

Bastyr University Catalog 2008-2009

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 APPLIED BEHAVIORAL SCIENCE

Master of Arts in Applied Behavioral Science

SCHOOL OF NATURAL HEALTH SCIENCES

Bachelor of Science with a Major in Health Psychology

SCHOOL OF NATUROPATHIC MEDICINE

Bachelor of Science with a Major in Herbal Sciences
Certificate in Naturopathic Midwifery
Doctor of Naturopathic Medicine

SCHOOL OF NUTRITION AND EXERCISE SCIENCE

Bachelor of Science with a Major in Nutrition
Bachelor of Science with a Major in Nutrition with Didactic Program in Dietetics
Bachelor of Science with a Major in Exercise Science and Wellness
Master of Science in Nutrition (Research)
Master of Science in Nutrition with Didactic Program in Dietetics
Master of Science in Nutrition and Clinical Health Psychology
Dietetic Internship

Curriculum and course changes in the 2008-2009 Bastyr University Catalog are applicable to students entering - during the 2008-2009 academic year. Please refer to the -appropriate catalog if interested in curriculum and courses required for any other entering year.

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General Information

Introduction

Bastyr University, located in the beautiful Pacific Northwest, is a progressive, accredited, nonprofit university, internationally recognized as a pioneer in the study of natural healing. 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 and health psychology, as well as specialized non-degree programs that reflect its founding philosophy. The University has also extended this philosophy to the study and practice of applied behavioral science.

Education of graduate natural health practitioners and highly-qualified undergraduate students at Bastyr University emphasizes development of 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, problem-based learning in a rigorous academic environment. The learning experience emphasizes academic excellence, the development of individual talents and mastery of critical competencies.

Students learn under the guidance of outstanding faculty. Over 90 percent of the University’s health sciences core faculty members have earned doctoral degrees, and many are successful private practitioners who contribute a wealth of practical experience to the classroom. Laboratory experiments, demonstrations, clinical experience and case-oriented teaching 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 challenges of the twenty-first century. In practice and research, these professional healers will continue to integrate scientific methodology with the wisdom and proven benefits of traditional healing methods, while calling forth the intangible, and often miraculous, healing power native to each individual and living system.

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

In pursuit of its vision and mission, the University is characterized by:

- Academic excellence: curricula that present the cutting edge of natural medicine philosophy and practices; programs that facilitate students' developing high-level academic and/or clinical expertise; utilization of teaching methodologies that optimally facilitate student skill and knowledge base development and an educational environment that incorporates and models the principles of natural medicine.
- Pioneering research: foundational inquiry into the underlying concepts of natural medicine; iterative research that continuously evaluates the efficacy of therapeutic strategies and agents; and research partnerships to deepen and broaden the types of possible inquiry.
- Renowned clinical services: cutting-edge natural medical care; teaching that helps students model ideal clinical practice behaviors; and collaborations that provide the opportunity to explore and develop integrated care protocols and clinical practices.

For the University to fully meet these commitments, it must think and act strategically. Therefore, the University has adopted and committed itself to the following core strategies and goals:

Core Strategy One: Improve the quality and effectiveness of our academic programs (classroom, clinic and research) and community life.

Goals: Implement a broad range of programs that will further development of collaborative natural health science curriculum and programs, enhance research opportunities, increase faculty involvement in scholarly activities, provide for ongoing program assessment, and improve internal communications and the quality of the work environment.

Core Strategy Two: Increase awareness of the University and its programs through strategic partnerships, effective new program offerings and expanded external communications and visibility.

Goals: Increase efforts to build awareness of our expertise in natural medicine and pursue opportunities to partner with other organizations, schools or companies. Extend acceptance of our approach through implementation of new programs and delivery systems.

Core Strategy Three: Establish lifelong relationships with our students and graduates through effective programs to increase their success academically and professionally.

Goals: Build and maintain a lifelong relationship with our students and graduates, including ongoing educational programs, career enhancement, and joint efforts to expand career opportunities through public affairs efforts and related activities.

Core Strategy Four: Diversify revenues and strengthen the infrastructure of the University.

Goals: Advance the University's long-term institutional viability by expanding revenue sources and executing a successful University advancement program.

Bastyr University has played a major role in establishing the credibility of science-based natural medicine and helped initiate the current transformation of the health care system. We believe natural medicine has much to offer. In order to continue this leadership and for the full benefits of natural medicine to be realized, we will continue to evolve Bastyr University into a fully developed, well-financed, mature academic health center.

GLOBAL COMPETENCIES AT BASTYR UNIVERSITY

Bastyr University has developed global competencies in three major areas to help students succeed in their chosen field in the natural health sciences. The three major areas are communication skills, critical thinking and professional behavior. Students fulfill these global competencies through the curriculum of their chosen program 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 to students if warranted.

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

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

Professional Behavior: There are five global competencies 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 which has the final authority. The board appoints the president, who is ultimately responsible for all academic and administrative policies and for financial management and planning. The Board of Trustees also approves all officer-level appointments. For a listing of University officers and members of the Board of Trustees, refer to page 145.

ACCREDITATION AND RECOGNITION

Bastyr University is accredited by the Northwest Commission on Colleges and Universities, 8060 165th Avenue NE, Suite 100, Redmond, WA 98052-3981, 425.558.4224. The NWCCU is an 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, 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* (2004 edition) is on

reserve in the Bastyr University Library. For more information, contact the Council on Naturopathic Medical Education, P.O. Box 178, Great Barrington, MA 01230, or call 413.528.8877.

The Commission of Accreditation of Dietetics Education (CADE), 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, education@eatright.org, website: www.eatright.org/cade, has developmentally approved the Bastyr BS Didactic Program in Dietetics and the Bastyr MS Didactic Program in Dietetics and has accredited the Bastyr Dietetic Internship.

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), 8501 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 is 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 for California licensure by the California Acupuncture Board.

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 training for naturopathic physicians who wish to earn a Certificate in Naturopathic Midwifery and sit for Washington state's midwifery licensing examination. The Certificate in Naturopathic Midwifery is accredited through the Midwifery Education Accreditation Council (MEAC). Individuals who complete the University's program and pass naturopathic medicine and midwifery licensing exams have dual licensure as naturopathic physicians and midwives in Washington and other states. Our graduates may sit for the North American Registry of Midwives (NARM) exam, which many states recognize as their credential for legal practice.

Bastyr University has received approval from 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 Washington and other states' licensing or certificate board exams.

VISITING CAMPUS

Prospective students are invited to visit classes on the Bastyr campus, take a campus tour, speak with an advisor, and talk with students in order to further explore a career in the natural health sciences. Visitors should contact the admissions office at least a week ahead to arrange for an appointment.

The admissions office is open weekdays from 8:30 a.m. to 5:00 p.m. Pacific Time, excluding holidays. Regular classes are in session from late September through early June. Upon request, the admissions office will send information about lodging in the area and transportation to the University from Seattle-Tacoma International Airport.

To schedule a visit, please call the admissions office at 425.602.3330 or e-mail admissions@bastyr.edu. Visit our website at www.bastyr.edu/admissions.

Students

THE STUDENT BODY

Those who attend Bastyr University constitute a diverse group of learners. The average age of the 1,101 students enrolled in the University in the fall of 2007 was 31, with a range in age from 18 to 74. The largest program is naturopathic medicine (476 enrolled), with 144 in the applied behavioral science program, 210 in the acupuncture and Oriental medicine programs, 232 in the nutrition/exercise science programs, 37 in the health psychology program, 36 in the herbal sciences program and 12 students in the midwifery program. (A number of students are enrolled in more than one program.)

The demographics across various programs are fairly similar. Over three-quarters of the students are women. About one-third of the student body is from the Pacific Northwest, with almost every U.S. state represented. International students are an important part of the Bastyr community. In 2007-2008 there were 42 international students, representing 15 countries.

STUDENT PARTICIPATION

The major focus of student participation is the Bastyr University Student Council. Each class or program elects representatives to serve on the council. The council determines how student activity fees are spent, appoints students to various committees, represents student interests to the Board of Trustees, administration and allied professional organizations, and continually seeks to promote the University and meet the needs of students. Students are represented on the Student Affairs Subcommittee of the Board of Trustees by an elected student who participates in the Student Council. 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 in the *Student Handbook*.

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 capital contributions to the University, including sponsorship of community events (visits by Tibetan monks), remodeling the movement room, providing remote viewing for some classrooms, copier, composter, equipment for the library and other University departments.

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 Africana Student Association (BASTA)
- 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
- Mystery School
- Natural Products Student Representatives
- Nature Cure Club
- Parent Resource Center
- Pediatrics Club
- Physicians for Social Responsibility
- Soccer Club

Sports Medicine Club
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)
Women Empowered through the Arts
Yoga Club

There also are University committees in which students participate, such as curriculum review, library, and various ad hoc committees. Students also serve on groups such as the resident selection committee, student honor board and the clinic planning group. Please consult the *Student Handbook* for more information.

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, international student services, veterans' student services, orientation, commencement, student events and housing, career planning, Counseling Center, marketing and media, and the tutoring center. The *Student Handbook* lists University services, policies and procedures, whom to contact for specific questions and needs, and information on ethical conduct and the judicial process.

The dean of students' office supervises student affairs and professional staff, plans and conducts orientation and commencement activities, advises student organizations, edits and produces internal student publications, facilitates communications within and among the University's constituencies, and resolves grievances.

The registrar's office maintains students' academic records, manages course scheduling, academic registration and evaluation, records grades, produces transcripts and grade reports, and provides academic advising and evaluation, as well as international and veteran student services.

The Counseling Center provides individual and couples counseling, wellness consultations and other services.

Student housing provides limited on-campus housing for students and information on off-campus housing. Complete information is available on the University's website, www.bastyr.edu.

TUTORING CENTER

The tutoring center organizes and sponsors tutoring sessions in which faculty-identified student tutors provide help to students in all course areas of the curriculum. Small group tutoring workshops are organized when helpful. Open labs are scheduled for the sciences, writing and speaking.

The tutoring center also organizes the audio taping and note-taking programs through which additional study resources are made available to students.

CAREER CENTER

The Career Center is a resource for students during their active student years, as they prepare to enter their career field and as they implement their job search activities. It is also a resource for graduates as they fulfill their career goals. During the course of students' studies, participation in self understanding exercises helps them identify unique strengths that form the basis for excellent performance and a successful career. Preparation for job searching includes building a resume, which brings out accomplishments related to career goals,

formulating letters, and learning to interact with people effectively by phone and in person so that both networking and job interviews will be successful. Job search support activities include individual coaching, videotaping, contact development and transition support.

The Career Center also sponsors group activities such as the Health of Business, Business of Health practice success series, practitioner speakers for exploring career options, employer contact events and skill building workshops.

REGISTRATION

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 turned in before the registrar's office 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 the winter and spring quarters. New students are automatically registered for their fall quarter courses before orientation week. Non-matriculated students may register for courses after matriculated students have been registered. Priority for courses is given to matriculated students. Students taking a course for credit have preference over students auditing a course. Students auditing a course or clinic shift (regardless of matriculation status) will be withdrawn if the course is full and an eligible student elects to register for the course, for credit. Students taking a course that is required for their major have preference over those taking the course as an elective. Students may select to audit a course or change from an audit grade to a regular grade through the second week of the quarter. However, after the first week of the quarter, standard refund policies apply.

Course add/drop/withdrawal forms are obtained from and returned to the registrar's office. 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). 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 registrar's office 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 page 152 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 a student drop or withdraw from a course after the course has ended.) Students must check with the registrar for specific deadlines.

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 registrar's office. Please see the *Student Handbook* for more information.

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 homeopathy, herbal medicine, acupuncture, Oriental medicine, nutrition, physical medicine, psychology, and books on specific diseases—all selected to emphasize Bastyr's focus on natural healing. In addition, medical supplies can be found in the bookstore, including acupuncture equipment, herbal

tinctures, homeopathic formulas, as well as traditional medical equipment such as diagnostic sets and stethoscopes. Bastyr gifts and apparel are also available. Special orders from students and faculty are welcome, with nationwide shipping available.

Online services can be found at www.bastyr.edu/bookstore. Reference books specific to natural health can be ordered; check out the naturopathic reference sections for books that cannot be found at any other site. Bastyr University sweatshirts, T-shirts, glassware and other gift items are on sale online. Also available is a link to one of the bookstore's major suppliers, which allows online ordering of over 100,000 medical and health science titles.

HEALTH CARE SERVICES

The comprehensive administrative fee enables all students to visit Bastyr Center for Natural Health. (A co-pay is due at the time of each visit, as 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: 206.834.4100.

The University contracts with Summit America 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.

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.

FOOD SERVICE

Bastyr University operates a vegetarian cafeteria, which offers excellent, healthy meals and snacks. During the academic year, breakfast, lunch and dinner are available Monday through Friday; breakfast and lunch are served on weekends. The cafeteria is closed on weekends during the summer and quarter breaks. The bookstore on campus also provides beverages and snacks. Although the clinic has no food service, beverages and snacks are available in the dispensary.

STUDENT HOUSING

The University offers limited on-campus housing. On-campus housing is comprised of rooms located on the fifth floor of the complex. There are several room types: A (131-135 sq ft), B (144-150 sq ft), C (172 sq ft), D (202-206 sq ft), E (220-224 sq ft or 148-219 sq ft with a walk-in closet).

Each room has carpeting, a bed, a built-in desk with bookshelves, a dresser, a wardrobe closet, a small refrigerator, a sink with mirror and a window with varying views of either the surrounding woodlands and play fields or the campus courtyard. Minimal cooking facilities are provided. Student lounges are equipped with large freezers, microwaves, electric cooking devices, study tables and a television or stereo. Also located on the fifth floors are men's and women's restrooms and showers, a laundry room with washers and dryers and an additional storage room. Free local telephone service and some wireless Internet are provided. Floor managers are available to assist and respond to students' needs. Custodial service is provided for the common areas such as hallways, restrooms, showers and lounges. Smoking and illegal drug use are prohibited. Accommodations for

children are not available. Pets are not allowed (except for fish). On-campus housing offers the opportunity for community living and involvement in campus activities.

Information regarding on-campus housing may be obtained via e-mail housing@bastyr.edu. Information regarding off-campus housing is available on the University website via the off-campus housing board.

ACTIVITIES AND RECREATION

Each student is required to pay a \$25 student activity fee every quarter. These funds are administered by the Student Council and are used to support activities, student 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 use, such as additional computers for the library, a laptop with LCD projector and video equipment.

LOCKERS

There are over 400 lockers for student rental at the campus. The cost is \$15 - \$20 per year. Contact the student affairs office for more information

Bastyr Center has a limited number of lockers available for use by students taking clinic shifts. Because of great demand these lockers are generally shared and are for day use only. Contact Bastyr Center for more information.

ID CARDS

Student ID cards are provided to all new students, included in the new student matriculation fee. Each subsequent year, ID cards are validated with stickers by the registrar's office, after enrollment and payment of tuition and fees.

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 registrar upon admission. For more information, consult the admissions section in this catalog or contact the admissions office. The associate registrar in the registrar's office assists international students with the USCIS regulations.

ALUMNI SERVICES

Bastyr is committed to supporting its graduates and to helping them stay engaged with the life of the University through a variety of programs. Communications services include an alumni e-newsletter, a website, an online public directory of alumni, and professional opportunities listings on the web. The University also provides occasions for alumni to get together for career training, for networking, and for fun. Many other specific benefits are available for alumni to continue their studies at Bastyr, to use University facilities at special rates, and to be involved in the Bastyr community. For information about the alumni tuition benefit, visit www.bastyr.edu/alumni or contact the registrar's office.

UNIVERSITY PUBLICATIONS

The University publishes a number of handbooks and newsletters, including the following:

University Catalog: Matriculated students receive a copy, included in their new student matriculation fee. For others the cost is \$5, available from the Bastyr University Bookstore or online.

Academic Policy Handbook: This publication describes academic policies, as stated in the catalog and *Student Handbook*, in more detail. Administrative procedures are outlined, as well as the process of implementation of the policies. Updates and revisions to existing policies are kept current in this handbook and supersede policy statements published in this catalog. This handbook is available on the University's intranet site. Contact the Office of the Vice President of Academic Affairs for more information.

Student Handbook: This publication contains information on University services and resources, academic and nonacademic policies and procedures, and information on ethical conduct, judicial process, and student records. There is no charge to matriculated students (included in their new student matriculation fee). The handbook is available from the student affairs office.

Student Clinician Handbook: This publication provides students with all clinical education requirements, including learning objectives and competencies, clinic policies and procedures. This publication is required for all students entering clinical training.

Financial Aid Handbook: This handbook describes federal, state and University financial aid programs, policies and procedures required to apply/participate. It is available from the financial aid office.

Faculty Handbook: This publication contains information pertaining to faculty employment and governance and is available from Faculty Services.

Faculty Services "How To" Handbook: This quarterly publication provides faculty with a working document of policies and procedures and a guide to the services provided to faculty through the faculty services office.

Community Resources Guide: This annual publication, published by Student Affairs, provides information on local services and resources, such as food, transportation, religion, entertainment, health/wellness and recreation, with input from students and other members of the Bastyr community.

The Bastyr Magazine: This magazine is published twice/year by the development office for alumni, friends and donors as a source of information on natural medicine and University activities.

Healthy & Wise: This publication is published twice annually and sent to prospective and current patients. It provides information about programs, practitioners, and current events at Bastyr Center for Natural Health, as well as consumer health information.

Natural Directions: This e-mail newsletter is sent quarterly to prospective students or those who have expressed interest in Bastyr's programs.

Bastyr News: This bimonthly e-mail newsletter is sent to the general public and prospective students of Bastyr University with recent Bastyr news, upcoming events, recipes, profiles on alumni and students, and more.

Bastyr Health E-news: This bimonthly e-mail newsletter is sent to current and prospective patients of Bastyr Center for Natural Health with natural health information, news about recent studies, and updates on Bastyr Center programs and services.

Financial Policies

2008-2009 TUITION*

Doctoral, Professional, Graduate, BSO/MSA/MSAOM Tuition

Students taking fewer than

12 credits.....\$450 per credit

Students taking 12–16 credits... \$5,350 per quarter

Students taking more than 16 credits \$5,350 + \$250 per credit for each credit over 16

Naturopathic Midwifery Program: Practicum (birth experiences) \$125/birth (\$250/credit)

Dietetic Internship\$520 per credit

Undergraduate Tuition

Students taking fewer than

12 credits.....\$450 per credit

Students taking 12–16 credits... \$5,350 per quarter

Students taking more than 16 credits \$5,350 + \$300 per credit for each credit over 16

For all students

Audit\$180/credit

Audit for courses outside the region\$245/credit

*Due to the unique nature of summer quarter, summer rates vary from those listed above. Rates for summer quarter, 2009, have not yet been set.

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.

Tuition and fees for students in the applied behavioral science programs are printed in a supplement provided directly to applied behavioral science students.

2008-2009 FEES

Application Fees:

Undergraduate..... \$60

Graduate and Professional \$75

Non-matriculated and/or non-degree \$25

Holding Fees/Deposit: (credited towards tuition)

ND Program..... \$200

MS/BS/Certificate Programs \$100

Non-matriculated, Post-baccalaureate..... \$100

Advanced Standing Evaluation Fee \$75

Comprehensive Administrative Fee\$30/credit, max \$360/qtr

Student Activity Fee \$25/qtr

Late Registration Fee..... \$25

Undergraduate Program Fee..... \$150/qtr

MSN Program Fee \$150/qtr

Add/Drop Fee

(after completion of free add/drop) \$10

Clinic Shift Change/Drop Fee\$10, \$25, \$50, \$100¹Non-Refundable Course Deposit² TBD

Interest..... 1.0% per month

Deferment Fee \$50

Challenge Exam Fee.....50% of tuition

Competency Exam Fee..... \$50

New Student Matriculation Fee³ \$300

Locker Fee \$15 or \$20/year

Official Transcripts (7-10 business days)..... \$5

Official Transcripts (1-2 business days)..... \$10

Graduation Fee (participation)\$200/\$225 (after deadline)

Graduation Fee (non-participation)..... \$125

Certificate Fee..... \$75

Diploma Replacement/Second Diploma Fee... \$50

NSF Check Fee \$28

Stop Payment on Student Refund \$20

Parking \$40/qtr (summer free)

Parking Citation \$25

There may be additional fees.

¹Fee varies depending on date and shift type. Please see clinic registration staff for details.²Non-refundable course deposits are required when confirmed enrollment is essential prior to the start of a given quarter. Amount varies depending on the course.³The new student matriculation fee includes costs for orientation, University publications (*Catalog*, *Student Handbook*, *Community Resources Guide*, plus student ID cards, unofficial transcripts, and copies of official transcripts sent to licensing boards. Once orientation begins, this fee is nonrefundable.

PARKING AND TRANSPORTATION

All campus students and employees are required to register their transportation or parking choices. This registration process allows us to gather the information needed to leverage services and resources for us through Metro and other entities. Campus parking fees for fall, winter and spring quarters are \$40/quarter. There are reduced rates for carpool and part-time students and faculty. There is no fee in summer. 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 also accepted.

Citations are \$25 per infraction. Fees help ensure that parking spaces are available for all. Citations are generally given to those who have not registered their transportation information, those who do not have the current Bastyr identification on their cars, and those who are incorrectly parked. Notification of a citation is sent by e-mail; parking fines are due within two weeks. After two weeks, the fine is automatically charged to a student's account.

OTHER COSTS

Books and supplies cost approximately \$700-\$2,000/year, depending upon the program of study. Second year naturopathic medicine students are required to purchase diagnostic equipment at the beginning of NM6221 Physical/Clinical Diagnosis 1 at an estimated cost of \$1,000-\$3,000.

REFUNDS

Dropping all classes by or before the end of the first week of classes entitles a student to a 100 percent tuition refund. 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 inside back cover 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 with financial problems in 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 in *MyBU*.

Facilities

CAMPUS

Bastyr University's primary academic and administrative facilities are located in Kenmore, Washington. The 51-acre site adjoins St. Edward State Park (with hiking trails leading down to the northern shore of Lake Washington) and includes a 186,000 square-foot building, play fields and forested areas. The building includes classrooms, laboratories, an auditorium, a chapel, meeting rooms, faculty and administrative offices, the library and bookstore, and a vegetarian cafeteria. On-campus housing is also available. Visitors are encouraged to enjoy the spacious grounds, tour the herb garden and visit neighboring St. Edward State Park.

BASTYR CENTER FOR NATURAL HEALTH THE TEACHING CLINIC OF BASTYR UNIVERSITY

Bastyr Center for Natural Health is the largest natural health clinic in the Northwest. As the teaching clinic of Bastyr University, Bastyr Center provides patient clinical services and student training in a professional clinical

setting that emphasizes a holistic approach to 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. In 2006/2007, student teams, along with their supervising faculty, served over 35,000 patient visits.

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 our patients and to enhance the educational experience for our students, Bastyr Center provides specialized shifts throughout the year. These shifts are scheduled as needed and are subject to change. Current specialized shifts include an immune wellness program for people living with HIV/AIDS, diabetes and cardiovascular care, minor office procedures, ADHD and environmental medicine.

In winter quarter of 2006, Bastyr Center moved to a newly renovated building in the Fremont/Wallingford neighborhood, designed to provide, even more effectively, an environment that promotes health and healing for patients, staff and students. The expanded Bastyr Center also features a Chinese herbal medicine dispensary and a larger natural medicine dispensary, offering a wide selection of natural health products and gifts. Bastyr Center recently became the first natural health 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.

Bastyr Center is located at 3670 Stone Way North. Parking is available on-site for patients and on the street for students, faculty and staff. For more information, please visit our website at www.BastyrCenter.org.

Bastyr University maintains numerous external clinical learning sites, creating tremendous diversity in the students' clinical experience. At each site, Bastyr faculty supervise the student clinicians. Sites are added continually; below is a list of sites active at the time of publication of this catalog, the students participating and the population served:

- Bastyr campus - naturopathic, acupuncture and nutrition students; general patient care/physical medicine.
- Carolyn Downs Clinic - acupuncture students; chronic disease and multi-ethnic/low income.
- Consejo - 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.
- 45th St. Community 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.
- Highline Hospital - naturopathic and acupuncture students; oncology and community patients
- Highpoint Medical Clinic - acupuncture students; multi-ethnic/low income.
- 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 Marianwood - naturopathic students; senior citizens.
- Providence Mt. St. Vincent - acupuncture students; elderly and general community patients.
- Rainier Park Medical Clinic - acupuncture and naturopathic students; multi-ethnic/low income.
- Skagit Valley Hospital - acupuncture students; oncology patients.
- Snohomish Valley Senior Center - naturopathic students; senior citizens.
- Women's Wellness Center - naturopathic students; homeless women.

Academic Policies/PROCEDURES

This section on academic policies is intended to provide students with a working definition of some of the more important policies pertaining to their academic life at Bastyr University, inform students of their academic rights and responsibilities and outline administrative procedures. The *Academic Policy Handbook*, as well as the

Student Handbook and the *Student Clinician Handbook*, also provides further details of academic policies and procedures.

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 and/or may be held to other sanctions. A change of status is the decision of the dean of the school and/or the student promotions committee. 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 the student will benefit from a period of time away from his/her program track, and that the student has sufficient opportunity to be successful upon their return from suspension. The terms of a suspension are unique to each student, and will be agreed upon by the dean. A 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; they may be required to meet with the dean and must show that all terms of the suspension have been met before receiving approval to return to the University. If a student is unable to demonstrate that he/she has adequately resolved the issues that led to the 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/professional expectations that may lead to the compromised safety of a patient, student, staff or faculty. Removal from a course or clinic shift constitutes a failure of the class or shift and is not eligible for remediation; however, the student has a right to appeal the final grade received.

RECOMMENDATIONS FOR DISMISSALS

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

1. Failure to satisfactorily adhere to the terms of a learning contract.
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 instruction/procedures that may lead to the compromised safety of a patient or class partner.

DISMISSAL POLICY

Each school of Bastyr University has a student promotions committee that follows the individual school dismissal policy. Recommendations for dismissal are submitted to the vice president of academic affairs for consideration. The vice president of academic affairs makes the final decision on student dismissals.

APPEAL OF ACADEMIC SUSPENSION OR DISMISSAL

Appeal of a suspension or dismissal is made to the vice president of academic affairs and can only be made in the event of factual error. The written appeal must be made to the vice president of academic affairs within five working days of the date on the suspension or dismissal letter. The appeal must specify and include the alleged documented inaccuracy and the relevance of that fact(s).

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

LIMITS ON STUDENT CREDIT LOADS

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

The *Student Handbook* specifies the requirements for full-time, half-time and less-than-half-time enrollment status for each program. 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	20 credits
Master of Science in Nutrition	18 credits
Master of Science in Acupuncture	25 credits
Master of Science in Acupuncture & Oriental Medicine	25 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.

In extraordinary cases, very capable students may be allowed to exceed the maximum for their programs upon approval by their department chairs or school deans. Department chairs or deans indicate their approval by signing the students' 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 lecture (class) and lab attendance policy. However, faculty members may establish attendance requirements in 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 a student has a legitimate personal emergency, a serious illness or a documented birth (midwifery students), as long as the student calls the faculty member(s) or leaves a message with the department, informing them of the situation in advance. (24-hour voice mail 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. Missing more than 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 sanctions under the student conduct code.

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) for each shift. 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 patient contacts and hours. 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* for 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 must arrange with faculty to take missed quizzes and exams immediately upon return. Students observing such holidays are required to notify faculty during the first week of classes, as well as find substitutes for clinic shifts affected. 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 chair, in advance, when such a conflict occurs. 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 must receive permission from their instructor(s) in advance if there is an attendance requirement, exam or project due. 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. Students must comply with the clinic absence policies. Please refer to the *Student Clinician Manual* for details.

CRIMINAL BACKGROUND CHECKS

Washington state law requires that all employees, students and other individuals who will have access in a health care setting to children under 16 years of age, to vulnerable adults (as defined by state law) and to developmentally disabled individuals submit to a criminal history background check. The background check may require students to disclose information to the University about crimes and offenses against these populations. The background check also includes a Washington State Patrol criminal identification system report of the record of criminal convictions for offenses against persons, civil adjudications of child abuse, and disciplinary board final decisions. Each student is required to submit to a criminal background check before he or she is allowed entry into clinical experiences. Students should be aware that failure to submit to the criminal background check, any false statement in these documents by the student, or discovery of current charges and/or a record of conviction of offenses may lead to dismissal.

The forms for these checks are distributed to students enrolled in programs requiring clinical training prior to the student's first clinical experience.

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 biohazardous agents in the campus and clinic working environments.

Tuberculosis Screening

All faculty, staff and students who work or take shifts at Bastyr Center for Natural Health are required to be tested annually for tuberculosis (TB). TB screening information/forms are distributed to students in their Clinic Entry II course. Faculty and staff are required to provide that documentation to the manager of operations at Bastyr Center. Questions about TB screening can be directed to Joan Brave, compliance officer.

Students pay \$10 towards the cost of their PPD TB test at Bastyr Center. Bastyr University agrees to pay \$37.50 toward the cost of chest x-rays, if required for students. This is 50 percent of the cost of x-rays at Bastyr's preferred radiology service. Requests for TB screening forms for students and faculty can be addressed to Joan Brave, compliance officer.

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 \$88.50 toward the cost of Hepatitis B immunization series for students. This is 50 percent of the cost of immunization at Public Health – Seattle & King County.

Note: All students are required to pay in full for 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, before ND, AOM and clinical nutrition students begin their shifts, and with the start of fall quarter of each year for entering AOM and ND students. Hepatitis immunization forms/waivers are distributed to students in one of their required clinical courses. Hepatitis immunization questions can be directed to the bloodborne pathogen safety officer; and requests for forms can be addressed to Joan Brave, compliance 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, a master's degree 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/master 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 into a degree or certificate program 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.

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. A student may, by written permission of the program chair, elect to graduate under degree requirements specified in a subsequent *Bastyr University Catalog*; under no circumstances are the requirements from an earlier catalog applied.

Students in the ND program and MSN/CHP program must complete their degrees within six years. Students in the MSA*, MSAOM*, MSN and MSN/DPD programs must complete their degrees (and any other requirements specified by particular degree programs) within five years. Students must complete the naturopathic midwifery certificate within three years from their ND graduation date or within three years of program entry, if entering the Naturopathic Midwifery program after completion of their naturopathic medicine degree. Under exceptional circumstances, students may appeal to the dean of their school for a one-year extension of those deadlines.

*This includes any requirements completed as a bachelor's student and applied toward the master's degree.

Students in all degree and certificate programs must have discharged satisfactorily all financial obligations to the University (tuition, fees, library fines, and all 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 the deadlines noted below. These deadlines affect only the actual awarding of degrees. Students' participation in commencement ceremonies is governed by a separate policy. The dates for finals week each quarter are published in the *Bastyr University Catalog* and the registrar's quarterly calendar.

For all bachelor's degrees, master's degrees, 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.

Naturopathic Medicine/Naturopathic Midwifery/Applied Behavioral Science/AOM, ND and Nutrition Clinic Shifts/Dietetic Internship

Bastyr University provides a competency-based learning format in the classroom for students in the naturopathic medicine program, naturopathic midwifery and applied behavioral science programs, all AOM, ND and Nutrition 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 is 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.

Professional (ND, MW) and Applied Behavioral Science (MA) Degree Programs, 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. ABS students must contact the academic administration manager
- AW - Administrative Withdrawal
- IP - In Progress - for clinic shifts, preceptorship, 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. A PC grade does not indicate academic success. A PC grade must be remediated by 5:00 pm on the Friday at the end of the second week of the subsequent quarter in which the grade was received. Under unique circumstances, the faculty member or chair/dean may extend that deadline. 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. The PC grade will be noted on the transcript as the previous grade earned and will appear on the transcript as AC/PC. PC grades 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. F grades are factored into the GPA until the course has been successfully repeated.

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. Incomplete grades may only be awarded in the last three weeks of the quarter, after the course withdrawal period has ended. 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 of the subsequent quarter in which the grade was received. Under unique circumstances, the faculty member or chair/dean may extend that deadline. Students may be required to complete an I contract with the faculty member. Upon conversion of the grade, the instructor must submit a grade change form to the registrar's office. The I grade will be noted on the transcript as the previous grade earned and will appear on the transcript as AC/I.

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 by the registrar. The AW grade is also awarded when students are not given the opportunity to complete a course.

IN PROGRESS (IP): IP grades are indicated for didactic courses that extend beyond one quarter by design, clinic shifts, preceptorships, community practicum, clinic preparation, theses, internships, and clinic entry courses in which work may extend beyond the end of a quarter. IP grades for didactic courses must be converted no later than the end of the break of the subsequent quarter in which the grade was received. All other IP grades must be converted by the program completion deadline. Faculty reserve the right to determine an alternate deadline.

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 commonly posted when a student withdraws from the university before having the opportunity to complete a multi-quarter course. N grades are administrative grades and are assigned only by the registrar. N grades are not refundable.

CHALLENGE EXAMINATION (CE): Please see Academic Policy 97-C9 for details.

NO SHOW (NS): NS grades are assigned to indicate a student did not attend all or most of a class. NS grades are not refundable and there is no credit given.

AUDIT (AU): Students generally audit a course for their personal enrichment. There is no credit given and no academic grade granted. The decision to audit a course or to change from an audit to a grade must be made by the end of the second week of the quarter.

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 (except acupuncture and Oriental medicine) 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 in their first year and a 3.0 effective in their second year. Any required course in which a student receives a grade of Fail must be repeated.

The letter grading system for acupuncture and Oriental medicine*, nutrition, exercise science, herbal sciences and 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, preceptorship, community practicum, outreach and practical courses

PC - Partial Competency - for clinic shifts, preceptorship, 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.

AW - Administrative Withdrawal

IP - In Progress - for didactic courses, clinic shifts, preceptorship, 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 professional degree programs.

*It should be noted that while a C-, D+, D and D- grades are passing, core classes or required elective classes in the School of Acupuncture and Oriental Medicine must be completed with a minimum of a C grade for passing. Students who earn less than a C grade will be required to repeat the course.

Graduate Degree Programs: (DAOM, MSA, MSAOM, MSN, MSN/CHP, MSN/DPD)

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 an F must be repeated.

The letter grading system for acupuncture and Oriental medicine and nutrition graduate 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 work on a thesis. For explanation of grading terms, see listing under the professional degree programs.

Grade Change Policy

The grades of PC, IP and I are considered temporary grades and designed to be changed (see grading policy.) The grades of AC, A, A-, B+, B, B-, C+, C, C-, D+, D, D- and F are considered permanent grades and can only be changed 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 or a PC that converts to an F in a sequence course, the student will not be allowed to continue in the next sequential course. If a PC grade is not remediated by 5:00 p.m. on the Friday at the end of the second 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. Psychology students must have completed at least 45 credits of their degree program. Students may apply a maximum of five (5) credits by independent study toward the completion of their degree program. Students pursuing two majors as an undergraduate may apply a maximum of 10 credits by independent study, five (5) toward each program.

Naturopathic midwifery students are required to complete two (2) credits of independent study as a part of their program. Each independent study credit should represent approximately 33 hours of work/activity.

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 into 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.

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 accredited by regional accrediting agencies that are 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 with credit from institutions outside the U.S. are required to have international transcripts assessed by an evaluation service recognized by Bastyr. 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. Waivers are appropriate to request if:

- The course was part of a lower level degree that has been earned.
- A course was at an inappropriate level for transfer into a Bastyr program (e.g. a community college level into a graduate program level).
- A "B" grade or better has been earned in a course that is being used to waive a course in the naturopathic medicine program.
- The course would normally be transferred, but it is after the student's first year of attendance.

In some cases a competency or challenge exam may be required before the waiver will be granted.

SUBSTITUTION

In some cases, students may request to substitute one Bastyr 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.

DIVERSITY AWARENESS IN ACADEMICS

The faculty of Bastyr University is dedicated to the welfare of its students and patients and to equal opportunity and access in education and health care. The faculty pledges its commitment to multicultural and minority health care perspectives in all academic programs, clinical training and patient services, including curriculum development, course content, and supervision. Specifically, the faculty considers and implements, wherever

appropriate and feasible, health care information and therapeutics pertaining to differences in age, race, color, religion, national origin, sex, sexual orientation, socioeconomic level, disability and physical/mental challenge.

WHERE TO FIND OTHER ACADEMIC POLICIES

The complete *Academic Policy Handbook* is located on *MyBU*. Student clinicians are also held to the policies found in the *Student Clinician Handbook*.

Faculty

Bastyr University's location in the greater Seattle area has been a tremendous asset in developing a highly diverse, thoroughly qualified faculty. The greater Puget Sound area 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 University-wide committees and meet regularly as a faculty assembly to discuss issues of mutual importance.

Listings of 2008-2009 faculty are located throughout this catalog, within each school section.

Continuing Education

Bastyr University's Continuing Education program offers diverse training opportunities to the health care professional. Current courses provide continuing education credits (CEUs) for acupuncturists, naturopathic physicians, massage therapists, body workers and chiropractors, featuring a wide variety of speakers and a valuable nonacademic option for those who wish to pursue additional topics of interest within their profession. Continuing education courses are offered throughout the year in various locations. Continuing education also offers health care-related classes for attendance by the general public.

For course information and registration, please call the department of continuing education at 425.602.3075. To view the calendar and course descriptions online or to register, check the Bastyr website at www.bastyr.edu/continuinged.

Bastyr University Research Center

The activities of the Bastyr University Research Center 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, and encourages evaluation of new and promising therapies for a variety of diseases and conditions.

