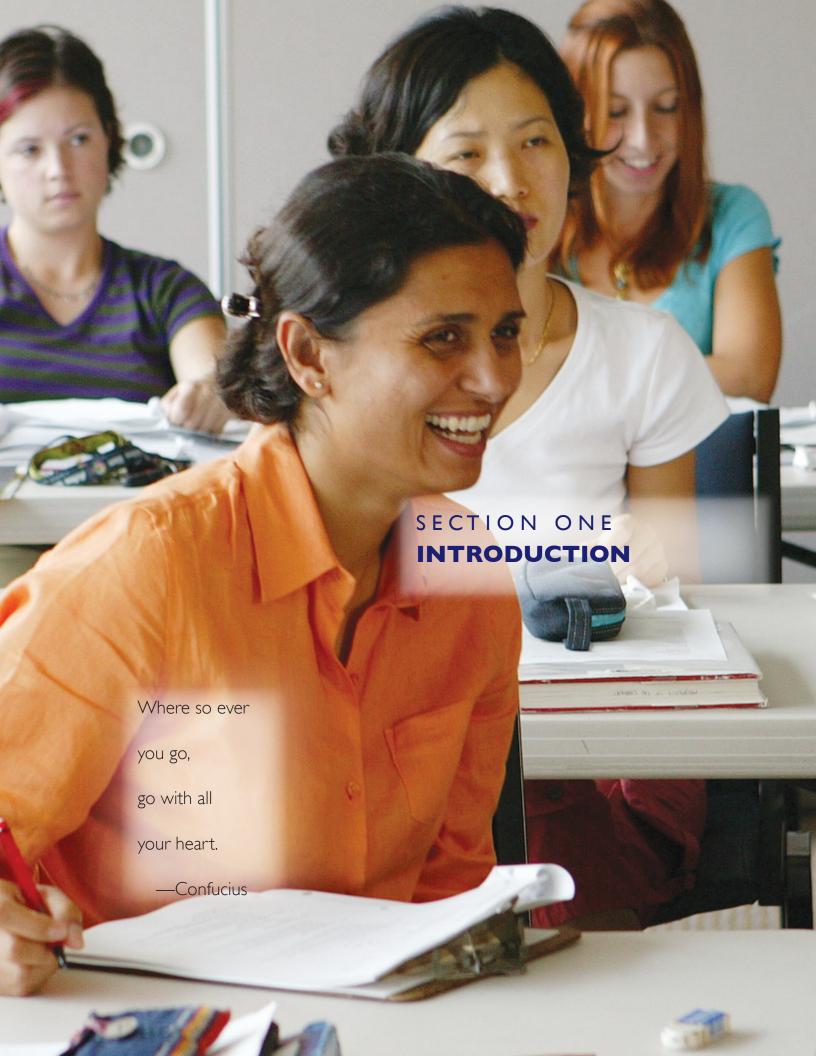
Academic Catalog







Message from the President

It is a pleasure to welcome you and thank you for your interest in Tai Sophia Institute. When you walk through our doors, you will notice that this is a truly special and unique place. Awaiting you is a sense of tranquility, community, and learning.

The focus of health care in our nation is rapidly shifting from a disease-based system to one of self-care, wellness, and prevention, making Tai Sophia's programs even more relevant and the demand for our graduates that much greater. Since Tai Sophia's modest beginnings in 1974, our pioneering vision of a relationship-centered, self-empowering, wellness system has infused our teachings, our clinical practices, and our advocacy.

We are committed to developing programs that are innovative, dynamic, applicable to market demands, and that meet the need for diverse, knowledgeable, and energetic professionals in today's elite health and wellness workforce. Through this process of growth and development, there is the opportunity to affect the well-being of countless people.

At Tai Sophia, we are dedicated to providing students with an exceptional education and student experience within a highly personalized community. Our faculty and staff are intimately involved with all students to ensure these outcomes, and to help shape students' futures. As a result, our graduates continue to broaden the definition of wellness in their workplaces, their communities, and, indeed, throughout the world.

We invite you to explore and learn with us, helping to alter the current paradigm in health care to one of integrative self-care and to take part in the great opportunities that lie ahead.

Frank Vitale

President and Chief Executive Officer

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Frank Vitale



Tai Sophia Institute represents the meeting point of the ancient healing traditions from the East and West; the Chinese word Tai means "great," and the Greek word Sophia means "wisdom."

Together, the two words "great wisdom" serve as the foundation for our academic programs, clinical services, and community wellness offerings.

A premier accredited academic institution for health and wellness, Tai Sophia Institute offers graduate degrees and graduate certificates in a wide range of wellness topics.

Our 12-acre campus houses a bookstore, library, clinic, herbal dispensary, art gallery, meditation and herb gardens. We welcome you to explore the abundant opportunities for growth and renewal.

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Application Forms are available online at www.tai.edu/Applications.aspx

Tai Sophia Institute reserves the right to change without prior notice any programs, policies, requirements, dates, fees, and/or regulations that are published in this catalog.

This catalog is not to be regarded as a contract.

The Academic Catalog is published electronically, supporting Tai Sophia Institute's commitment to bring about a healing relationship among people, the earth, and all life.

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A Community Dedicated to Wellness

Mission

In March 2006, Tai Sophia Institute's Board of Trustees adopted a new mission statement:

Tai Sophia Institute is a graduate school for the healing arts and sciences characterized by our values-driven learning community and our commitment to shape the future of healthcare through personal and public service.

Our transformative and relationship-centered programs and services integrate the timeless wisdom of nature and ancient healing traditions with contemporary knowledge to develop practitioners and leaders capable of creating and sustaining individual and community wellness.

Our work to fulfill this mission is in service to our vision:

Rooted in nature and timeless wisdom, Tai Sophia Institute will be an anchoring academic institution for a global wellness community that enables all of us to practice the arts of living and dying.

The Tai Sophia learning community serves those committed to enabling all members of our society to practice the arts of living and dying, and to deepening society's practice of the healing arts through our ability to learn from nature and the ancient wisdom traditions. Tai Sophia provides professional education through its master's degree programs in acupuncture, herbal medicine, transformative leadership and social change (formerly called the Applied Healing Arts program), and its master of science in nutrition and integrative health, as well as its graduate certificate programs in Chinese herbs, transformative leadership, herbal studies, medical herbalism, health coaching, and wellness coaching. Additionally, we conduct research and offer wellness programs and clinical services to the wider community. The Institute is committed to education that empowers individuals and communities, furthering their well-being and personal transformation so that all their relationships are healing relationships.

Accreditation

Tai Sophia Institute is accredited by the Middle States Commission on Higher Education (MSCHE), an institutional accrediting agency recognized by the U.S. Department of Education and the Council for Higher Education Accreditation. MSCHE's address is 3624 Market Street, Philadelphia, PA 19104. MSCHE's phone number is 267-284-5000. MSCHE's webpage is www.msche.org.

The Master of Acupuncture degree program is accredited by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM), which is the recognized accrediting agency for the approval of programs preparing acupuncture and Oriental medicine practitioners. ACAOM is located at 7501 Greenway Center Drive, Suite 820, Greenbelt, MD 20770. ACAOM's phone number is 301-313-0855. ACAOM's website is www.acaom.org.

The Maryland Higher Education Commission (MHEC) has endorsed all four master's degree programs and the post-baccalaureate certificate programs at Tai Sophia Institute. MHEC's address is 839 Bestgate Road, Suite 400, Annapolis, MD 21401. MHEC's phone number is 410-260-4500. MHEC's webpage is www.mhec.state.md.us.

Institutional Values

Tai Sophia Institute faculty, students and staff have developed the following statement of values, approved by the board of trustees, to guide our work:

- Operate from an acknowledgment and declaration of Oneness.
- Use nature and the rhythms of the earth as a guide in teaching our students and one another.
- Foster and teach the sensory skills that allow us to observe ourselves and others.
- Recognize that healing occurs in relationship and is more than the implementation of a treatment technique.
- Continue our learning in the presence of one another, acting not as truth-tellers but as guides for mutual self-discovery.
- Honor the individual gifts of each member of our community and hold one another in the highest possible regard.
- Honor the diversity of all healing and philosophical traditions and build upon the common foundation that joins them at the deepest level.
- Cultivate the next generation of teachers and leaders within the community to serve the mission and ongoing life of the institution.
- Make all judgments and decisions in the context and light of the seven (past three, future three, and present) generations.
- Ground all of our actions in honesty and integrity.
- Cultivate the ability to observe ourselves and our intentions to enable us to take responsibility for our learning, actions, and well-being.
- Be coachable: able to give, receive, and effectively respond to feedback.
- Take the time to listen deeply to one another, making sure we hear one another and are being heard.
- Consciously and courageously use our words, presence, and touch as instruments of healing — with deep respect, thoughtfulness, and compassion.
- Hold healing in partnership with illness and death. Embrace all aspects of life as part of healing and health.
- Acknowledge and engage in self-reflection and transformative practice as keys to healing and healing presence.
- Recognize that there is no Tai Sophia independent of the individuals who make up the Institute.

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Learning and Physical Resources

Main Campus

Tai Sophia Institute is situated on a 12-acre campus in Laurel, MD, located between Baltimore and Washington, DC. We have taken advantage of adjacent untouched woodlands and stream valleys to create closeness with the environment and the changing seasons of nature. The land is adjacent to the Middle Patuxent River Valley, a major conservation area,

and has footpaths leading to the Patuxent Wildlife Preserve. The campus includes a 32,500-square-foot building featuring classrooms, meeting rooms, a clinic, a public library, a student lounge and student kitchen, and a bookstore-café. The campus building is open for business Monday through Friday, 8:00 a.m. to 9:00 p.m., Saturday, 8:30 a.m. to 5:00 p.m., and occasionally on Sunday (depending on program schedules). The campus also offers outdoor learning spaces including a meditation garden and an herb garden. Parking is available adjacent to the building. For directions and a map to the campus, see the website, www.tai.edu.

Sherman Cohn Library

Our Library collection includes 12,000+ books, journals, and audiovisual materials. The library supports the curriculum and covers a wide range of topics such as acupuncture, ethnobotany, herbal medicine, pharmacognosy, Eastern and Western medicine, integrative medicine, wellness, healing arts, philosophy, nutrition, veterinary alternative medicine, mind-body medicine, bodywork and movement health, psychology, Eastern art and history, and also includes poetry and inspirational works. The online catalog can be accessed remotely through the Library's page on the Institute's website at http://www.tai.edu/ResourcesLibrary.aspx. Community members and alumni are welcome online and in person.

Research is an integral part of graduate studies, and our staff has the experience to help patrons develop efficient and effective research skills using print, audiovisual, and online resources. Students may make appointments for individual research consultation at no charge. The Library also schedules group sessions for general training and for customized course needs.

Six workstations in the Library plus Wi-Fi service throughout the building provide access to the Library's Intranet site, campus email, and the Internet. Workstations also contain helpful applications such as Microsoft Word. Subscriptions that are available on site include Planta Medica, Natural Standard, HerbalGram, Classical Chinese Medicine, and the EBSCOHost databases. In addition, there are links to a customized version of PubMed, the Scientific Commons database, search engines and other materials. The Institute subsidizes classroom-related printing. A pay-peruse photocopier is available to copy information from resources that do not circulate such as journals or reference books.

Meeting Point Bookstore

Located off Tai Sophia's main lobby, the Meeting Point Bookstore is dedicated to nourishing your mind and body. In addition to an eclectic assortment of wholesome food selections including bagels, cookies and muffins, coffee, tea, and assorted refreshing beverages, the Meeting Point Bookstore offers a unique selection of books on acupuncture, complementary medicine, herbal medicine, philosophy, health and natural healing, as well as unique titles related to the healing arts. The Meeting Point also carries a wide variety of wellness items including herbal teas, a complete line of natural supplements approved by the Tai Sophia herbal faculty, and cards and gift items relating to the healing arts and teachings at Tai Sophia Institute. If patrons can't visit in person, they may shop the Meeting Point online at www.tai.edu/bookstore.

410-888-9048 ext. 6636 or bookstore@tai.edu

Basic Store Hours

Monday – Thursday 8:30 a.m. – 5:00 p.m. Friday 8:30 a.m. – 3:00 p.m.

Saturday – Sunday Weekend hours vary depending upon building activity. Hours for the current week are always posted on the home page of the Meeting Point at www.tai.edu/bookstore.

Clinical Training Sites

Tai Sophia's clinical training sites presently include ten individual sites throughout the Baltimore/Washington region. At each of these sites, our faculty and student practitioners deliver personalized health and wellness services to a broad base of clients in a diverse range of settings. Many of these settings also include rotations where students can develop specialized experience and fluency in their practices.

Faculty-Supervised Student Clinics

In the clinical phase of the Master of Acupuncture, Chinese Herb, and Master of Science in Herbal Medicine programs, students are required to begin their practices under the supervision of Tai Sophia faculty.

Faculty-supervised student clinics for the Acupuncture program are located at the Laurel campus as well as in Baltimore and Silver Spring, MD. Faculty-supervised student clinics for herbal medicine are held at the Laurel campus and twice each month in Baltimore and Silver Spring; For the Chinese Herbal program, faculty-supervised clinics are held exclusively at the Laurel campus.

Acupuncture, Herbal Medicine, and Chinese Herbs — Laurel at Tai Sophia Institute Campus 7750 Montpelier Road Laurel, MD 20723

For acupuncture visits call 410-888-9048 ext. 6630 For herbal visits call 410-888-9048 ext. 6667 For Chinese herb visits call 410-888-9048 ext. 6637

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Acupuncture and Herbal Medicine (Herbal Medicine offered twice monthly)

- Baltimore at Belvedere Square

540 E. Belvedere Avenue, Suite 202 Baltimore, MD 21212 410-433-6846

Acupuncture and Herbal Medicine (Herbal Medicine offered twice monthly) — Summit Building in Silver Spring 8555 16th Street, Suite 402 Silver Spring, MD 20910 301-588-8279

Community Health - Internal/External Clinic Sites

Acupuncture students are also required to provide a minimum of 60 hours of service at community health sites located throughout the Baltimore Metropolitan region.

This aspect of the students' clinical experience is a unique and important part of the curriculum for the Master of Acupuncture program. While providing acupuncture students with an array of clinical experiences, this component of the program also offers clinical tours in a variety public health settings. The following is a list of current community health sites.

Penn North Neighborhood Center

2410 Pennsylvania Avenue Baltimore, MD 21217 410-728-2080

Healthcare for the Homeless

III Park Avenue Baltimore, MD 21201 410-837-5533

Howard Community College, Wellness Center

10901 Little Patuxent Parkway Columbia, Maryland 21044 410-772-4640

The Serenity Center

9650 Basket Ring Road Columbia, MD 21045-3421 410-884-6088

Grassroots Crisis Center

6700 Freetown Road Columbia, MD 21044

Laurel Wellness

Main Campus 7750 Montpelier Road Laurel, MD 20723

Recovery in Community

31 North Fulton Avenue Baltimore, MD 21223

Support Services

Accessibility for the Physically Challenged

The building has convenient parking for physically challenged persons and is wheelchair-accessible. An elevator provides access to offices and treatment rooms on the second floor.

