

**The Academy of Chinese Culture  
and Health Sciences**

**Tui Na Massage Therapy Program  
Catalog**





Master Tsui and his calligraphy in both Chinese and English:

Yin and Yang are the Tao (way) of Heaven and earth, the great principle and outline of everything, the parents of change, the root and source of birth and destruction, the palace of God.

— From «Nei Jing», it was written by ancient Chinese philosopher/physician about 2,500 years ago.

Yin and yang are the Tao (Way) of  
 Heaven and Earth 陰陽之大道  
 ! The great principle and  
 Outline of Everything 萬物之綱紀,  
 The parents of Change 變化之父母.  
 The Root and Source of Birth and  
 Destruction 生殺之始末. The palace  
 of God 神明之府也 !

W. Tsui 符藥 試書 8.6.3.

Front cover: Most of the pictures were copied from a painted silk shroud that was excavated in 1972 in Changsha, China. It was identified as being 2,100 years old. The top images symbolize Yin and Yang with paintings of the sun holding a crow, and the moon holding a toad and a rabbit. The Five Elements are depicted as five birds, corresponding with a legend that the earliest form of acupuncture was a pecking bird.

ACCHS

Tui Na Massage Therapy Certificate Program

Catalog

January 1, 2018 - December 31, 2019



Academy of Chinese Culture and Health Sciences  
1600 Broadway, Oakland, CA. 94612 (classes held here)

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## President's Message

Health is the common ground that all human beings should aspire. However, because of cultural differences, there are different approaches to achieving this. Western medicine is based on science usually with medical exam reports being the primary concern, and uses modern equipment as the tools for treatment. Traditional Chinese medicine is based on philosophy, with the phenomenon of the internal organs being the main concern, and uses the most sophisticated skills to check the body's balance.

However, life is more than just physical. It is also about the chi energy permeating everything in existence. Western science is advanced and Chinese philosophy is ancient, therefore, we are here to bridge the gap and fuse the West and the East.

Why is Traditional Chinese medicine spiritually involved? It emphasizes the philosophy of life being a microcosm: the body and the nature (Tao) are one and human beings should follow the rhythm of the nature.

Traditional Chinese medicine has been widely and deeply practiced all over China for more than 5,000 years. There must be a reason for this – it works! This unique medicine and philosophy-related lifestyle (like chi-gong, feng shui, tui-na, and meditation) has promoted endless health and well-being for those who practice it.

Here at the Academy of Chinese Culture and Health Sciences, we provide a study including the “root” culture of Chinese medicine, in addition to the medicine itself. This is why our school is the only school in the United States with the word “Chinese Culture” in its name. After graduation, we believe students are not only healers, but also spiritual beings.

As the 68th descendant of Zhi Lu Choong , Confucius' top disciple some 2,500 years ago), I have been engaged in this integral healing since 1965 and with ACCHS since 1985. I have committed myself to passing on this ancient wisdom and to carrying on Sifu Tsuei's (Founder of ACCHS) dream and legacy. I believe it is good fortune and good karma.

Sincerely,  
Yen Wei Choong, L.Ac.  
Chairman of the Board and Acting President of ACCHS



## ACADEMIC CALENDAR 2018

<b>Spring 2018 (Chinese)</b>	<b>Summer 2018 (English)</b>	<b>Fall 2018 (Chinese)</b>
January 8, 2018 - June 7, 2018	May, 16, 2018 - October 21, 2018	June 18, 2018 - November 15, 2018
<b>Registration Date</b>	<b>Registration Date</b>	<b>Registration Date</b>
November 8, 2017	March 16, 2018	April 18, 2018

## ACADEMIC CALENDAR 2019

<b>Spring 2019 (Chinese)</b>	<b>Summer 2019 (English)</b>	<b>Fall 2019 (Chinese)</b>
January 7, 2019 - June 6, 2019	May, 15, 2019 - October 20, 2019	June 17, 2019 - November 14, 2019
<b>Registration Date</b>	<b>Registration Date</b>	<b>Registration Date</b>
November 7, 2018	March 15, 2019	April 17, 2019



## Approval and Disclosure Statements

### Business and Professions Code - BPC

**DIVISION 2. HEALING ARTS [500 - 4999.129]** ( Division 2 enacted by Stats. 1937, Ch. 399. )

CHAPTER 10.5. Massage Therapy Act [4600 - 4621] ( Chapter 10.5 added by Stats. 2014, Ch. 406, Sec. 2. )

4611. (a) It is an unfair business practice for a person to do any of the following:

(1) To hold himself or herself out or to use the title of “certified massage therapist” or “certified massage practitioner,” or any other term, such as “licensed,” “certified,” “CMT,” or “CMP,” in any manner whatsoever that implies or suggests that the person is certified as a massage therapist or massage practitioner, unless that person currently holds an active and valid certificate issued by the council pursuant to this chapter.

(2) To falsely state or advertise or put out any sign or card or other device, or to falsely represent to the public through any print or electronic media, that he or she or any other individual is licensed, certified, or registered by a governmental agency as a massage therapist or massage practitioner.

(b) In addition to any other available remedies, engaging in any of the prohibited behaviors described in subdivision (a) constitutes unfair competition under Section 17200. (Added by Stats. 2014, Ch. 406, Sec. 2. (AB 1147) Effective January 1, 2015. Repealed as of January 1, 2021, pursuant to Section 4621.)

Attendance and/or graduation from a California Massage Therapy Council approved school does not guarantee certification by CAMTC. Applicants for certification shall meet all requirements as listed in California Business and Professions Code section 4600 et. seq.

