**The curriculum tables that follow list the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).**

## BACHELOR OF SCIENCE WITH A MAJOR IN INTEGRATED HUMAN BIOLOGY 2012-2013

## JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3123	Organic Chemistry Lec/Lab <sup>1</sup>	6	5	2
	BC3139	Human Biology Seminar	2	2	0
	BC3145	Physics 1 Lec/Lab	4	3	2
	IS3111	Interdisciplinary Experiences in Natural Health Arts & Sciences 1	1	1	0
		Programmatic Electives <sup>2</sup>	3	3	0
		Quarterly Totals	16	14	4
W	BC3144	Integrated Biochemistry and Cell Biology Lec/Lab	6	4	4
	BC3146	Physics 2 Lec/Lab	4	3	2
	BC3148	Research Methods in Human Biology 1	3	3	0
		Quarterly Totals	13	10	6
Sp	BC3147	Physics 3	3	3	0
	BC3149	Research Methods in Human Biology 2	3	3	0
	BC3151	Integrated Human Biology 1 Lec/Lab	6	4	4
	BC4116	Bioethics	3	3	0
		Quarterly Totals	15	13	4

## SENIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3152	Integrated Human Biology 2 Lec/Lab	6	4	4
	BC4100	Microbiology Lec/Lab	4	3	2
	BC4119	Intro to Research Proposals	2	2	0
		Advanced Programmatic Electives <sup>3</sup>	3	3	0
		Quarterly Totals	15	12	6
W	BC4153	Integrated Human Biology 3 Lec/Lab	6	4	4
	BC4161	Advanced Cell & Molecular Biology	4	4	0
		Advanced Programmatic Electives <sup>3</sup>	6	6	0
		Quarterly Totals	16	14	4
Sp		Advanced Programmatic Electives <sup>3</sup>	15	15	0
		Quarterly Totals	15	15	0

<sup>1</sup>This course will be waived for students who have previously taken 10 hours of Organic Chemistry. Students who plan to apply to allopathic medical schools should take the two quarter organic sequence offered in summer.

<sup>2,3</sup>See lists that follow this curriculum table.

<sup>2</sup>Programmatic Electives

BC3113	Living Anatomy
BO3108	Introduction to Herbal Sciences
PS3114	Developmental Psychology
PS3123	Health Psychology 1
PS3126	Psychology of Personality
PS3129	Abnormal Psychology
TR3111	Nutrition Throughout Life

<sup>3</sup>Advanced Programmatic Electives

BC5118	Disease Processes 1
BC9104	Immunology
BC9106	Human Biology & Toxicology
BC9107	Virology
BC9108	Pathophysiology
BC9112	Advanced Topics in Human Biology
BC9119	Directed Study Research
BC9801	Internship
EX4100	Physiology of Exercise
TR4107	Advanced Nutrition Principles 1
TR4108	Advanced Nutrition Principles 2

**Total Requirements: BS with a Major in Integrated Human Biology**

	Crdt. Lec. L/C <sup>1</sup>		
Total Core Course Credits & Hours	63	51	24
Total Programmatic Elective Credits & Hours	3	3	0
Total Advanced Programmatic Elective Credits & Hours	24	24	0
Total Requirements	90	78	24

<sup>1</sup>This is the required number of lab hours, but students may take additional lab courses as advanced electives.

**BASIC SCIENCE COURSES WITHIN OTHER DEPARTMENTS**

Basic science courses within the School of Acupuncture and Oriental Medicine (AOM) include Anatomy and Physiology, Organic Chemistry, Biochemistry, Microbiology, Pathology, and Pharmacology. These courses serve as a foundation for an understanding of the human body and provide students with the necessary skills and competencies to pursue coursework in the School of AOM. In addition, a portion of the AOM Anatomy and Physiology course is taught in Bastyr's cadaver anatomy lab, giving students the unique opportunity to study anatomy in greater depth.

Basic science modules within the naturopathic medicine program provide integration across science disciplines and with clinical coursework. First year basic science modules provide a foundation of core principles in anatomy, histology, embryology, biochemistry and physiology that are integrated in the context of body systems. Second year modules use the systems approach to integrate the principles of pathology, immunology and infectious diseases. Pharmacology is integrated with nutrition and botanical medicine. Throughout the curriculum, science concepts are applied to clinical situations through integrated case discussions. Basic science courses within the herbal sciences program include Anatomy and Physiology, Organic Chemistry, Biochemistry, Microbiology, Pharmacology, and Disease Processes. These courses serve as a foundation for an understanding of the human body and provide students with the necessary skills and competencies to pursue coursework in their chosen field.

Basic science courses within the School of Nutrition and Exercise Science include Anatomy and Physiology, Organic Chemistry, Biochemistry, Microbiology and Disease Processes. (Anatomy/Physiology, Organic Chemistry and Biochemistry are all prerequisite courses for the master's program.)

Basic sciences courses within the clinical health psychology program include Anatomy and Physiology, Living Anatomy, Organic Chemistry, and Biochemistry.

The department also offers science courses that satisfy prerequisite requirements, including courses in General Chemistry, Organic Chemistry and Physics.

**LAB SERVICES**

Laboratory Services provides laboratory set-up and support for all laboratory courses in all academic programs. Laboratory Services also trains TAs and work-study students for academic and research labs and maintains safety oversight of all laboratories.

**CADAVER ANATOMY**

Bastyr University offers a unique opportunity for students and licensed health care practitioners to review anatomy and study the underlying structures of the human body through its Cadaver Anatomy program. Each Cadaver Anatomy course is designed to meet the specific needs of the students attending. There are a variety of options taught by highly experienced, qualified instructors in the Bastyr University cadaver anatomy lab. The course is structured to enhance the student or practitioner's knowledge of anatomy and physiology, as well as kinesiology. Cadaver Anatomy courses specifically benefit students with licensure or who are in training for massage therapy, Roling, physical therapy, yoga, acupuncture, midwifery, sports medicine, rehabilitation medicine, nursing, dental hygiene and allied health care fields.

**PREREQUISITES**

It is highly recommended that the prospective student have preparation in Anatomy and Physiology. For further information contact the cadaver anatomy program director at 425.602.3138.

**CURRICULUM**

In all courses the following topics are discussed and demonstrated in the lab:

- The muscles and structures of the back
- The upper extremity
- The brain and structures of the head and neck
- The thorax and abdomen

**DEPARTMENT OF COUNSELING AND HEALTH PSYCHOLOGY**

The Department of Counseling and Health Psychology offers a Bachelor of Science with a Major in Health Psychology and a Master of Arts in



**Counseling Psychology.** The department also offers a Master of Science in Nutrition and Clinical Health Psychology, in conjunction with the Department of Nutrition and Exercise Science (for details, see the description under the graduate nutrition program section, page 64), as well as providing coursework and training in counseling for the School of Naturopathic Medicine and the School of Acupuncture and Oriental Medicine.

The Department of Counseling and Health Psychology supports the mission of Bastyr University by providing leadership to enhance the psychological health and well-being of the human community through education, research and community mental health care. Within the study of counseling and health psychology, students apply wellness and preventive approaches to complementary health care practices.

## BACHELOR OF SCIENCE WITH A MAJOR IN HEALTH PSYCHOLOGY

The curriculum in the health psychology program explores the integration of mind, body and spirit. The program is designed to enhance students' capabilities to blend the study of psychology with health, the healing arts, wellness and fitness. This Bachelor of Science degree also provides a solid undergraduate foundation for pursuing both professional studies and graduate degrees. Graduates are prepared to critically evaluate the scientific literature and to incorporate current research and advances in health psychology as they relate to the fundamental principles of health and healing.

The health psychology track system provides students with options that enable them to tailor their undergraduate experience to meet their needs more fully. Students in the health psychology major enroll in either the health psychology or the psychology and human biology (psychology pre-med) track. Students in the human biology/premed track have the option of participating in the summer massage training program.

### EXPECTED LEARNING OUTCOMES

The Bachelor of Science with a Major in Health Psychology program follows the American Psychological Association expected learning outcomes for undergraduate education:

- Knowledge base in psychology.
- Research methods.
- Critical thinking skills in psychology.
- Applications of psychology.
- Values in psychology.

- Information and technological literacy.
- Communication skills oral/written.
- Sociocultural and international awareness.
- Personal development skills.
- Career planning and development.
- Understand the importance of the biopsychosocial model with emphasis on the topics of stress, coping, social support, health behavior and the role of spirituality in well-being.

### ADMISSION

For general information on the admissions process, please refer to the Admissions section in this catalog. The information below refers only to the Bachelor of Science with a Major in Health Psychology, which has two tracks: general health psychology, and psychology and human biology/psychology pre-medicine.

### PREREQUISITES

Entering undergraduates must have at least a 2.75 cumulative GPA with a grade of C or better in basic proficiency and science requirement courses. Prior to enrolling, students must have completed 90 quarter credits (60 semester credits), including a minimum number of credits in specific proficiencies and general education requirements. Students may apply to the program while completing prerequisite coursework.

### BASIC PROFICIENCY AND SCIENCE REQUIREMENTS

English literature or composition .....	9 quarter credits
General psychology.....	3 quarter credits
College algebra .....	4 quarter credits
General biology (with lab).....	4 quarter credits
General chemistry (science-major level with lab) <sup>1</sup> .....	8 quarter credits

<sup>1</sup>These credits are required for the psychology and human biology track only.

### GENERAL EDUCATION REQUIREMENTS

Natural science and mathematics .....	12 quarter credits
Arts and humanities.....	15 quarter credits
Social sciences.....	15 quarter credits
Speech communication or public speaking ...	3 quarter credits
Electives – Basic Track .....	25 quarter credits <sup>1</sup>
Electives – Human Biology Track.....	17 quarter credits <sup>1</sup>

<sup>1</sup>The number of elective credits may vary depending upon the exact number of quarter credits earned in the other prerequisite categories. Total prerequisite credits must equal at least 90 quarter credits.

### GRADUATION REQUIREMENTS

Upper-division BS students enrolled at Bastyr University must complete a minimum of 180 cred-

its (inclusive of credits transferred into Bastyr). To graduate, BS students must have a minimum 2.0 grade point average with a minimum of 45 credits in residence at Bastyr University.

**The curriculum tables that follow list the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C). (Students should note that changing tracks may jeopardize finishing their degree program in two years.)**

### BACHELOR OF SCIENCE WITH A MAJOR IN HEALTH PSYCHOLOGY 2012-2013

#### JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	IS3111	Interdisciplinary Experiences In Natural Health Arts & Sciences 1	1	1	0
	PS3114	Developmental Psychology	4	4	0
	PS3123	Health Psychology 1	4	4	0
	PS3139	Spirituality & Health	3	3	0
	PS4101	Social Psychology	4	4	0
		Quarterly Totals	16	16	0
W	PS3124	Health Psychology 2	4	4	0
	PS3126	Psychology of Personality	4	4	0
	PS3133	Introduction to Statistics	4	3	2
	PS3147	Myth, Ritual & Health	3	3	0
		Quarterly Totals	15	14	2
Sp	PS3129	Abnormal Psychology	4	4	0
	PS3131	Learning, Cognition & Behavior	4	4	0
	PS3134	Research Methods in Psychology	4	4	0
		Quarterly Totals	12	12	0

#### SENIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS4102	Ethical Issues in Psychology	3	3	0
	PS4106	Multicultural Psychology	3	3	0
	PS4117	Experimental Psychology	4	4	0
	PS4126	Research Proposal <sup>1</sup>	(2)	(2)	0
		Quarterly Totals	(12)	(10)	(12)
W	PS4109	Human Sexuality	3	3	0
	PS4112	Creating Wellness	3	3	0
	PS4128	Research Project <sup>1</sup>	(5)	(5)	0
	PS4149	Psychology & World Religions	5	5	0
		Quarterly Totals	(16)	(11)	(11)
Sp	PS4124	Biological Psychology	5	5	0
	PS4129	Research Presentation <sup>1</sup>	(3)	(3)	0
	PS4150	Healing: Self, Society & World	3	3	0
		Quarterly Totals	(11)	(8)	(11)

<sup>1</sup>PS4126, PS4128 and PS4129 are optional.

#### Total Requirements: BS with a Major in Health Psychology

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	(82)	(72)	(81)
Total Elective Credits and Hours	(8)	(18)	(8)
Total Requirements	90	89	2

Students interested in graduate study in psychology should complete the Health Psychology track with the research project option.

### BACHELOR OF SCIENCE WITH A MAJOR IN HEALTH PSYCHOLOGY, HUMAN BIOLOGY/PRE-MED TRACK 2012-2013

#### JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3123	Organic Chemistry Lecture/Lab	6	5	2
	BC3161	Anatomy & Physiology 1 Lec/Lab	3	2	2
	IS3111	Interdisciplinary Experiences In Natural Health Arts & Sciences 1	1	1	0
	PS3123	Health Psychology 1	4	4	0
	PS3139	Spirituality & Health	3	3	0
		Quarterly Totals	17	15	4
W	BC3162	Anatomy & Physiology 2 Lec/Lab	3	2	2
	BC4117	Biochemistry for Life Sciences 1 Lec/Lab	5	4	2
	PS3124	Health Psychology 2	4	4	0
	PS3147	Myth, Ritual & Health	3	3	0
		Quarterly Totals	15	13	4
Sp	BC3163	Anatomy & Physiology 3 Lec/Lab	4	3	2
	BC4140	Biochemistry for Life Sciences 2	4	4	0
	PS3134	Research Methods in Psychology	4	4	0
		Quarterly Totals	12	11	2

#### SENIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS3114	Developmental Psychology	4	4	0
	PS4101	Social Psychology	4	4	0
	PS4102	Ethical Issues in Psychology	3	3	0
	PS4106	Multicultural Psychology	3	3	0
		Quarterly Totals	14	14	0
W	PS3126	Psychology of Personality	4	4	0
	PS4109	Human Sexuality	3	3	0
	PS4112	Creating Wellness	3	3	0
	PS4149	Psychology & World Religions	5	5	0
		Quarterly Totals	15	15	0
Sp	PS3129	Abnormal Psychology	4	4	0
	PS3131	Learning, Cognition & Behavior	4	4	0
	PS4150	Healing: Self, Society & World	3	3	0
		Quarterly Totals	11	11	0

#### Total Requirements: BS with a Major in Health Psychology, Human Biology/Pre-Med Track<sup>1</sup>

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	84	79	12
Total Elective Credits and Hours	6	5	0
Total Requirements	90	84	12

<sup>1</sup>To enroll in this program track, students must have 8 quarter credits in general chemistry.

#### SUMMER MESSAGE INTENSIVE

Bastyr University and the Bellevue Massage School Center for Healing Arts offer a summer massage training program that allows students enrolled in the health psychology major, human biology/pre-med track, to apply coursework taken at Bastyr University toward the Washington state requirements for massage licensure. Students interested in further information may meet with their academic advisor in the registrar's office or with their department's program supervisor to discuss the program

availability and the course prerequisites. This course cannot be audited.

## GRADUATE PROGRAMS

The Department of Counseling and Health Psychology offers a master's-level graduate program that is consistent with the overall focus and mission of the department. The Master of Arts in Counseling Psychology provides the academic part of the requirements to become a licensed mental health counselor. This program is accredited by the Northwest Commission on Colleges and Universities (NWCCU).

### MASTER OF ARTS IN COUNSELING PSYCHOLOGY (MACP) WITH AN EMPHASIS IN HEALTH PSYCHOLOGY

The MACP prepares students for careers as counselors within the field of mental health and leads to eligibility to obtain licensure as a mental health counselor. This two-year graduate program emphasizes a whole-person approach to wellness and healing that is grounded in the biopsychosocial model of health psychology.

#### EXPECTED LEARNING OUTCOMES

The educational objectives of the MA in Counseling Psychology are focused on the education and training of our graduates. We support our graduates in becoming:

- learners who are keenly aware of and invested in themselves as instruments, and as such able to create and follow robust plans of self-care utilizing mind-body-spirit techniques and components, as well as a curiosity and openness about the recognition that graduate school is a profound growth experience, and involves ongoing development and care of the self.
- skilled in the ethical and professional practice of mental health counseling, including a thorough understanding of one's roles, responsibilities and the practice of ethical decision making.
- competent in working across cultural differences, including the cultivation of the awareness, knowledge, and skills necessary to work with those different than oneself across a wide range of social identities.
- knowledgeable about human growth and development, including theories of both individuals and groups that support optimal development

across the lifespan. Proponents of the knowledge that wellness and wholeness are about more than alleviation of pain and suffering, and are deeply rooted in love, joy, self-actualization and a life truly worth living.

- skilled in the practice of mental health counseling with both individuals and groups, including the development of the therapeutic relationship, assessment, and clinical interventions, all informed by theory and research.
- able to access and critically assess published research in counseling and psychology based on an understanding of statistics and research design.
- qualified to pass national and state counseling exams.

#### ADMISSIONS

For general information on the admissions process, refer to the Admissions section in this catalog. Exceptional candidates who do not meet this minimum requirement will be reviewed on a case-by-case basis.

#### PREREQUISITES

Entering students must have a bachelor's degree from a regionally accredited college/university with an average GPA of 3.0 or higher in their undergraduate degree.

#### ADMISSION TO CLINICAL TRAINING

To enroll in the Clinic Shift series, students must have successfully completed all prerequisites based on the requirements outlined and must have met the criteria for professional and ethical behavior. Students are also required to pass a national criminal background check (see the *Academic Policy and Procedure Manual* for more information) and must show proof of completion of the clinic entry checklist prior to the first scheduled clinic shift.

#### GRADUATION REQUIREMENTS

MACP students must complete a minimum of 82 credits and must have a minimum 3.0 GPA. MACP students must complete their degree within five years following matriculation into the program. A graduation requirement of the MACP program is that students must complete 570 hours of supervised counseling (including hours in counseling classes at BCNH and its satellites and external practicum sites). In addition to the didactic and

clinical experience, MACP students are required to complete 10 hours of individual counseling or therapy sessions during the first year of the program and before their first counseling shift at BCNH. Counseling may occur at the Bastyr Counseling Center or with a private counselor of the student's choice. Documentation of these hours is required.

**EXIT EXAM**

Successful completion of a clinical competency exit examination is a requirement for students in the second year of the MACP. This examination tests the minimal knowledge and skills required to perform mental health counseling with diverse clients. The examination does not cover the whole curriculum and cannot substitute for any part of regular course requirements. Students are eligible to schedule the exit exam if they are in good academic standing, have completed or are concurrently registered for all required (non-elective) courses by the end of the term in which they want to take the exam, and are making satisfactory progress in the practicum.

**EXPECTED COMPETENCIES**

Students are required to maintain a 3.0 GPA in their graduate coursework. Bastyr graduates are qualified to provide exceptional counseling services to individuals and institutions and contribute positively to mental health education of the community. Students are expected to stay on track with the counseling curriculum. Students who wish to go off track must have permission from the department chair.

**The following curriculum tables list the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).**

**MASTER OF ARTS IN COUNSELING PSYCHOLOGY (MACP) WITH AN EMPHASIS IN HEALTH PSYCHOLOGY**

**YEAR I**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS5100	Psychological Foundations: Personality	4	4	0
	PS5101	Psychological Foundations: Lifespan Development	4	4	0
	PS5102	Biopsychosocial Approaches and Complementary and Alternative Medicine	4	4	0
		Quarterly Totals	12	12	0

W	PS5104	Professional Orientation, Ethics and Law Proseminar	4	4	0
	PS5105	Psychological Foundations: Multiculturalism, Diversity And Social Justice and Social Justice	4	4	0
	PS5302	Counseling Theory and Practice	4	4	0
		Quarterly Totals	12	12	0
Sp	PS5206	Psychological Foundations: Psychopathology	4	4	0
	PS5106	Statistics	4	4	0
	PS5108	Introduction to Health Psychology	3	3	0
	PS5802	Clinic Entry	1	1	0
		Quarterly Totals	12	12	0
Su	PS6204	Substance/Chemical Addictions	4	4	0
	PS6312	Counseling Chronic and Terminal Illness	3	3	0
	PS6401	Mind-Body Approaches for Health	2	0	0
	PS6800	Clinic Shift 1	2	0	4
		Quarterly Totals	11	9	4

**YEAR II**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS6320	Psychological Testing and Assessment	4	4	0
	PS6325	Counseling and Spirituality	3	3	0
	PS6115	Human Sexuality	3	3	0
	PS6801	Internship 1	2	0	4
	PS6810	Internship seminar I	1	0	1
		Quarterly Totals	13	10	5
W	PS6330	Group Counseling	4	4	0
	PS6102	Research Methods and Program Evaluation	4	4	0
	PS6802	Internship 2	2	0	4
	PS6811	Internship seminar 2	1	0	1
		Quarterly Totals	11	8	5
Sp	PS6332	Psychotherapy Methods and Behavioral Medicine	4	4	0
	PS6112	Family Systems	4	4	0
	PS6803	Internship 3	2	0	4
	PS6812	Internship seminar 3	1	0	1
		Quarterly Totals	11	8	5

**Total Requirements: Master of Arts in Counseling Psychology (MACP)**

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	71	71	0
Clinic/Intern Totals	11	0	19
Total Requirements	82	71	19

**NATUROPATHIC MEDICINE/ COUNSELING PSYCHOLOGY DUAL TRACK**

Students in the Bastyr University naturopathic medicine program who are in good academic standing may apply to the Master of Arts in Counseling Psychology (MACP) program in their second year. This requires a formal application through the admissions department, followed by a joint interview with both the School of Natural Health Arts and Sciences and the School of Naturopathic Medicine. Please see page 90 in the "School of Naturopathic Medicine" section for a complete program description for dual-track studies.

# DEPARTMENT OF MIDWIFERY

## MISSION STATEMENT

The mission of the Department of Midwifery is to educate and inspire leaders in the profession of midwifery.

## EXPECTED LEARNING OUTCOMES

The Department of Midwifery educates midwives to conform to national and international standards of midwifery competence and to do the following:

- Practice autonomously in a variety of settings, which may include homes, birth centers, clinics and hospitals.
- Promote birth as a normal process requiring a minimum of intervention.
- Function within the health care system, consulting and referring appropriately.
- Qualify for licensure or registration in a variety of jurisdictions, including certification by the North American Registry of Midwives (NARM).
- Promote midwifery through state, provincial and national professional organizations, the political process, research activities and policy development.
- Work in partnership with the women they serve in a way that promotes personal responsibility, validates knowledge and experience, and encourages lifelong learning.
- Promote the Midwives Model of Care™.

## PROGRAM OVERVIEW

Bastyr's direct-entry midwifery program trains students in all aspects of midwifery practice, preparing them to offer safe, high-quality maternity care to women and their families.

The rigorous, proven curriculum makes use of state-of-the-art technologies and a well-qualified, approved network of clinical training sites, including the opportunity for foreign clinical experience. The curriculum meets all of the core competencies and skills as identified by the Midwives Alliance of North America (MANA) and the North American Registry of Midwives (NARM).

Studies in related fields such as epidemiology, nutrition, pharmacology, genetics, embryology, counseling, and education and as well as anti-racism training build skills necessary for the practice of culturally versatile competent midwifery.

The department welcomes students who have previous midwifery training or practicing midwives who have not attended a formal midwifery

educational program and/or want to earn a degree. All students in the program must meet the transfer credit requirements and complete at least two-thirds of the program and all of the practicum while enrolled at Bastyr.

Graduates qualify for national certification as a Certified Professional Midwife (CPM) and, depending on regional requirements, may sit for licensure or provincial registration.

## MIDWIFERY MASTER'S, COMBINED BACHELOR'S/MASTER'S PROGRAM

The Master of Science in Midwifery is available to students who already hold a bachelor's degree from a regionally accredited college/university and who complete the program prerequisites prior to entering the program. The combined Bachelor/Master of Science in Midwifery option is available to students who have completed at least two years at the undergraduate level (60 semester or 90 quarter credits), including the basic science and proficiency prerequisites and general education requirements. Both degrees are awarded simultaneously at the completion of the program.

## BLENDED CURRICULUM MODEL

One of the most exciting aspects of the program is its blended curriculum. This hybrid delivery system allows students to remain in their communities and commute to the Bastyr campus three times each quarter. Each cohort of students is on campus at the same time, which allows the face-to-face learning experience that is vital to midwifery training.

When not physically on campus, students use the Internet classroom to correspond with classmates and instructors, post discussions, turn in homework and take tests.

Each cohort of students (determined by year of entry) attend the same onsite weeks together, which allows for the face-to-face learning experience that is vital to midwifery training and allows students to build strong relationships with classmates and faculty.

## MIDWIFERY CURRICULUM

The midwifery program addresses both the art and science of midwifery by integrating theory with clinical experience. The Midwifery Care courses are the foundation of the program. All courses build skills necessary for the practice of midwifery through the use of case questions, skills-practice labs,

role-plays, discussion, student presentations and research projects. Clinical skills and judgment are honed during practicum with practicing midwives. The midwifery curriculum is enhanced by studies in related fields such as epidemiology, nutrition, pharmacology, genetics, embryology, counseling and education.

**CLINICAL EXPERIENCE**

The Department of Midwifery places all students in qualified clinical training sites. The program replicates the age-old apprenticeship model in which students work side-by-side with experienced preceptors who are licensed midwives and other professionals. Students are placed with preceptors in the community to integrate the skills learned in the classroom. At least two years of clinical training is required at a minimum of two clinical sites in North America. Optimal training sites include homebirth settings, birth centers, clinics and hospitals.

Department staff works closely with each student to arrange these clinical placements. Students must live within a one-hour commute of a qualified preceptor site and may be required to relocate temporarily if the community in which they reside does not have adequate clinical training opportunities. Personal flexibility and the support of family members are essential to manage possible separation and economic challenges.

The clinical practicum begins in the third quarter of the program. Students may begin Practicum slowly, primarily observing for the first few months. Student participation in their preceptorships mirrors what they are learning in the classroom. Basic clinical skills, such as performing blood draws, IVs, physical/ vaginal exams, pap smears, neonatal resuscitation, etc., are all taught in the classroom first. Students will be required to obtain training in adult CPR, have a TB test, be rubella immune and pass a criminal background check. A fee will be charged in MW4800 for the background check. Students returning from a leave of absence will be required to have clinical skills assessed and many need remedial skills training before becoming eligible for a practicum assignment.

Students may obtain their clinical experience in gynecology/family planning clinics, prenatal/postpartum clinics, homebirth settings, birth centers and hospitals in North America as well as overseas. (See Graduation Requirements below for specifics about clinical training requirements.) Students may work with licensed midwives, certified professional midwives, certified nurse-midwives, nurse

practitioners, foreign midwives, naturopathic doctors, physician assistants or physicians. Preceptors must be practicing legally and serve a large enough obstetrical/gynecological population to adequately instruct, supervise and evaluate students' clinical training. The Department of Midwifery screens and approves all potential clinical preceptors.

**ADMISSION**

For general information on the admissions process, please refer to the Admissions section in this catalog. The information below refers only to the Department of Midwifery's Master of Science in Midwifery and Bachelor/Master of Science in Midwifery degree.

**REQUIRED ABILITIES/SKILLS FOR MIDWIFERY PROGRAM**

The Department of Midwifery is committed to providing equal opportunities for differently abled persons. Please contact the Department of Midwifery or the midwifery admissions advisor for a full list of the required abilities/skills for the midwifery program.

**PREREQUISITES**

A minimum cumulative GPA of 2.25 is required to be considered for admission. A grade of C or better is required in all science prerequisites. For students applying for the BS/MS program, a grade of C or better is also required in all basic proficiency courses. Students may apply to the program while completing prerequisite coursework, but all prerequisites must be completed prior to enrollment in the program.

**MASTER OF SCIENCE IN MIDWIFERY (FOR APPLICANTS WITH A BACHELOR'S DEGREE IN ANY FIELD<sup>1</sup>)**

Psychology .....	3 quarter credits
Introductory nutrition .....	3 quarter credits
General biology w/ lab .....	4 quarter credits
General chemistry w/ lab (allied-health-major level) .....	4 quarter credits
Microbiology .....	4 quarter credits
Anatomy and physiology series .....	8 quarter credits
College algebra or statistics .....	4 quarter credits
Labor support course/doula training (DONA or ALACE approved) .....	not a college course
Childbirth educator training (ICEA or Lamaze approved) .....	not a college course

## BACHELOR/MASTER OF SCIENCE IN MIDWIFERY

(FOR UNDERGRADUATE APPLICANTS)

### BASIC SCIENCE AND PROFICIENCY PREREQUISITES

English literature or composition .....	9 quarter credits
General psychology.....	3 quarter credits
Public speaking.....	3 quarter credits
Introductory nutrition.....	3 quarter credits
General biology w/ lab (science-major level).....	4 quarter credits
General chemistry w/ lab (allied-health-major level) .....	4 quarter credits
Microbiology .....	4 quarter credits
Anatomy & physiology series .....	8 quarter credits
College algebra .....	4 quarter credits
Labor support course/doula training (DONA or ALACE approved) .....	not a college course
Childbirth educator training (ICEA or Lamaze approved) .....	not a college course

<sup>1</sup> from a regionally accredited college/university

### GENERAL EDUCATION REQUIREMENTS

Social sciences.....	15 quarter credits
Arts and humanities.....	15 quarter credits
Electives .....	18 quarter credits <sup>1</sup>

<sup>1</sup>The number of elective credits may vary depending on the exact number of quarter credits earned in the other prerequisite categories. Total prerequisite credits must equal at least 90 quarter credits.

For BS/MS applicants, please visit the Bastyr University undergraduate admissions page for information about transfer credits at [www.Bastyr.edu/Admissions/Transfer-Students](http://www.Bastyr.edu/Admissions/Transfer-Students).

### GRADUATION REQUIREMENTS

Graduates must demonstrate proficiency in the midwifery program Core Competencies as shown by:

- satisfactory completion of all didactic and clinical courses with a grade of 80 percent (B- or 2.7 GPA) or better (Some non-core courses may be passed with a grade of 75 percent or better)
- satisfactory completion and presentation of a master's project, which will be electronically deposited in a publicly available (open access) repository (see Policy/Procedure #11-C55)
- satisfactory completion of all sections of the comprehensive written and clinical exams in the last year of the program
- completion of 40 hours of community service for the University or the profession of midwifery

- demonstration of the qualities of a professional midwife as determined by the Student Progress Committee

Graduates must also meet the following minimum clinical requirements:

Participation in 60 births<sup>1</sup>, including at least the following:

- 30 births in which the student functions in the role of primary midwife under supervision
- 20 births in which the student is actively involved in the client's care
- 10 births in which the student is observing
- 30 births in an out-of-hospital setting
- 25 births in the U.S. or the student's country of origin

<sup>1</sup>An additional 40 observed births (total of 100 births) are required for Washington state licensure.

Participation in 1,500 hours (the equivalent of 50 credits) of clinical work, including at least the following:

- 400 hours of intrapartum experience
- 800 hours of clinic time in prenatal, postpartum and gynecological care
- Participation in 720 client contacts, including at least:
  - ◆ 300 prenatal exams
  - ◆ 100 postpartum visits
  - ◆ 50 newborn exams
  - ◆ 50 follow-up newborn exams
  - ◆ 50 gynecological exams

Clinical training for at least one year at a minimum of two clinical sites in the U.S. or the student's home country is required. All clinical training is supervised by preceptors who are practicing legally in their region and incorporates the following:

- at least one preceptorship in which the clinical faculty member is a midwife
- one site for at least six months and 15 births (involved and supervised primary) in an out-of-hospital setting
- one site for at least three months and 10 births (involved and supervised primary)
- satisfactory completion of all levels of clinical evaluation
- demonstration of continuity of care by providing these continuous care services to at least 10 women:
  - ◆ five prenatal visits over two trimesters
  - ◆ presence at birth and newborn exam
  - ◆ three postpartum visits
  - ◆ In three of the 10 cases, the student must function as primary midwife under supervision.

The following curriculum table that follows lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the approximate hours spent in the onsite and virtual classroom with faculty each quarter (Clsm), the lab/practical hours each quarter (L/P), and the total contact hours for the course over the entire quarter.

### MASTER OF SCIENCE IN MIDWIFERY 2012-2013

#### MSMW YEAR I

Qtr	Cat. No.	Course Title	Crdt.	Clsm	L/P	Tot
F		Orientation <sup>1</sup>	0			
	MW3101	Midwifery Care 1: Introduction to the Midwives Model of Care	3	33	0	33
	MW3105	Introduction to Epidemiology for Midwives	3.5	38.5	0	38.5
	MW3301	Well Woman Health & Assessment	4	44	44	88
	MW3311	Perinatal Nutrition 1: Pre-conception & Prenatal	2	22	0	22
	MW4104	Professional Issues Seminar: Undoing Racism	1	11	0	11
		Quarterly Totals	13.5	148.5	44	192.5
W	MW4100	Genetics & Embryology	2	22	0	22
	MW4300	Pharmacology & Treatments 1	1	11	0	11
	MW4302	Midwifery Care 2: Pregnancy & Prenatal Care	4	44	0	44
	MW4305	Gynecology	3.5	38.5	0	38.5
	MW4313	Counseling for the Childbearing Year 1	1	11	0	11
	MW4321	Clinical Skills 1	1	11	11	22
	MW4800	Introduction to Practicum	0.5	5.5	0	5.5
	MW5101	Master's Project 1	0.5	5.5	0	5.5
		Quarterly Totals	13.5	148.5	11	159.5
Sp	MW4101	Professional Issues Seminar: Cultural Competency for Midwives	2	22	0	22
	MW4301	Pharmacology & Treatments 2	1	11	0	11
	MW4303	Midwifery Care 3: Advanced Pregnancy & Prenatal Care	4	44	0	44
	MW4314	Counseling for the Childbearing Year 2	1	11	0	11
	MW4322	Clinical Skills 2	1	0	22	22
	MW4331	Clinical Seminar 1	1	11	0	11
	MW4810	Midwifery Practicum	2.5	0	75	75
	MW5100	Research Methods for Midwifery	3	33	0	33
		Quarterly Totals	15.5	132	97	229
Su	MW4810	Midwifery Practicum	6	0	180	180
		Quarterly Totals	6	0	180	180

<sup>1</sup>Orientation begins online approximately 6 weeks before the onset of the quarter, with the intention of building group cohesion and introducing students to all aspects of the program. Taking place primarily online, the course includes orientation to the midwifery program infrastructure, staff and faculty, the curriculum and schedule, tools, and the skills needed to use online educational technologies.

#### MSMW YEAR II

Qtr	Cat. No.	Course Title	Crdt.	Clsm	L/P	Tot
F	MW4102	Professional Issues Seminar: Modern Midwifery, History, Politics & Activism	2	22	0	22
	MW4323	Clinical Skills 3	0.5	0	11	11
	MW4332	Clinical Seminar 2	1	11	0	11
	MW5110	Master's Project 2	1.5	16.5	0	16.5
	MW5304	Midwifery Care 4: Labor & Birth	6	66	0	66
	MW5315	Counseling for the Childbearing Year 3	1.5	16.5	0	16.5
	MW5810	Midwifery Practicum	4.5	0	135	135
		Quarterly Totals	17	132	146	278
W	MW4308	Breastfeeding & Lactation Education	2.5	27.5	0	27.5
	MW4333	Clinical Seminar 3	1	11	0	11
	MW5111	Master's Project 3	2	22	0	22
	MW5114	Professional Issues Seminar: Health Care Systems & Health Policy	2	22	0	22
	MW5307	Midwifery Care 5: Postpartum & Newborn Care	4.5	49.5	0	49.5
	MW5316	Counseling for the Childbearing Year 4: Postpartum	1.5	16.5	0	16.5
	MW5324	Clinical Skills 4	0.5	0	11	11
	MW5810	Midwifery Practicum	3	0	90	90
		Quarterly Totals	17	148.5	101	249.5
Sp	MW4103	Professional Issues Seminar: Midwifery Legal, Ethical & Professional Frameworks	2.5	27.5	0	27.5
	MW5112	Master's Project 4	2	22	0	22
	MW5310	Midwifery Care 6: Challenges in Practice	4.5	49.5	0	49.5
	MW5325	Clinical Skills 5	0.5	0	11	11
	MW5334	Clinical Seminar 4	1	11	0	11
	MW6810	Midwifery Practicum	4	0	120	120
		Quarterly Totals	14.5	110	131	241
Su	MW6110	Master's Project 5	2	22	0	22
	MW6810	Midwifery Practicum	4	0	120	120
		Quarterly Totals	6	22	120	142

#### MSMW YEAR III

Qtr	Cat. No.	Course Title	Crdt.	Clsm	L/P	Tot
F	MW6111	Master's Project 6	2	22	0	22
	MW6307	Midwifery Care 7: Synthesis & Application	2	22	0	22
	MW6335	Clinical Seminar 5	1	11	0	11
	MW6810	Midwifery Practicum	7	0	210	210
		Quarterly Totals	12	55	210	265
W	MW6112	Master's Project 7	1	11	0	11
	MW6336	Clinical Seminar 6	1	11	0	11
	MW6810	Midwifery Practicum	10	0	300	300
		Quarterly Totals	12	22	300	322
Sp	MW6115	Professional Issues Seminar: The Business of Midwifery	2.5	27.5	0	27.5
	MW6337	Clinical Seminar 7	1	11	0	11
	MW6810	Midwifery Practicum	8.5	0	250	250
		Quarterly Totals	12	38.5	250	288.5

#### Total Requirements: MSMW

	Crdt.	Clsm	L/P	Tot.
Total Course Credits & Hours	89.5	952	110	1062
Total Practicum Hours	49.5	0	1485	1485
Total Requirements	139	952	1595	2547



## DEPARTMENT OF NUTRITION AND EXERCISE SCIENCE

*The mission of Bastyr University's Department of Nutrition and Exercise Science is to promote well-being, through food and activity, that nourishes and sustains the individual, the community and the earth. The department's vision is to be the leader in advancing a holistic view of nutrition and exercise through excellence in education, research and clinical practice.*

The Department of Nutrition and Exercise Science prepares graduates to critically evaluate scientific literature and to incorporate current research and advances in nutrition and exercise science. The nutrition program within the Department of Nutrition and Exercise Science is unique in its emphasis on whole foods and multicultural, political and ecological dimensions of food. These aspects of nutrition, blended with biochemistry and physiology, reflect the University's natural health sciences philosophy.

The concept of food as medicine and the concept of diet as a critical component in healing are fundamental to natural therapeutics, optimal health and whole-person healing. The exercise science and wellness program approaches health and wellness from a holistic perspective unique to Bastyr University. This focus on overall wellness, combined with the science behind it, provides students with a broad education in health and wellness from a preventative viewpoint.

The Department of Nutrition and Exercise Science offers bachelor of science degrees with majors in nutrition, exercise science and wellness, nutrition and culinary arts, and nutrition and exercise science. In conjunction with the BS in nutrition, the department offers a Didactic Program in Dietetics (DPD) that meets the Academy of Nutrition and Dietetics (the Academy) academic requirements leading to eligibility to apply for a dietetic internship.

There are three Master of Science offerings in the Department of Nutrition and Exercise Science: the MS in Nutrition (Research), the MS in Nutrition with Didactic Program in Dietetics (DPD) and the MS in Nutrition and Clinical Health Psychology (CHP).

In addition, the Dietetic Internship based on the Academy's standards of education is offered to provide performance requirements for entry-level dietitians through supervised practice.

For information about each of these programs, refer to the following pages:

BS with a Major in Exercise Science and Wellness page 59

BS with a Major in Nutrition page 58

BS with a Major in Nutrition and Culinary Arts page 63

BS with a Major in Nutrition and Exercise Science page 62

BS with a Major in Nutrition with DPD page 60

MS in Nutrition (Research) page 64

MS in Nutrition and Clinical Health Psychology page 65

MS in Nutrition with DPD page 67

Dietetic Internship page 69

### REQUIRED ABILITIES/SKILLS FOR NUTRITION/ EXERCISE SCIENCE PROGRAM STUDENTS

A nutrition and/or exercise science student must be able to demonstrate appropriate communication skills; intellectual-conceptual, integrative and quantitative abilities; and behavioral and social maturity. A student should be able to perform in a reasonably independent manner.

**Communication:** A student must be able to communicate effectively and sensitively with others, including with patients if the student is in a clinical program and with preceptors in a practicum or internship. Ability to communicate respectfully and thoughtfully, even in situations of disagreement or stress, is important. Communication includes not only speech but reading and writing. The student must be able to communicate effectively and efficiently in both oral and written form.

**Intellectual-Conceptual, Integrative and Quantitative Abilities:** These abilities include measurement, calculation, reasoning, analysis and synthesis. Problem solving, which is a critical skill for nutritionists or exercise scientists in both clinical and research settings, requires all of these intellectual abilities.

**Behavioral and Social Attributes:** A student must possess the emotional health required for full utilization of her/his intellectual abilities, the exercise of good judgment, the prompt completion of all responsibilities attendant to the academic and clinical program, and the development of mature, sensitive and effective relationships with others. A student must be able to tolerate physically taxing workloads and to function effectively under stress. S/he must be able to adapt to changing environments, to display flexibility and to learn to function in the face of uncertainties inherent in clinical, practicum and research problems the student may face. Compassion, a caring attitude, interpersonal skills, emotional maturity and initiative are all personal qualities that are assessed during the admissions and education processes.

## UNDERGRADUATE PROGRAMS

The Department of Nutrition and Exercise Science offers four bachelor's-level undergraduate programs that are consistent with the overall focus and mission of the department.

After initial selection of a degree program, students must receive approval from the chair of the department in order to change programs.

### EXPECTED LEARNING OUTCOMES

The Department of Nutrition and Exercise Science has established the following expected learning outcome categories for all its bachelor of science programs:

- Biological/medical sciences
- Quantitative and qualitative reasoning
- Research
- Critical thinking skills
- Communication
- General health and wellness
- Nutrition
- Whole foods
- Exercise science
- Professionalism
- Promotion of the University's and the department's missions and visions

## BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION

The Bachelor of Science with a Major in Nutrition prepares students for positions such as dietetic technicians and nutrition educators under the supervision of health care professionals, or for graduate work in related health science fields.

### ADMISSIONS

For general information on the admissions process, please refer to the Admissions section in this catalog. The information below refers only to the nutrition undergraduate programs.

### PREREQUISITES

Entering undergraduates must have at least a 2.75 cumulative GPA with a grade of C or better in all basic proficiency and science requirement courses. Prior to enrolling, students must have completed 90 quarter credits (60 semester credits), including a minimum number of credits in the basic proficiency, science and general education categories. Surplus credits not used to satisfy basic proficiency or science requirements may be applied to the appropriate general education requirements.

Note: Students may apply to the program while completing prerequisite coursework.

### BASIC PROFICIENCY AND SCIENCE REQUIREMENTS

English literature or composition ..... 9 quarter credits  
 General psychology..... 3 quarter credits  
 College algebra ..... 4 quarter credits  
 General chemistry (science-major

level with lab) ..... 8 quarter credits  
 General biology (with lab)..... 4 quarter credits  
 Introductory nutrition ..... 5 quarter credits<sup>1</sup>

Microbiology (upper level) ..... 3 quarter credits<sup>2</sup>  
<sup>1</sup>The nutrition course must include macro- and micronutrients, lifecycle and physical activity.

<sup>2</sup>Microbiology prerequisite required only for nutrition and nutrition with DPD majors.

Note: Science courses must have been taken within seven years of program start.

### GENERAL EDUCATION REQUIREMENTS

Natural science and mathematics ..... 5 quarter credits<sup>1</sup>  
 Arts and humanities..... 15 quarter credits  
 Social sciences ..... 15 quarter credits  
 Speech communication or public speaking...3 quarter credits  
 Electives ..... 16 quarter credits<sup>2</sup>

<sup>1</sup>For all other Nutrition and Exercise Science programs, 8 natural science credits are required.

<sup>2</sup>The number of elective credits may vary depending upon the exact number of quarter credits earned in the other prerequisite categories. Total prerequisite credits must equal at least 90 quarter credits.

### GRADUATION REQUIREMENTS

Upper division Bachelor of Science students enrolled at Bastyr University must complete a minimum of 180 credits (inclusive of credits transferred into Bastyr). To graduate, Bachelor of Science students must have a minimum 2.0 grade point average with a minimum of 45 quarter credits in residence at Bastyr University.

**The following curriculum table lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).**

### BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION 2012-2013

#### JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3123	Organic Chemistry for Life Sciences Lec/Lab	6	5	2
	BC3161	Anatomy & Physiology 1 Lec/Lab	3	2	2
	IS3111	Interdisciplinary Experiences in Natural Health Arts & Sciences 1	1	1	0
	TR4103	Whole Foods Production	3	1.5	3
	TR4118	Cultural Perspectives on Food	2	2	0
		Quarterly Totals	15	11.5	7

W	BC3162	Anatomy & Physiology 2 Lec/Lab	3	2	2
	BC4117	Biochemistry for Life Sciences 1	5	4	2
	TR3111	Nutrition Throughout Life (hybrid online course)	3	3	0
	TR3115	Introduction to Food Science	2	2	0
		Quarterly Totals	13	11	4
Sp	BC3163	Anatomy & Physiology 3 Lec/Lab	4	3	2
	BC4140	Biochemistry for Life Sciences 2	4	4	0
	EX3105	Physical Activity & Wellness	2	2	0
	TR3117	Experimental Foods Lecture	4	4	0
	TR3118	Experimental Foods Lab	1	0	2
		Quarterly Totals	15	13	4

**SENIOR YEAR (YEAR II)**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	
F	PS3601	Psychology of Nourishment	3	3	0
	TR4107	Advanced Nutrition Principles 1	4	4	0
	TR4805	Nutrition Education Practicum <sup>1</sup>	2	0	4
		Quarterly Totals	9	7	4
W	TR4100	Introduction to Research Methods (hybrid online course)	3	2	2
	TR4108	Advanced Nutrition Principles 2	2	2	0
	TR4113	Nutritional Supplements & Herbs	3	3	0
	TR4205	Nutritional Analysis & Assessment	3	2	2
		Quarterly Totals	11	9	4
Sp	TR4117	Nutrition, Physical Activity & Disease	5	5	0
	TR4126	Community Nutrition/Nutrition Education	5	5	0
	TR4140	Ecological Aspects of Nutrition	2	2	0
		Quarterly Totals	12	12	0

<sup>1</sup>TR4805 Nutrition Education Practicum may be taken in any quarter except summer during year two.

**Elective Requirements: Bachelor of Science with a Major in Nutrition**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	
variable	variable	Electives <sup>1</sup>	15	15	0
		Elective Totals	15	15	0

<sup>1</sup>Of the 14 elective credits required, students must take a minimum of six (6) elective credits in nutrition program courses.

**Total Requirements: Bachelor of Science with a Major in Nutrition**

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	75	63.5	25
Total Elective Credits and Hours	15	15	0
Total Requirements	90	78.5	25

*Curriculum and course changes in the 2012-2013 Bastyr University Catalog are applicable to students entering during the 2012-2013 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

**BACHELOR OF SCIENCE WITH A MAJOR IN EXERCISE SCIENCE AND WELLNESS**

The exercise science and wellness program provides a strong foundation in traditional exercise physiology, supplemented by study in nutritional, mental and emotional aspects of wellness. One of the primary goals of the program is to prepare graduates to sit for the certi-

fication examinations of the American College of Sports Medicine and the National Strength and Conditioning Association. This preparation is accomplished through the rigorous scientific study and subsequent application of physiological changes and adaptations that occur during various modes of physical activity in clinical, preventative and performance settings.

A graduate of the exercise science and wellness major may develop a career as cardiac/pulmonary rehabilitation physiologist, exercise physiologist, group exercise coordinator, exercise specialist, corporate wellness manager, strength and conditioning coach or personal trainer.

**ADMISSIONS**

The admissions standards and prerequisites are the same as those outlined on page 58 for the undergraduate nutrition program with the exception that Microbiology is not required for Nutrition and Exercise Science applicants. Consequently, eight natural science credits are required (rather than five).

**GRADUATION REQUIREMENTS**

Please see the graduation requirements for the undergraduate nutrition program on page 58.

**The following curriculum table lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).**

**BACHELOR OF SCIENCE WITH A MAJOR IN EXERCISE SCIENCE AND WELLNESS 2012-2013****JUNIOR YEAR (YEAR I)**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	
F	BC3123	Organic Chemistry for Life Sciences Lec/Lab	6	5	2
	BC3161	Anatomy/Physiology 1 Lec/Lab	3	2	2
	EX4115	Motor Learning & Development	3	2	2
	IS3111	Interdisciplinary Experiences in Natural Health Arts & Sciences 1	1	1	0
	PS3128	Psychology of Sports & Exercise	2	2	0
		Quarterly Totals	15	12	6
W	BC3113	Living Anatomy	3	3	0
	BC3162	Anatomy/Physiology 2 Lec/Lab	3	2	2
	BC4117	Biochemistry for Life Sciences 1	5	4	2
	TR4100	Intro to Research Methods (hybrid online course)	3	2	2
		Quarterly Totals	14	11	6
Sp	BC3163	Anatomy/Physiology 3 Lec/Lab	4	3	2
	BC4140	Biochemistry for Life Sciences 2	4	4	0
	EX3101	Biomechanics 1	2	1	2
	EX3105	Physical Activity & Wellness	2	2	0
		Quarterly Totals	12	10	4

**SENIOR YEAR (YEAR II)**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	EX4100	Physiology of Exercise	5	4	2
	EX4102	Biomechanics 2	3	3	0
	EX4107	Sports Nutrition	5	5	0
	EX4119	Principles of Resistance Training	3	2	2
		Quarterly Totals	16	14	4
W	EX4105	Business Practices in Health Promotion	2	2	0
	EX4112	Seminar in Ergogenic Aids	1	1	0
	EX4123	Exercise Prescrip & Testing	5	4	2
	EX4133	Exercise Prescrip for Special Populations	2	2	0
	EX4140	Community Health Promotion	2	2	0
	PS4112	Creating Wellness	3	3	0
		Quarterly Totals	15	14	2
Sp	EX4810	Intern for Exercise Sci & Wellness	12	0	36
		Quarterly Totals	12	0	36

**Elective and Activity Requirements: Bachelor of Science with a Major in Exercise Science and Wellness**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
variable	variable	General Electives <sup>1</sup>	4	4	0
		Activity Credits <sup>2</sup>	2	0	4
		Elective and Activity Totals	6	4	4

**Total Requirements: Bachelor of Science with a Major in Exercise Science and Wellness**

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	84	62	58
Total Elective and Activity Credits and Hours	6	4	4
Total Requirements	90	66	62

<sup>1</sup>General elective courses may be from any program or department. There is also a graduation requirement of Advanced First Aid and CPR.  
<sup>2</sup>Two one-credit activity courses are required (e.g. tai chi, aerobics, yoga, tennis, etc.).

*Curriculum and course changes in the 2012-2013 Bastyr University Catalog are applicable to students entering during the 2012-2013 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

**BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION WITH DIDACTIC PROGRAM IN DIETETICS (BSN/DPD)**

The Didactic Program in Dietetics (DPD) is a term used by the Academy of Nutrition and Dietetics (the Academy) to describe a program that is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), which meets academic competencies. Currently, in the United States, the registered dietitian (RD) is the only professional credential in nutrition recognized by all 50 states and with reciprocity in five countries. Verified completion of the DPD and a minimum of a bachelor's degree from a regionally accredited institution enable a student to apply for a dietetic internship, to write the registration examination to

become an RD after completing the Dietetic Internship and to become an RD after successfully passing the registration examination.

The mission of the program is to graduate students who will promote nutrition and well-being through food that sustains the individual, the community and the earth.

**ADMISSION REQUIREMENTS AND PREREQUISITES**

Application for admission to the BSN/DPD at Bastyr University is separate from application to the degree programs. BSN/DPD application packets can be requested from the Bastyr University Office of Admissions at the beginning of spring quarter between the junior and senior year. Acceptance requires the following prerequisites *in addition* to those for the Bachelor of Science with a Major in Nutrition: public speaking (if general or speech communication, then must provide evidence of public speaking practice; this requirement is independent of any curriculum standards of the student's prior institution) and current enrollment at Bastyr University. To be eligible for acceptance into the BSN/DPD, students must have completed their junior year and must meet all prerequisites for the BSN completion degree. To be competitive for admission into the BSN/DPD, the following GPAs are required (cumulative from all colleges and universities attended):

Cumulative overall GPA – total of all courses  $\geq 3.25$

Cumulative science GPA – biology, organic chemistry, anatomy and physiology, microbiology and biochemistry courses only  $\geq 3.25$

Cumulative nutrition GPA – all nutrition courses  $\geq 3.25$

A minimum of 150 hours of volunteer and/or paid work experience is required prior to being admitted to the BSN/DPD. Documentation of hours with signature of sponsor is required. Specific information and forms for documenting these experiences is available from the admissions department.

The following is a breakdown of the volunteer and/or paid work hours required for admission:

Minimum of 50 hours clinical nutrition (in-patient hospital and/or long-term care)

Minimum of 50 hours food service management

Minimum of 50 hours community nutrition

**ADMISSION TO CLINICAL TRAINING**

In order to enroll in clinical dietetic practicum, students must have successfully completed TR4207, RD4302, must be enrolled in TR4303 as a coreq-

uisite, and must have met the criteria for behavior and attitude as outlined in the *Nutrition Student Clinician Handbook*. Students are also required to pass a national criminal background check (see “Background Checks” in the *Academic Policy and Procedure Manual* for more information) and must show proof of completion of the clinic entry checklist prior to the first scheduled clinic shift.

### GRADUATION REQUIREMENTS

In their final year, it is recommended that BSN/DPD students meet with the DPD director for academic advising each quarter prior to registration to discuss academic progress and as part of the Dietetic Internship application process. A total of 300 hours of volunteer and/or paid work experience is required to graduate from the BSN/DPD (inclusive of the 150 hours obtained prior to admission to the program). The following is a breakdown of those hours:

Total of 100 hours clinical nutrition (in-patient and/or long-term care direct patient contact)

Total of 100 hours food service management

Total of 100 hours community nutrition

Leadership by participation in the Bastyr University Student Nutrition Association (SNA) is strongly encouraged, and becoming a student member of the Academy of Nutrition and Dietetics is required.

A signed verification statement is required to enable students to be eligible for entry into an accredited dietetic internship. In order to receive a signed verification statement, 300 nutrition-related volunteer and/or paid hours must first be completed, signed and verified by the DPD director. Second, students must pass the DPD exit exam with a passing grade of 70 percent. Third, students must complete all the required coursework with a graduating cumulative GPA of  $\geq 3.0$ . Completion of the DPD program does not guarantee acceptance into a dietetic internship. All other policies and procedures related to the BSN/DPD program are located on MyBU under the Department of Nutrition and Exercise Science.

### ACCREDITATION

The BS Didactic Program in Dietetics (DPD) at Bastyr University is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) (120 South Riverside Plaza, Suite 2000, Chicago, IL, 60606-6995, 800.877.1600, ext. 5400, [acend@eatright.org](mailto:acend@eatright.org)), a specialized accrediting body recognized by the U.S. Department of Education. Program outcomes data are available upon request.

**The following curriculum table lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).**

### BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION WITH DIDACTIC PROGRAM IN DIETETICS (DPD) 2012-2013

#### JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3123	Organic Chemistry for Life Sciences Lec/Lab	6	5	2
	BC3161	Anatomy & Physiology 1 Lec/Lab	3	2	2
	IS3111	Interdisciplinary Experiences in Natural Health Arts & Sciences 1	1	1	0
	TR4103	Whole Foods Production	3	1.5	3
	TR4118	Cultural Perspectives on Food	2	2	0
		Quarterly Totals	15	11.5	7
W	BC3162	Anatomy & Physiology 2 Lec/Lab	3	2	2
	BC4117	Biochemistry for Life Sciences 1	5	4	2
	TR3111	Nutrition Throughout Life (hybrid online course)	3	3	0
	TR3115	Introduction to Food Science	2	2	0
		Quarterly Totals	13	11	4
Sp	BC3163	Anatomy & Physiology 3 Lec/Lab	4	3	2
	BC4140	Biochemistry for Life Sciences 2	4	4	0
	EX3105	Physical Activity & Wellness	2	2	0
	TR3117	Experimental Foods Lecture	4	4	0
	TR3118	Experimental Foods Lab	1	0	2
	TR4140	Ecological Aspects of Nutrition	2	2	0
		Quarterly Totals	17	15	4

#### SENIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC4114	<b>Disease Processes</b>	4	4	0
	PS3127	<b>Foundations of Counseling for Dietitians</b>	3	3	0
	RD4105	<b>Intro to Dietetics</b>	1	0	2
	RD4301	<b>Medical Nutrition Therapy 1: Assessment &amp; Diagnosis</b>	5	4	2
	TR4107	Advanced Nutrition Principles 1	4	4	0
		Quarterly Totals	17	15	4
W	RD4130	<b>Quantity Food Production</b>	3	3	0
	RD4302	<b>Medical Nutrition Therapy 2: Chronic Disease Management</b>	5	4	2
	TR4100	Introduction to Research Methods (hybrid online course)	3	2	2
	TR4108	Advanced Nutrition Principles 2	2	2	0
	TR4113	Nutritional Supplements & Herbs	3	3	0
	TR4207	<b>Nutritional Counseling</b>	2	2	0
		Quarterly Totals	18	16	4
Sp	RD4120	<b>Perspectives in Leadership &amp; Mgmt</b>	3	3	0
	RD4303	<b>Medical Nutrition Therapy 3: Critical Care</b>	3	3	0
	RD4802	<b>Clinical Dietetic Practicum</b>	2	0	4
	TR4126	Community Nutrition/Nutrition Educ	5	5	0
		Quarterly Totals	13	11	4

**Total Requirements: Bachelor of Science with a Major in Nutrition with DPD**

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	91	79.5	25
Total Clinic Credits and Hours	2	0	4
Total Requirements	93	79.5	29

**Boldface classes are in addition to those currently required for BS with a Major in Nutrition degree.**

Curriculum and course changes in the 2012-2013 Bastyr University Catalog are applicable to students entering during the 2012-2013 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

**BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION AND EXERCISE SCIENCE**

A graduate of the Bachelor of Science degree with a major in nutrition and exercise science may develop a career in community health and fitness, as a strength and conditioning coach, or as a personal trainer. This degree also prepares students for graduate work in related health science fields.