Disabilities Services

Tai Sophia Institute is committed to ensuring equal access for qualified individuals with disabilities and fully complies with all relevant federal and state laws. At Tai Sophia Institute, no qualified individual with a disability is excluded from participation in, denied the benefits of, or subjected to discrimination in access to services, benefits, and activities at the Institute solely by reason of his or her handicap. A "qualified individual with a disability" is a person with a disability who has been certified by a professional qualified to evaluate the disability in question; meets the essential eligibility requirements for participation in or receipt of a program or activity; and is capable with reasonable accommodation of achieving the education and training.

It is the responsibility of the student who has a disability and needs assistance in gaining equal access to services, benefits, and activities at the Institute to contact his or her academic and student affairs advisor with documentation of the need for reasonable accommodation. As appropriate to the disability, documentation should follow these guidelines:

- This documentation must be issued by an appropriate professional such as a psychologist, psychiatrist, or physician. The credentials of the diagnosing professional should include information describing the certification, licensure, and/or the professional training of the person conducting the evaluation.
- The documentation should explain how a disability limits an individual's ability to benefit from a particular delivery system, instructional method, or evaluation criteria, or to perform certain duties or functions. It should address the accommodation that is necessary and how the accommodation might mitigate the effect of the disability.
- A description of treatments, medications, assistive devices, accommodations and/or assistive services in current use and their estimated effectiveness in ameliorating the impact of the disability. Significant side effects that may affect physical, perceptual, behavioral, or cognitive performance should also be noted.
- A description of the diagnostic criteria and/or diagnostic test used. The description should include the specific results of diagnostic procedures, diagnostic tests utilized, and when administered. When available, both summary and specific test scores should be reported as standard scores and the norming population identified. When standard scores are not available; then the mean, standard deviation, and the standard error of measurement are requested as appropriate to the construction of the test. Diagnostic methods used should be congruent with the disability and current professional practices within the field. Informal or non-standardized evaluations should be described in enough detail that a professional colleague could understand their role and significance in the diagnostic process.
- A diagnostic statement identifying the disability, date of the current diagnostic evaluation, and the date of the original diagnosis. The diagnostic systems used by the Department of Education, the State Department of

Rehabilitative Services, or other State agencies and/or the current editions of either the Diagnostic Statistical Manual of the American Psychiatric Association (DSM) or the International Statistical Classification of Diseases and Related Health Problems of the World Health Organization (ICD) are the recommended diagnostic taxonomies.

• The academic and student affairs advisor will verify the disability and collaborate with the student in identifying reasonable accommodations and ways to implement these accommodations. The academic and student affairs advisor may require a new evaluation if the documentation submitted is outdated (5 years or more) or not pertinent to the accommodation request.

Campus Security

When the building is open for business, security staff is present to maintain the security of the campus facilities and all occupants. The vice president for administration and general counsel is responsible for campus security and informs the campus community of issues related to campus security. The vice president for administration and general counsel ensures there is timely warning to the campus community of any and all crimes, whether reported to campus security personnel or local police authorities. The vice president for administration and general counsel, as required by the US Department of Education, prepares an annual security report that is posted online. Students receive email notification of the availability of this report, including a report summary, and may request a hard copy of the report.

Policies of the Programs

The policies, guidelines, regulations and procedures of the Institute and its programs can be found in detail in the student handbooks, all of which are posted online. All students must familiarize themselves with current policies and conform to these policies at all times. The student handbooks include, for example, policies concerning graduate levels of academic progress, grading, attendance, remaining up-to-date on health requirements, information on a drug-free workplace, FERPA, the student grievance procedure, sexual harassment and sexual assault policies. Revised annually, the handbooks also set forth practical, day-to-day operational information for students.

Residency and Housing

The Acupuncture and Herbal Medicine programs are full-time programs, while the Graduate certificates and Transformative Leadership and Social Change program occur during the weekends. Students in full-time day programs must live within reasonable commuting distance of the Institute. Although it takes a bit of effort and determination, several students have commuted without moving to Maryland on a permanent basis. Many of these individuals rented space that accommodated them two to three nights a week while attending classes.

Off-campus housing is readily available. Lists of short and long-term housing possibilities in areas around Howard County, MD, Baltimore, MD, and Washington, DC, are available from the office of graduate admissions.

Housing expenses will vary widely depending upon the size and location of the residence.

Boards and Staff Listings

Board of Trustees

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Executive Staff

Frank Vitale, MBA, President and CEO

Judith Broida, Ph.D., Executive Vice President for Academic Affairs/Provost

Lisa Connelly-Duggan, M.A., Vice President for Marketing

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Marc Levin, M.B.A., C.P.A., Vice President for Business & Financial Services/ Assistant Treasurer

Administration

Rhonda Sapp Amero, M.Ac., Associate Program Director,

Acupuncture and Oriental Medicine Programs

Selwyn David, M.Comm. (India), Senior Accountant

Patricia DeLorenzo, M.S., Director of Alumni Affairs

Kimberly Duncan, Ph.D., Academic Director, Integrative Health Sciences

Deneb Falabella, M.Ac., Associate Vice President, Student Clinics

Reginald Garcon, M.Ed. Associate Vice-President for Student Affairs & Registrar

John Gay, Jr., B.A., Director of Financial Aid

Sharon Jennings-Rojas, M.Ac., RT (NADA), Director of Community Partnerships

Gabrielle Julien-Molineaux, M.A., Director of Graduate Admissions

Mary Kay Kenney, B.A., Director of Community Programs

Jenifer Kirin, M.L.S., Director, Sherman Cohn Library

Jeff Millison, M.A., M.Ac., Program Director, Acupuncture and Oriental Medicine Programs

Janet Padgett, Ph.D., M.Ac., L.Ac., Acting Administrative Director, Integrative Health Sciences

Andrew Pengelly, Ph.D., RH (AHG), FNHAA, Director, Herb Dispensary

Evan Rabinowitz, M.Ac., L.Ac., Dipl.Ac., Program Manager, Chinese Herb Certificate Program

Stuart Rodes, B.F.A., Manager, Sherman Cohn Library

Linda Simons, M.Ac., R.N., Program Manager, Women's Holistic Health Post-Master's Certificate Program

James Snow, RH (AHG), Program Director, Herbal Medicine Program

Rebecca Snow, M.S., LDN, RH (AHG), CNS, Program Director,

Nutrition and Integrative Health Program

Chiyuki Tanaka, B.A., Senior Accountant

Cheryl Walker, M.L. MCC, Program Director, Transformative Leadership and Social Change Program, and Program Manager, Health & Wellness Coaching Certificate Programs

John C. Wilson, M.A., Director, Publications

Valerie Mae Wright, M.S., Program Manager, Herbal Graduate Certificate Programs

Administrative Staff

Peggy Alexander, Academic & Student Affairs Advisor

Charles Ali, Database Systems Manager/Programmer

Anya Blakeley, Ambassador

Amy Byrne-Crowell, Billing Coordinator, Natural Care Center

Ashley Callaway, Client Services Receptionist, Natural Care Center

Nairobi Collins, Sales Associate, Meeting Point Bookstore

Sara Comeau, Academic & Student Affairs Advisor

Virginia Cook, Coordinator, Faculty-Supervised Student Clinic

Sheri DePetro, Faculty Coordinator, Community Health Clinical Lab

Christian Fadgen, Internet Marketing Associate

Star Ferguson, Environmental Health and Safety Coordinator

Eileen Foley, Program Coordinator, Herbal Medicine Program

Jenny Golan, Ambassador/Sales Associate, Meeting Point Bookstore

Sauncha Guy, Assistant Registrar

John Hall, Ambassador

Pam Hartke, Admissions Administrative Assistant/Evaluation Coordinator

Erin Holden, Sales Associate, Meeting Point Bookstore

Melissa Huselton, Program Coordinator, Nutrition and Integrative Health

Melissa Koerner, Program Coordinator, Integrative Health Sciences

Norman Kraft, Webmaster

Beth Latture, Library Assistant

Dinara Mirzakarimova, Library Assistant

Erin Nelson, Program Coordinator, Transformative Leadership and Social Change and Health & Wellness Coaching Programs

Krista Noelle, Library Assistant

laymie Radomski, Lead Associate, Meeting Point Bookstore

Robin Reel, Assistant to the President and Provost

Tessa Ring, Program Coordinator, Acupuncture and Chinese Herb Programs

JoAnn Roach, Library Assistant

Juan Robles, Facilities Coordinator

Hee Seung, Coordinator, Chinese Herb Dispensary

Leah Turner, Graduate Admissions Counselor

Daniel Wessels, Systems Administrator

Marcia Yurko, Insurance Coordinator/Accountant

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Prospective Students

Welcome!

It is an honor to support your exploration of Tai Sophia's master's degree and graduate certificate programs. Each distinct program provides you with the knowledge and skills to build a successful career and to become a healing presence in the community.

We invite you to visit Tai Sophia, speak with an admissions counselor, and observe a class. The admissions team is committed to providing you with clear information, institutional resources, and personalized guidance throughout the admissions process. We look forward to joining you as you take the next steps.

Gobrielle Tulin Molinesuse

In partnership,

Gabrielle Julien-Molineaux

Director of Graduate Admissions

Honoring Diversity

Tai Sophia seeks qualified applicants who have the maturity, commitment, and preparation necessary to take full advantage of the specialized studies offered by the Institute in each of our programs of study.

Tai Sophia is committed to being, communicating, and educating in ways that recognize and honor the full range of human diversity. Each student, faculty, staff, and board member strives to use language and manifest behavior that promotes inclusiveness. Further, each student and faculty, staff, and board member is responsible for creating an atmosphere that supports all in growth and movement toward inclusiveness and the acceptance of diversity. The Institute is committed to broadening the diversity of student body, staff, administration, and board members.

Non-Discrimination Policy

Tai Sophia Institute is an equal opportunity institution. Applicants for admission, employment, and financial aid are considered on the basis of individual merit. No person is excluded from participation in, denied the benefits of, or subject to discrimination in any program or activity of Tai Sophia Institute on the basis of race, color, national or ethnic origin, gender, gender identity, sexual orientation, marital status, pregnancy, age, religion, disability, or any other characteristic protected by law. Please see the Director, Office of Human Enrichment, for inquiries or concerns related to this policy.

Application and Admission Procedures

Campus Visit

Prospective students are strongly encouraged to visit Tai Sophia Institute, meet with an admissions counselor, and observe a class before applying. Please call or e-mail the Office of Graduate Admissions to schedule your visit.

Application Process

We encourage prospective students to apply as soon as you decide which programs best match your interests and career objectives. Applications for admission are accepted throughout the academic year. In most cases, applications are reviewed as they are received on a space available basis. However, there are priority deadlines for the Master's programs. We recommend you apply six to eight months before the intended start date to ensure a space in the class, and that you are mindful of the priority deadlines listed below.

The completed application form, essay, and resume must be submitted with the application fee. The following application fees apply:

Graduate Certificate in Chinese Herbs \$75

All other Graduate Certificate Programs \$50

All Master's Degree Programs \$95

For Master's Degree Program applications received after July 15 for September classes and November 15 for January classes, the fee is \$150.

Once application materials have been received, you may be contacted to schedule a formal admissions interview. Applicants will be notified in writing regarding the decision of the admissions committee.

Transcripts

Official transcripts for all degrees should be sent directly from the respective college or university. Transcripts for prerequisite coursework may be sent to admissions for review. Tai Sophia Institute reserves the right to request additional transcripts and course descriptions.

Applicants who have earned degrees outside of the U.S. will be required to have their transcripts evaluated by a credential evaluating service in the United States prior to submission. Please refer to the requirements outlined in the International Students section.

Please mail or deliver all application materials to: Office of Graduate Admissions Tai Sophia Institute 7750 Montpelier Rd Laurel, MD 20723

Tuition Deposit

An individual accepted into one Tai Sophia's academic programs will be billed a non-transferable, non-refundable tuition deposit. This fee holds a seat in the class for which the applicant has been accepted and will be applied to tuition upon matriculation. This fee is due upon acceptance and may be paid by cash, check, MasterCard, or Visa.

The following Deposit fees apply:

Post Bachelor's Certificates	\$500
All Master's Programs except Acupuncture	\$750
Acupuncture	\$1000
Post Master's Certificates (Women's Holistic Health)	\$500

Deferrals

Offers of acceptance and applications prior to acceptance may be deferred one time for up to one year. Requests for deferral must be made in writing to the Office of Graduate Admissions. If a student with a deferred acceptance does not enroll and the Deposit fee has been paid prior to the request for deferral, that fee is forfeited.

Tuition and Fees

Tuition

Tuition rates vary by program. For current tuition rates contact the Office of Graduate Admissions or visit the academic programs pages of our website at www.tai.edu.

Costs Not Covered in Tuition

All programs require students to have computer and internet access, as well as books.

Acubuncture

Required materials include: a long, white, polyester-cotton examination coat; a sphygmomanometer (blood pressure cuff) and stethoscope; disposable acupuncture needles and moxa (to be purchased before entering Level III); and regular (e.g. seasonally, five times a year minimum) acupuncture treatments.

Herbal Medicine

Required materials include: the software program, Endnote, is highly recommended to assist in writing requirements of the program. Other costs include those associated with field trips (i.e., transportation, food, and lodging) and supplies in the Herbal Medicine program.

Each student is required to have three consultations with a clinical herbalist within Level I of the program. Individual consultation fees vary, depending on whether the student sees a Level III clinic interm, a graduate of the program, or a professional member of the American Herbalist Guild.

Transformative Leadership and Social Change

Required materials include miscellaneous supplies for your studies. In addition, if the student chooses to participate in a class, workshop, program, or any other fee-based experience as part of an Independent Study, the student is solely responsible for that expense.

Nutrition and Integrative Health

Required materials include: a cutting board, apron and 2 high-quality knives, which can all be purchased in the Meeting Point Bookstore. Additionally, the software program, Endnote, is highly recommended to assist in writing requirements of the program. Other costs include transport to cooking classes, completion of the ServSafeTM Online Manager Program from the National Restaurant Association, and five nutritional counseling sessions with a Tai Sophia Institute approved nutrition practitioner by the end of the fourth trimester. Individual consultation fees will vary.

Chinese Herb Program

The cost of materials may be approximately \$700 and includes several required and recommended books. Students also may be required to purchase sample herbs for their learning.

Health Coaching and Wellness Coaching Certificate Programs

Required materials include books, and other additional reading material. The cost of required books and reading material is between \$250-300. All required books can be found in our library. Students may choose to purchase suggested books, or may find several of them in our library.

Herbal Studies Certificate Program

Required materials include: supplies needed for making herbal preparations (teas, lotions, tinctures) for the Fall Herb Show. The cost of the Fall Herb Show can range from \$75 to \$300. The cost of books required for the program runs between \$150 and \$215.