Bastyr's research facilities include two fully equipped on-site study participant rooms, 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 NIH/NCCAM and a growing number of foundations and natural health product manufacturers who have funded many projects over the years. Bastyr's research faculty members continue to collaborate with researchers at major universities, including the University of Washington, the University of Minnesota, the University of Mississippi and Purdue University.

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, and an investigation of whether probiotics can alter immune markers.

Studies currently underway include an assessment of various botanical medicines for clinical application to immune-related disorders, investigation of antitumor effects of botanical medicines, 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, 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, and an investigation of the mechanisms of immunomodulatory and anti-tumor mechanisms of polysaccharide Krestin. For more information on research at Bastyr, see the Bastyr website at www.bastyr.edu.

Library

The Bastyr University Library has branches at both the campus and Bastyr Center for Natural Health and provides resources and services to students, faculty, staff, and alumni. Library staff members are eager to assist with reference and research questions; they also offer instruction sessions in research-related courses to teach critical thinking and information literacy skills.

The library catalog is available online at <http://library.bastyr.edu/>. The print collection comprises more than 19,000 books in subject areas such as naturopathic medicine, botanical medicine, acupuncture and Oriental medicine, nutrition, psychology, and the basic and clinical sciences. Copies of all required textbooks and readings are available either for checkout or via the electronic reserve system.

The library subscribes to 240 journals and a suite of clinical and specialized databases, many of which are unavailable elsewhere in the area. Other resources include anatomy models, videotapes, DVDs, and specialized conference proceedings on audiotape and CD. Students and faculty may also use the resources and services of the University of Washington Library System, which includes the largest medical library in the Northwest region.

General Admissions

DEGREE AND CERTIFICATE PROGRAMS

Bastyr University offers degree programs in naturopathic medicine, nutrition, exercise science and wellness, acupuncture and Oriental medicine, health psychology, nutrition and clinical health psychology, herbal sciences and applied behavioral science; and certificates in naturopathic midwifery and Chinese herbal medicine; and the didactic program in dietetics and dietetic internship. Specific information regarding admission to the natural health sciences programs is included in the separate academic program sections.

Students wishing to enter Bastyr University natural health science programs must complete and submit the Bastyr University application along with a nonrefundable application fee (\$60 for undergraduate programs and \$75 for graduate and professional programs). In addition, supplemental application materials must 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 want to matriculate in an additional program must go through a formal admissions process. Information and application materials are available from the admissions office. See “double majors for undergraduate students,” page 29.

For detailed information about the Didactic Program in Dietetics, see page 80 and 85. For information on the Dietetic Internship, refer to page 86.

For information about the naturopathic midwifery program, see page 67.

ND/AOM DUAL TRACK ADMISSIONS

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 by the Schools of Acupuncture and Oriental Medicine and Naturopathic Medicine.

For additional information regarding the dual program, please see the School of Naturopathic Medicine section, page 70.

NONMATRICULATING AND NONDEGREE STUDENTS

Nonmatriculating or nondegree students are those who are not matriculated or formally admitted to a degree or certificate program. Such students may enroll, through the registrar’s office, in undergraduate classes provided that:

- 1) the student has successfully met prerequisites for the course.*

2) there is room in the class.

Students may enroll, through the registrar's office, in graduate or professional courses provided that:

1) the student has successfully met prerequisites for the course.*

2) the student receives permission from the instructor and the chair or dean of the department in which the course is offered.

3) there is room in the class.

*Students must also meet all admission requirements in order to register for AOM courses.

POST-BACCALAUREATE PREPARATORY PROGRAM

Students who have earned a bachelor's degree may apply for admission to the post-baccalaureate preparatory program. This program is designed for students who are planning to apply for the MS nutrition 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. Post-baccalaureate 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 post-baccalaureate 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 DEADLINES

Bastyr University accepts applications on a rolling basis until all available spaces are filled. The recommended priority dates for fall consideration are February 1 for the naturopathic medicine program and March 15 for all other natural health programs, with the exception of the Dietetic Internship program. Applications for the Dietetic Internship program must be postmarked by the February ADA application deadline date. Applications received after that time are welcome but are accepted 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.

INTERVIEWS

Interviews are required for clinical, professional, and certificate programs. Applicants are required to interview at the University's campus in Kenmore, Washington. Telephone interviews may be granted in exceptional circumstances.

SELECTION FACTORS

The programs at Bastyr University are committed to providing quality natural health education to all communities. Applications from under-represented minorities are encouraged. The University supports equality of educational opportunity and, therefore, does not discriminate on the basis of race, color, national origin, gender, sexual orientation, age, religion, creed, or handicap in admission or access to its programs and activities.

The University encourages students of diverse backgrounds and experience to apply. 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. The applicant must return a nonrefundable deposit to hold a place in the class within two weeks of receipt of the acceptance letter. 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.

Admission is offered for a specific quarter of a specific year. For most degree programs, students are admitted only in the fall quarter.

An admissions file (except for confidential recommendations) may be examined by the student 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 the naturopathic medicine program; \$100 for all other 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 have not yet paid a deposit for fall quarter and wish to take a summer course (i.e., general or organic chemistry), must pay a \$100 nonrefundable deposit to hold their place in the summer class. This deposit is credited towards 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 acceptance for up to one year. The admissions committee reviews the request and will either approve or deny the request. Those who are granted a deferral must pay the deposit for the year in which they initially intended to enroll by September 1. Deferred acceptance students must also pay the deposit for the next academic year by the priority application deadline for their program. If deferred acceptance students fail to make the second deposit, the deferral is rescinded and the initial deposit forfeited. If deferred acceptance students enroll, both deposits are credited to tuition. If deferred acceptance students fail to enroll, both deposits are forfeited. Applicants who have not been admitted may request a deferral of their application.

GRADUATE LEVEL TRANSFER CREDITS AND ADVANCED STANDING STATUS

Students who have completed professional 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 2/3 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 58). Specific information regarding transfer policies for AOM programs are included in the acupuncture and Oriental medicine section (page 33).

UNDERGRADUATE AND COMMUNITY COLLEGE TRANSFER CREDITS AND RESTRICTED COURSES

Bastyr University accepts, for transfer, undergraduate 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 institution, all undergraduates are transfer students. A maximum of 135 quarter credits or 90 semester credits may be transferred toward an 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, anatomy and physiology, microbiology, 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 2.25 cumulative grade point average, with a grade of C (2.0) or better in all required courses. 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 credits 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 level mathematics courses below college algebra, such as basic algebra and intermediate algebra, may be used to satisfy the basic proficiency entrance requirement in math, but the credits are nontransferable. Other non-college courses, such as remedial composition and English as a second language, are also nontransferable.

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 of 213 on the computer-based test or 550 on the paper-based test. (PBT). Internet-based test (iBT) scores are currently set at 79 with a minimum of 20 in the speaking section. The new Internet-based test can satisfy the TSE requirement if the minimum score in the speaking section is met.
- Official IELTS exam results of 6.5 or higher.*
- Two quarters or semesters of enrollment in liberal arts courses taught in English, totaling at least 15 quarter credits of college transferable credits (not including vocational coursework or English as a second language), completed in an accredited U.S. or Canadian school, with a GPA of 3.00 or greater (no single course less than a "C-" grade or a 1.7 on a 4.00 scale).

In addition applicants to naturopathic medicine or the acupuncture and Oriental medicine programs are required to present exam results for the following:

- Official TOEFL exam results of 213 on the computer-based test or 550 on the paper-based test or 79 on the Internet-based test (iBT) score.
- TSE (test of spoken English) with a score of 50 or greater. (Only students with paper-based or computer-based TOEFL exam scores will be required to complete this test).

TOEFL scores over 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.

*The AOM program does not accept IELTS scores.

INTERNATIONAL STUDENTS

To be eligible for enrollment at Bastyr University, all international student applicants must submit an application, application fee, letters of recommendation, documentation of sufficient funds (see below), and official transcripts or an evaluation sent from a foreign credential evaluation service, and a current photograph. Priority application dates for the natural health sciences programs are the following: February 1 for the naturopathic medicine program, March 15 for all other programs. 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 or Canada must be translated and evaluated, course-by-course, by an independent evaluation service. The service forwards the evaluated transcript to Bastyr University, at the applicant's request. There is a charge for this evaluation. Forms are available from the service directly or through the admissions office at Bastyr University.

Limited dormitory housing is available. Most students rent an apartment or house in nearby areas.

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

International students who have attended other medical school programs and are requesting advanced standing status in Bastyr University's naturopathic medicine program should ask for additional information about advanced standing status from the admissions office. These students must meet advanced standing requirements for the program to which they are seeking admission.

F-1 STUDENT VISAS

A nonimmigrant student and his/her spouse/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

To qualify for a student visa, applicants must provide complete and accurate documentation of sufficient funds to cover the cost of the first year of school, books and living expenses. Official bank statements, a signed letter of support or an affidavit of support (available from the USCIS), sponsor income verification, or other proof of liquid assets is required to document sufficient funds. The amount required to cover expenses for the first year is dependent upon the program of study and listed in the I-20 documentation work sheet, 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 subsidized and unsubsidized Stafford loans, GradPLUS loans and loans from 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 but are also eligible for federal grants (Pell grants and Supplemental Educational Opportunity grants) and state grants (Washington State Need Grant and State Educational Opportunity Grant).

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

There is also a special private loan program for Canadian students. All international students are eligible for University funded scholarship and grants and for 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 June 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 patterns are published annually in the *Bastyr University Financial Aid Handbook*. You may request a copy from either the financial aid office or the admissions office. The *Bastyr University Financial Aid Handbook* and financial aid application are also located on the Bastyr website.

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 fostering a greater understanding of health of body, mind and spirit.

VISION STATEMENT FOR UNDERGRADUATE PROGRAMS

The 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 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 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 FOUR UNDERGRADUATE MAJORS

Exercise Science and Wellness (curriculum can be found on page 79)

Health Psychology (curriculum can be found on page 48)

Herbal Sciences (curriculum can be found on page 53)

Nutrition (curriculum can be found on page 78)

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 a student is in good standing at the time he/she wishes to declare the second major. Students may start attending courses required for the second major in their first quarter of attendance. Students must submit the declaration of double major form to the registrar's office at the time the major is declared. The beginning of winter quarter of the junior year is the earliest time that a double major can be declared.

There are no predetermined schedules for the double majors, since students enter Bastyr with different courses and prerequisites already satisfied. It is the student's responsibility to create appropriate schedules for double major combinations. Students are advised to meet regularly with the undergraduate advisor in the registrar's office for assistance in tracking the progress of the two majors.

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 (20 credits) as outlined in Policy #97-C6 in the *Bastyr University Academic Policy and Procedures Manual*, the student is required to obtain the signature of the academic chairs of both majors.

The only elective requirements that must be met are the special elective requirements required for either of the majors. Students must complete the credit requirements below for the following double major combinations:

**BS-Exercise Science and Wellness/
BS-Nutrition**

Transfer credits	90
Major Core credits	128
Elective credits*	<u>7</u>
Total	225

*5 credits of Nutrition; 2 activity credits for Exercise Science

BS-Herbal Sciences/BS-Nutrition

Transfer credits	90
Major Core credits	136
Elective credits*	<u>5</u>
Total	231

*5 credits of Nutrition

BS-Nutrition/BS-Psychology and Human Biology

Transfer credits	90
Major Core credits	134
Elective credits*	<u>5</u>
Total	229

*5 credits of Nutrition

BS-Herbal Sciences/BS-Psychology and Human Biology

Transfer credits	90
Major Core credits	146
Elective credits	<u>0</u>
Total	236

BS-Exercise Science and Wellness/BS-Psychology and Human Biology

Transfer credits	90
Major Core credits	139
Elective credits*	<u>2</u>
Total	231

*2 activity credits for Exercise Science

BS-Exercise Science and Wellness/BS-Herbal Sciences

Transfer credits	90
Major Core credits	142
Elective credits*	<u>2</u>
Total	234

*2 activity credits for Exercise Science

REMEDIATION IN PUBLIC SPEAKING AND/OR WRITING FOR UNDERGRADUATES

If a faculty member has concerns about a student's ability to progress satisfactorily in the area of writing proficiency and/or communication and public speaking and all efforts to provide assistance and remediation in the classroom have been unsuccessful, the student shall be referred to career services with a recommendation for remediation. It is up to the student to seek remediation and make continual efforts to improve competency in this area. Further recommendations for remediation may be made in future courses as needed. This policy applies to students in the following undergraduate majors: herbal sciences, health psychology, nutrition (including DPD), and exercise science and wellness.

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 towards 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

Terry Courtney, MPH, LAc, Dean

Steve Given, DAOM, LAc, Associate Dean, Clinical Education; DAOM Program Director

Molly Pritchett, Program Supervisor

Kate Elliott, Administrative Coordinator

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 33)
- Bachelor of Science in Natural Health Sciences/Master of Science in Acupuncture and Oriental Medicine (BS/MSAOM) (see page 33)
- Master of Science in Acupuncture (MSA) (see page 33)
- Master of Science in Acupuncture and Oriental Medicine (MSAOM) (see page 34)
- Certificate in Chinese Herbal Medicine (CCHM) - postgraduate offering (see page 39)
- Doctor of Acupuncture and Oriental Medicine (DAOM) - postgraduate offering (see page 40)

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 qualified practitioners to strive for excellence in their work. This is accomplished through rigorous training in traditional Chinese medicine with an emphasis on interfacing 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.

The educational objectives of the AOM master's program are focused on training graduates to be:

- 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, interfacing and networking with other health care professionals 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, qi gong, 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), 8501 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 is 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 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. Applicants will significantly enhance their application status if they have previously experienced acupuncture and or traditional Chinese medicine treatment. Additionally, applicants will also 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 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 education processes.

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.

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 2.25 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 2.5 GPA for the first year of their studies, regardless of credits. Starting with the second academic year, students are required to maintain a 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*

General psychology 3 quarter credits

General chemistry

(health science major level) 4 quarter credits**

General biology (with lab) 4 quarter credits

*Intermediate algebra is not college level, and the credits will not transfer in toward degree completion.

** 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*

*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) board 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 Chinese herbal medicine and an introduction to Chinese medical language. The MSAOM program is a three-and-a-half-calendar-year course of study.

MASTER OF SCIENCE IN ACUPUNCTURE AND MASTER OF SCIENCE IN ACUPUNCTURE AND ORIENTAL MEDICINE PREREQUISITES

Entering students must have a bachelor's degree and must have completed the following courses or their equivalent:

Intermediate algebra 1 course

General chemistry (health science major level) 1 course*

General biology (with lab) 1 course

General psychology 1 course

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

* Survey level class that covers inorganic chemistry and includes a lab component. Intended for students in allied health majors.

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 which 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) internship shifts. The three observation shifts can be performed in any of the five quarters preceding intern status. All observation hours and shifts must be completed prior to starting as an intern. Internship shifts start in spring of the second year and continue throughout the program. The preceptorship shift may be performed in either the observation or internship 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 and elective audit shifts cannot be used to make up missing hours in core shifts due to prior or future absences.

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

Please be aware that the opportunity to intern 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 via 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.

CHINA INTERNSHIPS

Students in good academic standing are encouraged to apply for advanced studies in China. Students receive eight (8) clinical internship credits at Chengdu University of Traditional Chinese Medicine or Shanghai University of Traditional Chinese Medicine, upon successful completion of the China program. 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 website under MYBU > clinic information. 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, just preceding their China internship.

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 towards 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

The basic sciences department offers courses in most of Bastyr University's degree programs, and curriculum is designed to meet the specific competencies and learning objectives within each program.

Basic science courses within acupuncture and Oriental medicine include Anatomy and Physiology, 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 Cadaver 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 2.5 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 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 151.5* quarter credits with a minimum of 101 quarter credits in residence at Bastyr University. Students must maintain a minimum 3.0 grade point average.

Students accepted into the Master of Science in Acupuncture and Oriental Medicine (MSAOM) program must complete a total of 216.5* quarter credits with a minimum of 144 quarter credits in residence at Bastyr University. Students must maintain a minimum 3.0 grade point average.

Students earning the MSA must complete their degree requirements within five 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.

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.

Students accepted into the combined Bachelor of Science in Natural Health Sciences and the 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 NCCAOM 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.

**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.

ELECTIVES FOR DUAL TRACK (ND/AOM) STUDENTS

Dual track students must complete 12 elective credits. Four of the elective credits must be from Oriental medicine or Chinese medicine and eight credits from other disciplines. 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. Please see the dual track advisor in the registrar's office for more information.

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.), 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) AND PREREQUISITES/COREQUISITES 2008-2009

MSA YEAR I

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot
F	BC3100	Survey of Organic Chemistry 1 ¹	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	BC3135	Anatomy & Physiology 1 Lec/Lab ¹	5	4	2	66
	OM3110	Biochemistry*	4	4	0	44
	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 ²	2	0	4	44

OM5442	Tai Chi	1	0	2	22	
Quarterly Totals		24	20	8	308	
Sp	BC3136	Anatomy & Physiology 2 Lec/Lab ¹	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 ²	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	BC4120	Microbiology Lec ¹	2	2	0	22
	BC4120L	Microbiology (AOM) Lab ¹	1	0	2	22
	OM5321	Survey of Western Clinical Sciences 1	1	3	3	0
	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 ²	2	0	4	44
Quarterly Totals		14	11	6	187	33
W	BC4125	Pharmacology Overview for AOM	4	4	0	44
	OM4806	AOM Preceptor Observation ³	2	0	4	44
	OM5322	Survey of Western Clinical Sciences 2	2	3	3	0
	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	33
Sp	OM5300	Auricular Therapy	2	2	0	22
	OM5302	Public Health Issues in AOM	2	2	0	22
	OM5323	Survey of Western Clinical Sciences 3	3	2	2	0
	OM5418	Acupuncture Therapeutics 5	2	2	0	22
	OM5419	Acupuncture Therapeutics 6	2	2	0	22
	OM5805-6	Clinical Internship 1-2	4	0	8	88
	OM6305	Survey of Biophysics/ Electroacupuncture	2	2	0	22
Quarterly Totals		16	12	8	220	22
Su	OM5807-10	Clinical Internship 3-6	8	0	16	176
	PS5205	Patient Communications	3	3	0	33
	PS6100	Motivational Interviewing	2	2	0	22
Quarterly Totals		13	5	16	231	

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
	OM6801-3	Clinical Internship 7-9	6	0	12	132
	TR6105	Nutrition & Dietary Systems	3	3	0	33
Quarterly Totals		15	9	12	231	
Eligible to sit for the NCCAOM exam (see note below)						
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
	OM6804-6	Clinical Internship 10-12	6	0	12	132
Quarterly Totals		14	8	12	220	
Sp	BC5140	Research Methods in AOM	3	3	0	33
	OM5836	Internship Interim Clinic ⁴	1.5	0	3.3	36
	OM6105	Jurisprudence/Ethics	1	1	0	11
	OM6112	Practice Management 2	1	1	0	11
	OM6807-8	Clinical Internship 13-14	4	0	8	88
Quarterly Totals ⁵		10.5	5	11.3	179	

Note: Upon completion of 350 clinical hours (observation, internship or Chinese herbal medicine) and at least 1100 didactic hours, students are eligible to sit for the NCCAOM exam (a requirement for licensure.)

¹Prerequisite/corequisite courses to the MSA program: The MSA curriculum has been designed so students missing one or more of these prerequisites may take a missing course(s) as a corequisite after matriculating at Bastyr University.

²Observation 1-3 can be taken in any of the five quarters preceding intern status.

³Preceptorship can be taken during observation or intern phase, once Observation 1 is completed.

⁴Students 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.

⁵All 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 internship. This course may be counted towards the nine required elective credits.

Elective Requirements: MSA

Qtr. Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot
variable	Elective & Special Topics ⁶	9	9	0	99
	Total Elective Credits and Hours	9	9	0	99

⁶Electives/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 choose to take an optional Clinic in China internship, eight (8) credits (16 lab hours) will be applied toward AOM Clinical Internship.

Total Requirements: MSA

	Crdt.	Lec.	L/C	Tot
Total Core Course Credits and Hours	105	100	10	1210
Total Prerequisites/Corequisites	20	17	6	253
Total Elective Credits and Hours	9	9	0	99
Total Clinic Credits and Hours	37.5	0	75.3	828
Total Requirements	171.5	126	91.3	2390

Curriculum and course changes in the 2008-2009 Bastyr University Catalog are applicable to students entering during the 2008-2009 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) AND PREREQUISITES/COREQUISITES 2008-2009**MSAOM YEAR I**

Qtr. Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC3100 Survey of Organic Chemistry 1 ¹	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	BC3135 Anatomy & Physiology 1 Lec/Lab ¹	5	4	2	66
	OM3110 Biochemistry ¹	4	4	0	44
	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 ²	2	0	4	44
	OM5442 Tai Chi	1	0	2	22
	Quarterly Totals	24	20	8	308
Sp	BC3136 Anatomy & Physiology 2 Lec/Lab ¹	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 ²	2	0	4	44
	OM5430 TCM Techniques 2	2	2	0	22
	Quarterly Totals	21	17	8	275
Su	B02101 Introduction to Botany ¹	3	2	2	44
	CH6421 Chinese Materia Medica 1	4	4	0	44
	CH6831 CHM Dispensary 1 ³	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	BC4120 Microbiology Lec ¹	2	2	0	22
	BC4120L Microbiology (AOM) Lab ¹	1	0	2	22
	CH6422 Chinese Materia Medica 2	4	4	0	44
	OM5123 Medical Chinese 3	2	2	0	22
	OM5321 Survey of Western Clinical Sciences 13	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 ²	2	0	4	44
	Quarterly Totals	20	17	6	253
W	BC4125 Pharmacology Overview for AOM	4	4	0	44
	CH6423 Chinese Materia Medica 3	4	4	0	44
	OM4806 AOM Preceptor Observation	2	0	4	44
	OM5124 Medical Chinese 4	2	2	0	22
	OM5322 Survey of Western Clinical Sciences 23	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
	OM5323	Survey of Western Clinical Sciences	32	2	0	22
	OM5418	Acupuncture Therapeutics 5	2	2	0	22
	OM5419	Acupuncture Therapeutics 6	2	2	0	22
	OM5805-6	Clinical Internship 1-2	4	0	8	88
	OM6305	Survey of Biophysics/ Electroacupuncture	2	2	0	22
		Quarterly Totals	20	16	8	264
Su	CH6432	CHM Herbal Formulations 2	4	4	0	44
	OM5807-10	Clinical Internship 3-6	8	0	16	176
	PS5205	Patient Communications	3	3	0	33
	PS6100	Motivational Interviewing	2	2	0	22
		Quarterly Totals	17	9	16	275

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
	OM6801-3	Clinical Internship 7-9	6	0	12	132
	TR6105	Nutrition & Dietary Systems 1	3	3	0	33
		Quarterly Totals	19	13	12	275

Eligible to sit for the NCCAOM exam (see note below)

W	BC6100	Pharmacology of CHM and 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
	OM6804-6	Clinical Internship 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 ³	2	0	4	44
	OM5836	Internship Interim Clinic ⁵	1.5	0	3.3	36
	OM6105	Jurisprudence/Ethics	1	1	0	11
	OM6112	Practice Management 2	1	1	0	11
	OM6807-8	Clinical Internship 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
	OM6809	Clinical Internship 15	2	0	4	44
		Quarterly Totals ⁶	10	4	12	176

MSAOM YEAR IV

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	CH6105	Chinese Herb Preparations ⁷	1	0	2	22
	CH6809-10	Chinese Herbal Medicine Clinic 7-8	4	0	8	88
	OM6810	Clinical Internship 16	2	0	4	44
		Quarterly Totals	7	0	14	154

Note: Upon completion of 350 clinical hours (observation, internship or Chinese herbal medicine) and at least 1100 didactic hours, students are eligible to sit for the NCCAOM exam (a requirement for licensure).

¹Prerequisite/corequisite courses to the MSAOM program: The MSAOM curriculum has been designed so students missing one or more of these prerequisites may take a missing course(s) as a corequisite after matriculating at Bastyr University.

²Observation 1-3 can be taken in any of the five quarters preceding intern status.

³CH6831, CH6832 may be taken any quarter in the herbal program.

⁴Preceptorship can be taken during observation or intern phase, once Observation 1 is completed.

⁵Students 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.

⁶All 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 internship. This course may be counted towards the six required elective credits.

⁷CH6105 may also be taken in the summer of year three.

Elective Requirements: MSAOM

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	Elective & Special Topic	6	6	0	66
	Total Elective Credits and Hours	6	6	0	66

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 Internship, 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	149	143	12	1705
Total Prerequisites/Corequisites	23	19	8	297
Total Elective Credits and Hours	6	6	0	66
Total Clinic Credits and Hours	61.5	0	123.3	1356
Total Requirements	239.5	168	143.3	3424

Curriculum and course changes in the 2008-2009 Bastyr University Catalog are applicable to students entering during the 2008-2009 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 program is designed for those seeking comprehensive training in the field of Chinese herbal medicine. This program is a postgraduate course for licensed 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 CHM 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.

Prerequisites: The CCHM is a postgraduate course of study which includes both didactic and clinical training. Applications for the certificate program are taken from licensed acupuncturists throughout the year, with admission starting in summer quarter. An interview may be required.

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 Internship section in the master’s program description.) Students who choose to do the China internship must take an additional one-credit elective course, Clinic Entry for China, in the summer quarter just preceding their trip.

The curriculum table that follows lists the 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).

CERTIFICATE IN CHINESE HERBAL MEDICINE PROGRAM (CCHM) 2008-2009

CCHM YEAR I

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	BO2101 Intro to Botany	3	2	2	44
	CH6424 Chinese Materia Medica 1	4	4	0	44
	CH6831 CHM Dispensary 1 ¹	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 ¹	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 ²		8	4	8	132

CCHM YEAR III

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

¹CH6831,6832 may be taken in any quarter in the herbal program.

²Students 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 internship, making their total required program credits 63.

³CH6105 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 2008-2009 Bastyr University Catalog are applicable to students entering during the 2008-2009 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 the Doctor of Acupuncture and Oriental Medicine degree program at Bastyr University is to train qualified practitioners in an integrated clinical approach to oncology and advanced pain management. This is accomplished through: 1) rigorous training in advanced concepts of traditional Chinese medicine (TCM) and biomedical theory and 2) an emphasis on training practitioners to be able to work in collaborative clinical settings. The program is committed to producing graduates who are prepared for lifelong learning in the field.

EDUCATIONAL OBJECTIVES

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

- 1) Develop an advanced TCM diagnosis and treatment plan including acupuncture, herbs, TCM nutrition, exercise and home self-care plans for oncology patients and patients with chronic pain, compatible with the patient's level of health and mobility.
- 2) Demonstrate an understanding of the clinical and biochemical rationale for various allopathic oncology and pain treatment protocols.

- 3) Discuss treatment planning issues as part of an integrated medical team with other health care providers or as part of a supervisory team working with master's program AOM students.
- 4) Demonstrate appropriate professional behaviors at all times with patients at various stages of illness.
- 5) Conduct research that demonstrates knowledge and skills in the areas of designing/critiquing approaches to scholarly inquiry utilizing qualitative and/or quantitative methods.

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, grand rounds and counseling 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 Cancer Treatment and Wellness Center, Highline Hospital in Burien, Washington, and Skagit Valley Hospital Regional Cancer Care Center, Mount Vernon, Washington. In their final quarter of study, DAOM students travel to China to intern at Chengdu and Shanghai Universities of Traditional Chinese Medicine. Students take a one-credit elective course, Clinic Entry for China, in spring quarter of their second year, in preparation for the China internships.

There are additional expenses associated with the China internship 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 details.

CAPSTONE 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) on a quarter by quarter basis until completion. Please see OM8199 Capstone Continuation and/or the Capstone Project Handbook for further details.

PREREQUISITES

Minimum prerequisites for the doctor of acupuncture and Oriental medicine degree are a master's degree in acupuncture or acupuncture and Oriental medicine or a certificate of acupuncture with 10 years of documented clinical experience.

If doctoral applicants completed their previous AOM training through a certificate program, then at a minimum, they are required to obtain 90 quarter credits (60 semester credits) of undergraduate college work. If applicants do not have a Chinese herb background, then they must complete the certificate in Chinese herbal

medicine as a prerequisite. The CCHM can be considered as a corequisite if the didactic portion of the certificate has been completed prior to matriculation in the doctoral program.

Applicants to the doctoral program who need to complete undergraduate hours must include the following didactic coursework:

BASIC PROFICIENCY AND SCIENCE REQUIREMENTS

English literature or composition 9 quarter credits
 Intermediate algebra 1 course*
 General psychology 3 quarter credits
 General chemistry
 (health science major level) 4 quarter credits**

*Intermediate algebra is not college level math, and the credits will not be included in the 90 undergraduate credit total required.
 ** 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*

* 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.

Doctoral applicants must have a background in basic sciences that is comparable to what Bastyr University requires at the master's level. Applicants may be required to take competency exams in the basic sciences in order to determine whether further remediation is required. This would potentially include exams in anatomy and physiology, surface anatomy, biochemistry, Western pathology, pharmacology, microbiology, and Western clinical sciences. If remediation is required, then a student must complete the prerequisites associated with that course, which may include part or all of the following:

Intermediate algebra 1 course
 General chemistry (health science major level) 1 course*
 General biology (with lab) 1 course
 General psychology 1 course

Note: The minimum grade for the above prerequisites is a C. The minimum GPA for any past college level education is a 2.25.
 *Survey level class that covers inorganic chemistry, includes a lab component and is intended for students in allied health majors.

Doctoral applicants who are licensed acupuncturists who do not hold a master's degree in AOM will also be evaluated for competency with the master's level AOM curriculum. An applicant's bachelor's degree will be assessed for meeting all general education requirements. Challenge exams covering material in upper level AOM courses may be required in order to assess whether further remediation is required. It is entirely possible that some returning practitioners who do not have a master's degree in AOM will need to take a year or more to complete the master's level curriculum before advancing to the doctoral level curriculum. The goal of the admissions process is to provide a supportive and respectful atmosphere for returning practitioners while maintaining rigorous academic standards.

The 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.), 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) 2008-2009

YEAR I

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC7101	Pathology of Cancer	3	3	0	33
	OM7400	Acupuncture in Oncology	2	2	0	22
	OM7401	AOM Orthopedics	2	2	0	22
	OM7800	Clinic Entry for Supervisors	1	1	0	11

	OM7801	Clinic Supervision Internship 1	2	0	4	44
	OM9820	Advanced Intern Shift ¹	2	0	4	44
	TR5100	Biostatistics	4	4	0	44
		Quarterly Totals	16	12	8	220
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
	OM7405	Chinese Herbs in Oncology	3	3	0	33
	OM7411	TCM Cancer Therapeutics 1	2	2	0	22
	OM7802	Clinic Supervision Internship 2	2	0	4	44
	TR5104	Research Methods in Health Sciences	3	2	2	44
		Quarterly Totals	16	12	8	220
Sp	OM7200	Huang Di Nei Jing	2	2	0	22
	OM7311	Pain Management 1	2	2	0	22
	OM7402	Clinical Orthopedics	2	2	0	22
	OM7412	TCM Cancer Therapeutics 2	2	2	0	22
	OM7415	Advanced Acupuncture Techniques for Pain	2	2	0	22
	OM7811	Oncology Clinic 1	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	18	16	4	220
Su	OM7312	Pain Management 2	2	2	0	22
	OM7403	Advanced Tui Na	1	0	2	22
	OM7821	Pain Clinic 1	2	0	4	44
	OM8101	Research Practicum 1	2	2	0	22
	OM8800	Cancer Care Internship (observation) ²	2	0	4	44
		Quarterly Totals	9	4	10	154

¹May be waived, depending on experience. Waived credits must be made up with elective credits.

²Can be taken at any time in the oncology internship rotation.

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
	OM7822	Pain Clinic 2	2	0	4	44
	OM8102	Research Practicum 2	2	2	0	22
	TR8401	Nutrition Issues in Cancer Care	3	3	0	33
		Quarterly Totals	13	9	8	187
W	OM7210	Jin Gui Yao Lue	2	2	0	22
	OM7813	Oncology Clinic 3	2	0	4	44
	OM7823	Pain Clinic 3	2	0	4	44
	OM8103	Research Practicum 3	2	2	0	22
		Quarterly Totals	8	4	8	132
Sp	OM6820	Clinic Entry for China	1	1	0	11
	OM7215	Wen Bing Xue	2	2	0	22
	OM8805	Hospital Internship	12	0	24	264
		Quarterly Totals	15	3	24	297

Elective Requirements: DAOM

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable		Elective & Special Topics ³	5	5	0	55
		Total Elective Credits and Hours	5	5	0	55

³Electives/Special Topics: The DAOM program requires a total of five (5) 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	63	60	6	726
Total Elective Credits and Hours	5	5	0	55
Total Clinic Credits and Hours	32	0	64	704
Total Requirements	100	65	70	1485

Curriculum and course changes in the 2008-2009 Bastyr University Catalog are applicable to students entering during the 2008-2009 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

FACULTY

The program's foundation of teaching, clinical supervision, and AOM strategic planning rests on 10 full-time faculty members, assisted by approximately 25 adjunct AOM academic and clinical faculty, as well as five basic sciences faculty.

WITH HIGHEST DEGREES, LICENSES OBTAINED AND DEPARTMENTAL AFFILIATIONS

Key

ABS	(Applied Behavioral Science)
AOM	(Acupuncture & Oriental Medicine)
BS	(Basic Sciences)
BTM	(Botanical Medicine)
EXS	(Exercise Science)
HO	(Homeopathy)
HS	(Herbal Sciences)
NM	(Naturopathic Medicine)
NMW	(Naturopathic Midwifery)
NTR	(Nutrition)
PM	(Physical Medicine)
PSY	(Psychology)

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School of APPLIED BEHAVIORAL SCIENCE

ADMINISTRATORS OF THE SCHOOL OF APPLIED BEHAVIORAL SCIENCE

Phyllis Romano, MN, Winter Program Lead
Diane Schachter, MA, Fall Program Lead
Julia Sondej, Director of Academic Administration

OVERVIEW

Applied behavioral science (ABS) refers to the collection of theories and skills that places the self of the practitioner in the center of observed events. Rather than approaching events from the outside, as a detached observer, applied behavioral scientists recognize how past and present experiences influence their perceptions of and responses to events.

ABS studies rest on the premise that dynamic leadership training starts with *self*. The goals of this conscious-raising process are (1) to contribute to the health of any human community and (2) to promote healthy systems in every context through responsible interventions. ABS can be defined as “the art and science of getting things done through and with others.”

Applied behavior science utilizes systems theory to build a framework for understanding relationships among communities, organizations, groups and individuals. A key component of human systems theory is the belief that one cannot know a particular system by analyzing only its parts or components. Rather, one must analyze or engage that system in its entirety.

The intellectual roots of ABS can be traced to pragmatic philosophy (John Dewey, Alfred Whitehead), social psychology (Kurt Lewin), cultural anthropology (Margaret Meade, Ashley Montague), communications skills and theory (Ed Hall, Martin Buber), counseling theories (Virginia Satir, Murray Bowen, Donald Williamson) and systems theory (Gregory Bateson).

MASTER OF ARTS IN APPLIED BEHAVIORAL SCIENCE

The School of Applied Behavioral Science offers the master of arts degree with two distinct emphases, one in systems counseling (SC), the second in leadership and organization development (LOD).

The ABS graduate program emphasizes the achievement of self-awareness. By learning, through theory and practice, to take responsibility for emotions and to act with emotional and intellectual integrity, ABS students develop a high level of professional effectiveness, in groups and in client settings. The master’s program integrates self-awareness and self-knowledge with rigorous coursework. Self-exploration is allied with academic discipline to enable students to become highly competent professionals, leaders in counseling, management, organizational development or human services.

The current cohorts in the ABS graduate program will finish in June 2009. No new enrollments are being accepted into the program at this time.

The curriculum table that follows lists the tentative schedule of courses each quarter.