A student or any member of the public with questions that have not been satisfactorily answered by the school or who would like to file a complaint about this school may contact the California Massage Therapy Council at One Capitol Mall, Suite 800, Sacramento, CA. 95814, [www.camtc.org](http://www.camtc.org), phone (916) 669-5336, or fax (916) 669-5337.



## Approval and Disclosure Statements (cont.)

The Academy of Chinese Culture and Health Sciences is institutionally accredited by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM), which is the recognized accrediting agency for freestanding institutions and colleges of acupuncture or Oriental medicine that offer such programs. ACAOM is located at 8941 Aztec Drive, Eden Prairie, Minnesota 55347. Phone: (952) 212-2434; Fax: (952)657-7068.

**The Academy is a Private Not-For-Profit California Public Benefit Corporation that has been approved to operate by the Bureau for Private Postsecondary Education. “Approved to operate” means compliance with state standards as set forth in the California Private Postsecondary Act of 2009.** The Academy has been granted tax exempt status under 501(c)(3) of the U.S. Internal Revenue Code of 1954.

Persons seeking to resolve problems or complaints should utilize the grievance procedure as presented in this catalog. Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education (BPPE) at 2535 Capitol Oaks Drive, Suite 400, Sacramento, CA 95833, [www.bppe.ca.gov](http://www.bppe.ca.gov), toll-free number (888) 370-7589 or by fax (916) 263-1897. A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 toll-free or by completing a complaint form, which can be obtained on the Bureau’s web site [www.bppe.ca.gov](http://www.bppe.ca.gov).

The Tuina Certificate program is an unaccredited certificate program. The Tuina Certificate program leads to eligibility for applicable permits in bodywork in the United States. The Tuina Certificate Program does not lead to employment positions specific to the certificate. There is no Federal financial aid available for this program.

ACCHS has no pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition within the preceding five years, and has not had a petition of bankruptcy filed against it within the preceding five years.



This catalog outlines curriculum requirements, faculty information and course descriptions as per the effective date of issuance. The materials presented herein constitute the rules and regulations of the Academy and are intended to be accurate, complete, and binding. However, the Academy reserves the right to update or change any or all of these regulations to meet with all of the above accreditation requirements and/or the Academy's changing conditions. In the event of any change, written notice will be given, and such notice will post as an addendum to the catalog. All information in this school catalog is current and correct and is so certified as true by Yen Wei Choong, L.Ac., Acting President.

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you signing an enrollment agreement.

## **Board of Directors and Administration**

Yen Wei Choong, MSTCM, L.Ac.,

Jane Zhang, B.A.

Arthur Liu, Esq.

Eva WuChoi, MBA

Maria Kish, D.C.

Robert J. Barnhart

Phillip Tou, M.A.

## **Administration**

Choong, Yen Wei, L.Ac., Acting President

Bella, Andres, M.A., Executive Vice-President

Xu, Xin Zhu (Hualing), BM, MSTCM (China), L.Ac. Vice-President of Education

Zhang, Jane Miaozen, B.A., Vice-President of Administration

Siemann, Thomas, DAOM, LAc., Dean of Academic Affairs

Morris, Ken, DAOM, L.Ac., Director of Clinical Academic Programs

Settels, Phil, L.Ac., Assistant Dean of Academic Affairs, DAOM Administrator

Diskin, Jon, B.A. Admissions and Marketing Coordinator

Alvarez, Chris, English Program Administrator

Chen, Sophia, B.S., Chinese Program Administrator

Dang, Jessica, Registrar

Yu, Mandy, A.A., Financial Controller

Wong, Connie, MLIS, Librarian



## Statement of Purpose

The Academy of Chinese Culture and Health Sciences was established in 1982 as a non-profit institution offering a professional education in traditional Chinese medicine and Tui Na bodywork within the context of Chinese culture.

## Tui Na Educational Objectives

Tui Na promotes and re-establishes health, and it restores injured tissues. Some treatment protocols require major Tui Na focus to attack the root of the pain, move blood stasis, and fight off disease. Tui Na practitioners seek to treat beyond producing just a relaxed result. The Academy offers a 500 Tui Na Massage Therapy Certificate Program. This special program focuses on the integration of Western massage and Oriental Acupressure therapies and techniques. The Academy wants to encourage the use of alternative medicine to inspire pharmaceutical-free health awareness. Throughout the program, instructors use classroom space, massage tables, white boards, lecture notes and handouts, projectors, and overhead screens to facilitate learning. At the time of graduation:

- The student will be able to practice massage therapy consistent with the techniques related to Chinese medicine.
- The student will be able to practice interpersonal skills while following ethical client/therapist relations as applied to Tui Na.
- The student will be able to understand the applications of Tui Na as they are related to physiology, anatomy, and pathology of the body, understanding adjunct therapy, modality theory, and technique.
- The student will be fully prepared for the upcoming California state-level massage certification exam.

## Federal and State Financial Aid Programs

Students enrolled in the ACCHS Tuina Massage Therapy Certificate Programs are not eligible for state or federal financial aid assistance programs. If a student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund, and that, if the student has received federal student financial aid funds, the student is entitled to a refund of the moneys not paid from federal student financial aid programs.



## Location and Facilities

The Academy of Chinese Culture and Health Sciences is located in vibrant Oakland, California, just across the bay from San Francisco. The Academy campus is near Oakland's City Center, and is easily accessed by the Bay Area Rapid Transit (BART) public transportation system. It is within two blocks of federal, state, and city government buildings, within a few blocks of Oakland's growing Chinatown community, which has an abundance of restaurants, shops, and herbal pharmacies. Also within walking distance are bookstores, copy shops, cafes, and many businesses, which represent Oakland's rich ethnic diversity. The Academy is also just five miles from the University of California at Berkeley, a major Western academic resource, and is a few blocks from the main branch of the Oakland Public Library.