**ADMISSIONS**

The admissions standards and prerequisites are the same as those outlined on page 58 for the undergraduate nutrition program with the exception that Microbiology is not required for Exercise Science and Wellness applicants. Consequently, eight natural science credits are required (rather than five).

**GRADUATION REQUIREMENTS**

Please see the graduation requirements for the undergraduate nutrition program on page 58.

The following curriculum table lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).

**BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION AND EXERCISE SCIENCE 2012-2013****JUNIOR YEAR (YEAR I)**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C
F BC3123	Organic Chemistry for Life Sciences Lec/Lab	6	5	2
BC3161	Anatomy & Physiology 1 Lec/Lab	3	2	2
EX4115	Motor Learning & Development	3	2	2
IS3111	Interdisciplinary Experiences in Natural Health Arts & Sciences I	1	1	0
TR4103	Whole Foods Production	3	1.5	3
	Quarterly Totals	16	11.5	9

W BC3113	Living Anatomy	3	3	0
BC3162	Anatomy & Physiology 2 Lec/Lab	3	2	2
BC4117	Biochemistry for Life Sciences 1	5	4	2
TR3111	Nutrition Throughout Life (hybrid online course)	3	3	0
	Quarterly Totals	14	12	4
Sp BC3163	Anatomy & Physiology 3 Lec/Lab	4	3	2
BC4140	Biochemistry for Life Sciences 2	4	4	0
EX3101	Biomechanics I	2	1	2
EX3105	Physical Activity & Wellness	2	2	0
	Quarterly Totals	12	10	4

**SENIOR YEAR (YEAR II)**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C
F EX4100	Physiology of Exercise	5	4	2
EX4107	Sports Nutrition	5	5	0
EX4119	Principles of Resistance Training	3	2	2
TR4107	Advanced Nutrition Principles 1	4	4	0
	Quarterly Totals	17	15	4
W EX4105	Business Practices in Health Promotion	2	2	0
EX4112	Seminar in Ergogenic Aids	1	1	0
EX4124	Exercise Science Lab Techniques	2	0	4
TR4100	Introduction to Research Methods (hybrid online course)	3	2	2
TR4108	Advanced Nutrition Principles 2	2	2	0
TR4205	Nutritional Analysis & Assessment	3	2	2
	Quarterly Totals	13	9	8
Sp EX4800	Exercise/Nutrition Practicum <sup>1</sup>	2	0	4
TR4117	Nutrition, Physical Activity & Disease	5	5	0
TR4126	Community Nutrition/Nutrition Education	5	5	0
	Quarterly Totals	12	10	4

<sup>1</sup>EX4800 may be taken in any quarter during year two.

**Elective and Activity Requirements: Bachelor of Science with a Major in Nutrition and Exercise Science**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C
variable	variable General Electives <sup>1</sup>	4	4	0
	Activity Credits <sup>2</sup>	2	0	4
	Elective and Activity Totals	6	4	4

**Total Requirements: Bachelor of Science with a Major in Nutrition and Exercise Science**

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	84	68.5	33
Total Elective Credits and Hours	6	4	4
Total Requirements	90	72.5	37

<sup>1</sup>General elective courses may be from any program or department. There is also a graduation requirement of Advanced First Aid and CPR.

<sup>2</sup>Two one-credit activity courses are required (e.g. tai chi, aerobics, yoga, tennis, etc.).

Curriculum and course changes in the 2012-2013 Bastyr University Catalog are applicable to students entering during the 2012-2013 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

## BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION AND CULINARY ARTS

The Bachelor of Science degree with a Major in Nutrition and Culinary Arts is designed to provide rigorous training in nutrition science while applying whole-food principles to the preparation of nourishing food. Graduates of this program may have enhanced career opportunities in areas requiring both nutrition and culinary skills.

### ADMISSIONS

The admissions standards and prerequisites are the same as those outlined on page 58 for the undergraduate nutrition program with the exception that Microbiology is not required for Nutrition and Culinary Arts applicants. Consequently, eight natural science credits are required (rather than five).

### GRADUATION REQUIREMENTS

Please see the graduation requirements for the undergraduate nutrition major on page 58. Students must achieve a "C" grade or higher in each of the culinary arts courses.

**The following curriculum table lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).**

### BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION AND CULINARY ARTS 2012-2013

#### JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3123	Organic Chemistry for Life Sciences Lec/Lab	6	5	2
	BC3161	Anatomy & Physiology 1 Lec/Lab	3	2	2
	IS3111	Interdisciplinary Experiences in Natural Health Arts & Sciences 1	1	1	0
	TR4103	Whole Foods Production I	3	1.5	3
	TR4118	Cultural Perspectives on Food	2	2	0
		Quarterly Totals	15	11.5	7
W	BC3162	Anatomy & Physiology 2 Lec/Lab	3	2	2
	BC4117	Biochemistry for Life Sciences	5	4	2
	TR3111	Nutrition Throughout Life (hybrid online course)	3	3	0
	TR3115	Introduction to Food Science	2	2	0
	TR3121	Culinary Skills 1: Soups & Seasonings with Intuition	2	0.5	3
		Quarterly Totals	15	11.5	7

Sp	BC3163	Anatomy & Physiology 3 Lec/Lab	4	3	2
	BC4140	Biochemistry for Life Sciences 2	4	4	0
	TR3117	Experimental Foods Lec	4	4	0
	TR3118	Experimental Foods Lab	1	0	2
	TR3122	Culinary Skills 2: Suppies & Desserts with Originality	2	0.5	3
		Quarterly Totals	15	11.5	7

#### SENIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	TR4107	Advanced Nutrition Principles 1	4	4	0
	TR3141	Therapeutic Cooking 1: Maintaining Health	2	0.5	3
	TR4132	Quantity Food Production	3	3	0
	TR4820	Culinary Practicum <sup>1</sup>	4	0	8
		Quarterly Totals	13	7.5	11
W	TR3142	Therapeutic Cooking 2: Illness and Recovery	2	0.5	3
	TR3152	Cooking Demonstration	2	1.5	1
	TR4100	Introduction to Research Methods (hybrid online course)	3	2	2
	TR4108	Advanced Nutrition Principles 2	2	2	0
	TR4205	Nutritional Analysis & Assessment	3	2	2
		Quarterly Totals	12	8	8
Sp	TR3153	Writing about Food and Health	2	2	0
	TR3163	The Business of Cooking	3	3	0
	TR4117	Nutrition, Physical Activity & Disease	5	5	0
	TR4123	Culinary Skills 3: Appetizers & Entrees with Beauty	2	0.5	3
	TR4140	Ecological Aspects of Nutrition	2	2	0
		Quarterly Totals	14	12.5	3

<sup>1</sup>TR4820 Culinary practicum may be taken in any quarter of year two.

#### Elective Requirements: Bachelor of Science with a Major in Nutrition and Culinary Arts

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
variable	variable	Electives	6	6	0
		Elective Totals	6	6	0

#### Total Requirements: Bachelor of Science with a Major in Nutrition and Culinary Arts

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	84	62.5	45
Total Elective Credits and Hours	6	6	0
Total Requirements	90	68.5	45

*Curriculum and course changes in the 2012-2013 Bastyr University Catalog are applicable to students entering during the 2012-2013 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

### SUMMER MESSAGE INTENSIVE

Bastyr University and the Bellevue Massage School Center for Healing Arts offer a summer massage training program that allows students to apply coursework taken at Bastyr University toward the Washington state requirements for massage licensure. This course cannot be audited. Students interested in further information may meet with their academic advisor in the registrar's office or with their department's program supervisor to discuss the program availability and the course prerequisites.

## GRADUATE PROGRAMS

The Department of Nutrition and Exercise Science offers three master's-level graduate programs that are consistent with the overall focus and mission of the department. The first option is the Master of Science in Nutrition (MSN/Research), which culminates in a research thesis. The second option is the Master of Science in Nutrition and Clinical Health Psychology (MSN/CHP), which combines training in nutrition and clinical health psychology. The third option is the Master of Science in Nutrition with the Didactic Program in Dietetics (MSN/DPD). This option provides the academic part of the requirements to become a registered dietitian.

The MSN/DPD at Bastyr University is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) (120 Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, 800.877.1600, ext. 5400, acend@eatright.org), a specialized accrediting body recognized by the U.S. Department of Education.

After initial selection of a degree program, a student must receive approval from the chair of the department in order to change programs.

### EXPECTED LEARNING OUTCOMES

The Department of Nutrition and Exercise Science has established the following expected learning outcome categories for all its master's of science programs:

- Biological/medical sciences
- Quantitative reasoning/critical thinking/research
- Nutrition
- Whole foods
- Natural medicine
- Communication
- Physical activity
- Promotion of the University's and the department's missions and visions

### MASTER OF SCIENCE IN NUTRITION (RESEARCH)

The purpose of the Master of Science in Nutrition (Research) is to provide students with a solid overview of nutritional science, theory and research in preparation for future doctoral study or for employment in research and development, public policy, or the prevention and wellness field. Graduates with this degree are eligible in some states for certification as nutritionists with a limited scope of

practice. Training in critically evaluating and conducting nutrition-related research is emphasized.

### ADMISSIONS

For general information on the admissions process, refer to the Admissions section in this catalog. Information below refers only to the nutrition program.

### PREREQUISITES

Entering students must have a bachelor's degree from a regionally accredited college/university; a minimum GPA of 3.0 in their undergraduate degree; a 3.25 minimum cumulative GPA in all prerequisites, science prerequisites and nutrition prerequisites; and complete the following courses with a C or better in each class:

Human Physiology (upper level)<sup>1</sup> ..... 5 quarter credits  
 Chemistry (science-major level with lab) .....3 courses  
 (must include at least one organic chemistry course)  
 Biochemistry<sup>2</sup> ..... 1 course  
 Introductory Nutrition<sup>3</sup> ..... 1 course  
 College algebra ..... 1 course  
 Microbiology (upper level) ..... 1 course  
<sup>1</sup>Ten credits of Anatomy and Physiology will meet this requirement.

<sup>2</sup>The biochemistry course must be upper-level and must cover intermediary metabolism.

<sup>3</sup>The nutrition course must include macro-and micronutrients, lifecycle and physical activity.

Note: Science courses must have been taken within seven years of program start.

### GRADUATION REQUIREMENTS

MSN (Research) students must complete a minimum of 78 credits. All MSN (Research) students must have a minimum 3.0 GPA with a minimum of 52 credits in residence. MSN (Research) students must complete their degree within five years following matriculation into the program. A research thesis is required for graduation, which will be electronically deposited in a publicly available (open access) repository (see Policy/Procedure #11-C55).

### THESIS CREDIT AND CONTINUATION POLICY

Students must be registered for at least one credit each quarter (except summer quarter) in order to continue in the program. If a student completes the credit requirements for the degree but requires more time to complete the thesis, that student will have two options.

Option 1 – The student can register for Thesis Continuation. Thesis Continuation is a 0.0 credit “course” that maintains the student's enrollment at Bastyr University. The fee for Thesis Continuation is equivalent to



the tuition for one credit. The registration and payment deadlines for Thesis Continuation are the same as those published for regular registration activities. Students who do not register for Thesis Continuation or fail to pay the fee are not permitted to utilize faculty time or other University resources.

Option 2 – The student can apply for a leave of absence from the University until s/he are is ready to complete and present the thesis. Students may consult with the Office of the Registrar or see Student Policies and Procedures for details about applying for a leave of absence. Students on a leave of absence are not permitted to utilize faculty time or other University resources. When the student is ready to complete and present the thesis, s/he will need to register for Thesis Continuation.

**The following curriculum table lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).**

### MASTER OF SCIENCE IN NUTRITION (RESEARCH) 2012-2013

#### YEAR I

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC5118	Disease Processes 1	3	3	0
	TR5100	Biostatistics	4	4	0
	TR5120	Advanced Nutrition: Macronutrients	5	5	0
	TR5136	Nutrition in the Life Cycle (hybrid online course)	3	3	0
		Quarterly Totals	15	15	0
W	BC5132	Disease Processes 2	2	2	0
	TR5104	Research Methods in Health Sciences	3	2	2
	TR5124	Advanced Nutrition: Micronutrients	5	5	0
	TR5320	Nutrition Assessment & Therapy 1	5	4	2
		Quarterly Totals	15	13	4
Sp	TR5101	Whole Foods Production	3	1.5	3
	TR5128	Applied Research Skills	3	3	0
	TR5140	Advanced Nutrition: Bioactive Compounds in Foods	3	3	0
	TR5321	Nutrition Assessment & Therapy 2	5	4	2
		Quarterly Totals	14	11.5	5

#### YEAR II

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	TR5115	Food Science	5	4	2
	TR6111	Contemporary Nutrition: Global & Ecological Issues	2	2	0
	TR6114	Thesis <sup>1</sup>	4	0	8
	TR6116	Thesis Seminar 1 <sup>2</sup>	1	1	0
		Quarterly Totals	12	7	10
W	TR5132	Applied Statistical Analysis	2	1	2
	TR6122	Contemporary Nutrition: Community & Culture	3	3	0
	TR6114	Thesis <sup>1</sup>	4	0	8
	TR6116	Thesis Seminar 2 <sup>2</sup>	1	1	0
		Quarterly Totals	10	5	10

Sp	TR6133	Contemporary Nutrition: Public Health	3	3	0
	TR6114	Thesis <sup>1</sup>	4	0	8
	TR6116	Thesis Seminar 3 <sup>2</sup>	1	1	0
		Quarterly Totals	8	4	8

<sup>1</sup>These credits may vary. Students may register for thesis as early as summer quarter of the first year and in any quarter in which the student receives thesis advising. Twelve (12) thesis credits are required to graduate. One (1) thesis credit must be earned in the quarter in which the degree is to be received. If all thesis credits have been earned, then Thesis Continuation (TR6199) is required in the final quarter.

<sup>2</sup>Thesis seminar classes should be taken in the same quarter as thesis credits.

### Elective Requirements: Master of Science in Nutrition (Research) Program

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
variable	variable	Electives	4	4	0
		Elective Totals	4	4	0

Of the four (4) elective credits required, students must have a minimum of two (2) elective credits in nutrition program courses.

### Total Requirements: Master of Science in Nutrition (Research) Program

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	74	55.5	37
Total Elective Credits and Hours	4	4	0
Total Requirements	78	59.5	37

*Curriculum and course changes in the 2012-2013 Bastyr University Catalog are applicable to students entering during the 2012-2013 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

## MASTER OF SCIENCE IN NUTRITION AND CLINICAL HEALTH PSYCHOLOGY (MSN/CHP)

The MSN/CHP was developed to respond to the need for an integrated program that provides opportunities to ultimately obtain licensure as a mental health counselor and credentials to practice as a nutritionist with a limited scope of practice in some states. This three-year graduate program provides interdisciplinary education in nutrition and clinical health psychology for students who want a fully integrated mind-body approach to human health.

### ADMISSIONS

For general information on the admissions process, refer to the Admissions section in this catalog. Information below refers only to the MSN/CHP program.

### PREREQUISITES

Entering students must have a bachelor's degree from a regionally accredited college/university with a minimum cumulative GPA of 3.0 in their

undergraduate degree; a 3.25 minimum cumulative GPA in all prerequisites, science prerequisites and nutrition prerequisites; and must have completed the following courses with a C or better in each class: Human Physiology (upper level)<sup>1</sup> ..... 5 quarter credits  
Chemistry (science-major level with lab).....3 courses  
(must include at least one organic chemistry course)

Biochemistry<sup>2</sup> ..... 1 course

Introductory Nutrition<sup>3</sup>..... 1 course

Abnormal psychology ..... 1 course

Developmental psychology ..... 1 course

College algebra ..... 1 course

Microbiology (upper level) ..... 1 course

<sup>1</sup>Ten credits of Anatomy and Physiology will meet the physiology prerequisite requirements.

<sup>2</sup>The biochemistry course must be upper-level and must cover intermediary metabolism.

<sup>3</sup>The nutrition course must include macro- and micronutrients, lifecycle and physical activity.

Note: Science courses must have been taken within seven years of program start.

### ADMISSION TO CLINICAL TRAINING

In order to enroll in the Clinic Shift series, students must have successfully completed all prerequisites based on the clinic track outlined below and under course descriptions for Clinic Nutrition Practicum and must have met the criteria for professional behavior and attitudes. Students are also required to pass a national criminal background check (see “Background Checks” in the *Academic Policy and Procedure Manual* for more information) and must show proof of completion of the clinic entry checklist prior to the first scheduled clinic shift.

### GRADUATION REQUIREMENTS

MSN/CHP students must complete a minimum of 118 credits and must have a minimum 3.0 GPA with a minimum of 79 credits in residence. MSN/CHP students must complete their degree within six years following matriculation into the program. A graduation requirement of the MSN/CHP program is that students must complete 600 hours of supervised counseling (including hours in counseling classes at BCNH and its satellites and external practicum sites), of which 100 hours need to be in nutrition counseling.

In addition to the didactic and clinical experience, MSN/CHP students are required to complete 10 hours of individual counseling or therapy sessions during the first year of the program and before their first counseling shift at BCNH. Counseling may occur at the Bastyr Counseling Center or with a private counselor of the student’s choice. Documentation of these hours is required.

### EXIT EXAM

Successful completion of a clinical competency exit examination is a requirement for students in the third year of the MSN/CHP. This examination tests the minimal knowledge and skills required to perform nutritional and mental health counseling with diverse clients. The examination does not cover the whole curriculum and cannot substitute for any part of regular course requirements. Students are eligible to take the exit exam if they are in good academic standing, have completed or are concurrently registered for all required (non-elective) courses by the end of the term in which the exam is scheduled, and are making satisfactory progress in the practicum.

### EXPECTED COMPETENCIES

Students are required to maintain a 3.0 GPA in their graduate coursework. Bastyr graduates are qualified to provide exceptional counseling services to individuals and institutions and contribute positively to the nutritional and mental health education of the community.

Students are expected to stay on track with the counseling curriculum. Students who wish to go off track must have permission from the director of clinical training.

**The following curriculum table lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).**

### MASTER OF SCIENCE IN NUTRITION AND CLINICAL HEALTH PSYCHOLOGY 2012-2013

#### YEAR I

	Qtr. Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC5118	Disease Processes 1	3	3	0
	PS5301	Fundamentals of Counseling: Basic Skills	3	3	0
	TR5101	Whole Foods Production	3	1.5	3
	TR5120	Advanced Nutrition: Macronutrients	5	5	0
	TR5136	Nutrition in the Life Cycle (hybrid online course)	3	3	0
		Quarterly Totals	17	15.5	3
W	BC5132	Disease Processes 2	2	2	0
	PS5113	Theories of Counseling & Psychotherapy	3	3	0
	TR5124	Advanced Nutrition: Micronutrients	5	5	0
	TR5320	Nutrition Assessment & Therapy 1	5	4	2
		Quarterly Totals	15	14	2
Sp	PS5202	Psychopathology & Biomedical Conditions	3	3	0
	PS6315	Counseling Adults 1: Assessment & Treatment	3	3	0
	TR5140	Advanced Nutrition: Bioactive Compounds in Foods	3	3	0
	TR5321	Nutrition Assessment & Therapy 2	5	4	2
	TR5803	Nutrition Clinic Entry	1	0	2
		Quarterly Totals	15	13	4

**YEAR II**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS5110	Fundamentals of Counseling: Group Dynamics	3	2	2
	PS7801	Clinic Shift 1: Nutrition/ Clinical Health Psychology	2	0	4
	TR5100	Biostatistics	4	4	0
	TR5115	Food Science	5	4	2
	TR6111	Contemporary Nutrition: Global & Ecological Issues	2	2	0
		Quarterly Totals	16	12	8
W	PS5115	Fundamentals of Counseling: Systems, Families & Couples	4	3	2
	PS6105	Diversity & Multicultural Issues in Health Psychology	3	3	0
	PS7802	Clinic Shift 2: Nutrition/ Clinical Health Psychology	2	0	4
	TR5104	Research Methods in Health Sciences	3	2	2
	TR6100	Nutritional Supplementation	4	4	0
		Quarterly Totals	16	12	8
Sp	PS6130	Psychological Testing	3	3	0
	PS6310	Nutrition & Pharmacology in Mental Health	3	3	0
	PS6323	Assessment/Treatment of Children/ Adolescents in Health Psychology	3	2	2
	PS7105	Alcohol & Substance Abuse	2	2	0
	PS7803	Clinic Shift 3: Nutrition/ Clinical Health Psychology	2	0	4
		Quarterly Totals	13	10	6

**YEAR III**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS6317	Counseling Adults 2: Assessment & Treatment	3	2	2
	PS7101	Professional, Ethical & Legal Issues	3	3	0
	PS7805	MSN/CHP Practicum 1	2	0	4
	PS7811	Practicum Seminar 1: Nutrition/ Clinical Health Psychology	1	1	0
		Quarterly Totals	9	6	6
W	PS6207	Counseling for Eating Disorders	2	1	2
	PS7103	Mind Body Techniques for Stress Reduction	3	3	0
	PS7806	MSN/CHP Practicum 2	2	0	4
	PS7812	Practicum Seminar 2: Nutrition/ Clinical Health Psychology	1	1	0
		Quarterly Totals	8	5	6
Sp	PS7115	Developing & Evaluating Counseling Programs	3	3	0
	PS7129	Career Counseling	3	3	0
	PS7807	MSN/CHP Practicum 3	2	0	4
	PS7813	Practicum Seminar 3: Nutrition/ Clinical Health Psychology	1	1	0
		Clinical Competency Exam	0	0	0
		Quarterly Totals	9	7	4

**Total Requirements: Master of Science in Nutrition and Clinical Health Psychology Program**

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	103	91.5	23
Clinic/Practicum Totals	15	3	24
Total Requirements	118	94.5	47

*Curriculum and course changes in the 2012-2013 Bastyr University Catalog are applicable to students entering during the 2012-2013 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

**MASTER OF SCIENCE IN NUTRITION WITH DIDACTIC PROGRAM IN DIETETICS (MSN/DPD)**

The purpose of the MSN/DPD is to train students who are primarily interested in becoming registered dietitians. The program's mission is to educate future dietetic professionals who will be agents of change in bringing the perspective of whole foods, environmental awareness of food choices and complementary medicine into their dietetic-related practices. The MSN/DPD program at Bastyr University is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). The competencies outlined by ACEND are over and above the requirements for a master's in nutrition as outlined by the University and prepare dietetic students to be eligible to apply for a dietetic internship accredited by ACEND and, subsequently, to be eligible to sit for the registration examination for dietitians.

**ADMISSIONS**

For general information on the admissions process, refer to the Admissions section in this catalog. Information below refers only to the graduate nutrition program.

To be competitive for admission into the MSN/DPD, the following minimum cumulative GPAs are required:

3.25 in prerequisite coursework (classes listed as specific prerequisites)

3.25 cumulative in science prerequisite coursework

3.0 cumulative undergraduate coursework

3.25 in nutrition prerequisite coursework

**PREREQUISITES**

Please see prerequisites for the Master of Science in Nutrition listed on page 64. In addition to the prerequisites listed on page 64, Introduction to Psychology is also required.

It is highly recommended that all students receive a B or better in all major prerequisite classes to be most competitive for accredited dietetic internships. Students must maintain a GPA of 3.0 or higher to remain in the program.

**ADMISSION TO CLINICAL TRAINING**

In order to enroll in the Clinic Nutrition Practicums (TR6811 and TR6812), students must have successfully completed all prerequisites based on

clinic track outline below, and must have met the criteria for behavior and attitudes as outlined in the *Nutrition Student Clinician Handbook*. Students are also required to pass a national criminal background check (see “Background Checks” in the *Academic Policy and Procedure Manual* for more information) and must show proof of completion of the clinic entry checklist prior to the first scheduled clinic shift.

## GRADUATION REQUIREMENTS

MSN/DPD students must complete a minimum of 78 credits. All MSN/DPD students must have a minimum 3.0 GPA with a minimum of 52 credits in residence. MSN/DPD students must complete their degree within five years following matriculation into the program. MSN/DPD students are recommended to meet with the DPD director for academic advising each quarter prior to registration to discuss academic progress. A total of 300 hours of approved paid and/or volunteer nutrition-related work is required to graduate from the MSN/DPD. The following is a breakdown of those hours:

Total of 100 hours clinical nutrition (in-patient, ambulatory care, and/or long-term care direct patient contact)

Total of 100 hours food service management

Total of 100 hours community nutrition

Leadership in the area of dietetics by participating in the Bastyr University Student Nutrition Association (SNA) is strongly encouraged, and becoming a student member of the Academy of Nutrition and Dietetics is required.

Once coursework for the MSN/DPD and the 300 volunteer and/or paid required hours are completed, signed and verified by the DPD director, the student is eligible to sit for the DPD exit exam. A pass rate of 70 percent on the DPD exit exam is required to receive the verification statement that will enable the student to be eligible to complete an accredited dietetic internship. Completion of the DPD program does not guarantee acceptance into a dietetic internship. All other policies and procedures related to the MSN/DPD program are located on MyBU under the Department of Nutrition and Exercise Science.

## ACCREDITATION

The MSN/Didactic Program in Dietetics (MSN/DPD) at Bastyr University is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, 800.877.1600, ext. 5400, acend@eatright.

org, website: [www.eatright.org/acend](http://www.eatright.org/acend), a specialized accrediting body recognized by the U.S. Department of Education. Program outcomes data are available upon request.

**The following curriculum table lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).**

## MASTER OF SCIENCE IN NUTRITION/DIDACTIC PROGRAM IN DIETETICS 2012-2013

### YEAR I

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC5118	Disease Processes 1	3	3	0
	PS5301	Fundamentals of Counseling: Basic Skills	3	3	0
	TR5120	Advanced Nutrition: Macronutrients	5	5	0
	TR5136	Nutrition in the Life Cycle (hybrid online course)	3	3	0
		Quarterly Totals	14	14	0
W	BC5132	Disease Processes 2	2	2	0
	TR5124	Advanced Nutrition: Micronutrients	5	5	0
	TR5207	Nutritional Counseling	2	2	0
	TR5320	Nutrition Assessment & Therapy 1	5	4	2
		Quarterly Totals	14	13	2
Sp	TR5101	Whole Foods Production	3	1.5	3
	TR5140	Advanced Nutrition: Bioactive Compounds in Foods	3	3	0
	TR5321	Nutrition Assessment & Therapy 2	5	4	2
	TR5803	Nutrition Clinic Entry	1	0	2
		Quarterly Totals	12	8.5	7

### YEAR II

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	RD6105	Intro to Dietetics	1	0	2
	RD6131	Food Service Management 1	2	2	0
	TR5100	Biostatistics	4	4	0
	TR5115	Food Science	5	4	2
	TR6111	Contemporary Nutrition: Global & Ecological Issues	2	2	0
		Quarterly Totals	14	12	4
W	RD6135	Food Service Management 2	2	2	0
	TR5104	Research Methods in Health Sciences	3	2	2
	TR6100	Nutritional Supplementation	4	4	0
	TR6122	Contemporary Nutrition: Community & Culture	3	3	0
	TR6811	Clinic Nutrition Practicum 1 <sup>1</sup>	2	0	4
		Quarterly Totals	14	11	6
Sp	RD6140	Food Service Management 3	2	2	0
	RD6403	Medical Nutrition Therapy	3	3	0
	TR6133	Contemporary Nutrition: Public Health	3	3	0
	TR6812	Clinic Nutrition Practicum 2 <sup>1</sup>	2	0	4
		DPD Exit Exam	0	0	0
		Quarterly Totals	10	8	4

<sup>1</sup>TR6811 Clinic Nutrition Practicum 1, and subsequently Clinic Nutrition Practicum 2, will be assigned after prerequisites are completed any time after spring of year 1. Each practicum is a total of 44 hours during each quarter. In addition, a total of 8 hours are required during the interim period. See the *Student Clinical Handbook* for details.

**Total Requirements: Master of Science in Nutrition/Didactic Program in Dietetics**

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	74	66.5	15
Clinic Totals	4	0	8
Total Requirements	78	66.5	23

**DIETETIC INTERNSHIP**

The philosophy of the Bastyr University Dietetic Internship is to effectively deliver an internship that meets the accreditation standards set by the Academy of Nutrition and Dietetics (the Academy), while supporting the mission statement of the Department of Nutrition and Exercise Science. The Mission of Bastyr University internship is to educate future leaders in the dietetic profession who will integrate whole foods, environmental nutrition and complementary medicine perspectives into their nutrition practice. The program is designed to meet the eligibility requirements and accreditation standards for dietetic internship programs as defined by the Academy, with the intention that those who successfully complete the program will have met the performance requirements for entry-level dietitians through supervised practice. The internship provides an interactive set of educational experiences in which participants perform the Nutrition Care Process in a variety of settings, demonstrate professional skills, perform continuous self-assessment, and develop collaborative relationships to achieve desired outcomes. The program includes didactic coursework via seminars, group projects and individual self-enrichment experiences.

Interns gain experience in medical nutrition therapy, community nutrition and food service administration. Interns develop insight into the unique nutritional needs of populations from all stages of the life cycle and in various degrees of health through rotation sites that include acute care and outpatient clinics, WIC programs and food service departments.

The Bastyr University Dietetic Internship has a concentration in natural medicine and whole food nutrition. Interns have the opportunity to practice with clinicians in the naturopathic program and in the acupuncture and Oriental medicine program at the University's teaching clinic, Bastyr Center for Natural Health. Interns create whole-food menus and consider the environmental impacts of food choices.

The internship is a full-time program (minimum of 40 hours per week) meeting the requirements for 1200 minimum supervised practice hours. The

program also includes didactic hours, enrichment hours, and hours for orientation and evaluation, as well as vacation and holidays.

Interns are required to register for 15 graduate credits, which may be applied toward the elective requirements of the Master of Science in Nutrition degree at Bastyr University upon acceptance into the master's program. The graduate course content is structured to complement the supervised practice component of the internship. The internship graduate courses follow, listed in the order taken:

Cat. No.	Course Title	Crdt.	Qtr.
DI5100	Introduction to the Practice of Dietetics	1	F
DI5101	Community Nutrition	1	
DI5801	Community Practicum <sup>1</sup>	2	
DI5103	Food Service Administration	1	
DI5104	Medical Nutrition Therapy	1	W
DI5814	Food Service Practicum <sup>1</sup>	4	
DI5820	Medical Nutrition Therapy Practicum <sup>1</sup>	5	Sp
Total Credits		15	

<sup>1</sup>Community Practicum, Medical Nutrition Therapy Practicum and Food Service Practicum are incorporated into the supervised practice experience.

**ADMISSION REQUIREMENTS FOR DIETETIC INTERNSHIP**

Applicants must have a minimum of a baccalaureate degree in nutrition, dietetics or an equivalent program from an accredited educational institution. A strong background in science and high academic performance are essential. A GPA of 3.0 or higher is required for acceptance into the program.

It is highly recommended that students have paid or volunteer experience in all three areas of clinical nutrition, community nutrition and food service administration.

All applicants must complete an internship application via the Dietetic Internship Centralized Application Services (DICAS) system. The following items will be uploaded by each applicant to the DICAS site:

- Completed the Academy Dietetic Internship application
- One-page typed letter of application/personal statement
- Three letters of recommendation (the Academy Waiver and Recommendation Forms are to be included): one reference should be related to work experience and two references should be related to academic performance
- All official transcripts
- DPD Verification Statement or Declaration of Intent

Supplemental application materials to be sent directly to the Bastyr University admissions office include:

- Completed Bastyr University application for certificate and non-degree programs, available for download on the Bastyr University website
- Nonrefundable \$75 application fee, with check written to “Bastyr University”

All application materials must be received by the February application deadline date established by the Academy of Nutrition and Dietetics. Interns begin the program in September and complete the program in June. Applicants are informed of acceptance through the designated computer matching system.

#### EXPECTED LEARNING OUTCOMES

The Department of Nutrition and Exercise Science has established the following expected learning outcomes for all its Dietetic Internship students:

- Meet eligibility requirements to write the registration examination to become a registered dietitian (RD).
- Demonstrate all the competencies required to practice as a competent entry-level dietitian.
- Provide exceptional nutrition and dietetic practice to individuals and institutions that effectively supports integrated health care, incorporating whole foods, complementary medicine perspectives and environmental considerations into nutrition care and protocols.

#### EXPECTED COMPETENCIES

Interns are required to pass all internship graduate courses with a grade of achieved competency (AC) and must have demonstrated competency in all learning outcomes. (The achieved-competency based grading system is explained on page 18 of this catalog.) Graduates of the program meet eligibility requirements to write the registration examination to become a registered dietitian (RD). Bastyr internship graduates are qualified to provide exceptional nutrition and dietetic services to individuals and institutions and contribute positively to the nutrition awareness and health education of the community.

#### ACCREDITATION STATUS

The Bastyr University Dietetic Internship is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), 120 South Riverside Plaza, Suite 2000, Chicago, IL, 60606-6995, (800) 877-1600, ext. 5400. E-mail: [acend@eatright.org](mailto:acend@eatright.org). Website: [www.eatright.org/acend](http://www.eatright.org/acend), a

specialized accrediting body recognized by the U.S. Department of Education.

Additional program information, including goals and objectives measured to assess program effectiveness, costs to interns and the program content may be found at [www.Bastyr.edu/Academics/Areas-Study/Study-Nutrition/Nutrition-Dietetic-Internship](http://www.Bastyr.edu/Academics/Areas-Study/Study-Nutrition/Nutrition-Dietetic-Internship). Program policies and procedures are made available to accepted applicants in the annually-revised *Bastyr University Dietetic Internship Handbook*. Program outcomes data are available upon request.

## FACULTY

### WITH HIGHEST DEGREES, LICENSES OBTAINED AND DEPARTMENTAL AFFILIATION

#### Key

(AOM)	Acupuncture & Oriental Medicine
(BS)	Basic Sciences
(BTM)	Botanical Medicine
(EXS)	Exercise Science
(HO)	Homeopathy
(HS)	Herbal Sciences
(IS)	Interdisciplinary Studies
(MW)	Midwifery
(NM)	Naturopathic Medicine
(NTR)	Nutrition
(PM)	Physical Medicine
(PSY)	Psychology

#### CORE

- Bartok, Cynthia, PhD, RD, University of Wisconsin, Madison (NTR)
- Boutin, Debra, MS, RD, Case Western Reserve University (NTR)
- Cho, Young, PhD, University of Wisconsin, Madison (BS)
- Davis, Amy, PsyD, Antioch University (PSY)
- Elson-Schwab, Lev, PhD, University of California, San Diego (BS)
- Frasieur, Amy, MS, RD, Oregon State University (NTR)
- Golden, Lynelle, PhD, University of Tennessee, Knoxville (BS)
- Gordon, Wendy, MPH, LDM, CPM, Oregon Health & Science University (MW)
- Harris, Cristen, PhD, RD, LD/N, Florida International University (NTR)
- Hofsess, Christy, PhD, Arizona State University (PSY)
- Kazaks, Alexandra, PhD, RD, University of California, Davis (NTR)
- Kirk, Elizabeth, PhD, RD, University of Washington (NTR)
- Kloubec, June, PhD, University of Minnesota, (EXS, NTR)

- Lair, Cynthia, BA, CHN, Wichita State University (NTR)
- Lester, Naomi, PhD, Uniformed Services University of the Health Services (PSY)
- Lichtenstein, Brad, ND, Bastyr University (PSY)
- Littleton, Kent, ND, Bastyr University, MS, University of Washington (BS)
- Love Steward, Rebecca, DVM, Washington State University (BS)
- Martzen, Mark, PhD, University of South Dakota School of Medicine (BS, MW)
- Messner, Don, PhD, University of Washington (BS)
- Modell, Harold, PhD, University of Mississippi Medical Center (BS)
- Morrow, Kelly, MS, RD, CD, Bastyr University (NTR, MW)
- Myers, Suzy, LM, CPM, MPH, University of Washington (MW)
- Piccinin, Doris, MS, RD, CDE, CD, Wayne State University (NTR)
- Reiss, Tiffany, PhD, Virginia Polytechnic Institute and State University (EXS, NTR)
- Rosen, Daniel, PhD, Arizona State University (PSY)
- Schultz, Caitlin, PhD, University of North Dakota, Grand Forks (PSY)
- Smith, Charles, PhD, Ball State University (PSY)
- Spicer, Diane, MIT, University of Washington, MS, University of Wisconsin (BS)
- Thomas, Aleyamma, PhD, University of Manitoba (BS)
- Wenner, Cynthia, PhD, Washington University, St. Louis, MO (BS)
- ADJUNCT**
- Adler, Jennifer, MS, CN, Bastyr University (NTR)
- Bean, Jessica, ND, Bastyr University (BS)
- Biery, Nancy, PhD, Johns Hopkins University (BS)
- Brinton, Catherine, ND, Bastyr University (BS)
- Buono, Laura, RD, CD, CNSD, Washington State University (NTR)
- Butterfield, Leslie, PhD, Virginia Commonwealth University (MW)
- Cabasco-Cebrian, Tess, BS, University of Washington (BS)
- Chamberlain, Kristina, CNM, IBCLC, University of Washington (MW)
- Chorley, Heather, LM, PA, Bowman Gray School of Medicine (MW)
- Cooper, Tracy, LM, Seattle Midwifery School (MW)
- Costa-Mallen, Paola, PhD, University of Milan (BS)
- DeNinno, John, PhD, Purdue University (PSY)
- Denmark, Melissa, LM, MA, University of Florida (MW)
- Ellingston, Damon, MS, University of Maryland, College Park (BS)
- Frederickson, Richard, PhD, University of North Dakota (BS)
- Fulton-Kehoe, Deborah, PhD, University of Washington (BS)
- Gabel, Helen, MSN, Emory University, (MW)
- Goldman, Shana, MS, RD, Bastyr University (NTR)
- Grace, Victoria, RN, Montgomery College (MW)
- Halverson, Joanne, PsyD, Antioch Seattle (PSY)
- Haq, Aliya, MS, RD, University of Washington (NTR)
- Hart, Katherine, MS, LMHC, CN, Bastyr University (PSY)
- Hays, Karen, DNP, CNM, ARNP, University of Washington, (MW)
- Hsu, Clarissa, PhD, University of Washington (MW)
- Hudson, George, MS, LMHC, Bastyr University (PSY)
- Kaufman, Trina, MS, Bastyr University (NTR)
- Levin, Buck, PhD, RD, University of North Carolina, Greensboro (NTR)
- Lund, Kaleb, PhD, University of Minnesota (BS)
- Marshall, Anita, DAOM, American College of Traditional Chinese Medicine, PhD, American Global University, PharmD, University of the Pacific, LAc (BS) (AOM)
- Mazzanti, Marta, MS, RD, Bastyr University (NTR)
- Montgomery, Lauren, PhD, University of Washington (PSY)
- Orendurff, Michael, PhD, University of Washington (EXS)
- Palagi, Traci, LM, CPM, Seattle Midwifery School (MW)
- Pape, Kathleen PsyD, Antioch Seattle (PSY)
- Price, Lisa, ND, Bastyr University (BS)
- Ramanujam, Kumuthini, MD (India), Madras Medical College (BS)
- Roustaei, Omid, MA, LIOS, Bastyr University (NTR, PSY)
- Ryan, Mary, MS, RD, University of Utah (NTR)
- Sasagawa, Masa, ND, Bastyr University, MS, University of Utah (NTR, PSY)
- Sasson, Valerie, LM, CPM, Seattle Midwifery School (MW)
- Savery, Patrice, MA, New York University, AAS Seattle Culinary Academy (NTR)
- Selengut, Becky, William Smith College, Seattle Culinary Academy (NTR)
- Streich, Emily, LM, LMP, Seattle Midwifery School (MW)
- Strong, Aaron, MA, Bastyr University (PSY)
- Tromblay, Ali, LM, CPM, Seattle Midwifery School (MW)
- Walls, Marilyn, MS, Bastyr University (NTR)

# SCHOOL OF NATUROPATHIC MEDICINE

## ADMINISTRATORS OF THE SCHOOL OF NATUROPATHIC MEDICINE

Jane Gultinan, ND, Dean  
 Arianna Staruch, ND, Associate Dean  
 Joni Olehausen, ND, Associate Dean for Naturopathic Clinical Education  
 Lauren Cullen, ND, Chair, Clinical Science  
 Sheila Kingsbury, ND, RH (AHG), Chair, Botanical Medicine  
 Dean Neary, ND, Chair, Physical Medicine  
 Gary Garcia, MD, Director of Community and Post Graduate Medicine  
 Katherine Martin, ND, Interim Assistant Director of Naturopathic Midwifery  
 Kristine Arena, Program Supervisor  
 Chrissy Atkins, Program Coordinator, Botanical Medicine  
 Claudia Starkey, Administrative Assistant

The School of Naturopathic Medicine consists of the botanical medicine department (which offers a Bachelor of Science with a Major in Herbal Sciences and a Certificate in Holistic Landscape Design), the homeopathy department, the physical medicine department, the clinical sciences department and the clinical education department and the community and post-graduate medicine division.

## MISSION

*We educate future naturopathic physicians who care for the health and well-being of their communities and advance our profession.*

## VISION

*The School of Naturopathic Medicine will be a leading academic center for inspired and scholarly learning in the cultivation of naturopathic doctors. It will accomplish this through education, research, professional leadership, community and clinical services that bridge the worlds of science, nature and spirit.*

## PROGRAMS OFFERED

Certificate in Holistic Landscape Design page 74  
 Bachelor of Science with a Major in Herbal Sciences page 72  
 Doctor of Naturopathic Medicine page 75

## BACHELOR OF SCIENCE WITH A MAJOR IN HERBAL SCIENCES

### BOTANICAL MEDICINE DEPARTMENT MISSION

*We inspire students and colleagues to carry forward the traditions and enrich the knowledge of botanical medicine with integrity.*

### BOTANICAL MEDICINE DEPARTMENT VISION

*We facilitate learning about plants and plant-centered medicine, guiding students to apply this knowledge toward growing, harvesting, manufacturing and clinical practice. The inclusive range of knowledge runs from traditional wisdom to contemporary scientific information, emphasizing critical and creative thought and discovery.*

The Bachelor of Science with a Major in Herbal Sciences is designed to provide a thorough, scientifically rigorous and inspiring exploration of herbalism and its applications. The curriculum of the herbal sciences major does not include the diagnosis and treatment of disease, but rather introduces the student to concepts of disease prevention and health maintenance using medicinal herbs. The curriculum addresses economic, historical and sociopolitical perspectives regarding herbal sciences. Additionally, issues related to herbal product manufacturing and quality assurance/quality control introduce the analytical aspects of herbs and herbal products. This program offers a substantial breadth of perspectives and approaches in the herbal sciences.

The program is based upon scientific inquiry in the herbal sciences. Students take courses in Anatomy and Physiology, Organic Chemistry, Biochemistry, and Botany during the first year of this program. Beginning in the first year and heavily concentrated in the second year are courses exploring various aspects of the herbal sciences. Introduction to Herbal Sciences, Herbal Preparations, and Herbal Medicine History and Traditions lay a foundation in the junior year. In Research Methods for Herbal Sciences, students learn to interpret scientific literature on medicinal herbs. In Ethnobotany, the door opens to the connection between people and plants in indigenous cultures, old and new. The senior year includes Pharmacology, Pharmacognosy and Medicinal Actions of a core of Materia Medica, deepening the knowledge



base. Northwest Herbs and First Aid for Herbalists lend hands-on experiences. In additional courses, students become familiar with environmental, economic and political issues surrounding the herbal sciences. There are electives available that cover a wide array of topics including diverse field courses.

Additionally, students are required to complete a 44-hour practicum with herbal manufacturers, herb growers, wildcrafters, practitioners or researchers. Upon completion of this program, each student is uniquely qualified to enter the herbal industry, enter a clinically based program or pursue further education in a related field.

### ADMISSION

For general information on the admissions process, please refer to the Admissions section in this catalog. The information below refers only to the herbal sciences program.

### PREREQUISITES

Entering undergraduates must have at least a 2.75 cumulative GPA with a grade of C or better in all basic proficiency and science requirement courses. Prior to enrolling, students must have completed 90 quarter credits (60 semester credits), including a minimum number of credits in the basic proficiency, science and general education categories.

Note: Students may apply to the program while completing prerequisite coursework.

### BASIC PROFICIENCY AND SCIENCE REQUIREMENTS

English literature or composition .....	9 quarter credits
General psychology.....	3 quarter credits
College algebra .....	4 quarter credits
General chemistry (science-major level with lab).....	8 quarter credits
General biology (with lab).....	4 quarter credits
Botany .....	3 quarter credits

### GENERAL EDUCATION REQUIREMENTS

Natural science and mathematics .....	8 quarter credits
Arts and humanities.....	15 quarter credits
Social sciences.....	15 quarter credits
Speech communication or public speaking ...	3 quarter credits
Electives .....	18 quarter credits <sup>1</sup>
<sup>1</sup> The number of elective credits may vary depending upon the exact number of quarter credits earned in the other prerequisite categories.	
Total prerequisite credits must equal at least 90 quarter credits.	

### BASIC SCIENCES CURRICULUM WITHIN HERBAL SCIENCES

Basic science courses within the herbal sciences program include Anatomy and Physiology, Organic Chemistry, Biochemistry, Microbiology, Pharmacology, and Disease Processes. These courses serve as a foundation for an understanding of the human body and provide students with the necessary skills and competency to pursue coursework in their chosen field.

The basic sciences faculty encourages and expects students to advance beyond the simple learning of scientific facts and to integrate systematically the information from basic science disciplines into a unified model of human organization and function. Problem solving, clinical cases and examples are an integral part of the basic science curriculum.

### GRADUATION REQUIREMENTS

Upper division Bachelor of Science students enrolled at Bastyr University must complete a minimum of 180 credits (inclusive of credits transferred into Bastyr). To graduate, Bachelor of Science students must have a minimum 2.0 grade point average with a minimum of 45 credits in residence at Bastyr University.

### EXPECTED LEARNING OUTCOMES

Following are the learning objectives for students in the herbal sciences program:

- Identify most commonly used medicinal plants utilizing botanical, organoleptic and analytical methods of identification and their medicinal indications and actions.
- Convey understanding of current political issues and trends pertaining to herbal industry as well as history of traditional use of herbs in medicine.
- Produce commonly used herbal preparations and discuss their potential in medicinal applications.
- Analyze herbal products using knowledge of pharmacognosy and QAQC test methods and apply this analysis to potential research applications.
- Develop sound foundations in the sciences that prepare the student for science-based industry or graduate-level study such as ethnobotany, pharmacology, pharmacognosy, clinical graduate work, research, herbal product development and QAQC, bulk herb supplier or herbal agriculture.
- Exhibit knowledge of safety parameters for use of medicinal plants.

The following curriculum table that follows lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).

### BACHELOR OF SCIENCE WITH A MAJOR IN HERBAL SCIENCES 2012-2013

#### JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3123	Organic Chemistry for Life Sciences (Lec/Lab)	6	5	2
	BC3161	Anatomy & Physiology 1 (Lec/Lab)	3	2	2
	BO3103	Botany 1 (Lec/Lab)	3	2	2
	BO3108	Introduction to Herbal Sciences	3	2	2
	IS3111	Interdisciplinary Experiences in Natural Health Arts & Sciences 1	1	1	0
		Quarterly Totals	16	12	8
W	BC3162	Anatomy & Physiology 2 (Lec/Lab)	3	2	2
	BC4117	Biochemistry for Life Sciences 1 (Lec/Lab)	5	4	2
	BO3114	Herbal Preparations	3	2	2
	BO4102	Research Methods for Herbal Sciences	2	2	0
	BO4801	Herbal Sciences Practicum <sup>1</sup>	1	0	4
		Quarterly Totals	14	10	10
Sp	BC3163	Anatomy & Physiology 3 (Lec/Lab)	4	3	2
	BC4140	Biochemistry for Life Sciences 2	4	4	0
	BO3105	Plant Identification (Lec/Lab)	3	2	2
	BO3115	Herbal Medicine History & Traditions	2	2	0
	BO4129	Ethnobotany	2	2	0
		Quarterly Totals	15	13	4

<sup>1</sup>Students may complete the practicum in any quarter after winter quarter of their junior year.

#### SENIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC4104	Microbiology	3	3	0
	BC4114	Disease Processes	4	4	0
	BO4107	Materia Medica 1 for Herbal Sciences	5	4	2
	BO4111	First Aid for Herbalists	2	2	0
	BO4119	Pharmacognosy for Herbal Sciences	2	2	0
	BO4122	Test Methods for Botanical Authentication (Lab)	2	0	4
		Quarterly Totals	18	15	6
W	BC4115	Pharmacology Overview for Herbal Sciences	3	3	0
	BO4100	Herbs & Food	3	2	2
	BO4108	Materia Medica 2 for Herbal Sciences	5	4	2
	BO4128	QAQC - Quality Assurance/Quality Control	2	1	2
		Quarterly Totals	13	10	6
Sp	BO4103	Botany 2 (Lec/Lab)	3	2	2
	BO4109	Materia Medica 3 for Herbal Sciences	5	4	2
	BO4112	Northwest Herbs	1	0	2
	BO4125	Introduction to Herb/Drug Interaction	2	2	0
	BO4150	Research Applications	1	0	2
		Quarterly Totals	12	8	8

#### Total Requirements: BS with a Major in Herbal Sciences

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	88	68	42
Total Elective Credits and Hours	4	4	0
Total Requirements	92	72	42

Curriculum and course changes in the 2012-2013 Bastyr University Catalog are applicable to students entering during the 2012-2013 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

#### SUMMER MASSAGE INTENSIVE

Bastyr University and Bellevue Massage School Center for Healing Arts offer a summer massage training program that allows students to apply coursework completed at Bastyr University toward the Washington state requirements for licensure. This course cannot be audited.

Students interested in further information may meet with their academic advisor in the registrar's office or with their department's program supervisor to discuss the program availability and the course prerequisites.

### CERTIFICATE IN HOLISTIC LANDSCAPE DESIGN (CHLD)

Mission: The Certificate in Holistic Landscape Design program allows students to build upon their knowledge of medicinal and edible plants and apply this knowledge to building sustainable landscape solutions that benefit the earth and the human community.

The courses in this certificate program are offered on evenings and weekends. The program instructs students on permaculture concepts and cultivation of medicinal and edible plants. Students who complete the program will be able to develop sustainable landscapes that benefit the environment and provide utilitarian resources for the community as a whole.

#### PREREQUISITES

Prior to enrolling, students must have completed 90 quarter credits (60 semester credits) of college-level coursework.

Students must also have completed the following specific coursework, either as part of their 90 credits or in equivalent coursework:

- Introduction to Botany
- Organic Gardening<sup>1</sup>

Organic Gardening and Introduction to Botany are both offered at Bastyr University during the summer quarter. Applicants may take these courses to meet the prerequisites. Be advised these courses may only be offered in a weekday format.

In order to be prepared for the concepts covered in the holistic landscape design program, coursework in the following areas is strongly recommended:

- Chemistry – survey-level to cover general inorganic and organic concepts, no labs required
- Biology – basic biological concepts desired, covering cell and plant biology, no labs required
- Public Speaking coursework or experience
- General Education material to round out the 90 college credits, including some Humanities, English, Natural Sciences and Social Sciences

<sup>1</sup>Gardening coursework taken not for college credit will be reviewed on a case-by-case basis. A competency exam may be required.

### EXPECTED LEARNING OUTCOMES

Following are the learning objectives for students in the holistic landscape design program:

- Ability to create a landscape design that enhances the natural landscape and reflects the health of all of the beings that utilize it as well as the health of the planet.
- Apply sustainable landscape measures creatively, designing for biodiversity, therapeutic utility and aesthetics.
- Integrate permaculture techniques and principles for sustainably modifying land and implementing designs.
- Understand importance and elements of soil science and how to utilize this knowledge in horticultural methods.
- Enhance knowledge of practices that support seasonal and sustainable cultivation of food and medicinal plants.
- Practice therapeutic plant propagation and cultivation from native and analogue climates for landscape design as well as nursery or market production.

### CERTIFICATE IN HOLISTIC LANDSCAPE DESIGN PROGRAM (CHLD) 2012-2013

#### YEAR I

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BO4123	Soil Ecology	1	1	0
	BO4131	Permaculture 1	3	2	2
	BO4141	Medicinal & Edible Plants in the Landscape 1	1	1	0
	BO4144	Horticultural Business Practices	1	0	2
		Quarterly Totals	6	4	4
W	BO4132	Permaculture 2	3	2	2
	BO4135	Organic Greenhouse & Nursery Mgmt	1	0	2
	BO4137	Horticultural Research & Grant Writing	1	1	0
	BO4142	Medicinal & Edible Plants in the Landscape 2	1	1	0
		Quarterly Totals	6	4	4
Sp	BO4124	Intro to Biodynamic Agriculture	2	1	2
	BO4127	Mycology	1	1	0
	BO4133	Permaculture 3	3	2	2
	BO4143	Medicinal & Edible Plants in the Landscape 3	1	1	0
		Quarterly Totals	7	5	4

Su	BO4134	Organic Seed Production	1	1	0
	BO4138	Biointensive IPM & Plant Health	2	2	0
	BO4139	Permaculture in a Global Context	1	1	0
	BO4810	Holistic Landscape Design Practicum	1	0	4
		Quarterly Totals	5	4	4

### Total Requirements: Certificate in Holistic Landscape Design (CHLD)

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	24	17	16
Total Elective Credits and Hours	4	4	0
Total Requirements	28	21	16

*Curriculum and course changes in the 2012-2013 Bastyr University Catalog are applicable to students entering during the 2012-2013 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year*

Current botanical medicine department electives: Cascade Herb Experience, Island Herb Experience, Herbal Medicine in Italy, Organic Gardening, Clinical Pharmacognosy, Flower Essences, Herbs and Ayurvedic Medicine, Herbal Medicine throughout Oregon, Plants in Ceremony, Clinical Formulations and Applications of Botanical Medicine, Herbal Medicine Making for All, Plant Identification and Medicinal Field Botany, Foundations of Aromatic Medicine, Introduction to Gemmotherapy, Asian Medicinal Plant Horticulture, Botanical Studies in Costa Rica, Food and Medicinal Mushrooms, Appalachia Field course, and Southwest Herbal Experience.

## DOCTOR OF NATUROPATHIC MEDICINE

### DEFINITION AND DESCRIPTION OF NATUROPATHIC MEDICINE

Naturopathic medicine is a distinct profession of primary health care, emphasizing prevention, treatment and the promotion of optimal health through the use of therapeutic methods and modalities which encourage the self-healing process, the *vis medicatrix naturae*.

The U.S. Department of Labor defines naturopathic physicians as doctors who “diagnose, treat, and help prevent diseases using a system of practice that is based on the natural healing capacity of individuals. May use physiological, psychological or mechanical methods. May also use natural medicines, prescription or legend drugs, foods, herbs, or other natural remedies.”

Most naturopathic physicians provide natural medicine primary care through office-based, private practice. Many receive additional training in

disciplines or modalities such as acupuncture and Oriental medicine.

Naturopathic diagnosis and therapeutics are supported by scientific research drawn from peer-reviewed journals from many disciplines, including naturopathic medicine, conventional medicine, European complementary medicine, clinical nutrition, phytotherapy, pharmacognosy, homeopathy, psychology and spirituality. Information technology and new concepts in clinical outcomes assessment are particularly well-suited to evaluating the effectiveness of naturopathic treatment protocols and are being used in research, both at naturopathic medical schools and in the offices of practicing physicians. Clinical research into natural therapies has become an increasingly important focus for naturopathic physicians.

#### PROGRAM OUTCOMES

A naturopathic medicine graduate of Bastyr University's School of Naturopathic Medicine will:

- Demonstrate an appropriate level of knowledge in both basic medical and clinical sciences
- Demonstrate the ability to apply clinical skills in the care of patients to the standards of a primary care naturopathic physician as defined by the profession
- Demonstrate the ability to apply the philosophy and principles of naturopathic medicine in the care of patients
- Demonstrate a commitment to the highest levels of ethics and professionalism by behaving with honesty and integrity in all interactions with patients, their families, other health care professionals, and others they interact with in the course of their professional career

#### EXPECTED LEARNING OUTCOMES

A naturopathic medicine graduate of Bastyr University's School of Naturopathic Medicine is expected to be a:

##### I. Naturopathic Medical Expert

The graduate will:

- integrate naturopathic philosophy and principles into the care of patients, including honoring the sacredness of the therapeutic relationship.
- develop, maintain and value a comprehensive knowledge base that includes both biomedical sciences and naturopathic principles.

- prepare an assessment incorporating all appropriate history, physical examination and diagnostic testing in order to formulate a naturopathic medical diagnosis.
- establish and sustain proficiency in a full range of therapeutic approaches.
- demonstrate consideration and accountability for clinical management decisions and their long-term implications.
- integrate outcome assessment and evidence-informed medicine into every patient encounter.
- recognize the limitations of knowledge, skills and scope of practice, and solicit a consultation or referral when pertinent.

##### II. Naturopathic Health Advocate

The graduate will:

- educate other health professionals, patients and the public about the benefits of naturopathic medicine and a healthy lifestyle.
- practice self-care in accordance with the principles of naturopathic medicine.
- collaborate with others to advocate for health promotion and disease prevention for both individuals and the community.
- promote environmental awareness and sustainable medical practices to improve the health of humans and the rest of the natural world.

##### III. Naturopathic Health Professional and Scholar

The graduate will:

- communicate with patients, colleagues and other members of the community with sensitivity to cultural and socioeconomic differences and act with compassion and respect for human dignity, individuality and rights.
- demonstrate integrity and respect the laws and regulations in the jurisdiction of practice, including placing the protection of the public ahead of self-interest.
- master the entrepreneurial skills necessary to establish a thriving practice.
- utilize technology to optimize medical care and business operations.
- maintain and advance professional competence through ongoing education and research.

## PRINCIPLES OF NATUROPATHIC MEDICINE

The Healing Power of Nature (*Vis Medicatrix Naturae*)

Identify and Treat the Causes (*Tolle Causam*)

First Do No Harm (*Primum Non Nocere*)

Doctor as Teacher (*Docere*)

Treat the Whole Person

Prevention

Wellness

## SCOPE OF PRACTICE

Naturopathic medicine is defined by principles rather than by methods or modalities. Diagnostic and therapeutic methods are diverse. The current scope of practice for a naturopathic physician covers the general practice of naturopathic medicine, as a primary care physician. This scope of practice includes, but is not limited to, the following diagnostic and therapeutic modalities: nutritional science, natural hygiene, botanical medicine, naturopathic physical medicine, homeopathy, counseling, spirituality, minor office procedures and methods of laboratory and clinical diagnosis. The scope of practice is defined by state or provincial statute. The curriculum at Bastyr University matches the requirements listed by the Washington State Department of Health. Students have the responsibility to be informed on licensure and scope of practice in the legal jurisdiction in which they choose to practice.