Medical Herbalism Certificate Program

Required materials include: supplies needed for making herbal preparations (teas, lotions, tinctures) for the Fall Herb Show. The cost of the Fall Herb Show can range from \$75 to \$300. The cost of books required for the program runs between \$250 and \$300.

For all programs, please note: the costs associated with books will vary dramatically by person and program. Many choose to borrow rather than buy some of the required and recommended texts.

Health Requirement Costs

Acupuncture, herbal medicine, and Chinese herb students are responsible for the costs associated with one-time and ongoing health requirements, including CPR certification, PPD tests, and hepatitis B vaccinations. The Institute's mandatory annual bloodbome pathogens classes are free.

Clinic and Resource Fees for Acupuncture and Herbal Medicine Programs

An additional continuing registration fee is due each month for any student who does not complete the program by her or his anticipated completion date. Please see the student handbooks for more detailed information on these fees.

Post Graduate Trainee Program Fees for Acupuncture Program

Students who wish to complete additional hours of supervised clinical treatment beyond the Master of Acupuncture degree requirements may enroll in the Post Graduate Trainee Program. A one-time application fee and a continuing monthly supervision fee applies. Please see the Clinical Student Handbook for details.

Refund Policy

Tai Sophia Institute follows Maryland State refund guidelines and the federal policy for return of Title IV funds. This information is posted on the Tai Sophia website, www.tai.edu and also available by request from the business and finance office.

Financial Aid

Types of Financial Aid Available

The William D. Ford Direct Loan Program

Tai Sophia participates in the William D. Ford Direct Loan Program. This program offers loans that are funded by the federal government, guaranteed by guarantors, and reinsured by the federal government. The Federal Direct Stafford and the Federal Direct Graduate PLUS loans are offered through this program to Tai Sophia students attending at least half time and seeking a master's degree or post-bachelorette graduate certificate.

Federal Direct Stafford Loan

The Federal Direct Stafford Loan can be subsidized and/or unsubsidized. The subsidized loan is awarded on the basis of financial need. If you qualify for a subsidized loan, you can receive up to \$8,500; and the federal government pays the interest on the loan until you begin repayment and during authorized periods of deferment thereafter. The unsubsidized loan is not awarded on the basis of need. If you qualify for an unsubsidized loan, you can receive up to \$20,500 less subsidized eligibility. You will be charged interest from the time the loan is disbursed until it is paid in full. You can choose to pay the interest while you are in school, or choose to have the interest added to the principal of the loan. The interest rate is fixed at 6.8 percent; an origination fee of 0.5 percent and a default aversion fee of I percent may be deducted from the loan before it is disbursed. Repayment of the Federal Direct Stafford Loan begins six months after the last date of attendance, or if the student's enrollment status drops less than half-time. Students who have prior loans that are in repayment may be eligible for an in-school deferment. Students should contact their prior lender to verify if they are eligible.

Federal Direct Graduate PLUS Loan

The Federal Direct Graduate PLUS Loan is a non-need based loan, which, before approval, requires a credit check by the lender to determine that the student does not have an adverse credit history. Students must apply for their annual Stafford Loan maximum eligibility before applying for this loan. The student can receive up to the cost of attendance less other financial aid in the Federal Direct Graduate PLUS loan. The interest rate is fixed at 7.9 percent; however, the federal government may offer interest rate reductions. An origination fee of 3 percent and guarantee fee of I percent may be deducted from the loan before it is disbursed. Interest begins to accumulate on the date of the first disbursement; and repayment begins six months after you graduate or if the student withdraws or drops below part-time enrollment. Lenders may offer deferment and/ or forbearance repayment options; students should contact the federal government for details.

Scholarships

Tai Sophia Institute-sponsored Minority Scholarship

The Tai Sophia Institute-sponsored Minority Scholarship may provide up to 40 percent remission from the tuition cost of a degree program for one year to a new or continuing eligible minority student who demonstrates financial need. The scholarship will be awarded each September and lanuary based on an evaluation of eligible applicants and availability of funds. Students who are not selected for the scholarship or are nearing the end of their one-year scholarship award period must reapply for future consideration. Candidates for the scholarship must be a member of a racial minority and demonstrate financial need, have a current processed Free Application for Federal Student Aid (FAFSA) on file with the financial aid office at the time of application, meet satisfactory academic progress requirements, be in good standing as defined by the Institute's academic policy, and be enrolled as a degree-seeking student in one of the master's degree or post-bachelorette certificate programs. Eligible students who are interested in applying for a scholarship must submit an application to the chair of the Scholarship Review and Selection Committee by May 31 for the September intake, and September 30 for the January intake. The application must include an essay (no more than two pages) describing why you believe you are deserving of the scholarship, your unique skills and interests that embody the Institute's values and mission, and two letters of recommendation.

The Debora A. Mahan & Charles D. Hock Scholarship

The Debora A. Mahan & Charles D. Hock Scholarship provides up to \$1000 for education-related expenses for one year to new or continuing eligible students who demonstrate financial need. The scholarship will be awarded each September and January based on an evaluation of eligible applicants and availability of funds. Students who are not selected for the scholarship or are nearing the end of their one-year scholarship award period must reapply for future consideration. Candidates must demonstrate financial need, have a current processed Free Application for Federal Student Aid (FAFSA) on file with the financial aid office at the time of application, meet satisfactory academic progress requirements, be in good standing as defined by the Institute's academic policy, and be enrolled as a degree-seeking student in one of the master's degree or post-bachelorette certificate programs. Eligible students who are interested in applying must submit an application to the chair of the scholarship review and selection committee by May 31 for the September intake, and September 30 for the January intake. The application must include an essay (no more than two pages) describing why you believe you are deserving of the scholarship, your unique skills and interests that embody the Institute's values and mission, and a letter of recommendation.

Sherman L. & Lucy Diaz Cohn Scholarship

Sherman L. & Lucy Diaz Cohn Scholarship provides up to \$500 for education-related expenses for one year to a new or continuing eligible student who demonstrates financial need. The scholarship will be awarded each September and January based on an evaluation of eligible applicants and availability of funds. Students who are not selected for the scholarship or are nearing the end of their one-year scholarship award period must reapply for future consideration. Candidates for the scholarship must demonstrate financial need, have a current processed Free Application for Federal Student Aid (FAFSA) on file with the financial aid office at the time of application, meet satisfactory academic progress requirements, be in good standing as defined by the Institute's academic policy, and be enrolled as a degree-seeking student in one of the master's degree or post-bachelorette certificate programs. Eligible students who are interested in applying for the scholarship must submit an application to the chair of the scholarship review and selection committee by May 31 for the September intake, and September 30 for the January intake. The application must include an essay (no more than two pages) describing why you believe you are deserving of the scholarship, your unique skills and interests that embody the Institute's values and mission, and a letter of recommendation.

Helen M. & Annetta E. Himmelfarb Scholarship

Helen M. & Annetta E. Himmelfarb Scholarship provides up to \$700 for education-related expenses for one year to new or continuing eligible Master of Acupuncture students who demonstrate financial need. The scholarship will be awarded each September and January based on an evaluation of eligible applicants and availability of funds. Students who are not selected for the scholarship or are nearing the end of their one-year scholarship award period must reapply for future consideration. Candidates for the scholarship must demonstrate financial need, be enrolled full-time in the Master of Acupuncture program, have a current processed Free Application for Federal Student Aid (FAFSA) on file with the financial aid office at the time of application, meet satisfactory academic progress requirements, and be in good standing as defined by the Institute's academic policy. Eligible students who are interested in applying for the scholarship must submit an application to the chair of the scholarship review and selection committee by May 31 for the September intake, and September 30 for the January intake. The application must include an essay (no more than two pages) describing why you believe you are deserving of the scholarship, your unique skills and interests that embody the Institute's values and mission, and a letter of recommendation.

The Jo Ann Barlow Fellowship

The Jo Ann Barlow Fellowship provides partial tuition and/or financial assistance up to one academic year to a new or continuing student enrolled in one of the master's degree or post-bachelorette certificate programs who will help the Institute develop a relationship with the international community. Fellowship awards will be decided each September and January based on an evaluation of eligible applicants and availability of funds. Continued funding of the fellowship will be evaluated at the end each trimester or academic year. Candidates for the Jo Ann Barlow Fellowship must be enrolled as a degree-seeking student in one of the master's programs, meet satisfactory academic progress requirements, be in good standing as defined by the Institute's academic policy, and pursue work to help the Institute develop a relationship with the international community. Eligible students must be nominated by a faculty member and be approved by the President. Nominations by faculty to the President should be submitted by July 1st for the September awarding period, and November 1st for the January awarding period.

Maryland State Scholarships

Maryland State Scholarships are available to Maryland residents who qualify. To apply, students should complete the Free Application for Federal Student Aid (FAFSA) by March I of each year. Recipients will be notified by the Maryland Higher Education Commission.

Outside Scholarships

Outside Scholarships are financial aid funds awarded through outside agencies to assist students with their educational expenses. Contact the financial aid office for a list of scholarship websites.

Alternative Loans

Alternative loans are available to students who need additional assistance with their educational expenses, are enrolled in the Chinese Herb or Animal Acupuncture programs, or do not qualify for Stafford Loan funds. In an alternative loan, a student can receive up to the cost of attendance less other financial aid. A list of possible lenders is available in the financial aid office.

Eligibility Requirements for Financial Aid

To qualify for federal financial aid, you must:

- Be a U.S. citizen or eligible non-citizen.
- Be enrolled at least half-time in an eligible program as a regular student seeking a degree or certificate.
- Have a high school diploma, GED, or equivalent.
- Not be in default on any student loans or owe a refund on any grant under the Title IV federal student aid programs.
- Be registered with Selective Service if you are a male between the ages of 18 and 25.
- Not be ineligible due to a drug conviction.
- Not have borrowed in excess of the annual or aggregate Federal Stafford Loan limits.
- Maintain Satisfactory Academic Progress.

How to Apply for Federal Financial Aid

To apply for financial aid, you will need to complete the FAFSA online at www.fafsa.ed.gov. If you do not have a personal identification number (PIN), go to www.pin.ed.gov to request one.

You will need your federal tax returns, your social security number, bank statements, investment records, and Tai Sophia's school code (G25784) to complete the FAFSA.

Once your FAFSA is processed by the Department of Education, you will receive a Student Aid Report (SAR), which will indicate your expected family contribution (EFC). The EFC is used to determine if you qualify for need-based aid. The way this is determined is by subtracting the EFC from the Cost of Attendance (COA). The COA is an estimate of expenses that includes tuition and fees, books and supplies, transportation, room and board, and personal expenses for your period of enrollment.

Once the financial aid office receives your SAR from the Department of Education, you will receive an award offer in the mail indicating the types and amounts of financial aid for which you qualify. You will need to accept or decline the award offer and submit it, along with additional forms, to the financial aid office.

If you are selected for verification by the Department of Education, or if there is data on the SAR that is incomplete or conflicting, you will be asked to submit documentation required to complete the verification process.

Financial aid funds usually are disbursed at the beginning of each trimester or at the beginning and midpoint of the academic year, depending on the academic program. Financial aid funds in excess of tuition and fees will be mailed by check to the student within 14 days of disbursement if the student is eligible.

Return of Title IV Funds Policy

Federal law and regulations require Tai Sophia Institute to calculate a return of Title IV funds for any student who withdraws or does not complete an enrollment period or payment period and who has received financial aid through the federal Title IV program. This calculation is performed using a specific formula required by the U.S. Department of Education.

Title IV programs include Federal Direct Stafford Subsidized, Federal Direct Stafford Unsubsidized loans, and Federal Direct Graduate PLUS loans. Title IV funds are awarded to a student under the assumption that the student will attend school for the entire enrollment period or payment period for which the aid is awarded. When a student withdraws, the student may no longer be eligible for the full amount of Title IV funds received. The return of Title IV funds calculation is based on the percentage of the enrollment period or payment period completed and the amount of Title IV aid disbursed.

There are two required calculations; the amount of uneamed aid the withdrawn student is responsible for returning and the amount of aid the school is responsible for returning. The Office of Financial Aid will utilize the web based software provided by the U.S. Department of Education to calculate the return of Title IV funds. The following paragraphs describe the procedure and basis for the calculations.

The calculation for return of Title IV funds is based upon the official withdrawal date determined by the Registrar's Office. The number of days completed is divided by the total number of days in the enrollment

period or payment period to identify the percentage of time the student has completed. This would be the percentage of aid actually earned by the student at the time of withdrawal.

If 60% or more of the enrollment period or payment period is completed, there is no return of the Title IV funds for that period and the student is considered to have earned 100% of the Title IV funds received.

If the percentage is less than 60%, this percentage is multiplied by the total amount of Title IV aid to arrive at the amount of earned aid. The difference between the amount of earned aid and the total amount of Title IV aid is the amount of unearned aid.

The amount of unearned aid the school is responsible for returning:

The institutional charges (tuition, fees, etc. for the entire enrollment period or payment period) are multiplied by the percentage of uneamed aid to determine the amount the school is responsible for returning.

The amount the school is responsible for returning is compared to the total amount of unearned aid; the lesser amount is then returned to the student's loans in the following order: The Federal Direct Stafford Unsubsidized Ioan, Federal Direct Stafford Subsidized Ioan, Federal Direct Graduate PLUS Ioan. This amount is charged to the student's account. Depending on the results of the Tuition Refund Policy, it is possible that the student then must owe the school for the remaining unpaid portion of tuition and fees. An example of this is available from the Office of Financial Aid upon request.

The amount of unearned aid the student is responsible for returning:

The student is responsible for returning any portion of the unearned aid that is not returned by the school. This is in addition to any refund money from the school that is required to be returned. For any unearned aid that came from Title IV loans, the student is responsible for repaying those funds according to the terms of the promissory note.

A student's failure to return funds they are not eligible to receive will result in the student being ineligible for further financial aid. The school and the U.S. Department of Education may also seek legal action against the student to collect any funds the student is not entitled to retain.

Post-Withdrawal Disbursements:

At the time of withdrawal, if less Title IV aid has been received than the amount earned, the student may be eligible to receive additional funds in a post-withdrawal disbursement. In this case the Office of Financial Aid will inform the student of this eligibility. The student may then request the disbursement of these additional funds; the student may also decline some or all of the funds to prevent the incurrence of additional debt.

Transfer and Exemption Policy

Veterans Benefits

Students attending Tai Sophia Institute and receiving Veterans Benefits must be aware of the following:

- Students are expected to pursue degree programs or approved postbaccalaureate certificate programs at the Institute.
- Students must achieve satisfactory academic progress toward degree or program completion.
- Students must report changes in enrollment including drops, adds, withdrawals, changes to audit, and changes to educational objectives to the associate vice president of student affairs/registrar as well as the DVA.
- Students who register for courses and do not attend without officially withdrawing are misusing federal funds.
- Students who repeat a course for which a passing grade was awarded are ineligible for DVA benefits for that course.
- Students who audit a course or register for a non-credit course will be ineligible for DVA benefits.
- Students who wish to receive Veterans Benefits must also notify the Registrar's Office in writing one month prior to the intended start date of every trimester of enrollment.