YEAR I

Qtr. Cat. No.	Course Title	Credits
1	BH5101 Adult & Experiential Learning	2
	BH5103 Human Diversity in Systems	1.5
	BH5105 Group Membership	3
	BH5108 Family of Origin Theory & Practice	1
	BH5112 Systems Theory in the Applied Behavioral Sciences	1
	Quarterly Total	8.5
2	BH5118 Statistics & Research Methodologies	2
	BH5122 Organizational Development	3
	BH5127 Fundamentals of Counseling & Coaching Relationship	3
	BH5133 Creating Healthy Social Systems	2
	BH6308 Consulting Theory & Action	1
	Quarterly Total	11
3	BH5103 Human Diversity in Systems	1.5
	BH5106 Group Development	2.5
	BH5118 Statistics & Research Methodologies	1
	BH5128 Organizational Systems Coaching	2
	BH6308 Consulting Theory & Action	3
	BH6814 Professional Consultation	.5
	BH6816 Master's Change Projects	2
	Quarterly Total	12.5

YEAR II

Qtr. Cat. No.	Course Title	Credits
1	BH5106 Group Development	.5
	BH5112 Systems Theory in the Applied Behavioral Sciences	.5
	BH5118 Statistics & Research Methodologies	.5
	BH6100 Group Leadership	3
	BH6302 Strategic Leadership	1
	BH6323 Executive Coaching	1.5
	BH6332 Designing & Facilitating Training Events & Meetings	.5
	BH6814 Professional Consultation	1
	BH6816 Master's Change Projects	5
	Quarterly Total	13.5
2	BH5108 Family of Origin Theory & Practice	.5
	BH5112 Systems Theory in the Applied Behavioral Sciences	.5
	BH5122 Organizational Development	1
	BH6307 Leading Change	1
	BH6312 Leadership & Management	2.5
	BH6318 Leading Cross-Functional Work Teams	1
	BH6326 Third Party Conflict Coaching	1
	BH6332 Designing & Facilitating Training Events & Meetings	2.5
	BH6814 Professional Consultation	1
	BH6816 Master's Change Projects	3
	Quarterly Total	14
3	BH5108 Family of Origin Theory & Practice	.5
	BH5118 Statistics & Research Methodologies	.5
	BH5305 Practitioner Theory Seminar	1
	BH6336 Current Issues	1
	BH6340 Legal, Ethical & Professional Issues	1
	BH6814 Professional Consultation	.5
	BH6816 Master's Change Projects	5
	Quarterly Total	9.5

Total Requirements: MA in Applied Behavioral Science Leadership and Organization Development Track 69 credits

MASTER OF ARTS IN APPLIED BEHAVIORAL SCIENCE SYSTEMS COUNSELING TRACK 2008-2009

YEAR I

Qtr. Cat. No.	Course Title	Credits
1	BH5101 Adult & Experiential Learning	2
	BH5103 Human Diversity in Systems	1.5

	BH5105	Group Membership	3
	BH5108	Family of Origin Theory & Practice	1
	BH5112	Systems Theory in the Applied Behavioral Sciences	1
	BH5200	Human Development & Life Cycle	2
	BH5205	Models of Understanding Problem Behavior	2
	BH6205	Professional Studies	.5
		Quarterly Total	13
2	BH5118	Statistics & Research Methodologies	2
	BH5122	Organizational Development	3
	BH5127	Fundamentals of Counseling & Coaching Relationship	3
	BH5133	Creating Healthy Social Systems	2
	BH5135	Professional Ethics & Laws	.5
	BH6200	Research in Marriage & Family Therapy	1
	BH6210	Human Sexuality	1
	BH6215	Systemic Theory and Process	1
	BH6225	Systemic Practicum	.5
		Quarterly Total	14
3	BH5103	Human Diversity in Systems	1.5
	BH5106	Group Development	2.5
	BH5118	Statistics & Research Methodologies	1
	BH5135	Professional Ethics & Laws	.5
	BH5210	Methods of Systematic Assessment & Diagnosis	2
	BH6225	Systemic Practicum	.5
	BH6800	Counseling Internship	3
		Quarterly Total	11

YEAR II

Qtr.	Cat. No.	Course Title	Credits
1	BH5106	Group Development	.5
	BH5112	Systems Theory in the Applied Behavioral Sciences	.5
	BH5118	Statistics & Research Methodologies	.5
	BH5205	Models of Understanding Problem Behavior	1
	BH5210	Methods of Systemic Assessment & Diagnosis	.5
	BH6100	Group Leadership	3
	BH6205	Professional Studies	.5
	BH6220	Couple & Family Therapy	2.5
	BH6800	Counseling Internship	3.5
	BH6801	Professional Seminar	1
		Quarterly Total	13.5
2	BH5108	Family of Origin Theory & Practice	.5
	BH5112	Systems Theory in the Applied Behavioral Sciences	.5
	BH5122	Organizational Development	1
	BH5200	Human Development & Life Cycle	1
	BH6215	Systemic Theory & Process	1
	BH6220	Couple & Family Therapy	1.5
	BH6225	Systemic Practicum	2.5
	BH6800	Counseling Internship	3.5
	BH6801	Professional Seminar	1
		Quarterly Total	12.5
3	BH5108	Family of Origin Theory & Practice	.5
	BH5118	Statistics & Research Methodologies	.5
	BH5135	Professional Ethics & Laws	2
	BH5210	Methods of Systemic Assessment & Diagnosis	.5
	BH6205	Professional Studies	1
	BH6225	Systemic Practicum	1.5
	BH6800	Counseling Internship	5
	BH6801	Professional Seminar	1
		Quarterly Total	12

Total Requirements: MA in Applied Behavioral Science Systems Counseling Track 76 credits

FACULTY

WITH HIGHEST DEGREES, LICENSES OBTAINED AND DEPARTMENTAL AFFILIATION

Key

ABS (Applied Behavioral Science)

AOM (Acupuncture & Oriental Medicine)
BS (Basic Sciences)
BTM (Botanical Medicine)
EXS (Exercise Science)
HO (Homeopathy)
HS (Herbal Sciences)
NM (Naturopathic Medicine)
NMW (Naturopathic Midwifery)
NTR (Nutrition)
PM (Physical Medicine)
PSY (Psychology)

CORE

Cebula, Cheryl, MSW, University of Wisconsin (ABS)
Johnson, Catherine, MA, City University (ABS)
Johnson, Pamela, PhD, Case Western (ABS)
McAuliffe, Jeff, MA, City University (ABS)
Onno, Alexandra K., M.A., Leadership Institute of Seattle, Bastyr University (ABS)
Romano, Phyllis, MN, University of Washington (ABS)
Schachter, Diane, MA, Northern Illinois University and Whitworth College (ABS)
Weber, Timothy, PhD, Fuller Graduate School of Psychology (ABS)
Zolno, Sherene, MS, San Francisco State University (ABS)

ADJUNCT

(Rhys) Clark, Timothy, MA, Antioch University (ABS)
Goodman, Mark, MA, Bastyr University and Tufts University (ABS)
Jakus, Carol, MSW, MA, University of Oregon and University of Washington (ABS)
Kerr, Doug, PhD, University of Denver (ABS)
Loughlin, Elaine, ACSW, Rutgers University (ABS)
Mara, Joan, MA, City University (ABS)
McConnell, John, MA, Bastyr University (ABS)
Mirante, Mark, MA, Antioch University (ABS)
O'Neill, Mary Beth, MA, Vanderbilt University and Whitworth College (ABS)
Rabaut, Stella, JD, University of Houston Law Center (ABS)
Swanson, Gerald, PhD, University of New Mexico (ABS)
Thomas, Michael, MA, Antioch University (ABS)
Williamson, Donald, PhD, Northwestern University (ABS)

school of natural health sciences

ADMINISTRATORS OF THE SCHOOL OF NATURAL HEALTH SCIENCES

TBD, Dean
Andrea Larson, Assistant to the Dean

The School of Natural Health Sciences is comprised of the Department of Basic Sciences, the Department of Counseling and Health Psychology, laboratory services, and the cadaver anatomy program.

The mission of the School of Natural Health 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 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 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 basic sciences department provides courses that form the basics of the following programs at Bastyr University; naturopathic medicine, nutrition, exercise science and wellness, herbal sciences, health psychology and acupuncture and Oriental medicine, laboratory services and the cadaver anatomy program. These courses emphasize the scientific knowledge required for success in each of these programs. Included in basic sciences are such courses as anatomy and physiology, biochemistry, microbiology, pharmacology and infectious diseases.

The department of counseling and health psychology offers a Bachelor of Science degree 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 degree in nutrition and clinical health psychology (see page 83 for details), and counseling coursework and training for the School of Naturopathic Medicine and the School of Acupuncture and Oriental Medicine.

BACHELOR OF SCIENCE WITH A MAJOR IN HEALTH PSYCHOLOGY

ADMINISTRATORS OF THE COUNSELING AND HEALTH PSYCHOLOGY DEPARTMENT

William Kelleher, PhD, Chair

Eileen Newsom, Program Coordinator

The counseling and health psychology department offers a Bachelor of Science degree with a Major in Health Psychology. The department also offers a Master of Science degree in Nutrition and Clinical Health Psychology, in conjunction with the nutrition program (for details, see the description under the graduate nutrition program, page 83), as well as providing coursework and training in counseling for the School of Naturopathic Medicine and the School of Acupuncture and Oriental Medicine.

The health psychology program 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.

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 health psychology enroll in either the health psychology or the psychology and human biology (psychology premed) track. Students in the psychology and human biology track have the option of participating in the summer massage training program.

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 with two tracks: general health psychology, and psychology and human biology/psychology pre-medicine.

PREREQUISITES

Entering undergraduates must have at least a 2.25 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 composition9 quarter credits
General psychology3 quarter credits
Intermediate algebra 1 course*
General biology (with lab)4 quarter credits
General chemistry (science major level
with lab)8 quarter credits**

*Intermediate algebra is not college level and the credits taken will not transfer in toward degree completion.

**These credits are requirements 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
Electives29 quarter credits*

*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 credits (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 2008-2009

HEALTH PSYCHOLOGY TRACK

JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS3114	Developmental Psychology	4	4	0
	PS3123	Health Psychology 1	4	4	0
	PS3146	Psychology & the Soul	3	3	0
	PS4101	Social Psychology	4	4	0
		Quarterly Total	15	15	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 Total	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
	PS3148	Science & Spirituality	3	3	0
		Quarterly Total	15	15	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 Issues in Psychology	3	3	0
	PS4117	Experimental Psychology	4	4	0
	PS4126	Research Proposal*	(2)	(2)	0
		Quarterly Total	(12)	10(12)	100
W	PS4109	Human Sexuality	3	3	0
	PS4112	Creating Wellness	3	3	0
	PS4128	Research Project*	(5)	(5)	0
	PS4149	Psychology & World Religions	5	5	0
		Quarterly Total	(16)	11(16)	110
Sp	IS4101	Seminar in Natural Health Sciences	2	2	0
	PS4124	Biological Psychology	5	5	0
	PS4129	Research Presentation*	(3)	(3)	0
	PS4150	Healing: Self, Society & World	3	3	0
		Quarterly Total	(13)	10(13)	100

*PS4126, PS4128 and PS4129 are optional.

Total Requirements: BS, Health Psychology Track

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	(86)76	(85)75	2
Total Elective Credits and Hours	(4)14	(4)14	0
Total Requirements	90	89	2

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

PSYCHOLOGY AND HUMAN BIOLOGY TRACK/PSYCHOLOGY PRE-MED TRACK**JUNIOR YEAR (YEAR I)**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3124	Organic Chemistry Lecture/Lab	5	4	2
	BC3141	Anatomy & Physiology 1 Lec/Lab	3	2	2
	PS3123	Health Psychology 1	4	4	0
	PS3146	Psychology & the Soul	3	3	0
		Quarterly Total	15	13	4
W	BC3142	Anatomy & Physiology 2 Lec/Lab	4	3	2
	BC4109	Biochemistry for Life Sciences 1 Lec4	4	4	0
	BC4110	Biochemistry for Life Sciences 1 Lab1	0	0	2
	PS3124	Health Psychology 2	4	4	0
	PS3147	Myth, Ritual & Health	3	3	0
		Quarterly Total	16	14	4
Sp	BC3143	Anatomy & Physiology 3 Lec/Lab	3	2	2
	BC4112	Biochemistry for Life Sciences 2 Lec4	4	4	0
	BC4113	Biochemistry for Life Sciences 2 Lab1	0	0	2
	PS3134	Research Methods in Psychology	4	4	0
	PS3148	Science & Spirituality	3	3	0
		Quarterly Total	15	13	4

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 Issues in Psychology	3	3	0
		Quarterly Total	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 Total	15	15	0
Sp	IS4101	Seminar in Natural Health Sciences	2	2	0
	PS3129	Abnormal Psychology	4	4	0
	PS3131	Learning, Cognition & Behavior	4	4	0
	PS4150	Healing: Self, Society & World	3	3	0
		Quarterly Total	13	13	0

Total Requirements: BS, Human Biology Track

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	88	82	12
Total Elective Credits and Hours	2	2	0

Notes: To enroll in this program track, students must have 8 quarter credits in general chemistry.

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 towards 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.

FACULTY

WITH HIGHEST DEGREES, LICENSES OBTAINED AND DEPARTMENTAL AFFILIATION

Key

ABS	(Applied Behavioral Science)
AOM	(Acupuncture & Oriental Medicine)
BS	(Basic Sciences)
BTM	(Botanical Medicine)
EXS	(Exercise Science)
HO	(Homeopathy)
HS	(Herbal Sciences)
IS	(Interdisciplinary Studies)
NM	(Naturopathic Medicine)
NMW	(Naturopathic Midwifery)
NTR	(Nutrition)
PM	(Physical Medicine)
PSY	(Psychology)

CORE

Coan, Suz, PsyD, Pacific University (PSY)
Hofsess, Christy, PhD, Arizona State University (PSY)
Kelleher, William, PhD, University of Georgia, Athens (PSY)
Lester, Naomi, PhD, Uniformed Services University of the Health Services (PSY)
Lichtenstein, Brad, ND, Bastyr University
Novak, Jeffrey, PhD, University of Washington (BS)
Reiss, Tiffany, PhD, Virginia Polytechnic Institute and State University (EXS, NTR)
Rosen, Dan, PhD, Arizona State University (PSY)

ADJUNCT

Byrne, Michael, ND, Bastyr University
DeNinno, John, PhD, Purdue University
Carlson, Eliza, MS, Bastyr University
DeNinno, John, PhD, Purdue University
Fenn, Robin, PhD, University of Akron
Fish, Lorraine, MA, Antioch University
Greene, Antonia, MEd, Springfield College
Jakus, Carol, MSW, University of Washington
Kozak-Gilroy, Leila, PhD, Saybrook Graduate School
Palmer, Jennifer, MS, Montana State University
Pilarc, Monica, PhD, Texas Woman's University
Rubinstein, Joshua, ND, Bastyr University
Strong, Aaron, MA, Bastyr University

BASIC SCIENCES

ADMINISTRATORS OF THE BASIC SCIENCES DEPARTMENT

Lynelle Golden, PhD, Department Chair

Andrea Larson, Program Coordinator

The basic sciences department provides courses in all of Bastyr University's programs, and curriculum is designed to meet the specific competencies and learning objectives within each program.

The basic sciences 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 field 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.

Basic science courses within the School of Acupuncture and Oriental Medicine include Anatomy and Physiology, 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 school. 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.

The basic sciences department vision is to develop and implement meaningful basic science programs to become a degree-granting department that integrates research and innovative educational curricula in natural health sciences.

Basic science courses within the School of Naturopathic Medicine (naturopathic medicine program) emphasize Anatomy, Physiology, and Biochemistry as the foundation for further basic sciences and all clinical courses. Further courses include Histology, Pathology, Pharmacology, Immunology, Infectious Diseases, Embryology, Neuroscience and Fundamentals of Research Design. Basic science courses within the herbal sciences program include Anatomy and Physiology, Organic Chemistry, Biochemistry, Microbiology 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 their chosen field.

Basic science courses within the School of Nutrition and Exercise Science include Anatomy and Physiology, Organic Chemistry, Biochemistry 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, Biophysics, College Algebra/Pre-calculus and Physics.

LAB SERVICES

Chris Vires, Manager, Lab Services

Liz Lamb, Assistant Manager, 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

Hatha Gbedawo, ND, Cadaver Anatomy Program Director

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 in-training for the following programs: massage therapy, rolfing, physical therapy, acupuncture, midwifery, sports medicine, rehabilitation medicine, nursing, dental hygiene, and allied health care fields. Cadaver Anatomy is also recommended for those individuals who teach such subjects as yoga, massage and acupuncture.

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, and review as time permits.

BASIC SCIENCES FACULTY

WITH HIGHEST DEGREES, LICENSES OBTAINED

CORE

Frederickson, Richard, PhD, University of North Dakota

Golden, Lynelle, MS, PhD, University of Tennessee, Knoxville

Littleton, Kent, ND, Bastyr University, MS, University of Washington

Love Steward, Rebecca, DVM, Washington State University

Modell, Harold, PhD, University of Mississippi Medical Center

Novack, Jeffrey, PhD, University of Washington

Sivam, Gowsala, PhD, University of Maryland

Spicer, Diane, MS, University of Wisconsin

Thomas, Aleyamma, PhD, University of Manitoba

Wenner, Cynthia, PhD, Washington University, St. Louis, MO

ADJUNCT

Biery, Nancy, PhD, Johns Hopkins University

Brinton, Catherine, ND, Bastyr University

Cabasco-Cebrian, Tess, BS, University of Washington

Chen, John, PhD, South Baylo University

Cutro, Janet, PhD, MIT

Majd, Iman, MD (Iran), Tehran University of Medical Sciences, MS, Bastyr University, LAc

Martin, Eric, MS, Bastyr University, LAc

Price, Lisa, ND, Bastyr University
Ramanujam, Kumuthini, MD (India), Madras Medical College

AFFILIATED CORE FACULTY

Koutoubi, Samer, MD, University Institute of Medicine and Pharmacy (Romania), PhD, Florida International University (NTR)

school of naturopathic medicine

ADMINISTRATORS OF THE SCHOOL OF NATUROPATHIC MEDICINE

Gannady Raskin, ND, MD, PA, Dean, Canadian College of Naturopathic Medicine, Lugansk Medical Institute, Kiev School of Physician Assistant, No. 2
Deborah S. Lantz, ND, Associate Dean, Bastyr University
Debra Brammer, ND, Associate Dean for Naturopathic Clinical Education, Bastyr University
Jana Nalbandian, ND, Chair, Clinical Science, Bastyr University
Nancy Welliver, ND, Chair, Botanical Medicine, Bastyr University
Richard Mann, ND, Chair, Homeopathy, Bastyr University
Morgan Martin, ND, Chair, Midwifery, Bastyr University
Dean Neary, ND, Chair, Physical Medicine, Bastyr University
Kristine Arena, Program Supervisor

The School of Naturopathic Medicine consists of the botanical medicine department, which offers a Bachelor of Science with a Major in Herbal Sciences, the homeopathy department, the physical medicine department, clinical sciences department, clinical education department and the midwifery department, which offers a Certificate in Naturopathic Midwifery.

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

Bachelor of Science, Major in Herbal Sciences page 52
Doctor of Naturopathic Medicine page 55
Certificate in Naturopathic Midwifery page 67

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 to growing, harvesting, manufacturing and clinical practice. The inclusive range of knowledge runs from

traditional wisdom to the contemporary scientific information, emphasizing critical and creative thought and discovery.

A Bachelor of Science degree completion program 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. Courses in Anatomy, Physiology, Organic Chemistry, Biochemistry and Botany occur 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. Northwest Herbs and First Aid for Herbalists lend hands-on experiences. The senior year includes Pharmacology, Pharmacognosy and Medicinal Actions of a core of Materia Medica, deepening the knowledge base. In Research Methods for Herbal Sciences, the student learns 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. In additional courses, the student becomes 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, in the senior year, students are required to complete a forty-four 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 2.25 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; however, they will not be officially admitted until all prerequisite coursework is completed.

BASIC PROFICIENCY AND SCIENCE REQUIREMENTS

English literature or composition9 quarter credits
General psychology.....3 quarter credits
Intermediate algebra* 1 course
General chemistry (science major
level with lab).....8 quarter credits
General biology (with lab)4 quarter credits
Botany3 quarter credits

*Intermediate algebra is not college level, and the credits taken will not transfer in toward degree completion.

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	18 quarter credits*

*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 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 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 BS students enrolled at Bastyr University must complete a minimum of 180 credits (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 table that follows lists 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.) and the lab/clinic hours each week (L/C).

BACHELOR OF SCIENCE WITH A MAJOR IN HERBAL SCIENCES

2008-2009

JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3124	Organic Chemistry for Life Sciences (Lec/Lab)	5	4	2
	BC3141	Anatomy & Physiology (Lec/Lab)	3	2	2
	BO3103	Botany I (Lec/Lab)	3	2	2
	BO3108	Introduction to Herbal Sciences	3	2	2
		Quarterly Totals	14	10	8
W	BC3142	Anatomy & Physiology (Lec/Lab)	4	3	2
	BC4109	Biochemistry for Life Sciences 1 Lec4	4	0	0
	BC4110	Biochemistry for Life Sciences 1 Lab1	0	2	2
	BO3102	First Aid for Herbalists	2	2	0
	BO3114	Herbal Preparations	3	2	2
		Quarterly Totals	14	11	6
Sp	BC3143	Anatomy & Physiology (Lec/Lab)	3	2	2
	BC4112	Biochemistry for Life Sciences 2 Lec4	4	0	0
	BC4113	Biochemistry for Life Sciences 2 Lab1	0	2	2
	BO3105	Plant Identification (Lec/Lab)	3	2	2
	BO3115	Herbal Medicine History & Traditions 2	2	0	0
	BO3118	Northwest Herbs	1	0	2
		Quarterly Totals	14	10	8

SENIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC4114	Disease Processes	4	4	0
	BC4120	Microbiology	2	2	0
	BO4102	Research Methods for Herbal Sciences 2	2	0	0
	BO4107	Materia Medica 1 for Herbal Sciences	5	4	2
	BO4119	Pharmacognosy for Herbal Sciences	2	2	0
	BO4122	Test Methods for Botanical			

		Authentication (Lec/Lab)	2	1	2
BO4801		Herbal Sciences Practicum ¹	1	0	4
		Quarterly Totals	18	15	8
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	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	4	2
	BO4125	Introduction to Herb/Drug Interaction	2	2	0
	BO4129	Ethnobotany	2	2	0
	IS4101	Seminar in Natural Health Sciences	2	2	0
		Quarterly Totals	14	12	4

¹Students may register for the practicum in any quarter after first year classes are completed.

Total Requirements: BS with a Major in Herbal Sciences

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	87	68	40
Total Elective Credits and Hours	3	3	0
Total Requirements	90	71	40

Curriculum and course changes in the 2008-2009 Bastyr University Catalog are applicable to students entering during the 2008-2009 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

Current 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, Food and Medicinal Mushrooms, Starting and Operating a Small Business, Medicine Making for All, Plant Identification and Medicinal Field Botany, and Foundations of Aromatic Medicine, Materia Aromatica, Analytical Research Methods for Herbal Sciences, and Introduction to Gemmotherapy.

SUMMER MESSAGE INTENSIVE

Bastyr University and Bellevue Massage School Center for Healing Arts offer a summer massage training program that allows students to apply coursework taken at Bastyr University towards 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.

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 the naturopathic physician as one who "diagnoses, treats, and cares for patients, using a system of practice that bases its treatment of all physiological functions and abnormal conditions on natural laws governing the body, utilizes physiological, psychological and mechanical methods, such as air, water, heat, earth, phytotherapy (treatment by use of plants), electrotherapy, physiotherapy, minor or official surgery, mechanotherapy, naturopathic corrections and manipulation, and all natural methods or modalities, together with natural medicines, natural processed foods, herbs, and natural remedies. Excludes major surgery, therapeutic use of x-ray and radium, and use of drugs, except those assimilable substances containing elements or compounds which are compounds of body tissues and are physiologically compatible to body processes for maintenance of life."

Most naturopathic physicians provide primary care natural medicine through office-based, private practice. Many receive additional training in disciplines or modalities such as midwifery, 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.

A NATUROPATHIC MEDICINE GRADUATE OF BASTYR UNIVERSITY'S SCHOOL OF NATUROPATHIC MEDICINE WILL:

1. Be an empowered, strong practitioner.
2. Be trained to the standards of a primary care physician as accepted by the profession.
3. Be a provider of excellent and consistent, quality patient care.
4. Practice the principles of naturopathic medicine.
5. Be an integrated, active participant in the community.

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 State of Washington 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 as health care providers in Alaska, Arizona, California, Connecticut, Hawaii, Idaho, Kansas, Maine, Montana, New Hampshire, 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 under way. Thirty-three states and territories in the United States have professional associations for naturopathic medicine. Naturopathic physicians are also recognized in British Columbia, Manitoba, Ontario and Saskatchewan.

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 includes 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.

- American Association of Naturopathic Physicians, 4435 Wisconsin Ave NW, Suite 403, Washington, D.C., 20016, www.member.services@Naturopathic.org, 202.237.8150.
- The Canadian Association of Naturopathic Doctors is the professional association in Canada. Contact them at 1255 Sheppard Ave East, Toronto, Ontario, Canada M2K 1E2, 416.496.8633. E-mail: info@cand.ca. Web: www.cand.ca.

Many states and provinces have professional societies. Contact the appropriate national association for further information.

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 read over the phone, e-mailed, faxed or sent by regular mail.

Overall Preparation

Completion of a bachelor's degree is expected. A limited number of exceptions are made for candidates who demonstrate a high level of academic performance and professional achievement. 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 2 sequential courses in organic chemistry. (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., zoology, microbiology, botany.

Physics.....at least 1 college-level course

Many institutions do not cover all required concepts in one course; required concepts include mechanics, optics, electricity and magnetism. Course may be algebra-based, and lab is not required.

Psychology 1 course

Introduction to psychology is recommended.

Note: In addition to the prerequisites listed above, the following coursework is required if a bachelor's degree will *not* be completed by matriculation:

English..... two (2) courses

Composition courses are recommended.

Humanities two (2) courses

Strongly Recommended Courses

Though not required for admission, faculty recommend students complete biochemistry, anatomy and physiology, and botany coursework in addition to the prerequisite requirements. These courses will substantially enhance the student's ability to master the naturopathic course material.

Other Suggested Courses

Biomedical ethics, philosophy of science, public speaking and English composition.

Credit Requirements

Candidate must have completed at least 90 semester/135 quarter credits upon matriculation. At least 30 semester credits/45 quarter credits must be upper-division (i.e. junior or senior level courses, usually numbered 300-400, at a four-year institution).

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, CLEP and GRE 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 transcript 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 equal opportunity 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.), 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 University's campus in Kenmore, Washington. A limited number of exceptions are made to accommodate special circumstances.

TRANSFER STUDENTS

Bastyr University accepts transfer students from regionally or professionally accredited naturopathic, medical, osteopathic, and chiropractic schools and other accredited professional programs on a space-available basis. 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 B or above, or a 3.0 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 should be prepared to submit additional documentation to support a thorough evaluation.

ADVANCED STANDING STATUS BASED ON PRIOR MEDICAL EDUCATION

Applicants who are transferring from another naturopathic medicine school or program or who have taken sufficient professional coursework at an accredited chiropractic, medical or osteopathic college, may be eligible for advanced standing in the Bastyr University naturopathic medicine program. All advanced standing students must complete at least 2/3 of the program and do all of their clinical work at Bastyr University. They are eligible for a maximum of 105 credits towards 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. Course waivers and/or credit transfers are considered only for those courses in which applicants demonstrate a grade of achieved competence, a B or above, or a 3.0 or above. 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.

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 apply by marking the appropriate box on the University application and submitting \$150 (a \$75 application fee and a \$75 advanced standing evaluation fee). Applicants transferring from another naturopathic school are not required to pay the 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. Participation in an intensive may be required for students entering with advanced standing status. In addition, participation in one or more problem-based practica may be required to gauge and increase skill level. If an advanced standing student is found to be deficient in some areas of study, s/he may be required to complete additional courses. For more information on advanced standing status admission policies and procedures, contact the admissions office.

BASIC SCIENCES CURRICULUM WITHIN NATUROPATHIC MEDICINE

The basic sciences department offers courses in most of Bastyr University's programs, including naturopathic medicine. Courses are designed to meet the specific competencies and learning objectives within each program.

Basic science courses within the naturopathic medicine program emphasize Anatomy, Physiology, and Biochemistry as the foundation for further basic sciences and all clinical courses. Further courses include Histology, Pathology, Pharmacology, Immunology, Infectious Diseases, Embryology, Neuroscience and Research Design.

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, Organic Chemistry and Biophysics.

COUNSELING AND HEALTH PSYCHOLOGY CURRICULUM WITHIN NATUROPATHIC MEDICINE AND NATUROPATHIC MIDWIFERY

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 five 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 skills
- 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.

The following core courses are required of all naturopathic medicine students:

- PS6305: Naturopathic Counseling 1 - 3 credits
- PS6306: Naturopathic Counseling 2 - 3 credits
- PS7200: Psychological Assessment - 2 credits
- PS7203: Addictions and Disorders - 2 credits
- PS7315: Naturopathic Counseling 3 - 2 credits

The following core elective is required for students in the naturopathic midwifery certificate program and is strongly recommended for all naturopathic medicine students:

- PS6303: Sexuality and Sex Therapy - 2 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.

Departments Within The Naturopathic Medicine Program

BOTANICAL MEDICINE

(For Botanical Medicine Department Mission and Vision, see page 52.)

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, and 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 reductionistic 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 draw 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 which is integral to naturopathic medicine. Homeopathy is based on the law of similars. This principle states that a substance which 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 which 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.

All naturopathic students are required to take three courses in homeopathy, HO6300, HO6301, and HO6302 (Homeopathy 1-3). There are three additional elective courses, HO9301, HO9302, and HO9303 (Homeopathy 4-6), which explore, in more depth, the areas of homeopathic philosophy, materia medica, case analysis and management, and homeopathic therapeutics. Naturopathic students, upon successful completion of Homeopathy 1-3, may register for shifts in the Homeopathy Specialty Clinic at Bastyr Center for Natural Health. Students registered for a homeopathy shift must register concurrently for Homeopathy Grand Rounds.

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

To be eligible to enter the clinic, students must have completed all courses listed for the first and second years of the four-year track or all courses listed for the first, second and third years of the five-year track, Option A. Students must have completed TB screening and have received or signed a waiver for hepatitis B immunization. Students must have a current CPR card. Washington state law also requires all students to submit to a criminal background check before being allowed entry into clinical experiences.

Please be aware that the opportunity to intern at one of the external clinics offered through Bastyr University is contingent on the student's ability to provide documentation of a vaccination history. The community clinic rotations are outstanding clinical experiences in working with underserved and special patient populations including developing skills with working via 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.

CLINIC REQUIREMENTS

Registration in eight consecutive quarters is required to complete the clinic requirements. Students are expected to begin their clinical training during the summer following the completion of their preclinical courses. Students will be registered for six shifts during their first year (four quarters) in clinic. After the completion of six shifts (Patient Care and Physical Medicine), students become primary clinicians. Students must be enrolled in at least one Patient Care shift each quarter throughout their clinical training.

Clinic faculty are currently in the process of developing Objective Skills Clinical Exams (OSCE). These exams are designed to evaluate students' clinical skills and clinical decision making in a standardized manner. Students may be required to participate in an OSCE during each year of their clinical training.

GRADUATION REQUIREMENTS

The curriculum of the naturopathic medicine program requires completion of 311 credits for graduation. There are 251 core course credits, 13 elective credits and 47 clinic credits. Students must achieve competency (grade of AC) in all 312 credits required in the curriculum. Students must complete all required clinical competencies in order to graduate. Students must complete at least 2/3 of their credits in residence at Bastyr University.

ELECTIVES

Students in the naturopathic medicine program are required to complete 13 elective credits (included in the 311 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 13-credit requirement, as well as additional clinic shifts during the student's clinical training. In general, a maximum of nine elective credits from any one department may be used to satisfy the ND elective requirement. 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:

- Five-Year Track-Option A.
- Five-Year Track-Option B.
- Combined Five-Year Track-Option A and B (for a total of 6 years)

These are the only program track options. Bastyr offers no part-time status.

As long as a student remains on an approved program track, there will be no course scheduling conflicts.

Students choosing a track other than the four-year program must complete, through the registrar's office, the appropriate paperwork. 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, please contact the admissions office.

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.), 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 2008-2009

FOUR-YEAR TRACK

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 ¹	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
		Quarterly Totals	23	17	12	319
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 ¹	2	2	0	22
	NM5114	Fundamentals of Naturopathic Clinical Theory	2	1	2	33
	OM5120	Fundamental Principles of TCM ¹	3	3	0	33
	PM5301	Hydrotherapy/Physiotherapy Lecture ²	2	0	0	22
	PM5305	Hydrotherapy/Physiotherapy Lab ¹	1	0	2	22
		Quarterly Totals	28	23	10	363
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 ²	26.5
	NM5115	Naturopathic Medicine in Global Context	2	1	2	33
	PM5310	Myofascial Analysis	1.5	0	3	33
		Quarterly Totals	23.5	17.5	12	323.5

¹BC5110, BC5142, OM5120: Usually also offered in summer

²Two hours every other week times five weeks

FOUR-YEAR TRACK

YEAR II

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC6200	Human Pathology 1	4	4	0	44
	BC6204	Immunology ¹	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 Lecture2	2	2	0	22	
NM6221L	Physical/Clinical Diagnosis 1 Lab	2	1	2	33	
PS6305	Naturopathic Counseling 1	3	3	0	33	
TR6310	Foods, Dietary Systems & Assessment	3	2	2		44
	Quarterly Totals	25.5	22	7		319
<hr/>						
W	BC6201	Human Pathology 2	4	4	0	44
	BC6209	Infectious Diseases ²	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 Lecture2	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
	Quarterly Totals	27.5	25	5	330	
<hr/>						
Sp	BC6202	Human Pathology 3	4	4	0	44
	BC6305	Pharmacology ²	5	5	0	55
	BO6303	Botanical Medicine Dispensary Lab ¹	1	0	2	22
	HO6302	Homeopathy 3	3	3	0	33
	NM6212	Clinical Lab Diagnosis 3	3.5	2	3	55
	NM6223	Physical/Clinical Diagnosis 3 Lecture2	2	2	0	22
	NM6223L	Physical/Clinical Diagnosis 3 Lab	2	1	2	33
	NM6804	Clinic Entry 2	1	1	0	11
	NM8801	Preceptorship 1	1	0	4	44
	PM6300	Naturopathic Manipulation 1	2	2	0	22
	Quarterly Totals	24.5	20	11	341	

¹BC6204 and BO6303: Usually also offered in summer

²BC6209 and BC6305: Offered in winter and spring quarter

Eligible to take NPLEX basic science exams after the successful completion of the second year.

See clinic entrance prerequisites, page 61.

FOUR-YEAR TRACK

YEAR III

Qtr. Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.		
<hr/>							
Su	NM7325	Naturopathic Case Analysis & Mgmt 1	1.5	0	3	33	
	NM7341	Cardiology	3	3	0	33	
	NM7416	Minor Office Procedures ¹	3	3	0	33	
	NM7417	Medical Procedures ¹	3	3	0	33	
	Quarterly Subtotal	10.5	9	3	132		
	1-2 Clinic Shifts ²	2-4	0	4-8	44-88		
<hr/>							
F	BO7300	Botanical Medicine 4 Lec/Lab	2	1.5	1	26.5	
	MW7320	Normal Maternity	3	3	0	33	
	NM 7302	Gastroenterology ³	2	2	0	22	
	NM 7307	EENT	2	2	0	22	
	NM7313	Gynecology	3	3	0	33	
	PM7301	Naturopathic Manipulation ⁴	3	3	0	33	
	PM7305	Orthopedics	2	2	0	22	
	PS7200	Psychological Assessment	2	2	0	22	
	TR7411	Diet & Nutrient Therapy 1	3	3	0	33	
	Quarterly Subtotal	22	21.5	1	246.5		
	1-2 Clinic Shifts ²	2-4	0	4-8	44-88		
<hr/>							
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	
	NM7304	Dermatology	2	2	0	22	
	NM7306	Oncology	2	2	0	22	
	NM7314	Pediatrics 1	2	2	0	22	
	PM7302	Naturopathic Manipulation ⁵	3	3	0	33	
	PM 7341	Sports Medicine/Therapeutic Exercise	2	2	0		22
	PS7203	Addictions & Disorders	2	2	0	22	
	TR7412	Diet & Nutrient Therapy 2	3	3	0	33	
	Quarterly Subtotal	22	22	0	242		
	1-2 Clinic Shifts ²	2-4	0	4-8	44-88		
<hr/>							
Sp	BO7301	Botanical Medicine 5 Lec/Lab	2	1.5	1	26.5	
	NM7109	Practice Management 1	2	2	0	22	
	NM7305	Clinical Ecology	2	2	0	22	
	NM7311	Neurology	2	2	0	22	

NM7315	Pediatrics 2	2	2	0	22
NM7320	Family Medicine	2	2	0	22
NM7330	The Healing Systems	1	1	0	11
PM7303	Naturopathic Manipulation 4 ⁶	3	3	0	33
PS7315	Naturopathic Counseling 3	2	2	0	22
	Quarterly Subtotal	18	17.5	1	202.5
	1-2 Clinic Shifts ⁷	2-4	0		4844-88

¹NM7341, NM7416 and NM7417: May also be offered in spring

²Students are assigned 6 shifts during their first year (4 quarters) in clinic.

³NM7302: Offered fall and spring.

⁴PM7301: One section usually offered in summer

⁵PM7302: One section usually offered in fall

⁶PM7303: One section usually offered in winter

FOUR-YEAR TRACK

YEAR IV

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	NM8206	Radiographic Interpretation 1				
		Lecture ¹	3	3	0	33
	NM8207	Radiographic Interpretation 1 Lab ¹	1	0	2	22
		Quarterly Subtotal	4	3	2	55
		3-4 Clinic Shifts	68	0		12-16132-176
F	NM8303	Geriatrics	2	2	0	22
	NM8308	Endocrinology ²	3	3	0	33
	NM8312	Urology	1.5	1.5	0	16.5
	NM8325	Nat. Case Analysis & Mgmt 2:				
		Grand Rounds ³	1	0	2	22
	NM8413	Adv'd Naturopathic Therapeutics 1	2	2	0	22
		Quarterly Subtotal	9.5	8.5	2	115.5
		3-4 Clinic Shifts	68	0		12-16132-176
W	NM8101	Ethics ⁴	1	1	0	11
	NM8213	Diagnostic Imaging ⁵	2	2	0	22
	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
		Quarterly Subtotal	7.5	6.5	4	115.5
		3-4 Clinic Shifts	68	0		132-176
Sp	NM8102	Jurisprudence	1	1	0	11
	NM8109	Practice Management 2	2	2	0	22
	NM8212	Radiographic Interpretation 2 ⁵	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 ⁶	2	0	4	44
		Quarterly Subtotal	10.5	7.5	8	170.5
		3-4 Clinic Shifts	68	0		12-16132-176

¹NM8206 and NM8207: Both offered summer and fall

²NM8308: Offered fall and spring

³NM8325: Offered in fall, winter and spring

⁴NM8101: Offered fall and winter

⁵NM8212 and NM8213: Both offered winter and spring

⁶NM8844: Students are required to complete a total of 44 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.