## LEGAL STATUS OF NATUROPATHIC MEDICINE

Naturopathic physicians are licensed or registered as health care providers in Alaska, Arizona, California, Connecticut, Hawaii, Idaho, Kansas, Maine, Minnesota, Montana, New Hampshire, North Dakota, Oregon, Utah, Vermont, Washington, District of Columbia and the U.S. territories of Puerto Rico and the Virgin Islands. Legal provisions allow the practice of naturopathic medicine in several other states. Efforts to gain licensure elsewhere are currently underway. Forty-two states and territories in the United States have professional associations for naturopathic medicine. Naturopathic physicians are also recognized in British Columbia, Manitoba, Nova Scotia, Ontario and Saskatchewan, and there are 11 provincial and territorial professional associations.

## NATUROPATHIC MEDICINE LICENSURE REQUIREMENTS

All states and provinces with licensure laws require a resident course of at least four years and

4,100 hours of study from a college or university recognized by the Council on Naturopathic Medical Education (CNME). A copy of the CNME handbook is available in the Bastyr Library. To qualify for a license, the applicant must satisfactorily pass the Naturopathic Physicians Licensing Examinations (NPLEX), which include basic sciences, diagnostic and therapeutic subjects and clinical sciences. Applicants must satisfy all licensing requirements for the state or province to which they have applied.

## PROFESSIONAL ORGANIZATIONS

The American Association of Naturopathic Physicians, based in Washington, D.C., represents the interests of the profession of naturopathic medicine in the U.S. The Canadian Association of Naturopathic Doctors is the professional association in Canada. Contact the appropriate national association for further information.

- American Association of Naturopathic Physicians, 4435 Wisconsin Ave NW, Suite 403, Washington, D.C., 20016, [www.naturopathic.org](http://www.naturopathic.org), [member.services@naturopathic.org](mailto:member.services@naturopathic.org), 202.237.8150
- Canadian Association of Naturopathic Doctors, 20 Holly Street, Suite 200, Toronto, Ontario, Canada M4S 3B1, [www.cand.ca](http://www.cand.ca), [info@cand.ca](mailto:info@cand.ca), 416.496.8633

## NATUROPATHIC MEDICINE PROGRAM ADMISSIONS

For general information on the admissions process, please refer to the Admissions section in this catalog. The information below refers only to the naturopathic medicine program.

## NATUROPATHIC MEDICINE PREREQUISITES

In selecting applicants for admission, the Bastyr University naturopathic medicine program seeks those qualities of motivation, intellect and character essential to becoming a physician. Applicants are considered on the basis of academic performance, maturity and demonstrated humanitarian qualities. Work and/or volunteer experience in health care coupled with an awareness of the field of natural medicine is strongly recommended. The following coursework is the minimum required preparation for the study of naturopathic medicine. Applicants may apply with coursework still in progress, but prerequisites must be completed prior to matriculation.

Please note: If in doubt about a specific prerequisite, contact an admissions advisor before taking the course.

The admissions office may require a course description to verify content. Descriptions may be e-mailed, faxed or sent by regular mail.

### Overall Preparation

Completion of a bachelor's degree from a regionally accredited college/university is required. No specific major is advised. In addition to a strong preparation in the sciences, a broad background in the humanities and liberal arts is encouraged. Prerequisite coursework is used to determine a student's preparation for the naturopathic program. No credit is given for prerequisite coursework earning a C- or lower.

### Prerequisite Coursework

- College-level Algebra ..... 1 course  
 Chemistry (science-major level).....at least 4 courses  
 Must include a minimum of either two sequential courses in organic chemistry or one course in organic chemistry and one course in biochemistry. The chemistry sequence should include an introduction to biological molecules. (The standard prerequisite for science-major level organic chemistry is one year of general chemistry.) Appropriate lab work required.  
 General Biology (science-major level).....2 semesters or 3 quarters  
 Must cover concepts in cellular biology and genetics.  
 Appropriate lab work required. Individual courses in the biological sciences may count if the above competencies are met, i.e., anatomy, physiology, microbiology and botany.  
 Physics ..... 1 college-level course  
 Course must be algebra-based; calculus based is also accepted. Lab is not required.  
 Psychology ..... 1 course  
 Introduction to psychology is recommended.

### Strongly Recommended Courses

Though not required for admission, faculty recommends students complete biochemistry, anatomy and physiology, and botany coursework in addition to the prerequisite requirements. These courses will substantially enhance students' ability to master the naturopathic course material.

### Other Suggested Courses

Biomedical ethics, philosophy of science, public speaking and English composition.

### Age of Course

Required chemistry and biology courses not taken within seven years of matriculation into the program are subject to review by the admissions committee. Additional coursework may be required.

### Credit by Examination

Applicants may submit AP, IB and CLEP scores for prerequisite consideration for math, psychology and physics. Students who have had prior AP or IB coursework in chemistry and biology may submit AP or IB scores for biology or chemistry exams. Students must submit either the original score received directly from the testing center or a copy of their high school or college transcripts showing the score results. Decisions regarding credit are assessed on a case-by-case basis. The admissions committee reviews test scores within the context of an applicant's academic history. All equivalency decisions made by the admissions committee are final.

### REQUIRED ABILITIES/SKILLS FOR NATUROPATHIC MEDICINE PROGRAM ADMISSION

Bastyr University is committed to providing equal opportunities for differently abled persons. The following policy has been adapted from the American Association of Medical Colleges guidelines to ensure that prospective students have the physical and mental capacities to perform the required duties of a naturopathic physician.

A candidate for the naturopathic medicine degree must be able to demonstrate appropriate observational and communication skills, motor function, intellectual-conceptual, integrative and quantitative abilities, and behavioral and social maturity. Technological compensation can be made for some disabilities in certain of these areas, but a candidate should be able to perform in a reasonably independent manner. The use of a trained intermediary means that a candidate's judgment must be mediated by someone else's power of selection and observation.

**Observation:** The candidate must be able to observe demonstrations and experiments in the basic sciences, including but not limited to microbiologic cultures and microscopic studies of microorganisms and tissues in normal and pathologic states. A candidate must be able to observe a patient accurately at a distance and close at hand. Observation necessitates the functional use of the sense of vision and somatic sensation. These are enhanced by the functional use of the sense of smell.

**Communication:** A candidate must be able to speak, to hear, and to observe patients in order to elicit information, describe changes in mood, activity and posture, and perceive nonverbal

communications. A candidate must be able to communicate effectively and sensitively with patients. Communication includes not only speech but also reading and writing. The candidate must be able to communicate effectively and efficiently in oral and written form with all members of the health care team.

**Motor:** Candidates should have sufficient motor function to elicit information from patients by palpation, auscultation, percussion and other diagnostic maneuvers. A candidate should be able to do basic laboratory tests (urinalysis, CBC, etc.), re-position a patient, carry out diagnostic and therapeutic procedures and read ECGs and x-rays. A candidate should be able to execute motor movements reasonably required to provide general care and emergency treatment to patients. Examples of emergency treatment required of physicians are cardiopulmonary resuscitation, the administration of intravenous medication, application of pressure to stop bleeding, the opening of obstructed airways, the suturing of simple wounds, and the performance of simple obstetrical maneuvers. Such actions require coordination of both gross and fine muscular movements, equilibrium, and functional use of the senses of touch and vision.

**Intellectual-Conceptual, Integrative and Quantitative Abilities:** These abilities include measurement, calculation, reasoning, analysis and synthesis. Problem solving, a critical skill demanded of physicians, requires all of these intellectual abilities. In addition, the candidate should be able to comprehend three-dimensional relationships and to understand the spatial relationships of structures.

**Behavioral and Social Attributes:** A candidate must possess the emotional health required for full utilization of her/his intellectual abilities, the exercise of good judgment, the prompt completion of all responsibilities attendant to the diagnosis and care of patients, and the development of mature, sensitive and effective relationships with patients. Candidates must be able to tolerate physically taxing work loads and to function effectively under stress. They must be able to adapt to changing environments, to display flexibility, and to learn to function in the face of uncertainties inherent in the clinical problems of many patients. Compassion, integrity, concern for others, interpersonal skills, interest and motivation are all personal qualities that are assessed during the admissions and educational processes.

## ADMISSIONS CRITERIA

The admissions committee of the naturopathic medicine program determines the processes and procedures that guide the selection of candidates for the naturopathic program. The committee reviews undergraduate and graduate (if applicable) academic records and performance in the required prerequisite courses. The personal statement, references, resumes and in-person interviews are also evaluated for evidence of the abilities and skills required of naturopathic physicians. The interview also explores the candidate's awareness of the practice of naturopathic medicine. Bastyr University's naturopathic medicine program is academically challenging. While no minimum GPA is specified, the mean GPA for entering students in the last five years has exceeded 3.3.

## INTERVIEWS

Qualified applicants who submit complete applications and meet the prerequisites may be invited to interview. Applicants are expected to interview at the campus to which they apply, either in Kenmore, Washington, or San Diego, California. A limited number of exceptions are made to accommodate special circumstances.

## TRANSFER STUDENTS

Bastyr University accepts transfer students from naturopathic, medical, osteopathic and chiropractic schools and other accredited professional programs on a space-available basis. For transfer consideration, credits must be earned from an institution accredited by a regional accrediting agency or from an institution accredited by the Council on Naturopathic Medical Education (CNME). Transfer students are considered for admission in accordance with the following general guidelines:

- Applicants must meet the same entrance requirements as candidates for the first-year class.
- Applicants who wish to transfer credits from prior coursework must demonstrate satisfactory completion of courses that are equivalent in content and quality to courses given at the University. Satisfactory completion equals a grade of achieved competency, a C or above, or a 2.0 or above.
- Applicants must provide an official transcript from the college or program from which the transfer is being requested, demonstrating that they are leaving in good academic standing, and they should be prepared to submit additional documentation to support a thorough evaluation.
- Transfer applicants must submit a \$75 transfer evaluation fee.

### ADVANCED STANDING STATUS BASED ON PRIOR MEDICAL EDUCATION

Applicants who have completed professional programs may be considered for advanced standing status. Those applicants who graduated from accredited chiropractic, medical or osteopathic colleges may be eligible for advanced standing in the Bastyr University naturopathic medicine program. All advanced standing students must complete at least two-thirds of the program and do all of their clinical work at Bastyr University. They are eligible for a maximum of 103 credits toward advanced standing. In those instances where the maximum number of advanced standing transfer credits is granted, it will take a minimum of three years (11 quarters) to complete the program. Placement depends upon the amount of coursework completed in the original program, similarity of the course content and credits, age of the courses and performance in these courses. A student must provide documentation which shows the competencies of the Bastyr University course have been met. Course waivers and/or credit transfers are considered only for those courses in which applicants demonstrate a grade of achieved competence, a C or above, or a 2.0 or above. An exam to determine competency may also be required. Advanced standing applicants must complete all of the course and credit requirements in effect at the time of their enrollment in the Bastyr University naturopathic medicine program. Final waiver and/or transfer credit decisions rest with the dean of the school in which the curriculum is taught.

Advanced standing is determined on a case by case basis and depends on the type of degree program completed, the courses taken and the number of years in practice.

Applicants who are eligible for advanced standing must submit a \$75 advanced standing evaluation fee.

Applicants must submit a catalog of course descriptions for the years they attended their professional program and should be prepared to submit additional documentation to support a thorough evaluation. If an advanced standing student is found to be deficient in some area(s) of study, s/he may be required to complete additional courses at Bastyr University. For more information on advanced standing status admission policies and procedures, contact the admissions office.

### BASIC SCIENCES CURRICULUM WITHIN NATUROPATHIC MEDICINE

Basic science modules within the naturopathic medicine program provide integration across science disciplines and with clinical coursework. First year basic science modules provide a foundation of core principles in anatomy, histology, embryology, biochemistry and physiology that are integrated in the context of body systems. Second year modules use the systems approach to integrate the principles of pathology, immunology and infectious diseases. Throughout the curriculum, science concepts are applied to clinical situations through integrated case discussions.

The basic sciences faculty encourages and expects students to advance beyond the simple learning of scientific facts and to integrate systematically the information from basic science disciplines into a unified model of human organization and function. This educational scheme requires students to assume an active role in the learning process and encourages them to adopt this inquisitive behavior for a lifetime. Problem solving, clinical cases and examples are an integral part of the basic science curriculum. This educational process is an expression of Bastyr University's basic philosophy of a holistic approach to human behavior, health and therapeutics. The basic sciences faculty encourages students to become totally absorbed in an integrated approach to learning and understanding. Instructors are readily available to facilitate this process on an individual basis.

The department also offers science courses that satisfy prerequisite requirements, including courses in General Chemistry and Organic Chemistry.

### COUNSELING AND HEALTH PSYCHOLOGY CURRICULUM WITHIN NATUROPATHIC MEDICINE

The counseling and health psychology curriculum serves naturopathic medical students in understanding and effecting change in the emotional, mental, and spiritual dimensions of human functioning.

The naturopathic medicine program includes six core counseling and health psychology courses. These courses are designed to build the following competencies:

- Study of the nature and process of healing
- Development of therapeutic counselor characteristics and communication skills
- Development of comfort in the role of counseling physician and a sense of counseling style and skill



- Ability to select and implement holistic counseling interventions and strategies
- Ability to assess and stimulate psychological wellness
- Ability to understand and utilize the body/mind/spirit interaction in the healing process
- Ability to assess psychological functioning and make clinical judgments regarding the appropriateness of treating individuals in naturopathic practice
- Ability to make appropriate psychological referrals

Naturopathic principles and cross-cultural perspectives are woven throughout all counseling and health psychology courses in the naturopathic medicine program.

For additional counseling and health psychology courses available as electives to matriculated students, please see the course listings in this catalog or the current quarterly schedule of classes.

## DEPARTMENTS WITHIN THE NATUROPATHIC MEDICINE PROGRAM

### BOTANICAL MEDICINE

(For Department of Botanical Medicine Mission and Vision, see page 72.)

Botanical medicine is a core modality for naturopathic physicians to use in optimizing the health and well-being of their patients. Medicinal plants have been used as food and medicine by all peoples on all continents. The importance of plants to humans has been recorded in cave paintings 60,000 years old. A contemporary renaissance in herbal medicine weaves traditional use and wisdom with modern analytical methodologies for optimal medical applications for today. Empirical knowledge of plant therapeutics is based on Western and holistic thought rather than reductionist paradigms and is linked with contemporary scientific knowledge.

The core curriculum in botanical medicine for naturopathic medical students covers fundamental plant identification and nomenclature, pharmacognosy, therapeutic actions, extraction principles, dosage considerations, contraindications, toxicology, herb-drug interactions, clinical applications and treatment regimens. Clinical therapeutics draws from traditional uses, naturopathic formulae and use, and from international scientific and clinical research, as well as advances in phytotherapy. Several of the materia medica courses are linked with a laboratory experience in the botanical medicine lab on campus. Completion

of the required curriculum, along with the required clinical experience, prepares the student for effective and safe clinical utilization of preventive and therapeutic botanicals.

A variety of botanical medicine elective and special topic courses are offered to students in the naturopathic medicine program and other programs, along with independent study options.

The Bastyr garden is managed by the botanical medicine department, with support from the University and donations. It is maintained primarily by a staff garden supervisor and work-study students. The botanical medicine department continues to build an herbarium, although the vast University of Washington herbarium is used as one of Bastyr's teaching venues. The department supports a botanical medicine lab to expand class experience and provide a space for students to continue exploring their work and passion for herbs.

### HOMEOPATHIC MEDICINE

Homeopathic medicine is a broad therapeutic modality that is integral to naturopathic medicine. Homeopathy is based on the law of similars. This principle states that a substance that is capable of producing symptoms of disease in a healthy person can cure an ill patient presenting a similar pattern of disease symptoms. Homeopathic medicines stimulate a person's inherent defense mechanism. The entire range of mental, emotional and physical symptoms is considered with each patient. A single medicine is then chosen that addresses the complex pattern of the patient, while emphasizing the uniqueness of the individual.

The homeopathic curriculum at Bastyr University includes the basic principles and philosophy of homeopathy, materia medica of commonly used homeopathic medicines, use of the homeopathic repertory, taking a homeopathic case, homeopathic case analysis and practical therapeutics for common medical situations.

### PHYSICAL MEDICINE

Physical medicine is an integral part of naturopathic medicine. It includes various modalities such as hydrotherapy, osseous and soft-tissue manipulation, sports medicine and therapeutic exercise. The course of study and clinical training in physical medicine enable students to develop a solid foundation for entry into the practice of naturopathic medicine. The curriculum offers sufficient hours in manipulation to satisfy the state of Washington's licensing requirement as a naturopathic physician.

The physical medicine curriculum begins by teaching students the art of touch and palpation, introduction to basic Swedish massage techniques and soft-tissue manipulation, and then progresses to osseous manipulation.

## SUMMER MASSAGE INTENSIVE

Bastyr University and Bellevue Massage School Center for Healing Arts offer students a summer massage training program that allows them to apply coursework taken at Bastyr University toward the Washington state requirements for massage licensure. This course cannot be audited.

Students interested in further information may meet with their academic advisor in the registrar's office or with their department's program supervisor to discuss the program availability and the course prerequisites.

## NATUROPATHIC MEDICINE CLINIC ENTRANCE PREREQUISITES

Naturopathic medicine students must complete and achieve competency in all required classes prior to entering clinical training. Questions about didactic prerequisites for clinical ND training should be addressed to the registrar's office on campus. Students must also have completed TB screening, received a hepatitis B vaccination or signed a waiver, have a current CPR card, and submit to a national criminal background check. The criminal background check will be conducted prior to enrolling in clinical shifts. For more information, see "Background Checks" in the *Academic Policy and Procedure Manual*.

## CLINIC REQUIREMENTS

Students in the four-year program will begin clinical training in their first year. Students in the five-year program will begin clinical training in the fall quarter of their second year. Clinical training begins with observation, in which the student follows supervisors through their rotations. The next year clinical training builds to active observation, with clinical skills demonstrated by the student and evaluated by the supervisor. The training supports the students to gradually and continually develop and expand their clinical skills and competence throughout their roles as novice, intermediate and experienced student clinicians. Students are required to successfully complete a minimum of 1,208 hours of clinical training.

## GRADUATION REQUIREMENTS

The curriculum of the naturopathic medicine program requires completion of 309.5 credits for graduation. This includes 252.5 core course credits, 8 elective credits and 49 clinical credits. Students must achieve competency (grade of AC) in all 309.5 credits required in the curriculum. Students must complete all required clinical competencies in order to graduate. Students must complete at least two-thirds of their credits in residence at Bastyr University.

## ELECTIVES

Students in the naturopathic medicine program are required to complete 8 elective credits (included in the 309.5 credit totals) during their course of study. Up to five of these credits may be satisfied by independent study. It is recommended that elective credits be spread out over the length of the student's program. Courses designated as elective and special topics may fulfill this 8-credit requirement, as well as additional clinic shifts during the student's clinical training. A maximum of 5 elective credits from any one discipline may be used to satisfy the naturopathic medicine program elective requirement. The rule of a 5-credit maximum does not apply to elective credits being taken to satisfy waived credits. Elective credits covering waived course credits may be from any discipline. A student may take elective credits from any program/department.

## NATUROPATHIC MEDICINE PROGRAM TRACKS

Students who are accepted into the program and decide not to complete the program in four years must choose one of the following approved options:

- Extended Track-Option
- Extended Dual-Track Option

At the time of enrollment, most naturopathic medicine students are registered for the four-year track. Students who wish to change to an extended track must complete the ND change of status form (available in the registrar's office) and then meet with an advisor/evaluator, room 249. Changes may affect financial aid packages as well as the sequencing of courses. Naturopathic medicine students wanting to add a second program must switch to the extended dual track.

As long as a student remains on an approved program track, there will be no course-scheduling conflicts.

Students must remain on track in order to graduate on time. Students may not register off track or register ahead of track without approval from the dean's office.

For additional information regarding combining naturopathic medicine with acupuncture and Oriental medicine, counseling psychology or midwifery, please contact the admissions office.

**The following curriculum tables list the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.), the lab/clinic hours each week (L/C) and the total contact hours for the course over the entire quarter (Tot.).**

### DOCTOR OF NATUROPATHIC MEDICINE PROGRAM 2012-2013

#### FOUR-YEAR TRACK YEAR I

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC5142	Fundamentals of Research Design <sup>1</sup>	2	2	0	22
	BC5150	Integrated Structure & Function	8.5	8	1	99
	BC5151	Integrated Musculoskeletal	6.5	6	1	77
	BC5122L	Gross Anatomy Lab 1	1	0	2	22
	NM5141	Naturopathic Theory and Practice 1	2	1	2	33
	NM5140	Constitutional Assessment <sup>2</sup>	2	2	0	22
	NM5820	Clinic Observation 1	1	0	1	20
	PS5120	Therapeutic Alliance	1	1	0	11
	SN5100	Clinical Skills Lab 1	1	0	2	22
	SN5103	Integrated Case Studies 1	1	0	2	22
		Quarterly Totals	26	20	11	350
W	BC5152	Integrated Cardiovascular and Immune	5.5	5.5	0	60.5
	BC5153	Integrated Respiratory	4.5	4.5	0	49.5
	BC5154	Integrated Digestive	4.5	4.5	0	49.5
	BC5146	Physiology Lab 1	1.5	0	3	33
	BC5123L	Gross Human Anatomy Lab 2	1	0	2	22
	NM5142	Naturopathic Theory and Practice 2	2	1	2	33
	NM5820C	Clinic Observation 1	0	0	0	0
	PM5315	Physical Medicine 1	1.5	1.5	0	16.5
	PM5315L	Physical Medicine Lab 1	1	0	2	22
	PS5121	Therapeutic Alliance 2	1	1	0	11
	SN5101	Clinical Skills Lab 2	1	0	2	22
	SN5104	Integrated Case Studies 2	1	0	2	22
		Quarterly Totals	24.5	18	13	341
S	BC5155	Integrated Endocrine and Metabolism <sup>4</sup>	4.5	4.5	0	49.5
	BC5156	Integrated Renal and Reproductive	4	4	0	44
	BC5157	Integrated Nervous System	7	6	2	88
	BC5147	Physiology Lab 2	1	0	2	22
	BC5124L	Gross Human Anatomy Lab 3	1	0	2	22
	NM5143	Naturopathic Theory and Practice 3	2	1	2	33
	NM5820C	Clinic Observation 1	0	0	0	0
	PM5316	Physical Medicine 2	1	1	0	11
	PM5316L	Physical Medicine 2 Lab	.5	0	1	11
	PS5109	Fundamentals of Counseling	3	3	0	33
	SN5102	Clinical Skills Lab 3	1	0	2	22
	SN5105	Integrated Case Studies 3	1	0	2	22
		Quarterly Totals	26	19.5	13	357.5

<sup>1</sup>BC5142 offered Summer, Winter

<sup>2</sup>NM5140 offered Summer

#### FOUR-YEAR TRACK YEAR II

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC6101	Integrated Immunology, Pathology and Infectious Diseases 1	5.5	5.5	0	60.5
	BC6102	Integrated Immunology, Pathology and Infectious Diseases 2	2.5	2.5	0	27.5
	BO6305	Botanical Medicine Lab	1	0	2	22
	HO6305	Homeopathy 1	1.5	1.5	0	16.5
	NM6110	Naturopathic Theory and Practice 4	.5	.5	0	5.5
	NM6300	Integrated Therapeutics	3.5	3.5	0	38.5
	NM6310	Naturopathic Clinical Diagnosis 1	4.5	4.5	0	49.5
	NM6315	Physical Exam Diagnosis Lab 1	1	0	2	22
	NM6320	Clinical Diagnosis Lab 1	1.5	0	3	33
	NM6810	Clinic Observation 2	2	0	2	22
	PM6305	Physical Medicine 3	2	2	0	22
	PS6301	Counseling Theories & Interventions 1	3	2	1	33
	SN6100	Integrated Case Studies 4	.5	0	1	11
		Quarterly Totals	29	22	11	363
W	BC6103	Integrated Immunology, Pathology and Infectious Diseases 3	3	3	0	33
	BC6104	Integrated Immunology, Pathology and Infectious Diseases 4	4	4	0	44
	HO6306	Homeopathy 2	2	2	0	22
	NM6111	Naturopathic Theory and Practice 5	.5	.5	0	5.5
	NM6301	Integrated Therapeutics 2	4.5	4.5	0	49.5
	NM6311	Naturopathic Clinical Diagnosis 2	4.5	4.5	0	49.5
	NM6321	Clinical Diagnosis Lab 2	1.5	0	3	33
	NM6316	Physical Exam Diagnosis Lab 2	1	0	2	22
	NM6810	Clinic Observation 2	0	0	0	0
	PM6306	Physical Medicine 4	3	3	0	33
	PS6302	Counseling Theories & Interventions 2	2	2	0	22
	SN6101	Integrated Case Studies 5	.5	0	1	11
		Quarterly Totals	26.5	23.5	6	324.5
S	BC6105	Integrated Immunology, Pathology and Infectious Diseases 5	4	4	0	44
	BC6106	Integrated Immunology, Pathology And Infectious Diseases 6	2	2	0	22
	HO6307	Homeopathy 3	2	2	0	22
	NM6112	Naturopathic Theory and Practice 6	.5	.5	0	5.5
	NM6302	Integrated Therapeutics 3	5.5	5.5	0	60.5
	NM6312	Naturopathic Clinical Diagnosis 3	4.5	4.5	0	49.5
	NM6322	Clinical Diagnosis Lab 3	1.5	0	3	33
	NM6317	Physical Exam Diagnosis Lab 3	1	0	2	22
	NM6810	Clinic Observation 2	0	0	0	0
	PM6307	Physical Medicine 5	3.5	3.5	0	38.5
	PS6201	Addictions & related Disorders	2	2	0	22
	SN6102	Integrated Case Studies 6	.5	0	1	11
		Quarterly Totals	27	24	6	330

#### FOUR-YEAR TRACK YEAR III

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
SU	BO7305	Botanical Medicine Formulation Lab 1	1	0	2	22
	NM7110	Naturopathic Theory and Practice 7	1	1	0	11
	NM7310	Musculoskeletal System and Orthopedics	6	6	0	66
	PM7310	Physical Medicine 6	2.5	2.5	0	27.5
		Quarterly Totals	10.5	9.5	2	126.5

F	BC7300	Pharmacology 1	1	1	0	11
	BO7306	Botanical Medicine Formulation Lab 2	1	0	2	22
	HO7300	Homeopathy 4	1.5	1.5	0	16.5
	NM7111	Naturopathic Theory and Practice 8	.5	.5	0	5.5
	NM7321	Lifespan Considerations	3.5	3.5	0	38.5
	NM7318	Nervous System and Mental Health	5	5	0	55
	NM7319	Endocrine System	5	5	0	55
	PM7311	Physical Medicine 7	2	2	0	22
	PS7200	Psychological Assessment	2	2	0	22
	SN7300	Advanced Case Studies 1	.5	0	1	11
		Quarterly Subtotals	22	18.5	3	258.5
	NM8801	Preceptorship 1	1	0	4	44
		1 Clinic Shift	2	0	4	44
W	BC7301	Pharmacology 2	1	1	0	11
	BO7307	Botanical Formulations Lab 3	1	0	2	22
	HO7301	Homeopathy 5	1	1	0	11
	NM7112	Naturopathic Theory and Practice 9	1	1	0	11
	NM7142	Critical Evaluation of the Literature <sup>1</sup>	2	2	0	22
	NM7322	Digestive System	3.5	3.5	0	38.5
	NM7323	Cardiovascular	6.5	6.5	0	71.5
	NM7324	Respiratory	3	3	0	33
	NM7326	Medical Procedures lab	2	2	0	22
	NM7327	Environmental Medicine	1	1	0	11
	SN7301	Advanced Case Studies 2	.5	0	1	11
		Quarterly Subtotals	22.5	21	3	264
		1 or 2 Clinic Shifts	4	0	2	88
S	BC7302	Pharmacology 3	.5	.5	0	5.5
	BO7308	Botanical Formulation Lab 4	1	0	2	22
	NM7113	Naturopathic Theory and Practice 10	.5	.5	0	5.5
	NM7328	Female Reproductive and Urology	5	5	0	55
	NM7329	Male Reproductive and Urology	2.5	2.5	0	27.5
	NM7331	Renal System	2.5	2.5	0	27.5
	SN7302	Advanced Case Studies 3	.5	0	1	11
		Quarterly Subtotals	12.5	11	3	154
		1 or 2 Clinic Shifts	2	0	4	44

<sup>1</sup>NM7142 also offered spring quarter

#### FOUR-YEAR TRACK

##### YEAR IV

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
SU	BO8301	Botanical Formulations Lab 5	1	0	2	22
	NM8100	Naturopathic Theory and Practice 11	.5	.5	0	5.5
	NM8304	EENT	3.5	3.5	0	38.5
	NM8305	Integumentary System	3	3	0	33
	NM8310	Minor Office Procedures	1	1	0	11
	NM8310L	Minor Office Procedures Lab	2.5	2.5	0	27.5
	SN8300	Advanced Case Studies 4	.5	0	1	11
		Quarterly Subtotals	12	10.5	3	148.5
		4 Clinic Shifts	8	0	16	176
F	NM8105	Advanced Business Practices 1	1.5	1.5	0	16.5
	NM8315	Advanced Topics in Diagnostic Imaging	2	2	0	22
	NM8316	Advanced Topic in Public Health	1	1	0	11
	NM8317	Advanced Topics in Geriatric Medicine	2	2	0	22
	NM8815	Grand Rounds 1	1	1	0	11
		Quarterly totals	7.5	7.5	0	82.5
	NM8802	Preceptorship 2	1	0	4	44
		5 Clinic Shifts	10	0	20	220
W	NM8106	Advanced Business Practices 2	.5	.5	0	5.5
	NM8318	Advanced Topics in Clinical Ecology	1	1	0	11
	NM8319	Advanced Topics in Oncology	2.5	2.5	0	27.5
	NM8816	Grand Rounds 2	1	1	0	11
		Quarterly Subtotals	5	5	0	55
		5 Clinic Shifts	10	0	20	220

S	NM8107	Advanced Business Practices 3	.5	.5	0	5.5
	NM8817	Grand Rounds 3	1	1	0	11
		Quarterly Subtotals	1.5	1.5	0	16.5
	NM8803	Preceptorship 3	1	0	4	44
		4 Clinic Shifts	8	0	16	176

#### Summary of Clinic Requirements: Naturopathic Medicine Program

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
	NM5820	Observation 1	1	0	20	20
	NM6810	Observation 2	2	0	44	44
variable	NM7820-29	Patient Care 1-10	20	0	40	440
variable	NM8801-3	Preceptorship 1-3	3	0	12	132
variable	NM8830-37	Patient Care 11-18	16	0	32	352
variable	NM8844	Interim Patient Care	2	0	4	44 <sup>1</sup>
variable	PM7801-2	Physical Medicine 1-2	4	0	8	88
variable	PM8801-2	Physical Medicine 3-4	4	0	8	88
		Clinic Totals	52	0	168	1208

<sup>1</sup>Quarterly shift assignments are based on availability.

#### Elective Requirements: Naturopathic Medicine Program

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	variable	Elective and Special Topics	8	8	0	88
		Elective Totals	8	8	0	88

Curriculum and course changes in the 2012-2013 Bastyr University Catalog are applicable to students entering during the 2012-2013 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

#### EXTENDED FIVE-YEAR TRACK

##### YEAR I

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC5150	Integrated Structure & Function	8.5	8	1	99
	BC5151	Integrated Musculoskeletal	6.5	6	1	77
	BC5122L	Gross Anatomy Lab 1	1	0	2	22
	NM5141	Naturopathic Theory and Practice 1	2	1	2	33
	NM5820C	Clinic Observation 1	1	0	1	20
	PS5120	Therapeutic Alliance	1	1	0	11
	SN5100	Clinical Skills Lab 1	1	0	2	22
	SN5103	Integrated Case Studies 1	1	0	2	22
		Quarterly Totals	22	16	11	306
W	BC5152	Integrated Cardiovascular and Immune System	5.5	5.5	0	60.5
	BC5153	Integrated Respiratory System	4.5	4.5	0	49.5
	BC5154	Integrated Digestive System	4.5	4.5	0	49.5
	BC5146	Physiology Lab 1	1.5	0	3	33
	NM5142	Naturopathic Theory and Practice 2	2	1	2	33
	NM5820C	Clinic Observation 1	0	0	0	0
	PS5121	Therapeutic Alliance 2	1	1	0	11
	SN5101	Clinical Skills Lab 2	1	0	2	22
	SN5104	Integrated Case Studies 2	1	0	2	22
		Quarterly Totals	21	16.5	9	280.5
S	BC5155	Integrated Endocrine and Metabolism	4.5	4.5	0	49.5
	BC5156	Integrated Renal and Reproductive	4	4	0	44
	BC5157	Integrated Nervous System	7	6	2	88
	BC5147	Physiology 2 Lab	1	0	2	22
	NM5143	Naturopathic Theory and Practice 3	2	1	2	33
	NM5820C	Clinic Observation 1	0	0	0	0
	SN5102	Clinical Skills Lab 3	1	0	2	22
	SN5105	Integrated Case Studies 3	1	0	2	22
		Quarterly Totals	20.5	15.5	10	280.5

**EXTENDED FIVE-YEAR TRACK****YEAR II**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
SU BC5142	Fundamentals of Research Design	2	2	0	22
NM5140	Constitutional Assessment	2	2	0	22
PM5315	Physical Medicine 1	1.5	1.5	0	16.5
PM5315L	Physical Medicine Lab 1	1	0	2	22
	Quarterly Totals	6.5	5.5	2	82.5
F BC6101	Integrated Immunology, Pathology and Infectious Diseases 1	5.5	5.5	0	60.5
BC6102	Integrated Immunology, Pathology and Infectious Diseases 2	2.5	2.5	0	27.5
NM6310	Naturopathic Clinical Diagnosis 1	4.5	4.5	0	49.5
NM6320	Clinical Diagnosis Lab 1	1.5	0	3	33
NM6315	Physical Exam Diagnosis Lab 1	1	0	2	22
NM6810	Clinic Observation 2	.5	0	1	12
PS5109	Fundamentals of Counseling	3	3	0	33
SN6100	Integrated Case Studies 4	.5	0	1	11
	Quarterly Totals	19	15.5	7	248.5
W BC5123L	Gross Human Anatomy Lab 2	1	0	2	22
BC6103	Integrated Immunology, Pathology and Infectious Diseases 3	3	3	0	33
BC6104	Integrated Immunology, Pathology and Infectious Diseases 4	4	4	0	44
NM6311	Naturopathic Clinical Diagnosis 2	4.5	4.5	0	49.5
NM6321	Clinical Diagnosis Lab 2	1.5	0	3	33
NM6316	Physical Exam Diagnosis Lab 2	1	0	2	22
PS6301	Counseling Theories & Interventions 1	3	2	1	33
SN6101	Integrated Case Studies 5	.5	0	1	11
	Quarterly Totals	18.5	13.5	9	247.5
S BC5124L	Gross Human Anatomy Lab 3	1	0	2	22
BC6105	Integrated Immunology, Pathology and Infectious Diseases 5	4	4	0	44
BC6106	Integrated Immunology, Pathology And Infectious Diseases 6	2	2	0	22
NM6810	Clinic Observation 2	.5	0	1	12
NM6312	Naturopathic Clinical Diagnosis 3	4.5	4.5	0	49.5
NM6322	Clinical Diagnosis Lab 3	1.5	0	3	33
NM6317	Physical Exam Diagnosis Lab 3	1	0	2	22
PS6302	Counseling Theories & Interventions 2	2	2	0	22
SN6102	Integrated Case Studies 6	.5	0	1	11
	Quarterly Totals	17	13.5	9	237.5

**EXTENDED FIVE-YEAR TRACK****YEAR III**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
SU HO6305	Homeopathy 1	1.5	1.5	0	16.5
NM6810	Clinic Observation 2	.5	0	1	12
PM5316	Physical Medicine 2	1	1	0	11
PM5316L	Physical Medicine 2 Lab	.5	0	1	11
PS7200	Psychological Assessment	2	2	0	22
	Quarterly Totals	5.5	4.5	2	72.5
F BO6305	Botanical Medicine Lab	1	0	2	22
HO6306	Homeopathy 2	2	2	0	22
NM6110	Naturopathic Theory and Practice 4	.5	.5	0	5.5
NM7142	Critical Evaluation of the Literature <sup>1</sup>	2	2	0	22
NM6300	Integrated Therapeutics 1	3.5	3.5	0	38.5
PM6305	Physical Medicine 3	2	2	0	22
SN7310	Extended Advanced Case Studies 1	1	0	2	22
	Quarterly Subtotals	12	10	3	154
NM7817	Preceptorship 1	1	0	4	44

W HO6307	Homeopathy 3	2	2	0	22
NM6115	Naturopathic Theory and Practice 5	.5	.5	0	5.5
NM6301	Integrated Therapeutics 2	4.5	4.5	0	49.5
PM6306	Physical Medicine 4	3	3	0	33
PS6201	Addictions & Related Disorders	2	2	0	22
SN7310C	Extended Advanced Case Studies 1	0	0	0	0
	Quarterly Totals	12.5	12	0	132
S HO7300	Homeopathy 4	1.5	1.5	0	16.5
NM6112	Naturopathic Theory and Practice 6	.5	.5	0	5.5
NM6302	Integrated Therapeutics 3	5.5	5.5	0	60.5
NM6810	Clinic Observation 2	.5	0	1	8
PM6307	Physical Medicine 5	3.5	3.5	0	38.5
SN7310C	Extended Advanced Case Studies 1	0	0	0	0
	Quarterly Subtotals	11.5	11	1	129
NM7817	Preceptorship 1	1	0	4	44

<sup>1</sup>NM7142 also offered winter and spring quarter**EXTENDED FIVE-YEAR TRACK****YEAR IV**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
SU BO7305	Botanical Medicine Formulation Lab 1	1	0	2	22
HO7301	Homeopathy 5	1	1	0	11
NM7110	Naturopathic Theory and Practice 7	1	1	0	11
NM7310	Musculoskeletal System and Orthopedics	6	6	0	66
PM7310	Physical Medicine 6	2.5	2.5	0	27.5
	Quarterly subtotals	11.5	10.5	2	137.5
	1 or 2 Clinic Shifts	2-4	0	4-8	44-88
F BO7306	Botanical Formulation Lab 2	1	0	2	22
NM7111	Naturopathic Theory and Practice 8	.5	.5	0	5.5
NM7321	Lifespan Considerations	3.5	3.5	0	38.5
BC7300	Pharmacology 1	1	1	0	11
NM7319	Endocrine System	5	5	0	55
NM7318	Nervous System and Mental Health	5	5	0	55
PM7311	Physical Medicine 7	2	2	0	22
SN7311	Extended Advanced Case Studies 2	1	0	2	22
	Quarterly subtotals	19	17.0	4	231
	1 or 2 Clinic Shifts	2-4	0	4-8	44-88
NM8801	Preceptorship 2	1	0	4	44
W BC7301	Pharmacology 2	1	1	0	11
BO7307	Botanical Formulations Lab 3	1	0	2	22
NM7112	Naturopathic Theory and Practice 9	1	1	0	11
NM7322	Digestive System	3.5	3.5	0	38.5
NM7323	Cardiovascular	6.5	6.5	0	71.5
NM7324	Respiratory	3	3	0	33
NM7327	Environmental Medicine	1	1	0	11
NM7326	Medical Procedures lab	2	2	0	22
SN7311C	Extended Advanced Case Studies 2	0	0	0	0
	Quarterly Subtotals	19	18	2	220
	1 or 2 Clinic Shifts	2-4	0	4-8	44-88
S BC7302	Pharmacology 3	.5	.5	0	5.5
BO7308	Botanical Formulation Lab 4	1	0	2	22
NM7113	Naturopathic Theory and Practice 10	.5	.5	0	5.5
NM7328	Female Reproductive and Urology	5	5	0	55
NM7329	Male Reproductive and Urology	2.5	2.5	0	27.5
NM7331	Renal System	2.5	2.5	0	27.5
SN7311C	Extended Advanced Case Studies 2	0	0	0	0
	Quarterly Subtotals	12	11	2	143
	1 or 2 Clinic Shifts	2-4	0	4-8	44-88

**EXTENDED FIVE-YEAR TRACK  
YEAR V**

SU	BO8301	Botanical Formulations Lab 5	1	0	2	22
	NM8100	Naturopathic Theory and Practice 11	.5	.5	0	5.5
	NM8304	EENT <sup>1</sup>	3.5	3.5	0	38.5
	NM8305	Integumentary System	3	3	0	33
	NM8310	Minor Office Procedures	1	1	0	11
	NM8310L	Minor Office Procedures Lab	2.5	2.5	0	27.5
	SN7311C	Extended Advanced Case Studies 2	0	0	0	0
		Quarterly Subtotals	12	10.5	3	148.5
		4 Clinic Shifts	8	0	16	176
F	NM8105	Advanced Business Practices 1	1.5	1.5	0	16.5
	NM8315	Advanced Topics in Diagnostic Imaging	2	2	0	22
	NM8316	Advanced Topic in Public Health	1	1	0	11
	NM8317	Advanced Topics in Geriatric Medicine	2	2	0	22
	NM8815	Grand Rounds 1	1	1	0	11
		Quarterly Subtotals	7.5	7.5	0	82.5
		4 Clinic Shifts	8	0	16	176
W	NM8106	Advanced Business Practices 2	.5	.5	0	5.5
	NM8318	Advanced Topics in Clinical Ecology	1	1	0	11
	NM8319	Advanced Topics in Oncology	2.5	2.5	0	27.5
	NM8816	Grand Rounds 2	1	1	0	11
		Quarterly Subtotals	5	5	0	55
	NM8802	Preceptorship 3	1	0	4	44
		4 Clinic Shifts	8	0	16	176
S	NM8107	Advanced Business Practices 3	.5	.5	0	5.5
	NM8817	Grand Rounds 3	1	1	0	11
		Quarterly Subtotals	1.5	1.5	0	16.5
		4 Clinic Shifts	8	0	16	176

**Summary of Clinic Requirements: Naturopathic  
Medicine Program**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
	NM5820	Observation 1	1	0	20	20
	NM6810	Observation 2	2	0	44	44
variable	NM7820-29	Patient Care 1-10	20	0	40	440
variable	NM8801-3	Preceptorship 1-3	3	0	12	132
variable	NM8830-37	Patient Care 11-18	16	0	32	352
variable	NM8844	Interim Patient Care	2	0	4	44 <sup>1</sup>
variable	PM7801-2	Physical Medicine 1-2	4	0	8	88
variable	PM8801-2	Physical Medicine 3-4	4	0	8	88
		Clinic Totals	52	0	168	1208

<sup>1</sup>Quarterly shift assignments are based on availability.

**Elective Requirements: Naturopathic Medicine  
Program**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	variable	Elective and Special Topics	8	8	0	88
		Elective Totals	8	8	0	88

*Curriculum and course changes in the 2012-2013 Bastyr University Catalog are applicable to students entering during the 2012-2013 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

**Total Requirements: Naturopathic Medicine  
Program**

	Crdt.	Lec.	L/C	Tot.
Total Core Course Credits and Hours	249.5	155	76	3,129.5
Total Elective Credits and Hours	8	8	0	88
Total Clinic Credits and Hours	52	0	104	1,208
Total Requirements	309.5	163	180	4,425.5

**NATUROPATHIC MEDICINE/  
ACUPUNCTURE AND ORIENTAL  
MEDICINE DUAL TRACK**

Students in the Bastyr University naturopathic medicine program who are academically in good standing have the opportunity to apply to the Master of Science in Acupuncture (MSA) or the Master of Science in Acupuncture and Oriental Medicine (MS-AOM) program in October of their second year of the four-year track. This requires a formal application to the acupuncture and Oriental medicine program through the admissions department, followed by a joint interview by both the AOM and ND schools.

ND students who are considering applying to the School of AOM as their second program are strongly encouraged to be enrolled as four-year track students during their first two years of attendance. In essence, the dual-track program requires that students have successfully completed their pre-clinical ND training before they add a second degree program. Students who are accepted into the AOM program must switch their naturopathic program to the five-year track in order to carry a combined program load. Students with advanced medical training, e.g., DC, DO or MD, must successfully complete the first year of study in their original program before acceptance into dual status. Dual program applicants are able to utilize their basic science coursework in the naturopathic program toward their MSA or MSAOM.

Please note that some states require Chinese herbal training for acupuncture licensure. Please see the School of Acupuncture and Oriental Medicine master's program description for complete information on degree and licensing requirements.

**DUAL-TRACK ELECTIVE CREDITS**

ND/MSAOM students must complete ten elective credits. ND/MSA students must complete 13 elective credits. For all dual-track students, five of the elective credits must be from disciplines other than OM or CH. If a dual-track student has waived a required course from either program, core course credit from the *opposite* program cannot be used to cover the waiver. Use of core credits would result in a shortage of overall credits.

**The following curriculum tables list the tentative schedule of courses each quarter. Next to each course is the number of credits per course (Crdt.), the lecture hours each week (Lec.), the lab/clinic hours each week (L/C) and the total**

**contact hours for the course over the entire quarter (Tot).****DOCTOR OF NATUROPATHIC MEDICINE/  
MASTER OF SCIENCE IN ACUPUNCTURE (MSA)  
OR ACUPUNCTURE AND ORIENTAL MEDICINE  
(MSAOM) 2012-2013**

Note: Since a naturopathic medicine student enters the dual program after completion of the second year of the NM program, the curriculum that follows reflects the NM curriculum from the 2010/2011 catalog and the MSA/MSAOM curriculum from the 2012-2013 catalog.

**YEAR I**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC5104	Biochemistry 1	4	4	0	44
	BC5107	Human Physiology 1 Lec/Lab	5.5	4	3	77
	BC5110	Histology <sup>1</sup>	5	4	2	66
	BC5122	Gross Human Anatomy 1	4.5	4	1	55
	BC5122L	Gross Human Anatomy 1 Lab	1	0	2	22
	NM5113	Naturopathic Medicine in Historical Context	2	1	2	33
	NM5804	Clinic Entry 1	1	0	2	22
		<b>Quarterly Totals</b>	<b>23</b>	<b>17</b>	<b>12</b>	<b>319</b>
W	BC5105	Biochemistry 2	4	4	0	44
	BC5108	Human Physiology 2 Lec/Lab	5.5	4	3	77
	BC5112	Embryology	3	3	0	33
	BC5123	Gross Human Anatomy 2	4.5	4	1	55
	BC5123L	Gross Human Anatomy 2 Lab	1	0	2	22
	BC5142	Fundamentals of Research Design <sup>1</sup>	2	2	0	22
	NM5114	Fundamentals of Naturopathic Clinical Theory	2	1	2	33
	PM5301	Hydrotherapy/ Physiotherapy Lecture	2	2	0	22
	PM5305	Hydrotherapy/Physiotherapy Lab	1	0	2	22
		<b>Quarterly Totals</b>	<b>25</b>	<b>20</b>	<b>10</b>	<b>330</b>
Sp	BC5106	Biochemistry 3	4	4	0	44
	BC5109	Human Physiology 3	3	3	0	33
	BC5124	Gross Human Anatomy 3	4.5	4	1	55
	BC5124L	Gross Human Anatomy 3 Lab	1	0	2	22
	BC5129	Neuroscience	5.5	4	3	77
	BO5301	Botanical Medicine 1 Lec/Lab	2	1.5	1 <sup>2</sup>	26.5
	NM5115	Naturopathic Medicine in Global Context	2	1	2	33
	PM5310	Myofascial Analysis	1.5	0	3	33
		<b>Quarterly Totals</b>	<b>23.5</b>	<b>17.5</b>	<b>12</b>	<b>323.5</b>

<sup>1</sup>BC5110, BC5142: Usually also offered in summer

<sup>2</sup>Two hours every other week times five weeks

**YEAR II**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC6200	Human Pathology 1	4	4	0	44
	BC6204	Immunology <sup>1</sup>	4	4	0	44
	BO6301	Botanical Medicine 2	2	2	0	22
	HO6300	Homeopathy 1	2	2	0	22
	NM6210	Clinical Lab Diagnosis 1	3.5	2	3	55
	NM6221	Physical/Clinical Diagnosis 1 Lecture	2	2	0	22
	NM6221L	Physical/Clinical Diagnosis 1 Lab	2	1	2	33
	OM4118	TCM Fundamentals	4	4	0	44
	PS6305	Naturopathic Counseling 1	3	3	0	33
	TR6310	Foods, Dietary Systems & Assessment	3	2	2	44
		<b>Quarterly Totals</b>	<b>29.5</b>	<b>26</b>	<b>7</b>	<b>363</b>

W	BC6201	Human Pathology 2	4	4	0	44
	BC6209	Infectious Diseases <sup>2</sup>	5	5	0	55
	BO6302	Botanical Medicine 3 Lec	2	2	0	22
	HO6301	Homeopathy 2	3	3	0	33
	NM6211	Clinical Lab Diagnosis 2	3.5	2	3	55
	NM6222	Physical/Clinical Diagnosis 2 Lecture	2	2	0	22
	NM6222L	Physical/Clinical Diagnosis 2 Lab	2	1	2	33
	PS6306	Naturopathic Counseling 2	3	3	0	33
	TR6311	Macro & Micronutrients	3	3	0	33
		<b>Quarterly Totals</b>	<b>27.5</b>	<b>25</b>	<b>5</b>	<b>330</b>
Sp	BC6202	Human Pathology 3	4	4	0	44
	BC6305	Pharmacology <sup>2</sup>	5	5	0	55
	HO6302	Homeopathy 3	3	3	0	33
	NM6100	Successful Charting & Coding	1	1	0	11
	NM6212	Clinical Lab Diagnosis 3	3.5	2	3	55
	NM6224	Physical/Clinical Diagnosis 3 Lecture	2.5	2.5	0	27.5
	NM6224L	Physical/Clinical Diagnosis 3 Lab	2	1	2	33
	NM8801	Preceptorship 1	1	0	4	44
	PM6300	Naturopathic Manipulation 1	2	2	0	22
		<b>Quarterly Totals</b>	<b>24</b>	<b>20.5</b>	<b>9</b>	<b>324.5</b>

<sup>1</sup>BC6204: Usually also offered in summer. Summer enrollment is recommended for dual-track students.

<sup>2</sup>BC6209 and BC6305: Offered in winter and spring

Eligible to take NPLEX basic science exams after the successful completion of the second year.

See clinic entrance prerequisites, page 82.

Note: The didactic courses that follow in italics are the additional courses required for the MSAOM degree. The shifts that follow in italics represent the distribution of shifts for the MSAOM degree. For those students in the MSA program, please follow the shift distribution in regular text.

**YEAR III**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	BO6303	Botanical Medicine Dispensary Lab <sup>1</sup>	1	0	2	22
	NM7325	Naturopathic Case Analysis & Mgmt 1	1.5	0	3	33
	NM7341	Cardiology <sup>1</sup>	3	3	0	33
	NM7417	Medical Procedures <sup>1</sup>	3	3	0	33
		<b>Quarterly Subtotal</b>	<b>8.5</b>	<b>6</b>	<b>5</b>	<b>121</b>
		NM Clinic Shift 1	2	0	4	44
		PM Clinic Shift 1	2	0	4	44
F	MW7312	Normal Maternity	3	3	0	33
	NM7313	Gynecology	3	3	0	33
	NM7401	Diet & Nutrient Therapy 1	3	3	0	33
	OM4106	Meridians & Points 1	4	4	0	44
	OM5121	Medical Chinese 1	1	1	0	11
	OM4315	TCM Bodywork: Tui Na	1	0	2	22
	OM4406	Qi Gong	1	0	2	22
	PM7301	Naturopathic Manipulation 2 <sup>2</sup>	3	3	0	33
	PM7305	Orthopedics	2	2	0	22
	PS7200	Psychology Assessment	2	2	0	22
		<b>Quarterly Subtotal</b>	<b>23</b>	<b>21</b>	<b>4</b>	<b>275</b>
		<i>NM Clinic Shifts 2-3</i>	<i>4</i>	<i>0</i>	<i>8</i>	<i>88</i>
		<i>NM Clinic Shift 2</i>	<i>2</i>	<i>0</i>	<i>4</i>	<i>44</i>

W	NM7101	Environmental Medicine	1.5	1.5	0	16.5
	NM7102	Public Health	1.5	1.5	0	16.5
	NM7116	Naturopathic Clinical Theory	1	1	0	11
	NM7142	Critical Evaluation of the Medical Literature	2	2	0	22
	NM7314	Pediatrics 1	2	2	0	22
	OM4107	Meridians & Points 2	4	4	0	44
	OM4211	TCM Diagnosis 1	3	3	0	33
	OM4221	TCM Pathology 1	3	3	0	33
	OM4411	TCM Techniques 1	2	2	0	22
	OM5442	Tai Chi	1	0	2	22
	PM7302	Naturopathic Manipulation 3 <sup>3</sup>	3	3	0	33
	PS7203	Addictions & Disorders	2	2	0	22
		Quarterly Subtotal	26	25	2	297
		<i>NM Clinic Shift 4</i>	2	0	4	44
		<i>PM Clinic Shift 2</i>	2	0	4	44
		<i>NM Clinic Shift 3</i>	2	0	4	44
		<i>PM Clinic Shift 2</i>	2	0	4	44
Sp	NM7315	Pediatrics 2	2	2	0	22
	NM7320	Family Medicine	2	2	0	22
	NM7330	The Healing Systems	1	1	0	11
	OM4108	Meridians & Points 3	4	4	0	44
	OM4212	TCM Diagnosis 2	3	2	2	44
	OM4222	TCM Pathology 2	3	3	0	33
	OM5430	TCM Techniques 2	2	2	0	22
	PM7303	Naturopathic Manipulation 4 <sup>4</sup>	3	3	0	33
	PS7315	Naturopathic Counseling 3	2	2	0	22
		Quarterly Subtotal	22	21	2	253
		<i>AOM Clinic Observation 1<sup>5</sup></i>	2	0	4	44
		<i>AOM Clinic Observation 1<sup>5</sup></i>	2	0	4	44
		<i>NM Clinic Shift 5</i>	2	0	4	44
		<i>NM Clinic Shift 4</i>	2	0	4	44

<sup>1</sup>BO6303, NM7341 and NM7417: May also be offered and taken in spring of the second year

<sup>2</sup>PM7301: One section usually offered in summer

<sup>3</sup>PM7302: One section usually offered in fall

<sup>4</sup>PM7303: One section usually offered in winter

<sup>5</sup>All Observation shifts occur between winter quarter of year III and winter quarter of year IV of the dual-track program.

#### YEAR IV

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	BO3101	<i>Intro to Botany</i>	3	2	2	44
	CH6421	<i>Chinese Materia Medica 1</i>	4	4	0	44
	NM7402	Diet & Nutrient Therapy 2	3	3	0	33
	NM7416	Minor Office Procedures <sup>1</sup>	3	3	0	33
	OM5122	<i>Medical Chinese 2</i>	1	1	0	11
		Quarterly Subtotal	14	13	2	165
		<i>CHM Dispensary 1<sup>2</sup></i>	2	0	4	44
		<i>NM Clinic Shifts 6-7</i>	4	0	8	88
		<i>NM Clinic Shifts 5-6</i>	4	0	8	88
F	BO7300	Botanical Medicine 4 Lec/Lab	2	1.5	1 <sup>3</sup>	26.5
	CH6422	<i>Chinese Materia Medica 2</i>	4	4	0	44
	NM7302	Gastroenterology	2	2	0	22
	NM7307	EENT	2	2	0	22
	OM5123	<i>Medical Chinese 3</i>	2	2	0	22
	OM5414	Acupuncture Therapeutics 1	2	2	0	22
	OM5415	Acupuncture Therapeutics 2	2	2	0	22
	OM5436	TCM Techniques 3	2	2	0	22
		Quarterly Subtotal	18	17.5	1	202.5
		<i>AOM Clinic Observation 2</i>	2	0	4	44
		<i>AOM Clinic Observation 2</i>	2	0	4	44
		<i>NM Clinic Shifts 8-9</i>	4	0	8	88
		<i>NM Clinic Shifts 7-8</i>	4	0	8	88

W	CH6423	<i>Chinese Materia Medica 3</i>	4	4	0	44
	NM7304	Dermatology	2	2	0	22
	NM7306	Oncology	2	2	0	22
	OM5124	<i>Medical Chinese 4</i>	2	2	0	22
	OM5416	Acupuncture Therapeutics 3	2	2	0	22
	OM5417	Acupuncture Therapeutics 4	2	2	0	22
	OM5438	TCM Techniques Lab	1	0	2	22
	PM7341	Sports Medicine/Therapeutic Exercise	2	2	0	22
		Quarterly Subtotal	17	16	2	198
		<i>AOM Clinic Observation 3</i>	2	0	4	44
		<i>AOM Clinic Observation 3</i>	2	0	4	44
		<i>AOM Preceptor Observation<sup>2</sup></i>	2	0	4	44
		<i>AOM Preceptor Observation<sup>2</sup></i>	2	0	4	44
		<i>NM Clinic Shift 10</i>	2	0	4	44
		<i>NM Clinic Shifts 9-10</i>	4	0	8	88
		<i>PM Clinic Shift 3</i>	2	0	4	44
Sp	BO7301	Botanical Medicine 5 Lec/Lab	2	1.5	1 <sup>3</sup>	26.5
	CH6431	<i>CHM Herbal Formulations 1</i>	4	4	0	44
	NM6105	Fundamentals of Business Operations 2	2	2	0	22
	NM7305	Clinical Ecology	2	2	0	22
	NM7311	Neurology	2	2	0	22
	OM5300	Auricular Therapy	2	2	0	22
	OM5418	Acupuncture Therapeutics 5	2	2	0	22
	OM5419	Acupuncture Therapeutics 6	2	2	0	22
		Quarterly Subtotal	18	17.5	1	202.5
		<i>AOM Clinic 1-2<sup>4</sup></i>	4	0	8	88
		<i>AOM Clinic 1-2<sup>4</sup></i>	4	0	8	88
		<i>CHM Dispensary 2<sup>5</sup></i>	2	0	4	44
		<i>NM Clinic Shift 11</i>	2	0	4	44
		<i>NM Clinic Shifts 11-12</i>	4	0	8	88

<sup>1</sup>NM7416: May also be offered in spring

<sup>2</sup>Preceptorship can be taken during observation or clinic phase, once Observation 1 is completed.