## Library

The library is divided into two sections (Chinese and English) with a total of 3,000 volumes of traditional Chinese medical and related publications. It is open five days a week. Students can borrow books with their student ID cards. Students can also do individual research or have group study in the reading rooms. Computers, TV, a copier, periodicals, and dictionaries, as well as videos and slides are available for student and faculty use.

## Notice Concerning Transferability of Credits and Credentials Earned at Our Institution

The transferability of credits you earn at the Academy is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the Tuina Massage Therapy Certificate you earn in the Tuina program is also at the complete discretion of the institution to which you may seek to transfer. If the Tuina Certificate that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending the Academy to determine if your Tuina credits will transfer.



## Admissions Statement

The Academy is committed to a policy of equal opportunity. Admission is open to all qualified applicants. Equal educational opportunities will be provided to all persons, regardless of race, religion, gender, national origin, marital status, sexual preference, age, or physical handicap. Candidates for admission are considered in the order in which they are completed.

English Program: Wednesday, Saturday, Sunday

Chinese Program: Monday - Friday

The English Tuina Massage Therapy Certificate program duration is 23 weeks.

The Chinese Tuina Massage Therapy Certificate program duration is 22 weeks.

## Admissions Requirements

Students who are 18-years-old and older who are in good health are eligible to apply for the Tui Na Massage Therapy Program. A high school diploma, GED, or its equivalent is required. Applicants must have a successful physical and health exam result/copy. To enroll in English classes, applicants must demonstrate proficient language communication skills, (an interview may be required for non-english speaking applicants). To enroll in Chinese classes, applicants must demonstrate English language comprehension. Applications must include:

- Application form
- Copy of educational background showing completion of high school or its equivalent
- Copy of government issued ID
- Two passport-sized photographs
- Health exam results
- English language comprehension

Class sizes are limited to approximately 30 students per program.



## Completion Requirements

In order to pass the Tui Na program successfully, the student must:

- Complete all 500 hours and pass all courses related to the Tui Na Massage Therapy Certificate program.
- Have a good understanding of the concepts, modalities and techniques related to Tui Na massage therapy.
- Possess an independent ability to practice Tui Na massage techniques and therapies to patients and clients.

Attendance and/or graduation from a California Massage Therapy Council approved school does not guarantee certification by CAMTC. Applicants for certification shall meet all the requirements as listed in California Business and Professions Code section 4600 et. seq.

## Post-Certification Training

Upon completion of the Tui Na Certificate Program, graduates who are interested in pursuing the Master of Science in Traditional Chinese Medicine may wish to contact the ACCHS MSTCM Admissions office for program eligibility and requirements.

## Placement

The Academy posts notices of known job openings on a centrally located bulletin board and refers students to successful alumni and practitioners; though ACCHS offers no guarantee of employment.

## STRF (Student Tuition Recovery Fund)

In California, a student who pays his or her tuition is required to pay a state-imposed assessment for the Student Tuition Recovery Fund. The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by California residents who were students attending schools approved by the Bureau for Private Postsecondary Education (BPPE). You must pay the state-imposed assessment for the Student Tuition Recovery Fund (STRF) if all of the following applies to you:

cont.



1. You are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all of part of your tuition by cash, guaranteed student loans, and
2. Your total charges are not paid by any third-party payer, such as an employer, government program, or other payer unless you have a separate agreement to repay the third party.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment if either of the following applies:

1. You are not a California resident, or not enrolled in a residency program, or
2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party.

You may be eligible for STRF if you are a California resident or are enrolled in a residency program, prepaid tuition, paid STRF assessment, and suffered an economic loss as a result of any of the following:

1. The school closed before the course of instruction was completed.
2. The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.
4. There was a material failure to comply with the Act or the Division within the 30-days before the school closed or, if the material failure began earlier than 30-days prior to closure, the period determined by the Bureau.
5. An inability after diligent efforts to prosecute, prove, or collect on a judgment against the institution for a violation of the Act.

## Transfer Credit

The Academy only considers transfer hours from CAMTC approved schools and, based on the current curriculum, accepts transfer hours that may not make up more than 50 percent of the 500 hours required for certification.



## English Language Proficiency Requirement

The Academy requires that English program applicants maintain English proficiency for successful didactic and practical clinical training purposes. Students may complete the Test of English as a Foreign Language (TOEFL) or the International English Language Testing System exam (IELTS). English language services are provided by ACCHS.

The Academy requires a TOEFL Web-based test score of 61 for students entering the English program. Additionally, English program applicants must achieve a minimum speaking exam score of 26 and a minimum listening score of 22.

The Academy requires an IELTS test score of 6 for students entering the English program.

The Academy requires that English program applicants meet the TOEFL or IELTS requirements at the time of admission. A student may be exempt from the English language assessment exams if he/she has successfully completed a two-year (60 semester credits or 90 quarter credits) baccalaureate level education in an institution accredited by an agency recognized by the U.S. Secretary of Education.

The Academy requires that Chinese program applicants maintain basic English comprehension. Chinese program students must successfully complete the required English comprehension courses within the curriculum, which include English for Tuina Service, Medical Terminology I & II, and Case Studies, before the practical training portion of the curriculum begins.