Summary of Clinic Requirements:

Naturopathic Medicine Program

Qtr. ¹	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	NM7820-29	Patient Care 1-10	20	0	40	440
variable	NM8801-3	Preceptorship 1-3	3	0	12	132
variable	NM8830-36	Patient Care 11-17	14	0	28	308
Variable	NM8844	Interim Patient Care	2	0	4	44
variable	PM7801-2	Physical Medicine 1-2	4	0	8	88
variable	PM8801-2	Physical Medicine 3-4	4	0	8	88
		Clinic Totals	47	0	100	1100

¹Quarterly 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	13	13	0	143
		Elective Totals	13	13	0	143

Curriculum and course changes in the 2008-2009 Bastyr University Catalog are applicable to students entering during the 2008-2009 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

FIVE-YEAR TRACK OPTION A**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 ¹	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
		Quarterly Totals	23	17	12	319
W	BC5105	Biochemistry 2	4	4	0	44
	BC5108	Human Physiology 2 Lec/Lab	5.5	4	3	77
	BC5123	Gross Human Anatomy 2	4.5	4	1	55
	BC5123L	Gross Human Anatomy 2 Lab	1	0	2	22
	NM5114	Fundamentals of Naturopathic Clinical Theory	2	1	2	33
	OM5120	Fundamental Principles of TCM ¹	3	3	0	33
		Quarterly Totals	20	16	8	264
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
	BC5142	Fundamentals of Research Design ¹	2	2	0	22
	NM5115	Naturopathic Medicine in Global Context	2	1	2	33
	PM5310	Myofascial Analysis	1.5	0	3	33
		Quarterly Totals	18	14	8	242

¹BC5110, BC5142 and OM5120: Usually also offered in summer

FIVE-YEAR TRACK-OPTION A**YEAR II**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC5112	Embryology	3	3	0	33
	BC6200	Human Pathology 1	4	4	0	44
	BC6204	Immunology ¹	4	4	0	44
	NM6210	Clinical Lab Diagnosis 1	3.5	2	3	55
		Quarterly Totals	14.5	13	3	176
W	BC6201	Human Pathology 2	4	4	0	44
	BC6209	Infectious Diseases ²	5	5	0	55
	NM6211	Clinical Lab Diagnosis 2	3.5	2	3	55
	PM5301	Hydrotherapy/Physiotherapy Lecture 2	2	0	2	22
	PM5305	Hydrotherapy/Physiotherapy Lab ¹	1	0	2	22
		Quarterly Totals	15.5	13	5	198
Sp	BC5129	Neuroscience	5.5	4	3	77
	BC6202	Human Pathology 3	4	4	0	44
	BO5301	Botanical Medicine 1 Lec/Lab	2	1.5	1 ³	26.5
	NM6212	Clinical Lab Diagnosis 3	3.5	2	3	55
		Quarterly Totals	15	11.5	7	202.5

¹BC6204: Usually also offered in summer

²BC6209: Offered in winter and spring

³Two hours every other week times five weeks

Eligible to take NPLEX basic science exams after the successful completion of the second year.

FIVE-YEAR TRACK-OPTION A**YEAR III**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BO6301	Botanical Medicine 2	2	2	0	22
	HO6300	Homeopathy 1	2	2	0	22
	NM6221	Physical/Clinical Diagnosis 1 Lecture 2	2	0	2	22
	NM6221L	Physical/Clinical Diagnosis 1 Lab	2	1	2	33
	PS6305	Naturopathic Counseling 1	3	3	0	33
	TR6310	Foods, Dietary Systems & Assessment ³	2	2	4	44
		Quarterly Totals	14	12	4	176
W	BO6302	Botanical Medicine 3 Lec	2	2	0	22
	HO6301	Homeopathy 2	3	3	0	33
	NM6222	Physical/Clinical Diagnosis 2 Lecture 2	2	0	2	22
	NM6222L	Physical/Clinical Diagnosis 2 Lab	2	1	2	33
	NM7142	Critical Evaluation of the Medical Literature	2	2	0	22
	PS6306	Naturopathic Counseling 2	3	3	0	33

TR6311	Macro & Micronutrients	3	3	0	33
Quarterly Totals		17	16	2	198
Sp BC6305	Pharmacology ¹	5	5	0	55
BO6303	Botanical Medicine Dispensary Lab ²	1	0	2	22
HO6302	Homeopathy 3	3	3	0	33
NM6223	Physical/Clinical Diagnosis 3 Lecture ²	2	2	0	22
NM6223L	Physical/Clinical Diagnosis 3 Lab	2	1	2	33
NM6804	Clinic Entry 2	1	1	0	11
NM8801	Preceptorship 1	1	0	4	44
PM6300	Naturopathic Manipulation 1 ³	2	2	0	22
Quarterly Totals		17	14	8	242

See clinic entrance prerequisites, page 61.

¹BC6305: Offered in winter and spring

²BO6303: Usually also offered in summer

³PM6300: Also offered in winter

FIVE-YEAR TRACK-OPTION A

YEAR IV

Qtr. Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
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Su NM7325	Naturopathic Case Analysis & Mgmt 1	1.5	0	3	33
NM7341	Cardiology ¹	3	3	0	33
NM7416	Minor Office Procedures ¹	3	3	0	33
NM7417	Medical Procedure ¹	3	3	0	33
Quarterly Subtotal		10.5	9	3	132
1-2 Clinic Shift ²		2-4	0	4-8	44-88

F BO7300	Botanical Medicine 4 Lec/Lab	2	1.5	1	26.5
MW7320	Normal Maternity	3	3	0	33
NM7302	Gastroenterology ³	2	2	0	22
NM7307	EENT	2	2	0	22
NM7313	Gynecology	3	3	0	33
PM7301	Naturopathic Manipulation 2 ⁴	3	3	0	33
PM7305	Orthopedics	2	2	0	22
PS7200	Psychological Assessment	2	2	0	22
TR7411	Diet & Nutrient Therapy 1	3	3	0	33
Quarterly Subtotal		22	21.5	1	246.5
1-2 Clinic Shifts ²		2-4	0	4-8	44-88

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
NM7304	Dermatology	2	2	0	22
NM7306	Oncology	2	2	0	22
NM7314	Pediatrics 1	2	2	0	22
PM7302	Naturopathic Manipulation 3 ⁵	3	3	0	33
PM7341	Sports Medicine/Therapeutic Exercise ²	2	2	0	22
PS7203	Addictions & Disorders	2	2	0	22
TR7412	Diet & Nutrient Therapy 2	3	3	0	33
Quarterly Subtotal		20	20	0	220
1-2 Clinic Shifts ²		2-4	0	4-8	44-88

Sp BO7301	Botanical Medicine 5 Lec/Lab	2	1.5	1	26.5
NM7109	Practice Management 1	2	2	0	22
NM7305	Clinical Ecology	2	2	0	22
NM7311	Neurology	2	2	0	22
NM7315	Pediatrics 2	2	2	0	22
NM7320	Family Medicine	2	2	0	22
NM7330	The Healing Systems	1	1	0	11
PM7303	Naturopathic Manipulation 4 ⁶	3	3	0	33
PS7315	Naturopathic Counseling 3	2	2	0	22
Quarterly Subtotal		18	17.5	1	202.5
1-2 Clinic Shifts ²		2-4	0	4-8	44-88

¹NM7341, NM7416 and NM7417: May also be offered in spring.

²Students are assigned 6 shifts during their first year (4 quarters) in clinic.

³NM7302: Offered fall and spring.

⁴PM7301: One section usually offered in summer

⁵PM7302: One section usually offered in fall

⁶PM7303: One section usually offered in winter

FIVE-YEAR TRACK-OPTION A

YEAR V

Qtr. Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
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Su NM8206	Radiographic Interpretation 1 Lecture ¹	3	3	0	33
NM8207	Radiographic Interpretation 1 Lab ¹	1	0	2	22

	Quarterly Subtotal	4	3	2	55	
	3-4 Clinic Shifts	68	0	12-16	132-176	
F	NM8303	Geriatrics	2	2	0	22
	NM8308	Endocrinology ²	3	3	0	33
	NM8312	Urology	1.5	1.5	0	16.5
	NM8325	Nat. Case Analysis & Mgmt 2: Grand Rounds ³	1	0	2	22
	NM8413	Adv'd Naturopathic Therapeutics 1	2	2	0	22
	Quarterly Subtotal	9.5	8.5	2	115.5	
	3-4 Clinic Shifts	68	0	12-16	132-176	
W	NM8101	Ethics ⁴	1	1	0	11
	NM8213	Diagnostic Imaging ⁵	2	2	0	22
	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
	Quarterly Subtotal	7.5	6.5	4	115.5	
	3-4 Clinic Shifts	68	0	12-16	132-176	
Sp	NM8102	Jurisprudence	1	1	0	11
	NM8109	Practice Management 2	2	2	0	22
	NM8212	Radiographic Interpretation 2 ⁵	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 ⁶	2	0	4	44
	Quarterly Subtotal	10.5	7.5	8	170.5	
	3-4 Clinic Shifts	68	0	12-16	132-176	

¹NM8206 and NM8207: Both offered summer and fall

²NM8308: Offered fall and spring

³NM8325: Offered in fall, winter and spring

⁴NM8101: Offered fall and winter

⁵NM8212 and NM8213: Both offered winter and spring

⁶NM8844: Students are required to complete a total of 44 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.

Summary of Clinic Requirements: Naturopathic Medicine Program

Qtr. ¹	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	NM7820-29	Patient Care 1-10	20	0	40	440
variable	NM8801-3	Preceptorship 1-3	3	0	12	132
variable	NM8830-36	Patient Care 11-17	14	0	28	308
variable	NM8844	Interim Patient Care	2	0	4	44
variable	PM7801-2	Physical Medicine 1-2	4	0	8	88
variable	PM8801-2	Physical Medicine 3-4	4	0	8	88
	Clinic Totals		47	0	100	1100

¹Quarterly 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	13	13	0	143
		Elective Totals	13	13	0	143

Curriculum and course changes in the 2008-2009 Bastyr University Catalog are applicable to students entering during the 2008-2009 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

FIVE-YEAR TRACK-OPTION B

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 ¹	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
	Quarterly Totals		23	17	12	319
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 ¹	2	2	0	22
	NM5114	Fundamentals of Naturopathic Clinical Theory	2	1	2	33
	OM5120	Fundamental Principles of TCM ¹	3	3	0	33

PM5301	Hydrotherapy/Physiotherapy Lecture 2	2	0	22		
PM5305	Hydrotherapy/Physiotherapy Lab ¹	1	0	22		
Quarterly Totals		28	23	363		
Sp	BC5106	Biochemistry 3	4	4	0	44
	BC5109	Human Physiology 3	3	3	0	33
	BC5124	Gross Human Anatomy 3	45	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 ²	26.5
	NM5115	Naturopathic Medicine in Global Context	2	1	2	33
	PM5310	Myofascial Analysis	1.5	0	3	33
Quarterly Totals		23.5	17.5	12	323.5	

¹BC5110, BC5142 and OM5120: Usually also offered in summer

²Two hours every other week times five weeks

FIVE-YEAR TRACK - OPTION B

YEAR II

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC6200	Human Pathology 1	4	4	0	44
	BC6204	Immunology ¹	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 Lecture2	2	0	22	
	NM6221L	Physical/Clinical Diagnosis 1 Lab	2	1	2	33
	PS6305	Naturopathic Counseling 1	3	3	0	33
	TR6310	Foods, Dietary Systems & Assessment	3	2	2	44
Quarterly Totals		25.5	22	7	319	

W	BC6201	Human Pathology 2	4	4	0	44
	BC6209	Infectious Diseases ²	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 Lecture2	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
Quarterly Totals		27.5	25	5	330	

Sp	BC6202	Human Pathology 3	4	4	0	44
	BC6305	Pharmacology ²	5	5	0	55
	BO6303	Botanical Medicine Dispensary Lab ¹	1	0	2	22
	HO6302	Homeopathy 3	3	3	0	33
	NM6212	Clinical Lab Diagnosis 3	3.5	2	3	55
	NM6223	Physical/Clinical Diagnosis 3 Lecture2	2	0	22	
	NM6223L	Physical/Clinical Diagnosis 3 Lab	2	1	2	33
	NM6804	Clinic Entry 2	1	1	0	11
	NM8801	Preceptorship 1	1	0	4	44
	PM6300	Naturopathic Manipulation 1	2	2	0	22
Quarterly Totals		24.5	20	11	341	

¹BO6204 and BO6303: Usually also offered in summer

²BC6209 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 61.

FIVE-YEAR TRACK-OPTION B

YEAR III

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	MW7320	Normal Maternity	3	3	0	33
	PM7301	Naturopathic Manipulation 2 ¹	3	3	0	33
	PM7305	Orthopedics	2	2	0	22
	NM7313	Gynecology	3	3	0	33
	PS7200	Psychology Assessment	2	2	0	22
	TR7411	Diet & Nutrient Therapy 1	3	3	0	33
Quarterly Subtotal		16	16	0	176	
1-2 Clinic Shifts ²		2-4	0	48	44-88	
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	
PM7302	Naturopathic Manipulation 3 ³	3	3	0	33	
PS7203	Addictions & Disorders	2	2	0	22	
TR7412	Diet & Nutrient Therapy 2	3	3	0	33	
	Quarterly Subtotal	16	16	0	176	
	1-2 Clinic Shifts ²	2-4	0	4-8	44-88	
Sp	NM7315	Pediatrics 2	2	2	0	22
	NM7320	Family Medicine	2	2	0	22
	NM7330	The Healing Systems	1	1	0	11
	PM7303	Naturopathic Manipulation 4 ⁴	3	3	0	33
	PS7315	Naturopathic Counseling 3	2	2	0	22
	Quarterly Subtotal	10	10	0	110	
	1-2 Clinic Shifts ²	2-4	0	4-8	44-88	

¹PM7301: One section usually offered in summer

²Students are assigned 6 shifts during their first year (4 quarters) in clinic.

³PM7302: One section usually offered in fall

⁴PM7303: One section usually offered in winter

FIVE-YEAR TRACK-OPTION B

YEAR IV

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	NM7325	Naturopathic Case Analysis & Mgmt 1	1.5	0	3	33
	NM7341	Cardiology ¹	3	3	0	33
	NM7416	Minor Office Procedures ¹	3	3	0	33
	NM7417	Medical Procedures ¹	3	3	0	33
	Quarterly Subtotal		10.5	9	3	132
	1-2 Clinic Shifts		2-4	0	4-8	44-88
F	BO7300	Botanical Medicine 4 Lec/Lab	2	1.5	1	26.5
	NM7302	Gastroenterology ²	2	2	0	22
	NM7307	EENT	2	2	0	22
	Quarterly Subtotal		6	5.5	1	70.5
	1-2 Clinic Shifts		2-4	0	4-8	44-88
W	NM7304	Dermatology	2	2	0	22
	NM7306	Oncology	2	2	0	22
	PM7341	Sports Medicine/Therapeutic Exercise ²	2	2	0	22
	Quarterly Subtotal		6	6	0	66
	1-2 Clinic Shifts		2-4	0	4-8	44-88
Sp	BO7301	Botanical Medicine 5 Lec/Lab	2	1.5	1	26.5
	NM7109	Practice Management 1	2	2	0	22
	NM7305	Clinical Ecology	2	2	0	22
	NM7311	Neurology	2	2	0	22
	Quarterly Subtotal		8	7.5	1	92.5
	1-2 Clinic Shifts		2-4	0	4-8	44-88

¹NM7341, NM7416 and NM7417: May also be offered in spring.

²NM7302: Offered fall and spring.

FIVE-YEAR TRACK-OPTION B

YEAR V

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	NM8206	Radiographic Interpretation 1 Lecture ^{1,3}	3	3	0	33
	NM8207	Radiographic Interpretation 1 Lab ¹	1	0	2	22
	Quarterly Subtotal		4	3	2	55
	3-4 Clinic Shifts		6-8	0	12-16	132-176
F	NM8303	Geriatrics	2	2	0	22
	NM8308	Endocrinology ²	3	3	0	33
	NM8312	Urology	1.5	1.5	0	16.5
	NM8325	Nat. Case Analysis & Mgmt 2: Grand Rounds ³	1	0	2	22
	NM8413	Adv'd Naturopathic Therapeutics 1	2	2	0	22
	Quarterly Subtotal		9.5	8.5	2	115.5
	2-3 Clinic Shifts		4-6	0	6-8	66-88
W	NM8101	Ethics ⁴	1	1	0	11
	NM8213	Diagnostic Imaging ⁵	2	2	0	22
	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
	Quarterly Subtotal		7.5	6.5	4	115.5
	2-3 Clinic Shifts		4-6	0	6-8	66-88
Sp	NM8102	Jurisprudence	1	1	0	11
	NM8109	Practice Management 2	2	2	0	22
	NM8212	Radiographic Interpretation 2 ⁵	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 ⁶	2	0	4	44
	Quarterly Subtotal	10.5	7.5	8	170.5
	2-3 Clinic Shifts	4-6	0	6-8	66-88

¹NM8206 and NM8207: Both offered summer and fall

²NM8308: Offered fall and spring

³NM8325: Offered in fall, winter and spring

⁴NM8101: Offered fall and winter

⁵NM8212 and NM8213: Both offered winter and spring

⁶NM8844: Students are required to complete a total of 44 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.

Summary of Clinic Requirements:

Naturopathic Medicine Program

Qtr. ¹	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	NM7820-29	Patient Care 1-10	20	0	40	440
variable	NM8801-3	Preceptorship 1-3	3	0	12	132
variable	NM8830-36	Patient Care 11-17	14	0	28	308
variable	NM8844	Interim Patient Care	2	0	4	44
variable	PM7801-2	Physical Medicine 1-2	4	0	8	88
variable	PM8801-2	Physical Medicine 3-4	4	0	8	88
		Clinic Totals	47	0	100	1100

¹Quarterly 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	13	13	0	143
		Elective Totals	13	13	0	143

Curriculum and course changes in the 2008-2009 Bastyr University Catalog are applicable to students entering during the 2008-2009 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

The following total requirements apply to all naturopathic medicine program tracks.

Total Requirements: Naturopathic Medicine Program

	Crdt.	Lec.	L/C	Tot.
Total Core Course Credits and Hours	251	220	62	3099
Total Elective Credits and Hours	13	13	0	143
Total Clinic Credits and Hours	47	0	100	1100
Total Requirements	311	233	162	4342

CERTIFICATE IN NATUROPATHIC MIDWIFERY

The naturopathic midwifery program provides training leading to a Certificate in Naturopathic Midwifery.

The vision of the naturopathic midwifery program is:

- To preserve naturopathic childbirth within the scope of naturopathic medical practice and to promote naturopathic midwifery nationwide.
- To improve the quality of care provided to childbearing women and their families.
- To preserve the normalcy of childbearing and promote natural childbirth.

Graduates are uniquely qualified among naturopathic physicians and among midwives. As comprehensive naturopathic family physicians, they enjoy an extended scope of practice in the provision of care to the birthing woman and her family. In their role as naturopathic midwives, they augment the midwives' model of care with the naturopathic principles of practice and exceed the midwifery scope of practice by providing ongoing pediatric, gynecological and family care. The depth and breadth of naturopathic medicine is wholly embodied in the naturopathic doctor specializing in maternity care.

This certificate adds to the Bastyr naturopathic medicine program 71.5 additional classroom and lab credits, which includes approximately 1,300 clinical hours. These additional requirements may be done concurrently with, or after finishing, a CNME accredited program in naturopathic medicine. (If taken after completing a naturopathic medicine degree, the program will take one to two years to complete.)

The program is open to graduates of any naturopathic medical program that is accredited by the Council on Naturopathic Medical Education (CNME). The program is fully accredited by the federally approved Midwifery Education Accreditation Council. The naturopathic midwifery program fulfills the Midwives Alliance of North America (MANA) core competencies for midwifery practice and exceeds minimum clinical standards set by both the American College of Nurse Midwives and the North American Registry of Midwives (NARM). Graduates are eligible for licensure as midwives in the state of Washington and may be able to demonstrate eligibility in other states that license midwives. Graduates may also sit for the ACNO (American College of Naturopathic Obstetricians) specialty licensure exam in states that include natural childbirth within the scope of the naturopathic physician. In addition, graduates are eligible to sit for the NARM certified professional midwife (CPM) exam.

PREREQUISITES

Students must be enrolled in the Bastyr University naturopathic medicine program or be a graduate of a CNME-accredited naturopathic college or program. They must have successfully completed the first two years of the four-year or five-A track naturopathic medicine program and MW7320 Normal Maternity, MW9100 Midwifery Wisdom: An Introduction, and be in good academic standing. Evidence of completion of a doula training course (minimum 32 hours) is required for applications to be considered for entry into the program. Bastyr University offers MW9115 Doula Training each summer quarter. Doula certification or documented participation in at least three births is highly recommended. It is the student's responsibility to arrange a hands-on internship with a legal or licensed childbirth clinician (whom we refer to as the preceptor). Documentation of the preceptor's agreement to train the student is required with application. Preceptors must provide the following: copy of current license, CV, CEUs, preceptor application and agreement forms (if none on file). Financial aid information is available from the financial aid office.

Prerequisites for the naturopathic medicine program are listed in the naturopathic medicine portion of the catalog.

ADMISSIONS

For information on the general admissions process, please refer to the admissions section in this catalog. The information below refers only to naturopathic midwifery.

Students must be in good academic standing and may apply to the program while enrolled in MW7320 Normal Maternity. (Acceptance to the program requires successful completion of the course.) Applicants are required to submit a variety of documents as outlined in the application package available from the Admissions Office. Included with the application should be a preceptor's contact information and agreement to provide hands-on, training in out-of-hospital maternity care training, evidence of completion of neonatal resuscitation training and adult CPR training. Qualified applicants are invited to an admissions interview by the end of the following quarter and are notified in writing if accepted into the program. Upon acceptance, students will complete an enrollment agreement form.

DIDACTIC TRAINING

The naturopathic midwifery program is not a freestanding curriculum but is interwoven with the naturopathic medicine curriculum. It adds approximately one year to the naturopathic medicine program when taken concurrently. Students planning to complete the midwifery program are advised to choose the 5B naturopathic medicine curriculum plan in order to allow for the additional clinical and classroom hours required. NOTE: Students not enrolled in the 5B track will not be placed in high volume, local internship sites.

Many courses in the naturopathic medicine program are prerequisites for the naturopathic midwifery program. Students enrolled in the naturopathic midwifery program may apply nine credits of required midwifery coursework toward the 15 elective credits required in the naturopathic medicine program. Students entering the

naturopathic midwifery program under this catalog have no requirement for midwifery electives; however, students are strongly encouraged to take electives offered by the naturopathic midwifery department and those electives offered by other departments that are applicable to family, maternal, infant and pediatric care.

Students are assessed by classroom faculty and clinical faculty for proficiency in course-specific and clinical competencies as well as the Bastyr global competencies. (See catalog introduction.)

CLINICAL TRAINING

The naturopathic midwifery program requires extensive supervised clinical experience, including the care of women and their babies throughout pregnancy and into the postpartum period. The addition of this program greatly deepens and broadens clinical expertise via at least 1300 additional hours of supervised patient interactions, physical examinations, charting, lab procedures, etc.

While enrolled in the academic program, students are required to manage 75 prenatal visits (20 must be the initial prenatal visit) and 50 postpartum visits, to actively participate in at least 25 births and to manage 50 births, all under the supervision of an approved preceptor. In order to enter a birth internship, students must be admitted into the naturopathic midwifery program and have successfully completed all basic science courses and MW7320 Normal Maternity. Prior to managing births or performing any skills independently at births, students must have completed MW7303 Labor Complications. (Students will receive 100 percent supervision during all aspects of clinical training.)

Of the 50 births managed, 15 must be with one preceptor and 15 must be births at home or in an out-of-hospital setting. To satisfy continuity of care requirements, at least four of these managements must be with women for whom the student has provided primary care during at least four prenatal visits, the birth, a newborn exam and one postpartum exam. In addition, the management of 20 newborn exams must be documented. Students are required to train in at least two different preceptor sites. Each of the 75 birth experiences counts as one-half credit, for a total of 37.5 credits. Advanced clinical standing status may be approved by the naturopathic midwifery department chair.

All clinical experience is gained in internships secured by students with approved physicians or midwives practicing in the U.S. or abroad. Each student is responsible for arranging his/her own internship with guidance from the naturopathic midwifery department. All preceptors must be practicing legally within their state or country and must be approved by the department chair. Approval can take as long as eight weeks for out-of-state sites. Advanced students may be placed in an overseas, high-volume birth site. These sites are hospital-based and require at least a one-month commitment. See the financial aid office for loan information.

Students are required to obtain training in neonatal resuscitation, adult CPR, a TB test, a Washington State Patrol background check, and must complete a criminal history disclosure form before beginning their internships. Information about times and locations of neonatal resuscitation workshops is available through Children's Hospital in Seattle. Students must keep resuscitation trainings current throughout the clinical training experience and are responsible for the costs incurred.

Once placed in an internship, students are required to meet with the naturopathic midwifery department chair each quarter to review evaluations and to register births. If students are interning at a distance, they must maintain timely contact with the chair each quarter by whatever means appropriate. Those admitted to the program who are not involved in an internship are also expected to schedule and attend a quarterly advising session with the department chair.

GRADUATION REQUIREMENTS

Students enrolled in the naturopathic midwifery program are required to complete the Bastyr University naturopathic medicine program or be a graduate of a CNME-accredited naturopathic college or program, and are required to complete 32 credits of specialized naturopathic midwifery courses, 2 credits of midwifery

independent study, and 37.5 credits of birth practicum. A student shall be issued the Certificate in Naturopathic Midwifery when all the following requirements have been met:

- Receipt of the doctor of naturopathic medicine degree.
- Satisfactory completion of all naturopathic midwifery program courses.
- Compilation of approved clinical practice guidelines.
- Completion of all naturopathic midwifery program clinical requirements.
- Recommendation from the naturopathic midwifery department chair.

Bastyr students who enter the program while enrolled in the naturopathic medicine program have three years from their ND graduation date to complete the naturopathic midwifery program. Those with an ND degree from Bastyr or any other CNME accredited program have three years to complete the naturopathic midwifery program.

LICENSURE

In most states that license naturopathic physicians to provide intrapartum care, practitioners must have graduated from a maternity care specialty program offered within a CNME-accredited naturopathic medicine program. In addition, they are required to pass the American College of Naturopathic Obstetricians (ACNO) exam. In states using the North American Registry of Midwives (NARM) exam, our graduates are eligible to be licensed or registered as midwives or as certified professional midwives (CPMs).

The 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).

CERTIFICATE IN NATUROPATHIC MIDWIFERY 2008-2009

YEAR I

Cat. No.	Course Title	Crdt.	Lec.	L/C
MW9100	MW Wisdom: An Introduction ¹	3	3	0

YEAR II

Cat. No.	Course Title	Crdt.	Lec.	L/C
MW9115	Doula Training ¹	3	3	0

YEAR III

Cat. No.	Course Title	Crdt.	Lec.	L/C
MW7302	Prenatal Complications	3	3	0
MW7303	Labor Complications	3	3	0
MW7304	Maternal Postpartum	2	2	0
MW7320	Normal Maternity ²	3	3	0
MW7321	Advanced Normal Maternity	2	1	2
MW8102	Childbirth Education	1	1	0
PS6303	Sexuality & Sex Therapy	2	2	0
TR7311	Maternal & Infant Nutrition	3	3	0

YEAR IV

Cat. No.	Course Title	Crdt.	Lec.	L/C
BC8410	Clinical Pharmacology in Midwifery ¹	1	1	0
MW7310	Neonatology	3	3	0
MW7315	Practitioner's Guide to Lactation Management	2	2	0
MW7901	Independent Study	var ³	0	var
MW8103	Legal & Professional Issues in Midwifery	2	2	0
MW8105	Grief & Loss in Midwifery	2	2	0
MW8800	Childbirth Practicum-Participations	var ⁴	0	var
MW8802	Childbirth Practicum-Managements	var ⁴	0	var
MW8811	Birth Rounds 1	1	0	2
MW8812	Birth Rounds 2	1	0	2
MW8813	Birth Rounds 3	1	0	2

YEAR V

Cat. No.	Course Title	Crdt.	Lec.	L/C
MW8800 & 8802	Childbirth Practicum	var ***	0	var

¹Electives are subject to change and may not be offered every year.

²Also required in the naturopathic medicine curriculum.

³Students are required to take 2 credits of independent study (MW7901, MW7902 or MW7903). Students are permitted to study more than one topic but must register using a separate course number for each topic.

⁴Upon completion, Childbirth Practicum will total 37.5 credits, 12.5 credits as an active participant and 25 credits as the primary midwife under supervision (“managements”).

Total Requirements: Naturopathic Midwifery**Program**

Totals below do not include credit requirements for the naturopathic medicine program or elective credits.

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	34	28	8
Total Practicum Credits and Hours	37.5	0	var

Curriculum and course changes in the 2008-2009 Bastyr University Catalog are applicable to students entering the naturopathic midwifery program during the 2008-2009 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 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 preclinical 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 towards 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

Dual track students must complete 10 elective credits. Four of the elective credits must be from Oriental medicine or Chinese medicine and six credits from other disciplines. 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 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.), 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) 2008-2009**YEAR I**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC5104	Biochemistry I	4	4	0	44
	BC5107	Human Physiology I Lec/Lab	5.5	4	3	77
	BC5110	Histology ¹	5	4	2	66
	BC5122	Gross Human Anatomy I	4.5	4	1	55
	BC5122L	Gross Human Anatomy I Lab	1	0	2	22

	NM5113	Naturopathic Medicine in Historical Context	2	1	2	33	
	NM5804	Clinic Entry 1	1	0	2	22	
		Quarterly Totals	23	17	12	319	
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 ¹	2	2	0	22	
	NM5114	Fundamentals of Naturopathic Clinical Theory	2	1	2	33	
	PM5301	Hydrotherapy/Physiotherapy Lecture 2	2	0	0	22	
	PM5305	Hydrotherapy/Physiotherapy Lab	1	0	2	22	
		Quarterly Totals	25	20	10	330	
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 ²	26.5	
	NM5115	Naturopathic Medicine in Global Context	2	1	2	33	
	PM5310	Myofascial Analysis	1.5	0	3	33	
		Quarterly Totals	23.5	17.5	12	323.5	

¹BC5110, BC5142: Usually also offered in summer

²Two 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 ¹	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	2	0	22	
	NM6221L	Physical/Clinical Diagnosis 1 Lab	2	1	2	33	
	PS6305	Naturopathic Counseling 1	3	3	0	33	
	TR6310	Foods, Dietary Systems & Assessment	3	2	2		44
		Quarterly Totals	25.5	22	7	319	
W	BC6201	Human Pathology 2	4	4	0	44	
	BC6209	Infectious Diseases ²	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	2	0	22	
	NM6222L	Physical/Clinical Diagnosis 2 Lab	2	1	2	33	
	NM7101	Environmental Medicine	1.5	1.5	0	16.5	
	NM7102	Public Health	1.5	1.5	0	16.5	
	PS6306	Naturopathic Counseling 2	3	3	0	33	
	TR6311	Macro & Micronutrients	3	3	0	33	
		Quarterly Totals	30.5	28	5	363	
Sp	BC6202	Human Pathology 3	4	4	0	44	
	BO6303	Botanical Medicine Dispensary Lab ¹	1	0	2	22	
	BC6305	Pharmacology ²	5	5	0	55	
	HO6302	Homeopathy 3	3	3	0	33	
	NM6212	Clinical Lab Diagnosis 3	3.5	2	3	55	
	NM6223	Physical/Clinical Diagnosis 3 Lecture 2	2	2	0	22	
	NM6223L	Physical/Clinical Diagnosis 3 Lab	2	1	2	33	
	NM6804	Clinic Entry 2	1	1	0	11	
	NM8801	Preceptorship 1	1	0	4	44	
	PM6300	Naturopathic Manipulation 1	2	2	0	22	
		Quarterly Totals	24.5	20	11	341	

¹BC6204 and BO6303: Usually also offered in summer. Summer enrollment in BC6204 is recommended for dual track students.

²BC6209 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 61.

YEAR III

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	NM7325	Naturopathic Case Analysis & Mgmt 1	1.5	0	3	33

	NM7341	Cardiology ¹	3	3	0	33
	NM7417	Medical Procedures ¹	3	3	0	33
		Quarterly Subtotal	7.5	6	3	99
		NM Clinic Shift 1	2	0	4	44
		PM Clinic Shift 1	2	0	4	44
F	MW7320	Normal Maternity	3	3	0	33
	NM7313	Gynecology	3	3	0	33
	OM4106	Meridians & Points 1	4	4	0	44
	OM4118	TCM Fundamentals	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 ²	3	3	0	33
	PM7305	Orthopedics	2	2	0	22
	PS7200	Psychology Assessment	2	2	0	22
	TR7411	Diet & Nutrient Therapy 1	3	3	0	33
		Quarterly Subtotal	27	25	4	319
		NM Clinic Shifts 2-3	4	0	8	88
W	NM7116	Naturopathic Clinical Theory 2	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 ³	3	3	0	33
	PS7203	Addictions & Disorders	2	2	0	22
	TR7412	Diet & Nutrient Therapy 2	3	3	0	33
		Quarterly Subtotal	26	25	2	297
		NM Clinic Shift 4	2	0	4	44
		PM Clinic Shift 2	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 ⁴	3	3	0	33
	PS7315	Naturopathic Counseling 3	2	2	0	22
		Quarterly Subtotal	22	21	2	253
		AOM Clinic Observation 1	2	0	4	44
		NM Clinic Shift 5	2	0	4	44

¹NM7341 and NM7417: May also be offered in spring

²PM7301: One section usually offered in summer

³PM7302: One section usually offered in fall

⁴PM7303: One section usually offered in winter

NOTE: The courses that follow in italics are only required for the MSAOM degree. For those students studying toward the MSA, please exclude those courses from your credit calculations.

YEAR IV

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Sp	<i>BO3101</i>	<i>Intro to Botany</i>	3	2	2	44
	<i>CH6421</i>	<i>Chinese Materia Medica 1</i>	4	4	0	44
	NM7416	Minor Office Procedures ¹	3	3	0	33
	<i>OM5122</i>	<i>Medical Chinese 2</i>	1	1	0	11
		Quarterly Subtotal	11	10	2	132
		<i>CHM Dispensary 1</i> ²	2	0	4	44
		NM Clinic Shifts 6-7	4	0	8	88
F	BO7300	Botanical Medicine 4 Lec/Lab	2	1.5	1	26.5
	<i>CH6422</i>	<i>Chinese Materia Medica 2</i>	4	4	0	44
	NM7302	Gastroenterology	2	2	0	22
	NM7307	EENT	2	2	0	22
	<i>OM5123</i>	<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
		AOM Clinic Observation 2	2	0	4	44

	NM Clinic Shifts 8-9	4	0	8	88
W	CH6423 Chinese Materia Medica 3	4	4	0	44
	NM7304 Dermatology	2	2	0	22
	NM7306 Oncology	2	2	0	22
	OM5124 Medical Chinese 4	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
	AOM Clinic Observation 3	2	0	4	44
	AOM Preceptor Observation ²	2	0	4	44
	NM Clinic Shift 10	2	0	4	44
Sp	BO7301 Botanical Medicine 5 Lec/Lab	2	1.5	1 ³	26.5
	CH6431 CHM Herbal Formulations 1	4	4	0	44
	NM7109 Practice Management 1	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
	AOM Clinic Internships 1-2 ²	4	0	8	88
	CHM Dispensary 2 ⁵	2	0	4	44
	NM Clinic Shifts 11-12	4	0	8	88

¹ NM7416: May also be offered in spring

² May be taken in any quarter after beginning the Chinese herbal curriculum.

³ Two hours every other week times five weeks

⁴ All AOM requirements listed through winter quarter of year 4 must be completed to be eligible to begin AOM internships.

YEAR V

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	CH6432	CHM Herbal Formulations 2	4	4	0	44
	NM8206	Radiographic Interpretation 1 Lec ¹	3	3	0	33
	NM8207	Radiographic Interpretation 1 Lab ¹	1	0	2	22
	PS6100	Motivational Interviewing	2	2	0	22
		Quarterly Subtotal	10	9	2	121
		AOM Clinic Internships 3-6	8	0	16	176
		NM Clinic Shift 13	2	0	4	44
F	CH6408	Chinese Herbal Therapeutics 1	4	4	0	44
	NM8303	Geriatrics	2	2	0	22
	NM8308	Endocrinology ²	3	3	0	33
	NM8312	Urology	1.5	1.5	0	16.5
	NM8325	Nat. Case Analysis & Mgmt 2: Grand Rounds ³	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 Internships 7-8	4	0	8	88
		CHM Shift 1	2	0	4	44
		NM Clinic Shift 14	2	0	4	44
		PM Clinic Shift 3	2	0	4	44

Eligible to sit for the NCCAOM exam⁴

W	BC6100	Pharmacology of CHM & Drug Interactions	2	2	0	22
	CH6409	Chinese Herbal Therapeutics 2	4	4	0	44
	NM8101	Ethics ⁵	1	1	0	11
	NM8213	Diagnostic Imaging ⁶	2	2	0	22
	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	19.5	18.5	4	247.5
		AOM Clinic Internships 9-11	6	0	12	132
		CHM Shift 2	2	0	4	44
		NM Clinic Shift 15	2	0	4	44
		PM Clinic Shift 4	2	0	4	44
Sp	CH6410	Chinese Herbal Therapeutics 3	4	4	0	44

NM8102	Jurisprudence	1	1	0	11
NM8109	Practice Management 2	2	2	0	22
NM8212	Radiographic Interpretation 2 ⁶	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 ⁷	2	0	4	44
OM6105	Jurisprudence/Ethics	1	1	0	11
OM5836	Internship Vacation Clinic ⁷	1.5	0	3.3	36
	Quarterly Subtotal	17	12.5	11.3	261.5
	AOM Clinic Internships 12 – 13 ⁸	4	0	8	88
	CHM Shift 3 – 4	4	0	8	88
	NM Clinic Shifts 16 - 17	4	0	8	88

¹ NM8206 and NM8207: Both offered summer and fall

² NM8308: Offered fall and spring

³ NM8325: Offered in fall, winter and spring

⁴ Upon completion of 350 clinical hours (observation, internship or Chinese herbal medicine) and at least 1100 didactic hours, students are eligible to sit for the NCCAOM exam (a requirement for licensure).