For further information, please visit the Veterans Benefit website at www. va.gov or call I-888-442-4551.

In some circumstances, students may apply for transfer credits or course exemptions. The number of credits allowed and the Tai Sophia courses eligible for transfer or exemption is determined by faculty and, therefore, varies by program. All applications for transfer credit or course exemption are processed by the Registrar's Office. No reduction in tuition will be granted for transfers or exemptions for specific programs.

Note: Transferring credits is based on academic equivalency between schools. Exemption of courses is based on experience.

Transfer Credit Policy

Transfer credits may be considered in cases where a student has taken postgraduate coursework and met the same course outcomes at another institution within five years of starting a program at Tai Sophia. Courses older than five years are not eligible for transfer credit (student may apply for course exemption). Equivalency is determined by the program director. Each transferred course must meet a minimum grade of "B-" or 80 percent. Upon approval, course credits are transferred to the Tai Sophia transcript. To apply for transfer credit:

- Contact the Registrar's Office to obtain a list of courses eligible for the Transfer Credit and the Transfer Credit form.
- Submit the form with official documentation to the Registrar's Office. Official documentation includes the transcript(s) and a syllabus for each course for review from the previous school(s).
- Note: The application and documentation for transfer credit must be submitted at least one trimester prior to the start of the Tai Sophia course(s) being considered.

Exemption Policy

Course exemptions may be considered in cases where a student has prior experience in the subject that meets the outcomes of a particular course. Students who are approved will have an "X" placed on their transcript. Because no credits will be awarded for an exempted course, students may be required to take another course to meet total program credit requirements. To apply for course exemption:

- Contact the Registrar's Office to obtain a list of courses eligible for Course Exemption and the Course Exemption form.
- Submit the form with official documentation to the Registrar's Office. Official documentation requirements are listed on the course eligibility form for each program and may include: transcripts for a course older than five years; documentation of licensure; portfolio; written assignment, etc., as determined by program faculty.
- In some cases an exam or other evaluation will be required. If an exam is required, arrangements for taking the exam can be made through the program director or designee. The cost of exams is \$75 per credit and should be submitted to the Registrar's Office prior to scheduling the
- Note: The application and documentation for course exemption must be submitted at least one trimester prior to the start of the Tai Sophia course(s) being considered.

International Students

If you earned your bachelor's degree or equivalent outside the United States, in addition to all required application documents, you must submit:

An official evaluation (in a sealed envelope) from a foreign credential evaluation service confirming that the foreign degree earned is equivalent to a U.S. baccalaureate. Students must order this evaluation independently. Below are two recommended resources (not affiliated with Tai Sophia) for credential evaluation services.

National Association of Credential Evaluation Services

Web: www.naces.org

World Education Service

Phone: 212-966-6311 Web: www.wes.org

The Institute is authorized under U.S. law to enroll non-resident alien students. Tai Sophia Institute requires that all applicants who intend to hold F-I student visa status while enrolled in a program submit a financial statement to determine eligibility to receive an I-20 Form. In order to receive the I-20, applicants must be able to support themselves or be able to receive financial support from a sponsor.

When considering study in the United States, applicants should carefully consider how they will support themselves financially. Students should not expect to support themselves through employment, as immigration laws limit employment for international students. Additionally, Tai Sophia is not responsible for changes in students' financial circumstances while enrolled. Applicants must complete and return the I-20 Application Form along with a current bank statement providing evidence of the required funds. Applicants with dependents who will apply for F-2 visas must also provide proof of financial support for their dependents as well.

Individuals already in the United States who are applying for admission must present proof of a valid passport, visa stamp page and I-94 arrival/departure card, and any other document that may involve the student's current visa status.

Maintaining Legal F-1 Status

As an international student, it is essential that you adhere to the Department of Homeland Security regulations that govern your status. This is your individual responsibility of which you must be aware and for which you are accountable. Please be advised that these policies are enforced and that ignorance of the law is not considered an excuse for non-compliance. Therefore, it is essential that you maintain your legal F-I status. The following is provided solely for informational purposes:

- Ensure that your passport is valid at all times. Contact your embassy regarding extension issues at least six months prior to your passport expiration date (www.embassy/org).
- Students must be registered for a full course load in each trimester to maintain F-I status.
- Should you move to another address, ensure that the registrar's office is notified in writing within 10 days of the move.

- Should you leave the U.S., make sure the F-I visa in your passport is valid. If this is not the case, you must apply for a new one overseas before attempting to re-enter the U.S. (see Department of State Visa Services). Make an appointment with the associate vice president for student services and registrar to have your I-20 endorsed for travel before departing from the United States.
- F-I students are not permitted to work.
- Should you change your program or need an extension of time to complete the program, you must apply for an extension, one month before your I-20 expires.
- New students with a Form I-20 are required to pay the SEVIS fee, which is non-refundable (subject to change). This is a separate fee paid to the Student and Exchange Visitor Program in the Department of Homeland Security. You can fill in the Form I-901 online at www.fmjfee.com. For more information on the SEVIS I-901 non-refundable fee, please see the website at http://www.ice.gov/graphics/sevis/i901.

In December 2003, the United States Department of Homeland Security (DHS) implemented a new system for recording information on international visitors entering and exiting the U.S. As part of this initiative, the Student and Exchange Visitor Information System (SEVIS) was implemented and administered by the Student and Exchange Visitor Program (SEVP), which is a division of United States Immigration and Customs Enforcement (ICE) and considered the largest investigative division of the Department of Homeland Security. SEVIS is a centralized and automated web-based information system that manages and maintains data for international students and exchange visitors who are studying in the United States and their dependents. We do realize this is an involved process and have provided the SEVIS information and website (http://www.ice.gov) to assist you in learning more about this process.

English Language Requirements

Success in Tai Sophia's graduate degree programs is dependent on a student's ability to communicate in English. This ability not only includes comprehending, reading, and writing English, but specifically the ability to understand the nuances in the language and to speak effectively. This level of proficiency is greater than that which is required for daily living. The requirements stated below are in place to ensure a student's ability to take full advantage of the academic programs and serve the outside community as practitioners.

Students who are non-native English speakers may be required to take the Test of English as a Foreign Language (TOEFL) or the TOEFL Internetbased Test (IBT). Tai Sophia Institute's school code is 8400. Contact TOEFL directly at toefl.org for information about registering for the test. If you have any questions related to fulfilling the language requirement, please speak with an admissions counselor.

Commonly Asked Questions

How are the programs at Tai Sophia different from other programs?

Tai Sophia offers a holistic healing approach at the foundation of our degree programs. Our programs are experiential and relationship-based. The philosophical core of this work incorporates ancient wisdom from around the world. These teachings will help you recover a worldview that honors the unity of all life. This oneness will have an enormous impact on you as a healer and in your person-to-person relationships with patients, clients, friends, family, and all those in your community. All three programs begin with an opening ceremony and SOPHIA® (School of Philosophy and Healing in Action®) Intensive course in which this core philosophy is introduced.

May I visit the school and sit in on a class?

Yes. Please contact the Office of Graduate Admissions to make arrangements. Open Houses, class visits, and the Redefining Health weekend workshop also provide wonderful opportunities for prospective students to meet faculty and staff and get a sense of the philosophy that is the foundation of our programs.

How important is it that I have a background in a health-related field?

Approximately 30 percent of our students have experience in professional healthcare, while about 70 percent have backgrounds or degrees in a broad range of areas. We find that the learning of each class is enriched by this diversity of backgrounds and gifts provided by people from all walks of life.

May I talk with some of the students or graduates who have the same background as I do?

Yes. Please make arrangements through the Office of Graduate Admissions.

Am I too old to start something new?

Our students have ranged in age from 22 to 73, with an average age of 40. Thirty percent have advanced degrees beyond a bachelor's degree. For most of our students, pursuing one of our degree programs is an important and desired change of career. Many shift from successful and lucrative jobs in order to study a healing modality that has changed and enriched their own lives. For many, this change is an opportunity to pursue a path for which they have a passion.

What if I don't have a bachelor's degree?

You must have a bachelor's degree in any discipline as the minimum requirement for all of the graduate degree programs and all of our graduate certificate programs. If you do not have a bachelor's degree, we recommend that you contact a variety of local and online universities and colleges to investigate bachelor's programs tailored to adult learners.

Is Federal Financial Aid available for the graduate degree programs?

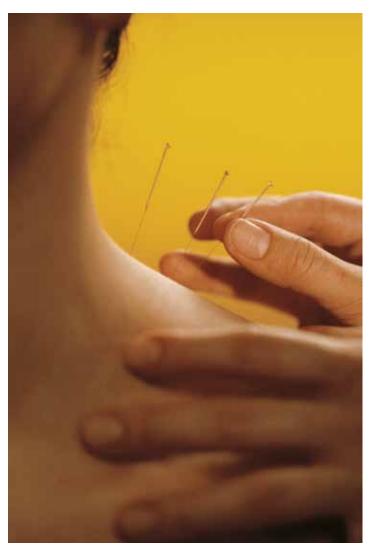
Yes. Please speak directly with our financial aid director for details on financial aid. Contact the Office of Financial Aid at ext. 6628.

Is it possible to work while enrolled in the degree programs?

It is possible to hold a part-time job and attend the Acupuncture and Herbal Medicine programs. Based on our experience working with students in these programs, we recommend that you work no more than 15 hours per week on average. Please note that the clinical portion of these programs places significant additional time and energy demands on students, and that this may have an impact on the amount of time that will be available for employment. The Transformative Leadership and Social Change program and the Nutrition and Integrative Health program are offered in an part-time format thus designed for working professionals, as are the graduate certificate programs.



Master of Acupuncture Program



Learning is discovering that something is possible.

-Fritz Perls

Overview

The acupuncture program is a graduate curriculum leading to a Master of Acupuncture (M.Ac.) degree. It is designed to draw on the Taoist tradition as the basis for treating the whole person. This tradition includes studying the five elements, the twelve officials, and yin/yang.

The program provides a values-driven, transformative, and relationship-centered curriculum which guides students to intentionally craft their words and actions in order to be a healing presence that supports their patients. The program also provides students with a solid knowledge of the theory and philosophy of traditional acupuncture, the competence to treat their patients skillfully with needles and words, the capacity to become a healing force and an agent of change, and the ability to communicate their competency effectively.

Program Goals

- · Serve the patient at all levels of being.
- Possess knowledge of the history of acupuncture and the theory of different traditions of acupuncture.
- Establish and maintain an acupuncture practice.
- Grow personally and professionally.

Curriculum

Overview

The acupuncture curriculum consists of 9 trimesters, divided into 3 levels over 3 calendar years. Each trimester has a theme that articulates the overarching goals for that trimester. The trimesters flow and build from one to the next, much like a novel unfolds from chapter to chapter. The coursework is sequenced to provide a rich and transformative educational experience.

The trimester themes are as follows:

Trimester I: Awaken The Observer

Trimester 2: Develop the Frame/the Lens: The Contextual View

Trimester 3: Learn Distinctions: Ground Observations in the 4 Inspections:

Theory and Assessment: the Field of Discrimination

Trimester 4: Restore Wholeness and Balance: Begin Treatment Application

Trimester 5: Balance Presence and Distinctions in Assessment and Treatment (The Art of Being a Practitioner)

Trimester 6: Root the Clinician

Trimester 7: Refine Clinical Skills and Presence

Trimester 8: Develop Independence in Judgment and Application

Trimester 9: Embody Practice and Transformation in Service to Life

Level I:

The One: The Tao: Health In Wholeness

Level I consists of Trimesters I and 2, and begins with 9 days of intensive coursework that introduces the experience of Qi and basic laws of nature and lays the philosophical groundwork for the entire program. Students become more familiar with language and sensory awareness. They begin to practice Chinese philosophy in everyday life as a preparation for its specific application in acupuncture.

The intensive is followed by coursework designed to open up the power of observation and sensory awareness.

The content in Level I includes the following major topics:

- · Tao, Five Element cycle and the seasons, Yin/Yang, and Qi
- Building rapport, awareness of how energy moves in ourselves and in others
- Surface Anatomy and Wellness Physiology
- History of Acupuncture from ancient China to the present
- Introduction to classical texts
- Introduction to the twelve officials
- Learning to use senses: to see, to hear, to feel, to smell, to ask
- Learning diagnostic skills: color, sound, odor, emotion, pulse-taking
- · Learning basic skills of point location and touch
- Ethics

Level II

The Two: Yin/Yang: Health in Balance

Level II consists of Trimesters 3, 4, and 5; and the Level II coursework, in addition to delving deeper into the topics introduced in Level I, focuses on theory, diagnosis, treatment planning, and skills development.

Students continue to observe clinical practice throughout Level II, and also begin supervised clinical work in Trimester 4. Over the duration of Trimesters 4 through 7, each student spends a minimum of 15 hours per trimester in active, supervised practice at the off-campus Community Clinic Sites.

Level III

The Three: Qi: Health in Movement (Practitioner & Patient in Service To Life)

Level III consists of Trimesters 6, 7, 8, 9, 1 and begins with an off-campus retreat. The retreat serves as a bridge between the academic work of Level II and the clinical experience of Level III. During the retreat, students reflect on their clinical transition and build community with peers who will practice with them in the Faculty-Supervised Student Clinic.

Over the course of Level III, each student must generate a minimum number of patients and complete, under supervision, a minimum of 250 treatments. In addition, each student performs at least 180 treatments on patients provided through Community Clinic Sites (begun in Level II).

Students may graduate once all coursework, clinical, and other requirements have been fulfilled. Thus, some students may finish the program at the end of Trimester 9. Some students progress at a more moderate pace, however, and continue their clinical work through Trimester 11.