<sup>3</sup>Two hours every other week times five weeks

<sup>4</sup>All AOM requirements listed through winter quarter of year IV must be completed to be eligible to begin AOM clinic.

<sup>5</sup>May be taken in any quarter after beginning the Chinese herbal curriculum

#### YEAR V

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	CH6432	<i>CHM Herbal Formulations 2</i>	4	4	0	44
	NM8201	Radiographic Interpretation 1	2	2	0	22
	NM6115	Goal Setting & Self Motivation	1	1	0	11
			OR			
	NM6120	Professional Speaking & Writing	1	1	0	11
		Quarterly Subtotal	7	7	0	77
		<i>AOM Clinic 3-5</i>	6	0	12	132
		<i>AOM Clinic 3-6</i>	8	0	16	176
		<i>NM Clinic Shifts 12-13</i>	4	0	8	88
		<i>NM Clinic Shift 13</i>	2	0	4	44



F	CH6408	Chinese Herbal Therapeutics 1	4	4	0	44
	NM8303	Geriatrics	2	2	0	22
	NM8308	Endocrinology <sup>2</sup>	3	3	0	33
	NM8312	Urology	1.5	1.5	0	16.5
	NM8325	Nat. Case Analysis & Mgmt 2: Grand Rounds <sup>3</sup>	1	0	2	22
	NM8413	Adv'd Naturopathic Therapeutics 1	2	2	0	22
	OM5405	TCM Whole Foods Nutrition	2	2	0	22
	OM6110	TCM Medical Classics	2	2	0	22
	OM6417	Acupuncture Therapeutics 7	2	2	0	22
		Quarterly Subtotal	19.5	18.5	2	225.5
		AOM Clinic 6-8	6	0	12	132
		AOM Clinic 7-9	6	0	12	132
		CHM Shift 1	2	0	4	44
		NM Clinic Shift 14	2	0	4	44
		NM Clinic Shift 14	2	0	4	44
		PM Clinic Shift 3 <sup>4</sup>	2	0	4	44
W	BC6100	Pharmacology of CHM & Drug Interactions	2	2	0	22
	CH6409	Chinese Herbal Therapeutics 2	4	4	0	44
	NM8101	Ethics <sup>5</sup>	1	1	0	11
	NM8214	Diagnostic Imaging <sup>6</sup>	3	3	0	33
	NM8309	Rheumatology	1.5	1.5	0	16.5
	NM8414	Adv'd Naturopathic Therapeutics 2	2	2	0	22
	NM8802	Preceptorship 2	1	0	4	44
	OM4101	History of Medicine	2	2	0	22
	OM6310	Case Review	2	2	0	22
	OM6315	Clinical Theatre	2	2	0	22
		Quarterly Subtotal	20.5	19.5	4	258.5
		AOM Clinic 9-10	4	0	8	88
		AOM Clinic 10-12	6	0	12	132
		CHM Shift 2	2	0	4	44
		NM Clinic Shifts 15-16	4	0	8	88
		NM Clinic Shifts 15-16	4	0	8	88
Sp	CH6410	Chinese Herbal Therapeutics 3	4	4	0	44
	NM8102	Jurisprudence	1	1	0	11
	NM8212	Radiographic Interpretation 2 <sup>6</sup>	3	3	0	33
	NM8314	Pulmonary Medicine	1.5	1.5	0	16.5
	NM8803	Preceptorship 3	1	0	4	44
	NM8844	Interim Patient Care <sup>7</sup>	2	0	4	44
	OM5819	AOM Interim Clinic <sup>7</sup>	1.5	0	3.3	36
	OM6105	Jurisprudence/Ethics	1	1	0	11
		Quarterly Subtotal	15	10.5	11.3	239.5
		AOM Clinic Shifts 11-12	4	0	8	88
		AOM Clinic Shifts 13-14	4	0	8	88
		CHM Shifts 3-4	4	0	8	88
		NM Clinic Shift 17	2	0	4	44
		NM Clinic Shift 17	2	0	4	44
		PM Clinic Shift 4	2	0	4	44
		PM Clinic Shift 4	2	0	4	44

<sup>1</sup>NM8206 and NM8207: Both offered summer and fall

<sup>2</sup>NM8308: Offered fall and spring

<sup>3</sup>NM8325: Offered in fall, winter and spring

<sup>4</sup>Physical Medicine shifts may be distributed differently; two shifts fulfilling ND requirements will be assigned in each of the last four quarters of the program.

<sup>5</sup>NM8101: Offered fall and winter

<sup>6</sup>NM8212 and NM8214: Both offered winter and spring

<sup>7</sup>Students are required to complete a total of 44 NM interim patient care hours and 36 AOM interim clinic hours. (Usually students staff the shifts they are assigned to in the quarter just ended.) Students register for and pay for this shift in their last quarter of attendance.

## YEAR VI

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.	
Su	CH6411	Chinese Herbal Therapeutics 4	4	4	0	44
		Quarterly Subtotal	4	4	0	44
		AOM Clinic 13-14	4	0	8	88
		CHM Shifts 5-6	4	0	8	88
F		AOM Clinic 15-16	4	0	8	88
		CHM Shifts 7-8	4	0	8	88

For students who choose to take advantage of the optional clinic experience in China, up to eight (8) credits (16 lab hours) may be applied toward AOM Clinical requirement. Acupuncture and CHM shifts will be distributed differently if a student goes to China. All students who plan to study in China must take the one-credit required elective OM6820 Clinic Entry for China in summer quarter of year five just preceding their China clinic. This course may be counted toward required AOM elective credits.

### Elective Requirements: Naturopathic Medicine/ Acupuncture and Oriental Medicine

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	variable Elective and Special Topics	13/10	13/10	0	143/110
	Elective Totals	13/10	13/10	0	143/110

Note: Five of the thirteen or ten elective credits must be from disciplines other than OM or CH.

Curriculum and course changes in the 2012-2013 Bastyr University Catalog are applicable to students entering during the 2012-2013 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

### Total Requirements: Naturopathic Medicine/ Acupuncture and Oriental Medicine

	Crdt.	Lec.	L/C	Tot.
Total Core Course Credits and Hours	358.5	322.5	72	4336.5
Total Elective Credits and Hours	10	10	0	110
Total Clinic Credits and Hours	108.5	0	223.3	2456 <sup>1</sup>
Total Requirements	477	332.5	295.3	6902.5

<sup>1</sup>Clinical training with patients in a clinical setting also occurs in courses including Clinic Entry I, Living Anatomy, Hydrotherapy Lab, Clinical Laboratory Diagnosis Lab, Physical Clinical Diagnosis Lab, Gynecology, Counseling Lab, Minor Office Procedures and Medical Procedures. There are more than 172 clinical training hours in those courses. In addition, at least 30 minutes of case preparation time are assumed before the beginning of each 4-hour clinical shift. That clinic preparation time exceeds 121 hours through the course of clinical training. Consequently, students receive more than 2,749 clinical training hours.

### WAIVED ACUPUNCTURE AND ORIENTAL MEDICINE CLASSES FOR DUAL-TRACK STUDENTS

The following courses can be found in the curriculum for the acupuncture or acupuncture and Oriental medicine students. However, the content has been met through the prerequisites of or the coursework for the naturopathic medicine program and these courses are, therefore, waived for dually enrolled students (shown in order, as found in the MSA/MSAOM curriculum tables):

Cat. No.	Course Title	Credits
BC3134	AOM Living Anatomy	4
OM4800	Clinic Entry	2
BC3100	Survey of Organic Chemistry	4
BC3104	Biochemistry	4
BC3135	Anatomy & Physiology 1 Lec/Lab	5
BC3136	Anatomy & Physiology 2 Lec/Lab	4
BC4105	Introduction to Western Pathology	3
BC4125	Pharmacology Overview for AOM	4
OM5321	Survey of Western Clinical Sciences 1	3
OM5322	Survey of Western Clinical Sciences 2	3
OM5324	Survey of Western Clinical Sciences 3	3
BC4104	Microbiology (AOM)	3
OM5302	Public Health Issues in AOM	2
OM6305	Survey of Biophysics/Electroacupuncture	2
PS5205	Patient Communications	3
TR6105	Nutrition & Dietary Systems	3
BC5140	Research Methods in AOM	3
OM6111	Practice Management 1	2
OM6112	Practice Management 2	1
CH6105	Chinese Herb Preparations	1
PS6100	Motivational Interviewing	2

### NATUROPATHIC MEDICINE/COUNSELING AND HEALTH PSYCHOLOGY DUAL TRACK

Students in the Bastyr University naturopathic medicine program who are academically in good standing have the opportunity to apply to the Master of Arts in Counseling Psychology (MACP) in fall of their second year of the four-year track. This requires a formal application to the counseling and health psychology program through the admissions department, followed by a joint interview by both the counseling and health psychology department and the ND school.

ND students who are considering applying to the counseling psychology master's program as their second program are strongly encouraged to be enrolled as four-year track students during their first two years of attendance. In essence, the dual-track program requires that students have successfully completed their pre-clinical ND training before they add a second degree program. Students who are accepted into the MACP program must switch their naturopathic program to the extended track in order to carry a combined program load.

### NATUROPATHIC MEDICINE/MIDWIFERY DUAL TRACK

Students in the Bastyr University naturopathic medicine program who are academically in good standing have the opportunity to apply to the Master of Science in Midwifery (MSMW) program in February of their second year of the four-year track. This requires a formal application to the Department of Midwifery through the admissions

department, followed by an interview for qualified applicants by the admissions committee of the Department of Midwifery.

ND students who are considering applying to the Department of Midwifery as their second program are strongly encouraged to be enrolled as four-year track students during their first two years of attendance. In essence, this dual-track program requires that students have successfully completed their pre-clinical ND training before they add a second degree program. Students who are accepted into the Midwifery program must subsequently switch their naturopathic program to the extended track in order to carry a combined program load.

Please see the department of midwifery's program overview for complete information on education objectives and blended curriculum model. Because this model entails mandatory intensive onsite attendance, dual-track students will need to have ND courses that meet during those times videotaped with the assistance of the ND department.

**The following curriculum tables list the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.), the lab/clinic hours each week (L/C) and the total contact hours for the course over the entire quarter (Tot).**

## FACULTY

### WITH HIGHEST DEGREES, LICENSES OBTAINED AND DEPARTMENTAL AFFILIATION

#### Key

(AOM)	Acupuncture & Oriental Medicine
(BS)	Basic Sciences
(BTM)	Botanical Medicine
(EXS)	Exercise Science
(HO)	Homeopathy
(HS)	Herbal Sciences
(IS)	Interdisciplinary Studies
(MW)	Midwifery
(NM)	Naturopathic Medicine
(NTR)	Nutrition
(PM)	Physical Medicine
(PSY)	Psychology

## CORE

Brammer, Debra, ND, Bastyr University (NM)

Bradley, Ryan, ND, MPH, Bastyr University, University of Washington (NM)

- Brignall, Matt, ND, Bastyr University (NTR, NM)
- Cho, Young, PhD, University of Wisconsin, Madison (BS)
- Cullen, Laureen, ND, Bastyr University (NM)
- Dazey, Jenn, ND, RH, (AHG), Bastyr University (HS, BTM, CHLD)
- Dodge, Christian, ND, MA, Stanford University (MA, BS), Bastyr University (NM)
- Guiltinan, Jane, ND, Bastyr University (NM)
- Hibbs, John, ND, Bastyr University (NM)
- Jones, Eric, ND, Bastyr University (NM)
- Kingsbury, Sheila, ND, RH (AHG), Bastyr University (BTM, HS, NM)
- Lair, Cynthia, BA, CHN, Wichita State University (NTR)
- Lichtenstein, Brad, ND, Bastyr University (NM, PM)
- Littleton, Kent, ND, Bastyr University, MS, University of Washington (BS)
- Mann, Richard, ND, Bastyr University (HO)
- Martzen, Mark, PhD, University of South Dakota School of Medicine (BS)
- Messner, Don, PhD, University of Washington (BS)
- Modell, Harold, PhD, University of Mississippi Medical Center (BS)
- Neary, Dean E., Jr, ND, Bastyr University (PM, NM)
- Olehausen, Joni, ND, National College of Naturopathic Medicine (NM)
- Parkinson, Andrew, ND, Bastyr University (NM)
- Raymer, Katherine, ND, MD, Southwest College of Naturopathic Medicine, University of Louisville School of Medicine (NM)
- Rosen, Daniel, PhD, Arizona State University (PSY)
- Rubinstein, Joshua, ND, Bastyr University (NM)
- Spicer, Diane, MIT, University of Washington, MS, University of Wisconsin (BS)
- Standish, Leanna, ND, Bastyr University, PhD, University of Massachusetts, LAc (NM)
- Staruch, Arianna, ND, National College of Naturopathic Medicine (NM)
- Steward, Rebecca Love, DVM, Washington State University (BS)
- Takakura, Masahiro, ND, LAc, Bastyr University, DC, National College of Chiropractic (PM)
- Thomas, Aleyamma, PhD, University of Manitoba (BS)
- Wallace, James, ND, Bastyr University (NM)
- Wenner, Cynthia, PhD, Washington University, St. Louis, MO (BS)
- Yarnell, Eric, ND, RH, (AHG), Bastyr University (BTM, HS, NM)
- Yin, Phoebe, ND, Bastyr University (NM)
- ADJUNCT**
- Aasan, Candace, ND, Bastyr University (BTM)
- Acosta, Sarah, ND, Bastyr University (NM)
- Allen, Jason, ND, Bastyr University (NM)
- Anderson, Paul S, ND, National College of Naturopathic Medicine (NM)
- Auerbach, Marisha, BA, The Evergreen State College (CHLD)
- Anderson, Robert, MD, University of Washington (NM)
- Barry, David, ND, DC, Bastyr University (PM)
- Bauer, Kimberly, ND, Bastyr University (HS)
- Bean, Jessica, ND, Bastyr University (BS)
- Biery, Nancy, PhD, Johns Hopkins University (BS)
- Berman, Lisa, Heilpraktiker, Berlin University (HS)
- Boehnlein, David, BS, University of Minnesota – Twin Cities (CHLD)
- Bohan, Heidi, Ethnobotanist (HS)
- Bosted, Christopher, ND, Bastyr University (NM)
- Brinton, Catherine, ND, Bastyr University (BS, NM)
- Chasse, Jaclyn, ND, Bastyr University (NM)
- Connor, Kevin, ND, Bastyr University (NM)
- Cullen, Tamara, ND, Bastyr University (NM)
- Cusack, Cortney, ND, Bastyr University (NM)
- Daniels, Jennifer, ND, Bastyr University (NM)
- Darley, Catherine, ND, Bastyr University (NM)
- Deichert, David, ND (NM)
- DiPasquale, Robin, ND, RH (AHG), Bastyr University (HS)
- Dirks, Rebecca, ND, Bastyr University (NM)
- Edwards, Louise, ND, National College of Naturopathic Medicine (NM)
- Elmore, “Durr” Nesbitt, ND, DC, National College of Naturopathic Medicine (HO)
- Evershed, Anna, ND, Bastyr University (NM)
- Fahoum, Mona, ND, Bastyr University (NM)
- Fasig, Amy, ND, Bastyr University (NM)
- Frances, Deborah, ND, National College of Naturopathic Medicine, RN, Edward J. Meyer Memorial School of Nursing (BTM, HS)
- Frederickson, Richard, PhD, University of North Dakota (BS)
- Freedman, Natalie, ND, Bastyr University (NM)
- Fresonke, Jill, ND, Bastyr University (NM)
- Fulton-Kehoe, Deborah, PhD, University of Washington (BS)
- Gbedawo, Hatha, ND, Bastyr University (NM, PM)
- Giblette, Jean, BA, Harvard University (CHLD)
- Gonzalez, Alicia, ND, Bastyr University (NM)
- Goldhamer, Alan, DC, Western States Chiropractic College (NM)

- Hamby, Crystal, BS, Bastyr University (HS, BTM)
- Hamrick, Marcie, MD, Baylor College of Medicine (NM)
- Harris, Jeff, ND, Bastyr University (NM)
- Honda, Kristine, ND, Bastyr University (NM)
- Huyck, Amy, ND, Bastyr University (NM)
- Ikeda, Margie, ND, Bastyr University (NM)
- Jaeggli, Angila, ND, Bastyr University (NM)
- Kaelin, Christian, Mycologist (CHLD)
- Karsten, Paul, PhD, Samra University, MEd, University of Washington, LAc (AOM, NM)
- Khalsa, Karta Purkh Singh, AHG, CN (HS, BTM)
- Kolbo, Russell, ND, DC, National College of Naturopathic Medicine, National College of Chiropractic, Illinois (PM)
- Lamden, Mark, ND, Bastyr University (NM)
- Lamson, Davis, PhD, University of Illinois, ND, Bastyr University (NM)
- Lee-Engel, Christy, ND, Bastyr University, LAc (NM)
- Lia, Barry, PhD, University of California – Davis (CHLD)
- Lund, Kaleb, PhD, University of Minnesota (HS))
- Martin, Katherine, ND, Bastyr University (BTM)
- Mariotti, Ronald, ND, Bastyr University (PM)
- Masterson, John, DC, Life West Chiropractic College (PM)
- McDaniel, Tracy, ND, LM, Bastyr University (NMW)
- Mercer, Nancy, ND, Bastyr University (HO, NM)
- Milkis, Steven, ND, Bastyr University (NM)
- Miller, John, DC, Western States Chiropractic College, DACBR, (NM)
- Miller, Kelda, BA, The Evergreen State College (CHLD)
- Nagel, Glen, ND, National College of Naturopathic Medicine (HS)
- Oberg, Erica, ND, Bastyr University (NM)
- Perez, Jennifer, BS, Bastyr University (HS, BTM, CHLD)
- Philp, Hazel, ND, LAc, Bastyr University (NM)
- Pilarski, Michael, Herbalist/Wildcrafter (HS)
- Pizzorno, Joseph, ND, National College of Naturopathic Medicine (President Emeritus) (NM)
- Plaza, Steven M, ND, Bastyr University (NM)
- Pournadeali, Kasra, ND, Bastyr University (NM)
- Powell, Dirk, ND, National College of Naturopathic Medicine (NM)
- Ramanujam, Kumuthini, MD (India), Madras Medical College (BS)
- Reddeman, Robin, ND, Bastyr University (NM)
- Rinde, Adam, ND, Bastyr University (NM)
- Schmidt, Dawn, LMP, California State University (PM)
- Schwartz, Karyn, LMP, Brian Utting School of Massage, BA, Cornell University (HS)
- Shaff, Katie, ND, National College of Naturopathic Medicine (NM)
- Smith, Brendan, ND, Bastyr University (NM)
- Snider, Pamela, ND, Bastyr University (NM)
- Sodhi, Shailinder, ND, Bastyr University (AV)
- Somine, Josho, MLA, University of Washington (CHLD)
- Somol, Kris, ND, Bastyr University (NM)
- Stahlberg, Rainer, PhD, Leningrad State University (HS)
- Thoms, Lisa, DDS, MSD, University of Southern California (NM)
- Vlasuk, Susan, DC, National College of Chiropractic, Illinois, DACBR (NM)
- Walia, Jas, DC, Western States Chiropractic College, Portland, Oregon (PM)
- Wool, Trinity Ava, Herbalist (HS)
- Yasuda, Gregory, ND, Bastyr University (PM)
- Zeff, Jared, ND, National College of Naturopathic Medicine (NM)
- Zajdel, Dominika, ND, Bastyr University (NM)
- Zorich, Dana, LMP, (PM)
- Zucker, Debora, ND Bastyr University (NM)

# BASTYR CENTER FOR NATURAL HEALTH

## THE TEACHING CLINIC OF BASTYR UNIVERSITY CLINICAL EDUCATION PRACTICUM

Jamey Wallace, ND, Chief Medical Officer  
Judy Colchin, Clinic Operations Manager

*The mission of Bastyr Center for Natural Health is to create an extraordinary environment committed to excellence in health care and clinical education that assists and empowers individuals and the community to achieve better health and a higher quality of life.*

All students in the Doctor of Naturopathic Medicine program (ND), Doctor of Acupuncture and Oriental Medicine program (DAOM), Master of Science in Acupuncture program (MSA), Master of Science in Acupuncture and Oriental Medicine program (MSAOM), Master of Nutrition program (MSN/CHP and MSN/DPD), Certificate in Chinese Herbal Medicine program (CCHM), and BS Didactic Program in Dietetics (BSN/DPD) receive clinical training at Bastyr Center for Natural Health - Team Care. The program deans/chairs or their designates in conjunction with the clinic medical director oversee the clinical education and training of the students and work closely with each program's lead administrator.

The clinical training in Team Care is modeled upon mentorship. The average faculty/student ratio is 1:6, which includes three primary clinicians and three observing clinicians. Each student pair is assigned to a room throughout the quarter. Each clinic shift begins with case preview during which the students present to the supervisor their preparations for the patients they will see that day. During each patient visit, the supervisor spends time in the room with the student team and the patient. Also, during each visit, the supervisor and student team discuss the patient in the consult rooms, reviewing the assessments and treatment recommendations. Each clinic shift concludes with case review where all the students and supervisors meet jointly to discuss selected cases seen that day.

Clinical course numbers and descriptions for each program's required and elective clinical offerings are found in the course description section of the catalog under the appropriate program heading. The narrative section of the catalog provides further

information regarding clinical training under each program and curriculum section.

Students in each program receive a *Bastyr Center for Natural Health Student Clinician Handbook* prior to entering clinical training. This required manual serves as the student's clinic textbook and contains information on clinical education requirements, policies and procedures, learning objectives and clinical competencies.

External clinical training opportunities have been developed for each program, in order to provide a broader educational experience for students. At each external site, Bastyr faculty supervises the student clinicians. For a description of these sites, see Bastyr Center facilities listing on page 13 in this catalog.

Students have a preceptorship requirement in which they work with a variety of licensed, practicing health care professionals in various practice settings. These placements provide students with valuable clinical experience. The combination of external training sites, the preceptor experience and clinical rotations in the main clinic assures diversity in each student's clinical experience.

Bastyr Center for Natural Health has a well-established CNME-credentialed naturopathic residency program, with positions both at Bastyr Center for Natural Health and numerous external sites. Currently, there are eight naturopathic residency positions at Bastyr Center for Natural Health. These programs are highly competitive and attract graduates from other educational institutions as well as from Bastyr. The residency programs at Bastyr are closely supervised programs of mentorship. Each resident progresses from a purely observational role into an independent role over the course of the year. This progression is monitored and facilitated by a faculty mentor and by the director of the Office of Graduate and Community Medicine. A second year of residency offers clinical supervision and continued skill development. All residents have multiple opportunities to do rotations in other local clinics. The director of the Office of Graduate and Community Medicine is responsible for the administration, development and expansion of the naturopathic residency program. The University is committed to the goal of providing residency opportunities for every graduate.

# COURSE DESCRIPTIONS

Curriculum and course changes in the 2012-2013 *Bastyr University Catalog* are applicable to students entering during the 2012-2013 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

## Program, Department and Course Designation Codes

BC:	Basic Sciences
BO:	Botanical Medicine/Herbal Sciences
CH:	Chinese Herbal Medicine Certificate
DI:	Dietetic Internship
EX:	Exercise Science and Wellness
HO:	Homeopathic Medicine
IS:	Interdisciplinary Studies
MW:	Midwifery
NM:	Naturopathic Medicine
OM:	Acupuncture and Oriental Medicine
PM:	Physical Medicine
PS:	Counseling and Health Psychology
RD:	Didactic Program in Dietetics
SN:	Science and Naturopathy
TR:	Nutrition

## COURSE NUMBERING SEQUENCE KEY

The first digit indicates the year/level at which the course is offered:

1xxx	Freshman prerequisite courses
2xxx	Sophomore prerequisite courses
3xxx	Junior BS Program
4xxx	Senior BS Program
5xxx-8xxx	Graduate and Professional level courses
9xxx	Electives (undergraduate and graduate)

The second digit indicates the type of course:

x1xx	General courses
x2xx	Diagnostic courses
x3xx	Diagnostic/therapeutic courses
x4xx	Therapeutic courses
x5xx	Special topics courses
x8xx	Clinic and clinical courses
x9xx	Independent study

Note: In the following descriptions, commonly used abbreviations in reference to Bastyr programs include the following: acupuncture and Oriental medicine (AOM), midwifery/natural childbirth (MW), naturopathic medicine (ND), and nutrition (NTR).

## BASIC SCIENCES

Lynelle Golden, PhD, Department Chair

### **BC2107 Introduction to Physics I** 2 credits

This is the first of a two-course sequence that offers an introduction to the general principles of physics. Topics include Newton's laws of motion, momentum and energy and linear and rotational acceleration. This is the first of two courses that can be used to satisfy the physics prerequisite for the ND program. Offered only summer quarter. Prerequisite: College algebra or trigonometry

### **BC2108 Introduction to Physics II** 2 credits

This is the second of a two-course sequence that offers an introduction to the general principles of physics. Topics include electricity, magnetism and optics. This is the second of two courses that can be used to satisfy the physics prerequisite for the ND program. Offered only summer quarter. Prerequisite: BC2107 or an equivalent physics course that included Newton's laws of motion, momentum and energy and linear and rotational acceleration

### **BC2115 General Chemistry Intensive 1 Lecture** 5 credits

This four-week summer quarter course is the first part of an eight-week intensive series held in two parts. The fundamental laws and basic concepts of modern chemistry as applied to the structure and behavior of matter/energy are presented. Topics include measurements and dimensional analysis; atoms, molecules and ions; mixtures; quantitative relationships; thermochemistry; the periodic table; chemical bonding; gases, liquids and solids; rates of reactions; equilibrium; acids and bases; solubility; and oxidation/reduction. Prerequisites: Passing grade in college level introduction to chemistry course

### **BC2116 General Chemistry 1 Intensive Lab** 1 credit

Corequisite: BC2115

### **BC2117 General Chemistry 2 Intensive Lecture** 5 credits

This four-week summer quarter course is the second part of an eight-week intensive series held in two parts. The fundamental laws and basic concepts of modern chemistry as applied to the structure and behavior of matter/energy are presented. Topics include measurements and dimensional analysis; atoms, molecules and ions; mixtures; quantitative relationships; thermochemistry; the periodic table; chemical bonding; gases, liquids and solids; rates of reactions; equilibrium; acids and bases; solubility; and oxidation/reduction. Prerequisites: BC2115

### **BC2118 General Chemistry 2 Intensive Lab** 1 credit

Prerequisite: BC2116 or equivalent. Corequisite: BC2117

### **BC3100 Survey of Organic Chemistry** 4 credits

This survey course examines the types of bonding, functional groups, and physical properties of saturated and unsaturated hydrocarbons, alcohols, phenols, thiols, ethers, aldehydes, ketones, carboxylic acids, amines, and amides. Prerequisite: general chemistry (BC2115 or equivalent)

### **BC3104 Biochemistry** 4 credits

This course provides an overview of basic human metabolism. Topics include carbohydrate, protein and fat metabolic pathways, with integration into overall anabolic and catabolic metabolic processes. Prerequisite: BC3100

### **BC3113 Living Anatomy** 3 credits

Required for exercise science students. This course emphasizes musculoskeletal anatomy through lecture and palpation. The focus is to lay a strong foundation of the muscles, bones and joints necessary for understanding biomechanics. Weekly lecture and palpation are reinforced by a required rotation in the cadaver anatomy laboratory. This course is a prerequisite for the massage intensive course and is offered winter quarter only. Prerequisite: None

### **BC3115 Organic Chemistry Intensive 1 Lecture** 4 credits

This is a four-week intensive summer course. This course along with Organic Chemistry 2 is intended to satisfy the organic chemistry prerequisites for BC5104. This course offers a systematic study of the physical properties, electronic structures, modes of bonding, and patterns of reactivity seen in alkanes, alkenes, alcohols, thiols, ketones, aldehydes, esters, ethers, phosphoesters, thioesters, amines, amides, carboxylic acids and aromatic compounds. Prerequisite: At least a C in BC2115 and BC2117 or equivalent college-level courses elsewhere

### **BC3116 Organic Chemistry Intensive 1 Lab** 1 credit

Prerequisite: At least a C in BC2117 and BC2118 or equivalent college-level courses elsewhere. Corequisite: BC3115

### **BC3123 Organic Chemistry for Life Sciences Lecture/ Lab** 6 credits

Offered in the fall, this course is intended to satisfy the organic chemistry prerequisite for BC4117. This course offers a survey of the chemistry and reactivity of organic compounds with an emphasis on those molecules of biological importance. Approximately 20 percent of lectures are taught using online exercises. Prerequisite: At least a C in either BC2117 and BC2118 or an equivalent college-level chemistry course with lab

### **BC3125 Organic Chemistry Intensive 2 Lecture** 4 credits

This is a four-week intensive summer course. This course along with Organic Chemistry 1 is intended to satisfy the organic chemistry prerequisites for BC5104. Structure and function of proteins, lipids, carbohydrates and nucleic acids are also included. Prerequisite: A grade of C or better in BC3115

### **BC3126 Organic Chemistry Intensive 2 Lab** 1 credit

Prerequisite: A grade of C or better in BC3116. Corequisite: BC3125

### **Anatomy and Physiology Sequence for AOM**

This three (3) course sequence for AOM students presents an integrated approach to the study of the normal human body. The anatomy, physiology of each major organ system and their interrelationships are approached in a lecture/laboratory format. Prosected cadavers are used for lab demonstrations.

**BC3134 Living Anatomy for AOM 4 credits**

Western anatomy and acupuncture energetic anatomy are bridged in this course that emphasizes musculoskeletal anatomy through lecture, palpation and the study of cadavers. Anatomical connections to acupuncture point location are reinforced in both surface anatomy and in the required weekly cadaver laboratory. Offered fall quarter. Prerequisites: Admission into AOM program

**BC3135 Anatomy and Physiology 1 Lecture/Lab (AOM) 5 credits**

See general description of Anatomy and Physiology sequence preceding BC3134 above. Topics covered in this course include cellular anatomy and physiology, and the integumentary, nervous, muscular, and endocrine systems. Prerequisite: BC3134 or permission of basic sciences department

**BC3136 Anatomy and Physiology 2 Lecture/Lab (AOM) 4 credits**

See general description of Anatomy and Physiology sequence above. Topics covered in this course include blood, lymphatic, immune, cardiovascular, respiratory, digestive, urinary and reproductive systems. Prerequisite: BC3135 or permission of basic sciences department

**BC3139 Human Biology Seminar 2 credits**

This course assesses the baseline learning skills of students and then addresses areas of concern in problem solving, writing, study strategies and prerequisite knowledge. Students are introduced to the goals of the human biology program and to resources available to achieve these goals. Prerequisite: Admission to the human biology program

**BC3144 Integrated Biochemistry & Cell Biology Lecture/Lab 6 credits**

This course is an introduction to the basic principles of biochemistry, cellular and molecular biology and genetics relevant to human cells. Topics include cell chemistry, molecular genetics, energy metabolism and cell homeostasis. General themes or models are introduced as a foundation for integration of concepts. Foundational concepts continue to be integrated throughout Integrated Human Biology 1-3. The lab component introduces students to relevant techniques in biochemistry and molecular biology and emphasize scientific inquiry. Prerequisite: Admission to the human biology program

**BC3145 Physics 1 Lecture/Lab 4 credits**

The first in a sequence of courses designed as a survey of physics. The course focuses on classical mechanics. Specific applications to human biology are emphasized. The lab component emphasizes scientific inquiry and applications to human biology. Prerequisite: Admission to the human biology program or permission of instructor

**BC3146 Physics 2 Lecture/Lab 4 credits**

The second in a sequence of courses designed as a survey of physics. The course focuses on thermal physics and electromagnetism. Specific applications to human biology are emphasized. The lab component emphasizes scientific inquiry and applications to human biology. Prerequisite: BC3145

**BC3147 Physics 3 Lecture 3 credits**

The third in a sequence of courses designed as a survey of physics. This course focuses on waves and modern physics. Specific applications to human biology are emphasized. Prerequisite: BC3146

**BC3148 Research Methods in Human Biology 1 3 credits**

This course provides an overview of the fundamentals of the scientific method and research design. Students develop the skills needed to locate, evaluate and utilize published scientific research. Students become familiar with qualitative and quantitative research methods and the principles of effective experimental design. Prerequisite: Admission to the human biology program or permission of instructor

**BC3149 Research Methods in Human Biology 2 3 credits**

This course builds upon Research Methods in Human Biology 1. Students learn when to use basic quantitative biostatistical methods. The importance of statistical methods in effective experimental design is emphasized. Prerequisite: BC3148

**BC3151 Integrated Human Biology 1 Lecture/Lab 6 credits**

This course includes an introduction to basic concepts necessary to understand structure and function at the higher organizational levels. Basic principles of anatomy, physiology, biochemistry, and cell and developmental biology are integrated to provide an understanding of tissues, the integumentary system, and the basic functions of endocrine and neural control systems. General themes or models are used to facilitate integration of concepts. The lab component emphasizes scientific inquiry and examines histology, anatomy, biochemistry and physiology of the systems examined. Prerequisite: BC3144

**BC3152 Integrated Human Biology 2 Lecture/Lab 6 credits**

This course is a continuation of Integrated Human Biology 1. Basic principles of anatomy, physiology, biochemistry, and cell and developmental biology are integrated to provide an understanding of the skeletal and muscular systems, blood, and the immune and cardiovascular systems. General themes or models are used to facilitate integration of concepts. The lab component emphasizes scientific inquiry and examines histology, anatomy, physiology and biochemistry of the systems. Prosected cadavers are used for anatomical study. Prerequisite: BC3151

**Anatomy and Physiology 1-3 for Undergraduate****Science Majors**

This three (3) course sequence presents an integrated approach to the study of the normal human body. The anatomy, histology and physiology of each major organ system and their interrelationships are approached in a lecture/laboratory format. This sequence is designed for students enrolled in the nutrition, herbal sciences, exercise science, and psychology and human biology programs. Prosected cadavers are used for lab demonstrations.

**BC3161 Anatomy and Physiology 1 Lecture/Lab 3 credits**

See the sequence description above. This course covers basic cell structure and function, histology and the anatomy and physiology of the integumentary, skeletal and nervous systems. Prerequisites: General chemistry and general biology with labs



**BC3162 Anatomy and Physiology 2 Lecture/Lab 3 credits**

See the description of the A and P sequence preceding BC3161. Topics covered in this course include the anatomy and physiology of the muscular, endocrine, cardiovascular, and immune systems and blood. Prerequisite: Passing grade in BC3161

**BC3163 Anatomy and Physiology 3 Lecture/Lab 4 credits**

See the description of the A and P sequence preceding BC3161. Topics covered in this course include the anatomy and physiology of the digestive, respiratory, urinary and reproductive systems. Prerequisite: Passing grade in BC3162

**BC3901, BC3902, BC3903 Independent Study****variable credit**

These courses provide an opportunity for undergraduate students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person, the student may explore a field of study that is of personal interest and value. Prerequisite: Permission of department chair

**BC4100 Microbiology Lecture/Lab 4 credits**

This course introduces the diversity of microorganisms, including bacteria, fungi, algae, protozoans and infectious particles. The beneficial and detrimental effects of these microorganisms are explored, including human pathogens, biotechnology, food production and bioterrorism. The lab provides exposure to the standard microbiological tools used in clinical laboratories: sterile technique, pure culture, staining, selection of selective and differential media, biochemical tests, isolation of organisms from samples, antibiotic susceptibility and identification of unknowns. Prerequisite: BC3152

**BC4104 Microbiology 3 credits**

This course explores the world of microorganisms and human health. Pathogens associated with human illness are emphasized, including bacteria, fungi, viruses, parasites and prions. Prerequisites: BC3136 or BC3162

**BC4105 Introduction to Western Pathology (AOM)****3 credits**

This course explores the inflammatory process, cell injury and repair, basic immunopathology, cancer, and blood, hemodynamic and cardiovascular disorders. Prerequisites: BC3100 and BC3135 or BC3162

**BC4114 Disease Processes 4 credits**

This course is designed for nutrition and herbal science students and is an introduction to pathology. The inflammatory process, basic immunopathology, diabetes, cancer, anemias and the most common and clinically relevant disease processes of the cardiovascular and gastrointestinal systems are covered. Prerequisites: BC3163 and BC4140

**BC4115 Pharmacology Overview for Herbal Sciences****3 credits**

This course teaches the basics of how the commonly used pharmaceutical drugs work. It emphasizes the mechanisms of actions, the adverse effects and the common therapeutic guidelines for drug treatment. Where appropriate, botanical mechanisms of action are discussed and possible areas of drug-herb interactions are noted. Prerequisites: BC3163, BC4140

**BC4116 Bioethics 3 credits**

This course provides an opportunity for students to think critically about difficult ethical problems that emerge from scientific research and the application of medical technology to human biology. Discussions and assignments focus on personal decision making and public policy relevant to biomedical issues. Prerequisite: Admission to the human biology program

**BC4117 Biochemistry for Life Sciences 1 Lecture/Lab 5 credits**

Biochemistry of fuel metabolism, carbohydrates and lipids. This course is taught for undergraduates in herbal science, nutrition and health psychology (human biology track). This course is offered in both winter and summer. Prerequisite: A grade of at least a C in either BC3123 or one quarter of college-level organic chemistry with laboratory. A grade of at least a C in one quarter of college-level biology with laboratory is also required.

**BC4119 Intro to Research Proposals 2 credits**

Students work with a mentor to write a research proposal. Students who are working with human subjects also submit the proposal to the Institutional Review Board (IRB) for approval. This course is a prerequisite for BC9119 or BC9801. Prerequisites: All year-one courses

**BC4125 Pharmacology Overview for AOM 4 credits**

Awareness of pharmaceuticals common to Western therapeutics is essential for proper patient assessment and care. In this course, students explore naming, dosing and general mechanisms for the activity and clearance of prescription and over-the-counter medications. Issues pertaining to prescribed medications and interactions with non-prescribed and/or substances of abuse are also explored. The actions, therapeutic rationale, benefits, risks and potential interactions of pharmaceuticals are emphasized. Prerequisites: BC3104 or BC4140, BC3136 or BC3163

**BC4140 Biochemistry for Life Sciences 2 4 credits**

Topics include eicosanoids, cholesterol metabolism, amino acid metabolism and nucleotide metabolism. This course is taught for undergraduates in herbal science, nutrition and health psychology (human biology track). Prerequisite: A passing grade in BC4117

**BC4153 Integrated Human Biology 3 Lecture/Lab 6 credits**

This course is a continuation of Integrated Human Biology 2. Basic principles of anatomy, physiology, biochemistry, and cell and developmental biology are integrated to provide an understanding of the renal, respiratory, digestive and reproductive systems. General themes or models are used to facilitate integration of concepts. The lab component emphasizes scientific inquiry and examines histology, anatomy, physiology and biochemistry of the systems. Prosected cadavers are used for anatomical study. Prerequisite: BC3152

**BC4161 Advanced Cell & Molecular Biology 4 credits**

This course evaluates cellular function and genetic concepts from an experimental perspective. Emphasis is placed on the functional relationships between cellular structures, molecular genetics and biosynthetic functions with application to experimental data from human cells. Prerequisite: BC4153 or permission of instructor

**BC4901, BC4902, BC4903 Independent Study variable credit**

These courses provide an opportunity for undergraduate students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person, the student may explore a field of study that is of personal interest and value. Prerequisite: Permission of department chair

**BC5118 Disease Processes 1 3 credits**

This course is designed for nutrition master's students and is an introduction to pathology. Included are the inflammatory process, cell repair and basic immunology. (For Disease Processes 2, see BC5132.) Prerequisite: Admission to MS nutrition program

**Gross Human Anatomy Lab 1-3**

Students have the opportunity to locate anatomical structures with hands-on dissection. This allows students to visualize anatomy three-dimensionally and is invaluable when performing examinations in a clinical setting.

**BC5122L Gross Human Anatomy 1 Lab 1 credit**

Fall quarter involves students dissecting the lower and upper extremities with faculty supervision. Prerequisite: Admission to naturopathic medicine program. Corequisite: BC5151

**BC5123L Gross Human Anatomy 2 Lab 1 credit**

See description preceding BC5122L. In the winter quarter students dissect the thorax, abdomen, perineum and back with faculty supervision. Prerequisite: Grade of AC in BC5122. Corequisite: Winter quarter integrated systems modules for four-year track or Integrated Immunology, Pathology and Infectious Diseases 3 and 4 for five-year track

**BC5124L Gross Human Anatomy 3 Lab 1 credit**

See description preceding BC5122L. The spring quarter involves supervised dissection and study of the back, head and neck. Prerequisite: Grade of AC in BC5123. Corequisites: Spring quarter integrated systems modules for four-year track or Integrated Immunology, Pathology and Infectious Diseases 5 and 6 for five-year track

**BC5132 Disease Processes 2 2 credits**

This course is designed for nutrition master's students. It is a continuation of BC5118. This course is a systematic approach to pathology in which selected organ systems are explored with an emphasis on the most common and clinically relevant disease processes. (For Disease Processes 1, see BC5118.) Prerequisite: BC5118

**BC5140 Research Methods in AOM 3 credits**

This course provides an introduction to basic concepts of scientific methods, statistics, epidemiology and research methodology. Also explored are the state of AOM research and its interface with the research world. Emphasis is placed on gaining an understanding of how to read and evaluate AOM/medical published research articles. Students also practice applied research skills and use of the library and Internet. Prerequisite: Admission to MSA or MSAOM program

**BC5142 Fundamentals of Research Design 2 credits**

This course provides the student with the basic knowledge needed to evaluate the quality, internal validity, and external validity of published research literature. This includes the basic types of clinical epidemiological studies, the basic principles of biostatistics, and an introduction to searching medical literature databases, retrieving and interpreting relevant research information. The course is the foundation for Critical Evaluation of the Medical Literature (NM7142) in which students learn how to evaluate medical literature to achieve an evidence-based medical practice. Prerequisite: Admission to naturopathic medicine program or permission of instructor

**BC5146 Physiology 1 Lab 1.5 credits**

This module includes application of functional concepts for the cardiovascular, respiratory and digestive systems. Corequisites: Winter quarter integrated systems modules

**BC5147 Physiology 2 Lab 1 credit**

This module includes application of functional concepts for the endocrine, renal and reproductive systems. Corequisites: Spring quarter integrated systems modules

**BC5150 Integrated Structure & Function Lecture/Lab 8.5 credits**

This module begins by encouraging students to establish a learning community to support their success in the naturopathic medicine curriculum. Students are required to build a framework of core principles in anatomy, histology, embryology, biochemistry and physiology. Students build a foundation of the structure and function of cells and tissues in order to predict the cellular response and adaptation to challenges. The module integrates concepts from cellular metabolism, molecular genetics, embryology and histology. The module also addresses the structure and function of the integumentary system. Lab addresses the histology of tissues and skin. Concepts in naturopathic philosophy are applied from the concurrent Naturopathic Theory and Practice 1 module, as appropriate. Lecture is taught in a hybrid-online format. Prerequisite: Admission to the naturopathic medicine program

**BC5151 Integrated Musculoskeletal Lecture/Lab 6.5 credits**

This module requires students to apply core concepts to the basic structure and function of the nervous and endocrine system. It also includes the anatomy, embryology, biochemistry, histology and physiology of the muscular and skeletal systems. Students integrate structure-function relationships of the musculoskeletal system in order to predict responses and adaptations to challenges. This module includes detailed anatomy of the limbs. Lab includes application of functional concepts. Scientific concepts for the musculoskeletal system are applied to the development of clinical skills in the Clinical Skills 1 module that is offered concurrently. Lecture is taught in a hybrid-online format. Prerequisite: Admission to the naturopathic medicine program

**BC5152 Integrated Cardiovascular and Immune Systems 5.5 credits**

This module includes the anatomy, embryology, biochemistry, histology and physiology of the cardiovascular system and blood. Students integrate the structure-function relationships of the cardiovascular system and blood in order to predict responses and adaptations to challenges. The module also includes an overview of the lymphatic system and immunity. Scientific concepts for the cardiovascular system are applied in the Clinical Skills 2 module that is taken concurrently. Lecture is taught in a hybrid-online format. Prerequisites: BC5150 and BC5151 or permission of basic sciences chair

**BC5153 Integrated Respiratory System 4.5 credits**

This module includes the anatomy, embryology, biochemistry, histology and physiology of the respiratory system. Students integrate the structure-function relationships of the respiratory system in order to predict responses and adaptations to challenges. Scientific concepts for the respiratory system are applied in the Clinical Skills 2 module that is taken concurrently. Lecture is taught in a hybrid-online format. Prerequisites: BC5150, BC5151

**BC5154 Integrated Digestive System 4.5 credits**

This module includes the anatomy, embryology, biochemistry, histology and physiology of the digestive system. Students integrate the structure-function relationships of the digestive system in order to predict responses and adaptations to challenges. Scientific concepts for the digestive system are applied in the Clinical Skills 2 module that is taken concurrently. Lecture is taught in a hybrid-online format. Prerequisites: BC5150, BC5151

**BC5155 Integrated Endocrine System and Metabolism****4.5 credits**

This module includes the anatomy, embryology, biochemistry, histology and physiology of the endocrine system with an emphasis on metabolic control. Students apply concepts of endocrine control to make predictions regarding changes in growth metabolism that influence the function of all organ systems. Scientific concepts for the endocrine system and metabolism are applied in the Clinical Skills 3 module that is taken concurrently. Lecture is taught in a hybrid-online format. Prerequisite: BC5152, BC5153, BC5154 or permission of basic sciences chair

**BC5156 Integrated Renal and Reproductive System 4 credits**

This module includes the anatomy, embryology, biochemistry, histology and physiology of the renal and reproductive systems. Students integrate the structure-function relationships of these systems in order to predict responses and adaptations to challenges. Scientific concepts for the renal and reproductive systems are applied in the Clinical Skills 3 module that is taken concurrently. Lecture is taught in a hybrid-online format. Prerequisite: BC5152, BC5153, BC5154 or permission of basic sciences chair

**BC5157 Integrated Nervous System Lecture/Lab 7 credits**

This module includes the detailed anatomy, embryology and physiology of the brain, spinal cord and spinal nerves. Students integrate structure-function relationships for both the somatic motor and autonomic divisions of the peripheral nervous system. Students also address the integrative functions of the cerebral cortex and sensory and motor pathways required to predict sensory and motor deficits that occur with specific lesions. Lab includes work with sectioned brains and applications of functional concepts. Scientific concepts for the nervous system are applied to the development of clinical skills, including testing of somatic reflexes in the Clinical Skills 3 module that is taken concurrently. Lecture is taught in a hybrid-online format. Prerequisite: BC5152, BC5153, BC5154 or permission of basic sciences chair

**BC5901, BC5902, BC5903 Independent Study variable credit**

These courses provide an opportunity for graduate students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person, the student may explore a field of study that is of personal interest and value. Prerequisite: Permission of department chair

**BC6100 Pharmacology of CHM and Drug Interactions 2 credits**

This course provides an overview of the active constituents found in commonly used Chinese herbs and their potential interactions with pharmaceuticals. It also details the *in vitro*, *in vivo* and clinical trial evidence for efficacy. Prerequisites: BC3104, BC4125

**BC6101 Integrated Immunology, Pathology and****Infectious Diseases 1****5.5 credits**

This module includes the histology, physiology and pathology of the immune system, an introduction to infectious diseases and core principles of pathology. Principles of pathology and immunology are applied in the context of cancer. Scientific concepts are applied to the development of diagnostic skills in the Naturopathic Clinical Diagnosis 1 module that is taken concurrently. Lecture is taught in a hybrid-online format. Prerequisites: Completion of all first year integrated systems modules. Corequisite: NM6310

**BC6102 Integrated Immunology, Pathology and****Infectious Diseases 2 2.5 credits**

This module includes the pathology and infectious diseases and applications of immunology to blood, skin and the musculoskeletal system. Scientific concepts are applied to the development of diagnostic skills in the Naturopathic Clinical Diagnosis 1 module that is taken concurrently. Lecture is taught in a hybrid-online format. Prerequisites: Completion of all first year integrated systems modules. Corequisite: NM6310

**BC6103 Integrated Immunology, Pathology and****Infectious Diseases 3 3 credits**

This module includes the pathology, infectious diseases and applications of immunology to the cardiovascular system. Scientific concepts are applied to the development of diagnostic skills in the Naturopathic Clinical Diagnosis 2 module that is taken concurrently. Lecture is taught in a hybrid-online format. Prerequisites: BC6101, BC6102. Corequisite: NM6311

**BC6104 Integrated Immunology, Pathology and****Infectious Diseases 4 4 credits**

This module includes the pathology, infectious diseases and applications of immunology to the respiratory and digestive systems. Scientific concepts are applied to the development of diagnostic skills in the Naturopathic Clinical Diagnosis 2 module that is taken concurrently. Lecture is taught in a hybrid-online format. Prerequisites: BC6101, BC6102. Corequisite: NM6311

**BC6105 Integrated Immunology, Pathology and****Infectious Diseases 5 4 credits**

This module includes the pathology, infectious diseases and applications of immunology to the renal and reproductive systems. Scientific concepts are applied to the development of diagnostic skills in the Naturopathic Clinical Diagnosis 3 module that is taken concurrently. Lecture is taught in a hybrid-online format. Prerequisites: BC6103, BC6104. Corequisite: NM6312

**BC6106 Integrated Immunology, Pathology and****Infectious Diseases 6 2 credits**

This module includes the pathology, infectious diseases and applications of immunology to the endocrine and nervous systems. Scientific concepts are applied to the development of diagnostic skills in the Naturopathic Clinical Diagnosis 3 module that is taken concurrently. Lecture is taught in a hybrid-online format. Prerequisites: BC6103, BC6104. Corequisite: NM6312

**BC6134 Advanced Living Anatomy 1 credit**

This course combines Western anatomy with advanced acupuncture point locations to enhance clinical skills and outcomes. The course uses musculoskeletal anatomy through lecture, palpation and the study of cadavers. Anatomical connections to advanced acupuncture point location are reinforced in both surface anatomy and in the required weekly cadaver laboratory. Prerequisites: BC3134, admission to DAOM program or permission of AOM Dean

**BC7101 Pathology of Cancer****3 credits**

This course provides a biomedical overview of cancer in terms of biology, etiology, staging and progression. The coursework provides the allopathic framework from which clinical care is derived. The course also provides students with a more sophisticated understanding of the paradigm of Western oncology care, which, in turn, ultimately enhances patient care and treatment strategies. Prerequisite: Admission to DAOM program, or one of BC5132 or BC6202, or permission of AOM dean or instructor

**BC7105 Pharmacology of Cancer Therapeutics 3 credits**

This course provides a foundation for understanding the pharmacological agents used in cancer treatment. Topics include primary medications used in oncology as well as secondary medication to address side effects of treatment. Pharmacological management of medicating for depression/anxiety are also covered. Prerequisites: Admission to DAOM program, or one of BC5132 or BC6305, or permission of AOM dean or instructor

**BC7300 Pharmacology 1****1 credit**

Pharmacology related to neural and endocrine disorders integrated into nervous and endocrine system modules. Prerequisite: NM6302. Corequisites: NM7318, NM7319, NM7321

**BC7301 Pharmacology 2****1 credit**

Pharmacology related to cardiovascular, respiratory, and digestive system disorders and integrated into systems modules. Corequisites: NM7322, NM7323, NM7324

**BC7302 Pharmacology 3****1 credit**

Pharmacology related to renal and reproductive system disorders and integrated into systems modules. Corequisites: NM7328, NM7329, NM7331

**BC9104 Immunology****4 credits**

This course explores the normal mechanisms by which the immune system protects against disease-causing agents. The focus is on the basic concepts of human immunity, including nonspecific and specific host defenses. Prerequisite: BC3152 or permission of instructor

**BC9105 Laboratory Research****2 credits**

This laboratory course is designed to enable students to learn basic experimental techniques used in preclinical biomedical research studies. Prerequisites: One year of biology or equivalent (to be assessed and approved by instructor) and one year of chemistry or equivalent. Students must take the bloodborne pathogen safety training prior to start of class. Contact the safety coordinator for upcoming dates.

**BC9106 Human Biology & Toxicology****3 credits**

This course introduces the biochemical, cellular and physiologic responses of human tissues to toxic doses of chemicals and radiation. Prerequisite: BC3152, BC3147 or permission of instructor

**BC9107 Virology****3 credits**

This course introduces the molecular biology of animal viruses and examines virus-host relationships, including viral pathogenesis. Unusual infectious agents including viroids and prions are also studied. Prerequisite: BC4100 or permission of instructor

**BC9108 Pathophysiology 3 credits**

This course assesses the biological basis for disease. The course focuses on the mechanisms by which disruption of normal homeostatic mechanisms result in the development of many common disease states. Prerequisite: BC4153 or permission of instructor

**BC9112 Advanced Topics in Human Biology 1 credit**

This is a seminar course with a focus on current topics related to human biology. Students read and discuss current research papers. Prerequisite: BC4153

**BC9114 Natural Products 2 credits**

This course covers the mechanism of action, constituent compositions, classification and the biosynthetic pathways of relevant constituents in natural products (secondary metabolites of plants, fungi or marine organism). Methods of standardization and quantification as well as the chemical ecology of natural products are discussed. Prerequisite: BC3123 or equivalent

**BC9115 Drug/Herb Interactions 2 credits**

This course examines herb/ supplements and drug interactions. The course examines herbs that can be used for specific pathological conditions (ulcers, depression, anxiety, etc.) and then looks at the possible drug interactions that may occur. Specific emphasis is placed on mechanisms and the *in vitro* and clinical trial data on botanicals. Prerequisites: BC6305 for NM students; BC4125 for AOM students. Open to students who have completed a pharmacology course and to practicing pharmacists.

**BC9117 Advanced Lab Research Methods 2 credits**

This two-credit laboratory course is for individuals who have completed the basic Laboratory Research course. In this course, with appropriate guidance from the instructor, the goal is for the student to design and carry a small research project to completion. Prerequisite: BC9105 or permission of instructor. Students must take the bloodborne pathogen safety training prior to start of class. Contact the safety coordinator for upcoming dates.