⁵ NM8101: Offered fall and winter

⁶ NM8212 and NM8213: Both offered winter and spring

⁷ Students are required to complete a total of 44 NM interim Patient Care hours and 36 AOM Internship Vacation 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.

⁸ NM/MSA students will take AOM Clinic Internship 14 in spring quarter

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 Internship 14 – 15	4	0	8	88
	CHM Shifts 5 – 6	4	0	8	88
F	AOM Clinic Internship 16	2	0	4	44
	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 Internship requirement. Acupuncture and CHM shifts will be distributed differently if a student goes to China.

Elective Requirements: Naturopathic Medicine/Acupuncture and Oriental Medicine

Qtr. Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	variable Elective and Special Topics	10	10	0	110
	Elective Totals	10	10	0	110

Note: Four of the ten elective credits must be from either the OM or CH disciplines. The remaining six credits must be from other disciplines such as NM, HO, BO, PS or TR.

Curriculum and course changes in the 2008-2009 Bastyr University Catalog are applicable to students entering during the 2008-2009 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

Total Requirements: Acupuncture and Oriental Medicine/Naturopathic Medicine Program

	Crdt.	Lec.	L/C	Tot.
Total Core Course Credits and Hours	362	325	74	4386
Total Elective Credits and Hours	10	10	0	110
Total Clinic Credits and Hours	108.5	0	223.3	2456
Total Requirements	480.5	335	297.3	6952

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 Naturopathic Medicine and are therefore waived for dually enrolled students (shown in order, as found in the MSA/MSAOM curriculum tables):

BC3134	AOM Living Anatomy	4
OM4800	Clinic Entry	2
BC3100	Survey of Organic Chemistry	4
BC3135	Anatomy & Physiology 1 Lec/Lab	5
OM3110	Biochemistry	4
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
OM5323	Survey of Western Clinical Sciences 3	2
BC4120	Microbiology (AOM)	2
BC4120L	Microbiology Lab (AOM)	1

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

FACULTY

WITH HIGHEST DEGREES, LICENSES OBTAINED AND DEPARTMENTAL AFFILIATION

Key

ABS	(Applied Behavioral Science)
AOM	(Acupuncture & Oriental Medicine)
BS	(Basic Sciences)
BTM	(Botanical Medicine)
EXS	(Exercise Science)
HO	(Homeopathy)
HS	(Herbal Sciences)
IS	(Interdisciplinary Studies)
NM	(Naturopathic Medicine)
NMW	(Naturopathic Midwifery)
NTR	(Nutrition)
PM	(Physical Medicine)
PSY	(Psychology)

CORE

Adams, Lizbeth, PhD, University of Washington (BS)
Anderson, Paul S, ND, National College of Naturopathic Medicine (NM)
Brammer, Debra, ND, Bastyr University (NM)
Cullen, Laureen, ND, Bastyr University (NM)
Dodge, Christian, ND, MA, Stanford University (MA, BS), Bastyr University (NM))
Frederickson, Richard, PhD, University of North Dakota (BS)
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)
Koutoubi, Samer MD, University Institute of Medicine and Pharmacy (Romania), PhD, Florida International University (NTR)
Lantz, Deborah S., ND, Bastyr University (NM)
Lichtenstein, Brad, ND, Bastyr University (NM, PM)
Littleton, Kent, ND, Bastyr University, MS, University of Washington (BS)
Mann, Richard, ND, Bastyr University (HO)
Martin, Morgan, ND, LM, Bastyr University (NMW)
Modell, Harold, PhD, University of Mississippi Medical Center (BS)
Nalbandian, Jana, ND, Bastyr University, MT (NM)
Neary, Dean E., Jr, ND, Bastyr University (PM, NM)
Novack, Jeffrey, PhD, University of Washington (BS)
Parkinson, Andrew, ND, Bastyr University (NM)
Scott, Heather PhD, University of Missouri (BS)
Sivam, Gowsala, PhD, University of Maryland (BS)
Standish, Leanna, ND, Bastyr University, PhD, University of Massachusetts, LAc (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)
Weber, Wendy, ND, Bastyr University (NM)
Welliver, Nancy, ND, Bastyr University (BTM, HS, NM)

Yarnell, Eric, ND, RH, (AHG), Bastyr University (BTM, HS, NM)
Yin, Phoebe, ND, Bastyr University (NM)

ADJUNCT

Albin, Melissa, LMP, Boulder School of Massage Therapy (PM)
Allott, Kristen, ND, Bastyr University (NM)
Anderson, Robert, MD, University of Washington (NM)
Barry, David, ND, DC, Bastyr University (PM)
Bauer, Kimberly, ND, Bastyr University (HS, BTM, NMW)
Berman, Lisa, Heilpraktiker, Berlin University (BTM)
Bickson, Christine, ND, Bastyr University (HO, NM)
Biery, Nancy, PhD, Johns Hopkins University (HS)
Bohan, Heidi, Ethnobotanist (HS)
Brignall, Matt, ND, Bastyr University (NTR, NM)
Brinton, Catherine, ND, Bastyr University (BS, NM)
Broderick, Evert, BA, University of Nevada (HS)
Capone, Ralph, ND, Bastyr University (BS)
Callahan, Timothy, PhD, University of Washington (IS)
Connor, Kevin, ND, Bastyr University (NM)
Coyote, Beth, LM, Seattle Midwifery School (NMW)
Dazey, Jenn, ND, Bastyr University (HS, BTM)
DiPasquale, Robin, ND, RH (AHG), Bastyr University (HS)
DiRienzo, Alyssa, ND, National College of Naturopathic Medicine (NM)
Drum, Ryan, PhD, Iowa State University (HS)
Edwards, Louise, ND, National College of Naturopathic Medicine (NM)
Eichelsdorfer, Petra, ND, Bastyr University (BS, NM)
Farris, Melissa, Aromatherapist (HS)
Flaster, Trish, MS, University of Colorado (HS)
Fresonke, Jill, ND, Bastyr University (NM)
Gbedawo, Hatha, ND, Bastyr University (NM, PM)
Ghormley, Jill, ND, Bastyr University (NM, PM)
Gonzalez, Alicia, ND, Bastyr University (NM)
Goldhamer, Alan, DC, Western States Chiropractic College (NM)
Grimes, Melanie (HO)
Harris, Jeff, ND, Bastyr University (NM)
Hochberg, Henry, MD, Albert Einstein College of Medicine (NM)
Kababick, James, BS, University of LaVerne (HS)
Karsten, Paul, PhD, Samra University, MEd, University of Washington, LAc (AOM, NM)
Kenner, Carrie, BA, University of Washington (NMW)
Khalsa, Karta Purkh Singh, AHG, CN (HS, BTM)
Kiefer, David, MD, University of Wisconsin-Madison (HS)
Lair, Cynthia BA, CHN, Wichita State University (NTR)
Lamden, Mark, ND, Bastyr University (NM)
Lamson, Davis, PhD, University of Illinois, ND, Bastyr University (NM)
Lee-Engel, Christy, ND, Bastyr University, LAc (NM)
Lewis, Douglas C, ND, Bastyr University (PM)
Logan, John, DC, Palmer Chiropractic College–West (PM)
Machnicki, Noelle, BS, The Evergreen State College (HS)
Marcus, Judith, LMP, MA, Antioch 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)
Morris, Timothy, ND, Bastyr University (BS)
Nagel, Glen, ND, National College of Naturopathic Medicine (HS)
Nichols, Marilyn “Nikki”, LMP, Brian Utting School of Massage, RN, BSN, Creighton University (PM)

Perez, Jennifer, BS, Bastyr University (HS, BTM)
Peters, Brian, ND, 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, Esfandiar, MD, PhD (NM)
Pournadeali, Kasra, ND, Bastyr University (NM)
Powell, Dirk, ND, National College of Naturopathic Medicine (NM)
Price, Lisa, ND, Bastyr University (BS)
Riccio, Loren, ND, LM, Bastyr University (NMW)
Rizzi, Trinity Ava, Aromatherapist (HS)
Rubinstein, Joshua, ND, Bastyr University (NM, BS)
Schmidt, Dawn, LMP, Seattle Massage School, BS, California State University (PM)
Schor, Heidi, RSHom, CCH (HO)
Snider, Pamela, ND, Bastyr University (NM)
Sodhi, Shailinder, ND, Bastyr University (AV)
Somol, Kris, ND, Bastyr University (NM)
Stahlberg, Rainer, PhD, Leningrad State University (HS)
Stelzer, Crystal, BS, Bastyr University (HS)
Thomas, Sabine, ND, Bastyr University (NM)
Turnbull, Amy, ND, Bastyr University (NM)
Vlasuk, Susan, DC, National College of Chiropractic, Illinois, DACBR (NM)
Walia, Jas, DC, Western States Chiropractic College, Portland, Oregon (PM)
Wall, Virginia, RN, MS, University of Washington (NMW)
Zeff, Jared, ND, National College of Naturopathic Medicine (NM)

school of nutrition and exercise science

ADMINISTRATORS OF THE SCHOOL OF NUTRITION AND EXERCISE SCIENCE

Mark Kestin, PhD, MPH, Dean
Tiffany Reiss, PhD, Chair, Department of Exercise Science and Wellness
Jeanne Garthwaite, Program Supervisor

The mission of Bastyr University's School 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 school'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 School of Nutrition and Exercise Science is founded upon the holistic origins of the Greek word *diaira* (diet), "made of life," and Latin *diaeta*, "daily fare." The school emphasizes the study of the physiological, biochemical, socioeconomic, political and psychological aspects of human nutrition and physical activity.

The School 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 School of Nutrition and Exercise Science is unique in its emphasis on whole foods and multicultural, political, and ecological dimensions of diet and world food supply within the overall context of basic, clinical and community nutrition. 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 School of Nutrition and Exercise Science offers a Bachelor of Science degree with a major in nutrition, as well as a major in exercise science and wellness. In conjunction with the BS in Nutrition, we offer a Didactic Program in Dietetics (DPD) that meets the American Dietetic Association (ADA) academic requirements leading to eligibility to apply for a dietetic internship.

There are three Master of Science offerings in the School 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 ADA's standards of education is offered to provide performance requirements for entry-level dietitians through supervised practice.

The following programs are offered by the School of Nutrition and Exercise Science:

BS with Major in Exercise Science and Wellness page 79

BS with a Major in Nutrition page 77

BS with a Major in Nutrition with DPD page 80

MS in Nutrition (Research) page 82

MS in Nutrition and Clinical Health Psychology page 83

MS in Nutrition with DPD page 85

Dietetic Internship page 86

REQUIRED ABILITIES/SKILLS FOR NUTRITION/EXERCISE SCIENCE PROGRAM ADMISSION

A candidate for a nutrition degree must be able to demonstrate appropriate communication skills, intellectual-conceptual, integrative and quantitative abilities, and behavioral and social maturity. A candidate should be able to perform in a reasonably independent manner.

Communication: A candidate must be able to communicate effectively and sensitively with others, including with patients if the candidate is in a clinical program. Ability to communicate respectfully and thoughtfully, even in situations of disagreement or stress in the classroom or clinic, is important. Communication includes not only speech but reading and writing. The candidate 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 in both clinical and research settings, requires all of these intellectual abilities.

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 academic and clinical program and the development of mature, sensitive and effective relationships with others. A candidate must be able to tolerate physically taxing work loads and to function effectively under stress. He/she must be able to adapt to changing environments, to display flexibility and to learn to function in the face of uncertainties inherent in both clinical and research problems the candidate may face. Compassion, integrity, concern for others, interpersonal skills, interest and motivation are all personal qualities that are assessed during the admissions and education processes.

Undergraduate Programs

BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION

The BS degree 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 2.25 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; however, they will not be officially admitted until all prerequisite coursework is completed.

BASIC PROFICIENCY AND SCIENCE REQUIREMENTS

English literature or composition 9 quarter credits
General psychology 3 quarter credits
Intermediate algebra* 1 class
General chemistry (science-major
level with lab) 8 quarter credits
General biology (with lab) 4 quarter credits
Introductory nutrition
(should include metabolism) 5 quarter credits

*Intermediate algebra is not college level and the credits taken will not transfer in toward degree completion.

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 16 quarter credits*

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

BASIC SCIENCES CURRICULUM WITHIN NUTRITION

Basic science courses within the nutrition programs include Anatomy and Physiology, Organic Chemistry and Biochemistry. These courses serve as a foundation for an understanding of the human body and provide students with the necessary skills and competency to pursue the coursework within their chosen degree program.

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, critical thinking, clinical cases and examples are an integral part of the basic science curriculum.

COUNSELING AND HEALTH PSYCHOLOGY CURRICULUM WITHIN NUTRITION

The counseling and health psychology curriculum serves the nutrition department to train students in understanding and effecting change in the emotional, mental, and spiritual dimensions of human functioning.

Students in the Bachelor of Science with a Major in Nutrition (BSN) are required to take the following:

- PS3601: Psychology of Nourishment - 3 credits

Nutrition students in the Bachelor of Science with a Major in Nutrition/Didactic Program in Dietetics (BSN/DPD) track are required to take the following:

- PS3127: Foundations of Counseling for Dietitians - 3 credits
- TR4207: Nutritional Counseling - 2 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.

The curriculum table that follows lists 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.) and the lab/clinic hours each week (L/C).

BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION 2008-2009

JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3124	Organic Chemistry for Life Sciences Lec/Lab	5	4	2
	BC3141	Anatomy & Physiology 1 Lec/Lab	3	2	2
	TR4103	Whole Foods Production ¹	3	1.5	3
	TR4118	Cultural Perspectives on Food	2	2	0
		Quarterly Totals	13	9.5	7
W	BC3142	Anatomy & Physiology 2 Lec/Lab	4	3	2
	BC4109	Biochemistry for Life Sciences 1 Lecture	4	4	0
	BC4110	Biochemistry for Life Sciences 1 Lab1	0	0	2
	TR3111	Nutrition Throughout Life	3	3	0
	TR3115	Introduction to Food Science	2	2	0
		Quarterly Totals	14	12	4
Sp	BC3143	Anatomy & Physiology 3 Lec/Lab	3	2	2
	BC4112	Biochemistry for Life Sciences 2 Lecture	4	4	0
	BC4113	Biochemistry for Life Sciences 2 Lab1	0	0	2
	EX3105	Physical Activity & Wellness	2	2	0
	TR3117	Experimental Foods Lecture	4	4	0
	TR3118	Experimental Foods Lab	1	0	2
		Quarterly Totals	15	12	6

¹TR4103 Whole Foods Production may be taken in any quarter during year I only.

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 ¹	2	0	4
		Quarterly Totals	9	7	4
W	TR4100	Introduction to Research Methods	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	IS4101	Seminar in Natural Health Sciences	2	2	0
	TR3107	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	14	14	0

¹TR4805 Nutrition Education Practicum may be taken in any quarter during year two.

Elective Requirements: Bachelor of Science with a Major in Nutrition

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
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variable variable Electives ¹	14	14	0
Elective Totals	14	14	0

¹Of 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	76	63.5	25
Total Elective Credits and Hours	14	14	0
Total Requirements	90	77.5	25

Curriculum and course changes in the 2008-2009 Bastyr University Catalog are applicable to students entering during the 2008-2009 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 certification 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 BS with a Major in Exercise Science and Wellness 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 77 for the undergraduate nutrition program.

GRADUATION REQUIREMENTS

Please see the graduation requirements for the undergraduate nutrition program on page 78.

BASIC SCIENCES CURRICULUM WITHIN EXERCISE SCIENCE

Basic science courses within the exercise science program include Anatomy and Physiology, Living Anatomy, Organic Chemistry and Biochemistry. Please see page 78 for more details about this curriculum in our undergraduate programs.

COUNSELING AND HEALTH PSYCHOLOGY CURRICULUM WITHIN EXERCISE SCIENCE

Students in the Bachelor of Science with a Major in Exercise Science and Wellness (BSExSc) are required to take the following:

- PS3128: Psychology of Sports and Exercise - 2 credits
- PS4112: Creating Wellness - 3 credits

The curriculum table that follows lists 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.) and the lab/clinic hours each week (L/C).

BACHELOR OF SCIENCE WITH A MAJOR IN EXERCISE SCIENCE AND WELLNESS 2008-2009

JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3124	Organic Chemistry for Life Sciences Lec/Lab	5	4	2

	BC3141	Anatomy/Physiology 1 Lec/Lab	3	2	2
	EX4115	Motor Learning & Development	3	3	0
	PS3128	Psychology of Sports & Exercise	2	2	0
		Quarterly Totals	13	11	4
W	BC3113	Living Anatomy	3	3	0
	BC3142	Anatomy/Physiology 2 Lec/Lab	4	3	2
	BC4109	Biochemistry for Life Sciences 1 Lec4	4	0	0
	BC4110	Biochemistry for Life Sciences 1 Lab1	0	0	2
	TR4100	Intro to Research Methods	3	3	0
		Quarterly Totals	15	13	4
Sp	BC3143	Anatomy/Physiology 3 Lec/Lab	3	2	2
	BC4112	Biochemistry for Life Sciences 2 Lec 4	4	4	0
	BC4113	Biochemistry for Life Sciences 2 Lab1	0	0	2
	EX3101	Biomechanics 1	2	1	2
	EX3105	Physical Activity & Wellness	2	2	0
		Quarterly Totals	12	9	6

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
	EX4111	Sports Nutrition & Ergogenic Aids	5	5	0
	EX4118	Principles of Resistance Training	2	0	4
		Quarterly Totals	15	12	6
W	EX4105	Business Practices in Health Promotion	2	2	0
	EX4121	Micronutrients & Physical Activity	3	3	0
	EX4123	Exercise Prescrip & Testing	5	4	2
	EX4133	Exercise Prescrip for Special Populations	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 ¹	6	6	0
		Activity Credits ²	2	0	4
		Elective and Activity Totals	8	6	4

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

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	82	59	58
Total Elective and Activity Credits and Hours	8	6	4
Total Requirements	90	65	62

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

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

Curriculum and course changes in the 2008-2009 Bastyr University Catalog are applicable to students entering during the 2008-2009 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 American Dietetic Association (ADA) to describe a program that is accredited by the Commission of Accreditation of Dietetics (CADE), 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 a RD after completing the Dietetic Internship and to become a licensed RD after successfully passing the RD examination.

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 BS with a Major in Nutrition: public speaking (rather than general or speech communication) 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 pre-requisites 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 ≥ 3.00

Cumulative science GPA – biology, organic chemistry, anatomy and physiology, and biochemistry courses only ≥ 3.00

Cumulative nutrition GPA – all nutrition courses ≥ 3.00

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

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

Participation in the Bastyr University Student Nutrition Association (SNA) and becoming a student member of the American Dietetic Association (ADA) are recommended.

A signed verification statement is required to enable students to be eligible for entry into an accredited ADA dietetic internship. In order to receive a signed verification statement, 300 volunteer hours 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 ≥ 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 housed in the School of Nutrition and Exercise Science.

ACCREDITATION

The BS Didactic Program in Dietetics (DPD) at Bastyr University is developmentally accredited by the Commission on Accreditation for Dietetics Education (CADE) (120 South Riverside Plaza, Suite 2000, Chicago, Illinois, 60606-6995, 800.877.1600, ext. 5400, education@eatright.org), a specialized accrediting body recognized by the U.S. Department of Education and the Council for Higher Education Accreditation.

The curriculum table that follows lists 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.) and the lab/clinic hours each week (L/C).

BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION WITH DIDACTIC PROGRAM IN DIETETICS (DPD) 2008-2009

JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3124	Organic Chemistry for Life Sciences			
		Lec/Lab	5	4	2
	BC3141	Anatomy & Physiology 1 Lec/Lab	3	2	2

	TR4103	Whole Foods Production ¹	3	1.5	3
	TR4118	Cultural Perspectives on Food	2	2	0
		Quarterly Totals	13	9.5	7
W	BC3142	Anatomy & Physiology 2 Lec/Lab	4	3	2
	BC4109	Biochemistry for Life Sciences 1 Lec4		4	0
	BC4110	Biochemistry for Life Sciences 1 Lab1	0	2	
	TR3111	Nutrition Throughout Life	3	3	0
	TR3115	Introduction to Food Science	2	2	0
		Quarterly Totals	14	12	4
Sp	BC3143	Anatomy & Physiology 3 Lec/Lab	3	2	2
	BC4112	Biochemistry for Life Sciences 2 Lec4		4	0
	BC4113	Biochemistry for Life Sciences 2 Lab1	0	2	
	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	14	6

¹TR4103 Whole Foods Prod may be taken any quarter year I only.

SENIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC4114	Disease Processes	4	4	0
	PS3127	Foundations of Counseling for Dietitians	3	3	0
	RD4105	Intro to Dietetics	1	0	2
	RD4301	Medical Nutrition Therapy 1: Assessment and Diagnosis	5	4	2
	TR4107	Advanced Nutrition Principles 1	4	4	0
		Quarterly Totals	17	15	4
W	RD4120	Perspectives in Leadership & Mgmt 3	3	3	0
	RD4302	Medical Nutrition Therapy 2: Chronic Disease Management	5	4	2
	TR4100	Introduction to Research Methods	3	2	2
	TR4108	Advanced Nutrition Principles 2	2	2	0
	TR4113	Nutritional Supplements & Herbs	3	3	0
	TR4207	Nutritional Counseling	2	2	0
		Quarterly Totals	18	16	4
Sp	IS4101	Seminar in Natural Health Sciences	2	2	0
	RD4130	Quantity Food Production	3	2	2
	RD4303	Medical Nutrition Therapy 3: Critical Care	3	3	0
	RD4802	Clinical Dietetic Practicum	2	0	4
	TR4126	Community Nutrition/Nutrition Educ	5	5	0
		Quarterly Totals	15	12	6

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

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	94	78.5	31
Total Clinic Credits and Hours	2	0	4
Total Requirements	96	78.5	35

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

Curriculum and course changes in the 2008-2009 Bastyr University Catalog are applicable to students entering during the 2008-2009 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 towards 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 School of Nutrition and Exercise Science offers three MS in Nutrition graduate programs that are consistent with the overall focus and mission of the school. The first option is the Master of Science in Nutrition (Research), which culminates in a research thesis (MSN/research). The second option is the Master of Science in Nutrition and Clinical Health Psychology (MSN/CHP), which is a degree that 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 a developmentally accredited program set forth by the Commission on Accreditation for Dietetics Education (CADE) (120 Riverside Plaza Suite 2000, Chicago, IL 60606-6995, 800.877.1600 ext 5400, education@eatright.org), a specialized accrediting body recognized by the U.S. Department of Education and the Council for Higher Education Accreditation.

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

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, should have an average of 3.0 GPA or higher in their undergraduate degree and must complete the following courses with a C or better in each class:

Anatomy and Physiology* 10 qtr credits

Chemistry (science major level with lab) 3 courses

(must include at least one organic chemistry course)

Nutrition 5 qtr credits or 3 semester credits

Biochemistry** 1 course

Intermediate algebra 1 course

*An upper level human physiology course may meet this requirement.

**The biochemistry course must be upper level and must cover intermediary metabolism.

GRADUATION REQUIREMENTS

MS students must complete a minimum of 78 credits. All MS students must have a minimum 3.0 GPA with a minimum of 52 credits in residence. MS students must complete their degree within five years following matriculation into the program. A research thesis is required for graduation.

THESIS CREDIT AND CONTINUATION POLICY

Students who have not completed their thesis by the end of their last quarter of attendance at Bastyr University but who have registered for the number of thesis credits required for their program will be required to register for Thesis Continuation. Thesis Continuation is a 0.0 credit "course" which maintains the student's enrollment at Bastyr University; it carries a thesis continuation fee equivalent to the tuition for one credit.

Students must enroll in at least one credit in each quarter (apart from summer) in order to continue in the program. Otherwise, students must apply for a leave of absence. Students may consult with the registrar's office or see the *Student Handbook* for details about applying for a leave of absence.

The curriculum table that follows lists 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.) and the lab/clinic hours each week (L/C).

MASTER OF SCIENCE IN NUTRITION (RESEARCH) 2008-2009

YEAR I

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC5118	Disease Processes 1	3	3	0
	TR5100	Biostatistics	4	3	2
	TR5120	Advanced Nutrition: Macronutrients	5	5	0
	TR5136	Nutrition in the Life Cycle	3	3	0
		Quarterly Totals	15	14	2
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 ¹	3	1.5	3
	TR5128	Applied Research Skills	3	3	0
	TR5132	Applied Statistical Analysis	2	1	2
	TR5140	Advanced Nutrition: Bioactive Compounds in Foods	3	3	0
	TR5321	Nutrition Assessment & Therapy 2	5	4	2
		Quarterly Totals	16	12.5	7

¹TR5101 Whole Foods Production may be taken in any quarter during year one.

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 ¹	4	0	0
	TR6116	Thesis Seminar 1 ²	1	1	0
		Quarterly Totals	12	7	2
W	TR6122	Contemporary Nutrition: Community and Culture	3	3	0
	TR6114	Thesis ¹	4	0	0
	TR6116	Thesis Seminar 2 ²	1	1	0
		Quarterly Totals	8	4	0
Sp	TR6133	Contemporary Nutrition: Public Health	3	3	0
	TR6114	Thesis*	4	0	0
	TR6116	Thesis Seminar 3 ²	1	1	0
		Quarterly Totals	8	4	0

¹These 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.

²Thesis 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	54.5	15
Total Elective Credits and Hours	4	4	0
Total Requirements	78	58.5	15

Curriculum and course changes in the 2008-2009 Bastyr University Catalog are applicable to students entering during the 2008-2009 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 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 MS Nutrition and Clinical Health Psychology program.

REQUIRED ABILITIES/SKILLS FOR NUTRITION PROGRAM ADMISSION

Please see description on page 76.

PREREQUISITES

Entering students must have a bachelor's degree with an average of 3.0 GPA or higher in the undergraduate degree, and must have completed the following courses with a C or better in each class:

Anatomy and Physiology* 10 qtr credits
Chemistry (science major level with lab).....3 courses
(must include at least one organic chemistry course)
Nutrition 5 qtr credits or 3 semester credits
Biochemistry** 1 course
Abnormal psychology 1 course
Developmental psychology 1 course
Intermediate algebra 1 course

*An upper level human physiology course may meet this requirement.

**The biochemistry course must be upper level and must cover intermediary metabolism.

ADMISSION TO CLINICAL TRAINING

In order to enroll in the Clinic Shift series, students must have successfully completed TR5136, BC5132, TR5321, PS5110, PS5202, PS5301, PS5801 and have met the criteria for behavior and attitudes.

GRADUATION REQUIREMENTS

MSN/CHP students must complete a minimum of 118 credits. MSN/CHP students 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 25 hours of individual counseling or therapy during the first two years of the program. 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 schedule the exit exam if they are in good academic standing, have completed or are concurrently registered for all required (nonelective) courses by the end of the term in which they want to take the exam, and are making satisfactory progress in the practicum.

THESIS OPTION

Students who have a strong interest in conducting independent research or who wish to go on for doctoral studies have the option of completing a thesis under this degree program. Additional coursework is required as well as thesis credits.

EXPECTED COMPETENCIES

Students are required to maintain a 3.0 GPA in their graduate coursework. Bastyr graduates are qualified to provide exceptional nutrition and counseling services to individuals and institutions and contribute positively to the nutritional and mental health education of the community.

The curriculum table that follows lists 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.) and the lab/clinic hours each week (L/C).

MASTER OF SCIENCE IN NUTRITION AND CLINICAL HEALTH PSYCHOLOGY 2008-2009

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	2	2
	TR5101	Whole Foods Production ¹	3	1.5	3
	TR5120	Advanced Nutrition: Macronutrients	5	5	0
	TR5136	Nutrition in the Life Cycle	3	3	0
		Quarterly Totals	17	14.5	5
W	BC5132	Disease Processes 2	2	2	0
	PS5110	Fundamentals of Counseling: Group Dynamics	3	2	2
	TR5124	Advanced Nutrition: Micronutrients	5	5	0
	TR5320	Nutrition Assessment & Therapy 1	5	4	2
		Quarterly Totals	15	13	4
Sp	PS5115	Fundamentals of Counseling: Systems, Families & Couples	4	3	2
	PS5202	Psychopathology & Biomedical Conditions	3	3	0
	PS5801	Counseling & Health Psychology Clinic Entry	1	0	2
	TR5140	Advanced Nutrition: Bioactive Compounds in Foods	3	3	0
	TR5321	Nutrition Assessment & Therapy 2	5	4	2
		Quarterly Totals	16	13	6

¹TR5101 Whole Foods Production may be taken in any quarter during year one.

YEAR II

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS6105	Diversity & Multicultural Issues in Health Psychology	3	3	0
	PS7801	Clinic Shift 1: Nutrition/ Clinical Health Psychology	2	0	4
	TR5100	Biostatistics	4	4	0
	TR5115	Food Science	5	4	2
		Quarterly Totals	14	11	6
W	PS6215	Cognitive & Intellectual Assessment	3	2	2
	PS6315	Counseling Adults 1: Assessment & Treatment	3	2	2
	PS7802	Clinic Shift 2: Nutrition/ Clinical Health Psychology	2	0	4
	TR5104	Research Methods in Health Sciences ³	2	2	2
	TR6100	Nutritional Supplementation	4	4	0
		Quarterly Totals	15	10	10
Sp	PS6220	Behavioral & Personality Assessment ³	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	PS6207	Counseling for Eating Disorders	2	1	2
	PS6317	Counseling Adults 2: Assessment & Treatment	3	2	2
	PS7805	MSN/CHP Practicum 1	2	0	4
	PS7811	Practicum Seminar 1: Nutrition/ Clinical Health Psychology	1	0	2
	TR6111	Contemporary Nutrition: Global & Ecological Issues	2	2	0
		Quarterly Totals	10	5	10
W	PS7101	Professional, Ethical & Legal Issues	3	3	0
	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	0	2
		Quarterly Totals	9	6	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	0	2
		Clinical Competency Exam	0	0	0
		Quarterly Totals	9	6	6

Total Requirements: Master of Science in Nutrition and Clinical Health Psychology Program

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	103	88.5	29
Clinic/Practicum Totals	15	0	30
Total Requirements	118	88.5	53

Curriculum and course changes in the 2008-2009 Bastyr University Catalog are applicable to students entering during the 2008-2009 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 vision of the program is to educate dietetic students in the natural health sciences and prepare them to meaningfully contribute to the community through education, research and clinical services. The MSN/DPD program at Bastyr University is a developmentally accredited curriculum set forth by the Commission on Accreditation for Dietetics Education (CADE). The competencies outlined by CADE 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 an approved American Dietetic Association Dietetic Internship and, subsequently, to be eligible to sit for the registered dietitian examination.

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 GPAs are strongly recommended:

- 3.25 in prerequisite coursework (classes listed as specific prerequisites)
- 3.0 cumulative in science coursework
- 3.0 cumulative undergraduate coursework 3.0 in nutrition coursework

PREREQUISITES

Please see prerequisites for the Master of Science in Nutrition listed on page 82. In addition to the prerequisites listed on page 82, Introduction to Psychology is also required.

ADMISSION TO CLINICAL TRAINING

In order to enroll in the Clinical Practicum, students must have successfully completed BC5132, TR5136, TR5207, TR5320, TR5321 and TR5803, and have met the criteria for behavior and attitudes.

GRADUATION REQUIREMENTS

MSN/DPD in Nutrition 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 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) and as a student member of the American Dietetic Association is strongly encouraged.

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 on 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 ADA-accredited Dietetic Internship.

THESIS OPTION

Students who have a strong interest in conducting independent research or who wish to go on for doctoral studies have the option of completing a thesis under this degree program. Additional coursework is required as well as thesis credits.

ACCREDITATION

The MSN/Didactic Program in Dietetics (MSN/DPD) at Bastyr University is developmentally accredited by the Commission on Accreditation for Dietetics Education (CADE), 120 South Riverside Plaza, Suite 2000, Chicago, Illinois 60606-6995, 800.877.1600 ext. 5400, education@eatright.org, website: www.eatright.org/cade, a specialized accrediting body recognized by the Commission on Recognition of Postsecondary Accreditation and the U.S. Department of Education.

The 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).

MASTER OF SCIENCE IN NUTRITION/DIDACTIC PROGRAM IN DIETETICS 2008-2009

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	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 ¹	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

¹TR5101 Whole Foods Production may be taken in any quarter during year one.

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	3	2
	TR5115	Food Science	5	4	2
	TR6111	Contemporary Nutrition: Global & Ecological Issues	2	2	0
		Quarterly Totals	14	11	6
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 ²	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 ²	2	0	4
		DPD Exit Exam	0	0	0
		Quarterly Totals	10	8	4

²TR6811 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	65.5	17
Clinic Totals	4	0	8
Total Requirements	78	65.5	25

DIETETIC INTERNSHIP

The Bastyr University Dietetic Internship is designed to meet the eligibility requirements and accreditation standards for Dietetic Internship programs as defined by the American Dietetic Association, 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 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 whole-foods nutrition and alternative medicine. 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 are introduced to non-Western dietary systems, create whole-foods menus and consider the environmental impacts of food choices.

The internship is a full-time program (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	Fall
DI5101	Community Nutrition	1	
DI5801	Community Practicum	2	
DI5103	Food Service Administration	1	
DI5104	Medical Nutrition Therapy	1	Win
DI5814	Food Service Practicum	4	
DI5820	Medical Nutrition Therapy Practicum	5	Sp
	Total Credits	15	

Note: Community Practicum, Medical Nutrition Therapy 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 recommend that students have paid or volunteer experience in all three areas of community nutrition, clinical nutrition, and food service administration.

Applicants must complete an application packet which includes the following items:

- Completed Bastyr University application.
- Completed ADA Dietetic Internship application
- One-page typed letter of application to include professional interest in the field of nutrition, natural medicine and/or Bastyr University and professional goals.
- Three letters of recommendation (ADA Waiver and Recommendation Form are to be included): one letter related to work experience and two letters related to academic performance.
- All official transcripts.
- DPD Verification Statement or Declaration of Intent.
- Non-refundable \$75 application fee, with check written to "Bastyr University."

All applications must be received by the February computer matching deadline. Interns begin the program in September and complete the program in June. Applicants are informed of acceptance through the computer matching system.

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 has been granted accreditation by the Commission on Accreditation for Dietetics Education of the American Dietetic Association, 120 South Riverside Plaza, Suite 2000, Chicago,

Illinois, 60606-6995, (800) 877-1600, ext. 5400. E-mail: education@eatright.org. website: www.eatright.org/cade.

Additional program information, including program philosophy, goals and content may be found at www.bastyr.edu/education/nutrition/degree/DI.asp. Program policies and procedures are made available to accepted applicants in the annually-revised “Bastyr University Dietetic Internship Handbook.”

FACULTY

WITH HIGHEST DEGREES, LICENSES OBTAINED AND DEPARTMENTAL AFFILIATION

Key

ABS	(Applied Behavioral Science)
AOM	(Acupuncture & Oriental Medicine)
BS	(Basic Sciences)
BTM	(Botanical Medicine)
EXS	(Exercise Science)
HO	(Homeopathy)
HS	(Herbal Sciences)
IS	(Interdisciplinary Studies)
NM	(Naturopathic Medicine)
NMW	(Naturopathic Midwifery)
NTR	(Nutrition)
PM	(Physical Medicine)
PSY	(Psychology)

CORE

Boutin, Debra, MS, RD, Case Western Reserve University (NTR)
Coan, Suz, PsyD, Pacific University (PSY)
Golden, Lynelle, PhD, University of Tennessee, Knoxville, (BS)
Harris, Cristen, PhD, RD, LD/N, Florida International University (NTR)
Kelleher, William, PhD, University of Georgia, Athens (PSY)
Kestin, Mark, PhD, Flinders University (Australia), MPH, Harvard University (NTR)
Kirk, Elizabeth, PhD, RD, University of Washington (NTR)
Kloubec, June, PhD, University of Minnesota, (EXS)
Koutoubi, Samer, MD, University Institute of Medicine and Pharmacy (Romania), PhD, Florida International University (NTR)
Lester, Naomi, PhD, Uniformed Services University of the Health Services (PSY)
Lichtenstein, Brad, ND, Bastyr University
Littleton, Kent, ND, Bastyr University, MS, University of Washington (BS)
Morrow, Kelly, MS, RD, Bastyr University (NTR)
Novack, Jeff, PhD, University of Washington (BS)
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
Sivam, Gowsala, PhD, University of Maryland, (BS)
Spicer, Diane, MS, University of Wisconsin (BS)
Steward, Rebecca Love, DVM, Washington State University (BS)

ADJUNCT

Adler, Jennifer, MS, CN, Bastyr University (NTR)
Babb, Michelle, MS, RD, Bastyr University (NTR)
Brignall, Matt, ND, Bastyr University (NTR-C)
Bundy, Kathleen, MS, RD, CD, Bastyr University (NTR)
Cabasco-Cebrian, Tess, BS, University of Washington
DeNinno, John, PhD, Purdue University
Fligor, Lisa, MS, RD, Bastyr University (NTR)
Kaplan, Sandi, MS, RD, Bastyr University (NTR)

Lair, Cynthia, BA, CHN, Wichita State University (NTR)
Legel, Laura, MEd, ATC
Legters, Matthew, MS, Bastyr University (NTR)
Levin, Buck, PhD, RD, University of North Carolina, Greensboro (NTR)
Lumiere, Kathleen, MAc, LAc, Northwest Institute of Acupuncture and Oriental Medicine
Rose, Nicholas, MS, Virginia Tech (NTR)
Sasagawa, Masa, ND, Bastyr University, MS, University of Utah
Sasynuik, Carrie, BS, CSCS, Bastyr University
Turner, Heidi, MS, RD, CD, Bastyr University (NTR)
Washburn, Sarah, MS, RD, CD, University of Washington (NTR)

Bastyr Center For Natural Health

THE TEACHING CLINIC OF BASTYR UNIVERSITY
CLINICAL EDUCATION PRACTICUM

Jamey Wallace, ND, Clinic Director

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 dean/chair or their designate in conjunction with the clinic medical director oversees the clinical education and training of the students and works 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/interns and three observing clinicians/interns. 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 be seeing 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 consult about the patient in 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 clinic. 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 12 in this catalog.