Course of Study

Course Des	scriptions		Trimester 4	4	
			ACP 614	Theory: Five Phases II	2.00
			ACP 624	Point Location: Journey of Qi through the Torso	3.00
Level I		_	ACP 634	Diagnostic Skills: Traditional Diagnosis	3.00
Trimester I		Credits ¹	ACP 644	Treatment Skills: Basic Treatment Skills	2.00
ACP 601a	History and Classics:		ACP 700	History and Classics: Visiting Scholar Intensive	1.00
	Acupuncture from China to America	1.25	ACP 790a	Supervised Clinical Practice: Community Health	0.50
ACP 601b	History and Classics:		APP 604	Deepening Your Healing Presence	1.50
	Chinese Medicine from the Classical Perspective	1.75	ISci 000	BioScience Elective ²	3.00
ACP 611	Theory:		ISci 754	Biomedicine: Safe Practices	2.00
	Principles of Healing and the Laws of Nature	2.50		biomedicine: Sale Fractices	
ACP 631	Diagnostic Skills: Awakening the Observer	1.75	Subtotal		18.00
APP 600	SOPHIA®: Intensive/Skills	3.50	-	-	
APP 601	Initiating a Healing Presence	1.25	Trimester !		
APP 610	Embodying Qi Gong: Dance with Nature	0.75	ACP 615	Theory: Organs of the Body and	2.00
ISci 640	Clinical Anatomy: Regional and Surface Anatomy	3.00		Patterns of Disharmony I	2.00
Subtotal		15.75	ACP 625	Point Location: Integrating Meridians	3.00
			ACP 645	Treatment Skills: The Art of Effective Treatment Des	_
Trimester 2			ACP 655	Clinical Observation: Small Group Treatment	1.50
ACP 612	Theory: Officials and Substances	2.00	ACP 665	Practice Management:	
ACP 622	Point Location:			Orientation to Clinical Practice	1.00
	Distal Points of the Arm Primary Meridians	3.00	ACP 790a	Supervised Clinical Practice: Community Health	0.50
ACP 632a	Diagnostic Skills: Cultivating the Instrument	2.00	ISci 000	BioScience Elective ²	3.00
ACP 632b	Diagnostic Skills: Rapport Intensive	1.00	ISci 755	Biomedicine: Systems Review	3.00
ACP 652	Clinical Observation: From Story to Phenomena	1.00	Subtotal		16.00
ACP 662	Practice Management:				
	Ethics for the Health-care Professional	1.00	Level I	II	
APP 602	Ethics for the Health-care Professional	1.00 1.50	Level I		
APP 602 APP 620	Ethics for the Health-care Professional Being the Needle				
	Ethics for the Health-care Professional	1.50 3.25	Trimester (6	2.00
APP 620 ISci 000	Ethics for the Health-care Professional Being the Needle Volunteer Professional Project BioScience Elective ²	1.50 3.25 3.00	Trimester (Theory: Organs of the Body and	2.00 1.00
APP 620	Ethics for the Health-care Professional Being the Needle Volunteer Professional Project	1.50 3.25 3.00 2.00	Trimester (ACP 716	Theory: Organs of the Body and Patterns of Disharmony II	
APP 620 ISci 000 ISci 642	Ethics for the Health-care Professional Being the Needle Volunteer Professional Project BioScience Elective ²	1.50 3.25 3.00	Trimester (ACP 716 ACP 746	Theory: Organs of the Body and Patterns of Disharmony II Treatment Skills: Pre-Clinic Retreat	1.00
APP 620 ISci 000 ISci 642 Subtotal	Ethics for the Health-care Professional Being the Needle Volunteer Professional Project BioScience Elective ² Physiology: The Science of Wellness	1.50 3.25 3.00 2.00	ACP 746 ACP 766	Theory: Organs of the Body and Patterns of Disharmony II Treatment Skills: Pre-Clinic Retreat Practice Management: Building a Successful Practice	1.00 1.50
APP 620 ISci 000 ISci 642 Subtotal	Ethics for the Health-care Professional Being the Needle Volunteer Professional Project BioScience Elective ² Physiology: The Science of Wellness	1.50 3.25 3.00 2.00	ACP 746 ACP 766 ACP 790a	Theory: Organs of the Body and Patterns of Disharmony II Treatment Skills: Pre-Clinic Retreat Practice Management: Building a Successful Practice Supervised Clinical Practice: Community Health	1.00 1.50 0.50
APP 620 ISci 000 ISci 642 Subtotal Level I Trimester 3	Ethics for the Health-care Professional Being the Needle Volunteer Professional Project BioScience Elective ² Physiology: The Science of Wellness	1.50 3.25 3.00 2.00 19.75	ACP 746 ACP 766 ACP 790a ACP 790b	Theory: Organs of the Body and Patterns of Disharmony II Treatment Skills: Pre-Clinic Retreat Practice Management: Building a Successful Practice Supervised Clinical Practice: Community Health Supervised Clinical Practice: Core Groups	1.00 1.50 0.50 1.00
APP 620 ISci 000 ISci 642 Subtotal Level I Trimester 3 ACP 613	Ethics for the Health-care Professional Being the Needle Volunteer Professional Project BioScience Elective ² Physiology: The Science of Wellness Theory: Five Phases I	1.50 3.25 3.00 2.00	ACP 746 ACP 766 ACP 790a ACP 790b ACP 790c	Theory: Organs of the Body and Patterns of Disharmony II Treatment Skills: Pre-Clinic Retreat Practice Management: Building a Successful Practice Supervised Clinical Practice: Community Health Supervised Clinical Practice: Core Groups Supervised Clinical Practice: Student Clinic ³	1.00 1.50 0.50 1.00 1.00
APP 620 ISci 000 ISci 642 Subtotal Level I Trimester 3	Ethics for the Health-care Professional Being the Needle Volunteer Professional Project BioScience Elective ² Physiology: The Science of Wellness Theory: Five Phases I Point Location:	1.50 3.25 3.00 2.00 19.75	ACP 746 ACP 766 ACP 790a ACP 790b ACP 790c APP 701	Theory: Organs of the Body and Patterns of Disharmony II Treatment Skills: Pre-Clinic Retreat Practice Management: Building a Successful Practice Supervised Clinical Practice: Community Health Supervised Clinical Practice: Core Groups Supervised Clinical Practice: Student Clinic ³ Deep Listening Within	1.00 1.50 0.50 1.00 1.50
APP 620 ISci 000 ISci 642 Subtotal Level I Trimester 3 ACP 613 ACP 623	Ethics for the Health-care Professional Being the Needle Volunteer Professional Project BioScience Elective ² Physiology: The Science of Wellness Theory: Five Phases I Point Location: Distal Points of the Leg Primary Meridians	1.50 3.25 3.00 2.00 19.75	ACP 746 ACP 766 ACP 790a ACP 790b ACP 790c APP 701 ISci 740	Theory: Organs of the Body and Patterns of Disharmony II Treatment Skills: Pre-Clinic Retreat Practice Management: Building a Successful Practice Supervised Clinical Practice: Community Health Supervised Clinical Practice: Core Groups Supervised Clinical Practice: Student Clinic ³ Deep Listening Within	1.00 1.50 0.50 1.00 1.00 1.50 2.00
APP 620 ISci 000 ISci 642 Subtotal Level I Trimester 3 ACP 613 ACP 623	Ethics for the Health-care Professional Being the Needle Volunteer Professional Project BioScience Elective ² Physiology: The Science of Wellness Theory: Five Phases I Point Location: Distal Points of the Leg Primary Meridians Diagnostic Skills: Diagnostic Interactions	1.50 3.25 3.00 2.00 19.75 2.00 3.00 3.00	ACP 746 ACP 766 ACP 790a ACP 790b ACP 790c APP 701 ISci 740	Theory: Organs of the Body and Patterns of Disharmony II Treatment Skills: Pre-Clinic Retreat Practice Management: Building a Successful Practice Supervised Clinical Practice: Community Health Supervised Clinical Practice: Core Groups Supervised Clinical Practice: Student Clinic ³ Deep Listening Within Advanced Clinical Anatomy: Qi Follows Structure	1.00 1.50 0.50 1.00 1.00 1.50 2.00
APP 620 ISci 000 ISci 642 Subtotal Level I Trimester 3 ACP 613 ACP 633 ACP 653	Ethics for the Health-care Professional Being the Needle Volunteer Professional Project BioScience Elective ² Physiology: The Science of Wellness Theory: Five Phases I Point Location: Distal Points of the Leg Primary Meridians Diagnostic Skills: Diagnostic Interactions Clinical Observation: Qi in Motion	1.50 3.25 3.00 2.00 19.75 2.00 3.00 3.00 0.75	ACP 746 ACP 766 ACP 790a ACP 790b ACP 790c APP 701 ISci 740 Subtotal	Theory: Organs of the Body and Patterns of Disharmony II Treatment Skills: Pre-Clinic Retreat Practice Management: Building a Successful Practice Supervised Clinical Practice: Community Health Supervised Clinical Practice: Core Groups Supervised Clinical Practice: Student Clinic ³ Deep Listening Within Advanced Clinical Anatomy: Qi Follows Structure	1.00 1.50 0.50 1.00 1.00 1.50 2.00 10.50
APP 620 ISci 000 ISci 642 Subtotal Level I Trimester 3 ACP 613 ACP 623 ACP 653 ACP 653 APP 603	Ethics for the Health-care Professional Being the Needle Volunteer Professional Project BioScience Elective ² Physiology: The Science of Wellness Theory: Five Phases I Point Location: Distal Points of the Leg Primary Meridians Diagnostic Skills: Diagnostic Interactions Clinical Observation: Qi in Motion Speech Acts and the Art of Skillful Inquiry	1.50 3.25 3.00 2.00 19.75 2.00 3.00 3.00 0.75 1.50	ACP 746 ACP 766 ACP 790a ACP 790b ACP 790c APP 701 ISci 740 Subtotal	Theory: Organs of the Body and Patterns of Disharmony II Treatment Skills: Pre-Clinic Retreat Practice Management: Building a Successful Practice Supervised Clinical Practice: Community Health Supervised Clinical Practice: Core Groups Supervised Clinical Practice: Student Clinic ³ Deep Listening Within Advanced Clinical Anatomy: Qi Follows Structure	1.00 1.50 0.50 1.00 1.00 1.50 2.00
APP 620 ISci 000 ISci 642 Subtotal Level I Trimester 3 ACP 613 ACP 623 ACP 653 APP 603 APP 611	Ethics for the Health-care Professional Being the Needle Volunteer Professional Project BioScience Elective ² Physiology: The Science of Wellness Theory: Five Phases I Point Location: Distal Points of the Leg Primary Meridians Diagnostic Skills: Diagnostic Interactions Clinical Observation: Qi in Motion Speech Acts and the Art of Skillful Inquiry Tai Chi: Roots and Branches	1.50 3.25 3.00 2.00 19.75 2.00 3.00 3.00 0.75 1.50 1.00	ACP 746 ACP 746 ACP 790a ACP 790b ACP 790c APP 701 ISci 740 Subtotal Trimester 2 ACP 700	Theory: Organs of the Body and Patterns of Disharmony II Treatment Skills: Pre-Clinic Retreat Practice Management: Building a Successful Practice Supervised Clinical Practice: Community Health Supervised Clinical Practice: Core Groups Supervised Clinical Practice: Student Clinic³ Deep Listening Within Advanced Clinical Anatomy: Qi Follows Structure History and Classics: Visiting Scholar Intensive Point Location: Advanced Point Location	1.00 1.50 0.50 1.00 1.50 2.00 10.50
APP 620 ISci 000 ISci 642 Subtotal Level I Trimester 3 ACP 613 ACP 623 ACP 633 APP 603 APP 601 ISci 000	Ethics for the Health-care Professional Being the Needle Volunteer Professional Project BioScience Elective ² Physiology: The Science of Wellness Theory: Five Phases I Point Location: Distal Points of the Leg Primary Meridians Diagnostic Skills: Diagnostic Interactions Clinical Observation: Qi in Motion Speech Acts and the Art of Skillful Inquiry Tai Chi: Roots and Branches BioScience Elective ²	1.50 3.25 3.00 2.00 19.75 2.00 3.00 0.75 1.50 1.00 3.00	ACP 746 ACP 746 ACP 766 ACP 790a ACP 790c APP 701 ISci 740 Subtotal Trimester 2 ACP 700 ACP 727	Theory: Organs of the Body and Patterns of Disharmony II Treatment Skills: Pre-Clinic Retreat Practice Management: Building a Successful Practice Supervised Clinical Practice: Community Health Supervised Clinical Practice: Core Groups Supervised Clinical Practice: Student Clinic³ Deep Listening Within Advanced Clinical Anatomy: Qi Follows Structure History and Classics: Visiting Scholar Intensive Point Location: Advanced Point Location Clinical Observation: Living Traditions	1.00 1.50 0.50 1.00 1.50 2.00 10.50
APP 620 ISci 000 ISci 642 Subtotal Level I Trimester 3 ACP 613 ACP 623 ACP 653 APP 603 APP 611 ISci 000 ISci 650	Ethics for the Health-care Professional Being the Needle Volunteer Professional Project BioScience Elective ² Physiology: The Science of Wellness Theory: Five Phases I Point Location: Distal Points of the Leg Primary Meridians Diagnostic Skills: Diagnostic Interactions Clinical Observation: Qi in Motion Speech Acts and the Art of Skillful Inquiry Tai Chi: Roots and Branches	1.50 3.25 3.00 2.00 19.75 2.00 3.00 0.75 1.50 1.00 3.00 2.00	ACP 746 ACP 746 ACP 766 ACP 790a ACP 790b ACP 790c APP 701 ISci 740 Subtotal Trimester 2 ACP 700 ACP 727 ACP 757	Theory: Organs of the Body and Patterns of Disharmony II Treatment Skills: Pre-Clinic Retreat Practice Management: Building a Successful Practice Supervised Clinical Practice: Community Health Supervised Clinical Practice: Core Groups Supervised Clinical Practice: Student Clinic³ Deep Listening Within Advanced Clinical Anatomy: Qi Follows Structure History and Classics: Visiting Scholar Intensive Point Location: Advanced Point Location Clinical Observation: Living Traditions Practice Management:	1.00 1.50 0.50 1.00 1.00 1.50 2.00 10.50
APP 620 ISci 000 ISci 642 Subtotal Level I Trimester 3 ACP 613 ACP 623 ACP 633 APP 603 APP 601 ISci 000	Ethics for the Health-care Professional Being the Needle Volunteer Professional Project BioScience Elective ² Physiology: The Science of Wellness Theory: Five Phases I Point Location: Distal Points of the Leg Primary Meridians Diagnostic Skills: Diagnostic Interactions Clinical Observation: Qi in Motion Speech Acts and the Art of Skillful Inquiry Tai Chi: Roots and Branches BioScience Elective ²	1.50 3.25 3.00 2.00 19.75 2.00 3.00 0.75 1.50 1.00 3.00	ACP 746 ACP 746 ACP 766 ACP 790a ACP 790b ACP 790c APP 701 ISci 740 Subtotal Trimester 2 ACP 700 ACP 727 ACP 757 ACP 767	Theory: Organs of the Body and Patterns of Disharmony II Treatment Skills: Pre-Clinic Retreat Practice Management: Building a Successful Practice Supervised Clinical Practice: Community Health Supervised Clinical Practice: Core Groups Supervised Clinical Practice: Student Clinic³ Deep Listening Within Advanced Clinical Anatomy: Qi Follows Structure History and Classics: Visiting Scholar Intensive Point Location: Advanced Point Location Clinical Observation: Living Traditions Practice Management: Maintaining a Successful Practice	1.00 1.50 0.50 1.00 1.50 2.00 10.50
APP 620 ISci 000 ISci 642 Subtotal Level I Trimester 3 ACP 613 ACP 623 ACP 653 APP 603 APP 611 ISci 000 ISci 650	Ethics for the Health-care Professional Being the Needle Volunteer Professional Project BioScience Elective ² Physiology: The Science of Wellness Theory: Five Phases I Point Location: Distal Points of the Leg Primary Meridians Diagnostic Skills: Diagnostic Interactions Clinical Observation: Qi in Motion Speech Acts and the Art of Skillful Inquiry Tai Chi: Roots and Branches BioScience Elective ²	1.50 3.25 3.00 2.00 19.75 2.00 3.00 0.75 1.50 1.00 3.00 2.00	ACP 746 ACP 746 ACP 790a ACP 790b ACP 790c APP 701 ISci 740 Subtotal Trimester 2 ACP 700 ACP 727 ACP 757 ACP 767	Theory: Organs of the Body and Patterns of Disharmony II Treatment Skills: Pre-Clinic Retreat Practice Management: Building a Successful Practice Supervised Clinical Practice: Community Health Supervised Clinical Practice: Core Groups Supervised Clinical Practice: Student Clinic³ Deep Listening Within Advanced Clinical Anatomy: Qi Follows Structure History and Classics: Visiting Scholar Intensive Point Location: Advanced Point Location Clinical Observation: Living Traditions Practice Management: Maintaining a Successful Practice Supervised Clinical Practice: Community Health	1.00 1.50 0.50 1.00 1.50 2.00 10.50 1.00 2.00 1.00
APP 620 ISci 000 ISci 642 Subtotal Level I Trimester 3 ACP 613 ACP 623 ACP 653 APP 603 APP 611 ISci 000 ISci 650	Ethics for the Health-care Professional Being the Needle Volunteer Professional Project BioScience Elective ² Physiology: The Science of Wellness Theory: Five Phases I Point Location: Distal Points of the Leg Primary Meridians Diagnostic Skills: Diagnostic Interactions Clinical Observation: Qi in Motion Speech Acts and the Art of Skillful Inquiry Tai Chi: Roots and Branches BioScience Elective ²	1.50 3.25 3.00 2.00 19.75 2.00 3.00 0.75 1.50 1.00 3.00 2.00	Trimester (ACP 716 ACP 746 ACP 766 ACP 790a ACP 790b ACP 790c APP 701 ISci 740 Subtotal Trimester 2 ACP 700 ACP 727 ACP 757 ACP 767 ACP 790a ACP 790b ACP 790b	Theory: Organs of the Body and Patterns of Disharmony II Treatment Skills: Pre-Clinic Retreat Practice Management: Building a Successful Practice Supervised Clinical Practice: Community Health Supervised Clinical Practice: Core Groups Supervised Clinical Practice: Student Clinic³ Deep Listening Within Advanced Clinical Anatomy: Qi Follows Structure History and Classics: Visiting Scholar Intensive Point Location: Advanced Point Location Clinical Observation: Living Traditions Practice Management: Maintaining a Successful Practice Supervised Clinical Practice: Community Health Supervised Clinical Practice: Core Groups	1.00 1.50 0.50 1.00 1.50 2.00 10.50
APP 620 ISci 000 ISci 642 Subtotal Level I Trimester 3 ACP 613 ACP 623 ACP 653 APP 603 APP 611 ISci 000 ISci 650	Ethics for the Health-care Professional Being the Needle Volunteer Professional Project BioScience Elective ² Physiology: The Science of Wellness Theory: Five Phases I Point Location: Distal Points of the Leg Primary Meridians Diagnostic Skills: Diagnostic Interactions Clinical Observation: Qi in Motion Speech Acts and the Art of Skillful Inquiry Tai Chi: Roots and Branches BioScience Elective ²	1.50 3.25 3.00 2.00 19.75 2.00 3.00 0.75 1.50 1.00 3.00 2.00	Trimester (ACP 716 ACP 746 ACP 766 ACP 790a ACP 790c APP 701 ISci 740 Subtotal Trimester 2 ACP 700 ACP 727 ACP 757 ACP 767 ACP 790a ACP 790b ACP 790c	Theory: Organs of the Body and Patterns of Disharmony II Treatment Skills: Pre-Clinic Retreat Practice Management: Building a Successful Practice Supervised Clinical Practice: Community Health Supervised Clinical Practice: Core Groups Supervised Clinical Practice: Student Clinic³ Deep Listening Within Advanced Clinical Anatomy: Qi Follows Structure History and Classics: Visiting Scholar Intensive Point Location: Advanced Point Location Clinical Observation: Living Traditions Practice Management: Maintaining a Successful Practice Supervised Clinical Practice: Community Health Supervised Clinical Practice: Core Groups Supervised Clinical Practice: Student Clinic³	1.00 1.50 0.50 1.00 1.50 2.00 10.50 1.00 2.00 1.00 1.00 0.50 1.00
APP 620 ISci 000 ISci 642 Subtotal Level I Trimester 3 ACP 613 ACP 623 ACP 653 APP 603 APP 611 ISci 000 ISci 650	Ethics for the Health-care Professional Being the Needle Volunteer Professional Project BioScience Elective ² Physiology: The Science of Wellness Theory: Five Phases I Point Location: Distal Points of the Leg Primary Meridians Diagnostic Skills: Diagnostic Interactions Clinical Observation: Qi in Motion Speech Acts and the Art of Skillful Inquiry Tai Chi: Roots and Branches BioScience Elective ²	1.50 3.25 3.00 2.00 19.75 2.00 3.00 0.75 1.50 1.00 3.00 2.00	Trimester (ACP 716 ACP 746 ACP 766 ACP 790a ACP 790b ACP 790c APP 701 ISci 740 Subtotal Trimester 2 ACP 700 ACP 727 ACP 757 ACP 767 ACP 790a ACP 790b ACP 790b	Theory: Organs of the Body and Patterns of Disharmony II Treatment Skills: Pre-Clinic Retreat Practice Management: Building a Successful Practice Supervised Clinical Practice: Community Health Supervised Clinical Practice: Core Groups Supervised Clinical Practice: Student Clinic³ Deep Listening Within Advanced Clinical Anatomy: Qi Follows Structure History and Classics: Visiting Scholar Intensive Point Location: Advanced Point Location Clinical Observation: Living Traditions Practice Management: Maintaining a Successful Practice Supervised Clinical Practice: Community Health Supervised Clinical Practice: Core Groups	1.00 1.50 0.50 1.00 1.50 2.00 10.50 1.00 2.00 1.00 0.50 1.00