## CAMTC Application and Eligibility ([www.camtc.org](http://www.camtc.org))

CAMTC (California Massage Therapy Council) provides oversight for the application, certification and renewal processes of Certified Massage Therapists (CMTs) and Certified Massage Practitioners (CMPs) to ensure that all standards have been met. CAMTC is required by state law California Business and Professions Code Section 4600 et seq. to:

1. Create and implement voluntary certification for the massage therapy profession that will enable consumers to easily identify credible Certified Massage Therapists (CMTs) and Certified Massage Practitioners (CMPs);
2. Ensure that CMTs and CMPs have completed sufficient training at approved schools; and
3. Increase education and training standards consistent with other states.



## Tui Na Curriculum

Course Name	Course No.	Hours
Fundamental Anatomy & Physiology	MC01E	64
Business and Ethics	MC02E	18
Health and Hygiene	MC03E	5
Massage Contraindications	MC04E	13
Meridians and Acupoints	MC05E	30
Fundamental TCM Theory & Pathology	MC06E	20
Essentials of Tui Na Techniques (TT)	MC07E	60
Five Elements Acupressure/Tuina	MC08E	40
Fundamental Kinesiology & Applications	MC09E	
Sports Injury Tuina		20
Treatment of Common Ailments		20
Client Assessment and Treatment Plan	MC10E	
Pain Management		40
Treatments of Common Ailments		20
Professional Practice Guidelines	MC11E	
Professional Performance Proced.		10
Practice Management (Boundaries and Law)	MC12E	20
Eight Parameters Acupressure	MC13E	40
Clinical Applications (Case Studies)	MC14E	40
Clinical Practice	MC15E	40
	Total	500

## Practical Training

Students undergoing the practical training portion of the program are encouraged to invite friends and family to the Tui Na clinic for treatment at a cost of only \$20 per visit.

During the practical training portion of the curriculum, students will apply Tui Na theories and practice acquired techniques and skills on patients from the community. Experienced practitioners and ACCHS instructors supervise performed treatments.



## Financial Information (Fees and Expenses)

Program tuition fee:	\$7.00/hour
Single course tuition fee:	\$10.00/hour
500 hours Tui Na program tuition:	\$3,500
Additional 250 hours Tui Na training tuition:	\$1,750
1st Time Registration fee:	\$50 (non-refundable)
Transcript Processing Fee	\$20
School facility fee:	\$25
Total tuition and fees:	\$3,595.00

(NON-REFUNDABLE) California Student Tuition Recovery Fund:	\$ .00 / \$1,000 of Tuition
Late tuition (installment) fee:	\$30.00
Add/Drop fee:	\$50.00 per form
Missing-hours make-up fee:	\$30.00 per time
Irregular examination fee	\$50 per course

Students should be prepared to pay all tuition and fees at the time of registration. All tuition is due on the first day of class. All checks must be made payable to "ACCHS." Low-interest installment agreements are available to students experiencing financial difficulties. The down payment is one third (1/3) of the total amount. Students who do not pay in full or who do not complete their installment contracts are ineligible to graduate or receive transcripts of academic credit. The processing fee for each returned check is \$25.

The Academy's Tuina Massage Therapy Certificate Program does not lead to licensure of any kind. Graduates of the Tuina program are eligible for application of a bodywork certificate through CAMTC or per the laws and regulations of the local government and/or municipalities.

## East Bay Works Training Program

The Academy's Tui Na Certificate Program has been placed on California's Eligible Training Provider List (ETPL). If you are currently unemployed and have signed up with East Bay Works training program, you may consider applying funds from your Individual Training Account (ITA). Contact the Oakland PIC or East Bay Works in your area for more information.



## Tuition Refund Policy

Calculation of refunds is now done based on clock hours paid for versus clock hours passed at the time of the withdrawal or dismissal. A student may withdraw and obtain a refund any time before he or she completes 60 percent of the program curriculum. Detailed explanation of these policies follows:

For refund purposes, an accepted applicant may only terminate enrollment in person or by certified mail. Termination notices received by mail take effect on date of postmark.

### **Full refund period - Cancellation after enrollment**

When an accepted student has notified the Academy of intent to enroll by paying registration fees, the student will be considered enrolled with the newly entered class. A student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class session, or the seventh day after enrollment, whichever is later.

### **Cancellation after the full refund period**

If a student cancels after the full refund period has expired, the Academy is entitled to retain the registration fee, but will refund other moneys paid according to the refund policies below.

### **Tuition refund after classes have begun**

A partial tuition refund will be permitted if a student cancels enrollment when classes have completed 60% or less of the instruction. The unused portion of tuition will be calculated, based upon clock hours paid for versus clock hours passed, plus the drop fee of \$50.00 per form. The student will be charged from the first day of school until the last date of attendance, including the classes not attended in between. A \$30.00 drop fee per form will be applied.

## **Leave of Absence/Withdrawal**

A student who chooses to interrupt his or her course of study may apply to the administration for a leave of absence. Each request will be considered individually and on its own merits. Students who drop a class before the last day to drop will receive a "W" on their transcript. Students who drop after the drop date will receive an "F" grade for the course(s).



## Attendance

Inconsistent attendance is a serious concern to the faculty and administration because it jeopardizes a student's eligibility to obtain licensure in many states, restricts the depth and scope of an individual's educational progress, and often results in only achieving the institution's minimum requirements, only achieving levels of professional development below the student's potential.

Faculty are required to take and record daily student attendance. Students who miss less than 20% of a course must make up the missing hours before the completion of the program. Students can apply for the make-up per the teacher's availability and pay the make-up fee within the current program or follow the next class to make up the missing hours without extra charge.