Students have a preceptorship requirement in which they are placed 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 pool and the main clinic shifts assures tremendous diversity in each student's clinical experience.

Bastyr Center for Natural Health has a well-established CNME-credentialed naturopathic residency program, as well as a residency program in acupuncture and Oriental medicine. Currently, there are eight naturopathic residency positions and three AOM residency positions. 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 program dean/chair or their designate. A second year of residency offers clinical supervision and continued skill development. All residents have multiple opportunities to do rotations in other local clinics (allopathic, naturopathic, acupuncture and Oriental medicine, etc.). The office of the director 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 2008-2009 *Bastyr University Catalog* are applicable to students entering during the 2008-2009 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

AV: Ayurvedic Medicine
BC: Basic Sciences
BH: Applied Behavioral Science
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: Naturopathic Midwifery Certificate
NM: Naturopathic Medicine
OM: Acupuncture and Oriental Medicine
PM: Physical Medicine
PS: Counseling and Health Psychology
RD: Didactic Program in Dietetics
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 ND Program 1 (preclinical) and MS Year 1
6xxx ND Program 2 (preclinical) and MS Year 2
7xxx ND Program 3 (clinical)
8xxx ND Program 4 (clinical)
9xxx Electives (undergraduate and graduate)

The second digit indicates the type of course:

x1xx General courses (core course for ABS)
x2xx Diagnostic courses (major course for ABS)

- x3xx Diagnostic/therapeutic courses (major course for ABS)
- 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).

Ayurvedic Medicine

AV9110 Fundamentals of Ayurvedic Medicine 2 credits

This elective course is an introduction to Ayurvedic medicine. It considers concepts of recognizing Ayurvedic body-type and psychological personality, customizing the health plan to suit the unique constitution, Ayurvedic nutrition and diet therapy, Ayurvedic herbology, and gentle detoxification through Ayurvedic Pancha-Karma therapy. This course is required for the naturopathic medicine program and is recommended prior to taking other Ayurvedic electives. Prerequisite: Admission to Bastyr University

Basic Sciences

Lynelle Golden, PhD, Department Chair

BC1105 College Algebra/Pre-Calculus 4 credits

This course covers basic equations, inequalities and modeling, and functions and graphs. Specific emphasis is placed upon quadratic, exponential and logarithmic functions. Prerequisite: Precollege algebra (taught in a high school or community college)

BC2106 Introduction to Physics 4 credits

This course offers an introduction to the general principles of physics. This course can be used as a prerequisite for the ND program. Offered only summer quarter, if sufficient enrollment. Prerequisite: College algebra or precalculus

BC2115 General Chemistry Intensive 1 Lecture 5 credits

This 4-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 Lab1 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 Lab1 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)

BC3113 Living Anatomy 3 credits

Required for exercise science students. This course emphasizes musculoskeletal anatomy through 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. 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 BC2117 and BC2118 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

BC3124 Organic Chemistry for Life Sciences Lecture/Lab 5 credits

Offered in the fall, this course is intended to satisfy the organic chemistry prerequisite for BC4109. This course offers a survey of the chemistry and reactivity of organic compounds with an emphasis on those molecules of biological importance. 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 dept

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 dept

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 and exercise science programs. Prosected cadavers are used for lab demonstrations.

BC3141 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

BC3142 Anatomy and Physiology 2 Lecture/Lab**4 credits**

See the description of the A and P sequence above. Topics covered in this course include the anatomy and physiology of the muscular, endocrine, cardiovascular, and immune systems and blood. Prerequisite: BC3141

BC3143 Anatomy and Physiology 3 Lecture/Lab**3 credits**

See the description of the A and P sequence above. Topics covered in this course include the anatomy and physiology of the digestive, respiratory, urinary and reproductive systems. Prerequisite: BC3142

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

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 BC3142

BC4109 Biochemistry for Life Sciences 1 Lec4 credits

This course is offered both in winter and summer. Topics include fuel metabolism, carbohydrates and lipids. Nutrition program undergraduates are required to take the lab, BC4110, within one calendar year of completion of the lecture, BC4109. Prerequisite: A grade of at least a C in either BC3124 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.

BC4110 Biochemistry for Life Sciences 1 Lab1 credit

This course is offered in winter quarter only. Prerequisites: Either concomitant registration in BC4109 or completion of BC4109 with a grade of at least a C within the previous calendar year

BC4112 Biochemistry for Life Sciences 2 Lec4 credits

This course is offered in spring and summer. Topics include eicosanoids, cholesterol metabolism, amino acid metabolism, and nucleotide metabolism. Nutrition program undergraduates are required to take the lab, BC4113, within one calendar year of completion of the lecture, BC4112. Prerequisite: A passing grade in BC4109

BC4113 Biochemistry for Life Sciences 2 Lab1 credit

This course is offered in spring quarter only. Prerequisites: Either concomitant registration in BC4112 or completion of BC4112 with a grade of at least a C within the previous calendar year

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: BC3143 and BC4112

BC4115 Pharmacology Overview for Herbal Sciences**3 credits**

This course is designed to teach 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 mechanism of action is discussed and possible areas of drug-herb interactions are noted. Prerequisites: BC4112, BC3143

BC4120 Microbiology Lecture (AOM and HS)2 credits

This course explores the world of microorganisms and human health. Organisms associated with human illness are emphasized, including bacteria, fungi, viruses, parasites and prions. Prerequisites: BC3136 or BC3142

BC4120L Microbiology Laboratory (AOM) Lab1 credit

In this intensive, hands-on laboratory component of Microbiology lecture, students further explore the nature of micro-organisms, including their culture and identification using various staining and biochemical testing. Prerequisite: Co-enrollment in BC4120

BC4125 Pharmacology Overview for AOM 4 credits

Awareness of medications common to Western therapeutics is essential to proper patient assessment and care. In this general overview course, students explore naming, dosing and general mechanisms for the activity and clearance of over-the-counter and prescription medications, as well as various recreational substances. Herbs may be included where appropriate. Actions, therapeutic rationale, benefits, risks and potential interactions are emphasized. Prerequisites: BC4112 or OM3110, BC3136 or BC3143

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

Biochemistry 1-3

This three (3) course sequence is for naturopathic medicine students and provides an in-depth study of biochemistry. Descriptions for each course in the sequence are below.

BC5104 Biochemistry 1 4 credits

Topics include fed and fasting states, fuel oxidation, carbohydrate metabolism and lipid metabolism. Prerequisites: Admission to naturopathic medicine program; at least a C in BC3125 and BC3126 or equivalent college level organic chemistry courses with lab; or at least a C in BC3124, BC4109/4110 and BC4112/4113; and at least a C in college level biology with lab required for all students

BC5105 Biochemistry 2**4 credits**

Topics include eicosanoids, cholesterol metabolism, amino acid metabolism, and nucleotide metabolism. Prerequisite: grade of "AC" in BC5104 or grade of B or higher in BC4109

BC5106 Biochemistry 3**4 credits**

Topics include nucleic acids, gene expression, protein structures, fructose and galactose metabolism, pentose phosphate pathway, antioxidant systems, ethanol metabolism, and clinical case studies. Prerequisite: Grade of "AC" in BC5105 or grade of B or higher in BC4112

Human Physiology 1-3

This integrated sequence is presented as two educational units, intended to help students develop an in-depth understanding of mechanisms involved in the normal functioning of human organ systems. Course activities include workshops, problem-solving sessions and laboratory exercises.

BC5107 Human Physiology 1 Lecture/Lab5.5 credits

See description above. This course is the first part of one educational unit (BC5107-BC5108) in the yearlong study of normal functioning of human organ systems. The primary focus of the quarter includes general models (common concepts) in physiology, excitable cells, muscle physiology, cardiovascular physiology and temperature regulation. Prerequisite: Admission to naturopathic medicine program

BC5108 Human Physiology 2 Lecture/Lab5.5 credits

See description preceding BC5107. This course is the second part of one educational unit (BC5107-BC5108) in the yearlong study of normal functioning of human organ systems. The primary focus of the quarter includes respiratory, renal, and gastrointestinal physiology, as well as acid-base balance. Prerequisite: BC5107 or permission of instructor

BC5109 Human Physiology 3 Lecture 3 credits

See description preceding BC5107. This course is the second educational unit in the yearlong study of normal functioning of human organ systems. The primary focus of the quarter is endocrine physiology. Prerequisite: BC5108 or permission of instructor

BC5110 Histology**5 credits**

This lecture and lab course examines the microscopic anatomy of human tissues and organs. The course is especially designed to prepare naturopathic students for Pathology in the following year. Emphasis is placed on topics that will also be studied in Biochemistry, Human Physiology and Anatomy. Prerequisite: Admission to naturopathic medicine program

BC5112 Embryology**3 credits**

This course covers human development from conception to birth including the formation of tissues, organs and systems of the body, integrating histology and anatomy. Prerequisite: BC5122

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 Lecture 1-3

This three (3) course sequence for naturopathic medical students provides an in-depth study of macroscopic human anatomy. Each of these courses has three components: lecture (theory), dissection (practicum), and living anatomy. The dissection and living anatomy components provide the "hands-on" experience absolutely necessary for a physician. In living anatomy, students learn to identify and palpate superficial and deep structures. Principles of motion, palpation and neurological testing are also introduced in living anatomy, which forms the foundation of the physical examination.

BC5122 Gross Human Anatomy 1 Lecture4.5 credits

See description above. This course emphasizes the theory and living anatomy of the upper and lower extremities and of the thorax. Prerequisite: Admission to naturopathic medicine program

BC5123 Gross Human Anatomy 2 Lecture4.5 credits

See description preceding BC5122. This course includes the theory and living anatomy of the thorax, abdomen, pelvis, perineum and back. Prerequisite: Grade of AC in BC5122

BC5124 Gross Human Anatomy 3 Lecture4.5 credits

See description preceding BC5122. This course examines in detail the theory and living anatomy of the head and neck regions. Prerequisite: Grade of AC in BC5123

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. Note: Students must take the Gross Human Anatomy Lecture and Dissection Lab simultaneously.

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

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

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. Prerequisites: Grade of AC in BC5123

BC5129 Neuroscience 5.5 credits

The central nervous system is studied in class discussion and laboratory with emphasis on physiologically and clinically-relevant regions and pathways. Regions include cerebrum, thalamus, brainstem, spinal cord and cerebellum. Cranial nerve nuclei are studied in conjunction with motor and sensory pathways, including peripheral receptors and effectors. Clinical case studies are used in the laboratory to practice diagnostic skills and to emphasize special topics. Prerequisites: BC5108, BC5110, BC5112, BC5124 (or concurrent registration in BC5124)

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 3 credits

This course is designed to provide 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 application of research findings to the clinical decision-making process provides the foundation for the student's future development of an evidence-based medical practice. Prerequisite: Admission to naturopathic medicine program

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: BC4125, OM3110

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. Prerequisite: BC3134, admission to DAOM program or permission of AOM Dean

Human Pathology 1-3

The three (3) course series of Human Pathology is integrated with Physical/Clinical Diagnosis and Clinical Laboratory Diagnosis to provide for the development of diagnostic and assessment skills. During this sequence in Human Pathology, students study the normal and abnormal changes that occur in the human body when confronted with internal and external stresses that create an imbalance in homeostasis and the development of disease.

BC6200 Human Pathology 1 4 credits

See description above. This course includes the study of medical terminology, definitions, concepts, and the basic mechanisms of pathological change. The processes of cell injury, inflammation, necrosis, cancer, and healing are considered in depth. Also included are immune and genetic disorders. Prerequisites: BC5106, BC5109, BC5110, BC5112, BC5124

BC6201 Human Pathology 2 **4 credits**

See description preceding BC6200. This course covers the pathology of the respiratory, hepatobiliary, and cardiovascular systems, as well as the blood, spleen, and pancreas. Prerequisite: BC6200

BC6202 Human Pathology 3 **4 credits**

See description preceding BC6200. The final course in this sequence covers the pathology of the genitourinary, gastrointestinal, endocrine and nervous systems. Prerequisite: BC5129 (or concurrent if on five-year track option A), BC6201

BC6204 Immunology **4 credits**

This course explores the basic principles of human immunity, including nonspecific host defenses, humoral and cell-mediated immunity, complement, cytokines, and the major histocompatibility complex. The course defines a normal immune response and explores what occurs when the immune system is not functioning normally as in autoimmunity, hypersensitivity, and immune deficiencies. Also examined are transplantation and cancer surveillance. (Immunology is a prerequisite for Infectious Diseases.) Prerequisite: Completion of all first year BC courses for the four or five-year track and BC5142

BC6209 Infectious Diseases **5 credits**

This course explores a systems-wide approach to infection. The focus is on infectious agents (identification, virulence, transmission), pathology of infection, signs and symptoms, laboratory diagnosis, prognosis, and therapeutic strategies to infection. Prerequisite: BC6204

BC6305 Pharmacology **5 credits**

This course covers the basics of drug interactions including pharmacokinetics, pharmacodynamics, drug and toxin metabolism, and the molecular basis for drug and botanical effects. Particular attention is given to the commonly used therapeutic agents for cardiac, central nervous system, infectious, and endocrine diseases. Toxicities, drug interactions and clinical effectiveness are also emphasized. Most legend drugs within the naturopathic scope of practice are included and the mechanisms of herbal action and drug/herb interactions are discussed. Prerequisites: BC5106, BC5109, BC6200

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. Prerequisites: 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

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.

BC9505 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.

BC9506 Physics 2: Electromagnetism/Optics **2 credits**

This intensive short course (4 full days) is intended to help ND students meet the Bastyr University ND program's physics requirement. In particular, the course is designed for students who did well in a single college level physics course that covered mechanics but not electromagnetism or optics. Prerequisites: BC1105 or equivalent, grade C or better in college physics

BC9507 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: BC9505 or permission of instructor. Students must take the bloodborne pathogen safety training prior to start of class. Contact the safety coordinator for upcoming dates.

BC9522 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: BC3124 or equivalent

Applied Behavioral Science

Diane Schachter, MA, fall program Lead Faculty

Phyllis Romano, MN, winter program Lead Faculty

BH5101 Adult and Experiential Learning 2 credits

The ability to learn effectively from one's experience is a core competency required both to thrive in an experiential learning community and to lead in an increasingly chaotic and turbulent world. In this course, students learn how to position themselves as proactive lifelong learners in the Bastyr University community and in the world at large. They discover how their unique learning style influences their approach to learning, leading and teaching others. Students participate in activities that lead to the creation of the self-directed learning plan for each year of the master's program. (LOD and SC)

BH5103 Human Diversity in Systems 3 credits

Credits vary by quarter for a total of three. In this course students apply the theories of Hall, Bennett and Allen-Agbro to explore the characteristics of diverse cultural paradigms and systems, understand the influence and dynamics of their own cultures of origin and identity, and examine the impact of power and dominance in systems and in interpersonal and intergroup relations. Focusing on issues of age, race and ethnicity, gender, socioeconomic status, sexual/affective orientation and religion, students develop self-awareness, intercultural communication skills and practitioner competencies. Special attention is given to creating healthy cross-cultural and power relationships in systems. (LOD and SC)

BH5105 Group Membership 3 credits

This course focuses on the development of fundamental interpersonal communication skills, self-awareness and effective participation in groups from the member role. Students learn the skills required of self-defined, self-correcting, open learners and practitioners by participating in an intensive, small group, learning laboratory based on Lewin's T-group model. Emphasis is given to the importance of gender in its relationship to individual behavior and personality development in the adult life cycle. (LOD and SC)

BH5106 Group Development 3 credits

Credits vary by quarter for a total of three. This course provides an overview of the major theories of group process and group development. Students develop facilitation skills focused on enhancing healthy group development and influencing effective group process by participating in an intensive, small group, learning laboratory based on Lewin's T-group model. Emphasis is given to the importance of gender in its relationship to interpersonal interaction, group process, and group development. (LOD and SC)

BH5108 Family of Origin Theory and Practice 2 credits

Credits vary by quarter for a total of two. Students apply the theories of Bowen, Williamson, Friedman and Framo to the exploration of their own family of origin histories and issues. Emphasis is placed on the student's identification and resolution of key family of origin issues, leading to increased personal and professional competence. Special attention is given to connecting these issues to the student's effective functioning in practitioner roles and work systems through participation in small group and personal activities. (LOD and SC)

BH5112 Systems Theory in the Applied Behavioral Sciences 2 credits

Credits vary by quarter for a total of two. In this course, students learn the key principles of systems theory and apply them within the Bastyr learning community. This course lays the groundwork for the student's ongoing examination of the relationship of self in systems, surfacing the inherent paradoxes and polarities contained therein. Students are encouraged to see the systems in which they are a part as emerging narratives, in which they play a role. (LOD and SC)

BH5118 Statistics and Research Methodologies 4 credits

Credits vary by quarter for a total of four. This course provides an overview of basic statistics used in the social sciences and reviews the principles of empirical investigation and the primary research methods used in the social sciences. Both qualitative and quantitative methods of conducting research are reviewed. Emphasis is given to evaluating, interpreting and critiquing published research. Empirical research is examined within a larger exploration of epistemology and the development of critical thinking skills necessary in the evolution of all knowledge. (LOD and SC)

BH5122 Organizational Development 4 credits

Credits vary by quarter for a total of four. This course focuses on the fundamental theories and skills of influencing effective organizational functioning and change from the member or employee role. Essential elements of work team and organizational development, emphasizing key process and maintenance issues, are presented and integrated through learning laboratory activities. The interactive nature of the relationship between individuals and their organizational context is examined. Special emphasis is placed on a systemic approach to understanding the influence of member behavior (functional or pathological) on organizational health. (LOD and SC)

BH5127 Fundamentals of the Counseling and Coaching Relationship 3 credits

This course presents theories of interpersonal dynamics emphasizing the systems perspective in the circular relationship between helper and helpee. Based on this systems perspective, focus is placed on the practitioner skills essential to creating and maintaining an effective helping relationship. The foundational principles of Roger's and Carkhuff's work are supplemented by the related communication and human relation skills of Wallen, Short and Miller, and Nunnally and Wackman in a skill practice format emphasizing the counseling/coaching relationship and approach to resolving human problems. (LOD and SC)

BH5128 Organizational Systems Coaching 2 credits

This course focuses on organizational coaching from a systems perspective and explores coaching theories and models designed to assist client systems in establishing goals for improving individual, team and leader effectiveness, in support of achieving business results. Through practice sessions that build upon Carkhuff's helping skills, the client responsibility model is further explored and specific coaching skills are developed. Prerequisite: BH5127

BH5133 Creating Healthy Social Systems 2 credits

This course is an introduction to the theory and practice of what constitutes well-functioning organizations. Using the theories of Short, the class covers the elements of the learning organization, the roles of sponsor/agent/target/advocate and the four sectors or contexts in which companies and organizations are involved. A learning laboratory experience is used to integrate the key concepts. (LOD and SC)

BH5135 Professional Ethics and Laws 3 credits

This course continues through the two years of the counseling curriculum and is designed to provide a foundation in values-based thinking, along with an overview of ethics and the law for the counseling practitioner. Emphasis is placed on a personal integration and professional understanding of the legal, ethical, and values-based parameters of the counseling profession. Teaching methods include didactic and experiential formats and case application. (SC)

BH5200 Human Development and Life Cycle 3 credits

Credits vary by quarter for a total of three. This course examines the stages and cycles in child, adolescent and adult development across the life span, giving attention to how personality is shaped within multicultural contexts. The biopsychosocial model is emphasized as a means of understanding how the whole self develops within a systems perspective. Normal and abnormal manifestations of development across the life span are explored with a particular emphasis on the development of strength and resiliency. The development and functioning of human sexuality as well as spirituality within the life cycle are reviewed. (SC)

BH5205 Models of Understanding Problem Behavior**3 credits**

Credits vary by quarter for a total of three. This course examines problem human behavior along with the major philosophical, cultural and clinical assumptions behind the definition and interpretation of behavior. Interpreting the meaning and messages embedded within human behavior is accented as a means of understanding the person. Specific theories of understanding behavior are addressed, including psychodynamic, gestalt and cognitive-behavioral. The systemic view that the meaning of human behavior is best understood in the context of a larger system is underscored. Attention is given to understanding and developing skill in using the conventional categories of psychopathology as outlined in the DSM IV in professional communication. Sexual abuse, chemical abuse and dependency are addressed. (SC)

BH5210 Methods of Systemic Assessment and Diagnosis 3 credits

Credits vary by quarter for a total of three. Major theoretical approaches to a psychological understanding of individuals, couples and families from a systemic orientation are studied. Particular emphasis is placed on examining interactional and intergenerational contexts. Students are familiarized with methods of gathering personal and interpersonal information, including interviewing clients. The relationship system between the practitioner and the client is emphasized as the context for understanding assessment and diagnosis. (SC)

BH5305 Practitioner Theory Seminar 1 credit

In this capstone course, students integrate prior academic knowledge and practical experience in developing their theory of practice as a leader and/or consultant. Students present their theories of organizational health and change in a seminar setting with their peers and faculty who critique and build upon the theories of the authors. (LOD)

BH6100 Group Leadership 3 credits

This course presents major theories of group leadership. Students are placed in the leader role to develop skills in guiding groups through appropriate stages of development in an intensive small group learning laboratory based on Lewin's T-group model. Emphasis is given to the importance of gender in its relationship to leadership theory and skills. (LOD and SC)

BH6200 Research in Marriage and Family Therapy**1 credit**

In this course students examine seminal studies in marriage and family therapy literature. An overview of the critical factors in analyzing and evaluating data based research is given. Emphasis is placed on achieving a basic understanding of experimental design and the clinical implications that can be drawn from generated data. (SC)

BH6205 Professional Studies 2 credits

Credits vary by quarter for a total of two. This course focuses on the development of a systemic professional perspective and identity. Ethical and legal issues encountered by the counselor are emphasized. A general orientation to the mental health field, the role of the systems counselor and consultant, counseling agencies, larger health care systems and private practice are explored. Students are oriented to current issues in the field and familiarized with professional socialization and the role of professional organizations, licensure/certification, legal responsibilities and liability, and inter-professional cooperation. (SC)

BH6210 Human Sexuality 1 credit

This course provides an overview of normal and abnormal sexual behavior across the life span. Content includes the sexual response cycle, sexual health and dysfunction in couples, and the range of clinical symptoms encountered by the family therapist. Attention is given to assessment for either referral to a specialist or treatment in the context of the couple relationship. (SC)

BH6215 Systemic Theory and Process 2 credits

Credits vary by quarter for a total of two. This course is a fundamental introduction to systemic thinking and the systems approach to intervention with individuals, couples, families, small groups and larger organizations. The evolution of psychotherapy and the development of the systemic approach within that history are explored. The systemic approach examines the multiple contexts critical to assessment and intervention with clients from individuals to larger cultural contexts. Critical multicultural issues currently impacting family life are addressed. (SC)

BH6220 Couple and Family Therapy 4 credits

Credits vary by quarter for a total of four. The focus of this course is on the major systemic orientations and procedures for working with couples and families. Theoretical models include the structural, strategic, experiential, communications, contextual and solution-focused approaches with the intergenerational perspective as the undergirding model. Videotape presentations by major theorists, case presentations and simulations are used to illustrate the various theories in practice. Live demonstrations are used to illustrate these models. By viewing each individual as a “personal narrative” and the family as a “group story,” psychotherapy is taught as the art of using language skillfully. Students are assisted in crafting the skillful use of language in psychotherapy. Emphasis is placed on integrating principles from a variety of systemic approaches in crafting the student’s own perspective. (SC)

BH6225 Systemic Practicum 5 credits

Credits vary by quarter for a total of five. This course uses an intensive, experiential format throughout the entire curriculum to assist students in examining their own family of origin, the development of the “self of the therapist” and in using leadership skills to intervene with individuals, couples, families, groups and larger organizations. Role-plays, simulations, videotape feedback and small group work are used extensively to help students develop and refine their clinical skills. (SC)

BH6302 Strategic Leadership 1 credit

In developing strategies, students are introduced to the basic concepts, theories and models of strategic planning. The theories and skills of forming and implementing an organization’s vision, goals and strategies are seminal and foundational to all subsequent courses in the leadership and organization development track and central to the work of leaders and professional change agents. Students explore their personal visions in support of learning to assist clients in this essential leadership endeavor. (LOD)

BH6307 Leading Change 1 credit

This course introduces a variety of theories and models of change including explorations of resistance, readiness for change and the factors that contribute to successful systems change. Concepts are applied to the master’s consulting projects the students are conducting as change agents in organizations. Students are also encouraged to think critically about theories of change as they relate to their own emerging notions about healthy functioning in organizations and intervention strategies. (LOD)

BH6308 Consulting Theory and Action 4 credits

Action research, a fundamental methodology in applied behavioral science, is introduced as a means for practitioners to improve organizational effectiveness. The stages of action research are identified, explored and practiced. An introduction to the master’s consulting project, based on the principles of action research, is included. Methods of gathering relevant data, providing focused feedback, and facilitating effective action planning, are examined. The essence of this approach is to enable clients to identify and solve their own problems and retain responsibility for the quality and productivity of their work unit. (LOD)

BH6312 Leadership and Management 2.5 credits

In this course, the complexities and paradoxes of leadership and supervision are explored. The course begins with an inquiry into each individual student’s leadership qualities. A variety of leadership theories are then explored to better assist the student in developing his/her own personal leadership principles. An experiential process provides students with an opportunity to apply principles and theories of leadership and to test their personal effectiveness as leaders. In order to create fully-functioning organizations, students develop appropriate organizational structures, functions, and processes to produce products or deliver services at a profit, while maintaining social and environmental responsibility. (LOD)

BH6318 Leading Cross-Functional Work Teams 1 credit

Students explore issues generally related to task team dynamics in work settings and, particularly, teams in which multiple functional perspectives make developing a cohesive and well-functioning team challenging. Emphasis is given to role clarification, decision making and accountability for cross-functional teams involved in restructuring or product development processes. (LOD)

BH6323 Executive Coaching 1.5 credits

Coaching managers and others to increase their effectiveness with employees is the central skill for directors, consultants, trainers and social change agents. Several phases of coaching are discussed and practiced: contracting to coach, preparation of the client's next steps, in "live-action" coaching and debriefing both the client's and the coach's effectiveness. The importance of identifying systemic patterns is emphasized throughout all phases of coaching. (LOD) Prerequisite: BH5128

BH6326 Third Party Conflict Coaching 1 credit

Students examine their personal conflict resolution style and learn to expand their own range of responses to conflict. These concepts and skills are integrated with Walton's theory of interpersonal conflict management, enabling the student to function effectively in the role of third party to an interpersonal conflict. (LOD)

BH6332 Designing and Facilitating Training Events and Meetings 3 credits

Credits vary by quarter for a total of three. Students learn the fundamentals of conducting successful trainings and meetings, including the identification of desired outcomes, the creation of appropriate designs, the delivery of effective presentations and leading productive meetings. The course is based on utilizing the three classical domains of learning: cognitive (knowledge and understanding), affective (values, feelings and attitudes), and motoric (skill). (LOD)

BH6336 Current Issues 1 credit

Students explore emerging issues in the field by engaging intradisciplinary or interdisciplinary systemic perspectives and discussing how these may be applicable to change management in organizations. This course provides flexibility for faculty to introduce current and/or cross-disciplinary thinking with possible relevance for organizational development work, or based on their own interests in the field. The following examples are curriculum segments that have been previously offered at the discretion of the track faculty: Managing Polarities has explored fundamental paradoxes of organizational life and how a change agent may work productively with these; Murray Bowen: Concepts and Applications has examined system thinking from the Bowen's family therapy perspective and its relevance to change agents. (LOD)

BH6340 Legal, Ethical, and Professional Issues 1 credit

This course focuses on the development of a foundation in values-based thinking along with an overview of ethics and the law for the leader/manager and organization development practitioner. Emphasis is placed on a personal integration and professional understanding of the legal, ethical, and values-based parameters of developing and maintaining a leadership/management career and consulting practice (internal and/or external to organizations). (LOD)

BH6702 Lifelong Sexual Health (elective) 2 credits

Sexuality is viewed as a lifelong process involving biological, psychological and social aspects of being human. Sexual health is emphasized as part of general health and well being. Students explore ten different sexuality themes including aging, masturbation, sexual dysfunction, sexual diversity, the sex industry and making referrals. Diverse points of view regarding the meaning of sexuality to individuals and society are explored. Students consider cultural and socioeconomic perspectives from their own life experiences. Explicit language and educational materials are used with the goal of increasing students' skills and comfort level for examining and communicating about sexuality in their personal and professional lives. (LOD and SC)

BH6800 Counseling Internship 15 credits

Credits vary by quarter for a total of 15. This four-quarter, sequenced 600 hour or more counseling internship includes 300 client contact hours in a minimum nine-month internship. It is designed to provide students with supervised, practical experience in the field of mental health counseling. The internship is also intended to help students relate clinical practice to other professional concerns including legal and ethical issues, multicultural diversity, collaborating with other health care providers and conducting clinical practice within the larger system of courts, educational institutions, government, community agencies and professional organizations. Upon its completion, students write a counseling internship paper in which they discuss their theoretical orientation toward counseling, present a case study, summarize their learnings and discuss their professional goals. The counseling internship is designed to meet the requirements of the state of Washington for certification as a mental health counselor. (SC)

BH6801 Professional Seminar 3 credits

Credits vary by quarter for a total of three. This course is concurrent with the student's clinical internship and serves as an adjunct to the student's internship experience. The focus during this yearlong small group experience is on developing clinical skills, examining ethical and legal issues, themes within the student's clinical work, relationships with other professionals and organizations and the student's development as a person and as a professional. (SC)

BH6814 Professional Consultation 3 credits

This course runs concurrently with BH6805 and serves as an adjunct to the student's field experience. The focus during this year-long, small group experience is on developing consulting skills, examining legal and ethical issues, exploring themes within the student's consulting work, his/her relationships with other professionals and organizations while enhancing the student's overall development as a professional. (LOD)

BH6816 Master's Change Projects 15 credits

This four-quarter sequence, consisting of a group and an individual project, provides students with vital field experience as a means to apply key behavioral theories to achieve organizational/group transformation. For the purpose of reflection and learning, students follow a written format to document their consulting approach, interventions and outcomes. (LOD)

Botanical Medicine

Nancy Welliver, ND, 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

BO3102 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: Must take concurrently with or after BO3114 or have permission from department

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 to 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, Physiomedical 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

BO3118 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

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, BC3143, BC4112, BC4113

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. Prerequisite: Completion of the first year of the herbal sciences curriculum

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. Prerequisite: 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: BC3143, BC4112, BC4113, 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

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: BC4112, BO3108

BO4122 Test Methods for Botanical Authentication Lecture/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: BC4113, BO3105, BO3114

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: BC3143, BC4112, BC4113, BC4115, BO4102, BO4108, BC4119

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: BC4120, 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

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 year of the Herbal Sciences curriculum

Botanical Medicine 1-5

The botanical medicine curriculum provides an in-depth study of the botanical materia medica. Terminology, nomenclature, plant identification, pharmacology, pharmacognosy, toxicity, herb-drug interactions, formula preparation and clinical application are among topics covered in these courses. Students gain skills in herbal management of acute and chronic disease conditions.

BO5301 Botanical Medicine 1 Lecture/Lab2 credits

This course introduces students to the history, philosophy and science of botanical medicine. Terminology of botanical medicine, and the medicinal, botanical and pharmacological categorizations are studied. Overviews of botany, pharmacognosy and formulation principles are covered with introductions to plant identification. Materia medica of the gastrointestinal system is introduced. Students are introduced to the importance and principles of sustainable agriculture and ecological harvesting. Labs reinforce didactic learning and bring the plant medicine alive through hands-on experience. Prerequisite: Admission to naturopathic medicine program

BO5901, BO5902, BO5903 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. Prerequisites: BO5301 and permission of department chair

Botanical Medicine 2-5

These courses, four quarters total, sequentially offered over two years, are designed to teach the information and skills required to assess, evaluate and apply botanical knowledge in naturopathic treatment protocols. Students evaluate botanicals from an organ system perspective. Material presented about each botanical includes taxonomic family, description, habitat, part(s) used, energetics, pharmacognosy, herb-drug interaction, pharmacology, historical and current medicinal actions and uses, pharmacy and toxicology. The students integrate pathophysiology, biochemistry, and vitalistic understanding in the presentation of material. Plant specimens and slides aid the understanding of the presented botanicals. In BM 4 and 5, the labs enhance didactic learning and clinical application through hands-on experience and case studies.

BO6301 Botanical Medicine 2 2 credits

See description above. Prerequisites: BC5106, BC5109, BO5301

BO6302 Botanical Medicine 3 2 credits

See description preceding BO6301. Prerequisite: BO6301

BO6303 Botanical Medicine Dispensary Lab1 credit

This course focuses on clinically useful herbal preparations. Students make herbal tinctures, glycerites, infusions, decoctions, poultices, compresses, syrups, creams, ointments, emulsions, liniments, suppositories and capsules. They examine the comparable advantages and disadvantages of each type of preparation, incorporating pharmacognosy into their understanding of each preparation. Prescription writing is reviewed. Organoleptic testing to assess medicinal preparation identity and quality is taught. Field identification is reinforced through herb walks in the woods and in the Bastyr herb garden. Prerequisite: BO6302 or permission of department chair

BO6901, BO6902, BO6903 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: BO6301 and permission of department chair

BO7300 Botanical Medicine 4 Lecture/Lab2 credits

See description preceding BO6301. Lab is included. Prerequisites: BO6302, BO6303

BO7301 Botanical Medicine 5 Lecture/Lab2 credits

See description preceding BO6301. Lab is included. Prerequisites: BO6303, BO7300

BO7901, BO7902, BO7903 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: BO7300 and permission of department chair

BO8901, BO8902, BO8903 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: BO6303 and permission of department chair

BO9115 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 or BO5301

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 a day and any group events. A non-refundable deposit is required upon registration. Prerequisite: None

BO9119 Clinical Pharmacognosy 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: BC4112 or BC5106 and BC3143 or BC5109 and BO4107 or BO5301

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

BO9140 Seminar in Botanical Case Management variable credit

Seminar format for naturopathic students enrolled in Bastyr Center for Natural Health provides individualized guidance in botanical medicine case management of patients seen by student clinicians. Each student manages and monitors a minimum of three (3) patients, which entails research, literature review and case preparation. Group discussions facilitated by the seminar instructor focus upon case management. Prerequisite: BO7300

BO9301 Advanced Topics in Botanical Medicine 2 credits

An elective for naturopathic medicine students pursuing the art of botanical medicine. Advanced topics include system evaluations with focus on central nervous system herbs, pediatric botanical treatments, musculoskeletal applications, and cardiovascular system botanicals. Preparation of botanical formulas for various conditions is emphasized. Students review new research in medicinal plants, botanical hydrotherapy and topical applications. Constitutional botanical prescribing is explored. Prerequisite: BO7300

BO9501 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

BO9504 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

BO9505 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

BO9506 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: Concurrently enrolled in BO4107 or completion of BO6301

BO9514 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

BO9518 Materia Aromatica 1 credit

This weekend seminar addresses Medicinal Aromatherapy, based on the French medical perspective. The class focuses on defining the chemistry of essential oils, their functional groups and their bio-chemical effects on the body. Students learn to identify medical-grade essential oils and acquire knowledge for practical applications including: sinusitis, warts, HPV, PMS, cellulite reduction, hematoma, scar prevention, immunostimulants, parasympathetic mimetics, athlete's foot and other fungal infections, asthma, sciatica, constipation, gingivitis, shingles, tonsillolith, and more. Prerequisites: None

BO9527 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 non-refundable deposit is required upon registration. Prerequisite: None

BO9529 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

BO9532 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

BO9542 Food and Medicinal Mushrooms 1 credit

This class is a combination of lecture, field hours and lab work. The class covers edibility, toxicity and medicinal uses of fungi. In this class you learn where, when and how to find mushrooms in the field as well as what to do with them once you find them. The role of fungi in their ecosystems is also studied. In addition to the course hours required, there are optional field trips arranged. Prerequisite: None

BO9545 Starting and Operating a Small Business 2 credits

Learn how to set up and operate a small business focusing on natural medicine. The instructor's experience with three different types of small businesses (naturopathic practice, herbal extract company, publishing company) are used as examples throughout the course to highlight detailed processes and issues involved in starting and running a business. Students are given the opportunity to think through these issues and become better prepared for entering the business world. Areas of focus include incorporation options, taxes, licenses, regulations, real estate, employees, bookkeeping. Prerequisite: None

BO9550 Analytical Research Methods for Herbal Sciences 2 credits

This course is a two-credit laboratory course working to refine analytical skills and experience specifically related to botanical medicine. Prerequisites: BO4122, BO4102, & BO4128

BO9555 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.

