

# **Acupuncture and Wellness for Indigenous Communities Syllabus**

**Instructor:**

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**Course Title:** Acupuncture and Wellness for Indigenous Communities

**Start date and end date:** September 28, 2024 – September 29, 2024

**Course Description**

Lecture and community discussion on the fundamental concepts of classical East Asian medicine and their practical uses followed by individual consults and simple acupuncture treatment.

**Goal:**

- To share classical East Asian perspectives on health and wellness with Western Shoshone communities.
- Discuss parallels between Indigenous cultural perspectives on living in harmony with nature and classical East Asian concepts.
- To demonstrate the efficacy of acupuncture treatment.
- To foster relationships within the healing community of Western Shoshones.

**Learning outcomes:**

Upon completion of this course:

- Students will recognize in daily life the concepts of Yin and Yang and 5 Elements.
- To recognize the cyclical nature of the seasons as it pertains to the 5 Elements and understand useful associations.
- Students will be able to identify parallels between Western Shoshone cultural perspectives and classical East Asian models.
- Students will experience Classical East Asian medicine through treatment.