**BC9119 Directed Study Research 0-5 credits**

Students complete an original research project under the supervision of a previously approved faculty mentor or external advisor. The research proposal for the project is completed in the Introduction to Research Proposals course. Students are required to present the results of the study to the Bastyr community. May be repeated with permission of departmental committee. Prerequisite: Approval of a departmental committee

**BC9801 Internship 0-5 credits**

Students complete a supervised work experience with a previously approved business firm, clinic or governmental agency. Students are required to present a summary of the internship experience to the Bastyr community. May be repeated with permission of departmental committee. Prerequisite: Approval of a departmental committee

# BOTANICAL MEDICINE

Sheila Kingsbury, ND, RH (AHG), Department Chair

**BO2101 Introduction to Botany Lecture/Lab 3 credits**

In introducing students to plant science, this course encompasses the study of plants from the molecular to the ecosystem level. Topics include cellular biology, morphology, physiology, classification and evolutionary relationships, life cycles, and introductory ecology. The course emphasizes the importance of plants and their products in the life of the planet and the interdependence of all living things. Prerequisite: College-level biology

**BO3103 Botany 1 Lecture/Lab 3 Credits**

This course expands upon basic concepts of botany as they relate to the herbal sciences. It explores plants as a kingdom with unparalleled importance for the rest of planetary life and presents important concepts from botanical disciplines, including plant identification, plant physiology, economic botany, ethnobotany, ecology and plant genetics. Prerequisite: BO2101

**BO3105 Plant Identification Lecture/Lab 3 credits**

This course develops plant taxonomy and morphology skills. Students learn distinguishing plant family characteristics and the use of a dichotomous key for identification. Basic life cycles of major plant groups are studied in relation to habitat, seasonal changes and climate impact. Outdoor field work, live plant laboratory study and herbarium samples are utilized to aid in developing identification skills. Prerequisites: BO3103, BO3108, BO3114

**BO3108 Introduction to Herbal Sciences Lecture/Lab****3 credits**

As the beginning of the Herbal Sciences foundational coursework, Introduction to Herbal Sciences introduces students to diverse aspects of herbalism including current sociopolitical and legal trends, ethics, sustainable plant conservation, herbal terminology and preparations, manufacturing and retail site visits, and forest, field and garden herb walks. Prerequisite: Admission into herbal sciences program

**BO3114 Herbal Preparations 3 credits**

This course presents the pharmacy of herbal medicine where the focus is on preparations from plants to products. This is a medicine-making lab. Students participate hands-on in the making of preparations for internal and topical use, including infusions and decoctions, tinctures, and other extracts, creams and ointments, compresses, poultices, suppositories and more. Local plant identification and harvesting techniques and practices are incorporated. Prerequisite: BO3108

**BO3115 Herbal Medicine History and Traditions****2 credits**

World herbalism is the focus of this course, introducing students to diverse cultures of herbal practices. Systems to be studied include Native American, Shamanic, Ayurvedic, TCM, Physio-medical and Eclectic, Unani and Tibetan. The energetic aspects of herbs, including quantum physics, doctrine of signature and plant spirit medicine are explored. Prerequisite: BO3114 or permission from the department

**BO4100 Herbs and Food 3 credits**

This course surveys diverse topics regarding herbs and food, with attention to the cultural and dietary evolution of herbal usage, herbal sources of primary nutrients, and the role of digestion, emphasizing herbal influences. Students gain an understanding of how to grow, harvest and utilize herbs to best obtain and maintain the highest nutrient availability. Prerequisites: BC3124, BC3163, BC4140, BO3114 or BO6303 or BO9514

**BO4102 Research Methods for Herbal Sciences 2 credits**

This course is an introduction to research methods. Included are the basic concepts of scientific methods, epidemiology and research methodology. Students practice applied research skills such as use of the library and Internet and evaluation of research literature. Prerequisites: BC3124, BC3161, BO3103, BO3108

**BO4103 Botany 2 Lecture/Lab 3 credits**

This course deepens the botanical knowledge of students by presenting selected topics in advanced botany. It presents plant development, and classic and modern methods of plant propagation. Students explore plant constituents in depth, including the classes of plant hormones and plant toxins, their roles in plants and humans, as well as the various groups of secondary plant substances that generate unique plant colors, spices, fragrances and medicine. Prerequisites: BO3103, BO3105, BO3114

**BO4107 Materia Medica 1 for Herbal Sciences****Lecture/Lab 5 credits**

This course is the introduction to the materia medica series, taught with a foundation in plant taxonomy and pharmacognosy. The plant family structure acts as a mapping for learning nomenclature, energetics, folklore, chemical constituents, medicinal applications, pharmacy, toxicology and safety factors of chosen botanicals. Key actions of the herbs are explored based on several world herbal models, and the science and art of formulating are developed. Prerequisites: BC3163, BC4140, BO3105, BO3114

**BO4108 Materia Medica 2 for Herbal Sciences****Lecture/Lab 5 credits**

Materia Medica 2 is a continuation of the study of materia medica with an emphasis on a different set of botanical families through lecture, lab and experimentation. See description of BO4107. Prerequisite: BO4107

**BO4109 Materia Medica 3 for Herbal Sciences****Lecture/Lab 5 credits**

Materia Medica 3 is a continuation of the study of materia medica with an emphasis on a different set of botanical families through lecture, lab and experimentation. See description of BO4107. Prerequisite: BO4108

**BO4111 First Aid for Herbalists 2 credits**

This class covers a wide range of first aid situations, including safety protocols, acute-care scenarios, pain remedies, materia medica, infections, allergies, preparing a first aid kit, commonly found first aid plants, injuries and wounds, burns, food and water sickness, animal bites and stings, and other first aid circumstances. Prerequisite: BO3114 or permission from department

**BO4112 Northwest Herbs 1 credit**

This is a field and lab course focusing on the plants of the Pacific Northwest. This class focuses on plant recognition and identification, botany, ethnobotany and medicinal application of the plants found in the outdoor classroom of the Bastyr University campus. The class is primarily an outdoor field class, exploring all the new growth of the spring season, with some lab sessions to work with preparations of the plants being studied. It is a good companion class to Plant Identification as it reinforces the skills being learned in the laboratory. Prerequisites: BO3114 or permission from instructor

**BO4119 Pharmacognosy for Herbal Sciences 2 credits**

This course looks at the chemistry of secondary metabolites in medicinal plants, algae and fungi. This chemical knowledge is then used to construct an understanding of real-world applicability in areas such as extraction techniques, medicinal activities and nutritional aspects in an active-learning environment. Prerequisites: BC4140, BO3108

**BO4122 Test Methods for Botanical Authentication****Lab 2 credits**

This course develops the ability of the student to identify and evaluate the authenticity and quality of raw herbal material. Organoleptic skills, involving the senses of sight, touch, smell and taste, are explored along with microscopic identification and interpretation of assay and spec sheets. Chromatographic analysis is introduced. Prerequisites: BC4140, BO3105, BO3114

**BO4123 Soil Ecology 1 credit**

This course focuses on the interaction of the soil-food-web, the diversity of soil organisms (bacteria protozoa, fungi, animals, plants) in natural and managed ecosystems; roles in primary metabolism; nutrient cycling; decomposition and reclamation; and responses to environmental change. Explore soil testing methods, and soil building techniques including cover crops, mulching, composting, vermiculture and use of compost teas. Prerequisite: None

**BO4124 Introduction to Biodynamic Agriculture****2 credits**

This course explores the comprehensive and cosmological methods behind the biodynamic farming movement inspired by Rudolf Steiner. A lab component includes the preparation and use of various biodynamic foliar sprays, compost preparations, and associated practices that contribute to soil health and stimulate plant vitality while enhancing the overall nutritional quality of food crops. An overview of requirements for biodynamic certification and ongoing research demonstrating the ecological benefits of biodynamic agriculture are provided. Prerequisite: None

**BO4125 Introduction to Herb/Drug Interaction****2 credits**

This course takes the pharmacokinetics and pharmacology of the herbs and drugs and reviews potential interactions and the postulated mechanisms. Students review the literature of documented herb/drug interactions and critically analyze these reports. Prerequisites: BC3163, BC4115, BC4140, BO4102, BO4108, BO4119

**BO4127 Mycology****1 credit**

This course focuses on the ecological role of mushrooms in building and maintaining an edible landscape. An overview of mushroom cultivation techniques is provided. Learn about mycoremediation and mycofiltration and how mushrooms can be used to transform toxic wastes into less harmful substances, augmenting environmental degradation. Prerequisite: None

**BO4128 QAQC - Quality Assurance/Quality Control****Lecture/Lab****2 credits**

This course combines analytical rigor of quality control with the whole-system aspects of quality assurance in an industry context. Students experience quality assurance practice in a problem-based format relating to the herbal industry. They explore QA as an attitude, a way of working, which not only improves businesses but the way people work and live. The lab emphasizes the practice of QC procedures and protocols through a comparison of herbal products using analytical equipment and methodology, including GC, HPLC and spectrophotometry. Prerequisites: BC4104, BO4107, BO4122

**BO4129 Ethnobotany****2 credits**

This course is designed to introduce the basis of ethnographic methodology. It explores the world and different cultures, people's past and present use of plants, food, medicine, shelter, clothing, etc. Various regions are discussed and contrasted from anthropological and historic perspectives. Indigenous guests are invited to represent their ways of life. Prerequisite: None

**BO4131 Permaculture 1 Lecture/Lab****3 credits**

This course introduces the concept of permaculture design and its role in integrating sustainable, regenerative systems into any landscape. Students learn how the core set of permaculture design principles and ethics guides every step of the design process — bringing in natural patterns, utilizing ecological principles, connecting design elements with function and utilizing natural energy sources. A lab explores pattern recognition, reading the landscape, flow diagrams, zone and sector analysis, data collecting, basic drafting skills, mapping and design exercises. Prerequisite: Admission into the holistic landscape design certificate program or permission of the program chair

**BO4132 Permaculture 2 Lecture/Lab****3 credits**

This course focuses on how energy flows through natural systems, creating bio-geographical climate types and global weather patterns. Students learn about analogue climates, renewable energy systems, appropriate technology and permaculture design strategies specific to various climate types. Emphasis is on permaculture strategies for water management in rural or urban system. A lab introduces keyline systems and earthworks, practical ways of assessing slope and techniques for trapping and storing energy. Winter tree pruning and grafting techniques are also introduced. Prerequisite: BO4131

**BO4133 Permaculture 3 Lecture/Lab****3 credits**

This course focuses on land use systems for achieving self-reliance by integrating cultivated ecosystems, permaculture design techniques and agroforestry practices. Topics include establishing and maintaining medicinal and edible food forests; animals and insects in permaculture systems; wildlife management and agroforestry practices including windbreaks, hedgerows and alleycropping, silvopasture, riparian buffers and forest farming. A lab explores practical elements plant guild assembly, orchard design, forest management, animal husbandry and beekeeping. Prerequisite: BO4132

**BO4134 Organic Seed Production****1 credit**

Collecting seed from superior plant stock has been practiced for thousands of years, resulting in higher yields and bio-regionally adapted plants. This course provides an overview of seed physiology and explores the importance of seed banks, as well as participatory plant breeding projects. Students learn the processes of preserving valuable genetic material — seed harvesting, seed cleaning/extraction, storage, viability and record keeping. Seed types, isolation distances and practical breeding techniques are discussed. Prerequisite: None

**BO4135 Organic Greenhouse & Nursery Management****1 credit**

This course provides an overview of important techniques to insure plant health from seed to market. Through hands-on experience, students learn about plant propagation techniques, plant selection, potting media for various plant types and ways to balance the elements of soil, air, light, moisture and heat in the greenhouse. Ideas for establishing and maintaining a small scale landscape or market nursery are explored through site visits and guest instructors. Prerequisite: BO4144

**BO4137 Horticultural Research and Grant Writing****1 credit**

This course reviews how to pursue and participate in horticultural research and how techniques learned throughout this program can be applied in research studies. Grant writing basics are also taught with a focus on how to apply for grant funding for horticultural research or permaculture projects. Prerequisite: None

**BO4138 Biointensive IPM & Plant Health 2 credits**

Explore the principles and applications of biointensive integrated pest management (IPM), which integrates ecological and economic factors into agricultural system design and management. The primary goal of biointensive IPM is to provide guidelines and options for effectively managing pests and beneficial organisms in an ecological context and addresses public concerns about environmental quality and food safety. Signs and symptoms of plant deficiencies and diseases are examined and treated with appropriate organic inputs in order to restore balance to the soil, shifting the disease state. Prerequisite: None

**BO4139 Permaculture in a Global Context 1 credit**

This course explores social permaculture and the invisible structures that either support or degrade human settlements. Students learn ways in which permaculture principles and ethics can be utilized to cultivate sustainable communities and cooperative economies. Topics include design models and strategies for developing broad-scale urban and village systems, ways to retrofit existing urban environments, strategies for circumventing natural disasters, and the dynamics of cultivating community — consensus building, community wellness, food security, grafting community knowledge and resources, community-scale industry, cooperative legal systems, land access strategies, land restoration, and earthworks. Prerequisite: BO4133

**BO4141 Medicinal & Edible Plants in the Landscape 1 credit**

This course explores the many attributes of a wide variety of medicinal and edible plants that add beauty and utility in cultivated landscapes. Propagation, cultivation, environmental tolerances and harvesting methods are discussed with an additional emphasis on the therapeutic properties of the plants. Emphasis is on deciduous and evergreen trees. Prerequisite: Admission into the holistic landscape design certificate program or permission of the program chair

**BO4142 Medicinal & Edible Plants in the Landscape 2 credits**

This course explores the many attributes of a wide variety of medicinal and edible plants that add beauty and utility in cultivated landscapes. Propagation, cultivation, environmental tolerances and harvesting methods are discussed with an additional emphasis on the therapeutic properties of the plants. Emphasis is on shrubs and woody perennials. Prerequisite: BO4141

**BO4143 Medicinal & Edible Plants in the Landscape 3 credits**

This course explores the many attributes of a wide variety of medicinal and edible plants that add beauty and utility in cultivated landscapes. Propagation, cultivation, environmental tolerances and harvesting methods are discussed with an additional emphasis on the therapeutic properties of the plants. Emphasis is on herbaceous annuals and perennials. Prerequisite: BO4142

**BO4144 Horticultural Business Practices 1 credit**

This course explores the niches available for permaculture landscape designers with a medicinal and edible plant focus. A panel of local horticultural business owners (herbalists, permaculturists and horticulturists) share their experiences and expertise. Students learn about local CHLD practicum sites through site visits and presentations. Business models for growing and harvesting medicinal plants, establishing a medicinal plant nursery or creating value-added products are explored, plus an introduction to practices essential for operating and managing a successful horticultural business. Prerequisite: None

**BO4150 Research Applications 1 credit**

This is the final course in a series of research and analytical testing methods courses designed for the herbal sciences program. This course allows the application of the knowledge previously gained by giving students the chance to propose a QAQC testing project and to complete it and present the results to their peers. Prerequisite: BO4128

**BO4801 Herbal Sciences Practicum 1 credit**

This course introduces students to the practical application of herbal knowledge. Possible practicum sites include herbal product manufacturers, growers and wildcrafters, herbal researchers, practitioners, and educators. Evaluation based on successful completion of hours, self evaluation, site evaluation of student and brief presentation to cohort. Prerequisite: Completion of the first quarter and concurrent enrollment in the second quarter of the herbal sciences curriculum

**BO4810 Holistic Landscape Design Practicum 1 credit**

This course provides the opportunity to design and implement a hands-on project that demonstrates and integrates elements of permaculture design with other tools and concepts gained from the CHLD curriculum. Students work in teams to design and develop a practical, sustainable and bountiful permaculture landscape design that reflects an understanding of the site and the needs of the client. Teams are expected to analyze and assess the site, establish goals and timelines for the project, create base maps and overlays as well as estimated budgets and expenses. Prerequisite: BO4132

**BO6305 Botanical Medicine Lab 1 credit**

This course teaches students botanical terminology and the basics of pharmacognosy. Students are trained in organoleptic and other assessment tools pertaining to quality of plants and plant products. Students are taken from fresh plant harvest to production and storage of herbal products and learn the variety of medicine making techniques used in industry as well as in smaller clinic settings. Prerequisite: Admission to the naturopathic medicine program



**B06901, B06902, B06903 Independent Study****variable credit**

A student may contract with a botanical medicine faculty member or approved faculty or professional to do an in-depth study in an area not covered in the botanical medicine curriculum. The independent study may include pre-approved botanical medicine research projects or studies in traditional herbal medicine. Prerequisites: B06305 and permission of department chair

**B07305 Botanical Medicine Formulation Lab 1 credit**

This lab course follows the initial three materia medica course series taught in the second year of the ND program. Students, having been introduced to the majority of the western herbal medicines, now learn how to formulate and create those medicines for cases structured to match the year-three modules. This course teaches formulation skills and case-based medicine making for musculoskeletal conditions. Corequisites: NM7310 or permission of the dean or chair of program

**B07306 Botanical Medicine Formulation Lab 2 1 credit**

This course is a continuation in the series of advanced botanical medicine formulation and case-based medicine making. This course focuses on the nervous system, endocrine and mental health conditions. Corequisites: NM7321, NM7319, NM7318; or permission of the dean or chair of program

**B07307 Botanical Medicine Formulation Lab 3 1 credit**

This course is a continuation in the series of advanced botanical medicine formulation and case-based medicine making. This course focuses on gastrointestinal, cardiac, hematological and respiratory conditions. Corequisites: NM7322, NM7323, NM7324 or permission of dean or chair of program

**B07308 Botanical Medicine Formulation Lab 4 1 credit**

This course is a continuation in the series of advanced botanical medicine formulation and case-based medicine making. This course focuses on female and male reproductive and urological conditions. Corequisites: NM7328, NM7329, NM7331 or permission of dean or chair of program

**B07901, B07902, B07903 Independent Study****variable credit**

A student may contract with a botanical medicine faculty member or approved faculty or professional to do an in-depth study in an area not covered in the Bastyr curriculum. The independent study may include pre-approved botanical medicine research projects or studies in traditional herbal medicine. Prerequisites: B07305 and permission of department chair

**B08301 Botanical Medicine Formulation Lab 5 1 credit**

This course is a continuation in the series of advanced botanical medicine formulation and case-based medicine making. This course focuses on advance case topics. Corequisites: NM8304, NM8305, or permission of dean or chair of program

**B08901, B08902, B08903 Independent Study variable credit**

A student may contract with a botanical medicine faculty member or approved faculty or professional to do an in-depth study in an area not covered in the Bastyr curriculum, or to participate in a botanical medicine research project. The independent study may include pre-approved botanical medicine research projects or studies in traditional herbal medicine. Prerequisites: B07305 and permission of department chair

**B09100 Herbal Medicine Making for All (lab) 1 credit**

This course is an introduction to herbal medicine making and applications. The class is designed for interested students and staff, especially for those students whose programs do not offer classes in herbal medicine and for those who want to have hands-on experience in the lab learning about herbs and herbal preparation. The class introduces home remedies in the form of tinctures, teas, infused oils, salves, creams, poultices, hydrosols, steams and bath salts. Prerequisite: None, however students in the Herbal Sciences or ND program cannot use this course toward their elective requirement

**B09104 Organic Gardening 2 credits**

The goal of this class is to give students the knowledge and skills necessary to design and implement a perennial or annual organic garden. Topics explored include soil fertility, garden cultivation, transplanting and direct seeding, irrigation principles, composting, pest and weed management, soil testing, and social and environmental issues in agriculture. Prerequisite: None, however students in the CHLD program cannot use this course toward their elective requirement

**B09112 Plants in Ceremony: An Exploration of****Yourself****2 credits**

This course is a three-day exploration of the state of spirit and soul through the use of plants in ceremony. It includes both individual and group evaluation of who you are, where you come from, what you have and want to experience. The class takes each individual and the group into sacred space to access and facilitate an experience of deep healing. Plant spirits, masks, drumming, toning, chanting and the use of herbs both internally and externally are the tools for growth and change. Prerequisite: None

**B09115 Herbs and Ayurvedic Medicine 2 credits**

This course engages the student in a "process-centered" approach to Ayurvedic botanical medicine, focusing on therapeutic objectives and herbal actions. The class discusses case strategy and the role of individual Ayurvedic herbs, Ayurvedic polyherb formulas and herb actions from the Ayurvedic perspective. Each section of materia medica includes an Ayurvedic overview of the system/function, Ayurvedic energetics, A and P review, Ayurvedic pathology and herbal properties used in treatment of that system. Prerequisite: None

**BO9116 Cascade Herb Experience 2 credits**

This three-day herbal medicine field course is designed to introduce students to recognizing and wildcrafting native plant species in the North Cascades. The weekend includes ethical wildcrafting as well as identifying plants, medicine making and harvesting from cultivated gardens. This camping experience includes a medicine-making workshop, group meals and several field sojourns to explore various habitats and ecosystems. The activity fee covers tent camping fees and food. Prerequisite: BO3114, BO6305 or BO9100

**BO9118 Herbal Medicine in Italy 3 credits**

This course combines herbal medicine and Italian culture. Throughout two weeks in Italy, students learn the history and medical applications of plants, explore cultivated and wild fields, and visit herbal manufacturers. The course utilizes the facilities and museum of the Italian herb company Aboca and the University of Salerno. Students are responsible for their airfare to Italy and personal expenses. The student fee covers group accommodations, transportation, one meal per day and any group events. A nonrefundable deposit is required upon registration. Prerequisite: None

**BO9119 Clinical Pharmacology 2 credits**

This course reviews the secondary metabolites in plants, algae and fungi that are fundamental to their medicinal activities. This information is presented in a clinically relevant manner, as opposed to focusing solely on the chemistry of the compounds. Major classes of constituents including terpenoids, phenylpropanoids, resins, glycosides, alkaloids and saponins are discussed. Prerequisite: BC4140 or BC5106 and BC3163 or BC5145 and BO4107 or BO5301

**BO9121 Botanical Studies in Costa Rica 3 credits**

This botanical field course combines herbal medicine, Latin American culture and holistic land stewardship. Over 10 days, students explore botanical medicine in the jungle canopy, rivers, mountains and ocean beaches. The class visits herbal farms, preservation gardens, jungle wilderness, and sustainable communities, and interacts with folk herbalists from the abuelo's generation, as well as world-renowned, modern permaculturists. Students are responsible for their airfare to Costa Rica and personal expenses. The student fee covers all meals, accommodations, transportation and all group events. A nonrefundable deposit is required upon registration. Prerequisite: None

**BO9127 Herbal Medicine Throughout Oregon****3 credits**

This is an eight-day field course, touring the variety of herbal growing and manufacturing facilities throughout western Oregon. Students explore the production of herbal medicines from seed to final products, including plant identification, cultivation, manufacturing processes and clinical applications of medicinal plants. A nonrefundable deposit is required upon registration. Prerequisite: None

**BO9128 Plant Identification and Medicinal Field****Botany 3 credits**

This elective class combines morning classroom study and afternoon field trips to introduce plant taxonomy and morphology. Key characteristics distinguishing native plant families, the use of a dichotomous key to identify NW plants, and life cycles of each major plant group are taught. Afternoon field trips to mountains, forests and parks emphasize plant identification topics as well as medicinal aspects of plants. Field trips include four hours on site plus one-two hours travel time before and after class. Prerequisite: College Biology

**BO9129 Island Herb Experience 2 credits**

This three-day course focuses on medicinal plants and sea plants in their natural habitat, studying plant identification, botany, properties, ecology, harvesting and lore. Students have the opportunity to gather wild herbs and sea plants and prepare tinctures and other medicines. Prerequisite: None

**BO9302 Flower Essences 2 credits**

"Disease will never be cured or eradicated by present materialist methods, for the simple reason that disease in its origin is not material." (Dr. Edward Bach, 1931). Flower essences — subtle extracts still made from many of the original plants found in the region of Dr. Bach's home in England — are used to address issues of emotional well-being, soul development and mind/body health. This elective is an introductory course in the origins, nature and therapeutic use of the Bach Flower Remedies. Prerequisite: None

**BO9306 Clinical Formulations and Applications of****Botanical Medicine 1 credit**

In this course students learn how to use botanical formulations for specific common clinical conditions. Botanicals are grouped by condition and offer specific formulas and applications that are most effective for specific ailments. Students learn how to mix essential oils and other liquid extracts, which liquid extracts are incompatible, how to use toxic herbs as low-dose formula activators, and how to make formulas taste good. Prerequisite: BO4107 or BO6301

**BO9401 Foundations of Aromatic Medicine 1 credit**

This class creates a dynamic that clearly integrates the uses of essential oils within traditional herbal medicine. In this two-day intensive, the student is guided to understand and utilize the world of aromatic medicine. An understanding of major functional chemistry groups, aldehydes, esters, ketones, monoterpenes alcohols, phenols, etc., and clinical application is included. Materia medica of 11 primary essential oils is studied. Prerequisite: None

**BO9405 Introduction to Gemmotherapy 2 credits**

This course unfolds the principles of gemmotherapy as a phytotherapeutic method of drainage. Included are the preparation, posology and safety issues when using these plant stem cell therapies, as well as the phytochemical analysis of the gemmos. An overview of the 50 primary remedies gives details about each remedy through organ system affinity. Clinical applications are included each week through case study analysis. Prerequisite: None. Open to all students interested in the study of gemmotherapy, but class is taught at a clinical level.

**BO9543 Asian Medicinal Plant Horticulture 1 credit**

The wide variety of plants used in traditional East Asian medicine makes them a rich source of biodiversity for the landscape. Domestic cultivation of these species may have long-term income potential for growers and landowners. In this course, students will examine groups of Asian species in terms of their family relationships, including native North American species, as well as their ecology and function in the landscape. Basic principles of horticulture including propagation, planting and harvesting will be taught using specific examples from each group of plants. Related issues, including conservation and marketing will be addressed. Prerequisite: None

## CHINESE HERBAL MEDICINE CERTIFICATE

For acupuncture and Oriental medicine courses, see alphabetical listings beginning with OM. A grade of C or higher is required to pass all AOM/CCHM courses.

**CH5901, CH5902, CH5903 Independent Study****variable credit**

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in Chinese herbal medicine of personal interest and value. Prerequisite: Permission of dean

**CH6105 Chinese Herb Preparations 1 credit**

This course provides students with hands-on experience in cooking and preparing Chinese herbal preparations. The course covers various ways to prepare decoctions; preparation of pills, powders and granules; topical applications and further refinement of moxa based products. Prerequisite: CH6423

**CH6408 Chinese Herbal Therapeutics 1 4 credits**

This course is part of a four-quarter series covering the therapeutic clinical applications of Chinese herbal medicine. This first course covers a variety of common internal medicine conditions, including respiratory, cardiovascular, gastrointestinal, genitourinary and endocrine conditions. Prerequisites: CH6431, CH6432

**CH6409 Chinese Herbal Therapeutics 2 4 credits**

This course is part of a four-quarter series covering the therapeutic clinical application of Chinese herbal medicine. This second course focuses on gynecology, obstetrics and pediatric diseases. Prerequisites: CH6431, CH6432

**CH6410 Chinese Herbal Therapeutics 3 4 credits**

This course is part of a four-quarter series covering the therapeutic clinical applications of Chinese herbal medicine. This third course focuses on eye/ear, nose, throat and dermatology, as well as an overview of sexually transmissible diseases. Prerequisites: CH6431, CH6432

**CH6411 Chinese Herbal Therapeutics 4 4 credits**

This course is part of a four-quarter series covering the therapeutic clinical applications of Chinese herbal medicine. This fourth and final course covers musculoskeletal and connective tissue conditions, including acute sports injury, with focus on internal and external applications for pain, burns and trauma. Prerequisites: CH6431, CH6432

**CH6421 Chinese Materia Medica 1 4 credits**

This course is part of a three-quarter series covering the Chinese materia medica. This first quarter focuses on herbs that release the exterior, quell fire, cool blood, drain dampness, drain downwards, dispel wind dampness and release food stagnation. Prerequisite: Admission into MSAOM or CCHM program

**CH6422 Chinese Materia Medica 2 4 credits**

This course is part of a three-quarter series covering the Chinese materia medica. This second quarter focuses on herbs that clear heat and relieve toxicity, clear deficient heat, clear summer heat, transform phlegm, relieve coughing and wheezing, regulate qi, promote the movement of qi, invigorate blood, transform congealed blood, stop bleeding and warm the interior/expel cold. Prerequisites: Admission into MSAOM or CCHM program, CH6421 or permission of instructor

**CH6423 Chinese Materia Medica 3 4 credits**

This course is part of a three-quarter series covering the Chinese materia medica. This third quarter focuses on herbs that tonify qi, tonify the blood, nourish the yin, tonify the yang, calm the spirit, expel wind, stabilize and bind, open the orifices, and expel parasites and substances for external application. Prerequisites: Admission into MSAOM or CCHM program, CH6422 or permission of instructor

**CH6431 Chinese Herbal Medicine Formulations 1 4 credits**

This course is part of a two-quarter series covering the foundation formulas in Chinese herbal medicine. This first class focuses on formulas that release the exterior, quell fire, cool blood, drain downward, drain dampness, dispel wind damp, release food stagnation, clear heat and relieve toxicity, clear summer heat, transform phlegm, relieve cough/wheeze and regulate qi. Prerequisites: CH6421, CH6422 and CH6423

**CH6432 Chinese Herbal Medicine Formulations 2 4 credits**

This course is part of a two-quarter series covering the foundation formulas in Chinese herbal medicine. This second class focuses on formulas that promote the movement of qi, invigorate the blood, congeal blood and stop bleeding, warm the interior/expel cold, tonify the qi, tonify the blood, nourish yin, tonify yang, calm the spirit, expel wind, stabilize and bind, open orifices, expel parasites and external applications. Prerequisite: CH6431

**Chinese Herbal Medicine Clinic 1-8**

Students enrolled in the MSAOM or CCHM programs are eligible to take clinic shifts in Chinese herbal medicine, under the supervision of licensed acupuncturists. Students may take the CH6831 and CH6832 CHM Dispensary shifts at any time in the MSAOM or CCHM program. At a minimum, students must be enrolled in the Chinese Herbal Therapeutics course series in order to be eligible for CHM clinic intern status.

**CH6803 CHM Clinic 1 2 credits**

See description above. Prerequisites: CH6408 (may be concurrent) and admission into MSAOM or CCHM program

**CH6804 CHM Clinic 2 2 credits**

See description preceding CH6803. Prerequisite: CH6803

**CH6805 CHM Clinic 3 2 credits**

See description preceding CH6803. Prerequisite: CH6804

**CH6806 CHM Clinic 4 2 credits**

See description preceding CH6803. Prerequisite: CH6805

**CH6807 CHM Clinic 5 2 credits**

See description preceding CH6803. Prerequisite: CH6806

**CH6808 CHM Clinic 6 2 credits**

See description preceding CH6803. Prerequisite: CH6807

**CH6809 CHM Clinic 7 2 credits**

See description preceding CH6803. Prerequisite: CH6808

**CH6810 CHM Clinic 8 2 credits**

See description preceding CH6803. Prerequisite: CH6809

**Herbal Medicine Clinic in China 1-4**

Students in good academic standing are encouraged to apply for advanced studies in China. Currently, Shanghai University of TCM and Sichuan Integrated Hospital of Eastern and Western Medicine are the main sites for Bastyr herbal clinical experiences. For more information and an application, see the AOM China Studies link on MyBU. The clinic in China is an eight (8) credit experience to be applied toward MSAOM or CCHM clinic requirements and/or elective credit. These credits may not be audited.

**CH6821 Clinic in China 1 2 credits**

See description above. Prerequisite: Permission of dean

**CH6822 Clinic in China 2 2 credits**

See description preceding OM6821. Prerequisite: Permission of dean

**CH6823 Clinic in China 3 2 credits**

See description preceding OM6821. Prerequisite: Permission of dean

**CH6824 Clinic in China 4 2 credits**

See description preceding OM6821. Prerequisite: Permission of dean

**CHM Dispensary**

Students are required to do two (2) CHM dispensary shifts in the clinic. The shifts can be taken at any time once a student has begun the herbal curriculum. It is recommended that students complete at least one dispensary shift prior to starting as a student herbal clinician.

**CH6831 CHM Dispensary 1 2 credits**

See description above. Prerequisite: Admission into MSAOM or CCHM program

**CH6832 CHM Dispensary 2 2 credits**

See description preceding CH6831. Prerequisite: Admission into MSAOM or CCHM program

**CH6901, CH6902, CH6903 Independent Study variable credit**

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in Chinese herbal medicine of personal interest and value. Prerequisite: Permission of dean

**Chinese Herbal Medicine Clinic 1-4 Elective**

Students have the opportunity to take elective shifts in Chinese herbal medicine with approval of the dean.

**CH9801 CHM Dispensary Elective 2 credits**

See description above. Prerequisite: Permission of dean

**CH9802 CHM Elective Shift 2 credits**

See description preceding CH9801. Prerequisite: Permission of dean

## DIETETIC INTERNSHIP

Debra Boutin, MS, RD, Internship Director

**DI5100 Introduction to the Practice of Dietetics 1 credit**

This course serves as the program orientation and includes a discussion of professional ethics and standards of practice. Prerequisite: Admission into internship program

**DI5101 Community Nutrition 1 credit**

This course includes a review of services provided by community and public health dietitians. Lectures and discussions focus on the unique concerns of community and public health nutrition. Evaluation is based on written assignments, participation in seminar discussion, final exam and activities. Prerequisite: Admission into internship program

**DI5103 Food Service Administration 1 credit**

This course is a review of food service management through lectures and discussions of administrative problem-solving techniques and methods of management, cost control and quality assurance. Evaluation is based on participation in seminar discussion, activities and final exam. Prerequisite: Admission into internship program

**DI5104 Medical Nutrition Therapy 1 credit**

This course prepares interns for their clinical/hospital-based rotation, emphasizing medical nutrition therapy including general and parenteral therapy. Information is presented through lectures, demonstrations, discussion and case studies. Evaluation is based on written assignments, clinical cases and final exam. Prerequisite: Admission into internship program

**DI5801 Community Practicum 2 credits**

This course is the application of DI5101 through the execution of selected community nutrition planned experiences. Evaluation is based on successful completion of all learning activities. Prerequisite: Admission into internship program

**DI5814 Food Service Practicum 4 credits**

This course is the application of DI5103 through food service planned experiences. Evaluation is based on successful completion of all learning activities. Prerequisite: Admission into the internship program

**DI5820 Medical Nutrition Therapy Practicum 5 credits**

This course is the application of DI5104 through clinical planned experiences. Evaluation is based on successful completion of all learning activities. Prerequisite: Admission into internship program

## EXERCISE SCIENCE AND WELLNESS

Tiffany Reiss, PhD, Program Director

**EX3101 Biomechanics 1 2 credits**

This course is an introduction to the fundamental principles of human movement, focusing on the study and elementary analysis of human motion based on anatomical and mechanical principles. Prerequisites: BC3161, BC3162 and BC3163 (concurrent)

**EX3105 Physical Activity and Wellness 2 credits**

This course covers the general principles behind physical activity and how it relates to overall health and wellness. The course provides students with an introduction to the basic fundamentals of exercise and their application in leading a healthier and more physically active lifestyle through the entire lifespan. Prerequisite: None

**EX4100 Physiology of Exercise 5 credits**

This course explores concepts in the physiology of exercise, including fuel substrate utilization, metabolism, adaptations and responses to different exercise modalities. The class examines the (1) physiology of exercise, (2) physiology of health and fitness, and (3) physiology of performance. This course is designed to complement the Exercise Physiology Lab, which emphasizes (1) the factors that limit health and fitness, (2) work tests used to evaluate cardiorespiratory fitness, (3) training methods for fitness, (4) body composition measures, and (5) field and laboratory aerobic and anaerobic fitness tests. Prerequisites: BC3163 and BC4140 (or equivalent), CPR and first aid certification

**EX4102 Biomechanics 2 3 credits**

This course examines the anatomical and mechanical concepts required for critical assessment, description and qualitative analysis of human movement in a clinical context. Prerequisites: BC3113 and EX3101

**EX4105 Business Principles in Health Promotion 2 credits**

This course is designed to introduce nutrition and exercise science students to business principles within the health professions. The course facilitates a better understanding of the necessary market research involved in the process of developing health related strategic and business plans. Prerequisite: Admission into BSN or BSX program

**EX4107 Sports Nutrition 5 credits**

This course examines the interaction between nutrition, physical activity and athletic performance. Topics focus on the efficacy of ingesting various macronutrients and bioactive compounds found in foods for enhancing certain types of athletic performance. Nutritional biochemistry of macronutrients and micronutrients including digestion, biological requirements, absorption and metabolism are emphasized. Prerequisite: BC4140 or permission of instructor

**EX4112 Seminar in Ergogenic Aids 1 credit**

This course is designed to allow students exposure to the various ergogenic aids currently on the market. This course requires students to research and present material on the advertised benefits of specific ergogenic aids, literature on the product, and critical thinking around metabolic pathways of ingredients found within the products. Prerequisite: EX4107

**EX4115 Motor Learning and Development 3 credits**

This course investigates principles of human movement and the acquisition of motor skills, as well as motor and perceptual development throughout the lifespan. Upon successful completion of the course, students are able to trace the path of human perceptual-motor development and to discuss the implications of general principles of motor development for the movement and sport specialist. Attention is given to learning theories, reinforcement, transfer, massed and distributed practice schedules, closed and open skills, motivation, feedback, arousal, motor control systems, and retention of motor skills. Prerequisite: None

**EX4119 Principles of Resistance Training 3 credits**

This course includes an introduction to principles and fundamentals of resistance training, including both a theoretical and practical, hands-on component. Students are expected to participate in the resistance training core activity while also covering the basics of muscle physiology, bioenergetics, biomechanics, training principles (modes and methods), training theory and practical considerations as they pertain to resistance training. Prerequisites: BC3113, BC3163, EX4115

**EX4123 Exercise Prescription and Testing 5 credits**

This course explores the role of exercise in the assessment of functional capacity and in the diagnosis of coronary heart disease. Techniques of exercise stress testing are studied and practiced along with basic electrocardiography. Methods of quantifying energy cost of exercise and the development of exercise prescriptions are emphasized. This course contains a lab component for practical application of these concepts and development of these skills. Prerequisite: EX4100

**EX4124 Exercise Science Laboratory Techniques 2 credits**

This course offers students exposure and practical hands-on experience to laboratory techniques commonly used in exercise physiology labs and health and fitness settings. Prerequisite: EX4100

**EX4133 Exercise Prescription for Special Populations****2 credits**

This course is designed to expose students to various special populations, pathophysiology and the American College of Sports Medicine exercise recommendations for varying diseases states. Corequisite: EX4123

**EX4140 Community Health Promotion****2 credits**

This course is designed to allow students to explore the theories and concepts of health behavior change and the principles of public health and to provide students with a platform to create programs and practice disseminating health and wellness information to adults in community settings. Prerequisite: none

**EX4800 Exercise and Nutrition Practicum****2 credits**

This course provides the opportunity for students to develop practical experience in nutrition and exercise education through presentations and preceptorships. All practicum sites must be approved by instructor and practicum preceptor by March 15. This course may be taken in any quarter, except summer, during year two if student is in good academic standing. Prerequisite: none

**EX4810 Internship for Exercise Science and Wellness****12 credits**

This course provides students with practical knowledge in different areas of exercise science and wellness, including (1) physical therapy/sports medicine clinics, (2) hospital cardiac/pulmonary rehabilitation, (3) health and fitness facilities, (4) spa/retreat/wellness centers, or (5) athletic training facilities. Students assume a leadership role and perform administrative tasks under an experienced agency supervisor and faculty sponsor. All internship sites must be approved by instructor and internship preceptor by March 15. Internship hours can begin in any quarter following junior year with approval of instructor, but may only be registered for during spring quarter of the senior year. See instructor for official policy guidelines. Prerequisite: A 2.0 or better in all designated courses or approval of exercise science program director. Student must be in good academic standing to pursue internship.

## HOMEOPATHIC MEDICINE

**Homeopathy 1–5**

The homeopathic course sequence in natural therapeutics, Homeopathy 1-5 is required for all students in the naturopathic medicine program. Student clinicians may register for the Homeopathy Specialty Clinic at the time of their entry into the Bastyr Clinic if they have successfully completed Naturopathic Therapeutics-Homeopathy 3 or obtain the permission of the department chair. The courses beyond Homeopathy 5 are elective courses offered to naturopathic medical students interested in the further study of homeopathy and are non-sequential. Completion of Homeopathy 3 is strongly recommended and, in some cases, may be required by the department chair.

**HO6305 Homeopathy 1****1.5 credits**

This course is an introduction to the classical theory and practice of homeopathy. The principles, history and method of practice are explored, including the concept of the vital force, use of the repertory, study of homeopathic philosophy (including the concept of miasms), the difference between acute and chronic prescribing, homeopathic pharmacy, and an introduction to homeopathic materia medica. The meaning of Hering's Law and the dangers of suppression in medicine are discussed. When possible, cases are used to elucidate concepts. Emphasis is placed on the integral relationship of homeopathy to naturopathic practice. Students learn the classic materia medica of at least 12 homeopathic remedies, including at least five polycrest remedies. Lectures are taught in a hybrid-online format. Prerequisite: Admission into naturopathic medicine program or permission of dean or chair of program

**HO6306 Homeopathy 2****2 credits**

This course further elucidates homeopathic philosophy, including the application of the vital force to homeopathic prescribing. Homeopathic materia medica, case taking, case analysis and repertization, posology, and prescribing are emphasized. The concept of the first prescription is introduced, and the importance of Hering's Law is stressed. Students learn the difference between an acute and a chronic homeopathic case and explore the concept of miasms. Each week students receive cases to analyze and prepare for class discussion. Students are expected to develop classical in-depth knowledge of at least 10 homeopathic polycrest remedies and their important acute applications. Students acquire the basic skills of homeopathic case taking and case analysis and must take one homeopathic case outside of class. Lectures are taught in a hybrid-online format. Prerequisite: HO6305 or permission of the dean or chair of program

**HO6307 Homeopathy 3****2 credits**

This course further emphasizes homeopathic philosophy, principles, case taking, case analysis and materia medica. The application of the vital force to homeopathic prescribing, and the importance of Hering's Law continues to be emphasized. Students develop classical in-depth knowledge of at least 12 homeopathic polycrest remedies, and further refine their homeopathic case taking, case analysis and repertory skills. The first return office call and the concept of miasmatic prescribing are introduced. Each week students prepare cases for class discussion. Students take at least one homeopathic case outside of class. Prerequisite: HO6306 or permission of the dean or chair of program

**HO7300 Homeopathy 4 1.5 credits**

This course emphasizes homeopathic materia medica as well as homeopathic case taking and case analysis. The first return office call is discussed in depth, including an analysis of the results of the first prescription. The importance of the vital force, Hering's Law, and the application of homeopathic principles in taking, analyzing and following a homeopathic case are emphasized. Each week students prepare cases for class discussion. Students take one homeopathic case outside of class. Materia medica is discussed as it pertains to the systems modules as it is applicable. Prerequisite: HO6307 or permission of dean or chair of program

**HO7301 Homeopathy 5 1 credit**

This class is the completion of the beginning-level skills needed to further the development of homeopathic practice. Homeopathic materia medica are expanded and the concept of miasmatic prescribing is introduced. The student's case taking, case analysis and repertory skills are expanded. The return office call is emphasized. The importance of following the case, and the timing of the homeopathic prescription, and repetition of the homeopathic remedy are discussed. Each week students prepare cases for class discussion. Students take one homeopathic case outside of class. Homeopathy is discussed within the systems modules as applicable. Prerequisite: HO7300 or permission of dean or chair of program

**Homeopathy 6-8**

These three elective courses are offered to naturopathic medicine students interested in the further study of homeopathy after successfully completing Homeopathy 3 (HO6307).

**HO9310 Homeopathy 6 3 credits**

This course continues the study of homeopathic materia medica. Cured cases are studied to illustrate points of case analysis; materia medica and the homeopathic theory of miasms are explored more deeply. Prerequisite: HO6307 or permission of department chair

**HO9311 Homeopathy 7 3 credits**

This course is a continuation in the advanced study of materia medica, case analysis and case management. Prerequisite: HO6307 or permission of department chair

**HO9312 Homeopathy 8 3 credits**

This course is a continuation of the advanced study of homeopathy. Homeopathic medicines are reviewed and analyzed via case study. Cases are presented by practicing homeopaths. Prerequisite: HO6307 or permission of department chair

**Homeopathy Grand Rounds**

Each student registered in the Homeopathy Specialty Clinic must also enroll in Homeopathy Grand Rounds. Cases seen in the Homeopathy Specialty Clinic are discussed in-depth with respect to case analysis, comparative materia medica and case management. Students who have completed HO6307 and want further knowledge of homeopathy but are not enrolled in the Homeopathy Specialty Clinic may enroll in Homeopathy Grand Rounds with permission from the department chair. If a student is registered for a Homeopathy shift, Homeopathy Grand Rounds cannot be audited.

**HO9800 Homeopathy Grand Rounds 1 1 credit**

See description above. Prerequisite: None

**HO9801 Homeopathy Grand Rounds 2 1 credit**

See description preceding HO9800. Prerequisite: None

**HO9802 Homeopathy Grand Rounds 3 1 credit**

See description preceding HO9800. Prerequisite: None

**HO9803 Homeopathy Grand Rounds 4 1 credit**

See description preceding HO9800. Prerequisite: None

**HO9804 Homeopathy Grand Rounds 5 1 credit**

See description preceding HO9800. Prerequisite: None

**Homeopathy Specialty Clinic**

The Homeopathic Specialty shift allows students to apply classical homeopathic principles to patient care in a supervised clinical setting, including case taking, case analysis and prescribing, and case management. Students may take up to four homeopathy clinical shifts if space is available. Prerequisite: None

**Homeopathy Specialty Clinic 1-4 Elective**

Students particularly interested in homeopathy may take additional elective clinic shifts in the Homeopathy Specialty Clinic, with permission of the department chair, on a space-available basis.

**HO9821 Patient Care 1 - Elective (Fall) 2 credits**

See description above. Prerequisite: Permission of department chair

**HO9822 Patient Care 2 - Elective (Winter) 2 credits**

See description preceding HO9821. Prerequisite: Permission of department chair

**HO9823 Patient Care 3 - Elective (Spring) 2 credits**

See description preceding HO9821. Prerequisite: Permission of department chair

**HO9824 Patient Care 4 - Elective (Summer) 2 credits**

See description preceding HO9821. Prerequisite: Permission of department chair

## INTERDISCIPLINARY STUDIES

Timothy C. Callahan, PhD, Senior Vice President and Provost

**IS3111 Interdisciplinary Experiences in Natural****Health Arts and Sciences 1 1 credit**

This course provides undergraduates with an opportunity to participate in workshops, seminars and other activities related to health. Students work collaboratively across disciplines to build an integrated model of health. Communication and critical thinking skills are emphasized. Offered fall quarter. Prerequisite: Admission into an undergraduate program at Bastyr University

**IS9105 Introduction to Meditation and Medicine****1 credit**

This course provides an introduction to the five categories of meditation, including theory and practice of each. Faculty present an overview of research regarding the clinical efficacy of meditation. Implications and practical clinical applications of meditation are considered as well as the neurobiology of ordinary and extraordinary health. The course also includes a survey of topics/readings in neuroplasticity, mindfulness and mastery of attention, neural development and executive cognitive functions, and complementary styles of meditation. Prerequisite: Admission into University or permission of instructor

**IS9110 Introduction to Somatic-Based Therapies****2 credits**

This course is an introductory exploration of the use of body-centered healing philosophies, principles and methods to restore and preserve health and well-being. The course focuses on the relationship between soma and psyche, body and mind, and the interface between our physical form and structures and how it relates to health and wellness. The historical evolution of somatic-based therapies is examined through the work of Freud, Reich, Lowen and others. The class then examines various categories, perspectives and methods of somatic therapies such as structural, functional, movement and energetic balancing approaches. Students gain precursory experience with these approaches during group participatory work. Prerequisites: Matriculation into a clinical program

**IS9120 Introduction to Backpacking and Plant****Identification****2 credits**

This class meets over two weekends. The first weekend meets in class. The second weekend is an overnight backpacking trip. Basic backpacking skills, including trip planning, gear selection, route finding/navigation, and back-country rules and regulations are introduced. Basic plant identification skills and how to safely collect and use a limited number of medicinal plants in the back-country are also covered. Prerequisites: None. This class is best suited to those with little or no backpacking experience/plant identification training. If you have physical limitations that would prevent completion of an 8-12 mile backpacking trip, please contact the instructor directly.

**IS9130 The Physics and Biology of Consciousness****1 credit**

This course describes what we currently know (scientifically) about the nature of human consciousness. Data from physics, biology, neuroscience and medicine are presented and discussed. Prerequisite: None; however, this class is designed for medical students

**MIDWIFERY**

Suzy Myers, LM, CPM, MPH, Department Chair

Please note: All but a select few of the midwifery courses are offered in a hybrid (online/onsite) format only.

**MW3101 Midwifery Care 1: Introduction to the****Midwives Model of Care****3 credits**

This course includes an introduction to the guiding principles, philosophy and values of the Midwives Model of Care, an introduction to cultural competency, and an overview of the midwife's role throughout the childbearing year. Basic principles of client education and health literacy are covered. The course also includes an introduction to the professional roles, responsibilities, and legal issues of midwifery, as well as national and local midwifery organizations. Prerequisite: None

**MW3105 Introduction to Epidemiology for Midwives****3.5 credits**

This course focuses on developing the skills needed to critically evaluate research relevant to midwifery care. Epidemiology for Midwives also introduces research methodologies and biostatistics and enables students to apply these concepts to evaluation of the efficacy and safety of midwifery and homebirth, the cost effectiveness of midwifery care, and the value of midwifery research. Additionally students begin the process of identifying their master's project. Prerequisite: None

**MW3301 Well Woman Health and Assessment****4 credits**

This course includes onsite presentations, discussions and skills practice, with the objective of developing the skills for taking a thorough client medical and social history and performing and charting a complete physical exam, including breast and pelvic exams. Prerequisite: Enrollment in midwifery program

**MW3311 Perinatal Nutrition 1: Pre-conception and****Prenatal****2 credits**

This course addresses nutritional needs during pregnancy, emphasizing how nutrition can assist in the management of common pregnancy-related issues, as well as building maternal and fetal nutrient stores. Students learn assessment, counseling and nutrition-related problem solving for the pregnant woman and her family. This course is online only. Prerequisite: None

**MW4100 Genetics and Embryology****2 credits**

This course provides an introduction to human genetics, genetic disorders, and embryological and fetal development, both normal and abnormal, with an emphasis on teaching and supporting clients. Prerequisite: None

**MW4101 Professional Issues Seminar: Cultural****Competency for Midwives****2 credits**

Students learn about the relevance of culture to perinatal health care and investigate the impact and extent of health disparities as they affect maternal and infant outcomes in their own communities. Through the use of books, research articles, videos, interviews and guest speakers, students raise their level of cultural competence and develop client education materials for a specific cultural group in their community. Prerequisite: None



**MW4102 Professional Issues Seminar: Modern****Midwifery, History, Politics and Activism 2 credits**

A review of the history of medicine and midwifery through the 19th and 20th centuries, focusing on the social movements of the 1960s and 70s that re-awakened the midwifery profession in North America. The course also provides an interactive exploration of the current political climate in which direct-entry midwifery is practiced in the U.S. and Canada, inter-professional relationships and challenges faced. Prerequisite: None

**MW4103 Professional Issues Seminar: Midwifery Legal,****Ethical and Professional Frameworks 2.5 credits**

This course covers state and provincial midwifery laws, processes for legislative change, quality assurance, professional liability and ethics. The midwife's role and responsibilities regarding current state, provincial, national and international midwifery are also addressed. Particular emphasis is placed on developing the knowledge and skills necessary to make difficult decisions in today's complex professional and legal environment. Prerequisite: None

**MW4104 Professional Issues Seminar: Undoing****Racism 1 credit**

This course provides a foundation for students to understand racism, the way in which it adversely impacts individuals and society, and its specific effects on health and health care. Areas of exploration include power, privilege, social identity, prejudice as well as structural theories of racism. Using a variety of resources and activities, class members reflect on their own biases and experiences; recognize and begin undoing internalized racial oppression; and gain tools to begin undoing institutional racism, thus becoming more effective health care providers. Prerequisite: None

**MW4300 Pharmacology and Treatments 1 1 credit**

This course includes foundational information about allopathic medications and immunizations relevant to midwifery practice and the midwife's professional and legal responsibilities around using medications. Prerequisite: None

**MW4301 Pharmacology and Treatments 2 1 credit**

This course continues with an overview of certain complementary medicines such as homeopathy, Western herbs and traditional Chinese medicine, and their use and application in midwifery practice. Prerequisite: MW4300

**MW4302 Midwifery Care 2: Pregnancy and Prenatal****Care 4 credits**

Midwifery Care 2 includes the anatomy and physiology of normal pregnancy and an in-depth study of routine prenatal care procedures. It also includes assessment of each woman's individual needs and treatments for common discomforts and problems in pregnancy. Throughout Midwifery Care courses 2-7, students use case management exercises to practice critical thinking and risk assessment skills, apply precepts of evidence-based practice, and work toward acquiring skills as culturally competent providers and understanding of the midwife as a community health worker. Prerequisite: MW3101

**MW 4303 Midwifery Care 3: Advanced Pregnancy and Prenatal Care 4 credits**

This course includes information relevant to more complicated aspects of prenatal care: early pregnancy bleeding, management of the Rh-negative mother, anemia, infections, trauma, miscarriage, post-dates pregnancy, gestational diabetes and hypertensive disorders. Prerequisite: MW4302

**MW4305 Gynecology 3.5 credits**

This course covers female reproductive anatomy and physiology from menarche through menopause and provides an introduction to women's health concerns, including sexuality, fertility, infertility, contraception, unwanted pregnancy, and the diagnosis and treatment of common gynecologic problems and reproductive tract infections. Prerequisite: None

**MW4308 Breastfeeding and Lactation Education****2.5 credits**

This course is designed to give student midwives the ability to educate women about the benefits of breastfeeding, to prepare clients to breastfeed, to understand the anatomy and physiology involved in breastfeeding, to assist clients with early breastfeeding, to help with common problems and to make appropriate referrals to other care providers for breastfeeding concerns beyond their expertise or scope of practice. Prerequisite: None

**MW4313 Counseling for the Childbearing Year 1****1 credit**

This introductory course consists of information, role-plays and student presentations designed to develop basic skills needed for client counseling. Prerequisite: MW3301

**MW4314 Counseling for the Childbearing Year 2****1 credit**

This course is a continuation of Counseling for the Childbearing Year 1, with discussion and skill-building related to domestic violence, as well as resources and skills for counseling pregnant women dealing with substance abuse issues. Prerequisite: MW4313

**MW4321 Clinical Skills 1 1 credit**

The Clinical Skills course is presented as a series of on-site skills labs and workshops, coordinated with Midwifery Care and Clinical Seminar course content. The objective of this course is to develop many of the skills, both hands-on and teaching, necessary to practice midwifery. Clinical Skills 1 builds on and amplifies some of the key skills first introduced in Well Woman Health and Assessment and covers aseptic technique, medication administration, pregnant abdominal exam, venipuncture, urinalysis and further practice in vital signs. Students complete a full-day neonatal resuscitation program (NRP) certification as well. Prerequisite: MW3301

**MW4322 Clinical Skills 2 1 credit**

Continuation of the Clinical Skills series. Students practice client-informed choice skills related to perinatal care, as well as learn principles and skills related to intravenous therapy during intrapartum care, and review and practice injections and venipuncture. Prerequisite: MW4321

**MW4323 Clinical Skills 3** **0.5 credit**  
Continuation of the Clinical Skills series. Students learn skills need for intrapartum care: perineal suturing, simulation of cervical exam, rupture of membranes, hand maneuvers for receiving the baby, estimating blood loss and treating postpartum hemorrhage. Prerequisite: MW4322

**MW4331 Clinical Seminar 1** **1 credit**  
Clinical Seminar is a 7-quarter series concurrent with practicum, focusing on the integration of theory and practice. As the course progresses quarter by quarter, both student expectations and complexity of case management skills increase. Clinical Seminar 1 learning activities focus on building basic skills in charting, phone triage, data collection, continuing education, basic management decisions, risk assessment and physician consultation and referral. Prerequisites: MW4302, MW4800

**MW4332 Clinical Seminar 2** **1 credit**  
Continuation of Clinical Seminar series. This quarter further refines students' skills in charting, phone triage and risk assessment with emphasis on appropriate guidelines. Case questions and management problems increase in complexity to mirror student's clinical experience in practicum, continuation of case presentations and use of "virtual client" with phone triage exercises. Prerequisite: MW4331

**MW4333 Clinical Seminar 3** **1 credit**  
Continuation of Clinical Seminar series. In this course students are expected to have refined skills in charting, phone triage and communication with other medical professionals, developing understanding of and skill with more complex management decisions. Case questions and "virtual client" exercises require the student to demonstrate higher level problem-solving and critical thinking skills. Prerequisite: MW4332

**MW4800 Introduction to Practicum** **0.5 credit**  
This course includes an introduction to the documentation and requirements necessary for the midwifery program's clinical placements and an orientation designed to prepare students to work effectively in a midwifery clinical preceptorship. Prerequisite: MW3301

**MW4810 Midwifery Practicum**  
**variable to maximum of 8.5 credits**  
Credits vary by quarter for a total of 8.5. Theoretical coursework is complemented by clinical rotations with practitioners providing midwifery and related women's health care. Must be co-enrolled in the Clinical Seminar series while in practicum except during the summer quarters. Prerequisite: MW4800

**MW5100 Research Methods for Midwifery** **3.0 credits**  
This course builds on the foundation and skills of Introduction to Epidemiology for Midwives and facilitates skills needed for the Master's Project series. Students gain understanding in and apply appropriate research methods to their question of interest, including skills in grant writing, IRB application and presentation of work. Prerequisite: MW3105

**MW5101 Master's Project 1** **0.5 credit**  
This course is part of a series designed to build on the foundations of Introduction to Epidemiology for Midwives and to further develop the student's Master's Project. Topics may include refining the research hypothesis, data collection plan and application for human subjects review. Prerequisite: MW3105

**MW5110 Master's Project 2** **1.5 credits**  
Continuation of Master's Project series. Students will initiate work on project proposal under the guidance of Committee Chair. Prerequisite: MW5101

**MW5111 Master's Project 3** **2 credits**  
Continuation of Master's Project series. Students will continue work on project proposal, form a committee and submit proposal draft(s) to chair and committee for feedback. Prerequisite: MW5110

**MW5112 Master's Project 4** **2 credits**  
Continuation of Master's Project series. Students will complete final proposal and pursue IRB approval if needed. Prerequisite: MW5111

**MW5114 Professional Issues Seminar: Health Care Systems and Health Policy** **2 credits**  
This course addresses issues in health care organization and financing. Students learn about formal health care systems in the U.S. and Canada as they relate to midwifery practice. In addition, health care policy and health care reforms are explored with an emphasis on how midwives can function as effective advocates for improved maternity care policy. Prerequisite: None

**MW5304 Midwifery Care 4: Labor and Birth** **6 credits**  
A continuation of the Midwifery Care courses, this course includes an in-depth study of midwifery management of the normal processes of all stages of labor, birth, and care of the mother and neonate in the immediate postpartum period, with an emphasis on preparing students for out-of-hospital birth practice. Prerequisite: MW4303

**MW5307 Midwifery Care 5: Postpartum and Newborn Care** **4.5 credits**  
This course addresses the roles and responsibilities of the midwife during the postpartum period. It includes a review of breastfeeding, maternal physiological changes and psycho-social adjustments, common newborn procedures, and select newborn problems. Prerequisite: MW5304

**MW5310 Midwifery Care 6: Challenges in Practice** **4.5 credits**  
This course covers a variety of complications the midwife may encounter in clinical practice. Emphasis is on recognition, current thinking about prevention/treatment modalities, including medical as well as complementary and nutritional therapies. In addition to the role of physician consultation and referral, this course also addresses controversies within the midwifery community regarding where and how these clinical challenges should be handled. Prerequisite: MW5307

**MW5315 Counseling for the Childbearing Year 3****1.5 credits**

A continuation of the counseling courses, this course complements Midwifery Care 4 and includes information and skills for counseling, supporting, and effectively empowering woman through labor who have a history of reproductive loss, or who experienced reproductive loss and/or disappointment during pregnancy or birth. Prerequisite: MW4314

**MW5316 Counseling for the Childbearing Year 4:****Postpartum****1.5 credits**

This section of the Counseling curriculum complements Midwifery Care 5 and includes information and skills needed to assess postpartum emotional adjustments and attachment difficulties and to provide early parenting support and intervention. Prerequisite: MW5315

**MW5324 Clinical Skills 4:****0.5 credit**

Continuation of the Clinical Skills series. Students learn newborn exam techniques, newborn screening techniques, assessing and aiding with breastfeeding challenges, and informed choice and teaching appropriate to postpartum care. Prerequisite: MW4323

**MW5325 Clinical Skills 5****0.5 credits**

Continuation of the Clinical Skills series. Using simulation models, students learn and practice emergency delivery skills including breech delivery, shoulder dystocia, cord prolapse and unexpected twin delivery. Prerequisite: MW5324

**MW5334 Clinical Seminar 4****1 credit**

Continuation of Clinical Seminar series. Students participate in a variety of clinical practice skills including a data collection project, "virtual client" exercises that continue to challenge students in making complex clinical management decisions, ongoing practice in charting and phone triage with emphasis on valid management decisions consistent with safe practice and midwifery standard of care, case presentations and complex case questions. Prerequisite: MW4333

**MW5810 Midwifery Practicum****variable to maximum of 7.5 credits**

Credits vary by quarter for a total of 7.5. Theoretical coursework is complemented by clinical rotations with practitioners providing midwifery and related women's health care. Must be co-enrolled in the Clinical Seminar series while in practicum except during the summer quarters. Prerequisite: MW4810

**MW6110 Master's Project 5****2 credits**

Continuation of Master's Project series. Students will initiate work on final project in consultation with Committee. Prerequisite: MW5112

**MW6111 Master's Project 6****2 credits**

Master's Project series. Students will continue work on final project, submitting at least one draft to committee. Prerequisite: MW6110

**MW6112 Master's Project 7****1 credits**

Final in Master's Project series. Students will submit final project to committee for approval and prepare presentation to Bastyr community. Prerequisite: MW6111

**MW6115 Professional Issues Seminar: The Business of Midwifery****2.5 credits**

This course includes topics related to establishing a private midwifery practice, including a business plan and budget, and seeking employment opportunities in midwifery or a related field. The course also includes an update on current issues facing the profession of midwifery to prepare students for post-graduation activities. Prerequisite: None

**MW6199 Master's Project Continuation****0 credits**

Enrollment in this course is required when a student has not yet completed the midwifery master's project but all program master's project credits have been registered. One credit of tuition is charged per quarter enrolled until completion of project. Prerequisite: MW6107

**MW6307 Midwifery Care 7: Synthesis and Application****2 credits**

This course includes discussions and assignments designed to integrate and apply to clinical care the concepts of informed choice, evidence-based practice, and ethical, professional and legal issues, including consultation and referral systems. Students hone critical thinking and risk assessment skills, cultural sensitivity and an understanding of the midwife as a community health worker through case management exercises and panel discussions. Prerequisite: MW5310

**MW6335 Clinical Seminar 5****1 credit**

Continuation of Clinical Seminar series. In this course students continue with "virtual client" exercise and more complex case questions and presentations, fine tuning management decisions and skills acquired in practicum focusing on the integration of theory and clinical practice. Prerequisite: MW5334

**MW6336 Clinical Seminar 6****1 credit**

Continuation of Clinical Seminar series. In this course students continue with "virtual client" exercises reflecting the level of primary midwife under supervision. Students make presentations of their data collection project and continuing education topics. Prerequisite: MW6335

**MW6337 Clinical Seminar 7****1 credit**

Continuation of Clinical Seminar series. In this quarter students are assessed for their readiness for entry-level practice, which will take into consideration the progression of their clinical problem-solving skills while caring for the fictional "virtual clients." Continuation of student presentations of data collection projects and continuing education topics. Prerequisite: MW6336

**MW6810 Midwifery Practicum****variable to maximum of 33.5 credits**

Credits vary by quarter for a total of 33.5. Theoretical coursework is complemented by clinical rotations with practitioners providing midwifery and related women's health care. Must be co-enrolled in the clinical seminar series while in practicum except during the summer quarters. Prerequisite: MW5810

**MW6899 Midwifery Practicum Continuation 0 credit**  
Enrollment in this course is required when a student has not yet completed the midwifery practicum requirement but all program practicum credits have been registered. One credit of tuition is charged per quarter enrolled until completion of project. Prerequisite: MW6810 (33.5 credits)

**MW7901, MW7902, MW7903 Independent Study**  
**variable to maximum of 2 credits**

This course provides an opportunity for students to study areas of interest in greater detail than is covered in the regular curriculum. With the aid of a selected resource person, the student may explore any topic within the area of childbirth. The student is responsible for submitting an independent study form to the program chair which includes learning objectives, evaluation method and timeline. Students may study more than one topic, using a separate course number for each topic. Two credits are required in the naturopathic midwifery program. Prerequisites: MW7321 and permission of department chair

### **Childbirth Practicum**

Students intern with approved licensed or legal practitioners providing maternity care services. Students are required to actively participate in 25 births (12.5 credits of MW8800 or 1 credit/2 participations) and to manage 50 births (25 credits of MW8802 or 1 credit/2 managements). The following practicum courses are being taught out to the naturopathic midwifery certificate students. The Naturopathic Midwifery program was discontinued in June 2010.