Chinese Herbal Medicine Certificate

Terry Courtney, MPH, LAc, Dean

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. Prerequisites: CH6421, CH6422, 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 to MSAOM or CCHM

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 to MSAOM or CCHM, 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 to MSAOM or CCHM, 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 downwards, 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 to 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 and Chengdu Universities of TCM are the main sites for Bastyr herbal internships. 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 MSAOM or CCHM internship 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 an herbal intern.

CH6831 CHM Dispensary 1 **2 credits**
See description above. Prerequisite: Admission to MSAOM or CCHM program

CH6832 CHM Dispensary 2 **2 credits**
See description preceding CH6831. Prerequisite: Admission to 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

CH9520 Introduction to AOM Oncology 2 credits

This class presents an overview of TCM oncology with discussion in pathology, diagnosis and treatment for many of the common cancers. Treatments for side effects from conventional therapies are also discussed. This course provides an introduction to clinical adjunctive cancer care, with emphasis on integrated CAM/allopathic co-management. Prerequisites: CH6432

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 Clinic 1 (fall) **2 credits**
See description above. Prerequisite: Permission of dean

CH9802 CHM Clinic 2 (winter) **2 credits**
See description preceding CH9801. Prerequisite: Permission of dean

CH9803 CHM Clinic 3 (spring) **2 credits**
See description preceding CH9801. Prerequisite: Permission of dean

CH9804 CHM Clinic 4 (summer) **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 includes a discussion of ethics and standards of practice. Prerequisite: Admission to the internship program

DI5101 Community Nutrition **1 credit**

This course includes a review of services provided by community and public health nutritionists. 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 to the 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 to the internship program

DI5104 Medical Nutrition Therapy **1 credit**

This course reviews nutritional aspects of health and disease, emphasizing medical nutrition therapy. Information is presented through lectures, demonstrations, discussion and case studies. Evaluation is based on written assignments, clinical cases and final exam. Prerequisite: Admission to the 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 to the 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 to the internship program

DI5820 Medical Nutrition Therapy Practicum **5 credits**

This course is the application of DI5104 through clinical dietetic planned experiences. Evaluation is based on successful completion of all learning activities. Prerequisite: Admission to the internship program

Exercise Science and Wellness

Tiffany Reiss, PhD, Program Chair

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: BC3141, BC3142 and BC3143 (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: BC4112/4113 and BC3143 (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

EX4111 Sports Nutrition and Ergogenic Aids5 credits

This course examines the interactions 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 including digestion, biological requirements, absorption and metabolism are emphasized. Prerequisite: BC4112/4113 or permission of instructor

EX4115 Motor Learning and Development3 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

EX4118 Principles of Resistance Training2 credits

This four-hour lab 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, BC3143, EX4115

EX4121 Micronutrients and Physical Activity3 credits

Nutritional biochemistry of the micronutrients (vitamins, accessory nutrients and minerals) as they pertain to physical activity is discussed, including dietary sources, functions, bioavailability, metabolism, potential deficiency and toxicity, and interaction with other nutrients. Prerequisites: BC4109, BC4110, BC4112, BC4113

EX4123 Exercise Prescription and Testing5 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

EX4133 Exercise Prescription for Special Populations**2 credits**

This course is designed to provide students exposure to various special populations, pathophysiology and the American College of Sports Medicine exercise recommendations for varying diseases states. Corequisite: EX4123

EX4810 Internship for Exercise Science and Wellness**12 credits**

This course provides students with practical knowledge in different areas of exercise science and wellness. Students apply the information obtained through past didactic experiences by working in areas such as (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 in various related activities and perform administrative tasks in support of such activities under an experienced agency supervisor and faculty sponsor. Prerequisites: All required courses from exercise science and wellness program or approval of department chair. Student must be in good academic standing to pursue internship.

Homeopathic Medicine

Richard Mann, ND, Department Chair

Homeopathy 1-3

This course sequence is required for all students in the naturopathic medicine program. Homeopathy 4-6 are elective courses. Student clinicians are allowed to register for the Homeopathy Specialty Clinic after successfully completing H06302 or with permission of the department chair. However, HO9301 is recommended as a prerequisite or corequisite to the Homeopathy Specialty Clinic.

HO6300 Homeopathy 1**2 credits**

This course is an introduction to homeopathy—its theory and practice. Using Hahnemann's Organon of Medicine, the principles of homeopathic medicine and the development of its method of practice are explored. This includes the use of the repertory, study of homeopathic philosophy, and an introduction to homeopathic materia medica. When possible, cases are used to elucidate concepts. Emphasis is placed on the integral relationship of homeopathy to naturopathic practice. Prerequisites: BC5106, BC5109, BC5124 and NM5115 or NM5136 or permission of department chair

HO6301 Homeopathy 2**3 credits**

This course emphasizes homeopathic case taking and analysis. Students learn how to take and analyze a homeopathic case, how to prioritize symptoms and how to use the homeopathic repertory as a guide to prescribing the proper medicine. Different methods of case analysis are discussed. Students actively take and analyze a homeopathic case. Basic homeopathic materia medica continues to be elucidated. Prerequisite: HO6300

HO6302 Homeopathy 3 3 credits

This course emphasizes homeopathic materia medica. Repertory skills are further developed. When possible, homeopathic case studies are used to illustrate basic concepts. Prerequisite: HO6301

HO6901, HO6902, HO6903 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, the student may explore a field of study that is of personal interest and value. Prerequisites: HO6300 and permission of department chair

Homeopathy 4-6

These three (3) elective courses are offered to naturopathic medicine students interested in the further study of homeopathy, after successfully completing Homeopathy 3 (HO6302).

HO9301 Homeopathy 4 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: HO6302 or permission of department chair

HO9302 Homeopathy 5 3 credits

This course is a continuation in the advanced study of materia medica, case analysis, and case management. Prerequisite: HO6302 or permission of department chair

HO9303 Homeopathy 6 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: HO6302 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 HO6302 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.

HO9800 Homeopathy Grand Rounds 1 1 credit

See description above. Prerequisite: HO6302

HO9801 Homeopathy Grand Rounds 2 1 credit

See description preceding HO9800. Prerequisite: HO6302

HO9802 Homeopathy Grand Rounds 3 1 credit

See description preceding HO9800. Prerequisite: HO6302

HO9803 Homeopathy Grand Rounds 4 1 credit

See description preceding HO9800. Prerequisite: HO6302

HO9804 Homeopathy Grand Rounds 5 1 credit

See description preceding HO9800. Prerequisite: HO6302

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: HO6302

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. Prerequisites: HO6302 and permission of department chair

HO9822 Patient Care 2 - Elective (winter) 2 credits

See description preceding HO9821. Prerequisites: HO6302 and permission of department chair

HO9823 Patient Care 3 - Elective (spring) 2 credits

See description preceding HO9821. Prerequisites: HO6302 and permission of department chair

HO9824 Patient Care 4 - Elective (summer) 2 credits

See description preceding HO9821. Prerequisites: HO6302 and permission of department chair

Interdisciplinary Studies

Tim Callahan, PhD, Vice President for Research and Collaboration

IS4101 Seminar in Natural Health Sciences 2 credits

This capstone course is designed to integrate knowledge and experience gained from the various undergraduate natural health science disciplines and to apply these to disease prevention and attaining and maintaining optimal health. Students work in teams to address important issues in health such as the life cycle from birth through death and chronic disease. Communication and critical thinking skills are emphasized, and students have an opportunity to model integrative approaches to optimal health. Prerequisite: Senior undergraduate status

IS9102 Introduction to Complementary and Alternative Medicine 3 credits

This course is offered in summer to external health science professional students (medicine, nursing, etc.) and introduces concepts in traditional Chinese medicine, whole foods nutrition, botanical medicine, naturopathic medicine, etc. The course combines lecture, laboratory practicum activities and clinical observations to introduce these concepts. Prerequisite: Must be enrolled and in good standing or accepted into a health sciences professional degree program

IS9510 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.

Naturopathic Midwifery

Morgan Martin, ND, LM, Department Chair

MW7302 Prenatal Complications 3 credits

In this course students focus on the recognition and care of common physical and emotional complications of pregnancy. Students develop in-depth practice guidelines for common complications that include definitions, etiologies, incidences, signs and symptoms, risks, differential diagnoses, management, consultation and referral practices. Students also become familiar with expected allopathic management of common complications and the associated risks and benefits. The distinction between the scope of practice of the general naturopathic physician and that of the naturopathic midwife is emphasized. Prerequisite: NM7313

MW7303 Labor Complications 3 credits

In this course students focus on the role of the naturopathic midwife in the care of the laboring woman, with special emphasis on the diagnosis and management of complications of the intrapartum period. Students develop practice guidelines for intrapartum complications. The practical portion of the course covers basic nursing skills such as the administration of IV fluids, episiotomy, perineal repair, urinary catheterization and the administration of medications. Consultation/referral practices are integral to this course. (Students must have completed this course before performing any skills independently at births.) Prerequisites: NM7313, MW7320. Corequisite: MW7321

MW7304 Maternal Postpartum Care 2 credits

While this course begins with the management of the normal and complicated third stage of labor, it focuses on the role of the naturopathic midwife in the care of the new mother. The practical portion of the course covers blood loss assessment and management and placental inspection. The normal puerperium is addressed, as are the development and naturopathic management of physical and emotional postpartum complications. Students develop clinical practice guidelines for common complications. Client education in the areas of infant care, self care, breast feeding and parenting skills is also covered. Prerequisite: MW7320

MW7310 Neonatology 3 credits

In this course students study the normal development and management of the newborn. The innate intelligence and sensitivity of the developing child are emphasized. Etiologies, risks, signs, symptoms and management of pathologies of the newborn are presented. Students develop practice guidelines for common neonatal complications. The practical portions of the course include infant physical exam, gestational age assessment and neonatal resuscitation skills and knowledge. Previous participation in at least 20 births is strongly recommended. Prerequisites: MW7320, NM7314 Note: This course is for students in their final year of the naturopathic midwifery program.

MW7315 The Practitioner's Guide to Lactation Management 2 credits

This course is required for midwifery students and is designed for the midwife, doula, lactation consultant, nurse, physician, nutritionist or other member of the mother's and infant's health care team. The course provides the core knowledge and skills necessary to help mothers breast-feed, as well as some advanced skills needed for problem solving. Students learn basic lactation management skills through practical application of scientific principles. Naturopathic modalities of treatment and contraindicated herbs are discussed. Students practice skills such as assessment, planning, alternative feeding methods, milk expression techniques and documentation. Prerequisite: None

MW7320 Normal Maternity 3 credits

This course is designed to meet the needs of the naturopathic doctor-in-training for general family practice and is the first in the naturopathic midwifery program series. It is an introduction to normal maternity and to the midwives' model of care, with a focus on the role of the naturopathic doctor in the support of healthy women who are or who want to become pregnant. The emphasis is on normal, healthy pregnancy and birth. A brief overview of the maternal postpartum period and newborn adaptation is included. The intent is to prepare ND students to discuss normal preconception, pregnancy and postpartum-related concerns with their clientele and to competently attend unplanned (emergent, normal) deliveries. Scope of practice boundaries and consultation/referral practices are integral to this course. Prerequisite: BC6202

MW7321 Advanced Normal Maternity 2 credits

This course facilitates competency in the advanced management of normal pregnancy and birth and is intended for enrollees in the naturopathic midwifery program. Topics covered include prenatal assessment skills, maternal physiological changes in pregnancy, pelvimetry, charting and prenatal testing. Also covered are advanced normal labor and delivery management, including cardinal movements, monitoring protocols, common complications, hand maneuvers, birth positions, waterbirth and introductory neonatal assessment and management. Students practice conducting prenatal consults, cervical dilation assessment, initial and routine visits, client education and telephone assessment and consultation. Prerequisite: MW7320

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

MW8102 Childbirth Education 1 credit

This course offers an overview of the current trends in and methods of teaching childbirth education classes and prepares students to teach childbirth education classes. Concepts of instruction, learning and effective means of conveying both factual information and practical skills to expectant parents are presented. Students are required to attend and critique at least one community childbirth education class session and to teach one topic in class. Prerequisite: MW7320

MW8103 Legal and Professional Issues in Midwifery 2 credits

This course outlines the legal responsibilities and restrictions of practice for naturopathic physicians specializing in natural childbirth. Upon completion of this course students demonstrate knowledge of the following: professional ethics specific to midwifery; local and national politics; midwifery regulation in various jurisdictions; peer review procedures, quality assurance and quality improvement mechanisms; malpractice insurance; billing practices; informed consent/choice; scope and standards of practice; cultural diversity in client populations; consultation/referral relationships; dual licensure; unlicensed/unregulated practice; regulatory systems, sanctions and disciplinary processes. Prerequisite: NM7109 Note: This course is for students in their final year of the naturopathic midwifery program.

MW8105 Grief and Loss in Midwifery 2 credits

Upon completion of this course, students are competent to do the following: provide emotional support to families grieving the loss of a pregnancy or newborn, teach self-nurturing methods that facilitate healing in the grief process, model how to heal through and be strengthened by loss, and draw on personal spiritual resources for the benefit of self and client. Students develop skills in helping couples talk through the impact of grief and loss on their relationship and the grief of infertility. Students also learn to help parents deal with bereavement pressures, grief reactions of the extended family, and societal expectations around the death of a child, a spontaneous abortion or planned termination of pregnancy. Prerequisite: PS6306

MW8410 Clinical Pharmacology in Midwifery 1 credit

This course covers medication use during pregnancy and intrapartum, along with substances commonly used in healthy neonates. The course emphasizes the medications that midwives may legally administer in Washington state, including indications, contraindications, and associated risks for interaction and/or adverse effects for these agents. Additionally, the course includes dosing and routes of administration along with the underlying pharmacodynamics and pharmacokinetics. Throughout, scope of practice and consultation/referral indications are incorporated into the information discussed. Prerequisites: BC6305, MW7321, admission to naturopathic midwifery program

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).

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

Birth Rounds

This three (3) course sequence consists of maternity skills labs and case reviews facilitated by the naturopathic midwifery clinical faculty. Specific midwifery topics are addressed in a small group discussion, skill labs and role play format. Prerequisite: Current enrollment in naturopathic midwifery program and concurrent enrollment in MW8800 or MW8802

MW8811 Birth Rounds**1 credit**See description above. Corequisite: MW8800

MW8812 Birth Rounds**1 credit**See description preceding MW8811. Corequisite: MW8800 or MW8802. Prerequisite: MW8811

MW8813 Birth Rounds**1 credit**See description preceding MW8811. Corequisite: MW8800 or MW8802. Prerequisite: MW8812

MW8899 Childbirth Practicum Continuation**0 credits**

This course continues the student's enrollment in the naturopathic midwifery program during quarters when no births or classes are registered. One credit of tuition is charged to maintain active student status in the program. Prerequisites: MW8802 and MW8813

MW8901, MW8902, MW8903 Independent Study**variable to maximum of 2 credits**See description for MW7901, MW7902, MW7903. Prerequisites: MW7321 and permission of program chair

MW9100 Midwifery Wisdom: An Introduction**3 credits**

This elective is designed to be the first course in the naturopathic midwifery curriculum. It is an introduction to the art and practice of midwifery. It includes a brief history of midwifery and medicine in the U.S., as well as trends in and perspectives on birth in American culture. Students are introduced to counseling skills in maternity care, lactation issues, the fourth trimester, various definitions of "midwife," and some realities of midwifery practice. In addition, students view a variety of midwifery-related videos and develop a group and an individual project. Prerequisite: Admission to Bastyr University. NOTE: This class is a prerequisite for application to the naturopathic midwifery program beginning fall 2009.

MW9115 Doula Training**3 credits**

This course is only offered in the summer. This course prepares the student for the unique role of a doula—a professional who provides physical, emotional and informational support for women in labor. Topics covered include female reproductive anatomy, fetal development, components of perinatal care, clinical terminology, communication skills, pain management techniques, the emotional and psychological aspects of giving birth and its significance in women's lives. Scope of practice, providing culturally sensitive support, clarifying values and beliefs about birth, coping with complications in pregnancy and labor, newborn care, and breast-feeding are also included. Upon completion of this course students interested in doula certification may apply to the Pacific Association for Labor Support (PALS) or DONA International. PALS offers an apprenticeship program, which supports placement with certified doulas in the Seattle area who mentor newly-trained doulas seeking certification. Prerequisite: MW9100

MW9120 Fertility Awareness and Natural Family Planning**2 credits**

This course prepares participants for the clinical management of fertility using the most current fertility awareness and family planning techniques and resources. Students examine historical and psychological aspects related to conception and contraception and review basic reproductive anatomy and physiology. They assess pros and cons of various natural fertility assessment tools and tracking techniques and learn to analyze patient fertility charts. Learners discuss and practice methods for teaching and counseling patients utilizing these methods. Upon completion of this course students are able to assist patients in assessing and tracking fertility for conception or contraception, utilizing a variety of methods. Prerequisite: None

MW9500 Introduction to Childbirth**1 credit**

This course allows students to experience childbirth and some of the associated activities. Participants attend an orientation at BU, participate in pre- and post-natal visits with a local practitioner, observe a birth, attend a birth rounds class and write a summary of the experience. NOTES: Additional hours may be required if the birth a student observes is exceptionally brief. If this elective credit is needed for graduation, the entire process must be completed by the final week of classes. This course cannot be audited. Prerequisite: MW7320

Naturopathic Medicine

Gannady Raskin, MD, ND, Dean

NM5113 Naturopathic Medicine in Historical Context**2 credits**

This course traces the roots of naturopathic medicine and the development of its modalities and philosophy from 4,000 BC to the present day. Lab cohorts are introduced to the principles and practices of naturopathic medicine and discuss them in a historical context to gain an understanding of the philosophical, political and therapeutic constructs that shaped our current profession. Prerequisite: Admission to ND program

NM5114 Fundamentals of Naturopathic Clinical Theory 2 credits

Naturopathic principles of practice, concepts of health and disease, environment, hygiene, nature cure, natural therapeutics, prevention and wellness are discussed with an emphasis on the vitalistic context of science-based naturopathic medicine. Lab cohorts explore the naturopathic principles, therapeutic order and determinants of health more deeply and begin to apply them to cases. Prerequisite: Admission to ND program

NM5115 Naturopathic Medicine in Global Context**2 credits**

This course explores the current practice of natural medicine across the globe. Students survey traditional healing methods as well as institutional practices of natural therapeutics. Drawing on the historical and philosophical information given the previous two quarters, students gain an understanding of the current political, social and cultural context of natural medicine in each region. The lab cohorts explore the different philosophical and clinical practices of each region and discuss/experience how these complement current naturopathic philosophy and practice. Prerequisite: Admission to ND program

NM5500 Intensive: Advanced Standing Status**variable credit**

This intensive is designed to satisfy a selection of lower level naturopathic medicine courses, enabling advanced standing students to better integrate the first and second year curriculum. Topics may include naturopathic philosophy, botanical medicine courses, physician heal thyself or clinic entry. Prerequisite: Admission to naturopathic medicine program with advanced standing status

Clinic Entry 1-2

Clinic Entry 1 and 2 are designed to prepare students for their clinical training in Bastyr Center for Natural Health. Descriptions of these courses follow.

NM5804 Clinic Entry 1**1 credit**

This experiential course provides naturopathic medical students with the opportunity to become familiar with, and to personally experience, Bastyr Center for Natural Health from a patient's perspective. As patients, students experience a first office call and return office call, as well as experiencing naturopathic modalities. Students also attend case preview and review. This class offers students clinical experience with the medicine they are studying. See NM6804 for description of Clinic Entry 2. Prerequisite: Admission to naturopathic medicine program

NM5901, NM5902, NM5903 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. Prerequisites: NM5113 and permission of dean

Clinical Laboratory Diagnosis 1-3

This sequence of three (3) courses introduces the student to laboratory diagnoses of clinical disorders and disease states. Emphasis is on methods of analysis, appropriateness of tests, interpretation of laboratory results and clinical application of laboratory data for the primary care provider. NM6210 focuses primarily on definitions of "normals," hematology and coagulation. NM6211 explores clinical chemistries and their interpretation. NM6212 focuses on the laboratory diagnosis of urogenital and endocrine disorders.

NM6210 Clinical Laboratory Diagnosis 13.5 credits

See description above. Prerequisite: BC5106

NM6211 Clinical Laboratory Diagnosis 23.5 credits

See description preceding NM6210. Prerequisite: NM6210

NM6212 Clinical Laboratory Diagnosis 33.5 credits

See description preceding NM6210. Prerequisite: NM6211

Physical/Clinical Diagnosis 1-3

The Physical/Clinical Diagnosis series of six (6) courses uses a lecture and laboratory format to teach practical clinical skills. Emphasis is on early detection of abnormalities and diagnosis of common health problems. Differential diagnosis and assessment, patient interview techniques, history taking and physical examination are covered. Also included are indications for diagnostic procedures and an introduction to clinic protocols.

NM6221 Physical/Clinical Diagnosis 1 Lecture**2 credits**

See description above. Prerequisites: BC5124, BC5129

NM6221L Physical/Clinical Diagnosis 1 Lab2 credits

See description preceding NM6221. Corequisite: NM6221

NM6222 Physical/Clinical Diagnosis 2 Lecture

2 credits

See description preceding NM6221. Prerequisite: NM6221

NM6222L Physical/Clinical Diagnosis 2 Lab2 credits

See description preceding NM6221. Corequisite: NM6222

NM6223 Physical/Clinical Diagnosis 3 Lecture

2 credits

See description preceding NM6221. Prerequisite: NM6222

NM6223L Physical/Clinical Diagnosis 3 Lab2 credits

See description preceding NM6221. Corequisite: NM6223

NM6804 Clinic Entry 2

1 credit

This course serves to facilitate the continuity between the preclinical and clinical education. The student is introduced to clinic staff and faculty members, clinic policies and procedures, paperwork and the basic organizational structure of the clinic. The student is also introduced to the clinical training format and the roles in which the students and supervisors function. This class is also an opportunity to broaden the student's definition and experience of naturopathic medicine in clinical practice. Students take a clinic entrance exam at the end of the course. Prerequisite: NM5804, concurrent with NM6223

NM6901, NM6902, NM6903 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. Prerequisites: BC6200, NM6210, NM6221 and permission of dean

Public Health and Environmental Medicine

In these two (2) courses, the toxic effects of the pollution of our air, water, food, and electromagnetic environment are provided. Types, sources, and health effects of common pollutants, prevention and treatment of occupational diseases, public health and the public health system are discussed. The clinician's interaction with public health resources and responsibilities is emphasized.

NM7101 Environmental Medicine

1.5 credits

See description above. Prerequisite: NM6221

NM7102 Public Health

1.5 credits

See description preceding NM7101. Prerequisite: NM6221

Practice Management 1-2

This two (2) course sequence provides students with information and skills necessary to set up a practice. Included are office planning, bookkeeping, fee structures, taxes, accounting, public relations, communications skills, personnel management, licensing, market planning, practice options, referrals and practice building.

NM7109 Practice Management 1

2 credits

Practice Management 1 affords students the opportunity to learn success promoting communication and management behaviors. Exercises such as building a natural medicine database, familiarizing with ICD9 and CPT coding, and exploring practice options are designed to provide tools and applicable practice skills. Prerequisite: Concurrent with clinic shifts

NM7116 Naturopathic Clinical Theory

1 credit

This course emphasizes the clinical application of the principles of naturopathic medicine, using the therapeutic order as an integrative framework and providing students with a foundation for naturopathic case analysis and management. Prerequisite: Concurrent with clinic shifts

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 or BC5141

NM7302 Gastroenterology

2 credits

Disorders of the gastrointestinal system, the digestive tract and related organs are presented with discussion of prevalence, pathophysiology, diagnosis, naturopathic analysis, and conventional and naturopathic therapeutics for these conditions. Prerequisite: Concurrent with clinic shifts

NM7304 Dermatology **2 credits**

Differential diagnosis and assessment of common skin disorders are covered in this course. Emphasis is placed on treatment from a conventional and naturopathic perspective. Prerequisite: Concurrent with clinic shifts

NM7305 Clinical Ecology **2 credits**

This course covers the diagnosis, prevention and treatment of allergy in its many forms. Food, plant, environment, hydrocarbon and other types are presented. Considered are such topics as masked allergies, allergic adaptation, challenge testing, rotation diets, environmental medicine clinics, fasting and various laboratory tests for allergies (i.e., skin, sublingual, intradermal and blood). Prerequisite: Concurrent with clinic shifts

NM7306 Oncology **2 credits**

Students explore the problems involved in the diagnosis and assessment of cancer. Current knowledge of the causes and mechanisms of cancer are presented. Included is an overview of the current conventional therapies for cancer, their efficacy and side effects. Students learn how to become an effective part of the health care team in providing care to patients. Complementary naturopathic care for patients with cancer is presented to provide a comprehensive approach to patient management. Prerequisite: Concurrent with clinic shifts

NM7307 Eye, Ear, Nose and Throat (EENT) 2 credits

Conventional and naturopathic therapeutics for EENT conditions are presented. Prerequisite: Concurrent with clinic shifts

NM7311 Neurology **2 credits**

Students refine their skills in diagnosis and treatment from both a conventional and naturopathic perspective of neurological diseases in this course. Recognition of conditions requiring referral for specialized diagnostic procedures and care are addressed. Prerequisite: Concurrent with clinic shifts

NM7313 Gynecology **3 credits**

In this course students study the interrelationship of patient history, symptoms, physical signs and laboratory tests in making early and accurate diagnoses. Naturopathic therapeutics for gynecological conditions are covered. Students participate in a practicum experience as well. Prerequisite: Concurrent with clinic shifts

Pediatrics 1-2

This two (2) course sequence presents the differential diagnosis and assessment of the common problems of infancy, childhood, and adolescence. Emphasis is on early recognition of signs and symptoms, disease prevention, and the development of a healthy lifestyle at an early age. Treatment of common childhood conditions and diseases is presented.

NM7314 Pediatrics 1 **2 credits**

See description above. Prerequisite: Concurrent with clinic shifts

NM7315 Pediatrics 2 **2 credits**

See description preceding NM7314. Prerequisite: Concurrent with clinic shifts

NM7320 Family Medicine **2 credits**

This course explores family health and wellness and the role of the physician's influence on the perpetuation of health. Prerequisite: PS6306, concurrent with clinic shifts

NM7325 Naturopathic Case Analysis and Management 1**1.5 credits**

This course is designed to provide a format for the development of skills and rationale in naturopathic case analysis, treatment integration and case management. Naturopathic principles of practice are applied, in concert with conventional case analysis. Prerequisite: NM6804, concurrent with first clinic shifts

NM7330 The Healing Systems **1 credit**

This course examines seven core systems, which maintain the body's strength and vitality, and how illnesses can be traced to weaknesses in one or more of these systems. Diagnosis and treatment of underlying systemic weaknesses and optimizing function in these systems to focus effectively on the healing effort are emphasized. In the therapeutic order, the course reflects the therapeutic intent of tonifying systems and supporting the body/spirit in healing itself. Prerequisite: Concurrent with clinic shifts

NM7341 Cardiology **3 credits**

This course covers the pathophysiology, advanced diagnosis and treatment of diseases of the cardiovascular system. Both naturopathic and conventional therapies are discussed based on the nature and severity of the diseases included. Prerequisite: Concurrent with clinic shifts

NM7416 Minor Office Procedures **3 credits**

Minor surgical procedures as defined by scope of practice for naturopathic physicians and licensing laws are taught. This lecture/laboratory 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. Prerequisite: Concurrent with NM6223

NM7417 Medical Procedures **3 credits**

This course provides students with training in a variety of medical procedures including immunization, prescription writing, intravenous and intramuscular injections. The pre-clinical CPR training requirement is also met through this course. Prerequisite: Concurrent with NM6223

Bastyr Center for Natural Health: Patient Care Shifts

Naturopathic medicine students are required to take 18 general patient care shifts. Each patient care shift involves provision of care under the supervision of licensed faculty. The medical skills mastered in this setting include standard medical skills 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). Prerequisites: successful completion of all required first and second year ND courses for the four-year track or all required first, second, and third year ND courses for the five-year track, Option A, NM6804, a TB test, and 20 hours of preceptorship_

NM7820 Patient Care 1 **2 credits**

See description above. Prerequisites: 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

NM7835 Building Clinical Skills **2 credits**

Cross listed as NM9835. 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

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

NM8101 Ethics **1 credit**

Ethics of the physician-patient relationship are explored in case studies. Prerequisite: NM7109

NM8102 Jurisprudence **1 credit**

This course is an overview of the state laws and the regulations as they relate to the practice of naturopathic medicine in the state of Washington. This includes licensing, malpractice, patient and physician rights, and the mechanisms by which laws are applied and enforced. Prerequisite: NM7109

NM8109 Practice Management 2 2 credits

Practice Management 2 provides students the opportunity to learn specific skills with respect to goal setting, presenting and communicating, and selling to ensure practice success. Business basics such as creating a mission, clinic name, layout, financial forecasting, business planning, selecting a practice option, fee setting, insurance contracts, dispensary planning, maintaining statistics, patient retention and management and other critical tasks are also reviewed. Prerequisite: NM7109

Radiographic Interpretation 1-2

In this three (3) course sequence, students learn the fundamentals of radiographic interpretation. Lab is focused on radiographic positioning. This course includes x-ray physics, the production and effects of ionizing radiation, radiological safety, and x-ray positioning. Radiographic findings of common disorders are discussed with emphasis on differential diagnosis and correlation with clinical findings. Included is the study of pathologies of the skeleton, the thoracic region, and the gastrointestinal and genitourinary systems.

NM8206 Radiographic Interpretation 1 Lecture 3 credits

See description above. Prerequisite: NM7823

NM8207 Radiographic Interpretation 1 Lab 1 credit

See description preceding NM8206. Corequisite: NM8206

NM8212 Radiographic Interpretation 2 3 credits

In this lecture course, students learn the diagnostic imaging appearance of common disorders of the skeleton, chest, and abdomen, with an emphasis on x-ray presentation. Further diagnostic imaging terminology is introduced. Since many images are presented, classroom attendance is considered extremely important, and instructors impose attendance requirements. Prerequisites: NM8206, NM8207

NM8213 Diagnostic Imaging 2 credits

Students are introduced to special imaging procedures commonly used as ancillary and sometimes the primary imaging method in the evaluation of osseous and soft tissue lesions of the body. Also included is the study of diagnostic ultrasound, computerized tomography, magnetic resonance imaging, nuclear medicine and fluoroscopy. Prerequisites: NM8206, NM8207

NM8303 Geriatrics 2 credits

The recognition of the physical, psychological and social differences between the elderly and the younger population is explored. The ability to differentially diagnose common disease entities of the elderly also is covered, as well as specific chronic conditions like diabetes, degenerative joint disease, coronary artery disease and problems of disabled individuals. Prerequisite: Concurrent with clinic shifts

NM8308 Endocrinology 3 credits

The complex interactions of the hormone systems of the body including the causes and effects of hormonal imbalance are covered. Conventional and naturopathic therapeutics for these conditions are presented. Prerequisite: Concurrent with clinic shifts

NM8309 Rheumatology 1.5 credits

This course focuses on the inflammatory conditions involving the connective tissue structures of the body, including muscles and joints. Emphasis is placed on autoimmune disorders and their treatment, with both conventional and naturopathic therapeutics. Prerequisite: Concurrent with clinic shifts

NM8312 Urology 1.5 credits

Diseases of the kidney, urinary tract and male reproductive system are covered in this course, with emphasis on differential diagnosis and assessment. Case management from both a conventional and naturopathic perspective is presented. Prerequisite: Concurrent with clinic shifts

NM8314 Pulmonary Medicine 1.5 credits

The diagnosis and treatment of respiratory diseases, including their relationship to cardiovascular disease, are covered. Conventional and naturopathic therapeutics for respiratory problems are presented. Prerequisite: NM7341

NM8325 Naturopathic Case Analysis and Management 2: Grand Rounds 1 credit

Students in this clinic-based course participate in case presentations. Prerequisite: NM7325

Advanced Naturopathic Therapeutics 1-2

This two (2) course sequence covers health problems in a case-oriented approach. The most appropriate nutritional, botanical and environmental considerations are presented together with other appropriate naturopathic therapeutics. Emphasis is given to balance among the physical, mental and emotional aspects of treatment.

NM8413 Advanced Naturopathic Therapeutics 1 2 credits

See description above. Prerequisite: NM7330

NM8414 Advanced Naturopathic Therapeutics 2 2 credits

See description preceding NM8413. Prerequisite: NM8413

NM9115 Traditional Naturopathic Medicine Series: Natural Hygiene, Principles, Research and Practice**2 credits**

This course is designed to teach and explore 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: NM6804 or NM7116

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 to 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 to the naturopathic medicine program or permission of instructor

NM9505 Clinical Ecology 2: Chemical Sensitivities**2 credits**

Students in the naturopathic medicine program who have completed NM7101 may register for this special topics course. Students learn the manifestations presented by patients afflicted with chemical sensitivities, assessment and treatment. Prerequisite: NM7101

NM9508 Mind, Body, Spirit and Nature: Landscape of Thought and Therapies in Natural Medicine**2 credits**

This course is open to all levels and disciplines at Bastyr University. Up-to-date therapies are integrated with time-honored traditions in natural medicine. Students also explore the history of healing in many diverse cultures as it is relevant to natural medicine as practiced today. Comparative religions are explored for their wisdom about health and spirit. Prerequisite: Admission to Bastyr University

NM9509 Mind, Body, Spirit, and Nature: Integral Practice**1 credit**

As human beings and health care providers we are called upon to help our patients cultivate life and wellness. A crucial question then for each of us is, "How do I cultivate my own life?" In this experiential and interactive course, students explore their own life-affirming practices, as well as cultivating a community of support and empowerment for healthy intentions. Prerequisite: Admission to Bastyr University

Leadership Series: Special Topic Courses

Seminars are offered on the following topics: legislative and public affairs, public speaking, writing for publication and research. Leaders in these fields work with students in a workshop format.

NM9545 Leadership Series: Research**2 credits**

See description above. Prerequisite: Admission to the naturopathic medicine, AOM, nutrition or midwifery program

NM9546 Leadership Series: Legislative and Public Affairs**2 credits**

See description preceding NM9545. Prerequisite: Admission to the naturopathic medicine, AOM, nutrition or midwifery program

NM9547 Leadership Series: Writing for Publication**2 credits**

See description preceding NM9545. Prerequisite: Admission to the naturopathic medicine, AOM, nutrition or midwifery program

NM9548 Leadership Series: Public Speaking**2 credits**

See description preceding NM9545. Prerequisite: Admission to the naturopathic medicine, AOM, nutrition or midwifery program

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

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

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. Prerequisite: Mid-level primary clinician status and completion of all preceptor rotations

Acupuncture and Oriental Medicine

Terry Courtney, MPH, LAc, Dean

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 and MSAOM 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

OM3110 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

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 to the 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 to the 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 to the 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, admission to the 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, admission to the 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. The application of the various Tui Na techniques is based on the theories of TCM, and 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. Prerequisites: OM4118/OM5120, admission to the 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: OM4118 or OM5120 (can be concurrent) 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 to the AOM program

Clinical Observation 1-3

In preparation for becoming an intern, students train 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 interns. 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 internship phase. Students who choose to complete the preceptorship during their internship phase are still eligible to start clinic in spring quarter of their second year, which is the traditional entry point into internship training. 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

OM5120 Fundamental Principles of Traditional Chinese Medicine 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 to naturopathic medicine program or any other non-AOM degree program

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 to the 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. 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: Intern 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, admission to the AOM program

OM5322 Survey of Western Clinical Sciences 2 3 credits

See description preceding OM5321. Prerequisite: OM5321

OM5323 Survey of Western Clinical Science 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. 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: OM4118 (may be concurrent) or 5120 (may be concurrent) or permission of dean

OM5803 Clinical Observation 3 2 credits

See description preceding OM4803. Prerequisite: OM4804

Clinical Internship and Internship Interim Clinic

Students progress through 14 internship shifts (MSA) or 16 internship shifts (MSAOM), 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: completion of 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 internship hours beyond those required for graduation from the University.