Students who miss more than 20% of a course are not eligible to apply for make-up and must retake the whole course.

## COURSE GRADES

Grading is done on the four-point system, and their interpretations are as follows:

Grade	Interpretation	Grade Point	Equivalent %
A		4.0	94 -100
A-	Excellent	3.7	90 - 93
B+	Good	3.3	87 - 89
B		3.0	83 - 86
B-	Moderate	2.7	80 - 82
C+		2.3	77 - 79
C (CR)	Minimum Passing	2.0	73 - 76
C- to D-	Fail	1.7 - 0.7	60 - 72
F (NC)	Fail	0.0	0 - 59
In	Incomplete	0.0	0



## Academic Probation and Dismissal

Students must maintain a 2.0 grade point average (GPA) in order to maintain good academic standing. Any class not completed with at least a 2.0 must be retaken at the next available time and the student will be placed on probation. Probationary students who have re-established a 2.0 GPA will have their probationary status removed. If a student fails to maintain a 2.0 GPA for subsequent classes that are taken at the next available period, he/she will be dismissed from the Academy.

If dismissed, students may be considered for readmission after a significant amount of time separated from the Academy and after the student has demonstrated some or all of the following: Remedial course work at an accredited college; academic or personal counseling; or demonstration of having overcome the difficulties that led to the dismissal. Once a student is readmitted, s/he is expected to maintain at least a 2.0 GPA. Failure to do so after being readmitted may result in immediate and final dismissal from the Academy.

## Student Conduct and Regulations

Students must observe the applicable rules and regulations of the Academy. Failure to do so, may result in disciplinary action.

After a review by the board of directors, a student may be dismissed for failure to follow Academy regulations or for disrespectful behavior to a student, administrator, faculty member, and/or clinic patient. Any conduct or action, which endangers life, violates the law, or violates the physician patient relationship could lead to suspension, expulsion, termination, and in the context of criminal activity, referral to law enforcement agencies. If you have further questions regarding the regulations of the Academy, please contact the admissions office at 510-763-7787, Monday through Saturday between the hours of 9:00A.M. - 5:00 P.M. The name of any student so dismissed shall be reported to the California Massage Therapy Council.

## Unlawful (Sexual) Harassment Policy

The Academy vehemently prohibits sexual, racial, and other forms of harassment by its faculty, staff, and students. The Academy maintains a policy that prohibits harassment on the basis of sex, race, religion, color, national origin, disability, medical condition, marital status, age, sexual orientation, or any other basis protected by federal, state, or local ordinance or regulation.



## Grievances

Students with concerns about academic or administrative rulings or procedures should first bring their concern directly to the instructor or administrator involved. If resolution is not possible, the complaint should then be presented in writing to the Grievance Committee, which will hear the matter and respond with a decision within ten working days of receipt. If the Grievance Committee's decision does not provide resolution, an appeal for review can be made to the Academy's president on behalf of the Board of Directors. Any resolution will be kept in both the student file and school grievance file. Also, after initiating the institutional Grievance Procedure, the student may report any grievances to BPPE, respectively (see page 4 of this catalog for contact info.).

## Student Services

### ADVISING AND CONSULTATION

The Academy's academic advisors and administration staff provide consultation services to students in order to either direct them to appropriate counseling agencies for personal services or help them solve their academic issues.

### COMPUTER FACILITIES

Students have access to word processors and the Internet in the computer room located on the 2nd floor. Also, Internet accessibility is provided in the Library. Students may go on-line during normal library hours. Students may access the Academy's wireless Internet services using their own Wi-Fi compatible devices. More information on wireless settings can be found in the Academy administration offices.

### STUDENT LOUNGE

Student lounges are available on the Academy's 1st and 2nd floors, with microwave ovens and refrigerators for student convenience, and with a space for group or individual clinical case study.



## **Student Services (cont.)**

### **STUDENT TUTORING CENTER**

The ACCHS Tutoring Center on the second floor offers free tutoring for students in need of extra academic assistance. Students may inquire about computerized tutoring exercises, tutoring appointments, and tutor assistance.

### **BOOKSTORE**

All textbooks, reference materials, herb samples, medical charts, etc. are available at the school bookstore, with discounts provided. Per specific requests, the bookstore helps place specific orders for student groups.

### **COPYING SERVICE**

A copier is conveniently located in the library. A low-cost copy fee is applied for students' specific copy needs.

### **HEALTH CARE**

The Academy teaching clinic is available for students and their immediate family. Health care is provided at only \$19 per visit. Herbs are additional at half price.

### **REFUSAL OF SERVICE TO STUDENTS**

The Academy may refuse any type of service to a student who has an outstanding balance of unpaid tuition and/or fees. The Academy may refuse services to a student who has terminated college matriculation with financial obligations remaining unpaid.





## Living and Housing Costs

There is no on-campus or dormitory housing, but the Academy in downtown Oakland is five miles from Berkeley and in the heart of the East Bay. Both Oakland and Berkeley have ample rental units available at a reasonable cost - from \$500 (shared housing) to \$1100 (one-bedroom apartment). The Academy bears no responsibility in assisting a student with housing, yet the Academy maintains a small bulletin board for a shared housing network as well as other community and professional listings.

## Student Records

Student records are kept in individual charts in a fireproof cabinet in the Academy administrative office. The Academy maintains school and student records for a 50-year period and maintains student transcript records permanently. Please note that all admission documents submitted to the Academy become the property of the Academy and will not be returned to the student.