### **MW8800 Birth Participations**

**variable to maximum of 12.5 credits**

See description above. Prerequisite: MW7320

### **MW8802 Birth Managements**

**variable to maximum of 25 credits**

See description preceding MW8800. Prerequisites: MW7320, MW7321

### **MW8901, MW8902, MW8903 Independent Study**

**variable to maximum of 2 credits**

See description for MW7901, MW7902, MW7903. Prerequisites: MW7321 and permission of program chair

**NM5141 Naturopathic Theory and Practice 1 2 credits**  
Naturopathic Practice modules cover topics that are integral to becoming a naturopathic physician, including naturopathic philosophy, history, business and professionalism. This first module introduces naturopathic philosophy and professionalism. Subsequent modules build on these skills. Lectures are taught in a hybrid-online format. Prerequisite: Admission into naturopathic medicine program

### **NM5142 Naturopathic Theory and Practice 2 2 credits**

This module continues concepts in naturopathic philosophy, history and professionalism. Students deepen their exploration of the naturopathic principles, the therapeutic order and the determinants of health. Students apply the naturopathic principles to the evaluation and management of clinical cases. Students also begin the application of these principles to their own lives, exploring what healing means to them personally. Lectures are taught in a hybrid-online format. Prerequisite: NM5141

### **NM5143 Naturopathic Theory and Practice 3 2 credits**

This module addresses naturopathic philosophy, history and professionalism. Students broaden their outlook by examining current issues in public health. This includes different issues that are pertinent to different age groups, ethnicities, and societies in the United States and abroad. Students discuss/experience how naturopathic philosophy and practice can be used to improve the health and well-being of these various populations. Students also examine current political movements in public health and the role of naturopathic medicine in these emerging trends. Lectures are taught in a hybrid-online format. Prerequisite: NM5142

### **NM5820 Clinic Observation 1 1.0 credit**

This is the first quarter of the 3-quarter clinical observation experience. The student develops familiarity with clinical operations and the roles of each person in the provision of care to patients. There is also an experiential aspect of the course as the student becomes a patient at Bastyr Center for Natural Health and in the Student Counseling Center on campus. Grade will be IP until spring quarter.

### **NM6110 Naturopathic Theory and Practice 4 0.5 credits**

This module addresses naturopathic philosophy, history, professionalism and beginning concepts in business. The development of clinical skills builds on structure-function relationships that are covered in the Scientific Foundations modules that run concurrently with this module. Lectures are taught using a hybrid online format. Prerequisite: NM5143 or permission of the dean or chair of program

### **NM6111 Naturopathic Theory and Practice 5 0.5 credits**

This module addresses naturopathic philosophy and deepens concepts in business. Lectures are taught in a hybrid online format. Prerequisite: NM6110 or permission of the dean or chair of the program

## NATUROPATHIC MEDICINE

Jane Guilltinan, ND, Dean

### **NM5140 Constitutional Assessment 2 credits**

An introduction to Naturopathic Therapeutics, in this module students learn constitutional assessment from different global perspectives, including Western humoral, traditional Chinese medicine, homeopathic miasm theory and Ayurvedic traditions. Lectures are taught in a hybrid-online format. Prerequisite: Admission into naturopathic medicine program

**NM6112 Naturopathic Theory and Practice 6 0.5 credits**  
This module addresses naturopathic history and philosophy, professionalism and business. Concepts are integrated with naturopathic clinical diagnosis, therapeutic modules and scientific modules that run concurrently. Prerequisite: NM6111 or permission of the dean or chair of program

**NM6300 Integrated Therapeutics 1 3.5 credits**  
This module addresses basic principles of botanical medicine and pharmacology. Students learn similarities and differences between the two therapeutic modalities and discuss them in the context of the therapeutic order. Applications of these therapeutics to blood and the integumentary and musculoskeletal systems is also addressed. Prerequisite: Completion of all first-year Scientific Foundations modules or permission of the dean or chair of program

**NM6301 Integrated Therapeutics 2 4.5 credits**  
This module addresses basic principles of botanical medicine and pharmacology. Students learn similarities and differences between the two therapeutic modalities and discuss them in the context of the therapeutic order. Applications of these therapeutics to blood and the integumentary and musculoskeletal systems are also addressed. Lectures are taught in a hybrid-online format. Prerequisite: NM6300 or permission of the dean or chair of program

**NM6302 Integrated Therapeutics 3 5.5 credits**  
This module addresses applications of botanical medicine, nutrition and pharmacology to the renal, reproductive, endocrine and nervous systems. Students learn similarities and differences between these therapeutic modalities and discuss them in the context of the therapeutic order. Prerequisite: NM6301 or permission of the dean or chair of program

**NM6310 Naturopathic Clinical Diagnosis 1 4.5 credits**  
Students develop clinical diagnosis skills in this module, including discussing signs and symptoms, conducting and interpreting physical exams, and ordering and interpreting laboratory medicine and imaging data to formulate a differential diagnosis. Students also learn how to interview, synthesize and organize patient information into a standard and naturopathic medical history. Students address the hematologic, integumentary and musculoskeletal systems during this quarter. Prerequisites: Completion of all first-year Scientific Foundations modules. Corequisites: BC6101, BC6102 or permission of the dean or chair of program

**NM6311 Naturopathic Clinical Diagnosis 2 4.5 credits**  
In this module, students develop clinical diagnosis skills, including discussing signs and symptoms, conducting and interpreting physical exams, and ordering and interpreting laboratory medicine and imaging data to formulate a differential diagnosis. Students learn skills in how to interview, synthesize and organize patient information into a standard and naturopathic medical history. During this quarter students address the cardiovascular, respiratory and gastrointestinal systems. Students participate in weekly break-out sessions that require application of clinical reasoning with scientific concepts to support a differential diagnosis. Corequisites: BC6103, BC6104 or permission of the dean or chair of program

**NM6312 Naturopathic Clinical Diagnosis 3 5 credits**  
In this module, students develop clinical diagnosis skills, including discussing signs and symptoms, conducting and interpreting physical exams, and ordering and interpreting laboratory medicine and imaging data to formulate a differential diagnosis. Students learn skills in how to interview, synthesize and organize patient information into a standard and naturopathic medical history. During this quarter students address the renal, male and female reproductive, endocrine and nervous systems. Students participate in weekly break-out sessions. Corequisites: BC6105, BC6106 or permission of the dean or chair of program

**NM6315 Physical Exam Diagnosis Lab 1 1 credit**  
In this lab students learn how to perform the basic elements of a physical exam on an adult patient. They learn how to recognize, describe and document abnormal findings. During this quarter they learn how to perform clinically relevant and focused physical exam skills of the head, neck, integumentary and musculoskeletal systems. Prerequisites: Completion of all first-year Scientific Foundations modules and Naturopathic Practice modules 1 - 3

**NM6316 Physical Exam Diagnosis Lab 2 1 credit**  
In this lab students learn how to perform the basic elements of a physical exam on an adult patient. They learn how to recognize, describe and document abnormal findings. During this quarter they learn how to perform clinically relevant and focused physical exam skills of the cardiovascular, respiratory and gastrointestinal systems. Corequisite: NM6311 or permission of the dean or chair of program

**NM6317 Physical Exam Diagnosis Lab 3 1 credit**  
In this lab students learn how to perform the basic elements of a physical exam on adult, geriatric and pediatric patients. They learn how to recognize, describe and document abnormal findings. During this quarter they learn how to perform clinically relevant and focused physical exam skills of the male and female genitourinary, endocrine and nervous systems. Corequisite: NM6312 or permission of the dean or chair of program

**NM6320 Clinical Diagnosis Lab 1 1.5 credit**

In this lab students develop laboratory medicine skills that include how to perform phlebotomy, standard spun hematocrits, erythrocyte sedimentation rates and other basic hematologic point of care tests. Corequisite: NM6310 or permission of dean or chair of program

**NM6321 Clinical Diagnosis Lab 2 1.5 credits**

In this lab students develop laboratory medicine skills related to the cardiovascular, respiratory and gastrointestinal systems. These skills include how to perform an ECG, peak expiratory flow tests, spirometry, fecal occults blood test and other point of care tests related to these systems. Corequisite: Concurrent NM6311 or permission of the dean or chair of program

**NM6322 Clinical Diagnosis Lab 3 1.5 credits**

In this lab students develop laboratory medicine skills relate to the renal, male and female reproductive, endocrine and nervous systems. These skills include how to perform macro and micro urinalysis, semen analysis, vaginal wet mounts tests and other point of care tests related to these systems. Corequisite: NM6312 or permission of the dean or chair of program

**NM6810 Clinic Observation 2 variable credit**

Second-year observation is a year-long course totaling 44 hours of clinical observation that requires students to begin more active participation in the provision of patient care. Students apply specific skills they have obtained in didactic training into the patient care setting as a supportive member of the clinical team. Students are evaluated throughout the year on basic individual skills that are integral to a naturopathic physician. Prerequisites: Completion of first-year Scientific Foundation modules and Naturopathic Practice modules 1-3

**NM7110 Naturopathic Theory and Practice 7 1 credit**

This module addresses naturopathic history and philosophy, professionalism and business. History and philosophy concepts will be discussed in the context of the diagnostics and therapeutics in Advanced Naturopathic Practice 1. Prerequisite: NM6112 or permission of the dean or chair of program

**NM7111 Naturopathic Theory and Practice 8 0.5 credits**

This module addresses naturopathic history and philosophy, professionalism and business. History and philosophy concepts are applied in the context of the diagnostics and therapeutics in Advanced Naturopathic Practice 2. Prerequisite: NM7110 or permission of the dean or chair of program

**NM7112 Naturopathic Theory and Practice 9 1 credit**

This module addresses naturopathic history and philosophy, professionalism and business. History and philosophy concepts are applied in the context of the diagnostics and therapeutics in Advanced Naturopathic Practice 3. Prerequisite: Naturopathic Theory and Practice 8 or permission of the dean or chair of program

**NM7113 Naturopathic Practice 10 0.5 credits**

This module addresses naturopathic history and philosophy, professionalism and business. History and philosophy concepts are applied in the context of the diagnostics and therapeutics in Advanced Naturopathic Practice 4. Prerequisite: NM7112 or permission of the dean or chair of program

**NM7142 Critical Evaluation of the Medical Literature****2 credits**

In this course students further develop skills needed to locate, critically evaluate, and translate biomedical evidence-based literature into clinical practice using core competencies learned in the Fundamentals of Research Design. The course allows students to better understand the treatments their patients receive and the new biomedical research relevant to their profession. Practical application of biomedical decision-making is emphasized, with students using their patient experiences to guide their clinically answerable questions on diagnosis and therapeutics. Prerequisite: BC5142

**NM7310 Musculoskeletal System and Orthopedics****6 credits**

This module includes a discussion of the evaluation and management process of rheumatologic, orthopedic, sports medicine and other musculoskeletal related conditions. Students learn how to use diagnostic imaging and other evaluation tools to determine a diagnosis. Students learn evidence-based practices of nutrition, botanical medicine and pharmacology as they are related to the musculoskeletal system and how to apply them. Students learn standards of care as they relate to the musculoskeletal system and orthopedics. Prerequisite: NM6312 or permission of the dean or chair of program

**Naturopathic Medicine Modules**

These modules are organized by systems and help students develop skills in deductive reasoning to solve clinical problems with a systematic approach. Students apply knowledge of medical history, physical exam, diagnostic testing strategies and test interpretation for common medical problems as they relate to each system. They also apply knowledge of evidence informed naturopathic treatment strategies and pharmacology for these system-based medical problems. The treatment strategies of the naturopathic practice includes diet and nutrient therapy, botanical therapy, and physical therapy modalities as they relate to best practices and standards of care.

**NM7318 Nervous System and Mental Health 5 credits**

This module includes a discussion of the evaluation and management process of the nervous system and common mental health related conditions. Students learn how to use diagnostic imaging and other evaluation tools to determine a diagnosis. Students learn evidence-based practices of nutrition, botanical medicine and pharmacology as they relate to the nervous system and common mental health conditions. Students learn standards of care as they relate to the nervous system and common mental health conditions. Prerequisite: NM6312 or permission of the dean or chair of program

**NM7319 Endocrine System** 5 credits

This module includes a discussion of the evaluation and management process of the endocrine system and other related conditions. Students learn how to use diagnostic imaging and other evaluation tools to determine a diagnosis. Students learn evidence-based practices of nutrition, botanical medicine and pharmacology as they are related to the endocrine system. Students learn standards of care as they relate to the endocrine system. Prerequisite: NM6312 or permission of the dean or chair of program

**NM7321 Lifespan Considerations** 3.5 credits

This module includes discussions of the evaluation and management process of medical concepts from normal maternity to pediatrics through geriatrics. Students learn evidence-based practices of nutrition, botanical medicine and pharmacology as they relate to the various stages of the lifespan and how to apply them. Students learn standards of care and basic public health concepts such as vaccinations. Prerequisite: NM6312 or permission of the dean or chair of program

**NM7322 Digestive System** 3.5 credits

This module includes a discussion of the evaluation and management process of the digestive system and other related conditions. Students learn how to use diagnostic imaging and other evaluation tools to determine a diagnosis. Students learn evidence-based practices of nutrition, botanical medicine and pharmacology as they are related to the digestive system and how to apply them. Students learn standards of care as they relate to the digestive system. Prerequisite: Naturopathic Clinical Diagnosis 3 or permission of the dean or chair of program

**NM7323 Cardiovascular System** 6.5 credits

This module includes a discussion of the evaluation and management process of the cardiovascular system and other related conditions. Methods of fitness testing, exercise prescription and the use of exercise as therapy are taught. Students learn how to use medical procedures, diagnostic imaging and other evaluation tools to determine a diagnosis. Students learn evidence-based practices of nutrition, botanical medicine and pharmacology as they relate to the cardiovascular system. Students learn standards of care as they relate to the cardiovascular system. Prerequisite: Naturopathic Clinical Diagnosis 3 or permission of the dean or chair of program

**NM7324 Respiratory System** 3 credits

This module includes a discussion of the evaluation and management process of the respiratory system and other related conditions. Students learn how to use diagnostic imaging and other evaluation tools to determine a diagnosis. Students learn evidence-based practices of nutrition, botanical medicine and pharmacology as they are related to the respiratory system. Students learn standards of care as they relate to the respiratory system. Prerequisite: Naturopathic Clinical Diagnosis 3 or permission of the dean or chair of program

**NM7326 Medical Procedures Lab** 2 credits

This module covers topics concurrent with topics in the cardiovascular system. Students practice IV therapies, CPR and other relevant techniques. Corequisite: NM7323 or permission of the dean or chair of program

**NM7327 Environmental Medicine** 1 credit

Concepts of environmental medicine are threaded throughout the Naturopathic Medicine Systems Modules. Prerequisite: NM6312 or permission of the dean or chair of program

**NM7328 Female Reproductive and Urology** 5 credits

This module includes a discussion of the evaluation and management process of the female reproductive, urologic system and other related conditions. Students learn how to use diagnostic imaging and other evaluation tools to determine a diagnosis. Students learn evidence-based practices of nutrition, botanical medicine and pharmacology as they are related to the female reproductive and urology systems. Students learn standards of care as they relate to these systems. Prerequisite: NM6312 or permission of the dean or chair of program

**NM7329 Male Reproductive and Urology** 2.5 credits

This module includes a discussion of the evaluation and management process of the male reproductive, urologic and other related conditions. Students learn how to use diagnostic imaging and other evaluation tools to determine a diagnosis. Students learn evidence-based practices of nutrition, botanical medicine and pharmacology as they are related to the male reproductive and urology systems. Students learn standards of care as they relate to these systems. Prerequisite: NM6312 or permission of the dean or chair of program

**NM7331 Renal System** 2.5 credits

This module includes a discussion of the evaluation and management process of the renal system and other related conditions. Students learn how to use diagnostic imaging and other evaluation tools to determine a diagnosis. Students learn evidence-based practices of nutrition, botanical medicine and pharmacology as they relate to the renal system. Students learn standards of care as they relate to the renal system. Prerequisite: NM6312 or permission of the dean or chair of program

**Bastyr Center for Natural Health: Patient Care Shifts**

Naturopathic medicine students are required to take 18 general patient care shifts or rotations. Each patient care shift/rotation involves provision of care under the supervision of licensed faculty. The medical skills mastered in this setting include all skills and therapeutics utilized in the provision of primary naturopathic medicine and are performed in the context of naturopathic principles. Each student is evaluated for increasing competence and specific skills as s/he progresses through the clinical education. See also listings for physical medicine Patient Care Shifts (PM7801, PM7802, PM8801 and PM8802). Prerequisite: None

**NM7820 Patient Care 1** 2 credits

See description above. Prerequisite: See above

**NM7821 Patient Care 2** 2 credits

See description preceding NM7820. Prerequisite: NM7820

**NM7822 Patient Care 3 2 credits**

See description preceding NM7820. Prerequisite: NM7821

**NM7823 Patient Care 4 2 credits**

See description preceding NM7820. Prerequisite: NM7822

**NM7824 Patient Care 5 2 credits**

See description preceding NM7820. Prerequisite: NM7823

**NM7825 Patient Care 6 2 credits**

See description preceding NM7820. Prerequisite: NM7824

**NM7826 Patient Care 7 2 credits**

See description preceding NM7820. Prerequisite: NM7825

**NM7827 Patient Care 8 2 credits**

See description preceding NM7820. Prerequisite: NM7826

**NM7828 Patient Care 9 2 credits**

See description preceding NM7820. Prerequisite: NM7827

**NM7829 Patient Care 10 2 credits**

See description preceding NM7820. See NM8830-NM8836 for Patient Care 11-17 descriptions. Prerequisite: NM7828

**NM7901, NM7902, NM7903 Independent Study****variable credit**

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in naturopathic medicine of personal interest and value. Prerequisite: Permission of the dean or associate dean

**NM8100 Naturopathic Theory and Practice 11 0.5 credits**

This module addresses naturopathic history and philosophy, professionalism, and business. History and Philosophy concepts are applied in the context of the diagnostics and therapeutics in Advanced Naturopathic Practice 5. Prerequisite: NM7113

**NM8105 Advanced Business Practices 1 1.5 credits**

This module builds on principles that have been introduced throughout the curriculum in Naturopathic Practice modules beginning in year two. Specific topics include business set-up, including all aspects of starting or joining a medical practice. Students create a business plan, learn the legal aspects of starting and running a business, and identify successful marketing strategies. Corequisite: NM8100 or permission of the dean or chair of program

**NM8106 Advanced Business Practices 2 0.5 credits**

This module builds on principles that have been introduced throughout the curriculum in Naturopathic Practice modules. Specific topics include the financial skills of running and maintaining a business, including accounting, fee schedules and the legal aspects of working with an attorney. Prerequisite: NM8105 or permission of the dean or chair of program

**NM8107 Advanced Business Practices 3 0.5 credits**

This module presents the final aspects of business management for a naturopathic physician. It includes the procedures and the business of managing local, state and federal taxes. It also addresses the administrative aspect of being a business owner or participant including employees, paperwork and chart management. Prerequisite: NM8106 or permission of the dean or chair of program

**NM8304 Eyes, Ears, Nose and Throat 3.5 credits**

This module includes a discussion of the evaluation and management process of the eyes, ears, nose and throat (EENT). Students learn how to use diagnostic imaging and other evaluation tools to determine a diagnosis. Students learn evidence based practices of nutrition, botanical medicine, and pharmacology as they are related to EENT and how to apply them. Students learn standards of care as they relate to EENT. Prerequisite: NM6312 or permission of the dean or chair of program

**NM8305 Integumentary System 3 credits**

This module includes a discussion of the evaluation and management process of the integumentary system and other related conditions. This module also includes concepts, practical application and practice in minor surgery. Students learn how to use diagnostic procedures and other evaluation tools to determine a diagnosis. Students learn evidence-based practices of nutrition, botanical medicine and pharmacology as they are related to the integumentary system. Students learn standards of care as they relate to the integumentary system. Prerequisite: NM6312 or permission of the dean or chair of program

**NM8310 Minor Office Procedures 1 credit**

Minor surgical procedures as defined by scope of practice for naturopathic physicians and licensing laws are taught. This lecture course covers common minor surgery office procedures. Topics include suturing techniques; wound, infection and burn management; local anesthetics; bandaging techniques; and the recognition of conditions requiring medical referral for surgical intervention. Corequisite: NM8305 or permission of the dean or chair of program

**NM8310L Minor Office Procedures Lab 2.5 credits**

This laboratory course covers common minor surgery and other office procedures. Students apply knowledge to demonstrate suturing techniques; wound, infection and burn management; local anesthetics; bandaging techniques; and the recognition of conditions requiring medical referral for surgical intervention. Application of medical procedures for the eyes, ears, nose and throat are also covered. Corequisite: NM8310 or permission of the dean or chair of program

**NM8315 Advanced Topics in Diagnostic Imaging 2 credits**

This module builds on an understanding of the various diagnostic imaging technologies that were introduced in the Advanced Naturopathic Practice Modules in year three. Students complete their entry-level understanding of when and how to request specific analyses and how to interpret the results. Prerequisites: NM7310, all Systems modules in the third year or permission of the dean or chair of program

**NM8316 Advanced Topics in Public Health 1.0 credit**

This module incorporates discussions and application of the principles of public health into clinical decision making necessary for the safe and knowledgeable practice of a naturopathic primary care physician. Note that public health competencies are also integrated into year three Systems modules. Prerequisites: Completion of all Systems modules or permission of the dean or chair of program



**NM8317 Advanced Topics in Geriatric Medicine 2 credits**

This module focuses on the skills necessary for a physician practicing with this population with recognition of special needs in assessment, diagnosis and treatment to support patients in maintaining health and a healthy lifestyle throughout their life and through death. Prerequisites: Completion of all Systems modules or permission of the dean or chair of program

**NM8318 Advanced Topics in Clinical Ecology 1 credit**

This module continues the discussion of prevention, diagnosis and treatment of allergies in all its forms. Cause and contribution of food, plant, hydrocarbon and environment are presented. Recognition of signs and symptoms of allergy with focus on foundational treatment is included. Builds on concepts introduced in year-three modules. Corequisite: Final year of program or permission of the dean or chair of program

**NM8319 Advanced Topics in Oncology 2.5 credits**

This module presents the role of the general practice naturopathic physician involved in the care of patients with cancer. It includes the problems involved in the diagnosis and assessment of cancer. Current knowledge of the causes and mechanisms of the disease are presented. There is an overview of the provision of ethical practices and the primary needs of cancer survivors as well as the role of complementary therapeutics including concepts from diet and nutrient therapy. Corequisite: Final year of program or permission of the dean or chair of program

**Preceptorship 1-3 and Advanced Preceptorship**

Students have the opportunity to preceptor with physicians (ND, MD, DO) in practice. A preceptor/outreach coordinator assists students in locating appropriate preceptorship sites.

**NM8801 Preceptorship 1 1 credit**

See description above. Prerequisite: Admission into naturopathic medicine program

**NM8802 Preceptorship 2 1 credit**

See description preceding NM8801. Prerequisite: NM8801

**NM8803 Preceptorship 3 1 credit**

See description preceding NM8801. Prerequisite: NM8802

**NM8815 Grand Rounds 1 1 credit**

This module brings students together with experts in skills, knowledge or fields relevant to the practice of naturopathic medicine. This course is a series of presentations that bring depth to areas of medical knowledge or practice. Corequisite: Final year of program or permission of the dean or chair of program

**NM8816 Grand Rounds 2 1 credit**

This module brings students together with experts in skills, knowledge or fields relevant to the practice of naturopathic medicine. This course is a series of presentations that bring depth to areas of medical knowledge or practice. Prerequisite: NM8815 or permission of the dean or chair of program

**NM8817 Grand Rounds 3 1 credit**

This module brings students together with experts in skills, knowledge or fields relevant to the practice of naturopathic medicine. This course is a series of presentations that bring depth to areas of medical knowledge or practice. Prerequisite: NM8816 or permission of the dean or chair of program

**NM8830 Patient Care 11 2 credits**

See description preceding NM7820. Prerequisite: NM7829

**NM8831 Patient Care 12 2 credits**

See description preceding NM7820. Prerequisite: NM8830

**NM8832 Patient Care 13 2 credits**

See description preceding NM7820. Prerequisite: NM8831

**NM8833 Patient Care 14 2 credits**

See description preceding NM7820. Prerequisite: NM8832

**NM8834 Patient Care 15 2 credits**

See description preceding NM7820. Prerequisite: NM8833

**NM8835 Patient Care 16 2 credits**

See description preceding NM7820. Prerequisite: NM8834

**NM8836 Patient Care 17 2 credits**

See description preceding NM7820. Prerequisite: NM8835

**NM8844 Interim Patient Care 2 credits**

See description preceding NM7820. Prerequisite: NM7820

**NM8901, NM8902, NM8903 Independent Study**

**variable credit**

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in naturopathic medicine of personal interest and value. Students may devote one (1) to five (5) of their elective credits to independent study. Prerequisite: Permission of dean

**NM9111 Fasting and Natural Medicine 1 credit**

Prerequisite: Admission to naturopathic medicine program or permission of dean

**NM9112 Traditional Naturopathic Medicine Series:****Special Topics 2 credits**

This course presents special topics in traditional medicine. Examples of topics include the healing reaction, natural hygiene and fasting, nature cure, the spiritual aspects of health and illness, and methods and techniques taught by traditionally-trained naturopathic physicians. Cases are considered in lecture and discussion using this approach. Prerequisite: NM5113

**NM9115 Traditional Naturopathic Medicine Series:****Natural Hygiene, Principles, Research and Practice 2 credits**

This course teaches and explores principles, research and practice of natural hygiene. The variable factors that determine health, health recovery and disease are integrated with current scientific research and today's practice of natural hygiene. Prerequisite: Admission to the naturopathic medicine program or MS in nutrition program

**NM9118 Energetics of Natural Medicine 0.5 credits**

This course presents an analysis of the vital force, the emergence of shape, a redefinition of disease and a discussion of specific disorders. The class is participatory, involving lecture, discussion and movement. Prerequisite: NM6224 or NM7116

**NM9314 Advanced Gynecology and Practicum 2 credits**

This class includes advanced discussion in topics such as dysfunctional uterine bleeding, cervical cytology, chronic pelvic pain, recurrent vaginitis, breast disease, contraception management, osteoporosis and menopause. This class includes several case discussions. Included is a two-hour practicum each week to review and practice the gynecologic exam, breast exam and office procedures. The practicum also includes discussion, demonstration and practice of IUD insertions plus endometrial and vulvar biopsies. Prerequisites: NM7313

**NM9316 Advanced Pediatrics 2 credits**

This elective course focuses on clinical pearls and necessary knowledge for the naturopathic physician who will be working with children of all ages. Practical skills, such as vaccine administration, blood collection and exam skills are taught, as well as more advanced pediatric assessment techniques and treatment options. Prerequisites: NM7314, NM7315

**NM9401 Diabetes, Insulin Resistance Syndrome 2 credits**

Naturopathic medicine has powerful tools to meet this challenge, and we will be asked to care for an increasing number of diabetic patients. Diabetic care often presents complex management problems. The goal of this course is to develop a deeper understanding of the principles of natural diabetic care and an ability to make a sound response to the diabetic challenge. Prerequisite: Admission into Bastyr University

**NM9402 AIDS and Alternative Medicine 1.5 credits**

This course provides students with a foundation of information on HIV and AIDS necessary to meet the responsibilities of a naturopathic physician working with HIV/AIDS. Prerequisite: BC6209

**NM9405 Traditional Naturopathic Medicine Series:****Principles of Clinical Fasting 1 credit**

The purpose of this course is to familiarize students with the clinical application of fasting and management of fasting patients. Principles of natural hygiene, naturopathic philosophy and the therapeutic order are applied. Prerequisite: Admission into naturopathic medicine program or permission of instructor

**Patient Care Elective Shifts 1-4**

Students may take Patient Care Shifts as elective credit by permission of clinic medical director

**NM9801 Patient Care Elective (fall) 2 credits**

See description above. Prerequisite: Permission of clinic medical director

**NM9802 Patient Care Elective (winter) 2 credits**

See description preceding NM9801. Prerequisite: Permission of clinic medical director

**NM9803 Patient Care Elective (spring) 2 credits**

See description preceding NM9801. Prerequisite: Permission of clinic medical director

**NM9804 Patient Care Elective (summer) 2 credits**

See description preceding NM9801. Prerequisite: Permission of clinic medical director

**NM9811 Advanced Preceptorship 2 credits**

Students have the opportunity to preceptor with physicians (ND, MD, DO) in practice, in lieu of a regular clinic shift. Advanced Preceptorships may also be taken for elective credit. Approval must be granted by the associate clinical dean for naturopathic medicine. Prerequisites: Mid-level primary clinician status and completion of all preceptor rotations

**NM9835 Building Clinical Skills 2 credits**

Cross listed as NM7835. This course is part of an ongoing series that is formulated to build and enhance clinical skills. The course covers all aspects of the clinical encounter including the interview, physical exam, case analysis, and differential diagnosis, laboratory and imaging as diagnostic tools, and naturopathic case analysis. The course is a directed study with lecture and group discussion and sessions. The student completes case based assignments and brings the results to the group for analysis and discussion. Practice of personal skills outside of class is expected and is necessary for improvement to occur. Prerequisite: Clinic eligibility

## ACUPUNCTURE AND ORIENTAL MEDICINE

For a listing of the Chinese herbal medicine courses that are part of the MSAOM or CCHM programs, please see alphabetical listings beginning with CH.

A grade of C or higher is required to pass all AOM/CCHM courses. Please review grade point requirements for the MSA/MSAOM programs.

**CPR for Health Care Providers**

Prior to entrance into the clinic, all students in the MSA, MSAOM and DAOM programs must complete a CPR course for health care professionals. This is a Bastyr Center for Natural Health requirement and is offered by the health and safety officer, health and safety department. Prerequisite: None

**OM4101 History of Medicine 2 credits**

This course is a survey of the history of medicine, including cross-cultural perspectives in healing. The course traces the history of medical practice from Ayurveda, Hippocrates and Taoism to the development of drug therapy and allopathic medicine. Special attention is placed on issues of cultural diversity in medicine. Prerequisite: Admission into AOM program

**Meridians and Points 1-3**

This series includes a comprehensive study of acupuncture meridians and points of the human body with reference to traditional Chinese locations. The traditional indications, precautions and physiological responses according to modern research are emphasized. The 12 regular meridian channels and eight extra meridian channels, 15 collaterals, 365 regular acupoints and extra points are discussed. Labs, lectures and illustrations are coordinated to provide students with hands-on skills and a thorough understanding of points and meridians.

**OM4106 Meridians and Points 1** 4 credits  
See description above. Prerequisite: Admission into AOM program

**OM4107 Meridians and Points 2** 4 credits  
See description preceding OM4106. Prerequisite: OM4106

**OM4108 Meridians and Points 3** 4 credits  
See description preceding OM4106. Prerequisite: OM4107

**OM4118 TCM Fundamentals** 4 credits  
This course covers the traditional theories fundamental to the practice of acupuncture and Oriental medicine. Students are introduced to the philosophy, theories of diagnosis and therapeutic concepts underlying traditional Chinese medicine. Prerequisite: Admission into AOM program

**TCM Diagnosis 1-2**

In TCM Diagnosis 1 and 2 students begin the study, analysis, and understanding of the tongue and pulse. These courses focus on the understanding and practical skills of TCM diagnosis, applicable to both traditional Chinese herbology and acupuncture. Topics include differentiation of syndromes according to etiology, disease classification by symptom analysis, an in-depth study of the four diagnostic methods, and the principles of treatment. Teaching aids, illustrations and case studies are utilized to facilitate learning.

**OM4211 TCM Diagnosis 1** 3 credits  
See description above. Prerequisites: OM4118/OM5120 and admission into AOM program

**OM4212 TCM Diagnosis 2** 3 credits  
See description preceding OM4211. Prerequisite: OM4211

**TCM Pathology 1-2**

TCM Pathology 1 and 2 focus on understanding of the TCM empirical model of pathophysiology of health disharmonies according to Zang Fu and channel theories. Through case presentations students learn to analyze the etiology, signs and symptoms, patterns that create disease, and treatment plans that facilitate homeostasis.

**OM4221 TCM Pathology 1** 3 credits  
See description above. Prerequisites: OM4118/OM5120 and admission into AOM program

**OM4222 TCM Pathology 2** 3 credits  
See description preceding OM4221. Prerequisite: OM4221

**OM4315 TCM Bodywork: Tui Na** 1 credit  
Tui na, a form of bodywork, is a therapeutic massage modality that originated in China. Based on the theories of TCM, tui na's effects can be utilized for acute conditions, as well as for constitutional disharmonies. In this course, students are introduced to various techniques, as well as fundamental principles for common therapeutic applications. Both practical and theoretical aspects are emphasized. Prerequisite: Admission into AOM program

**OM4406 Qi Gong** 1 credit  
Qi gong refers to the building, harnessing and proper directing of qi (energy.) Through proper exercise and instruction, students experience qi gong as a valuable resource for self healing and building energy. Prerequisite: Admission into AOM program or permission of dean

**TCM Techniques 1-3**

This sequence of courses offers instruction in both the principles and hands-on skills of acupuncture techniques. Considerable emphasis is put on patient safety, competence in clean needle technique, material preparations and precautions. Technical training includes needling, moxibustion, cupping, electroacupuncture, Gwa Sha, plum blossom needle, and physical stimulation of acupoints. A student must be enrolled in the MSA or MSAOM program in order to take these courses.

**OM4411 TCM Techniques 1** 2 credits  
See description above. (For TCM Techniques 2-3, see OM5430 and OM5436.) Prerequisites: BC3134 (or BC5122 - ND Students), OM4106, OM4118; concurrent with BC3135 and OM4107

**OM4800 AOM Clinic Entry** 2 credits  
This course covers clinic requirements, procedures and protocols, as well as clinic philosophy and standards of practice. Case management skills and charting skills prepare students for their clinic experience. Students attend case preview/review sessions where clinic cases are discussed. Special topics include confidentiality, special needs of different patient groups, dispensary, ethics and library support. Familiarity with Bastyr Center for Natural Health from the perspective of the patient and preparation for becoming a clinician are the key aspects of this course. Prerequisite: Admission into AOM program

**Clinical Observation 1-3**

As part of the first stage in clinical training, students are placed at clinic as observers and perform under the supervision of faculty who are licensed acupuncturists. Training occurs at Bastyr Center for Natural Health as well as other community sites. Observation is designed to introduce and train the student in clinical protocol, patient care etiquette, and appropriate interactive skills with supervisors and student clinicians. Completion of the observation experience prepares students to further advance in the clinical training program.

**OM4803 Clinical Observation 1** 2 credits  
See description above. Prerequisite: OM4800

**OM4804 Clinical Observation 2** 2 credits  
See description preceding OM4803. See OM5803 for Clinical Observation 3 description. Prerequisite: OM4803

**OM4806 AOM Preceptor Observation 2 credits**

The required preceptorship experience can be done while in observation status or completed during the student clinician phase. Students who choose to complete the preceptorship during the clinician phase are still eligible to start clinic in spring quarter of their second year, which is the traditional entry point into direct patient care. This observation experience is to be completed with a practicing professional either in or outside of Washington state. Prerequisite: OM4804 or permission of dean

**OM4901, OM4902, OM4903 Independent Study****variable credit**

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in acupuncture and Oriental medicine of personal interest and value. Prerequisite: Permission of dean

**OM5121 Medical Chinese 1 1 credit**

Medical Chinese 1 provides basic training in the Chinese Romanization system (pin yin), which assists students in recognizing Chinese medical concepts in both written and oral form. This is the first course in a four-course series and is the only medical Chinese course required for MSA students. Prerequisite: Admission into AOM program

**OM5122 Medical Chinese 2 1 credit**

Medical Chinese 2 introduces basic Chinese characters, including the use of radicals. Simple greetings are also covered. This is the second course in a four-course series. A portion of this class is online. Prerequisite: OM5121 or permission of the dean

**OM5123 Medical Chinese 3 2 credits**

Medical Chinese 3 focuses on introducing herbs with correct pronunciation and visual recognition of characters, introducing TCM clinical terminology, and developing verbal skills to include simple conversational Chinese. This is the third course in a four-course series. Prerequisite: OM5122 or permission of the dean

**OM5124 Medical Chinese 4 2 credits**

Medical Chinese 4 continues with the study of herbal pronunciation and visual recognition of characters, introducing additional TCM clinical terminology. The course also covers simple grammar and sentence structure and builds verbal skills with simple medical conversation. This is the final course in a four-course series. Prerequisite: OM5123 or permission of the dean

**OM5300 Auricular Therapy 2 credits**

This course introduces the basics of auricular therapy (ear acupuncture) and its use in diagnosis and treatment. Labs and lectures are included. Prerequisite: OM5436

**OM5302 Public Health Issues in AOM 2 credits**

HIV/AIDS and chemical dependency are two major public health challenges for which the AOM profession has been instrumental in providing important ancillary care. This course provides an overview of differential diagnosis, treatment approaches and collaboration with other health care professionals in the treatment setting. The course blends Western medical theories with Oriental medicine in order to provide the student with a solid beginning foundation of clinical knowledge. Prerequisite: Clinician status in AOM

**Survey of Western Clinical Sciences 1-3**

This three-course sequence emphasizes the systemic approach to Western pathology and the signs and symptoms that are clinically associated with disease in the various organ systems. Students learn basic physical exam skills from a Western clinical sciences perspective, including an overview to the fundamentals of laboratory test interpretation. Recognition of signs and symptoms as well as objective findings that would indicate the necessity for a referral are extremely important to contemporary acupuncture practice.

**OM5321 Survey of Western Clinical Sciences 1****3 credits**

See description above. Prerequisites: BC3136, BC4105 and admission into AOM program

**OM5322 Survey of Western Clinical Sciences 2****3 credits**

See description preceding OM5321. Prerequisite: OM5321

**OM5324 Survey of Western Clinical Sciences 3 3 credits**

See description preceding OM5321. Prerequisite: OM5322

**OM5405 TCM Whole Foods Nutrition 2 credits**

Students learn through lecture, demonstration, and practical lab how to recognize and apply a wide variety of foods for use in common patterns of pathology in TCM. Prerequisites: OM5418, OM5419

**Acupuncture Therapeutics 1-7**

This sequence of seven (7) courses covers the systems of the body and the conditions and disorders that afflict the body's systems from a TCM perspective. Each course begins with a brief survey of Western biomedical information. Traditional approaches in acupuncture are covered to familiarize students with TCM therapeutics. There is an overall emphasis on classical applications as they relate to therapeutics.

**OM5414 Acupuncture Therapeutics 1 2 credits**

See description above. This course provides an introduction to the seven (7) part sequence of Acupuncture Therapeutics. Also covered are the most common disorders seen in the clinical setting. Prerequisites: OM4212, OM4222

**OM5415 Acupuncture Therapeutics 2 2 credits**

See description preceding OM5414. This course provides foundational training in musculo-skeletal and dermatology conditions. Also covered are respiratory disorders. Prerequisite: OM5414

**OM5416 Acupuncture Therapeutics 3 2 credits**

See description preceding OM5414. Acupuncture therapeutics for disorders of the gastrointestinal and hepatobiliary systems are covered in this course. Prerequisite: OM5414

**OM5417 Acupuncture Therapeutics 4 2 credits**

See description preceding OM5414. Acupuncture therapeutics for the treatment of pediatric and gynecological disorders are covered in this course. Prerequisite: OM5414

**OM5418 Acupuncture Therapeutics 5 2 credits**

See description preceding OM5414. Students learn to treat disorders of the cardiovascular system and common psychiatric disorders. Prerequisite: OM5414

**OM5419 Acupuncture Therapeutics 6 2 credits**

See description preceding OM5414. (For Acupuncture Therapeutics 7, see OM6417.) This course covers the approach to and treatment of eye, ear, nose and throat conditions. Prerequisite: OM5414

**OM5430 TCM Techniques 2 2 credits**

See description preceding OM4411. This course continues with building basic needling skills and introducing moxibustion, Gwa Sha, and other non-needle modalities. Prerequisite: OM4411

**OM5436 TCM Techniques 3 2 credits**

See description preceding OM4411. This course provides students with advanced acupuncture skills, supervised practice on difficult acupuncture points and the techniques of acupuncture microsystems. Prerequisite: OM5430

**OM5438 TCM Techniques Lab 1 credit**

This course provides additional instruction, review and practice opportunity for all material taught in the TCM Techniques 1-3 series. Prerequisite: OM5436

**OM5442 Tai Chi 1 credit**

Tai chi is an important energetic system that utilizes specific movements and exercises designed to harmonize and build one's spirit and body. Prerequisite: Admission into AOM program or permission of dean

**OM5803 Clinical Observation 3 2 credits**

See description preceding OM4803. Prerequisite: OM4804

**Student Clinician Shifts and Interim Clinic**

Students progress through 14 MSA shifts or 16 MSAOM shifts, which start in the spring of their second year and continue through the remainder of the program. An increasing level of independence is expected of student clinicians as they approach graduation. This is assessed through supervisor evaluations and clinical competencies performed by the student clinician throughout their clinical experience. Prerequisite: passage of the AOM clinic entry exam

Note: To graduate, AOM students must complete 400 separate patient treatments on a minimum of 100 different patients completed over a minimum of one academic year. In order to satisfy the patient contact requirements, students may need additional clinic shifts beyond those required for graduation from the University.

**OM5813 AOM Clinic 1 2 credits**

See description above. Prerequisite: Admission into MSA or MSAOM program, OM5803 and successful completion of Clinician Entry exam

**OM5814 AOM Clinic 2 2 credits**

See description preceding OM5813. Prerequisite: OM5813

**OM5815 AOM Clinic 3 2 credits**

See description preceding OM5813. Prerequisite: OM5814

**OM5816 AOM Clinic 4 2 credits**

See description preceding OM5813. Prerequisite: OM5815

**OM5817 AOM Clinic 5 2 credits**

See description preceding OM5813. Prerequisite: OM5816

**OM5818 AOM Clinic 6 2 credits**

See description preceding OM5813. See OM6827-OM6836 for AOM Clinic 7-16. Prerequisite: OM5817

**OM5819 AOM Interim Clinic 1.5 credits**

See description preceding OM5813. Prerequisite: OM4800

**OM5901, OM5902, OM5903 Independent study variable credit**

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in acupuncture and Oriental medicine of personal interest and value. Prerequisite: Permission of dean

**OM6105 Jurisprudence/Ethics 1 credit**

Medical ethics and legal considerations are discussed in relationship to patient care and privacy issues. Prerequisite: OM6827

**OM6110 TCM Medical Classics 2 credits**

This course offers a survey of the historical evolution of TCM from its empirical beginnings within different schools to the most current practices. Prerequisite: Admission into AOM program

**OM6111 Practice Management 1 2 credits**

This is the first of a two-class series. The primary focus is assisting with the foundations of building a practice, including formulating and completing a business plan. Additional topics include office planning, bookkeeping, fee structures, taxes, accounting, marketing and communication skills. Prerequisite: OM5815

**OM6112 Practice Management 2 1 credit**

This is the second of a two-class series. This course focuses on additional practice building skills and requirements, including city and state licensing, marketing strategies, legal consent and privacy disclosures, practice options and referrals. Prerequisite: OM6111

**OM6305 Survey of Biophysics and Electroacupuncture 2 credits**

This course presents an overview of the theories and research in the field of biophysics that impact the practice of electroacupuncture. Principles and various applications of electroacupuncture are presented, a variety of devices demonstrated, and hands-on experience encouraged. Prerequisite: OM5436

**OM6310 Case Review 2 credits**

This course runs concurrently with clinic and provides a forum for the discussion of cases seen in the teaching clinic. Prerequisite: OM5813

**OM6315 Clinical Theatre 2 credits**

This course provides an opportunity to observe experienced practitioners conducting patient interviews, constructing treatment plans and applying treatments. The course is designed to assist students with understanding various approaches to medical interviewing, patient care and management. Prerequisite: OM5813

**OM6417 Acupuncture Therapeutics 7 2 credits**

See description preceding OM5414. Acupuncture therapeutics of renal and genitourinary systems, plus immune disorders including MS, CFIDS and fibromyalgia. Prerequisite: OM5414

**OM6820 Clinic Entry for China 1 credit**

Required for all students (master's and doctoral) who plan to study in China. This class is designed to prepare AOM students for their studies in Chengdu or Shanghai. Major topics include professional hospital conduct in the Chinese hospital, Chinese cultural topics, safety and practical travel tips. Prerequisite: Prior approval for China study or permission of dean

**Acupuncture Clinic in China 1-4**

Students in good academic standing are encouraged to apply for advanced studies in China. Currently, Sichuan Integrated Hospital of Eastern and Western Medicine in Chengdu and Shanghai Universities of TCM are the main sites for Bastyr. For more information and an application, see the *Student Clinician Handbook*. The clinic in China is an eight (8) credit experience to be applied toward MSA or MSAOM program and/or elective credit. These credits may not be audited.

**OM6821 Clinic in China 1 2 credits**

See description above. Prerequisite: Permission of dean

**OM6822 Clinic in China 2 2 credits**

See description preceding OM6821. Prerequisite: Permission of dean

**OM6823 Clinic in China 3 2 credits**

See description preceding OM6821. Prerequisite: Permission of dean

**OM6824 Clinic in China 4 2 credits**

See description preceding OM6821. Prerequisite: Permission of dean

**OM6827 AOM Clinic 7 2 credits**

See description preceding OM5813. Prerequisite: OM5818

**OM6828 AOM Clinic 8 2 credits**

See description preceding OM5813. Prerequisite: OM6827

**OM6829 AOM Clinic 9 2 credits**

See description preceding OM5813. Prerequisite: OM6828

**OM6830 AOM Clinic 10 2 credits**

See description preceding OM5813. Prerequisite: OM6829

**OM6831 AOM Clinic 11 2 credits**

See description preceding OM5813. Prerequisite: OM6830

**OM6832 AOM Clinic 12 2 credits**

See description preceding OM5813. Prerequisite: OM6831

**OM6833 AOM Clinic 13 2 credits**

See description preceding OM5813. Prerequisite: OM6832

**OM6834 AOM Clinic 14 2 credits**

See description preceding OM5813. Prerequisite: OM6833

**OM6835 AOM Clinic 15 2 credits**

See description preceding OM5813. Prerequisite: OM6834

**OM6836 AOM Clinic 16 2 credits**

See description preceding OM5813. Prerequisite: OM6835

**OM6901, OM6902, OM6903 Independent Study variable credit**

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in acupuncture and Oriental medicine of personal interest and value. Prerequisite: Permission of dean

**OM7110 Mechanisms and Pathology of Pain 2 credits**

Understanding the mechanisms and pathology of pain is key to clinical management and resolution. This course covers the anatomical, neurological and biochemical components and biomedical aspects of pain. Prerequisites: Admission into DAOM program, or BC6200 for ND students, or permission of dean

**OM7200 Huang Di Nei Jing 2 credits**

The Neijing is the earliest known book on Chinese medical theory and is also included as one of the four major classical texts of Chinese medicine. This course provides highly developed studies in theories pertaining to yin/yang, five element, zang/fu and meridians. Building on these theories, the course provides a deeper understanding of disease etiology, which is critical to development of sophisticated clinical treatment plans. Prerequisite: Admission into DAOM program or permission of dean

**OM7205 Shang Han Lun 2 credits**

The Shang Han Lun is one of the four most important classics of traditional Chinese Medicine. The course provides an advanced analysis and ensuing clinical application of diseases caused by the external pathogen of Cold. This course prepares students to apply its diagnostic and treatment protocols to complex clinical care and treatment strategies. Prerequisite: Admission into DAOM program or permission of dean

**OM7210 Jing Gui Yao Lue 2 credits**

The Jin Gui Yao Lue is included as one of the four most important classics of traditional Chinese medicine. This course provides students with advanced clinical concepts in diagnostic and therapeutic systems in the areas of differential diagnosis, treatment principles and Chinese herbal formula selection, utilizing the six classic stages of disease as the structure for the course. The lectures are followed by case studies. Prerequisite: Admission into DAOM program or permission of dean

**OM7215 Wen Bing Xue 2 credits**

The Wen Bing Xue medical classic is the one of the four major traditional Chinese medical classic texts. This text pertains to "seasonal febrile diseases." The course analyzes the four classic stages of disease as they pertain to the external pathogen of Heat. The analysis and clinical application of this course material are applied to the diagnostic and treatment protocols of complex patient care protocols. Prerequisite: Admission into DAOM program or permission of dean

**OM7311 OM Pain Management 1 2 credits**

This is the first of three courses covering the diagnosis and treatment of neuromusculoskeletal conditions. The class discusses the TCM differential diagnosis of pain, treatment for the various types of pain with various types of tissue involvement, acupuncture systems of point selection, and the broad topics of TCM bi syndrome, wei syndrome and zhong-feng or windstroke. Prerequisite: Admission into DAOM program or approval of the dean

**OM7312 OM Pain Management 2 2 credits**

This is the second of three courses covering the diagnosis and treatment of neuromusculoskeletal conditions, many of which involve pain. This course discusses site-specific neuromuscular problems including tendonitis, bursitis, neuralgia, sports injuries, and trigger point pain patterns of the lower extremities. Prerequisite: Admission into DAOM program or permission of dean

**OM7313 OM Pain Management 3 2 credits**

This is the third of three courses covering the diagnosis and treatment of neuromusculoskeletal conditions, many of which involve pain. This course explores painful conditions of the spine, neck, head, shoulder and upper limbs, including the hand. Prerequisite: Admission into DAOM program or permission of dean

**OM7400 Acupuncture in Oncology 2 credits**

This course provides advanced acupuncture techniques that are vital to the clinical care and management of oncology patients. Advanced clinical theories and techniques, as they pertain to acupuncture, are given for the management of pain, immune support, treatment of anxiety/depression and modifying the side effects of medication. This course provides a sophisticated understanding and application of acupuncture in the oncology clinical setting. Prerequisite: Admission into DAOM program

**OM7401 AOM Orthopedics 2 credits**

This course provides an introduction to orthopedic assessment as it applies to the acupuncture clinical setting. Students gain skills in orthopedic assessment, which will enhance their clinical work and ability to provide advanced clinical care. Prerequisite: Admission into DAOM program or OM5324

**OM7402 Clinical Orthopedics 2 credits**

This course addresses the clinical issues of orthopedic management, including imaging, pharmaceuticals, labs and specific physical modalities. Patient co-management issues are also addressed, including recognition of advanced conditions requiring referral. Prerequisites: Admission into DAOM program, or BC6200 for ND students, or permission of dean

**OM7403 Advanced Tui Na 1 credit**

There are many advanced tui na techniques that can enhance resolution of pain. This course covers a variety of common clinical conditions including headache, TMJ, upper extremities, carpal tunnel syndrome, wrist pain, injury of lower extremities including the gastrocnemius muscle, ankle sprains and traumatic synovitis. Prerequisite: Admission into DAOM program or OM4315

**OM7405 Chinese Herbs in Oncology 3 credits**

This course provides an analysis of the herbs and formulas that are commonly used in cancer treatment to treat both the acute phase of illness as well as to support health maintenance. Utilizing the standard Chinese herbal categories of clearing, releasing, invigorating, softening, reducing, draining and tonification, the course leads to a sophisticated understanding and application of Chinese herbal medicine in the oncology clinical setting. Prerequisite: Admission into DAOM program

**OM7406 Qi Gong for Immunity and Pain Management 1 credit**

This course focuses on both static and dynamic Qi Gong. Training is focused on strengthening the five Zang organs, calming Shen and managing pain. Case studies are presented for discussion. Prerequisite: Admission into DAOM program or OM6827

**OM7411 TCM Cancer Therapeutics 1 2 credits**

This course is the first in a two-part series. The focus of the course is to provide an advanced analysis of traditional Chinese medicine etiology, pathology, treatment principles and clinical application including nutrition and rehabilitation. This course develops skills in building sophisticated treatment plans for oncology care. Prerequisites: BC7101 and admission into DAOM program

**OM7412 TCM Cancer Therapeutics 2 2 credits**

This course is the second in a two-part series and covers the most common types of cancer found in the U.S. The course focuses on the clinical treatment of cancer utilizing both Chinese medicine and Western clinical intervention. The course provides an analysis of the strengths and limitations of Western and Chinese medicine in the oncology setting, which leads to greater skills in understanding their integration in the clinical arena. Prerequisite: OM7411

**OM7415 Advanced Acupuncture Techniques for Pain 2 credits**

There are many advanced acupuncture techniques that can enhance needle manipulation skills, leading to stronger clinical outcomes. In addition to covering commonly used acupuncture techniques for pain, the course also covers techniques from the Huang Di Nei Jing, penetrated needling and traditional therapeutic artistic needling. Prerequisite: Admission into DAOM program

**DAOM Clinic**

Doctoral students rotate through three different clinical sites: Bastyr Center for Natural Health, Skagit Valley Hospital Regional Cancer Care Center, and Providence Regional Cancer Partnership. Shifts pertaining to learning supervision skills and clinical work in advanced pain management are done in Bastyr Center for Natural Health. In the final quarter, students travel to China and participate in clinical work at Sichuan Integrated Hospital of Eastern and Western Medicine in Chengdu and Shanghai University of Traditional Chinese Medicine. Students spend a total of four weeks in China.

The purpose of the clinical training is to give students a strong foundation in traditional Chinese medicine care within integrated Western clinical settings that provide oncology and pain care. The student training experience provides clinical experience with developing and applying advanced acupuncture and Oriental medicine treatment plans as well as opportunities to observe oncologists and other health providers.

**OM7800 Clinic Entry for Supervisors 1 credit**

This course provides the skills and information needed to provide clinical supervision at Bastyr Center for Natural Health. The course covers key concepts that are important to working with adult learners including conducting mini-assessments, constructive feedback techniques and evaluation/grading. The course also assists students in conducting interdepartmental referrals and in skill building in co-management of patients. Prerequisite: Admission into DAOM program

**OM7805 Clinic Supervision 1 2 credits**

See description preceding OM7800. Prerequisites: Concurrent with OM7800, admission into DAOM program

**OM7806 Clinic Supervision 2 2 credits**

See description preceding OM7800. Prerequisite: OM7805

**OM7807 Clinic Supervision 3 2 credits**

See description preceding OM7800. Prerequisite: OM7806

**OM7808 Clinic Supervision 4 2 credits**

See description preceding OM7800. Prerequisite: OM7807

**OM7811 Oncology Clinic 1 2 credits**

See description preceding OM7800. Prerequisites: completion of or concurrent with BC7105 and OM7412

**OM7812 Oncology Clinic 2 2 credits**

See description preceding OM7800. Prerequisite: OM7811

**OM7813 Oncology Clinic 3 2 credits**

See description preceding OM7800. Prerequisite: OM7812

**OM7814 Oncology Clinic 4 2 credits**

See description preceding OM7800. Prerequisite: OM7813

**OM7821 Pain Clinic 1 2 credits**

See description preceding OM7800. Prerequisites: OM7110, OM7401

**OM7822 Pain Clinic 2 2 credits**

See description preceding OM7800. Prerequisite: OM7821

**OM7823 Pain Clinic 3 2 credits**

See description preceding OM7800. Prerequisite: OM7822

**OM7901, OM7902, OM7903 Independent Study****variable credit**

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in acupuncture and Oriental medicine of personal interest and value. Prerequisite: Permission of dean

**Research Practicum 1-4**

This course provides students with a forum to discuss contemporary research topics as well as a place to discuss challenges or breakthroughs with their own doctoral research. Research Practicum 4 is the forum for final project presentations. The group discussions are particularly focused on complementary and alternative medicine issues, including analyzing the work going on nationally through NIH funding. An introduction to the research application process itself is also covered.