OM5805 Clinical Internship 1 2 credits

See description above. Prerequisite: Admission to MSA or MSAOM, OM5803, successful completion of Clinic Intern Entry exam

OM5806 Clinical Internship 2 **2 credits**

See description preceding OM5805. Prerequisite: OM5805

OM5807 Clinical Internship 3 **2 credits**

See description preceding OM5805. Prerequisite: OM5806

OM5808 Clinical Internship 4 **2 credits**

See description preceding OM5805. Prerequisite: OM5807

OM5809 Clinical Internship 5 **2 credits**

See description preceding OM5805. Prerequisite: OM5808

OM5810 Clinical Internship 6 **2 credits**

See description preceding OM5805. See OM6801-OM6810 for Clinic Internship 7-16 Prerequisite: OM5809

OM5836 Internship Interim Clinic **1.5 credits**

See description preceding OM5805. 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: Third-year status in AOM program

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 to the MSA or MSAOM program

OM6111 Practice Management 1 **2 credits**

This is the first class 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: OM5807

OM6112 Practice Management 2 **1 credit**

This is the second class 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 Internship and provides a forum for the discussion of cases seen in the teaching clinic. Prerequisite: OM5805

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: OM5805

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

OM6801 Clinical Internship 7 **2 credits**

See description preceding OM5805. Prerequisite: OM5810

OM6802 Clinical Internship 8 **2 credits**

See description preceding OM5805. Prerequisite: OM6801

OM6803 Clinical Internship 9 **2 credits**

See description preceding OM5805. Prerequisite: OM6802

OM6804 Clinical Internship 10 **2 credits**

See description preceding OM5805. Prerequisite: OM6803

OM6805 Clinical Internship 11 **2 credits**

See description preceding OM5805. Prerequisite: OM6804

OM6806 Clinical Internship 12 **2 credits**

See description preceding OM5805. Prerequisite: OM6805

OM6807 Clinical Internship 13 **2 credits**

See description preceding OM5805. Prerequisite: OM6806

OM6808 Clinical Internship 14 **2 credits**

See description preceding OM5805. Prerequisite: OM6807

OM6809 Clinical Internship 15 **2 credits**

See description preceding OM5805. Prerequisite: OM6808

OM6810 Clinical Internship 16 **2 credits**

See description preceding OM5805. Prerequisite: OM6809

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 internships in Chengdu or Shanghai. Major topics include: professional hospital conduct in the Chinese hospital, Chinese cultural topics (dining, etiquette, studying tai chi, Chinese), safety, practical travel tips (money, packing, purchases in China, etc.). The course is taught with lecture, role play, video and guest speakers. Prerequisite: Prior approval for China internship or permission of the dean

Acupuncture Clinic in China 1-4

Students in good academic standing are encouraged to apply for advanced studies in China. Currently, Chengdu and Shanghai Universities of TCM are the main sites for Bastyr acupuncture internships. 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 internship 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

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 to DAOM program, ND, ExSci and/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 to 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 to 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, some of which are from the Bastyr Center for Natural Health patient population. Prerequisite: Admission to 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 to 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 to DAOM 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: OM7311 or approval of the 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: OM7311, OM7312, or approval of the 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 to 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 to DAOM program or OM5323

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 to DAOM program, ND, ExSci and/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 to DAOM or approval of the dean

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 to DAOM program

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 to 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 to DAOM

DAOM Internships

Doctoral students rotate through six different clinical sites. The first rotation is done at Bastyr Center for Natural Health and trains students in the basics of clinical supervision. Students then complete internships at the Seattle Cancer Treatment and Wellness Center, Highline Medical Center's Cancer Center and Skagit Valley Hospital Regional Cancer Care Center. Internships in advanced pain management are done in integrated shifts at Bastyr Center for Natural Health. In the final quarter, students have an opportunity to do advanced clinical work through sister school affiliations with Chengdu and Shanghai Universities of Traditional Chinese Medicine. Students spend a total of six weeks in clinical rotations 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 to DAOM program

OM7801 Clinic Supervision Internship 1 2 credits

See description preceding OM7800. Prerequisite: Concurrent with OM7800, Admission to DAOM program

OM7802 Clinic Supervision Internship 2 2 credits

See description preceding OM7800. Prerequisite: OM7801

OM7811 Oncology Clinic 1 2 credits

See description preceding OM7800. Prerequisite: completion of or concurrent with 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

OM7821 Pain Clinic 1 2 credits

See description preceding OM7800. Prerequisite: 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 1-3

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 3 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 to DAOM program

OM8102 Research Practicum 2 2 credits

See description preceding OM8101. Prerequisite: OM8101

OM8103 Research Practicum 3 **2 credits**

See description preceding OM8101. Prerequisite: OM8102

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. Prerequisite: OM8103

OM8800 Cancer Care Internship (Observation)
2 credits

See description preceding OM7800. Prerequisite: Completion of or concurrent with OM7412

OM8805 Hospital Internship **12 credits**

See description preceding OM7800. The six-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 care. Students are directly involved in treatment of oncology patients under supervision of the hospital teaching staff. The six-week rotation includes three weeks at Chengdu University of Traditional Chinese Medicine and three 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.

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. Prerequisite: OM4118 or OM5120

OM9306 Five Element **2 credits**

All laws of five element acupuncture are covered in this course. 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 or OM5120

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

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. The course includes an overview of the biochemistry of chemical dependency, outpatient treatment strategies for safely detoxifying and aftercare. The role of the acupuncturist in a clinic team is also covered. This course is the didactic portion of a larger certification program offer by the National Acupuncture Detoxification Association (NADA). Upon completion of this course plus completion of an outside clinical rotation, students are eligible to work as acupuncturists in chemical dependency treatment facilities upon graduation/licensure. Prerequisite: Intern status at clinic

OM9501 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, OM4212, OM4222

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.

OM9519 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. (For Tui Na 3-4, see OM9574 and OM9578.) Prerequisite: OM4315

OM9520 Tui Na 5 **1 credit**

See description preceding OM9519. 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

OM9523 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: OM4118 or OM5120 or permission of the dean

OM9526 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: OM4118 or OM5120 or permission of the dean

OM9530 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 usage 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

OM9541 TCM Sports Medicine 1 **1 credit**

This course covers the theories, techniques and treatments of TCM sports medicine. The classes focus 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: Admission to AOM

OM9551 Advanced Tongue and Pulse Diagnosis **2 credits**

This class deepens the student's ability to use tongue and pulse diagnosis in a clinical setting. In addition to an in-depth review of TCM pulse diagnostics, the class explores the yin and yang pulses, the eight extra vessel pulses, and the wave from within each organ pulse, as well as an in-depth review of tongue diagnostics. Prerequisite: OM5805 (may be concurrent)

OM9557 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, 5th metatarsal bone, phalangeal joints of the toe and the ankle joint. Prerequisite: Admission to AOM

OM9574 Tui Na 3 **1 credit**

See description preceding OM9519. 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

OM9575 Introduction to Foot Reflexology Massage**1 credit**

This course offers an introduction to 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, etc. The course includes a history of reflexology in Asia, Europe and America, preparing herbal foot soaks, reflexology foot massage instruction and practice, and walks in Bastyr's reflexology path. Prerequisites: BC3134, BC3135, BC3136 (or concurrent with BC3136), or equivalent Anatomy and Physiology series

OM9578 Tui Na 4 **1 credit**

See description preceding OM9519. 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

OM9580 Advanced Five Element **3 credits**

This course is an extension of Five Element 1 for students who wish to learn practical clinical applications of Five Element acupuncture theory. Topics covered include: diagnosis and treatment of Five Element acupuncture, blocks to treatment, use of command points and spirit of the points according to Five Element theory, use of Five Element pulse diagnosis, and refinement of diagnosis by color, sound, odor and emotion. The course includes two hours of lecture, followed by a two hour lab. Prerequisite: OM 9306 and primary student status at clinic

OM9581 Thai Massage 1 **1 credit**

This course covers the theories and techniques of Thai massage. Classes focus on introducing the first 5 of the 10 Thai massage meridians and massage techniques and procedures on the feet, legs, neck and back. Prerequisites: BC3136 or BC3143 and BC3113 or BC3134

OM9582 Thai Massage 2 **1 credit**

This course covers the theories and techniques of Thai massage. Classes focus on introducing the last 5 of the 10 Thai massage meridians and massage techniques and procedures used on the face, abdomen, arms and fingers. Prerequisites: BC3134 or BC3113 and BC3136 or BC3143

Clinical Internship 1-4 Elective

Students may take Clinical Internship shifts as elective credit by permission of the dean.

OM9801 Clinical Internship 1 (fall) **2 credits**

See description above. Prerequisite: Permission of dean

OM9802 Clinical Internship 2 (winter) **2 credits**

See description preceding OM9801. Prerequisite: Permission of dean

OM9803 Clinical Internship 3 (spring) **2 credits**

See description preceding OM9801. Prerequisite: Permission of dean

OM9804 Clinical Internship 4 (summer) **2 credits**

See description preceding OM9801. Prerequisite: Permission of dean

OM9820 Advanced Intern 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 senior clinical faculty. Students are required to demonstrate the competencies of a final term master's student. Prerequisite: Admission to the DAOM program

Physical Medicine

Dean Neary, ND, Department Chair

Hydrotherapy/Physiotherapy Lecture and Lab

This two (2) course sequence begins with a lecture class and is followed by a skills lab, which prepares students for hydrotherapy/physiotherapy therapeutics in the clinic. Topics covered in the class include the principles of hydrotherapy, as well as hot, cold and contrasting applications. The physiotherapy portion covers the physiotherapy devices used in practice, such as ultrasound, diathermy, electrical stimulation, ultraviolet and infrared, and low level laser therapy (LLLT).

PM5301 Hydrotherapy/Physiotherapy Lecture**2 credits**

See description above. Prerequisite: BC5122

PM5305 Hydrotherapy/Physiotherapy Lab**1 credit**
See description preceding PM5304 Prerequisite: PM5301**PM5310 Myofascial Analysis** **1.5 credits**

In this class students learn skills they will use through the rest of the physical medicine series at Bastyr University. Students identify and palpate anatomical landmarks, assess the physical structure of a patient's body, and formulate an understanding of the biomechanical basis for movement. Students also learn the basics of myofascial release techniques, Swedish massage, and how to instruct patients to stretch hypertonic muscles. Pre/Corequisite: BC3113 or BC5122

Naturopathic Manipulation 1-4

This four (4) course sequence in naturopathic manipulation emphasizes structure and gait analysis, evaluation of musculoskeletal conditions, differential diagnosis, assessment and treatment. A comprehensive approach to therapeutic protocols utilizing appropriate physical medicine modalities is emphasized.

PM6300 Naturopathic Manipulation 1 **2 credits**

See description above. This course includes structural analysis and gait analysis. Students are introduced to various forms of soft tissue manipulation, such as muscle energy, strain/counterstrain, trigger point therapy, and craniosacral manipulation. Prerequisites: BC5124, PM5310

PM7301 Naturopathic Manipulation 2 **3 credits**

See description preceding PM6300. Evaluation of soft tissue pathologies, differential diagnoses and rationale for use of soft tissue manipulation are covered. Soft tissue treatment—primarily muscle energy technique—is taught in the context of therapeutic massage, neuromuscular technique and strain/counterstrain. Osseous manipulation is introduced. Prerequisite: PM6300

PM7302 Naturopathic Manipulation 3 3 credits

See description preceding PM6300. General osseous manipulation in uncomplicated cases is covered. The course focuses primarily on spinal manipulation. Treatment protocols emphasize a well-rounded approach, including the appropriate use of osseous and soft tissue manipulation, physiotherapy and hydrotherapy. Prerequisites: PM7301, PM7305

PM7303 Naturopathic Manipulation 4 3 credits

See description preceding PM6300. This course covers osseous manipulation in more complicated cases requiring extensive evaluation, including indications for the use of diagnostic testing, such as radiography, CT and MRI. Extremity manipulation is also taught. Prerequisite: PM7302

PM7305 Orthopedics 2 credits

This course reviews the assessment of the musculoskeletal system and diagnosis of orthopedic conditions. Prerequisite: NM6223 Corequisite: PM7301

PM7341 Sports Medicine/Therapeutic Exercise 2 credits

Diagnosis and treatment of sports injuries likely to be seen by a general practice naturopathic physician are covered. Methods of fitness testing, exercise prescription and the use of exercise as therapy are taught. Prerequisite: PM7301

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. 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. Prerequisite: Must be registered for at least one clinic shift. This course cannot be audited.

PM9308 Introduction to Polarity Therapy: Working with Stubborn Conditions 2 credits

Polarity therapy is a whole health system based on ancient Ayurvedic traditions. Students learn bodywork protocols, energy exercises, grounding and centering techniques and basic theory of the relationships of the nervous system, the chakras and the five elements (ether, air, fire, water earth). This class is experiential. Be prepared to move, meditate, give and receive bodywork. Prerequisites: BC5122, BC5123, BC5124

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. Prerequisites: BC3113 and 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: (ND) BC5124 and PM5310; (NTR, ExSc, HS) PM5310 or PM9310 and BC3143; (AOM) BC3119, BC3113, and PM5310 or PM9310

PM9315 Craniosacral Therapy 2 3 credits

See description preceding PM9311. This course cannot be audited. Prerequisite: PM9311

PM 9501 Yoga Therapy 1 2 credits

Yoga Therapy 1 is a foundational course in the use of yoga as a healing modality. Topics include principles and philosophy of yoga, introduction to the Eight Limbs of yoga, principles of Pranayama (breathing techniques), biomechanics of Asanas (yoga postures and movements), use of props in yoga therapy for self-correction and self-healing, and therapeutic yoga for musculoskeletal problems. Students must provide yoga mats. Prerequisites: BC5109 and BC5124 or BC3119.

Counseling and Health Psychology

William Kelleher, 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.

PS2110 Psychology of Public Speaking 3 credits

This course is designed to introduce the student to the basic concepts of public speaking by an interactive and experiential sequence of classes. Students deliver both informative and persuasive speeches during class and develop personal communication and presentation skills that equip them for various types of public speaking events. The psychological components behind the art of public speaking are explored in order to focus on both the content and process of interpersonal and group communications. Prerequisite: None

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 skills 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 and students are encouraged to think about their future after finishing the undergraduate program. 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 inventories such as the MMPI, 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 to 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. 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

PS3146 Psychology and the Soul 3 credits

This course provides an introduction to the spirituality and health series by reviewing theoretical and historical perspectives as well as current thinking on the relationship between psychology, spirituality and health. Students examine questions of existence such as the nature of reality and the place of humans in the natural world. 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

PS3148 Science and Spirituality 3 credits

The historical forces behind the separation of scientific medicine and spirituality are explored in this course. Students investigate concepts such as consciousness studies, cosmology and energy work that focus on reintegration in health and wellness. 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: PS3134, PS4133

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

PS4125 Contemporary Issues in Applied Psychology**3 credits**

This course offers an exploration of current issues in psychology, which may include the impact of divorce on healing, the false memory debate, ADHD in adults, and the impact of aging on overall health. Historical perspectives and results of applied psychology are contrasted with current applications and debates, such as the nature/nurture debate over the development of intelligence. 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. Prerequisite: 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

PS4135 Illness as Initiation 2 credits

Illness has long been viewed as an initiatory process or rite of passage for emotional healing and spiritual transformation. This paradigm of illness as initiation has been lost in Western culture's focus on the body as machine and the healer as technician. This course seeks to instill in students an understanding and respect for the powerful initiatory aspects of illness and the willingness and tools to honor this initiatory process. Prerequisite: None

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. 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. Prerequisite: PS3146, PS3147, PS3148, 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

PS4605 Psychology of the Feminine 3 credits

This course is designed to introduce students to the study of feminine and masculine archetypes, god and goddess myths, and how these influence gender identity. Psychological theories and cultural typologies illustrate both historical and contemporary perspectives used to describe the feminine and masculine psyches. Prerequisite: None

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 during the student's senior year. One credit equals 33 hours of practicum-related work over the course of an academic quarter. Maximum of two credits per quarter. The student must have completed a minimum of 45 credits in the BS in psychology program. Prerequisite: Senior standing

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

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: PS5205 or PS5301 or PS6305

PS5115 Fundamentals of Counseling: Systems, Families and Couples 4 credits

This is an advanced course in psychopathology that focuses on diagnostic skills and the biopsychosocial etiology of mental disorders. A special emphasis is placed on comorbid 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. The course assumes a basic understanding of the psychopathology in the DSM-IV-TR, and follows the DSM in an in-depth tour. Prerequisite: Admission to MSNCHP

PS5202 Psychopathology and Biomedical Conditions 3 credits

This is an advanced 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. The course assumes a basic understanding of the psychopathology in the DSM-IV. Prerequisite: Abnormal Psychology course, PS7200 or equivalent

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: Intern status or permission of the dean

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 to graduate studies

PS5801 Counseling and Health Psychology Clinic Entry**1 credit**

This class offers an orientation to clinic procedures, rooms and staff. Students learn the ethical issues and procedures for confidentiality, suicide assessment and referral process. There is training in HIPPA principles. Prerequisites: PS5110, PS5301 and admission to the MSN/CHP program

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 to graduate program or permission of chair

PS6105 Diversity and Multicultural Issues in Health Psychology**3 credits**

This course addresses multicultural, ethnic, economic, gender, and sexual issues in the development, use and evaluation of clinical health psychology interventions with populations that are diverse. Emphasis is on cultural appreciation, respect, and communication to counseling clients and their families. Prerequisite: Admission to graduate studies

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 PS5301, PS5110, PS5115 (MSN/CHP)

PS6215 Cognitive and Intellectual Assessment**3 credits**

This course examines the general principles of assessment, the evaluation of intellectual and cognitive functions, basic psychometrics, report writing using intellectual/cognitive tests, and the role of intellectual/cognitive tests in an assessment battery. Particular attention is given to the Wechsler intelligence tests and WIAT achievement test. A weekly lab provides an opportunity to practice and develop testing skills. Prerequisite: PS5202

PS6220 Behavioral and Personality Assessment**3 credits**

This course examines the general principles of objective personality assessment, diagnostic interviewing, the MMPI-2 and MMPI-A, and the Millon. A weekly lab provides an opportunity to practice and develop testing skills. Prerequisite: Admission to the MSNCHP

PS6303 Sexuality and Sex Therapy**2 credits**

This course examines the role of sexuality in human functioning, contemporary cultural/psychosexual development and its impact on psychological health, sexual dysfunction and treatment, sexual abuse, and sexuality and spirituality. This course is required for midwifery certification. Prerequisite: PS6306 or permission of instructor

Naturopathic Counseling 1-3

Naturopathic Counseling is at the heart of the practice of naturopathic medicine. This three (3) course sequence integrates the principles of naturopathic medicine with counseling skills, holistic counseling interventions, and the practice of general medicine, with attention to body/mind/spirit interactions.

PS6305 Naturopathic Counseling 1**3 credits**

See description above. This course covers introductory counseling skills in light of the principles of naturopathic medicine, including therapeutic counselor qualities; communication and interview skills; the establishment and utilization of the wellness alliance; proficiency in stimulating health and well being; and suicide assessment, treatment and referral. Students create a videotape demonstrating basic counseling skills and principles. (ND only) Prerequisite: PS5103

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 Psychology Thesis 1. Prerequisite: PS7121

PS7123 Thesis Advisement 3 **2 credits**

Continuation of Psychology Thesis 2. Prerequisite: PS7122

PS7129 Career Counseling **3 credits**

This course covers the settings in which clinical health psychology is practiced and how psychologists function in those settings. Students gain the knowledge and skills required to provide meaningful consultation to health service delivery systems. The class explores career counseling theories, history and various approaches to career development. In addition, students utilize the information to develop their own professional portfolio for job “mock” interviews. Prerequisite: PS7801, PS7811

PS7200 Psychological Assessment **2 credits**

This course trains students to make clinical assessments of psychological disease using the DSM IV and, accordingly, to make judgments regarding which patients are appropriate for counseling at the University’s clinic and within 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. Prerequisite: PS6306 (concurrent with clinic shifts) or permission of instructor

PS7203 Addictions and Disorders **2 credits**

This course examines the nature and treatment of the following addictions and disorders from a physiological, psychological, nutritional and naturopathic perspective: alcoholism, substance abuse, anorexia, bulimia, and compulsive eating. Naturopathic scope of practice in the treatment and management of addictions and eating disorders is identified, as well as community referral resources. Prerequisite: PS6306 (concurrent with clinic shifts) or permission of instructor

PS7315 Naturopathic Counseling 3 **2 credits**

See description preceding PS6305. The focus of this course is the recognition and consideration of psychological aspects in the practice of general medicine, including empirically proven health psychology strategies and naturopathic medicine therapeutics (i.e., nutrition, botanicals) for treating mental and emotional conditions. Topics include but are not limited to the following: assessing and promoting patient motivation and readiness, naturopathic diagnosis and treatment of psychological conditions secondary to medical problems, and family dynamics in general medical presentations. Prerequisite: PS6306 (concurrent with clinic shifts)

PS7801 Clinic Shift 1: Nutrition/Clinical Health Psychology **2 credits**

This directly supervised clinical experience occurs at Bastyr Center for Natural Health or on the Bastyr campus and emphasizes exposure to psychotherapy, diagnostic interviewing and diagnostic formulation for individuals, couples, and families. Prerequisites: PS5115, PS5301, PS5110

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, PS5115, PS7801

PS7803 Clinic Shift 3: Nutrition/Clinical Health Psychology **2 credits**

This directly supervised clinical experience occurs at Bastyr Center for Natural Health or on the Bastyr campus and emphasizes psychotherapy, diagnostic interviewing and diagnostic formulation. The shift may include psychological testing, scoring, interpretation of test data and psychological report writing and/ or behavioral change treatment plan incorporating lifestyle modifications. Prerequisites: PS5115, PS5301, PS5110, 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 to MSN/CHP program, PS7801, PS7802, PS7803

PS7806 MSN/CHP Practicum 2 **2 credits**

A continuation of MSN/CHP Practicum 1. Prerequisite: PS7801, PS7802, PS7803 and PS7805

PS7807 MSN/CHP Practicum 3 **2 credits**

A continuation of MSN/CHP Practicum 2. Prerequisite: PS7801, PS7802, PS7803 and PS7806

PS7811 Practicum Seminar 1: Nutrition/Clinical Health Psychology **1 credit**

In this bimonthly seminar, students present cases for which they have already received supervision at external practicum sites or psychology counseling clinics. Field placement at those sites emphasizes exposure to psychotherapy, especially health psychology, diagnostic interviewing and diagnostic formulation. Student case presentations may also include psychological testing, scoring, interpretation of test data and psychological report writing, for which they have previously received supervision at their placement sites. Prerequisite: PS6317

PS7812 Practicum Seminar 2: Nutrition/Clinical Health Psychology **1 credit**

A continuation of Practicum Seminar 1. Prerequisite: PS7811

PS7813 Practicum Seminar 3: Nutrition/Clinical Health Psychology **1 credit**

A continuation of Practicum Seminar 2. Prerequisite: PS7812

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 in 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

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: BC4103 or BC5132 or BC6204 or permission of instructor

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

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

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: ND students or permission of instructor

PS9410 Therapeutic Applications to Disordered Eating 1 credit

This course is designed to add experiential training in the treatment of eating disorders and eating issues. Corequisite: PS6211

PS9523 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 interrelationship. 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

PS9527 Living With and Managing a Chronic Illness**1 credit**

This course highlights the emotional, social, behavioral, and cognitive aspects of living with a chronic illness for the individual directly affected as well as for family and friends. Students have the opportunity and choice to explore how this relates to a specific chronic illness in which they have particular interest. Possible health psychology interventions to help those affected maintain a satisfying quality of life are also addressed. Prerequisite: None

PS9533 Clinical Biofeedback 3 credits

This course reviews the clinical application of biofeedback techniques, with emphasis on multimodality assessment and integration with counseling and holistic health care. Modalities/instrumentation to be 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 to Bastyr degree program

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, BSN/DPD and MSN/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 emotional intelligence are highlighted to help students succeed in their internships and careers. Methods for dietetic registration and continuing education are also discussed. Prerequisite: Admission to the 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 to BSN/DPD program

RD4130 Quantity Food Production 3 credits

This course introduces the foodservice industry and quantity food production. Major types of foodservice operations are identified, and trends which 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 foodservice equipment, kitchen sanitation and safety. Prerequisite: RD4120, TR3117 and TR3118

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 CAM nutritional therapies. Interpreting medical terminology and implementing the nutrition care process, including documentation in the medical record, 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-foods 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 out-patient based case studies. Prerequisites: TR3111, TR4112 or equivalent and admission to BSN/DPD. Corequisite: BC4114

RD4302 Medical Nutrition Therapy 2: Chronic Disease Management 5 credits

See description preceding RD4301. This course is a continuation of MNT I. Students continue to practice nutrition assessment and diagnosis terminology to manage a variety of chronic health conditions, including cardiovascular disease, cancer, kidney disease, liver disease and others. Nutrition intervention strategies utilize both allopathic and natural medicine perspectives. Students further develop their assessment and documentation skills from MNT I to a level, which is adequate for entry into their Clinical Practicum. Prerequisites: RD4301 and admission to BSN/DPD

RD4303 Medical Nutrition Therapy 3: Critical Care**3 credits**

Cross-listed as RD6403. 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. Successful completion of this course is required in order to sit for the DPD exit exam. Prerequisite/corequisite: RD4301, RD4302, and admission to 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 “primaries.” In the role of a primary clinician, 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

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 portfolio presentation. The code of ethics for dietitians and emotional intelligence are highlighted to help students succeed in their internships and careers. Methods for dietetic registration and continuing education are discussed. Prerequisite: Admission to the 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, 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 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 gain knowledge in quantity food production principles, 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. Prerequisite: Admission to 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 continue to learn the principles of quantity food production. Using the initial business plan concept, 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. Prerequisite: RD6131 and admission to MSN/DPD

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 contribute with hands-on experience to an end-of-quarter catering, where a year's worth of knowledge is synthesized into the planning and implementation of a quantity food event. Prerequisite: RD6135 and admission to MSN/DPD

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. Successful completion of this course is required in order to sit for the DPD exit exam. Prerequisites: TR5321 and admission to MSN/DPD program

Nutrition

Mark Kestin, PhD, MPH, Dean

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 foods 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. Prerequisite: None

TR3107 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: BC3141, BC3142, BC3143, TR3111, TR4107, TR4108, TR4205

TR3111 Nutrition Throughout Life 3 credits

This course introduces the essentials of normal human nutrition throughout the life span: pregnancy, infancy, childhood, adolescence, mature adulthood and older adulthood. 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: BC3124 Corequisite: BC4109 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: BC4109, TR3115 Corequisite: BC4112

TR3118 Experimental Foods Lab 1 credit

In this laboratory class, students utilizes 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 foods perspective is incorporated into these laboratory exercises. Prerequisites: BC4109, TR3115 Corequisite: BC4112

TR4100 Intro to Research Methods 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 also practice applied research skills such as use of the library and Internet, evaluation of research literature and scientific writing, and design and conduct their own research projects. Critical thinking case studies are discussed in class and used in take-home exercises. Prerequisite: Intermediate 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: BC3141, BC3142, BC3143, BC4109/4110, BC4112/4113, 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. Structure, function, digestion, absorption, food sources, requirements, 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 and TR4108 (corequisite)

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. Extensive use is made of audiovisual materials. Prerequisite: TR2101 or equivalent

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. Prerequisite: TR4107, TR4108, TR4118

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 presents different methods used for assessment and screening of nutritional status for the purpose of promoting health. The use of anthropometric, dietary, clinical, and biochemical measures are emphasized. Alternative methods of nutritional assessment are introduced. Prerequisites: TR3111 or equivalent, TR4107, TR4108 (corequisite)

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 to DPD, 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 2. Prerequisite: Permission of instructor

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 program 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. Prerequisite: 1 course in intermediate algebra. MSA and MSAOM students are only eligible with permission of dean.

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 to MS nutrition or DAOM program or permission of dean

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. Prerequisite: Admission to MS nutrition, TR5120, TR5140, TR5321

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: 5 quarter credits of nutrition, one 300 or 400 level biochemistry course or equivalent, admission to MS nutrition

TR5124 Advanced Nutrition: Micronutrients 5 credits

Nutritional biochemistry of the micronutrients (vitamins and minerals) is discussed, including chemical structure, 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 to MS nutrition

TR5128 Applied Research Skills 3 credits

This course emphasizes gaining skills required to plan and execute research studies in health sciences. Topics that are 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: TR5104, admission to the 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: TR5100, TR5104

TR5136 Nutrition in the Life Cycle 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. Prerequisite: Admission to 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: UG - TR4107, TR4108; grad - TR5120, TR5124; ND - TR6311 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 and two nutrition courses

TR5320 Nutrition Assessment and Therapy 15 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 foods menu writing, nutritional screening and assessment with documentation for the medical record utilizing case studies are included. Anthropometric, biochemical, clinical observation and dietary assessment measures are defined, interpreted and applied. Oral/dental health and bone health, dysbiosis, food allergies and sensitivities, upper and lower GI diseases, cardiovascular disease, diabetes, hypertension and obesity are covered. Prerequisites: BC5118, TR5120, TR5136. Corequisite: BC5132, TR5124

TR5321 Nutrition Assessment and Therapy 25 credits

This course is a continuation of Nutrition Assessment and Therapy 1. Students continue to practice application of nutrition assessment and intervention therapies. Nutritional anemias, cancer, HIV/AIDS, neurological diseases, dysphagia, pulmonary disease, chronic kidney disease, 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; for DPD only - TR5207

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 confidentiality, medical documentation, and HIPPA Training. Prerequisite: TR5207, TR5320 or permission of instructor. Corequisite: TR5321

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 program chair, admission to 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: TR5120, TR5124, TR5140, TR5320, 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 to 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 are enrolled in thesis. 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 public 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. The ethical and philosophical complexities related to nutrition education are discussed, and the fundamentals of social marketing food and nutrition services are also outlined. Prerequisite: Admission to 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. Prerequisite: Admission to 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. 1 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. Prerequisites: BC5106 and BC5109

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, BC5109, BC5124, BC5124L, TR6310

Clinic Nutrition Practicum 1-2

Students in the MSN/DPD and MSN/CHP tracks receive supervised experience in the clinical setting. Nutritional assessment, client counseling (both individually or in groups), interviewing and chart documentation are emphasized in skill development. Supervisor feedback, self-review 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 class may occur at a number of sites including the campus, Bastyr Center for Natural Health and community locations. As students progress from Clinic Nutrition Practicum 1 to Clinic Nutrition Practicum 2, their level of individual responsibility increases. In Clinic Nutrition Practicum 1, there is a greater emphasis on observation. The student’s role in direct client contact increases in Clinic Nutrition Practicum 2, where students are expected to take a leadership role in nutrition consults, including client interviewing, diet assessment, nutrition intervention and charting in SOAP format.

TR6811 Clinic Nutrition Practicum 1 2 credits

See description above. Prerequisites: for DPD - BC5132, PS5301, TR5136, TR5207, TR5320, TR5321, TR5803; for MSN/CHP - BC5132, PS5110, PS5202, TR5207, PS5801, TR5320, TR5321, 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

TR7311 Maternal and Infant Nutrition 3 credits

This course presents topics relevant to nutrition of the mother and child from preconception through infancy. Topics include nutritional needs before and during pregnancy and lactation, dietary recommendations, breast milk composition, food introduction for infants and identification of nutritional risk in infants. Concepts are applied using case studies and class discussion. This course is required for the Naturopathic Midwifery Program. Prerequisites: ND students currently enrolled in clinic shifts or second year MS nutrition students

Diet and Nutrient Therapy 1-2

This two (2) course series builds on the Food, Dietary Systems and Assessment and Macro and Micronutrients courses. Diet and Nutrient Therapy courses discuss the clinical uses, physiological and pharmacological effects of individual nutrients. Dietary management and nutrient therapy for the prevention and treatment of specific diseases and conditions are thoroughly covered. The clinical use of nutrient supplementation is discussed from the standpoint of both prevention and therapeutic interventions. Clinical indications and current research on a variety of specific nutrients are emphasized. These courses are required for students pursuing the naturopathic medicine degree.

TR7411 Diet and Nutrient Therapy 1 3 credits

See description above. This course specifically outlines the clinical uses, physiological and pharmacological effects of individual nutrients and specific diets for specific diseases and conditions. Prerequisite: TR5321 or TR6311

TR7412 Diet and Nutrient Therapy 2 3 credits

See description preceding TR7411. This course specifically discusses the nutritional management of specific disease conditions by detailing the clinical indications and current research on various specific nutrients and diets for specific diseases and conditions. Prerequisite: TR7411

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 foods 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 to DAOM or permission of dean

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 dietary 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 students' prior experience. This elective may not count towards 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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Directions to Bastyr CAMPUS and Bastyr Center

BASTYR UNIVERSITY
14500 Juanita Drive NE
Kenmore, Washington 98028-4966
425.823.1300

BASTYR CENTER FOR NATURAL HEALTH
3670 Stone Way North
Seattle, WA 98103
206.834.4100

DRIVING DIRECTIONS TO BASTYR CENTER FOR NATURAL HEALTH

From I-5 (*North or South*)

1. Take the 45th Street exit just north of Hwy. 520 and turn to the west.
2. Proceed west on 45th Street to Stone Way.
3. Turn left onto Stone Way and proceed approximately seven blocks south. The clinic is located at 3670 Stone Way North at the southeast corner of Stone Way and North 38th Street.
4. Parking is available on the street. Underground parking is reserved for patients.

DRIVING DIRECTIONS TO BASTYR CAMPUS

Southbound on I-5 (*from Vancouver, B.C.*)

1. Take EXIT 177 (Lake Forest Park) onto Ballinger Road NE.
2. Follow Ballinger Road NE for about 3 miles to Hwy 522, also called Bothell Way.
3. Turn LEFT on Hwy 522/Bothell Way to 68th Avenue NE in Kenmore.
4. Turn RIGHT on 68th Ave NE, which becomes Juanita Drive NE, and follow it south to sign on the right indicating Bastyr University (NE 145th).
5. Turn RIGHT and follow drive until it forks. Continue straight ahead until you reach Bastyr University.

NORTHBOUND ON I-5 (*FROM PORTLAND*)

1. Take EXIT 175 (NE 145th) and turn RIGHT at the end of the exit ramp onto NE 145th.
2. Follow NE 145th to Hwy 522/Bothell Way.
3. Follow instructions #3-5 above.

SOUTHBOUND ON I-405

1. Take EXIT 23/Hwy 522 (third Bothell exit).
2. Follow Hwy 522 west to 68th Ave NE in Kenmore.
3. Turn LEFT; continue on 68th Ave NE which becomes Juanita Drive NE. Follow it south to sign on the RIGHT indicating Bastyr University.
4. Turn RIGHT and follow drive until it forks. Continue straight ahead until you reach Bastyr University.

NORTHBOUND ON I-405

1. Take EXIT 20A (NE 116th) and turn LEFT at the end of the exit ramp onto NE 116th (this is a northbound exit only).
2. Follow NE 116th to the second signal light (98th Ave NE) and continue through this intersection. You are now on Juanita Drive NE.
3. Follow Juanita Drive NE for 4 miles to sign on your LEFT indicating Bastyr University (NE 145th).
4. Turn LEFT and follow drive until it forks. Continue straight ahead until you reach Bastyr University.

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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	% Refund for Complete	Withdrawals*	Withdrawals**
1 st	100%	100%		
2 nd	90%	90%		
3 rd	50%	80%		
4 th	50%	70%		
5 th	25%	60%		
6 th	25%	50%		
7 th through 8 th	0	0		

Refunds related to course and full withdrawal from summer quarter are calculated based on the percentage of program completed.

*All courses (including weekend intensive courses) follow this refund schedule. Courses may not be dropped after the course has ended (example: weekend intensive 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.

**Calculated by hand.

Calendar Notes

¹In fall quarter only, first-year ND classes begin a week earlier to accommodate study/retreat days scheduled throughout the quarter, when first-year ND classes are not held. Retreat days are tentatively scheduled for 9/29/08 and 10/2/08. Study days are tentatively scheduled for 10/24/08, 10/29/08 and 12/2/08.

²During 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.

³During 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 holidays.

⁴Bastyr 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 12 noon - 5 p.m. so that members of the community can participate.

⁵Although 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, as well as find substitutes for clinic shifts affected. Students should follow the "reschedule exam" procedures in the event an exam falls on a religious holiday.

The following are the major religious holidays in the coming academic year (holidays that occur during break periods are not listed): Jewish (holidays begin at sunset of the day listed and continue through sunset of the final day listed): 9/29-30/08, 10/8-9/08, 4/8-9/09. Christian: 4/10/09, 4/12/09. Students who observe religious holidays not included above or have religious restrictions against attending classes on weekends (Bastyr University schedules clinical training and occasional required courses or intensives on weekends) must contact their program chair/dean, in advance, when such a conflict occurs. Efforts will be made to resolve such conflicts, but a resolution cannot be guaranteed.

Revised: July 2008

The calendar is subject to change without notice.

Academic Calendar For 2008-2009

	FALL '08	WTR '09	SP '09	SU '09
Orientation	9/17-18 for ND students, 9/23-24 for other students			
Classes Start for First Year ND Students	9/22 ¹	1/5	4/6	7/6
Classes/Clinic Start for All Others/Payment Due	9/29		1/5	4/6 7/6 (Clinic 6/29)
Convocation	9/29 (9:00 a.m.)			
Last Day to Withdraw with a W Grade	11/21	2/27	5/29	8/7
Classes End	12/5	3/13	6/12	8/28
Final Exams End	12/12	3/20	6/19	8/28
Clinic Ends	12/13	3/21	6/20	9/12
Interim Clinic ²	12/15-23 1/2-3	3/23-28		9/14-19
Commencement Ceremony	12/15		6/22	
Clinic Closure ³	12/24-1/1	3/30-4/4	6/22-27	9/21-26
Bastyr Community Day ⁴			4/15	
Official Holidays ⁵	11/27-29	1/19, 2/16	5/25	7/3 or 4, 9/7
Priority Applications Due—ND Program		2/1		
Priority Applications Due—BS/MS Programs			3/15	
Financial Aid Application Priority Due Date				4/1

The *Bastyr University Catalog* is published annually. Information contained in this catalog is current as of August, 2008. Recognizing that funding, policies, personnel and curriculum 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 failing 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.

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