## Hygiene, Decorum, Draping

The Academy emphasizes the importance of knowledge of the healing arts, as well as maintaining respectful and ethical conduct. It is important to remember that in the classroom as well as in the clinic, decorum is an integral part of the learning process. Tardiness, absence, inappropriate attire, poor attitude, eating during class, etc. are viewed as showing a lack of respect and may be grounds for disciplinary action.

During all training in the ACCHS Tuina Massage Therapy Certification program, students shall wear clean, nontransparent outer garments. Any student attire deemed inappropriate by the ACCHS administration will result in removal of the student from the class or practical training session.

During any portion of the Tuina practical training curriculum, students shall use proper draping techniques. All genitalia shall be fully draped at all times. Draping shall occur at the navel line and across the torso and at the knees at all times. Additionally, females shall be draped on the breasts immediately above the top of the areola. Any student not following the ACCHS draping policies will be removed from the class or practical clinical training session.



## Faculty

**HUIBO CAROL CHEN, L.Ac.** Carol has a wealth of knowledge in Tuina and TCM. She was a Chief Administrator at Nine Star University and has experience as an instructor and administrator at various TCM facilities. She is also a DAOM candidate at ACCHS.

**WINSTON CHUNG, B.A., L.Ac.** Winston has extensive training in TCM. He has a private practice in San Jose and clinical private practice in Taiwan. He attended San Diego State University in 1983 and studied TCM at SFCA.

**JASON FRYE, MSTCM, L.AC.** Jason Frye began a study of Tui Na and Acupressure along side a study of Tai Chi and Qigong with Brian O’Dea and Kathleen Davis in 1998. He is a certified Jin Shin Jyutsu practitioner and combines this with Tui Na and Medical Qigong in every session. Jason has been an instructor of Tui Na and Acupressure at The Acupressure Institute in Berkeley and McKinnon Institute in Oakland since 2002. He practices these healing arts in his home office in Uptown Oakland just a few blocks from Lake Merritt.

**LIXIN HAN, CMT.** Mr. Han has been in bodywork for approximately 30 years. He completed his physical education research education and obtained a Qigong certificate from China Higher Education in 1989. He completed a 650-hour massage teacher training program at Fuzhou Massage Hospital in China He received his massage certificate from the Academy of Chinese Culture and Health Sciences and has been a massage therapist in the Bay Area since 2011.

**TONI HAFTER, CMT.** Ms. Hafter is a holistic intuitive massage therapist practicing an integrative approach to healing. Her work is based on Traditional Chinese Medicine principles with formal and intuitive healing methods that include Tui Na medical massage and other forms of clothed body therapies, including Qigong healing and Reiki healing. Her intention is to empower her students and patients by offering them the tools they can call upon to participate in their healing.

**SEAN HSIEH, L.AC, CMT.** Sean graduated from China Culture University in Taiwan. Fluent in Chinese and English, he is currently running a successful TCM clinic in San Francisco.



**HONG JI HU, L.Ac., CMT.** Hong Ji Hu received his massage education at the Acupuncture and Massage Institute of America in Hacienda, CA. He has held positions at Far East Wellness Center in Walnut Creek and A Perfect Day Spa in Millbrae, CA. He has worked as an instructor for more than ten years and has focused on health-care and sports training.

**MIN LI DAO LIANG, L.Ac..** Dr. Liang got technology prizes four times, and published more than fifty articles in the academic journals in China and abroad. He is the consultant of the Research Institution of Chinese Medicine of China and he is also a member of U.S. Chinese Medical Association.

**WILSON LEE, CMT.** Wilson was employed in the United States Consulate General before pursuing a career in bodywork. He has been working as a massage therapist since 2009, working first in Cupertino then San Mateo. He was educated at the Acupuncture and Massage Institute of America in Los Angeles and at the Academy of Chinese Culture and Health Sciences.

**TERESA NG, MSTCM, L.Ac.** Teresa Ng, M.S., L.Ac. has a MSTCM and is licensed by the State of California. Teresa had the privilege to work and learn from the famous 93-year-old Chinese Medicine Master, Dr. Bing Yan Li, before her retirement; Dr. Li specialized in women's health problems. She is being recognized by China in the Famous People Record as one of the top 300 knowledgeable Chinese medicine doctors.

**BRIAN O'DEA, L.Ac., CMT.** Brian has over 40 years of martial arts, meditation, and health care practice. As a Senior Instructor, he taught "Winds and Waters" Tui Na bodywork, Acupressure, Tai Chi, Qi Gong, and Traditional Chinese Philosophy at the Acupressure Institute and other acupuncture and bodywork schools since 1988. He completed over 1000 hours of study at the Acupressure Institute, and he is a graduate of Academy of Chinese Culture and Health Sciences. He has studied Jin Shin Jyutsu with Mary Burmeister and Pat Meador, and Qi Gong with Simu Ou Yang Min for over 25 years. Brian also studied Yang style Tai Chi Chuan with Prof. Cheng Man Ching and Aikido with Lou Kleinsmith, as well as Qi Gong, Tai Chi, Acupuncture, Tui Na, and Taoist Philosophy with Sifu Tsuei Wei since 1975.



**JANET OLIVER, L.Ac., CMT.** Janet has practiced and taught Asian Bodywork Therapy and Traditional Chinese Medicine for over 25 years. Janet began her career in Asian Bodywork Therapy at the Acupressure Institute in 1982, as a teacher and practitioner. She completed over 1000 hours of study at the Acupressure Institute. Also, Janet became a faculty member of Jin Shin Jyutsu in 1993. Furthermore, Janet has taught at various Acupuncture and Bodywork schools in California, where she developed the curriculum for her 500-hour Acupressure Therapy Program and wrote four textbooks. She studied Qi Gong with Simu Min Ou Yang for ten years, and apprenticed with Dr. Alex Feng in Acupuncture for several years. In addition, Janet studied Jin Shin Jyutsu for many years with Mary Burmeister. She has taught throughout the United States and internationally.