Faculty

Trimester 8	3		Faculty Biographies
ACP 718	Theory: Advanced Modes of Integration	2.00	
ACP 758	Clinical Observation: Integrating Traditions	1.50	Program Director
ACP 790b	Supervised Clinical Practice: Core Groups	1.00	Jeff Millison, M.Ac.
ACP 790c	Supervised Clinical Practice: Student Clinic ³	3.75	
ISci 750	Pathophysiology: Comparative Perspectives	2.00	Associate Program Director
Subtotal		10.25	Deneb Falabella, M.Ac., Dipl. Ac. (NCCAOM)
Trimester 9			Division Chairs
ACP 000	Theory: Senior Elective ⁴	2.00	Theory Division: Jane Grissmer, M.Ac. (UK), Dipl. Ac. (NCCAOM)
ACP 719	Theory:		Clinical Foundations Division: Stacey MacFarlane, M.Ac.
ACP 759	Chinese Medical Therapy and Asian Bodywork Clinical Observation:	2.00	Touching Energy and Structure Division: Tatyana Maltseva, M.D. (Ukraine), M.Ac.
	Discussion of Case Presentation	0.75	Interim Chair, Clinical Practices Division: David M. Blaiwas, M.A., M.Ac.,
ACP 790b	Supervised Clinical Practice: Core Groups	1.00	Dipl. Ac. (NCCAOM)
ACP 790c	Supervised Clinical Practice: Student Clinic ³	3.75	
APP 702	Bring Your Work into the World	1.50	Core Faculty
Subtotal		11.00	Dianne M. Connelly, Ph.D., M.Ac. (UK), Dipl. Ac. (NCCAOM)
			Robert M. Duggan, M.A., M.Ac. (UK), Dipl.Ac. (NCCAOM)
Trimester	0		Hope Finn Gilbert, M.Ac., Dipl. Ac. (NCCAOM)
ACP 790b	Supervised Clinical Practice: Core Groups	1.00	Tyme M. Gigliotti, M.Ac.
ACP 790c	Supervised Clinical Practice: Student Clinic ³	3.75	Celeste Homan, M.Ac.
Subtotal		4.75	Karen Larson, M.Ac.
			Heidi Most, M.Ac., Dipl. Ac. (NCCAOM)
Trimester	H		David Paton, M.Ac.
ACP 790b	Supervised Clinical Practice: Core Groups	1.00	Sharon M. Smith, M.Ac., Dipl. Ac. (NCCAOM)
ACP 790c	Supervised Clinical Practice: Student Clinic ³	3.25	Deanna Slate Stennett, Adv. L.Ac. (U.K. and FL)
Subtotal		4.25	
			Visiting Scholars
Optional Le	evel III Courses		Heiner Fruehauf, Ph.D.
ACP 710	Theory: NCCAOM Review Elective ⁵	0.00	Elisabeth Rochat de la Vallée, M.A.(France), M.A.(France), D.E.A.(France) Jeffrey C. Yuen, Dipl. C.H.(NCCAOM)
Total seme	ster credits	136.25	

2575.50

¹Credit hour conversion:

Total program hours⁶

15 hours (lecture) = I semester credit;

30 hours (lab) = I semester credit;

60 hours (independent study) = I semester credit.

²Students must complete 12 credits of BioScience Elective coursework.
³Semester credits granted for clinical requirements completed in the ACP 790c series are listed with estimates per trimester based on minimum requirements. Since students complete their clinical work in a partially self-scheduled manner, exact credits per trimester may vary. 16.75 total semester credits are granted for successful completion of the ACP 790c series.

 $^4\!\text{Students}$ select from several advanced courses to fulfill the Theory: Senior Elective requirement,

⁵Non-required course.

⁶Does not include hours for Optional Level III Courses.

Admission Requirements

Degree Requirements

Applicants for admission to Tai Sophia Institute must submit:

☐ Official transcript to verify completion of a baccalaureate (bachelor's) degree.

☐ Official transcript of highest degree earned beyond a baccalaureate.

If the degree was not completed at a college or university recognized by a U.S. Department of Education accrediting body, copies of the institution's academic catalog may be required and course syllabi may be requested. International students please refer to the additional instructions outlined under the heading "International Students" in the General Admissions Process section of this catalog.

Health Requirements

☐ Current, documented tuberculosis skin test (PPD).

☐ A completed "Hepatitis B Vaccination Form for Students" declining vaccination, stating prior vaccination, or indicating plan to receive vaccination. The form and a Hepatitis B Information Packet will be provided to students prior to the start of the program.



Program Format

The acupuncture curriculum consists of nine trimesters, divided into three levels over three years. Additionally, students are required to complete twelve credits of elective coursework, which is self-scheduled outside of their core class days as well as supplemental clinical work in the Community Clinic sites.

Students also are required to attend occasional "intensive" classes which take place about two times each year. The term "intensive" is used to designate special times when the student's attendance is required in addition to the regularly scheduled core class days. Most intensive classes range from two to three days in length, and generally focus on one topic in depth. Most classes are held at the main campus in Laurel.

As a student begins Level III of the program, the core class days are consolidated into one full class day weekly, through trimester 9. At this point, students are assigned to "core groups," which typically consist of five to seven students and three faculty supervisors. Core groups are held Monday through Friday, and may fall on days other than the days core classes are scheduled. In addition, students intern in the Community Clinic Sites.

The course of study is a full-time program averaging 36 to 44 months, depending on the pace each student sets when building a practice during the clinical portion of the program. The maximum amount of time allowed to complete the program is 60 months.

The exact dates for the Master of Acupuncture program are available through the Graduate Admissions Office.

Additional Information

Laws and Licensure

Licensure and Acupuncture

Completion of the Master of Acupuncture program does not automatically qualify graduates to begin practicing independently. Each state, including Maryland, has specific licensure or registration procedures that must be met. There may be a waiting period between the completion of the program and the legal recognition allowing you to begin practice. Until a graduate receives official notification of legal recognition to begin practice, she or he may continue to practice only under faculty supervision. Students who wish to continue to practice in Maryland after graduating, but prior to being licensed, must enroll in Tai Sophia's Trainee Program.

Most states require successful completion of the National Certification Commission for Acupuncture and Oriental Medicine exam. For more information, refer to www.nccaom.org.

Graduates wishing to practice in Maryland may be licensed by applying to the Maryland Board of Acupuncture.

The Institute is approved by the Maryland Higher Education Commission to award a Master of Acupuncture degree, and the program conforms to Maryland laws and regulations regarding the practice of acupuncture.

General

Governmental laws, regulations, legal opinions, and requirements differ from country to country and state to state. The Institute cannot provide assurance that completion of the program will qualify a graduate to be registered or accepted under a state law other than Maryland. However, the Institute's Master of Acupuncture program is designed to provide basic, solid competence in traditional acupuncture.

Maryland Acupuncture Licenses

For requirements for licensure in Maryland, contact the Maryland Board of Acupuncture:
Board of Acupuncture
4201 Patterson Avenue, Room 311
Baltimore, MD 21215
410-764-4766
800-530-2481
http://dhmh.state.md.us/bacc

State of California

The California Acupuncture Board (formerly the California Acupuncture Examining Committee) approved the Tai Sophia Institute (formerly the Traditional Acupuncture Institute) by unanimous vote on August 27, 1983. The Institute was the first U.S. school outside of California to be approved by the Board. Graduates of Tai Sophia who complete the course of study required by the California Acupuncture Board may sit for the California Acupuncture Licensing Examination.

As of January 1, 2005, the California Acupuncture Licensing Examination requires students to complete a total of 3,000 hours (2,050 theoretical hours and 950 clinical hours) in the following areas:

Basic Sciences	350
Oriental Medicine Principles, Theories and Treatment	
(includes 450 hours in herbs)	1255
Clinical Medicine, Patient Assessment and Diagnosis	240
Case Management	90
Practice Management	45
Public Health	40
Professional Development	30
Clinical Practice	950

In order to gain eligibility, Tai Sophia students wishing to take the California Acupuncture Licensing Examination must meet specific requirements above and beyond those necessary for the Institute's Master of Acupuncture program. The following must be completed separately at Tai Sophia and/or at other accredited institutions at an additional cost to the student:

• Basic Sciences. In order to ensure that all requirements are met, Tai Sophia students who wish to take the California Acupuncture Licensing Examination must take the following 12 credits of BioScience coursework or the equivalent while fulfilling their BioScience Elective requirements as part of Tai Sophia Institute's Master of Acupuncture Program: ISci 621 Physics and Energy, ISci 623 Biology and Ecobiology, ISci 624 Chemistry, Elements of Wellness, and ISci 625 Microanatomy, Molecular Biology and the Future of Ancient Traditions.

Students who wish to take the California Acupuncture Licensing Examination must also complete an additional 3 credits of BioScience coursework above and beyond those necessary for the Institute's Master of Acupuncture program. These students must take course ISci 665 Neuroscience of Addictions and Mental Health or its equivalent to fulfill this requirement.