**OM8101 Research Practicum 1 2 credits**

See description above. Prerequisites: TR5128, admission into DAOM program

**OM8102 Research Practicum 2 2 credits**

See description preceding OM8101. Prerequisite: OM8101

**OM8104 Research Practicum 3 1 credit**

See description preceding OM8101. Prerequisite: OM8102

**OM8105 Research Practicum 4 1 credit**

See description preceding OM8101. Prerequisite: OM8104

**OM8199 Capstone Continuation 0 credits**

Enrollment in this course is required when a student has not yet completed the DAOM capstone project but has completed all other requirements of the doctoral program. One credit of tuition is charged in the quarter when the capstone project is completed. The DAOM capstone project should be finished within four years of the start of the program. Prerequisite: OM8103

**OM8809 China Studies 8 credits**

See description preceding OM7800. The four-week clinical rotation in China provides doctoral students with exposure to advanced Western and TCM treatment planning and case management as it pertains to oncology and pain care. The four-week rotation includes two weeks at Sichuan Integrated Hospital of Eastern and Western Medicine in Chengdu and two weeks at Shanghai University of Traditional Chinese Medicine. Prerequisite: OM7813

**OM8901, OM8902, OM8903 Independent Study****variable credit**

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in acupuncture and Oriental medicine of personal interest and value. Prerequisite: Permission of dean



*AOM Department Electives: The following courses (course numbers starting with OM9—) represent a variety of electives and special topics courses offered on a rotating basis.*

**OM9101 Overview of TCM and Physics 3 credits**

This course provides an overview of Western physics and the physiological mechanisms behind concepts of traditional Chinese medicine. The course covers the framework behind the current Western scientific understanding of traditional Chinese medicine. Prerequisites: OM4108, OM4222

**Qi Gong Elective Series**

Courses are grouped into three units of three classes each. The first unit of classes must be completed before either units 2 or 3 can be taken.

**Unit 1: Learning the Basics of Qi Gong**

**OM9111 Qi Gong: Internal Activation 1 credit**

This is the first class in a three-course series, introducing methods and techniques for direct, experiential understanding of the internal qi pathways of the Du and Ren meridians. The focus is on activating and cultivating one's own qi in accordance with corresponding yin/yang theory and TCM principles. Prerequisite: OM4406

**OM9112 Qi Gong: Energizing the Zang Fu 1 credit**

This is the second in a three-course series, introducing methods for developing the Zang Fu related meridians. Students learn meridian cultivation exercises and gain an experiential understanding of the internal organs at the energetic level. Prerequisite: OM9111

**OM9113 Qi Gong: Energizing the Extraordinary Meridians 1 credit**

This is the third in a three-course series, introducing methods for developing the extraordinary pathways. Students gain an experiential understanding of the functions of the extraordinary energy pathways at the subtle energy level. Prerequisite: OM9112

**Unit 2: Training for Teaching Qi Gong to Others**

**OM9121 Qi Gong: Development of Emotional Well-Being 1 credit**

Students learn internal organ energy activation and cultivation leading to an experiential understanding of the emotional functions of the organs and the development of emotional management. Prerequisite: OM9113

**OM9122 Qi Gong: Internal Balance and Qi Cultivation 1 credit**

Students learn advanced qi cultivation exercises including those affecting the central and autonomic nervous systems, including the Marrow Gate and the Brain Gate. Prerequisite: OM9121

**OM9123 Qi Gong: Teaching Methods and Philosophy 1 credit**

Students learn methods and tools for conducting presentations and classes, including self-care practice and understanding of the trinity of students-teacher-universal energy. Prerequisite: OM9122

**Unit 3: Therapeutic Application: Basics of Diagnostic Methods and Techniques**

**OM9131 Qi Gong: Diagnostics 1 credit**

The first of a three-course series. Methods covered include qi resonance, qi image perception and qi energy body communication. Prerequisite: OM9113

**OM9132 Qi Gong: Therapeutic Approaches 1 credit**

This is the second of a three-course series. This course introduces the relationship between Qi Gong and five-element theory and the application of this knowledge in addressing health conditions. Students learn how natural changes within the body and the external environment affect health and quality of life. Prerequisite: OM9131

**OM9133 Qi Gong: Philosophy and Ethics 1 credit**

This is the third of a three-course series. This course introduces the Qi Gong healing philosophy and the ethical code for providing Qi Gong treatments. Students learn appropriate self care before and after providing Qi Gong sessions. Prerequisite: OM9132

**OM9135 Kung Fu 1 1 credit**

Chinese kung fu is an ancient form of exercise. Unlike the current Qi Gong and tai chi courses, this class concentrates on developing muscular and cardiovascular fitness and well as teaching students concentration and the ability to focus qi. This is a non-sparring class. Its focus is to treat kung fu as an art form and means of maintaining one's health.

**OM9140 Fundamental Principles of TCM 3 credits**

This introductory course provides an overview to the theories and practice of acupuncture and Oriental medicine. Students are introduced to this ancient medicine in order to both better understand it and to recognize clinical situations that would benefit from referral to an acupuncturist. While this course is designed for students in the naturopathic medicine program, students enrolled in other degree programs are also eligible to take this course. Prerequisite: Admission into Naturopathic Medicine program or any other non-AOM degree program

**OM9201 TCM Diagnostics for NDs 3 credits**

This course is designed to provide naturopathic students an opportunity to apply basic diagnostic principles of traditional Chinese medicine. Topics include TCM interviewing skills, pulse, tongue, meridian, palpation and case analysis. Beginning patient assessment skills are introduced. Prerequisites: OM4118, OM9140 or OM5120

**OM9303 TCM Sports Medicine 1 1 credit**

This course covers the theories, techniques and treatments of TCM sports medicine. The class focuses on introducing the treatments of six common joint injuries: mandible dislocation, luxation of biceps, long head tendon, acromioclavicular joint, sternoclavicular joint and radial capitulum. Prerequisite: BC3134

**OM9306 Five Element 2 credits**

This course provides an integrated approach to five-element diagnostic laws and theory. The course provides a bridge between TCM and five-element theory. Emphasis is given to developing diagnostic skills, interviewing and examining techniques. The student is guided to a new experience of seeing, hearing, feeling and smelling. Understanding all correspondences of lifestyle preference, personality, compensation for early traumas and emotional patterns, with a consciousness from within each element, is the goal of a series of experiential exercises. Prerequisite: OM4118

**OM9309 Introduction to Foot Reflexology Massage****1 credit**

This course introduces the theory and techniques of foot reflexology massage. Foot reflexology uses acupressure reflex points on the soles of the foot and lower leg to stimulate trigger points/meridians to treat disorders including PMS, stress and fatigue, headache, arthritis, insomnia, depression, digestive disorders, backache. History of reflexology, preparing herbal foot soaks, reflexology foot massage instruction/practice, and walks in Bastyr's reflexology path are also covered. Prerequisite: None

**OM9313 Geriatric Care in AOM 2 credits**

This course provides students with the clinical skills necessary to the specifics of geriatric clinical care. This includes intake and listening skills and specific considerations for the treatment of chronic versus acute conditions. Treatment protocols for common disorders are also covered. Prerequisite: OM5813

**OM9314 TCM Sports Medicine 2 1 credit**

This course covers the theories, techniques and treatments of TCM sports medicine. The class focuses on providing ancillary treatment for fractures of the ulna, radius (with subluxation of the radial capitulum), wrist joint, metacarpal thumb joint, hip joint, patella, fibular capitulum, ankle joint, fifth metatarsal bone, phalangeal joints of the toe and the ankle joint. Prerequisite: BC3134

**OM9317 Thai Massage 1 1 credit**

This course covers the theories and techniques of Thai massage. Classes focus on introducing the first five of the 10 Thai massage meridians and massage techniques and procedures on the feet, legs, neck and back. Prerequisite: BC3113 or BC3134 or BC5124

**OM9318 Thai Massage 2 1 credit**

This course covers the theories and techniques of Thai massage. Classes focus on introducing the last five of the 10 Thai massage meridians and massage techniques and procedures used on the face, abdomen, arms and fingers. Prerequisites: BC3134 or BC3113 or BC5124

**Tui Na 2-5**

Tui na is a therapeutic form of massage based on the principles of Chinese Medicine. The focused nature of tui na in terms of precise manual technique and focus on specific problem resolution make it an excellent clinical therapy. The tui na series provides students an opportunity to work on specific hand/finger techniques that make this massage form remarkably effective.

**OM9322 Tui Na 2 1 credit**

See description above. The tui na techniques covered in this course include: shaking, squeezing, striking, regulating, bending, splashing, scratching, sweeping, locking, swinging, gathering, separating and rotating techniques. Prerequisite: OM4315

**OM9323 Tui Na 3 1 credit**

See description preceding OM9322. The tui na techniques covered in this course include trembling, pinching, clenching, flicking, pressing, tapping, dry-clean hair movement, brushing, plucking, stepping and stretching techniques. Prerequisite: OM4315

**OM9324 Tui Na 4 1 credit**

See description preceding OM9322. There are many advanced tui na techniques that can enhance resolution of pain. This course gives students an opportunity to apply previously learned advanced tui na techniques with a variety of common clinical conditions including headache, TMJ, upper extremities, carpal tunnel syndrome, wrist pain, injury of lower extremities including the gastrocnemius muscle, ankle sprains and traumatic synovitis. Prerequisite: OM4315

**OM9325 Tui Na 5 1 credit**

See description preceding OM9322. There are many advanced tui na techniques that can enhance resolution of pain. This course gives students an opportunity to apply previously learned advanced tui na techniques with a variety of common clinical conditions including pain in the scapula, mid and low-back areas, prolapsed disc conditions, injury to the superior cluneal nerve and trauma with the piriform muscle. External herbal applications also covered. Prerequisite: OM4315

**OM9330 TCM Nutrition Lab 1 2 credits**

This nutrition/cooking lab focuses on the application of Chinese herbs in Chinese cooking. Students shop for the menu of the day and learn how to choose good quality ingredients. The course covers the use of food and herbs in TCM as they relate to various diseases. One kind of soup and several dishes are made for lunch each session. Prerequisite: None

**OM9400 Tai Chi 2 1 credit**

This course offers further explorations with different styles and varieties of tai chi to further enhance health and well being (tai chi advanced). Prerequisite: OM5442 or permission of dean

**OM9402 Qi Gong 2 1 credit**

The manipulation of one's energetic core is further explored and expanded as a valuable tool to use with patients in the health care setting. Prerequisite: OM4406 or permission of dean

**OM9403 Tai Chi Sword 1 credit**

This form, known as "Swimming Dragon," utilizes the classic weapon style from the Yang family tai chi chuan to stimulate the Yin energy. Course includes history of the form and yin/yang foundation theory and presents the difference between the weapon form and the bare-hand form. Students learn the 37 classical movements. Prerequisite: OM5442 or permission of dean

**OM9404 Tai Chi Saber** **1 credit**  
 This form, known as "Jumping Tiger," utilizes the classic weapon style from the Yang family tai chi chuan to stimulate the Yang energy. Course includes history of the form and yin/yang foundation theory and presents the difference between the weapon form and the bare-hand form. Students learn the 13 classical movements. Prerequisite: OM5442 or permission of dean

**OM9420 Specialized Approaches in Acupuncture Therapy: Acupuncture Detox Training** **2 credits**  
 This course provides an overview of the field of chemical dependency treatment and the role of acupuncture and includes an overview of the biochemistry of chemical dependency, outpatient treatment strategies for safely detoxifying and aftercare. This course is the didactic portion of a larger certification program offered by the National Acupuncture Detoxification Association (NADA). Upon completion of this course and an outside clinical rotation, students are eligible to work as acupuncturists in chemical dependency treatment facilities upon graduation/licensure. Prerequisite: OM5813 or permission of dean

**OM9817 Advanced Clinician Shift** **2 credits**  
 This clinic shift provides entering DAOM students an opportunity to refresh their general clinical skills under the supervision and evaluation of AOM clinical faculty. Students are required to demonstrate the competencies of a final term master's student. Failure to demonstrate a grade of Achieved Competency in this shift may require a repeat of the shift under the guidelines of a learning contract. Prerequisite: Admission into DAOM program

**Clinical Elective 1-3**  
 Students may take Clinical shifts as elective credit by permission of the dean.

**OM9821 Clinical Elective 1** **2 credits**  
 See description above. Prerequisite: Permission of dean

**OM9822 Clinical Elective 2** **2 credits**  
 See description preceding OM9821. Prerequisite: Permission of dean

**OM9823 Clinical Elective 3** **2 credits**  
 See description preceding OM9821. Prerequisite: Permission of dean

## PHYSICAL MEDICINE

Dean Neary, ND, Department Chair

**PM5315 Physical Medicine 1** **2.5 credits**  
 This module prepares the naturopathic medical student to understand and employ hydrotherapy techniques in the clinical setting. Lecture topics include history, philosophy, principles of nature cure, physiologic effects, as well as indication, contraindication and application of specific techniques. Concepts from environmental medicine are also introduced. Skills lab provides instruction and hands-on training in various general hydrotherapy applications and on special techniques such as constitutional hydrotherapy and colon hydrotherapy. Lectures are taught in a hybrid-online format. Prerequisites: BC5151, SN5100

**PM5315L Physical Medicine 1 Lab** **0.5 credits**  
 This skills lab provides instruction and hands on training in various general hydrotherapy applications and on special techniques such as constitutional hydrotherapy and colon hydrotherapy. Lecture is taught in a hybrid-online format. Prerequisite: Integrated Musculoskeletal module and Clinical Skills Lab 1. Corequisite: PM5315

**PM5316 Physical Medicine 2** **1.0 credits**  
 Prepares the naturopathic medical student to understand and employ electrotherapy techniques in the clinical setting. Lecture topics include history, philosophy, physiologic effects, as well as indication, contraindication and application of specific equipment/techniques. Lectures are taught in a hybrid-online format. Prerequisite: PM5315

**PM5316L Physical Medicine 2 Lab** **0.5 credit**  
 Skills lab provides instruction and hands-on training using various electrotherapeutic devices such as ultrasound, diathermy, electrical stimulation (NMES), ultraviolet and infrared and low-level laser therapy (LLLT). Corequisite: PM5316

**PM6305 Physical Medicine 3** **2 credits**  
 Students apply their knowledge/skills of observation, anatomical landmarks and palpation to assess the physical structure of a patient's body, and formulate an understanding of the biomechanical basis for movement. Students are instructed on clinical implications and application of therapeutic touch, as well as introduction to select myofascial release techniques. Lectures are taught in a hybrid-online format. Prerequisite: PM5316

**PM6306 Physical Medicine 4** **3 credits**  
 Indication, contraindication and application of soft-tissue manipulation techniques are covered in this course, specifically muscle energy technique (MET) for select muscles. Osseous manipulation technique (axial spine) is introduced. Lectures are taught in a hybrid-online format. Prerequisite: PM6305 or permission of the dean or chair of program

**PM6307 Physical Medicine 5** **3.5 credits**  
 Select imaging techniques and their relevance to assessment of conditions of the musculoskeletal system are covered. This course focuses on select techniques for osseous manipulation of the axial spine in uncomplicated cases. Lectures are taught in a hybrid-online format. Prerequisite: PM6306 or permission of the dean or chair of program

**PM7310 Physical Medicine 6** **2.5 credits**  
 This course focuses on select techniques for osseous manipulation of the axial spine in more complicated cases. This module continues development of select techniques for osseous manipulation of the axial spine in more complicated cases. Diagnosis and treatment of sports injuries commonly seen by a general practice naturopathic physician are covered. Methods of fitness testing, exercise description and the use of exercise as therapy are taught. Lectures are taught in a hybrid-online format. Prerequisite: PM6307 or permission of the dean or chair of program

**PM7311 Physical Medicine 7 2.0 credits**

This course focuses on select techniques for osseous manipulation of the axial spine in more complicated cases. Lectures are taught in a hybrid-online format. Prerequisite: PM7310 or permission of the dean or chair of program

**Bastyr Center for Natural Health: Physical Medicine Shifts 1-4**

Students are required to take four (4) physical medicine shifts during their clinical training. Each physical medicine shift involves faculty-supervised provision of naturopathic physical medicine. Massage, hydrotherapy, physiotherapy, soft tissue manipulation and naturopathic osseous manipulation therapies are the emphasized clinical skills. Students' competency in assessment skills and the application of physical medicine modalities are assessed through their supervisor evaluations. Additionally, students complete sequential clinical competencies throughout their physical medicine clinical experiences. Prerequisite: Clinic eligibility

**PM7801 Physical Medicine 1 (Patient Care 18) 2 credits**

See description above. Prerequisite: See above

**PM7802 Physical Medicine 2 (Patient Care 19) 2 credits**

See description preceding PM7801. Prerequisite: PM7801

**PM8801 Physical Medicine 3 (Patient Care 20) 2 credits**

See description preceding PM7801. Prerequisite: PM7802

**PM8802 Physical Medicine 4 (Patient Care 21) 2 credits**

See description preceding PM7801. Prerequisite: PM8801

**PM9300 Massage Intensive 6 credits**

This course is cosponsored with the Bellevue Massage School Center For Healing Arts. Students interested in further information may meet with an advisor evaluator in the registrar's office or with a department program coordinator to discuss the availability of the program and prerequisite requirements. This course cannot be audited.

**PM9301 Traditional Naturopathic Medicine Series:****Advanced Constitutional Hydrotherapy 1 2 credits**

Advanced clinical application of constitutional hydrotherapy. Topics include clinical pearls, clinical management of the healing reaction (or crisis), use of specific gravity, heart sounds, celiac plexus, adjunctive hydro and physiotherapy techniques and case studies. This course includes laboratory application. This course may be audited. Prerequisites: NM5131, PM5301, PM5305

**PM9307 Abdomen 1 Visceral Manipulation 2 credits**

This is a beginning-level course, which covers the fundamentals of visceral manipulation as applied to the liver, gall bladder, stomach, duodenum, jejunoleum and the colon. The training is very precise and true to the body of work and research brought forth by both Dr. Barral and Alain Gehin. This course cannot be audited. Prerequisite: Must be registered for at least one clinic shift

**PM9310 Massage 1.5 credits**

The intention of the class is to teach the student how to be comfortable when touching in a therapeutic setting. Through massage techniques, the student is taught how to palpate tissues to discover tissue changes and how to treat those changes. The class focuses on Swedish massage indications, contraindications and techniques, and introduces other soft-tissue assessment and treatment techniques. This course cannot be audited. Prerequisite: BC3113 or BC3134 or BC5122

**Craniosacral Therapy 1-2**

These courses are designed as an introduction to the theory and practice of craniosacral therapy. The theory is based on the physiological principle that the flow of fluid within the body is important in health and that structure and function are directly related to one another in health and disease. Methods for evaluation and treatment of the entire body are described, observed and practiced. The student learns a 10-step protocol for therapeutic application. This course cannot be audited.

**PM9311 Craniosacral Therapy 1 3 credits**

See description above. This course cannot be audited. Prerequisites: BC5124 and PM5310 (for ND); PM5310 or PM9310 and BC3163 (for NTR, ExSc, HS); BC3136 and PM5310 or PM9310 (for AOM)

**PM9315 Craniosacral Therapy 2 3 credits**

See description preceding PM9311. This course cannot be audited. Prerequisite: PM9311

## COUNSELING AND HEALTH PSYCHOLOGY

Charles E. Smith, PhD, Department Chair

The prerequisite of "senior standing" means that the student has successfully completed a minimum of 45 credits in the Bastyr health psychology program.

**PS3114 Developmental Psychology 4 credits**

This course examines the stages of human psychological development and the corresponding tasks, issues and challenges inherent in each stage. Additionally, it examines learning styles across the life span and implications for adult learning. Concepts such as modeling, separation anxiety, moral reasoning and gender constancy are considered. The roots and patterns of attachment, early socialization, and sex and gender roles as part of psychosocial and moral development are explored in relation to theorists such as Piaget, Erikson, Bowlby and Kohlberg. Prerequisite: None

**PS3123 Health Psychology 1** 4 credits

This course serves as an introduction to the study of undergraduate health psychology at Bastyr University. The course provides students with opportunities to improve the skills needed for a successful experience at Bastyr. These include the ability to work cooperatively in small groups, the ability to find and use library resources in psychology and related modalities, the ability to critically read and think about research articles, and the ability to use American psychological writing and reference style. This course also introduces students to the biopsychosocial model of health and illness. Prerequisite: Admission into the Health Psychology major

**PS3124 Health Psychology 2** 4 credits

This course continues the examination of the biopsychosocial model of health and illness. The impact of psychosocial variables such as social support and coping are covered and students learn about methods for identifying and changing maladaptive health-related behaviors. The psychological and behavioral components of illnesses such as chronic pain, cancer and heart disease are examined. Prerequisite: PS3123

**PS3126 Psychology of Personality** 4 credits

This course offers an understanding and working knowledge of basic theories of personality, including those of Freud, Adler, Jung, Miller, Rogers, Maslow and Mahler. Assessment tools such as the MBTI, projective techniques such as the TAT, and taxonomies of personality traits are examined. Students also critically explore coping patterns and mental health as a result of personality differences. The concept of self via humanistic psychology and social learning theory are contrasted with a psychodynamic approach to personality. Prerequisite: None

**PS3127 Foundations of Counseling for Dietitians**

3 credits

This course highlights how the building of a therapeutic relationship with a client is a basic foundation for the delivery of quality care by a dietitian. Particular strategies and interventions are highlighted that will likely prove beneficial for dietitians and clients establishing good rapport, collaborating for treatment goal setting, and pursuing realistic behavior change. Opportunities for practice with these techniques are provided. Prerequisite: Admission into DPD program or permission of instructor

**PS3128 Psychology of Sports and Exercise** 2 credits

This is an introduction to sports and exercise behaviors of both individuals and groups. Topics include cognitive and behavioral strategies, personality profiles, performance enhancement, motivation theory, and exercise initiation, adoption, and maintenance as they apply to various dimensions of physical performance. This course may be taught using an online format. Prerequisite: Introductory psychology course

**PS3129 Abnormal Psychology** 4 credits

This course provides an overview and historical background of abnormal behavior, including present day categories of abnormal behavior, symptomology, etiology and treatment. Historical perspectives related to the current conception of psychopathology as disease are the focus of this course. Subcategories of the pathology model are analyzed, as well as modern classification. Prerequisite: None

**PS3131 Learning, Cognition and Behavior** 4 credits

This course provides an introduction to historical and contemporary behavioral and cognitive theories and research about how we learn. Topics such as memory, thinking, problem solving, behavior acquisition and extinction, and reinforcement are explored. The course also explores the ways in which information is gathered from the external world, organized and stored in memory. Prerequisite: None

**PS3133 Introduction to Statistics** 4 credits

In this course, statistical procedures are examined within the context of behavioral sciences. Statistical concepts such as probability, correlation and regression, analysis of variance, binomial and normal distributions, hypothesis testing and estimation are explored. Nonparametric statistics, application of binomial and normal distribution, chi-square tests and linear regression theory are addressed. Methods by which statistical concepts and formulas can be applied to the research of behavior are discussed. Experience with the Statistical Package for the Social Sciences (SPSS) is included. Prerequisite: None

**PS3134 Research Methods in Psychology** 4 credits

This course covers the basic scientific methods used in psychological research. Research issues such as formulating hypotheses and operational definitions, validity and reliability are introduced, and descriptive, correlation, experimental and quasi-experimental research designs are discussed. Prerequisite: Admission into the Health Psychology major

**PS3139 Spirituality and Health** 3 credits

This course provides an introduction to the Spirituality and Health series by reviewing theoretical and historical perspectives and current thinking on the relationship between psychology, spirituality and health, and the separation of scientific medicine and spirituality. Ideas about spiritual healing and the nature of the soul in healing are explored. Students examine the place of humans in the natural world and consciousness research and use tools such as meditation that focus on the reintegration of mind, body and spirit. Prerequisite: None

**PS3147 Myth, Ritual and Health** 3 credits

The role of mythology in culture is examined, and the impact of ritual and initiation on health and human development is explored. Indigenous healing practices and modern healing approaches, as well as the role of illness as a transformative process, are examined. Prerequisite: None

**PS3601 Psychology of Nourishment 3 credits**

In this course the student explores the personal and psychological components of nutrition and nourishment including his/her relationship to food and eating, one's own sources of psychological nourishment and the impact of dietary changes on family dynamics. Students study the role of nourishment as it applies to developmental models. This course contrasts psychosocial stages of development with specific diets and food trends. Prerequisite: Introductory psychology course

**PS3615 Health and Oriental Medicine 3 credits**

This course explores the practice of Oriental medicine and its relationship to Western psychology. Special attention is given to the influences of qi gong, Taoist and five-element tradition. Psychological health is examined from an energetic perspective, congruent with Oriental medicine's philosophy of approaching emotional problems as a result of an imbalance. The five-element tradition is explored in the context of maintaining health and wellness and contrasted with traditional Western concepts of balance. Prerequisite: None

**PS3901, PS3902, PS3903 Independent Study****variable credit**

Independent study provides the student an opportunity to study an area of interest in psychology not included in the regular curriculum. Both the topic and the resource person must be approved by the psychology department chair. To begin independent study, the student must have completed 45 credits in psychology. Prerequisite: Permission of department chair

**PS4101 Social Psychology 4 credits**

Using the perspective of social psychology, this course examines issues such as attitude change, interpersonal attraction and behavior, prejudice, attribution theory, aggression, conformity and inter/intragroup behavior, group process, leadership and social cognition. Prerequisite: None

**PS4102 Ethical Issues in Psychology 3 credits**

This course provides an introduction to global ethical philosophies and professional ethics in psychology, including practical application of ethical principles as they relate to contemporary psychological and biomedical issues. Topics such as informed consent, professional boundaries, confidentiality, ethics in research and dual relationships are emphasized. Students learn principles of ethical decision making including autonomy and beneficence. Theoretical concepts are applied to personal, professional and global issues through the use of case studies. Prerequisite: Introductory psychology course

**PS4106 Multicultural Psychology 3 credits**

This course explores diversity and similarity among human beings. An emphasis is placed on students' exploring their own backgrounds and biases to become better equipped at understanding and fighting racism, sexism, and other inequities and bigotries. Topics such as treatment of diversity and diversity impact on health are a focus. Students are expected to contribute personal reactions and evidence attempts at personal growth in multicultural understanding. Prerequisite: None

**PS4109 Human Sexuality 3 credits**

This course is designed to provide an overview of human sexuality. Students increase their knowledge, comfort and personal insight in topics like sex research, sexual anatomy, gender roles, sexual orientation, sexually transmitted infections and sexuality education. This course examines sexuality from personal, historical and cultural perspectives. Prerequisite: None

**PS4112 Creating Wellness 3 credits**

This course explores wellness comprehensively, including study of its physical, mental, emotional, behavioral, social and spiritual dimensions. We address the shifting paradigm of medical models from technocratic to biopsychosocial to holistic and look at how this shift is affecting traditional areas of study. The focus of this course is on biological-psychological interactions and the mind-body connection — how we stay healthy, how we become resilient and how we create well-being. The emerging field of positive psychology is also discussed. Prerequisite: None

**PS4113 Holistic Interventions in Addictions 2 credits**

This course offers a comprehensive study of approaches to treatment and case management, designed to offer an integrated approach in dealing with individuals who struggle with addictions. Modalities such as acupuncture, use of herbs and complementary and alternative medical practices for treatment of addictions are explored. Prerequisite: Introductory psychology course

**PS4117 Experimental Psychology 4 credits**

This class focuses on the fundamentals of experimental design in psychology. Special attention is given to formulating hypotheses and operational definitions, data collection, analyses and interpretation. Students select, define and measure appropriate variables. Topics such as sensory and perceptual processes, attention and reaction time, as well as learning and memory, may be explored in the context of laboratory psychology. Prerequisites: PS3133, PS3134

**PS4124 Biological Psychology 5 credits**

This course provides a comprehensive introduction to the structure and functions of the human nervous system and investigates the biological basis of the senses, emotion and sleep. Topics such as hunger and thirst, sexual behavior, memory and language may also be explored. Prerequisite: None

**PS4126 Research Proposal 2 credits**

In this course students write the proposal for their senior research project. They review background literature, formulate hypotheses and operational definitions, and develop study procedures. Applications for Bastyr Institutional Ethics Review Board approval for empirical studies are also completed. Prerequisites: PS3133, PS3134

**PS4128 Research Project 5 credits**

The research project offers students the opportunity to explore a topic within the field of psychology and complete a literature review or empirical study on that topic under the direction of a psychology faculty member. Students present a hypothesis and methodology for testing and carry out a project. This course is equivalent to a senior thesis. Prerequisites: PS3133, PS3134, PS4117, PS4126

**PS4129 Research Presentation 3 credits**

The purpose of this course is to provide students with the opportunity to develop and deliver a conference-style presentation on the specific research topic they explored in PS4128. Prerequisite: PS4128

**PS4149 Psychology and World Religions 5 credits**

This course examines the central beliefs, traditions and practices of the five major world religions (Christianity, Judaism, Islam, Buddhism, and Hinduism) as well as a variety of additional religions. The personal and cultural roles of religion as they relate to wellness and health care are discussed. This course combines in class discussion with various experiential components. Prerequisite: None

**PS4150 Healing: Self, Society and World 3 credits**

The final course in the Spirituality and Health series integrates information from the previous four courses and helps students extend their knowledge and skills toward community building, environmental and social change, and personal service. Prerequisites: PS3139, PS3147, PS4149

**PS4501 SPSS Lab 5 credits**

The SPSS lab course is designed for those undergraduate psychology students who have already completed an introduction to statistics course but lack training in the use of the Statistical Package for the Social Sciences (SPSS). The course introduces students to the fundamentals of creating data sets, labeling and manipulating variables and testing hypotheses using various statistical commands in SPSS. Students gain hands-on experience with using SPSS on PC computers. This course is normally scheduled in the same quarter as Introduction to Statistics. Prerequisite: Introductory statistics course

**PS4610 Special Topics in Health Care 3 credits**

Contemporary issues in health care as they relate to psychology are explored in this seminar-style course. Topics such as the environment of the health care industry, complementary medicine, the biopsychosocial model of health care and holistic psychological interventions are examined. Prerequisite: None

**PS4800 Practicum in Psychology variable credit**

This course provides students with the opportunity for practical experience in a variety of community settings related to psychology and health. Practicum sites are arranged by the student and must be approved by the instructor. A maximum of one practicum site experience is allowed per quarter. One credit equals 33 hours of practicum-related work over the course of an academic quarter. Maximum of two credits per quarter. Prerequisite: Satisfactory completion of 30 credits in the BS in psychology program

**PS4901, PS4902, PS4903 Independent Study variable credit**

Independent Study provides the student an opportunity to study an area of interest in health psychology not included in the regular curriculum. (An independent study cannot substitute for or be used to repeat a course offered in the prescribed curriculum.) It is the responsibility of the student to enlist a qualified resource person to guide the independent study. The counseling and health psychology department chair must approve both the topic and the resource person. To begin independent study, the student must have completed 45 credits in residence. Prerequisite: Permission of department chair

**PS5100 Psychological Foundations: Personality 4 credits**

The course consists of an intensive study and comparison of major theories and perspectives on personality. Characteristic research is reviewed and methods of personality research and its ramifications for assessment and counseling practice are explored. Prerequisite: Admission into MACP program

**PS5101 Psychological Foundations: Life-Span Development 4 credits**

This course examines the stages of human psychological development from conception to death and the corresponding tasks, issues and challenges inherent in each stage throughout a person's lifespan. The course examines theory in developmental psychology and its application to counseling practice. Prerequisite: Admission into MACP program

**PS5102 Biopsychosocial Approaches & Complementary and Alternative Medicine 4 credits**

This course examines the dynamic interaction of mind, body and spirit and their application to counseling and mental health practice. Particular attention is given to alternative theoretical perspectives to allopathic medical models and the implications for understanding healthy human behavior as well as the treatment of and response to problematic affective states and problem behavior. Prerequisite: Admission into MACP program

**PS5104 Professional Orientation, Ethics & Law Proseminar 4 credits**

This course explores the ethical and legal issues relevant to the practice of counseling and psychology, including confidentiality, ethical competence, privilege and multiple relationships. Ethical issues concerning private practice, licensing, certification and forensics are covered. Principles of ethical decision making are given specific attention. This course provides students with a broad overview of mental health and is intended to serve as an orientation to professional practice. Prerequisite: Admission into MACP program

**PS5105 Psychological Foundations: Multiculturalism, Diversity & Social Justice 4 credits**

This course addresses multicultural issues in the practice of psychology through investigating the fundamental levels of awareness, knowledge and skills necessary to competently serve diverse populations. The multiple dimensions of identity, including race, ethnicity, religion, socioeconomic status, gender, disability and sexual orientation are explored in the context of development, assessment and interventions. Prerequisite: Admission into MACP program

**PS5106 Statistics 4 credits**

In this course, statistical procedures such as probability, correlation and regression, analysis of variance, binomial and normal distributions, hypothesis testing and estimation are examined within the context of the behavioral sciences. The course covers the application of descriptive and inferential statistics in research and measurement. Prerequisite: Admission into MACP program

**PS5108 Introduction to Health Psychology 3 credits**

A comprehensive introduction to the theory and practice of health psychology examining the application of psychological theory and research to specific health issues. The strategies of health promotion and disease prevention as well as the management of chronic and terminal illness are examined. The course reviews relevant research and consider the implications for counseling practice. Prerequisite: Admission into MACP program

**PS5109 Fundamentals of Counseling 3 credits**

This course provides an introduction to the fundamental interviewing and counseling skills in light of the principles of naturopathic medicine. The course covers multiple specific skills applicable across theoretical orientations, including use of questions, encouraging, paraphrasing, summarizing, confrontation, reflection of feeling, focusing, directives and others. Special attention is given to risk assessment in clinical practice. The course is supplemented with a weekly practicum lab in which students develop basic counseling skills. Prerequisite: PS5121

**PS5110 Fundamentals of Counseling: Group Dynamics 3 credits**

This course introduces students to the basic principles of group psychotherapy and includes both an experiential and didactic component. Theories of group development and research issues are also reviewed. Prerequisite: PS5301 or permission of instructor

**PS5113 Theories of Counseling and Psychotherapy 3 credits**

This course covers the major theoretical approaches to counseling and psychotherapy, including psychoanalysis, cognitive-behavioral therapy, client-centered, gestalt and solution-focused. Case studies, role-plays, student-led discussion groups and videos supplement readings and lecture. Prerequisite: PS5301

**PS5115 Fundamentals of Counseling: Systems, Families and Couples 4 credits**

This course covers an overview of the development of the field of family therapy and an introduction to the theory and practice of the major "schools." Additional issues to be covered include medical family therapy, critiques of the major models, and culturally sensitive assessment and treatment with diverse families. Case studies, role plays and videos supplement readings and lecture. Prerequisite: Admission into MSN/CHP program or permission of instructor

**PS5120 Therapeutic Alliance 1 1 credit**

This course covers introductory theory and skills focused on the cultivation of the therapeutic relationship, including effective counselor qualities; the common factors that facilitate psychological well-being; and the development of attending behaviors in clinical practice. Specific attention is placed on applying these clinical skills across cultural differences, including developing an awareness of one's own unique strengths and biases. Critical ethical issues related to professional practice are explored. Concepts are integrated with naturopathic history, philosophy and professionalism. Lectures are taught in a hybrid-online format. Prerequisite: Admission into naturopathic medicine program

**PS5121 Therapeutic Alliance 2 1 credit**

This course continues to develop knowledge and understanding in introductory theory and skills focused on the cultivation of the therapeutic relationship, including effective counselor qualities, the common factors that facilitate psychological well-being, and the development of attending behaviors in clinical practice. Specific attention is placed on applying these clinical skills across cultural differences, including developing an awareness of one's own unique strengths and biases. Critical ethical issues related to professional practice are explored. Concepts are integrated with naturopathic history, philosophy and professionalism. Lectures are taught in a hybrid-online format. Prerequisite: PS5120.

**PS5202 Psychopathology and Biomedical Conditions 3 credits**

This is a course in psychopathology that focuses on refining diagnostic skills and reviewing current empirical and theoretical literature on the biopsychosocial etiology of mental disorders. A special emphasis is placed on co-morbid psychopathologies related to acute and chronic biomedical conditions such as pain syndromes, gastrointestinal disorders, spinal cord injury, cardiovascular disease, cancer, stroke, HIV and AIDS, and Alzheimer's disease. Prerequisite: Admission into graduate studies and concurrent enrollment in PS6315 for MSN/CHP only

**PS5205 Patient Communications 3 credits**

This course covers the fundamentals of counseling, including essential counselor characteristics, basic communication and interview skills, the establishment of a therapeutic/wellness alliance, proficiency in stimulating health and nourishment, and suicide assessment and referral. Prerequisite: Student clinician status or permission of the dean

**PS5206 Psychological Foundations: Psychopathology 4 credits**

This course examines the classification, diagnosis and associated symptomatology, etiology, and treatment of mental disorders. Alternative models and various historical perspectives for understanding abnormal behavior are covered. Students learn to effectively apply and critique the Diagnostic and Statistical Manual of the American Psychiatric Association. Prerequisite: Admission into MACP program

**PS5301 Fundamentals of Counseling: Basic Skills 3 credits**

This course covers the fundamentals of counseling, including essential counselor characteristics, basic communication and interview skills, the establishment of a therapeutic/wellness alliance, proficiency in stimulating health and nourishment, and suicide assessment and referral. The theory and research in common factor models of psychotherapy are emphasized. Prerequisite: Admission into graduate studies



**PS5302 Counseling Theory and Practice 4 credits**

This course is a comprehensive overview of the major theoretical approaches to counseling and psychotherapy. The fundamental counseling techniques including essential counselor characteristics, basic communication and interview skills, and the establishment of a therapeutic/wellness alliance are examined. Prerequisite: Admission into MACP program

**PS5802 Clinic Entry 1 credit**

This class covers clinical requirements, procedures and policies, including both clinic-wide and counseling shift issues. Focus is on topics such as Team Care philosophy, CPR, medical documentation and HIPPA training. Prerequisites: PS5104, PS5105, PS5206 and PS5302

**PS5901, PS5902, PS5903 Independent Study variable credit**

Independent study provides the student an opportunity to study an area of interest in health psychology not included in the regular curriculum. (An independent study cannot substitute for or be used to repeat a course offered in the prescribed curriculum.) It is the responsibility of the student to enlist a qualified resource person to guide the independent study. The counseling and health psychology department chair must approve both the topic and the resource person. Prerequisite: Permission of department chair

**PS6100 Motivational Interviewing 2 credits**

This is an advanced interviewing course designed to help students further develop their therapeutic skills at motivating clients for treatment and increasing treatment compliance. Students practice motivational interviewing in class. Prerequisites: Admission into graduate studies or permission of chair

**PS6102 Research Methods and Program Evaluation 4 credits**

This course reviews the basic statistical procedures, psychometric principles and methods employed in psychological research. Research design methodology is also covered, including hypothesis formulation and experimental and quasi-experimental design. In addition to test construction, the course covers the use of needs assessment and other evaluation methods for determining the effectiveness of programs. Prerequisites: Admission into MACP program and PS5106

**PS6105 Diversity and Multicultural Issues in Health Psychology 3 credits**

This course addresses multicultural issues in the practice of psychology through investigating the fundamental levels of awareness, knowledge and skills necessary to competently serve diverse populations. The multiple dimensions of identity, including race, ethnicity, religion, socioeconomic status, gender, disability and sexual orientation, are explored in the context of development, assessment and interventions. Prerequisite: Admission into graduate studies or permission of instructor

**PS6112 Family Systems 4 credits**

This course provides a comprehensive overview of the theory and practice of the major approaches to family therapy. Additional issues to be covered include medical family therapy, critiques of the major models, and culturally sensitive assessment and treatment with diverse families. Case studies, role plays and videos supplement readings and lectures. Prerequisite: Admission into MACP program

**PS6115 Human Sexuality 3 credits**

This course examines the role of sexuality in human functioning throughout the lifespan. It also covers contemporary cultural/psychosexual development and its impact on psychological health, sexual dysfunction and treatment, sexual abuse, and sexuality and spirituality. The biopsychosocial model of human sexuality is explored. Prerequisite: Admission into MACP program

**PS6130 Psychological Testing 3 credits**

This course covers general principles of assessment and basic psychometrics and emphasizes basic research and interpretation skills for common personality, behavior and cognitive/intellectual assessments. Prerequisites: PS5202, PS5301, PS6315

**PS6201 Addictions and Related Disorders 2 credits**

This course examines the nature and treatment of alcohol and substance addictions and disorders from a physiological, psychological, nutritional and naturopathic perspective. Naturopathic scope of practice in the treatment and management of addictions is identified, as well as community referral resources. Lectures are taught in a hybrid-online format. Prerequisite: PS5109 or permission of the dean or chair of program

**PS6204 Substance/Chemical Addictions 4 credits**

This course provides a comprehensive overview of the assessment, diagnosis and treatment of alcohol and substance abuse disorders. The course examines the etiology and symptomatology of these addictive disorders and emphasize counseling intervention models. Behavioral addictions are also addressed. Prerequisite: Admission into MACP program

**PS6207 Counseling for Eating Disorders 2 credits**

This course studies the entire spectrum of disordered eating, including anorexia, bulimia and restricted eating. Course emphasis is on the psychological, social and behavioral patterns of restrictive eating and the counseling issues, techniques and interventions that interrupt these and lead toward individual and family health and healing. This course includes a counseling lab. Prerequisites: PS5205 (AOM) or PS5210 (NTR) or PS7203 (ND) or PS5113, PS5115, PS5301 (MSN/CHP)

**PS6301 Counseling Theories & Interventions 1 3 credits**

This course focuses on developing skills related to conducting a clinical interview within the counseling context; the ability to conceptualize a clinical mental health case; and skills necessary for clinical treatment and intervention. Empirically supported counseling interventions are given specific attention, as is the biopsychosocial framework, the therapeutic stages of change, cognitive behavioral therapies and mindfulness-based therapies. The course is supplemented with a weekly practicum lab to facilitate experiential learning. Lectures are taught in a hybrid-online format. Prerequisite: PS5109 or permission of the dean or chair of program

**PS6302 Counseling Theories & Interventions 2 2 credits**

This course continues the development of student competency in mental health case conceptualization, treatment planning, and intervention by examining empirically supported practices in health psychology and behavioral medicine. Areas explored include assessing and promoting patient motivation and change, interventions grounded in mind-body medicine, and mental health consultation and referrals. The course focuses on the psychological aspects of counseling especially relevant within the practice of medicine, including treatment of psychological conditions secondary to medical problems. Lectures are taught in a hybrid-online format. Prerequisite: PS6301 or permission of the dean or chair of program

**PS6310 Nutrition and Pharmacology in Mental Health 3 credits**

This course is designed to study nutritional and pharmacological imbalances in mental health disorders and the relationship between nutrition, brain biochemistry and mental health. Nutritional and psychotropic interventions and their efficacy for mental health disorders are also examined. Prerequisites: BC5118, BC5132, and PS5202 or permission of instructor

**PS6312 Counseling Chronic and Terminal Illness 3 credits**

This course covers the assessment and intervention skills found to be effective in counseling persons with chronic pain, chronic illness or a terminal prognosis. Specific focus is on how to offer effective assistance for the emotional, social, behavioral and cognitive aspects of an ongoing pain problem and/or chronic/terminal illness. Prerequisite: Admission into MACP program

**PS6315 Counseling Adults 1: Assessment and Treatment 3 credits**

This course utilizes a biopsychosocial counseling approach for assessment and treatment of adults with mental disorders and chronic illness. Students learn intake interviewing and basic counseling skills within a health psychology foundation, in preparation for their first clinic shift. The course also focuses on principles and processes for health behavior change. Key theoretical approaches and their clinical application are covered. Prerequisite: concurrent enrollment in PS5202 or permission of instructor

**PS6317 Counseling Adults 2: Assessment and Treatment 3 credits**

This advanced counseling course utilizes a biopsychosocial counseling and integrative approach for the assessment and treatment of adults with mental disorders and terminal illness. A primary focus is on counseling for grief and loss and includes techniques for assisting such individuals toward greater interpersonal effectiveness with partners, family members and other significant persons. This course also focuses on integrating various theoretical systems and approaches to counseling with hands-on skill development in advanced counseling techniques. Prerequisite: PS6315

**PS6320 Psychological Testing and Assessment 4 credits**

This course covers the general principles of psychometrics and the assessment of personality, behavior, cognition and intellectual functioning. The course provides an overview of the types of tests used in clinical, educational and vocational settings. In addition to reviewing professional standards for assessment, the course covers the impact of cultural factors such as test bias, and ethical/legal issues in test design and administration. Prerequisites: Admission into MACP program and PS5106

**PS6323 Assessment and Treatment of Children/Adolescents in Health Psychology 3 credits**

This is an introductory course on children and adolescents' psychotherapies. It uses an integrated model of child therapy in a family context, which includes psychodynamic, cognitive-behavioral and systems perspectives. This course also explores various therapeutic modalities, using case studies to explore childhood disorders such as ADHD, autism, diabetes, depression and eating disorders. Prerequisite: PS6315 or permission of instructor

**PS6325 Counseling and Spirituality 3 credits**

This course examines spiritual practices that can be incorporated into counseling sessions and introduces the student to a variety of other integral practices that might inform clinical practice, such as meditation and forms of spiritual healing. Prerequisite: Admission into MACP program

**PS6330 Group Counseling 4 credits**

The course provides a comprehensive overview of group theory and process including leadership styles, stages of group development and membership roles. Students develop group leadership skills and learn how to adapt group process to specific populations or settings. Relevant research issues are reviewed. Prerequisite: Admission into MACP program

**PS6332 Psychotherapy Methods and Behavioral Medicine 4 credits**

This course explores various psychotherapeutic techniques including cognitive behavior therapy, dialectical behavioral therapy, solution-focused therapy, acceptance and commitment therapy, progressive muscle relaxation, meditation, mindfulness, imagery, visualization, and biofeedback in the management of behavior and counseling practice. Prerequisite: Admission into MACP program

**PS6401 Mind-Body Approaches for Health 2 credits**

This course examines the history, experience and appropriate application of evidence-based therapeutic techniques for stress reduction, including biofeedback, progressive muscle relaxation, deep breathing exercises, guided imagery, dream work, yoga, tai chi/qigong, exercise, sleep hygiene and components of nutrition. In vivo experience and application are a key foundation of this course. Prerequisite: Admission to MACP or permission of program director

**PS6800 Clinic Shift 1 2 credits**

This course provides for the application of theory and the development of counseling skills under supervision. These experiences provide opportunities for students to counsel a wide variety of clients and client issues. Prerequisite: PS5802

**PS6801 Internship 1 2 credits**

A supervised experience in counseling under the intensive supervision of a University faculty member as well as on-site counseling staff is the focus of this course. The internship involves the student in the day-to-day functioning of a counselor at the respective site. Throughout the internship, the student takes on more and more of the responsibilities common to counselors at the particular setting. Prerequisite: PS6800

**PS6802 Internship 2 2 credits**

A supervised experience in counseling under the intensive supervision of a University faculty member as well as on-site counseling staff is the ongoing focus of this course. The internship involves the student in the day-to-day functioning of a counselor at the respective site. In Internship 2, the student takes on increased responsibility. Prerequisite: PS6801

**PS6803 Internship 3 2 credits**

A final supervised experience in counseling under the supervision of a University faculty member as well as on-site counseling staff is the focus of this course. The internship involves the student in the day-to-day functioning of a counselor at the respective site. In Internship 3, the student takes on increased responsibility. Prerequisite: PS6802

**PS6810 Internship Seminar 1 1 credit**

In this seminar, students present cases for which they have already received supervision at external internship sites and discuss issues related to professional development. Field placement at those sites emphasizes exposure to counseling, psychotherapy, diagnostic interviewing and diagnostic formulation. Corequisite: PS6801

**PS6811 Internship Seminar 2 1 credit**

Students continue to build their skills with regard to self-assessment, client relationship and intervention, and effective and ethical use of supervision and feedback. Corequisite: PS6802

**PS6812 Internship Seminar 3 1 credit**

Students continue to build relationship and intervention skills, grow in their ability to self-assess and use research to formulate diagnoses, assessments and interventions. Students learn how to refer to appropriate community resources and how to terminate therapeutic relationships. Prerequisite: PS6803

**PS6901, PS6902, PS6903 Independent Study****variable credit**

Independent study provides the student an opportunity to study an area of interest in health psychology not included in the regular curriculum. (An independent study cannot substitute for or be used to repeat a course offered in the prescribed curriculum.) It is the responsibility of the student to enlist a qualified resource person to guide the independent study. The counseling and health psychology department chair must approve both the topic and the resource person. Prerequisite: Permission of department chair

**PS7101 Professional, Ethical and Legal Issues 3 credits**

This course explores the ethical and legal issues relevant to the practice of psychology, including such topics as confidentiality, ethical competence, privilege and multiple relationships. Ethical issues concerning private practice, licensing, certification and forensics are also covered. Principles of ethical decision-making are given specific attention. Prerequisite: Admission into graduate studies

**PS7103 Mind Body Techniques for Stress Reduction****3 credits**

This course is designed to explore various techniques, including, but not limited to, progressive muscle relaxation, meditation, mindfulness, imagery, visualization and biofeedback in the process of stress reduction and management. Prerequisite: Admission into MSN/CHP program or permission of instructor

**PS7105 Alcohol and Substance Abuse 2 credits**

This course explores mental health counseling history, professional standards, ethical issues and legal codes and examines alcohol and substance abuse from a biological, cultural, historical, psychological, social and nutritional perspective. Focus is on counseling, treatment interventions, behavioral management, and community referral resources. Prerequisite: Admission into graduate studies

**PS7110 Advanced Statistics and Computer Lab****3 credits**

This course is required for students electing to do a psychology thesis. Students use statistical computer packages for statistical procedures covered in TR5100 and TR5104. As time permits, more advanced statistical procedures such as discriminant and factor analysis are also presented. The lab teaches students how to create data sets, label and manipulate variables and run statistical procedures using various statistical commands. Prerequisites: TR5100, TR5104 or permission of instructor

**PS7115 Developing and Evaluating Counseling****Programs****3 credits**

This is a capstone clinical class for students where they apply their research knowledge and group counseling skills to develop an eight-week group program for Bastyr Center for Natural Health or their community site. The students work in teams to develop the curriculum. Basic tenets of program evaluation are also covered. Prerequisites: Admission into MSN/CHP program, PS5110, PS7803, Clinic Shift 3 or permission of instructor

**PS7121 Thesis Advisement 1** **2 credits**

This course is the first in the sequence of three courses for thesis advisement. Students form a committee and meet with their committee members to plan and implement a research project of sufficient complexity and scope in an appropriate subject area in psychology. Corequisite or prerequisite: PS7110

**PS7122 Thesis Advisement 2** **2 credits**

Continuation of Thesis Advisement 1. Prerequisite: PS7121

**PS7123 Thesis Advisement 3** **2 credits**

Continuation of Thesis Advisement 2. Prerequisite: PS7122

**PS7129 Career Counseling** **3 credits**

This course explores career counseling theories, history and various approaches to career development. It serves to provide an introduction to the field of career counseling through consideration of both traditional and contemporary career development, and vocational choice theories and their applications to counseling. Clinical interventions, tests and assessment instruments relevant to this field are explored; cultural issues are given specific attention in this process. Prerequisites: PS7801, PS7811

**PS7200 Psychological Assessment** **2 credits**

This course trains students to make clinical assessments of patients' psychological well-being using the DSM and, accordingly, to make judgments regarding appropriateness of treatment both within the University's clinic and the practice of naturopathy. Referral resources and procedures are discussed. Special emphasis is given to the recognition and impact of mental disorders in primary care. Lectures are taught in a hybrid-online format. Prerequisite: PS6302 or permission of the dean or chair of program

**PS7801 Clinic Shift 1: Nutrition/Clinical Health****Psychology** **2 credits**

This directly supervised clinical experience occurs at Bastyr Center for Natural Health and emphasizes exposure to psychotherapy, diagnostic interviewing and diagnostic formulation for adults. Prerequisites: PS5110, PS5301

**PS7802 Clinic Shift 2: Nutrition/Clinical Health****Psychology** **2 credits**

This shift is a supervised nutrition practicum, emphasizing nutritional assessment, nutritional counseling, interviewing and chart documentation. Prerequisites: PS5301, PS5110, PS7801

**PS7803 Clinic Shift 3: Nutrition/Clinical Health****Psychology** **2 credits**

This directly supervised experience is the integrated counseling and nutrition shift at Bastyr Center for Natural Health. Students hone group and individual counseling skills and nutritional counseling skills by providing nutritional and health behavior change counseling and group co-facilitation for an eight-week weight and lifestyle management psychoeducational group called "Weigh to Go." This experience is supervised by a psychologist and nutritionist. Prerequisites: PS5110, PS5301, PS7802

**PS7805 MSN/CHP Practicum 1** **2 credits**

Students in the MSN/CHP program receive supervised experience in a clinical setting where both nutrition and mental health counseling skills can be practiced and honed with licensed professionals from each specialty. Practicum experiences are arranged at community locations to provide students with varied opportunities and a diverse client population. As students progress from MSN/CHP Practicum 1 to 3, the level of responsibility and independence increases and different skills with a variety of clients are learned. Prerequisite: Admission into MSN/CHP program, PS7801, PS7802, PS7803

**PS7806 MSN/CHP Practicum 2** **2 credits**

A continuation of MSN/CHP Practicum 1. Prerequisites: PS7801, PS7802, PS7803 and PS7805

**PS7807 MSN/CHP Practicum 3** **2 credits**

A continuation of MSN/CHP Practicum 2. Prerequisites: PS7801, PS7802, PS7803 and PS7806

**PS7811 Practicum Seminar 1: Nutrition/Clinical****Health Psychology** **1 credit**

In this seminar, students present cases for which they have already received supervision at external practicum sites and discuss issues related to professional development. Field placement at those sites emphasizes exposure to psychotherapy, especially health psychology, diagnostic interviewing and diagnostic formulation. Prerequisite: concurrent enrollment in PS7805

**PS7812 Practicum Seminar 2: Nutrition/Clinical****Health Psychology** **1 credit**

A continuation of Practicum Seminar 1. Prerequisite: PS7811, concurrent enrollment in PS7806

**PS7813 Practicum Seminar 3: Nutrition/Clinical****Health Psychology** **1 credit**

A continuation of Practicum Seminar 2. Prerequisite: PS7812, concurrent enrollment in PS7807

**PS7901, PS7902, PS7903 Independent Study****variable credit**

Independent study provides the student an opportunity to study an area of interest in counseling psychology not included in the regular curriculum. (An independent study cannot substitute for or be used to repeat a course offered in the prescribed curriculum.) It is the responsibility of the student to enlist a qualified resource person to guide the independent study. The counseling and health psychology department chair must approve both the topic and the resource person. Prerequisite: Permission of department chair

**Bastyr Center for Natural Health - Counseling****Specialty Shift****2 credits**

This required counseling shift at Bastyr Center for Natural Health provides an opportunity for naturopathic medicine students to counsel patients and receive individual supervision from the clinic counseling supervisor. The shift is limited to six students each quarter and affords ample attention to the development of each clinician's counseling skills. All naturopathic medicine students are required to take one counseling specialty shift. Students register for a patient care shift through the ND program. See course listings for NM7820-NM7829 and NM8830-NM8836. Additional counseling shifts are available as electives, on a space-available basis. See PS9801-PS9804. Prerequisites: PS6305, PS6306, PS7200

**PS8110 Counseling in Chronic Pain and Chronic/****Terminal Illness****3 credits**

AOM doctoral level, first year. This course covers the assessment and intervention skills found to be effective in counseling those with chronic pain, a chronic illness or a terminal prognosis. Specific focus is on how to offer assistance for the emotional, social, behavioral, and cognitive aspects of an ongoing pain problem or a chronic/terminal illness. Consideration is given to the role of counseling in the overall management of a patient by a collaborative interdisciplinary care team. Prerequisite: Admission to DAOM program or permission of dean

**PS9101 Death and Dying****2 credits**

This introductory study of death, dying and grieving is designed to provide information, deepen understanding and create an opportunity to think and feel more deeply about life. From a variety of perspectives — psychological, historical, cultural, spiritual — the course explores some of the ways in which human beings have approached and interpreted the mystery of death, expressed their responses to dying and death, and evolved a framework of meaning for life in the face of death. Prerequisite: None

**PS9103 Ecopsychology****2 credits**

This course introduces the student to the basic principles of the developing field of ecopsychology. This class explores evolutionary perspectives on, as well as social implications for, the merger of ecology and psychology. In addition, applications of ecopsychology within a variety of health and healing settings are examined, and an overview of the science of systems theory is intended to provide a perspective on how science has informed the study of ecopsychology. Prerequisite: None

**PS9105 Psychoneuroimmunology****2 credits**

This course deals with the dynamic interplay between consciousness and the immune, nervous and endocrine systems. The potential of the mind to enhance or suppress hormonal and immune function are examined. Newly evolving research on the efficacy of PNI are reviewed in relation to the progression and treatment of cancer, heart disease, AIDS, autoimmune disease and psychological disorders. Students develop skills utilizing mind-body interventions. Prerequisite: BC4114 or BC5132 or BC6204 or permission of instructor

**PS9106 Psychology of Dreams****2 credits**

This class explores how waking and dreaming realities interrelate with each other and what is to be gained by exploring this inter-relationship. Augmenting the theories of Western psychology with historical and cross-cultural perspectives, dreams are investigated in a setting that integrates academic understanding with direct experience. This includes discussion on how to better remember dreams, how to work with one's own dreams and how to bridge dreams with waking life in an engaged manner. Prerequisite: None

**PS9107 Introduction to Visualization and Imagery****2 credits**

The development of imagery and visualization practices can enrich and empower our lives. This course explores the images and symbols inherent within us and ways to use these images for self-exploration. Students learn ways to use visualization and imagery for spiritual growth and awareness. Prerequisite: None

**PS9108 The Psychology and Soul of Breathing****2 credits**

Breathing involves so much more than merely sustaining basic life functions. Breathing affects not only the quality of health, but according to many cultures, the soul and spirit. In this experiential elective, students explore the art and science of breathing from a biochemical, biomechanical and psychological perspective, while exploring breath as a means of expressing the body's ability to integrate and manifest spirit effortlessly into one's life. Prerequisite: None

**PS9112 Aromatherapy and the Psyche****2 credits**

This elective explores the relationship between aromas and the psyche from a clinical perspective. As well as exploring their own reaction to aromas through experiential work, students learn about the impact specific aromas have on depression, autism, Alzheimer's disease and bereavement, and learn how to use clinical aromatherapy as a tool in clinical practice. Prerequisite: None

**PS9120 Counseling, Intuition and Spirituality****2 credits**

This elective course examines spiritual practices that can be incorporated into counseling sessions and introduces the student to forms of spiritual healing congruent with naturopathic principles. Special focus on integrating spirituality and care of the soul as a principle of wellness and well-being. Prerequisite: PS5205 or PS6306

**PS9301 Clinical Biofeedback****2 credits**

This course reviews the clinical application of biofeedback techniques, emphasizing multimodality assessment and integration with counseling and holistic health care. Modalities/instrumentation discussed and demonstrated include electromyograph (EMG), electrodermograph (EDG), thermal biofeedback, heart and breathing rate feedback, and neurofeedback with EEG monitoring. Research findings for biofeedback treatment of various conditions are discussed. Students may take advantage of in-class experience with biofeedback monitoring as well as supervised practice in attaching sensors and operating equipment. Prerequisite: Admission into Bastyr degree program

**PS9401 Advanced Counseling 3 credits**

This course is designed to strengthen previous training in counseling, specifically, in the etiology of presenting problems, the use of diagnostic decision trees and the application of treatment approaches in a clinical environment. The course facilitates experiential learning by focusing on case studies and role plays. Prerequisite: Permission of department chair

**PS9405 Medical Hypnotherapy 2 credits**

This weekend intensive course includes an introduction to hypnosis, its history, and the specific vocabulary of the field, as well as an introduction to some basic techniques, in-class practice sessions with those techniques, and in-class group discussions to devise possible hypno-therapeutic strategies for various clinical applications. Prerequisite: Admission into ND program or permission of instructor

**Counseling Elective Shifts 1-4 - Clinic**

Students have the opportunity to take counseling shifts as elective credit once the required counseling shift is satisfactorily completed.