**MARION WEI, L.AC.** In 2010, Marion pursued her life-long dream of becoming a healer and attended ACCHS. Marion is familiar with the famous Master Tung points which is effective for pain management and a wide variety of ailments. Marion is currently a faculty member and tutor at the Academy of Chinese Culture and Health Sciences. She is a shift acupuncturist at Octagon Community Acupuncture Clinic and also volunteers at Charlotte Maxwell Complementary Clinic as an acupuncturist.

**RONGRONGYE, CMT,** graduated from Nanjing Chinese medicine college massage program in 2005. Highly experienced in basic and advanced tuina techniques, he teaches tuina massage around the United States as well as overseas. Currently, he teaches fundamental tuina techniques and treatment of common ailments in the ACCHS tuina program.

**AARON YU, L.AC.** graduated from the Advanced TCM Orthopedics program at the Research Institute of Chinese Medicine in 2011 and is a California licensed acupuncturist. Experienced in treating a variety of conditions, work and auto-related injuries, Mr. Yu practiced acupuncture, acupressure, orthopedic massage and pain management in San Francisco.

**KALLI PHILLIPS, ND.** Dr. Phillips is board certified in Oregon as a primary care physician. Recently, she discovered a passion for teaching. She has extensive clinical training in all Naturopathic modalities, including nutrition, botanical and homeopathic medicines, lifestyle counseling, physical medicine, as well as judicious prescription of pharmaceuticals.



**CATHERINE POWER, MSTCM, L.AC.** Catherine completed her certification in Advanced Acupressure and Oriental Bodywork from the Acupressure Institute in 2000 and graduated from ACCHS in 2005. She has practiced Shiatsu, Chi Nei Tsang, Deep Tissue Massage, and acupuncture at her private clinic and throughout various community clinics.

**ERIN TERRY, MSTCM, L.Ac.** Erin completed her training in acupuncture and Traditional Chinese Medicine from the Academy of Chinese Culture and Health Sciences. She is currently working at the Womens' Community Clinic and Quan Yin Healing Arts Center. She specializes in stress management through acupuncture, orthopedic bodywork, and reiki. She is also a certified Acupuncture Detoxification Specialist.

**LIN YANG, DAOM, L.Ac., CMT.** Lin has been a CMT since 2012. She completed her acupuncture studies at the Academy of Chinese Culture and Health Sciences and went on to open her own practice. She received her DAOM from FBU and is currently teaching in the TCM and Tui Na programs.

**FUTE YING, CMT.** Mr. Ying has been an instructor of massage for many years. He was a student of Chinese medicine in China and received an associates degree. He has held many teaching positions at many educational facilities in China and the U.S.

**DAVID WEI, B.A.** International Wellness Arts - Wudang Wen Wu. David Wei is a 16th generation lineage holder of traditional internal martial arts from Wudang Mountain, China, where he completed over 11,000 hours of training over the course of five years. He is also the founder of Wudang West Cultural Heritage Center, a non-profit wellness ministry committed to the preservation and practice of the classical wellness arts of Wudang. David is also proficient in orthopedic body work, specializing in Tuina, Hawaiian Lomi Lomi, and Thai Yoga Massage. He now resides in Oakland, CA. where he leads a small practice community.



## Course Numbers and Descriptions

1. **Fundamental Anatomy & Physiology (MC01/64hrs):** The course will give an overview of basis structure, including skeletal, muscular, nervous, circulatory, immune, respiratory, digestive, endocrine and reproductive systems. The course will give an overview of normal function as well as selected dysfunction of cells, tissues, and systems for in-depth study of both health and disease.
2. **Business and Ethics (MC02/18hrs):** This course is designed to give students, both American and Chinese, essential medical ethics and state laws. The course also introduces the basic knowledge of practice management, including how to build up and develop an office, billing system, insurance information, professional liability, record keeping, etc.
3. **Health and Hygiene (MC03/5hrs.):** The course teaches how to understand the disciplines of occupational hygiene in a clinical setting. The student will learn the prevention of ill-health from work through recognizing, evaluating, and controlling risks and health hazards in the environment with the objective of protecting the patient's health and well-being.
4. **Massage Contraindications (MC04/13hrs):** This course is designed to teach the conditions limited to massage practice: local contraindications and absolute contraindications. Caution must be exercised, and the massage therapist must adapt to certain conditions. This is done to protect the health and safety of the clients as well as the massage therapist.
5. **Meridians & Acupoints (MC05/20hrs):** The course introduces the basic knowledge of meridians theory, as it applies to the practice of Asian Bodywork/Tui Na. The course focuses on the study of meridians methods, of locating acupressure points, the study of Du & Ren meridians, and the twelve major meridians. It also teaches the therapeutic functions of the major acupoints throughout the body.