- Required Elective Course. Students who wish to take the California Acupuncture Licensing Examination are required to take the elective course ACP 710 Theory: NCCAOM Review Elective.
- CPR. Students who wish to take the California Acupuncture Licensing Examination must complete a minimum of eight (8) hours in first-aid and adult/child cardiopulmonary resuscitation (CPR) from the American Red Cross, American Heart Association, or other organization with an equivalent course approved by the CA board. Completion of this CA requirement also fulfills the requirement for one year's CPR certification during Tai Sophia's M.Ac. program.
- Graduate Certificate Program in Chinese Herbs. Students who wish to take the California Acupuncture Licensing Examination must complete coursework in Chinese herbs. Contact the Office of Graduate Admissions for information on Tai Sophia's Chinese Herbs program.

If any of the above coursework is to be completed at an institution other than Tai Sophia Institute, it must be approved by the director of the Master of Acupuncture program. Appropriate documentation must also be submitted to the office of the registrar before such coursework can be included in the student's academic file and official transcript.

Further information on California requirements is available in the office of graduate admissions as well as on the California Acupuncture Board's website, www.acupuncture.ca.gov. Students planning to become licensed in California should speak to an admissions counselor to discuss their plan of study to meet these requirements.

Requirements of Other States

For eligibility to apply for licensure, other states may stipulate additional requirements, such as completion of a course in Chinese herbs or clinical hours beyond what is required by ACAOM. For information about licensure procedures in specific states, please contact the medical or acupuncture regulating agency in each state.

Acupuncture Resources

The Council of Colleges of Acupuncture and Oriental Medicine (CCAOM), formerly the National Council of Acupuncture Schools and Colleges (NCASC), was established in 1982. The primary mission of the Council is to advance acupuncture and Oriental medicine by promoting educational excellence within the field. In furtherance of this mission, the Council supports the development and improvement of educational programs in acupuncture and Oriental medicine, and develops recommended curricula for degree, diploma, and other educational programs. It supports and fosters academic freedom and a diversity of educational approaches within the field. As well, it encourages scientific research, innovative teaching methodology, and faculty development, and provides a forum for discussion of issues relevant to member colleges. The Council also serves as an information resource for member colleges, other colleges and organizations, regulatory agencies, and the public. It encourages ethical business practices among member colleges and works with accreditation, certification, licensing and regulatory agencies to develop appropriate educational standards and requirements. It also promotes increased public access to high quality health care provided by well-trained practitioners of acupuncture and Oriental medicine, CCAOM can be reached at 600 Wyndhurst Ave., Suite 112, Baltimore, MD 21210; 410-464-6040. The web address is www.ccaom.org.

The Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM) was established in 1982 by the Board of the CCAOM. ACAOM, working under existing guidelines for similar agencies at a national level, acts as an independent body to evaluate schools and colleges of acupuncture and Oriental medicine for the purpose of establishing and maintaining high standards and ethical business practices. The Commission is recognized as a specialized accrediting agency by the U.S. Secretary of Education and the Commission on Recognition of Postsecondary Accreditation. ACAOM can be reached at 7501 Greenway Center Drive, Suite 760, Greenbelt, MD 20770; 301-313-0855. The web address is www.acaom.org.

National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), the only nationally recognized certification body in the United States for acupuncture, Chinese herbology, Oriental medicine, and Asian bodywork therapy, was established in 1982. NCCAOM's mission is to establish, assess, and promote recognized standards of competence and safety in acupuncture, Chinese herbology, Asian bodywork therapy, and Oriental medicine for the protection and benefit of the public. The Board of Commissioners consists of nine practitioners who are elected by other diplomats, or are appointed if a vacancy arises mid-year. Additionally, the Board includes two public members, who serve to ensure NCCAOM's commitment to the public. Over 16,000 diplomates are currently certified through NCCAOM, which is a member of the National Organization for Competency Assurance, and which is accredited by the National Commission for Certifying Agencies (NCCA). NCCAOM can be reached at 76 S. Laura Street Suite 1290, Jacksonville, FL 32202; 904-598-1005; info@nccaom.org. The web address is www. nccaom.org.

The American Association of Acupuncture and Oriental Medicine (AAAOM) is a national membership organization dedicated to promoting excellence and integrity in the professional practice of acupuncture and Oriental medicine, in order to enhance public health and well-being. The AAAOM is committed to high ethical and educational standards and to ensuring the safety of the public. As part of its purpose, the AAAOM seeks to advance the professional field of acupuncture and Oriental medicine and to educate and serve as a resource to legislators, regulators, and the general public regarding the nature and scope of the practice of acupuncture and Oriental medicine. The AAAOM can be reached at PO Box 162340, Sacramento, CA 95816; 916-443-4770. The web address is www.aaaomonline.org.

Revised 7/8/11

Graduate Certificate in Chinese Herbs



The treatments themselves do not 'cure' the condition, they simply restore the body's self-healing ability.

—I eon Chaitow

Overview

Tai Sophia Institute's newly redesigned, 25-month, stand-alone Graduate Certificate in Chinese Herbs integrates Five Element constitutional diagnosis into a deep understanding of classical Chinese medical perspectives. The program traces the history of ideas in Chinese herbal medicine from the classics to contemporary use, and includes a comprehensive didactic component as well as an expanded clinical rotation. The program provides students with a solid knowledge of the theory and philosophy of Chinese herbal medicine.

Program Goals

- Attain a working knowledge of the Chinese herbal material medica and the most commonly used formulas.
- Apply a theoretical framework to analyze medicinal substances (herbal, mineral, animal product).
- Analyze any medical condition and provide a differential diagnosis using theoretical frameworks presented in the program.
- Demonstrate knowledge of various specialties of Chinese medicine, theories, and contributions.
- Demonstrate broad-based knowledge of the history of Chinese Medicine.
- Gain an understanding of Chinese dietary theory.
- Obtain the clinical skills and training (diagnosis, formula planning, treatment delivery, and patient management) necessary to become a practicing Chinese herbalist.

Tai Sophia Institute www.tai.edu Graduate Certificate in Chinese Herbs 3:9

Course of Study

YEAR O	NE		Faculty Biographies
Trimester I CHP 610	History of Chinese Herbal Medicine	0.25	Program Manager and Core Faculty
CHP 620A	Chinese Herbal Medicine Theory I	1.50	Evan Rabinowitz, M.Ac., Dipl.Ac.
CHP 640A	Clinical Observation	0.50	
CHP 740A	Diagnostic Skills & Cultivation of Yi	3.00	Associate Faculty
CHI 7 IOA	Total	5.25	Mary Beth Burke, M.Ac.
	i otai	3.23	Ann Cecil-Sterman, M.S., L.Ac.
Trimester 2			Jie Chen, M.S., O.M.D., L.Ac.
CHP 620B	Chinese Herbal Medicine Theory I	4.00	Cara O. Frank, Dipl.Ac., Dipl.C.H., R.Ac.
CHP 640B	Clinical Observation	0.50	Dan Parrish, M.Ac, Dipl.Ac.
G 6 .62	Total	4.50	·
			Assistant Faculty
Trimester 3			Lucía G. Perillán, M.Ac., Dipl.Ac.
CHP 620C	Chinese Herbal Medicine Theory I	2.00	Hee Seung, L.Ac.
CHP 750	Prepared Medicinals/Pao Zhi	0.25	-
CHP 640C	Clinical Observation	0.25	Guest Lecturers
CHP 630	Nutrition and Chinese Dietary Therapy	2.00	Stephen Cowan, M.D., FAAP
	Total	4.50	Thea Elijah, M.Ac., Dipl.Ac.
			Anne Jeffres, D.A.O.M., M.S.
YEAR T	wo		Jeffrey Yuen, B.S., Dipl.C.H.
Trimester 4			
CHP 710A	Chinese Herbal Medicine Theory II:		
	Specialties of Chinese Medicine	4.00	
CHP 720A	Clinical Internship	2.00	
CHP 730A	Clinical Discussion: Case Studies	1.00	
CHP 760A	Distance/Online Courses	1.00	
CHP 770A	Pharmacy Practicum	0.50	
	Total	8.50	
Trimester 5			
CHP 640D	Clinical Observation	0.25	
CHP 710B	Chinese Herbal Medicine Theory II:		
	Specialties of Chinese Medicine	3.00	
CHP 720B	Clinical Internship	2.00	
CHP 730B	Clinical Discussion: Case Studies	0.50	
CHP 740B	Diagnostic Skills & Cultivation of Yi	1.00	
CHP 760B	Distance/Online Courses	1.00	
CHP 770B	Pharmacy Practicum	0.50	
	Total	8.25	
Trimester 6			
CHP 710C	Chinasa Harbal Madicina Thaony III		
CI II / 10C	Chinese Herbal Medicine Theory II: Specialties of Chinese Medicine	3.00	
CHP 720C	Clinical Internship	1.50	
CHP 730C	Clinical Internship Clinical Discussion: Case Studies	0.50	
CHP 760C	Distance/Online Courses	0.50	
CHP 770C	Pharmacy Practicum	0.50	
CI II //UC	Total	6.00	
	i Otai	0.00	

Faculty

Tai Sophia Institute www.tai.edu Graduate Certificate in Chinese Herbs 3:10

Admission Requirements

Applicants for admission must meet one of the following criteria:

- Graduate of Tai Sophia Institute's Master of Acupuncture program.
- Current student in Tai Sophia's Master of Acupuncture program.*
- Graduate or current student** of an Acupuncture or Oriental medicine program that is accredited by, or in candidacy, with the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM).
- Currently licensed acupuncturist in the U.S. who does not fall into any
 of the above categories.
- Professional healthcare provider currently licensed in the U.S. to practice acupuncture within the scope of a medical practice.
- * Tai Sophia Institute Acupuncture students who have not completed Trimester 6 by April 2011 may now enroll in the Graduate Certificate in Chinese Herbs. They must also register for and complete the Chinese Herb Prep Course offered January-March 2011, before the Chinese Herb program begins.
- ** Students currently enrolled in Acupuncture programs other than Tai Sophia Institute's must submit transcripts to verify completion of basic Zang-Fu and Patterns of Disharmony, or complete the Chinese Herb Prep Course.

Health Requirements

- Current, documented tuberculosis skin test (PPD). If PPD is positive, a completed TB screening form is required.
- A completed "Hepatitis B Vaccination Form for Students" stating
 prior vaccination, declining vaccination, or indicating plan to receive
 vaccination. This form and a Hepatitis B information packet will be
 provided to students prior to the start of the program.

Program Format

The 37-credit, 25-month Graduate Certificate in Chinese Herbs meets as follows:

Year One (April 2011 – March 2012) consists of 12 two-day weekends (Saturday and Sunday) and an intensive in August. Class times are from 9:00 a.m. – 6:00 p.m.

Year Two (April 2012– April 2013) includes both classroom and clinical experiences, and consists of one two-day weekend (Saturday and Sunday), 12 three-day weekends (Friday, Saturday, and Sunday), and an intensive in August.

Please contact the Office of Graduate Admissions for a formal schedule of class meetings.



Master of Science in Nutrition and Integrative Health



The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.

-Thomas Edison

Overview

The Masters of Science in Nutrition and Integrative Health at the Tai Sophia Institute offers students a uniquely comprehensive and integrative approach to the study of applied nutrition. Tai Sophia Institute's distinctive curriculum blends courses in cultivating a "healing presence" and teaching self-care practices with a solid biochemical and physiological understanding of the complex role of nutrition in human health. The program integrates biochemical, historical, environmental, and cultural perspectives on nutrition with innovative experiential and mindfulness -based approaches to food, cooking, and eating. The program also encourages students to question assumptions in the field of nutrition, and to learn through personal transformation. Students gain practical skills, apply theory through participation in cooking labs, clinical application, and nutrition counseling sessions as patients.

The 47-credit program is designed to accommodate working professionals and can be completed in two years of concentrated weekend study (approximately one weekend each month plus two week-long intensives each year). A variety of elective courses are offered to meet students' specific interests. The comprehensive and multifaceted program ensures that graduates are prepared for a variety of careers in the diverse field of nutrition as practicing nutritionists, consultants, coaches, educators, researchers, and writers.

Program Goals

- Demonstrate the knowledge and competencies necessary for a variety of food and nutrition careers.
- Demonstrate the skills and understanding needed to empower clients toward better health and well-being.
- Effectively educate and treat individuals using nutrition.
- Demonstrate an integrated knowledge of nutrition that includes the biochemical, environmental, historical, and cultural perspectives, as well as the role of personal transformation in healing.
- Teach clients to prepare whole foods to support health and wellness

Course of Study

Course Descriptions

Course Description	<u>ns</u>		Sample S	election of Elective Courses Semester
YEAR ONE			NUTR 661	Practice Management
Trimester I (Fall)		er Credits	NUTR 664	Food Systems and Policies
ISci 632	Foundations of Health and Wellness	3.0	NUTR 699	Independent Study
NUTR 601	Redefining Nutrition	1.0	HRB 530	Fundamentals of Herbalism
NUTR 611	Human Nutrition I: Macronutrients	3.0	HRB 604	Frequently Used Herbs: Understanding
NUTR 681	Cooking with Whole Foods Lab I	0.5		for the Health Professional
Subtotal	Cooking with viriole roods 245 i	7.5	HRB 618	Herbs for Home Use: Living in
Subtotal		7.3		Harmony with the Seasons
Trimester 2 (Spring	g) Semesto	er Credits	ISci 601	History & Language of Medicine
ISci 626	Nutritional Biochemistry	3.0	ISci 615	Mind-Brain Science
COA 601A	Practitioner Skills I	2.0	ISci 623	Biology & Ecobiology
00, (00), ((Becoming a Healing Presence)	2.0	ISci 655	Holistic Medicine
ISci 646A	Health and Wellness Physiology I	2.0	ISci 730	Integrating Approaches for Care
NUTR 671	Food and Culture	1.0		of the Whole Person
NUTR 682	Cooking with Whole Foods Lab II	0.5	ISci 733	Research in Complementary Medicine
Subtotal	Cooking with viriole roods 245 ii	8.5		,
Subtotal		0.5	Co-Curricular F	Program Requirements:
Trimester 3 (Summ	ner) Semesti	er Credits		e I credit Serv-Safe™ Manager Online Course fro
ISci 646B	Health and Wellness Physiology II	2.0		aurant Association before starting the second yea

Trimester 3 (Sumn	ner)	Semester Credits
ISci 646B	Health and Wellness Physiology II	2.0
NUTR 612	Human Nutrition II: Micronutrient	s 3.0
NUTR 683	Cooking with Whole Foods Lab II	0.5
Subtotal		5.5

e Course from the National Restaurant Association before starting the second year.

Semester Credits

10 3.0 3.0 3.0 3.0

3.0

3.0 3.0 3.0 3.0 0.5

3.0

• Participate in three nutrition-counseling sessions with a Tai Sophia Institute approved nutrition practitioner as a patient by the end of the fourth trimester.