**PS9801 Patient Care Elective (fall) 2 credits**

See description above. Prerequisite: Permission of department chair and clinic counseling supervisor

**PS9802 Patient Care Elective (winter) 2 credits**

See description preceding PS9801. Prerequisite: Permission of department chair and clinic counseling supervisor

**PS9803 Patient Care Elective (spring) 2 credits**

See description preceding PS9801. Prerequisite: Permission of department chair and clinic counseling supervisor

**PS9804 Patient Care Elective (summer) 2 credits**

See description preceding PS9801. Prerequisite: Permission of department chair and clinic counseling supervisor

## DIDACTIC PROGRAM IN DIETETICS

Doris Piccinin, MS, RD, CDE, MSN/DPD Director

Elizabeth Kirk, PhD, RD, BSN/DPD Director

**RD4105 Introduction to Dietetics 1 credit**

This course builds upon written and oral communication skills to prepare senior dietetic students for success in obtaining a dietetic internship. Topics covered include resume and cover letter writing skills in preparation for the internship and careers. Students utilize a variety of media to build upon interviewing skills and portfolio presentation. The code of ethics for dietitians and professionalism are highlighted to help students succeed in their internships and careers. Methods for dietetic registration and continuing education are also discussed. Prerequisite: Admission into BSN/DPD program

**RD4120 Perspectives in Leadership and Management****3 credits**

Skills and roles of a "manager" versus a "leader" are delineated. Theories of management are reviewed, and the functions, skills and tools of management are explored. Human resource management techniques are introduced, as well as labor relations, law and financial management. Students study program planning, assessment and quality improvement, and are introduced to health care systems. The impact of effective leadership on the dietetics profession is discussed, and students assess leadership abilities. Prerequisite: Admission into BSN/DPD program

**RD4130 Quantity Food Production 3 credits**

Cross listed as TR4132. This course introduces the food service industry and quantity food production. Major types of food service operations are identified, and trends that impact food service systems are explored. Students are introduced to the steps of quantity food production: procurement, receiving, storage, preparation, distribution and service. Potential hazards and related safe food-handling practices are identified. Development of standardized recipes and institutional menus are practiced, with marketing theory and techniques introduced. Students are introduced to standard food service equipment, kitchen sanitation and safety. Prerequisite: Admission into BSN/DPD program

**Medical Nutrition Therapy 1-3**

In this three-course sequence, students learn the principles of the Nutrition Care Process, nutrition assessment, including anthropometric measurements, nutrient-specific laboratory data, drug-nutrient-herb interactions, direct clinical observations, guidelines for both prevention and therapeutic dietary planning, nutrient intake analyses and evaluation, and complementary nutritional therapies. Interpreting medical terminology and implementing the nutrition care process, including documentation in the medical records, are included.

**RD4301 Medical Nutrition Therapy 1: Assessment and****Diagnosis****5 credits**

This course introduces nutrition assessment and diagnosis terminology utilizing the Nutrition Care Process. Medical terminology, abbreviations and standardized language for the Nutrition Care Process are practiced. Both allopathic and natural medicine perspectives are offered, including food-as-medicine, whole-food menu writing and disease prevention strategies. Anthropometric, biochemical, clinical observation and client history, and dietary history and assessment measures are included. Students begin medical documentation practice using outpatient-based case studies. Prerequisite: Admission into BSN/DPD program. Corequisites: BC4114, TR4107

**RD4302 Medical Nutrition Therapy 2: Chronic Disease Management** **5 credits**

See description preceding RD4301. This course is a continuation of MNT 1. Students continue to practice nutrition assessment and diagnosis terminology to manage a variety of chronic health conditions, including cancer, kidney disease and liver disease. Nutrition intervention strategies utilize both allopathic and natural medicine perspectives. Students further develop their assessment and documentation skills from MNT 1 to a level adequate for entry into their Clinical Practicum. Prerequisites: RD4301 and admission into BSN/DPD program. Corequisite: TR4108

**RD4303 Medical Nutrition Therapy 3: Critical Care** **3 credits**

This course prepares dietetic students for the clinical rotation of an internship. Course content emphasizes acute and critical care disorders, and enteral and parenteral nutrition using case studies. Students must be enrolled in this course in order to sit for the DPD exit exam. Prerequisite/corequisite: RD4302 and admission into BSN/DPD program

**RD4802 Clinical Dietetic Practicum** **2 credits**

This course is designed to prepare students in the BSN/DPD program for dietetic internship. Clinical dietetic practicum provides the student with direct patient contact, requiring the student to manage consultations and assume primary responsibility for nutritional interventions. Activities may include group teaching, experience with "standardized" patients and one-to-one nutrition counseling sessions. Students enrolled in this practicum are referred to as clinic "secondaries" where each student works in a team with other students (under faculty supervision) for consultation management and nutritional interventions. Prerequisites: RD4302, TR4207 and admission to BSN/DPD program. Corequisite: RD4303

**RD6105 Introduction to Dietetics** **1 credit**

This course builds upon written and oral communication skills to prepare senior dietetic students for success in obtaining a dietetic internship. Topics covered include resume and cover letter writing skills in preparation for the internship and careers. Students utilize a variety of media to build upon interviewing skills and e-portfolio presentation. The code of ethics for dietitians and professionalism are highlighted to help students succeed in their internships and careers. Methods for dietetic registration and continuing education are also discussed. Prerequisite: Admission into MSN/DPD program

**Food Service Management 1-3**

In this three (3) course sequence taught at the graduate level, students learn about the food service industry, basic budgeting and accounting principles, quantity food production, marketing, quality improvement, safety and sanitation, regulations, and staffing. Using a managerial and systems approach to food service organizations, students combine theory and practice, develop business and marketing plans, and explore techniques of effective leadership and communication essential to becoming an effective manager.

**RD6131 Food Service Management 1** **2 credits**

See description above. This course, the first of a three-part series, introduces the student to the food service industry. Students learn the principles of quantity food production, including procurement, production, distribution, service, sanitation and safety. Students learn HACCP standards of quality in food service production facilities. Emphasis is placed on quality control and business management. For successful completion of this course, students must pass the ServSafe Certification examination. Additional fees for ServSafe Certification may be incurred. Students are also introduced to the concept of the business plan that will be carried forward the following quarter. Prerequisite: Admission into MSN/DPD program

**RD6135 Food Service Management 2** **2 credits**

See description preceding RD6131. This course is a continuation of Food Service Management 1. Students develop a business plan in which they create the concept, organizational structure, initial operational budget, menu and marketing plan of a specific food service operation. Students develop models for ordering, receiving, inventory, staffing, orientation, training and labor schedules. Human resource management, facilities management, leadership and effective communication continue to be highlighted. Prerequisites: RD6131 and admission into MSN/DPD program

**RD6140 Food Service Management 3** **2 credits**

See description preceding RD6131. This course, the third of a three-part series, continues to focus on the management of food service systems, including personnel and financial resources. Working with diverse populations, labor unions and managing within legal regulations are emphasized. Students gain hands-on experience in a capstone project through the planning and implementation of an on-campus catering event. Prerequisites: RD6135 and admission into MSN/DPD program

**RD6403 Medical Nutrition Therapy** **3 credits**

This course prepares dietetic students for the clinical rotation of an internship. Course content emphasizes acute and critical care disorders and enteral and parenteral nutrition using case studies. Students must be enrolled in this course in order to sit for the DPD exit exam. Prerequisites: TR5321 and admission into MSN/DPD program

## SCIENCE AND NATUROPATHY

Jane Guiltinan, ND, Dean, School of Naturopathic Medicine  
Lynelle Golden, PhD, Chair, Basic Sciences Department

**SN5100 Clinical Skills Lab 1** **1 credit**

Students begin developing recognition of surface anatomy landmarks as well as palpation skills in preparation for conducting physical exams. Surface anatomy and palpation of the musculo-skeletal system are covered including palpation of the pelvis, back (including lumbar), thoracic and cervical spine, head, pelvis and extremities. The development of clinical skills builds on structure-function relationships that are covered in the integrated systems modules running concurrently with this module. Prerequisite: Admission to the naturopathic medicine program. Corequisite: BC5151

**SN5101 Clinical Skills Lab 2** **1 credit**

Students continue developing recognition of surface anatomy landmarks as well as palpation skills in preparation of conducting physical exams of the cardiovascular, respiratory (including nose and throat) and gastrointestinal systems. Students also learn auscultation skills for these specific systems. Students learn how to perform and interpret blood pressure assessments. The development of clinical skills builds on structure-function relationships that are covered in the scientific foundations modules that run concurrently with this module. Corequisites: Winter quarter integrated systems modules

**SN5102 Clinical Skills Lab 3** **1 credit**

Students continue developing recognition of surface anatomy landmarks as well as palpation skills in preparation for conducting physical exams. Students learn how to perform neurologic testing such as assessing the cranial nerves and deep tendon reflexes. Also during this quarter, students learn how to perform a basic multi-system physical exam. The development of clinical skills builds on structure-function relationships that are covered in the integrated systems modules that run concurrently with this module. Corequisites: Spring quarter integrated systems modules

**SN5103 Integrated Case Studies 1** **1 credit**

This module requires students to apply principles from both Naturopathic Theory and Practice 1 and the integrated systems modules in the review, discussion, and presentation of cases. Cases in the first year focus on wellness. Cases in this quarter require students to demonstrate competencies for the neuroendocrine and musculoskeletal systems. Prerequisite: Admission to the naturopathic medicine program. Corequisites: NM5141, BC5150 and BC5151

**SN5104 Integrated Case Studies 2** **1 credit**

This module requires students to apply principles from both Naturopathic Theory and Practice 2 and integrated systems modules in the review, discussion and presentation of cases. Cases in the first year focus on wellness. Cases this quarter require students to demonstrate competencies for the cardiovascular, immune, respiratory and digestive systems. Corequisites: NM5142 and winter quarter integrated systems modules

**SN5105 Integrated Case Studies 3** **1 credit**

This module requires students to apply principles from both Naturopathic Theory and Practice 3 and integrated systems modules in the review, discussion and presentation of cases. Cases in the first year focus on wellness. Cases in this quarter require students to demonstrate competencies from the endocrine and metabolism, renal, reproductive and nervous system modules. Corequisites: NM5143 and spring quarter integrated systems modules

**SN6100 Integrated Case Studies 4** **0.5 credits**

Students participate in case discussions every two weeks that require application of clinical reasoning and scientific concepts to support a differential diagnosis. Case topics address the systems covered in Naturopathic Clinical Diagnosis 1. Corequisites: BC6101, BC6102, NM6310

**SN6101 Integrated Case Studies 5** **0.5 credits**

Students participate in case discussions every two weeks that require application of clinical reasoning and scientific concepts to support a differential diagnosis. Case topics address the systems covered in Naturopathic Clinical Diagnosis 2. Corequisites: BC6103, BC6104, NM6311

**SN6102 Integrated Case Studies 6** **0.5 credits**

Students participate in case discussions every two weeks that require application of clinical reasoning and scientific concepts to support a differential diagnosis. Case topics address the systems covered in Naturopathic Clinical Diagnosis 3. Corequisites: BC6105, BC6106, NM6312

**SN7300 Advanced Case Studies 1** **0.5 credits**

This module requires students to apply principles from naturopathic medicine modules in the discussion, diagnosis, and treatment of cases. Cases in the third year focus on treatment of disease. Cases in this quarter require students to demonstrate competencies for the nervous system and mental health issues as well as the endocrine system. Corequisites: NM7111, NM7318, NM7319, NM7321

**SN7301 Advanced Case Studies 2** **0.5 credits**

This module requires students to apply principles from advanced naturopathic practice modules in the discussion, diagnosis, and treatment of cases. Cases in the third year focus on treatment of disease. Cases in this quarter require students to demonstrate competencies for the digestive, cardiovascular, and respiratory systems. Corequisites: NM7112, NM7322, NM7323, NM7324.

**SN7302 Advanced Case Studies 3** **0.5 credits**

This module requires students to apply principles from advanced naturopathic practice modules in the discussion, diagnosis, and treatment of cases. Cases in the third year focus on treatment of disease. Cases in this quarter require students to demonstrate competencies for the male and female reproductive and urological systems as well as the renal system. Corequisites: NM7113, NM7328, NM7329, NM7331

**SN7310 Extended Advanced Case Studies 1** **1.0 credit**

This module requires students to apply principles from naturopathic medicine modules in the discussion, diagnosis, and treatment of cases. Cases in the third year focus on treatment of disease. This course is for extended track students only and is scheduled to allow for participation in integrated case discussions. Corequisite: HO6306, NM6110, NM6300, PM6305

**SN8300 Advanced Case Studies 4** **0.5 credits**

This module requires students to apply principles from advanced naturopathic practice modules in the discussion, diagnosis, and treatment of cases. Cases in the fourth year focus on treatment of disease. Cases in this quarter require students to demonstrate competencies for the integumentary system and EENT. Corequisites: NM8100, NM8304, NM8305



**SN8310 Extended Advanced Case Studies 2 2.0 credits**  
This module requires students to apply principles from naturopathic medicine modules in the discussion, diagnosis, and treatment of cases. Cases in the third year focus on treatment of disease. This course is for extended track students only and is scheduled to allow for participation in integrated case discussions. Corequisite: NM7112, NM7322, NM7323, NM7324

## NUTRITION

Debra Boutin, MS, RD, Department Chair

BS in nutrition major (TR) courses and MS nutrition (TR) courses below. For course numbers and descriptions for the Dietetic Internship (DI), Didactic Program in Dietetics (RD), and Exercise Science and Wellness (EX), see alphabetical listings.

**TR2101 Introduction to Human Nutrition 3 credits**  
This course introduces a basic understanding of the fundamentals of human nutrition with a whole-food perspective. Topics include the functions and food sources of carbohydrates, lipids, protein, water, vitamins and minerals. Dietary reference intakes (DRI), the food guide pyramid and other standard nutrition guidelines (both national and international) are reviewed. Food labels, nutrient intake analyses and basic nutrition assessment methods are presented and practiced. Energy balance and weight management issues are reviewed. This class is only offered online and fulfills the nutrition prerequisite admission requirement for all programs in the department. Prerequisite: None

**TR3111 Nutrition Throughout Life (hybrid online/onsite course) 3 credits**  
This course introduces the essentials of normal human nutrition throughout the life span: pregnancy, infancy, childhood, adolescence, mature adulthood and older adulthood. A hybrid model of instruction is introduced, using classroom and online delivery of course content. Prerequisite: TR2101 or equivalent

**TR3115 Introduction to Food Science 2 credits**  
This course is an introduction to areas of food science and includes a discussion of the laws relating to food, including labeling laws and the role of regulatory agencies. The course also includes an overview of food additives and food processing. Prerequisite: BC3123 Corequisite: BC4117 or permission of instructor

**TR3117 Experimental Foods Lecture 4 credits**  
The course introduces students to the composition and the chemical and physical properties of foods; it includes a discussion of the interaction, reaction and evaluation of foods due to formulation, processing and preparation. Topics include water, carbohydrates, fruits and vegetables, fats and oils, animal foods and, in addition, relevant pigments, emulsifiers, and sweeteners are discussed. Prerequisites: BC4117, TR3115 Corequisite: BC4140

**TR3118 Experimental Foods Lab 1 credit**  
In this laboratory class, students utilize chemical, physical and sensory techniques to identify and characterize major and minor components in food systems. Topics parallel those discussed in the lecture with an applied focus. A whole-food perspective is incorporated into these laboratory exercises. Prerequisites: BC4117, TR3115. Corequisite: BC4140

**TR3121 Culinary Skills 1: Soups and Seasonings with Intuition 2 credits**  
Students develop knife skills and are introduced to the basics of creating stocks, sauces, soups and stews. Vegetable cookery is practiced, as well as the fundamentals of working with animal proteins, including eggs, meat, fish and fowl. Bean and grain cookery are reviewed. Flatbread and quick bread methods are introduced. Students begin developing original recipes. Prerequisites: TR4103/5101, current food handler's permit

**TR3122 Culinary Skills 2: Suppers and Desserts with Originality 2 credits**  
Students practice baking skills, including yeasted breads, pies, cakes and cookies. Some larger cuts of meat, marinades and vegetarian proteins are explored. Creating a portfolio of original recipes continues. Class culminates in presentation of an original main entrée, side dishes and dessert. Prerequisites: TR3121 current food handler's permit; students enrolled in the culinary arts program must have achieved a 2.0 (C grade) or better in Culinary Skills 1 to move into Culinary Skills 2

**TR3141 Therapeutic Cooking 1: Maintaining Health 2 credits**  
The focus of this course is on how food and diet can be used to promote health. Students learn how to adapt dishes, prepare remedies and design meals that are health-supportive for individuals or groups with acute illnesses, elevated needs and lifestyle challenges. Prerequisite: TR4103/5101

**TR3142 Therapeutic Cooking 2: Illness and Recovery 2 credits**  
The focus of this course is on using food and diet as medicine. Students learn how to adapt dishes, prepare remedies and design meals that are health-supportive for individuals or groups with specific chronic medical conditions, elevated needs and lifestyle challenges. Prerequisite: TR3141

**TR3152 Cooking Demonstration 2 credits**  
This course is designed to give students the skills and practice they need to be able to do cooking demonstrations or teach classes for the public. Each student designs his/her own cooking class, emphasizing whole foods. Students practice-teach parts of their class, learn how to assist other teachers and evaluate their peers. Writing proposals and marketing are discussed. Final student demonstrations are presented for an invited audience. Prerequisite: TR4103/5101

**TR3153 Writing About Food and Health 2 credits**  
This course introduces students to the skills needed for a part-time or freelance career in writing or is appropriate for those interested in improving writing skills. Students learn how to differentiate writing styles and practice various structures such as blog posts, news stories, research articles and memoirs. Composing pitches and proposals are covered. Assignments are turned in several times, allowing for editing and re-writing to be practiced, thus honing style and skills. Prerequisite: Admission into the BSN culinary arts program or permission of program director

**TR3163 The Business of Cooking 3 credits**

Personal cheffing, private cheffing, cooking classes, catering and food delivery services are in demand. This course helps students devise a business plan to pursue self-employment. Each week a different part of the business structure is analyzed, including goal setting, licensing, financing and marketing. Students also learn intake skills and how to create a business resume. At the end of the course students will have constructed a viable business plan. Prerequisite: Admission into BSN culinary arts program or permission of program director

**TR4100 Intro to Research Methods (hybrid online/onsite course) 3 credits**

This course, designed for students in nutrition and exercise science, is an introduction to research methods. Included are the basic concepts of scientific method, statistics, epidemiology and research methodology. Students practice applied research skills such as use of the library and Internet, evaluation of research literature and scientific writing, and design and conducting of research. A CITI training module is completed. Prerequisites: College algebra, TR2101 or equivalent

**TR4103 Whole Foods Production 3 credits**

Cross listed as TR5101. This course covers the identification, labeling and selection of foods from nature to point of purchase. The lab portion of class completes the cycle from store to table with a weekly cooking practicum. Students develop familiarity with minimally processed foods and use these foods to build culinary skills. Fundamental cooking techniques, recipe writing and menu planning are stressed. Prerequisite: None

**TR4107 Advanced Nutrition Principles 1 4 credits**

This course is the first of a two-course series. Biochemical and physiological principles related to macro- and micronutrients and vitamins are the focus of this class. Structure, function, digestion, absorption, food sources, requirements, nutrient interactions, deficiencies and toxicity of selected macro- and micronutrients are discussed. General principles are stressed. Prerequisites: BC3163, BC4140 and introductory nutrition course

**TR4108 Advanced Nutrition Principles 2 2 credits**

This is a continuation of Advanced Nutrition Principles 1. Biochemical and physiological principles related to elements (minerals) are the focus of this class. Digestion, absorption, food sources, requirements, function, nutrient interactions, deficiencies and toxicity of selected micronutrients are discussed. General principles are stressed. Prerequisites: TR4107

**TR4113 Nutritional Supplements and Herbs 3 credits**

This course explores the natural products industry, including the history, regulation and labeling laws of the industry in the U.S. Safety, manufacturing and formulation techniques, delivery form, general applications of nutritional supplements, functional foods and herbs are presented. Prerequisites: TR3111 or equivalent, TR4107. Corequisite: TR4108

**TR4117 Nutrition, Physical Activity and Disease****5 credits**

This course offers a systems approach to nutrition and physical activity-related disease, especially chronic disease. General pathophysiology of each condition is introduced, and the role of nutrition and physical activity is discussed, with emphasis on prevention and maintaining wellness. Prerequisites: BC3163, TR3111, TR4108, TR4205

**TR4118 Cultural Perspectives on Foods 2 credits**

This course is a survey of present and past food practices around the globe, with emphasis on diverse cultural groups in the U.S. The socioeconomic and political factors in food selection are examined. Multicultural and interdisciplinary perspectives are used to broaden the understanding of basic nutrition. Prerequisite: TR2101 or equivalent

**TR4123 Culinary Skills 3: Appetizers and Entrees with Beauty 2 credits**

This course culminates in students preparing and serving a multi-course dinner to invited guests. To prepare, students learn how to create appetizers and hors d'oeuvres, layered entrees and multi-faceted desserts using whole-food ingredients. How to garnish and plate elegantly are discussed. Prerequisites: TR3122, current food handler's permit; students enrolled in the culinary arts program must have achieved a 2.0 (C grade) or better in Culinary Skills 2 to move into Culinary Skills 3.

**TR4126 Community Nutrition/Nutrition Education****5 credits**

This course examines the principles of public health, community nutrition, epidemiology, health care systems, legislation and nutrition policy. Additionally, this course reviews effective oral and written communication skills, covering principles of nutrition education, including teaching/learning methods for target audiences, writing instructional goals and objectives, preparing appropriate nutrition education materials, and evaluating nutrition education programs. Prerequisites: TR4108, TR4140

**TR4132 Quantity Food Production 3 credits**

Cross listed as RD4130. This course introduces the food service industry and quantity food production. Major types of food service operations are identified, and trends that impact food service systems are explored. Students are introduced to the steps of quantity food production: procurement, receiving, storage, preparation, distribution and service. Potential hazards and related safe food-handling practices are identified. Development of standardized recipes and institutional menus are practiced, with marketing theory and techniques introduced. Students are introduced to standard food service equipment, kitchen sanitation and safety. Prerequisite: Admission into the BSN culinary arts program

**TR4140 Ecological Aspects of Nutrition 2 credits**

This course is an introduction to ecological issues in nutrition. Students gain an understanding of environmental issues related to food technology, water use and food production systems, including organic and sustainable agriculture. The regulation of these areas is also discussed. Prerequisite: None

**TR4205 Nutritional Analysis and Assessment 3 credits**

This course provides the opportunity for students to develop practical experience in nutrition education through presentations and preceptorships. This course may be taken in any quarter, except summer, during year two. Prerequisite: Completion of junior year, permission of instructor

**TR4207 Nutritional Counseling 2 credits**

This course introduces advanced interviewing techniques used in nutritional counseling. Students explore their personal nutritional counseling style through role play, visualization and other counseling techniques. Students build an understanding of the complexities of diet and compliance issues. Prerequisites: Admission into DPD program, introductory psychology course, PS3127

**TR4805 Nutrition Education Practicum 2 credits**

This course provides the opportunity for students to develop practical experience in nutrition education through presentations and preceptorships. This course may be taken in any quarter, except summer, during year two. Prerequisites: Completion of junior year, permission of instructor

**TR4820 Culinary Practicum 4 credits**

Students gain practical experience in the culinary world. Working in an off-campus venue under an approved preceptor and also supervised hours in the Bastyr Dining Commons kitchen, students further their skills and understanding of working in a professional setting. Prerequisites: completion of TR3122 and TR3142, current food handler's permit; a 2.0 (C grade) or better in all designated culinary courses or approval of culinary arts director. Students must be in good academic standing to pursue practicum.

**TR4901, TR4902, TR4903 Independent Study****variable credit**

Credits may be applied to the nutrition elective requirement. Students focus on areas of interest not covered in the regular curriculum. Competencies and learning objectives are developed with a faculty sponsor or approved preceptor. Independent study cannot substitute for core courses offered on campus. Students must be in good academic standing and may take a maximum of four (4) credits. Prerequisite: Permission of chair

**TR5100 Biostatistics 4 credits**

This is an introductory course in biostatistics with an emphasis on understanding and interpreting the common statistical methods used in health sciences research. Topics discussed include presentation and summarization of data, probability, inferential statistics, methods for comparisons of means and proportions, methods for measurement of association, prediction and multivariate statistical methods. Prerequisites: One course in college algebra and admission into MS nutrition or DAOM program or permission of department chair

**TR5101 Whole Foods Production 3 credits**

Cross listed as TR4103. This course covers the identification, labeling and selection of foods from nature to point of purchase. The lab portion of class completes the cycle from store to table with a weekly cooking practicum. Students develop familiarity with minimally processed foods and use these foods to build culinary skills. Fundamental cooking techniques, recipe writing and menu planning are stressed. Prerequisite: None

**TR5104 Research Methods in Health Sciences 3 credits**

This course covers the major research methodologies used in health sciences research. Building on the information in TR5100, this course covers the major epidemiologic and experimental methods used in health sciences. Qualitative and quantitative methods are discussed. The emphasis is on the design and interpretation of research studies. Prerequisites: TR5100, admission into MS nutrition or DAOM program or permission of chair

**TR5115 Food Science 5 credits**

This course is an overview of food science for nutritionists. The composition and the chemical and physical properties of the major food groups are the focus. Food formulation, processing and preparation are emphasized. The technological, safety and regulatory aspects of food and food additives are also discussed. Prerequisites: Admission into MS nutrition program, TR5140

**TR5120 Advanced Nutrition: Macronutrients 5 credits**

Nutritional biochemistry of the macronutrients, including integrated metabolism, is discussed. Macronutrient digestion, biological requirements, absorption and metabolism are emphasized. Students apply these principles to various dietary and metabolic states. Prerequisites: Five quarter credits of nutrition, one 300 or 400 level biochemistry course or equivalent, admission into MS nutrition program

**TR5124 Advanced Nutrition: Micronutrients 5 credits**

Nutritional biochemistry of the micronutrients (vitamins and minerals) is discussed, including chemical structures, nomenclature, dietary sources, functions, bioavailability, metabolism, evidence for requirements, potential deficiency and toxicity, interaction with other nutrients and assessment of nutritional status. Prerequisites: TR5120, admission into MS nutrition program

**TR5128 Applied Research Skills 3 credits**

This course emphasizes gaining skills required to plan and execute research studies in health sciences. Topics covered include scientific writing, literature review skills, developing hypotheses, human ethics in research and scientific presentation skills. A research proposal is developed as part of this class. Prerequisites: TR5100, TR5104, admission into MSN or DAOM program

**TR5132 Applied Statistical Analysis 2 credits**

This course emphasizes practical skills: data management, data analysis, SPSS and/or other statistical programming. More advanced statistical procedures such as multivariate and factor analysis are also presented. Students learn how to create data sets, label and manipulate variables, and run statistical procedures using various statistical commands in lab. Prerequisite: TR5128 or permission of instructor

**TR5136 Nutrition in the Life Cycle (hybrid online/onsite course) 3 credits**

Physiological, metabolic, interpersonal and developmental relationships to nutrition are explored through the various stages in the life cycle, including infancy, childhood, young adulthood, pregnancy, mature adulthood and older adulthood. Prerequisites: Admission into MS nutrition program and introductory nutrition course

**TR5140 Advanced Nutrition: Bioactive Compounds in Foods 3 credits**

There are biologically active compounds, found mainly in plant foods (sometimes called phytochemicals), that are not nutrients or human metabolites and that have potentially important effects on human physiology. This course reviews the current evidence on these compounds, including chemical structure and nomenclature, biological effects, food sources, absorption and metabolism, potential therapeutic uses, and toxicity. Examples of compounds to be discussed: bioflavonoids, carotenoids, tocopherols/tocotrienols, plant sterols, pre/probiotics, indoles/glucosinolates and alkenyl cysteine sulfoxides. Prerequisites: TR4108 (for BS programs); TR5124 (for MS programs); TR6311 (for ND program) or equivalents

**TR5207 Nutritional Counseling 2 credits**

This course introduces advanced interviewing techniques used in nutritional counseling. Students explore their personal nutritional counseling style through role play, visualization and other counseling techniques. Students build an understanding of the complexities of diet and compliance issues. Prerequisites: PS5301, admission into MSN/DPD program or permission of DPD director

**TR5320 Nutrition Assessment and Therapy 1 5 credits**

This course introduces disease prevention, nutrition assessment and therapeutic interventions, including both traditional and natural medicine approaches. Medical terminology and abbreviations, using food-as-medicine, whole-food menu writing, nutritional screening and assessment with documentation for the medical record utilizing case studies are included. Anthropometric, biochemical, client history, physical findings, and food and nutrition-related history indicators are defined, interpreted and applied. Anemia, dysbiosis, food allergies and sensitivities, upper and lower GI diseases, cardiovascular disease, diabetes, hypertension, and obesity are covered. Prerequisites: BC5118, TR5120, TR5136. Corequisites: BC5132, TR5124

**TR5321 Nutrition Assessment and Therapy 2 5 credits**

This course is a continuation of Nutrition Assessment and Therapy 1. Students continue to practice application of nutrition assessment and intervention therapies. Oral/dental and bone health, cancer, HIV/AIDS, neurological diseases, dysphagia, pulmonary disease, chronic kidney disease, endocrine imbalance, detoxification and biotransformation, inflammatory diseases, and biliary and liver disease are covered. Assessment of normal pediatric nutrition is introduced. Nutrition intervention strategies using both traditional and natural medicine approaches are practiced. Prerequisites: BC5132, TR5124, TR5320; TR5207 (for DPD only)

**TR5803 Nutrition Clinic Entry 1 credit**

This class covers clinic requirements, procedures and policies, including both clinic-wide and nutrition shift issues. Focus is on topics such as team care philosophy, CPR, medical documentation and HIPPA training. This course may be taught in a hybrid/online model. Prerequisites: TR5207 or PS5301, TR5320, admission into MSN/DPD or MSN/CHP program, or permission of instructor. Corequisite: TR5321 or PS6315

**TR5901, TR5902, TR5903 Independent Study****variable credit**

Credits may be applied to the nutrition elective requirement. Students focus on areas of interest not covered in the regular curriculum. Competencies and learning objectives are developed with the help of an instructor or approved preceptor. Independent study cannot substitute for core courses offered on campus. Students must be in good academic standing and may take a maximum of four (4) credits. Prerequisites: Permission of chair, admission into MS nutrition program

**TR6100 Nutritional Supplementation 4 credits**

This course focuses on the nutritional and physiological value of supplements and herbal products as applied to wellness promotion and chronic disease management. Production, safety and regulation of supplements and herbs are discussed. Students learn basic botanical concepts, terms and pharmacology. Prerequisites: TR5140, TR5321

**TR6105 Nutrition and Dietary Systems 3 credits**

This course introduces AOM students to the importance of nutrients, foods and diets for prevention, health maintenance, and health promotion. This course provides students with a basic understanding of the fundamentals of human nutrition, including macro, micro and accessory nutrient concepts. A critical analysis of Western and non-Western dietary systems is presented. Students learn to do nutritional assessment for their patients. Prerequisite: AOM internship eligibility

**TR6111 Contemporary Nutrition: Global and****Ecological Issues 2 credits**

This is the first class in a three-course series that focuses on the importance of food and food choice in a broad context. Interactions between food choice and ecology, including such areas as food technology, water use and sustainable agriculture, are discussed. Food security and world hunger are included. Prerequisite: Admission into MS nutrition program

**TR6114 Thesis** **variable to 12 credits**

Students form a committee and meet with their committee members to plan and implement a research project of sufficient complexity and scope in an appropriate subject area. Twelve (12) credits are necessary to meet the requirement for scholarly activity mandated for graduation with a master's degree. Thesis requirements are detailed in the Bastyr University nutrition program *Master's Thesis Handbook*. Prerequisites: TR5100, TR5104, TR5128

**TR6116 Thesis Seminar** **1 credit**

This course is designed to assist students in developing skills important in performing thesis research. The format varies, but examples of activities include: presentation of thesis proposals, problem solving, reviewing recent scientific literature, and learning and practicing applicable methods (e.g., research design, research budgets, IRB applications, statistical and data analysis techniques, oral and written presentation). This one-credit class needs to be taken for three separate quarters, starting with the first quarter students enroll in thesis credits. Prerequisites: TR5100, TR5104, TR5128, TR6114 (corequisite)

**TR6122 Contemporary Nutrition: Community and Culture** **3 credits**

This is the second class in a three-course series that examines public health, community nutrition and health care systems. Students begin to assess the needs of a community, outlining the background to a public health grant that will be completed in TR6133. Students explore publicly funded nutrition programs, comparing and contrasting effective community nutrition education in affecting dietary behavior change and critically evaluating effective interventions in communities with different cultural backgrounds. Prerequisites: Admission into MS nutrition program, TR6111

**TR6133 Contemporary Nutrition: Public Health** **3 credits**

This is the third class in a three-course series that culminates in development of a public health grant. Students explore funding sources for public health nutrition grants and explore both historical perspectives and emerging trends in nutrition policy, as they gain an understanding of the role of the community nutritionist in advocating and securing public health funds to support community nutrition interventions. Prerequisites: Admission into MS nutrition program, TR6122

**TR6199 Thesis Continuation** **0 credits**

This course is used when a student is still working on a thesis but has already registered for the required number of thesis credits. One credit of tuition is charged. Prerequisite: TR6114 (12 credits)

**TR6310 Foods, Dietary Systems and Assessment** **3 credits**

This course introduces students to the importance of foods and diets for prevention, health maintenance and health promotion. A critical analysis of Western and non-Western diet systems is presented. Students learn to do a basic food and diet assessment for their patients. Nutrition in naturopathic primary care, co-management and referral are discussed. The place of eating, foods and diet systems and interventions is considered in the context of naturopathic clinical theory, the therapeutic order and clinical practice, including an introduction to natural hygiene and public health perspectives. An introduction to macronutrients transitions students into TR6311. Prerequisites: BC5106, BC5145

**TR6311 Macro and Micronutrients** **3 credits**

This course gives an overview of the metabolism, absorption, transport functions, requirements (deficiencies and toxicities), food sources, nutrient-nutrient interactions, and general therapeutic uses of various macro- and micronutrients. This course is required for students pursuing the naturopathic medicine degree. Prerequisites: BC5106, BC5124, BC5145, TR6310

**Clinic Nutrition Practicum 1-2**

Students in the MSN/DPD and MSN/CHP programs receive supervised experience in the clinical setting. Nutritional assessment, client counseling, interviewing and chart documentation are emphasized in skill development. Supervisor feedback and self-evaluation are used to help identify and develop individual areas of focus. Activities may include, but are not limited to, observation of experienced practitioners, group teaching, experience with "standardized" patients and one-to-one nutrition counseling sessions. The practicum may occur on campus, at Bastyr Center for Natural Health or at an external clinic site. As students progress from Clinic Nutrition Practicum 1 to Clinic Nutrition Practicum 2, the level of individual responsibility increases. In Clinic Nutrition Practicum 1, there is a greater emphasis on observation and skill building. The student's role in direct client contact increases in Clinic Nutrition Practicum 2, where students are expected to take more of a leadership role in nutrition consults, with client interviewing, nutrition assessment, intervention and medical documentation.

**TR6811 Clinic Nutrition Practicum 1** **2 credits**

See description above. Prerequisites: BC5132, TR5136, TR5207, TR5321, TR5803 (for DPD program); BC5132, PS5301, PS5202, TR5803, PS6315, TR5136, TR5321 (for MSN/CHP); meeting criteria for professional behavior and attitudes or permission of nutrition clinic coordinator

**TR6812 Clinic Nutrition Practicum 2** **2 credits**

See description above. Prerequisite: TR6811 and meeting criteria for professional behavior and attitudes

**TR6901, TR6902, TR6903 Independent Study****variable credit**

Credits may be applied to the nutrition elective requirement. Students focus on areas of interest not covered in the regular curriculum. Competencies and objectives are developed with a faculty sponsor or approved preceptor. Independent study cannot substitute for core courses offered on campus. Students must be in good academic standing and may take a maximum of four (4) credits. Prerequisite: Permission of program chair

**TR8401 Nutrition Issues in Cancer Care 3 credits**

This course provides an analysis of the nutritional needs of the cancer patient, including the role of nutritional supplementation, management of clinical side effects of cancer treatment and an introduction to whole-food nutritional strategies. Students are taught to recognize and triage potential nutritional deficiencies in patients as well as analyze the dietary protocols often utilized in cancer treatment planning. Prerequisites: BC7105, OM7412, admission into DAOM program or permission of AOM dean, or second year of MS nutrition program

**TR9106 Quillisascut Culinary Farm Experience 2 credits**

This is a one-week, onsite course at the Quillisascut Farm near Colville, WA. Students have a unique opportunity to experience the farm-to-table connection first hand. Participants milk goats, make cheese, help care for farm animals, transplant vegetables and harvest produce from the gardens. Visits to neighboring organic farms and presentations of current farm and food topics give an understanding of the implications of buying seasonal and local. Students work with a chef to prepare lunch and dinner using only ingredients from the garden and products from local farms. Retreat participants stay at the farm school, with bunkhouse-style lodging, shared bathrooms and a professional kitchen. Prerequisite: None

**TR9107 Ayurvedic Nutrition – Principles and Practices****2 credits**

Students learn the fundamentals of Ayurvedic nutrition, which includes the use of the six tastes for balancing digestion and metabolism. Students practice preparation of supportive foods for the various Ayurvedic body types using common herbs and spices. Prerequisite: None

**TR9118 Food and Society (hybrid online/onsite****course)****2 credits**

This elective offers students a broad perspective of the diverse political, environmental, cultural, biological and psychological factors that influence food choice. This perspective supports an understanding of the challenges faced by individuals when trying to improve nutrition habits. The course incorporates contemporary media, both books and films, and students engage in projects related to the food system. Prerequisite: None

**TR9120 Writing About Food and Health 2 credits**

This course introduces students to the skills needed for a part-time or freelance career in writing or is appropriate for those interested in improving their writing skills. Students learn how to differentiate writing styles and practice various structures such as blog posts, news stories, research articles and memoirs. Composing pitches and proposals are covered. Assignments are turned in several times, allowing for editing and re-writing to be practiced, thus honing style and skills. Prerequisite: None

**TR9130 Obesity & Obesity Related Diseases 2 credits**

This course focuses on the challenges raised by current international and national trends in obesity. The class is based upon a broad survey of obesity research that focuses on the underlying genetic, biologic and environmental contributors that affect energy balance. The course includes an evaluation of the efficacy of dietary, pharmacologic and surgical approaches for obesity management and examines consequences of obesity on health, medical costs and quality of life as well as its associations with public health policy, the media and environment. Prerequisite: None

**TR9139 Entrepreneurial Nutrition (hybrid online/****onsite course)****2 credits**

In this course students explore their ideas and interests related to nutrition in the context of building a foundation for a food or nutrition-related business. The classes includes a variety of approaches to tap into the student's creative entrepreneurial spirit while exploring the underpinnings of a business plan. Guest speakers supplement selected readings and interactive class sessions. Prerequisite: None

**Special Topics in Nutrition 1-2**

These special topics, offered periodically, explore trends, developments and specific topical areas in human nutrition. Topics vary and are not necessarily offered every year.

**TR9511 Special Topics in Nutrition 1****2 credits**

See description above. Prerequisite: Variable according to topic

**TR9512 Special Topics in Nutrition 2****2 credits**

See description preceding TR9511. Prerequisite: Variable according to topic

**TR9801-9804 Clinic Practicum Elective****2 credits**

This course allows nutrition students to gain extra clinical experience beyond what is required for graduation. For other student clinicians, this course provides an opportunity to observe medical nutrition therapy and to participate in collaborative care of patients. The role of the student is decided by the supervisory faculty and varies depending on the student's prior experience. This elective may not count toward clinic requirements for clinic students. Prerequisite: Open to all students who have completed at least one nutrition clinic shift (TR6811) or permission of nutrition clinic program coordinator

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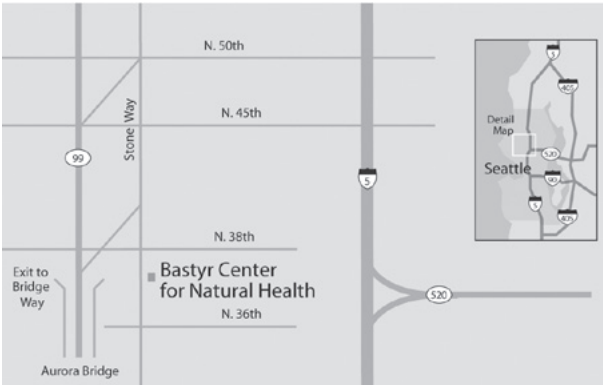
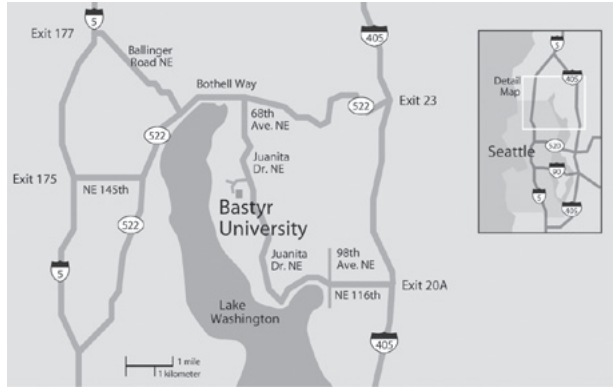
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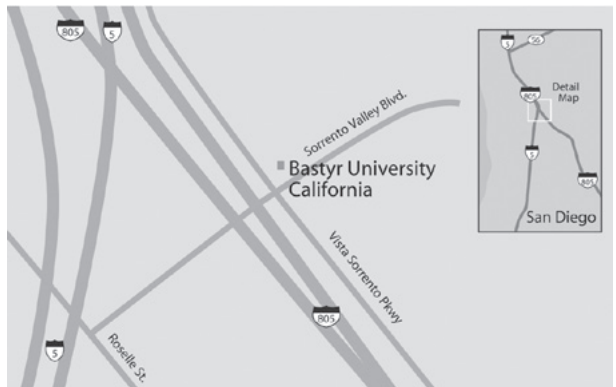
# BASTYR CAMPUS AND CLINIC LOCATIONS

BASTYR UNIVERSITY  
14500 Juanita Drive NE  
Kenmore, Washington 98028-4966  
425.602.3000



BASTYR CENTER FOR NATURAL HEALTH  
3670 Stone Way North  
Seattle, Washington 98103  
206.834.4100

BASTYR UNIVERSITY CALIFORNIA  
4106 Sorrento Valley Boulevard  
San Diego, California 92121



## DIRECTIONS

For driving and public transportation directions, please see [www.Bastyr.edu/About/Kenmore-campus](http://www.Bastyr.edu/About/Kenmore-campus) and [www.Bastyr.edu/California](http://www.Bastyr.edu/California).



## INDEX

- academic calendar .....156
- academic dismissal.....14
- academic honesty .....13
- academic policies/procedures.....13
- academic suspension policy .....14
- accreditation.....5
- acupuncture and oriental medicine school (aom) ... 32
- academic status and graduation requirements.....36
- administrators .....32
- admissions/required abilities.....33
- china studies.....36
- chinese herbal medicine certificate ..... 40, 107
- clinic .....35
- combined bs/ms .....34
- course descriptions .....122
- curriculum .....37
- daom program.....41
- mission statement.....32
- msa .....35
- msaom .....35
- prerequisites .....34
- recognition and licensure.....33
- ada services..... 9
- admissions - general (see also program pages) ... 25
- advanced standing status ..... 27, 80
- alumni services ..... 8
- application deadlines/acceptance ..... 26
- attendance policy..... 15
- basic sciences department ..... 46
- bs with a major in integrated human biology... 46
- course descriptions ..... 95
- bastyr center for natural health (clinic) ..... 12, 93
- board of trustees ..... 151
- bookstore ..... 9
- botanical medicine department ..... 81
- course descriptions ..... 101
- mission and vision ..... 72
- cadaver anatomy ..... 48
- campus and clinic locations..... 152
- career center ..... 8
- center for interdisciplinary studies ..... 23
- interdisciplinary studies courses ..... 111
- center for spirituality, science and medicine ..... 24
- certificate, community & continuing education... 22
- chinese herbal medicine certificate program..... 40
- course descriptions ..... 107
- clinic residency programs ..... 93
- counseling and health psychology..... 48
- bs with a major in health psychology ..... 49
- course descriptions ..... 132
- curriculum..... 50, 52
- ma in counseling psychology ..... 51
- counseling center..... 8
- course additions/withdrawals .....7
- credit loads ..... 15
- criminal background checks ..... 16
- deadlines for awarding degrees..... 17
- deferral of enrollment..... 26
- degree and certificate requirements ..... 17
- deposits ..... 26
- didactic program in dietetics/courses ... 60, 67, 142
- dietetic internship/courses ..... 69, 108
- diversity awareness..... 21
- dual-track nd/aom..... 43, 86
- electives ..... 37, 82
- external clinic sites..... 13
- facilities ..... 12
- faculty ..... 21, 43, 70, 90
- fees..... 11
- financial aid..... 7, 29
- financial policies..... 10
- food services..... 9
- gainful employment compliance..... 29
- global competencies..... 4
- grading policy..... 18
- health care services ..... 9
- health psychology program..... 49
- admission/prerequisites..... 49
- course descriptions ..... 132
- curriculum ..... 50
- herbal sciences program.....72
- admission/prerequisites..... 73
- course descriptions ..... 101
- curriculum..... 74
- holistic landscape design certificate..... 74
- homeopathic medicine department ..... 81
- course descriptions ..... 110
- housing ..... 8
- immunization policy ..... 16
- independent study..... 20
- international students..... 9, 28
- interviews..... 26, 79
- legal structure of university..... 5
- library ..... 24

- massage intensive..... 31, 36, 50, 63, 74, 82  
 marketing & media ..... 8  
 midwifery department..... 53  
   midwifery bs/combined bs/ms.....53  
     admissions/prerequisites.....54  
     courses..... 112  
     curriculum..... 56  
 natural health arts and sciences school..... 45  
   administrators.....45  
   midwifery department ..... 53  
 naturopathic medicine program ..... 75  
   admissions ..... 77  
   advanced standing ..... 80  
   clinic requirements ..... 82  
   course descriptions ..... 116  
   curriculum..... 83  
   definition..... 75  
   dual-track nd/aom..... 86  
   electives ..... 82  
   departments within nd ..... 81  
   graduation requirements..... 82  
   legal status and licensure ..... 77  
   prerequisites ..... 77  
   principles..... 77  
   professional organizations ..... 77  
   scope of practice ..... 77  
   tracks..... 82  
   transfer students ..... 79  
 naturopathic medicine school..... 72  
   administrators..... 72  
   mission and vision ..... 72  
   bs with a major in herbal sciences ..... 72  
   certificate in holistic landscape design ..... 74  
 non-academic separation ..... 14  
 nondegree/nonmatriculated students..... 25  
 nutrition and exercise science department ..... 57  
   bs with a major in nutrition..... 58  
     admissions/prerequisites/grad requirements... 58  
     curriculum..... 58  
   bs with a major in exercise science  
     and wellness ..... 59  
     admissions/grad requirements ..... 59  
     curriculum..... 59  
   bs with a major in nutrition/dpd ..... 60  
     admissions/prerequisites/grad requirements... 60  
     curriculum..... 61  
   bs with a major in nutrition and exercise  
     science..... 62  
     admissions/grad requirements ..... 62  
     curriculum..... 62  
   bs with a major in nutrition and culinary arts... 63  
     admissions/grad requirements ..... 63  
     curriculum..... 63  
   course descriptions—exercise science ..... 109  
   course descriptions—nutrition ..... 145  
   course descriptions—dpd ..... 142  
   dietetic internship/courses ..... 69, 108  
   msn (research) ..... 64  
     admissions/prerequisites/grad requirements... 64  
     curriculum ..... 65  
   ms nutrition and clinical health psychology.... 65  
     admissions/prerequisites/grad requirements... 65  
     curriculum..... 66  
   msn/dpd ..... 67  
     accreditation ..... 68  
     admissions/prerequisites/grad requirements... 67  
     curriculum..... 68  
 officers of university ..... 151  
 parking and transportation ..... 11  
 physical medicine department ..... 81  
   course descriptions ..... 131  
 post-baccalaureate preparatory program ..... 25  
 psychology ..... 48  
 quarter system ..... 7  
 refunds ..... 12, 155  
 registration ..... 7  
 research ..... 22  
 schools  
   acupuncture and oriental medicine ..... 32  
   natural health arts and sciences ..... 45  
   naturopathic medicine..... 72  
 science and naturopathy ..... 143  
 selection factors ..... 26  
 simkin center for allied birth vocations..... 22  
 student affairs ..... 7  
 student body ..... 6  
 student participation ..... 6  
 student research..... 24  
 student resource center ..... 8  
 transfer students ..... 27, 34, 79  
 transfer, waiver and substitution policy..... 21  
 tuition ..... 10  
 tutoring services ..... 8  
 undergraduate programs ..... 30  
   academic probation, suspension and dismissal... 31  
   double majors..... 30  
   full-time expectations ..... 30  
   majors ..... 30  
 university mission/vision statements ..... 3  
 visiting campus..... 5

## FEDERAL REFUND REQUIREMENTS

The refund schedule below has been established in keeping with federal refund requirements for students withdrawing from school:

Week of the Quarter	% Refund for Course Withdrawals <sup>1</sup>	% Refund for Complete Withdrawals <sup>2</sup>
1 <sup>st</sup>	100%	100%
2 <sup>nd</sup>	90%	90%
3 <sup>rd</sup>	50%	80%
4 <sup>th</sup>	50%	70%
5 <sup>th</sup>	25%	60%
6 <sup>th</sup>	25%	50%
7 <sup>th</sup> through 8 <sup>th</sup>	0	0

Refunds related to course and full withdrawal from summer quarter are different and published in the summer quarter academic calendar, available on MyBU. After the first week of the quarter, course withdrawals are accompanied by a “W” grade on the transcript (except in the case of courses that have not yet begun).

<sup>1</sup>All courses (including weekend intensive courses) follow this refund schedule. Courses may not be dropped after the course has ended (example: weekend intensive and non-traditionally scheduled courses). Courses may only be added in the first week of the quarter (with the exception of weekend intensive courses). In order to manage patient scheduling, the University strongly discourages students from dropping clinic shifts. Students who drop a clinic shift before the quarter may be assessed a financial penalty. Once the quarter has begun, there is no refund for shift withdrawals (except in the case of family or medical emergencies). Please see the clinic registration staff, in the registrar’s office, for more information regarding clinic shift changes.

<sup>2</sup>Calculated by hand.

# ACADEMIC CALENDAR FOR 2012-2013

	FALL 2012	WTR 2013	SP 2013	SU 2013
Orientation	9/11-14 for ND students, 9/18-19 for other students			
Classes Start for First-Year Midwifery Students	9/10			
Classes Start for First-Year ND Students	9/17 <sup>1</sup>	1/7	4/8	7/8
ND Remediation Exams and Exercises <sup>2</sup>	1/2-4/13	4/3-5	7/1-3	9/18-20
Classes/Clinic Start for All Others/Payment Due	9/24	1/7	4/8	7/8 (Clinic 7/1)
Convocation	9/24 (9:00 a.m.)			
Last Day to Withdraw with a W Grade	11/16	3/1	5/31	8/16
Classes End	11/30	3/15	6/4	8/30
Final Exams End	12/7	3/22	6/21	8/30
Clinic Ends	12/8	3/23	6/22	9/14
Interim Clinic <sup>3</sup>	12/10-22, 1/2-5	3/25-30		9/16-21
Commencement Ceremony			6/24	
Clinic Closure <sup>4</sup>	12/24-1/1	4/1-6	6/24-29	9/23-28
Bastyr Community Day <sup>5</sup>			4/11	
Official Holidays <sup>6</sup>	11/22-24	1/21, 2/18	5/27	7/4, 9/2
Priority Applications Due – ND, Midwifery and MSN Programs		2/1		
Priority Applications Due – All other BS and Master's Programs		3/15		
Financial Aid Application Priority Due Date			4/1	

<sup>1</sup>In fall quarter only, first-year naturopathic medicine classes begin a week earlier to accommodate midterms week, when students take exams but do not have other scheduled classes. Midterms are tentatively scheduled for 10/22-26/12.

<sup>2</sup>Students earning PCs in Naturopathic Medicine modules in year one and two will need to return to campus before the start of the following quarter to complete remediation exams and exercises.

<sup>3</sup>During interim clinic, all clinic services run normally. Interim clinic is required; exceptions must be approved in advance. Students staff the shifts in which they were registered in the quarter just ended.

<sup>4</sup>During clinic closure, the clinic does not offer patient visits, but appointment phones and dispensary are open (except when one of the clinic closure days falls on a paid holiday). Appointment phones and dispensary hours may be altered from their standard operating hours. The clinic is closed on all official University holidays.

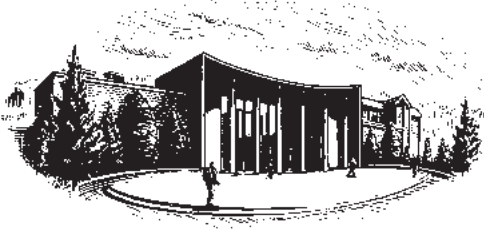
<sup>5</sup>Bastyr Community Day is focused on the health and well-being of members of the Bastyr community. Activities are scheduled for the afternoon and classes and clinic shifts are cancelled from noon to 5 p.m. so that members of the community can participate.

<sup>6</sup>Although religious holidays are NOT official University holidays, the University's policy is to attempt to accommodate the observance of religious practices. Students are responsible for the material covered but will not have religious absences count against any attendance requirement. Students observing such holidays are required to notify faculty during the first week of classes and find substitutes for clinic shifts affected. Students should follow the reschedule exam procedures in the event an exam falls on a religious holiday.

Major religious holidays in the coming academic year that occur when the University is in session are 9/17/12, 9/26/12, 10/26/12 and 8/8/13. Bastyr University schedules clinical training and occasional required courses or intensives on weekends. Students who have religious restrictions against attending classes on weekends must contact their program chair or dean, in advance, when such a conflict occurs. Efforts will be made to resolve such conflicts, but a resolution cannot be guaranteed.

Revised: July 2012

The calendar is subject to change without notice.



The *Bastyr University Catalog* is published annually.

Information contained in this catalog is current as of July 2012. Recognizing that funding, policies, personnel and curricula may change, Bastyr University reserves the right to change, without prior notice, academic programs, courses, faculty, fees, policies and the academic calendar regulating admissions, registration, graduation and any other matters affecting the student body.

Nothing contained in this catalog shall constitute a contract, expressed or implied, between applicants or students and Bastyr University. The administration shall, at all times, retain the authority to withdraw from the University any student who fails to attain and maintain established levels of academic or clinical performance or who does not exhibit the personal and professional conduct required for the practice of medicine or related disciplines.

In meeting its professional educational requirements, Bastyr University is committed to its obligation to maintain a healthy environment commensurate with the standards set by federal, state or local regulatory agencies in the normal operations of its classrooms, laboratories and clinical and research facilities. Students should be aware, however, that people training for health care professions may be exposed to diseases and potentially toxic environments to a much greater extent than the general public.

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