6. Fundamental TCM Theory & Diagnosis (MC06/30hrs): The course will introduce fundamental theoretical concepts of Traditional Chinese Medicine as well as the four methods of diagnosis “inspection, auscultation, olfaction, inquiry and pulse”. Differential diagnosis based on the eight principles, pathogenic conditions, six channels, triple warmer, Qi, blood, and body fluids, etc.
7. Essentials of Tui Na Techniques (MC07/60hrs): This course provides a hands-on learning of the essential techniques of Tui Na massage and will include corrective exercises and Qi Gong as well.
8. Five Elements Acupressure Technique (MC08/40hrs): The student learn advanced Tuina techniques and sinews channels. Students will be proficient in applying these techniques. Also, students learn to assess and give acupressure sessions to address basic syndromes defined by the Eight Parameters Theory, and be proficient in utilizing these session.
9. Fundamental Kinesiology & Applications (MC09/40hrs):  

Sports Injury (MC09A/20hrs): Injuries are common in all sports activities. In this class, the students will be able use various massage techniques to treat different types of painful conditions caused by muscle trauma and overuse of muscles during sports activities.

Deep Tissue Massage (MC09B/20hrs): The student will learn the techniques of Swedish, Deep tissue and Shiatsu massage, as well as stretches ergonomics. Students will be able to incorporate these styles comfortably within their own practices. The course covers how to do a sequence on the table and on the mat starting with a demonstration on how to do a full body session using Swedish and Deep tissue techniques.
10. Client Assessment and Treatment Plan (MC10/60hrs): This course will provide students with the opportunity for hands-on experience in treating a variety of conditions including treatment of the head, trunk, upper limbs, lower back, hips, and lower limbs, as well as the energy meridians and internal diseases. Students will be able to refine the previously learned Tui Na Techniques and develop the use of their internal energy for healing.



Pain Management (MC10A/40hrs): This course introduces and develops Tuina technologies for minor aches, pains, and stiffness. Basic stances and self-care will also be introduced along with set “packages” for major joints and areas of the body.

Treatments of Common Ailments (MC10B/20hrs): This course will provide an overview of treatments for common ailments. We will consider each major section of the body and all major articulations. We will focus on treatment of pain from trauma, chronic postural misalignment, with structural integration techniques. All material will be hands on with no texts or handouts. Students are expected to stay focused and attentive and practice techniques outside of class weekly.

11. Professional Practice Guidelines (MC11/10hrs):

Professional Performance and Procedures (MC11A/10hrs): The course introduces students to the skills and procedures that are required to maintain a safe and competent massage practice. The course also introduces sections on sterility, asepsis, and hygienic practices, and practical clinical guidelines. The course emphasizes professional service manner, attitude, and procedure.

12. Practice Management (MC12/20hrs): This course includes how to build a practice, setup accounts, and the laws applicable to massage therapy, with special consideration given to office setup, office management, billing systems, medical insurance claims, record-keeping, professional liability, and insurance.

13. Eight Parameters Acupressure Tuina (MC13/40hrs): The student will learn a variety of Five Element Acupressure and Advanced Tuina Techniques. At the end of the course, the student will be proficient in the basic application of advanced techniques, including Five Elements and applicable meridians, including supine, Chi Nei Tsang, Alarm points with Triple cross techniques.



14. Clinical Applications Case Studies (MC14/hrs40): This course emphasizes case studies based on anatomy and physiology, kinesiology, pathology, and contraindications, physiological effects of massage through client assessment. This course also focuses on ethics, laws, and regulations, along with professional guidelines, etc.
  
15. Clinical Practice (MC15/40hrs): The clinical portion of the academy Tuina program, part of which is devoted to the hands-on practice in a clinical setting. Evidence of completion of a physical exam, including a TB test, must be submitted before a student may enter the teaching clinic.



*The patient must also be aware of his or her body in order to recognize signs and symptoms and imbalances. The patient can then seek remedies at the earliest possible moment.*

*-Yellow Emperor's Classic of Medicine Huang Di  
(2700-2600 BCE)*



## CONTINUING EDUCATION COURSES

**Hot Stone Therapy** (MC16/16hrs): Students will learn massage techniques using Basalt stones (water-heated), applying pressure and heat to the body, integrating the techniques with TCM meridian therapy. The stones are coated in oil and can also be used by therapists to deliver various massage strokes, which helps to release muscle tension and achieve a therapeutic effect.

**Reflexology** (MC17/16hrs): This unique Chinese method teaches you the technique of massage on parts of the feet, with foal to manipulate the areas on the foot, to regulate the function of internal organs. The benefit of pressure on the reflex zones is to be able to relieve stress and pain, and achieve the effect of body healing.

**Table Shiatsu** (MC18/16hrs): Shiatsu is based on a system of points on the body called meridians. You will learn several different techniques used in this modality including: pressure pint work, assisted stretching and movement. It can be relaxing and rejuvenating, help with general health and well beings, and be used for injury treatment.

**Chi Nei Tsang** (MC19/16hrs): Students participate in a practical, crosssectionalsurvey of three Asian Healing Arts: Chi Nei Tsang, Japanese Hara diagnosis, and Mu points massage. All involve palpation and massage of the abdomen and internal organs: Students complete the class with enough hands-on practice to give basic abdominal treatments.

**Facial Massage** (MC20/16hrs): The instructor will share this gentle massage technique allowing students to master the skill for good skin-care for men and women, to maintain healthy and youthful skin. Students also can use this technique on face to treat several facial disorders and internal imbalance.

**Thai Massage** (MC21/16hrs): This course covers a sequence for the Supine position from feet to head, as well as a sitting sequence. Students will be able to apply stretches, acupressure points, and proper use of body weight, thumbs, palms, elbows, knees, and feet, including focused abdominal work.



**General Aromatherapy** (MC22/16hrs): This course is a general introduction to the use of aroma therapy for optimized health and well-being. Students will learn aromatherapy use, plant material, and aromatic plant oils for improving psychological or physical stress reduction or pain management. Also, students will have essential oil study, methods of application, business skills, etc.