YEAR TWO

Trimester 4 (Fall)		Semester Credits
NUTR 622	Advanced Nutritional Biochemistry	3.0
	and Nutritional Assessment	
NUTR 641	Life Cycle Nutrition	3.0
ISci 703A	Applied Statistics	1.5
NUTR 684	Cooking with Whole Foods Lab IV	0.5
Subtotal		8.0

Trimester 5 (Spring	5)	Semester Credits
NUTR 631	Therapeutic Diets I	2.0
ISci 703B	Applied Research Skills	1.5
NUTR 672	Nourishment	2.0
NUTR 652	Practitioner Skills II	2.0
NUTR 685	Cooking with Whole Foods Lab \	0.5
Subtotal		8.0

Trimester 6 (Sum	mer)	Semester Credits
NUTR 653	Practitioner Skills III	2.0
NUTR 632	Therapeutic Diets II	2.0
NUTR 654/691	Clinic/Practicum	2.0
NUTR 686	Cooking with Whole Foods Lab \	/I 0.5
Subtotal		6.5
	Elective Credits	3

Total Program Credits: 47

Faculty

Faculty Biographies

Program Director

Rebecca Snow, M.S., LDN, CNS, RH(AHG)

Core and Adjunct Faculty

Tom Balles, L.Ac.(UK), M.Ac., Dipl.Ac. (NCCAOM) Bevin Clare, M.S., LDN, CNS, RH (AHG) Monica Corrado, M.A., CNC

Chris D'Adamo, Ph.D., C.P.T.

Luigi DeLuca, Ph.D.

Sara Bachman Ducey, M.S., CNS Joel S. Edman, D.Sc., FACN, CNS

Charles Eisenstein, B.A.

Camille Freeman, M.S., LDN, CNS, RH (AHG)

Penny Friedberg, MBA, CHHC

Daemon Jones, ND Rebecca Katz, M.S. James Snow, RH (AHG)

Distinguished Guest Lecturers

Annemarie Colbin, Ph.D.

Robert M. Duggan, M.A., M.Ac.(UK), Dipl.Ac.(NCCAOM)

Gerard Mullin, M.D. Paul Pitchford, M.S.

Kathie Madonna Swift, M.S., RD, LDN

Admission Requirements

Degree Requirements

Prospective students must meet the following admission requirements:

☐ Hold a bachelor's degree, with a minimum 2.5 GPA, from an accredited educational institution and submit an official transcript.

 \square Submit an official transcript of highest degree earned beyond a bachelor's degree.

If the bachelor's degree was not completed at a college or university recognized by a U.S. Department of Education accrediting body, copies of the institution's academic catalog may be required and course syllabi may be requested. International students please refer to the additional instructions outlined under the heading "International Students" in the academic catalog.

Prerequisite Requirements

(Eligibility to test out or be exempt from the prerequisite is at the discretion of the Program Director.)

Candidates for admission must have:

☐ Completed a minimum of three (3) credits of Organic Chemistry and submit an official transcript,

OR

☐ Enroll in ISci 521: Foundational Chemistry for Health Sciences (details below) at Tai Sophia Institute prior to the start of his/her course of study in the program.

Continuing Health Requirements

Students must comply with health-related requirements including blood-borne pathogen training prior to entering clinic. For health requirements that need to be updated regularly, the update must be completed prior to or within the month of expiration, and documentation submitted to the administrative coordinator for Faculty Supervised Student Clinic office. Complete requirement details are included in Student Handbook.

Program Format

The Master of Science in Nutrition and Integrative Health is delivered in a format to accommodate working professionals. The 47-credit degree is designed to be completed in two years of concentrated weekend study (approximately one weekend each month plus one or two week-long intensives each year).

In addition to required courses, which include the choice of a clinical, research, or community-based practicum, students are required to take a minimum of three elective credits. The three-credit elective requirement may be met at any time during the course of the program. The clinic/practicum will be scheduled at the student's discretion.

Please contact the Office of Graduate Admissions for a formal schedule of class meetings.

Master of Science in Herbal Medicine

Note: The Master of Science in Herbal Medicine Program will not be enrolling students in September 2011. Since the program began, there has been significant interest in delivery options other than a residential weekday program. We are taking this trimester to review the program and to consider a redesign that meets the needs of working professionals. The description of the new master's program will be available in the next few months. Please check the online catalog or call the Admissions Office at 410-888-9048 ext. 6647 for updates.



Come forth into the light of things, let nature be your teacher.

—William Wordsworth

Overview

The Herbal Medicine program is a graduate program leading to a Master of Science degree in herbal medicine. Integrating modern scientific knowledge with traditional wisdom, the curriculum provides an understanding of varied health and wellness paradigms as well as the biopsycho-social constructs that inform them. It engages nature as teacher, using natural rhythms of the living world to guide the model for client care and broader practices. The educational environment serves as a catalyst for meaningful change and empowers our graduates to serve as facilitators of change in others.

Students who complete the program possess a solid knowledge of the theory and practice of supporting health and wellness; are able to consult safely and communicate their competence effectively; and have a positive, knowledgeable understanding of the potential of herbs.

The program's main emphasis is clinical study, and all students are required to complete a requisite amount of clinical work. Students who choose not to focus primarily on clinical work pursue a self-guided independent study project.

Program Goals

- Be able to serve clients through the gathering and contextualizing of relevant information from the client in order to develop an individualized plan for wellness.
- Be able to advise and educate effectively to create a comprehensive wellness plan incorporating herbal, dietary and lifestyle recommendations integrating self-awareness and lessons of nature.
- Possess knowledge of traditional herbal systems as well as an understanding of the principles and practices of modern Western herbalism. Have a foundational understanding of biomedicine, pharmacology, materia medica, herbal preparations, history, clinical assessment, safety, and plant identification and wildcrafting.
- Have the skills to establish and maintain an effective and legal herbal practice.
- Be able to grow personally and professionally and to actively participate in the field of herbalism through writing, research, public speaking, and/or professional affiliation.

Revised 5/10/11

Graduate Certificate in Herbal Studies



You are already the precious mixture that will make you well. Use it.

-Rumi

Overview

This 12-credit Graduate Certificate in Herbal Studies provides the herbal enthusiast with a foundational knowledge of herbal sciences as well as an understanding of wellness-based models of health care. An emphasis on practical skills ensures that students are familiar with the identification of local plants and have the ability to make medicinal food and herbal preparations. Combining modern, scientific knowledge with traditional wisdom, the coursework uses the cycles of nature to guide the integration of herbs into daily life. This program empowers the student with the knowledge and skills to support self-care through the safe and effective incorporation of herbs into daily life, using body care products, food preparations, and other herbal supplements. Nine of the credits from the Graduate Certificate in Herbal Studies can be applied to the Master of Science degree in Herbal Medicine, and six credits can be applied to the Master of Science in Nutrition and Integrative Health.

The program is offered in an executive format on weekends and evenings to accommodate the needs of working professionals.

Program Goals

- Identify the principles of a wellness-based model of health care and apply these principles in a variety of personal and professional settings.
- Identify and harvest local herbs in the field, recognize raw materials, and manufacture herbal and food preparations.
- Describe the safe and appropriate use of a limited number of herbs as dietary supplements within the framework of a wellness-based model of health care.
- Identify how life is intertwined with the surrounding environment, articulate the implications of the changing seasons, and be able to safely and effectively utilize herbs to support self-care throughout the year.
- Incorporate herbs into food preparation as a way to provide daily wellness support.

Tai Sophia Institute www.tai.edu Graduate Certificate in Herbal Studies 4:6

Course Descriptions

Number	Course Name	Semester Credits
APP 632	Foundations of Health and Wellness	3.0
HRB 530	Fundamentals of Herbal Medicine:	
	Past to Present & Soil to Clinic	3.0
HRB 622	Herbal Pharmacy: Evaluating and	
	Manufacturing Quality Herbal Produc	ts 3.0
HRB 618	Herbs for Home Use:	
	Living in Harmony with the Seasons	3.0
	TOTAL REQUIRED CREDITS	12.0

Faculty

Faculty Biographies

Program Manager

Rebecca Snow M.S., LDN, RH(AHG), CNS

Core Faculty

James Snow, RH(AHG)

Associate Faculty

Sara Eisenberg, M.S.

Assistant Faculty

Karl Ardo, M.F.A.

David M. Blaiwas, M.A., M.Ac., Dipl. Ac.(NCCAOM)

Jillian Borchard M.S., RH(AHG)

Margo Gladding, M.S., CNS, LDN

Jamiel Hafiz, LPA, M.Ac, L.Ac, RYT

James Kinsinger, Ph.D.

Paige Lescure, J.D., LL.M., M.S.

Ashley Sky Litecky, M.S., ERYT

Tricia McCauley, M.S.

Helen Metzman, M.S.

Distinguished Lecturers

Jerry Cott, Ph.D.

lames A. (Jim) Duke, Ph.D.

Marta E. Hanson, Ph.D.

Leena Hilakivi-Clarke, Ph.D.

Simon Mills, M.A., FNIMH, MCPP

Gerard Mullin, MD

Kevin Spelman, Ph.D., RH(AHG), MCPP

Admission Requirements

Applicants for admission to the Herbal Studies Graduate Certificate program must submit:

- ☐ Official transcript to verify completion of a baccalaureate (bachelor's) degree from an accredited educational institution.
- ☐ Official transcript of highest degree earned beyond a baccalaureate.

Internationally educated students please refer to the additional instructions outlined under the heading "International Students" in the Admissions section of this catalog.

Program Format

The Graduate Certificate in Herbal Studies is an eight-month program. All classes are held on Saturdays and Sundays from 8:30 a.m. to 5:30 p.m. with the exception of the opening course, which is held Friday-Sunday over two consecutive weekends. Class hours on Friday are 3:30 p.m. to 8:00 p.m. Please contact the Office of Graduate Admissions for a formal schedule of class meetings.



Revised 7/8/11

4:7

Graduate Certificate in Medical Herbalism



If you are not ready to alter your way of life, you cannot be healed.

—Hippocrates

Overview

The 12-credit Graduate Certificate in Medical Herbalism program provides licensed or certified health care professionals, pharmacists, and researchers with a foundational knowledge of herbal medicine. Students learn about the most popular herbs and herbal supplements in the U.S. market and likely interactions with conventional pharmaceuticals. Modern scientific understanding is discussed within the framework of traditional herbal wisdom to provide a truly integrated and realistic perspective on the use of herbs in a variety of health care models. Students learn how to identify and create quality herbal products through hands-on wild plant identification, harvesting, and making medicinal food and herbal preparations. Combining theory with practical applications, the program empowers health-care professionals with the necessary tools to engage patients in an informed discussion of herbal supplements, understand the implications of proposed treatments, and determine the safety and efficacy of herbal options. Nine of the credits from the Graduate Certificate in Medical Herbalism can be applied to the Master of Science degree in Herbal Medicine, and six credits can be applied to the Master of Science in Nutrition and Integrative Health.

The program is offered in an executive format on weekends and evenings to accommodate the needs of working professionals.

Program Goals

- Help patients understand and differentiate between the application of herbs in a wellness-based and disease-based model of health care.
- Contextualize isolated herbal research or traditional uses within a broader body of knowledge, allowing for a balanced assessment of clinical relevance and safety concerns.
- Describe the safe and appropriate use of a limited number of herbs as dietary supplements within the framework of modern health care.
- Identify and harvest local herbs in the field, recognize raw materials, and manufacture herbal and food preparations.

Tai Sophia Institute www.tai.edu Graduate Certificate in Medical Herbalism 4:8

Course Descriptions

Number	Course Name	Semester Credits
IAPP 632	Foundations of Health and Wellness	3.0
HRB 530	Fundamentals of Herbal Medicine:	
	Past to Present & Soil to Clinic	3.0
HRB 622	Herbal Pharmacy: Evaluating and	
	Manufacturing Quality Herbal Produ	cts 3.0
HRB 604	Frequently Used Herbs:	
	Understanding for the Health Profes	sional 3.0
	TOTAL REQUIRED CREDITS	12.0

Faculty

Faculty Biographies

Program Manager

Rebecca Snow M.S., LDN, RH(AHG), CNS

Core Faculty

James Snow, RH(AHG)

Associate Faculty

Sara Eisenberg, M.S.

Assistant Faculty

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Leena Hilakivi-Clarke, Ph.D.

Simon Mills, M.A., FNIMH, MCPP

Gerard Mullin, M.D.

Kevin Spelman, Ph.D., RH(AHG), MCPP

Admission Requirements

Applicants for admission to the Medical Herbalism Graduate Certificate program must submit:

- \square Official transcript to verify completion of a baccalaureate (bachelor's) degree from an accredited educational institution.
- ☐ Official transcript of highest degree earned beyond a baccalaureate.
- ☐ Professional licensure in an allied health field such as medicine, osteopathy, chiropractic medicine, pharmacology, naturopathy, nursing, physical therapy, health education, exercise physiology, psychotherapy, nutrition, acupuncture, and other appropriately related health fields. Other applicants with a bachelor's degree or higher with related licensure and/or certification will be considered on an individual basis.

Internationally educated students please refer to the additional instructions outlined under the heading International Students in the Admissions section of this catalog.

Program Format

The Graduate Certificate in Medical Herbalism is an eight-month program. All classes are held on Saturdays and Sundays from 8:30 a.m. to 5:30 p.m. with the exception of the opening course, which is held Friday-Sunday over two consecutive weekends. Class hours on Friday are 3:30 p.m. to 8:00 p.m. Please contact the Office of Graduate Admissions for a formal schedule of class meetings.



Revised 7/8/11



Master of Arts in Transformative Leadership and Social Change



We must be the change we wish to see in the world.

—Mahatma Gandhi

Overview

Tai Sophia's Masters of Arts in Transformative Leadership and Social Change is a groundbreaking program that prepares leaders to meet the unique demands of today's highly-diverse, global community. It is designed to provide the next generation of creative, inspiring leaders and agents of change with the requisite skills to infuse their organizations and their own lives with a greater sense of drive and purpose. Our MA in Transformative Leadership and Social Change is unlike any other leadership program. It will change the way you think. It will change your sense of being. It will change your way of doing your work.

Through a unique intellectual and philosophical framework, the curriculum weaves together evidence-based leadership practices; the emerging field of transformative language arts (the intentional use of language to create positive change); and traditional wisdom practices. Our graduates are groomed to be innovative leaders, skilled to meet the challenges of an increasingly more complex and ever changing world. Organizations of today need leaders skilled in broad complex thinking, relationship building, and ethical decision-making to create a social impact.

This program is offered in weekend and evening format to accommodate working professionals. Individuals from all types of backgrounds — including business, education, social justice, wellness and healthcare, law, government/public administration, engineering, consulting, social services, and others — find this program to be life changing and empowering.

Program Goals

- Apply leadership skills to positively affect others' actions, commitment, effectiveness, and productivity.
- Develop a personal style of leadership grounded in ethics, philosophy, service, individual passions, individual talents, and unification.
- Engage in personal transformation through daily practices and through interaction with a community of committed learners.
- Broaden one's perspective and the ability to generate positive actions and outcomes.
- Mobilize one's self and others toward social and ethical responsibility.
- · Create and sustain positive coalitions and communities.
- Approach complex issues and embrace paradox with clarity, vision, and commitment to personal and professional goals.
- Develop the ability to convert breakdowns into breakthroughs.

Curriculum

Core Courses

The theme for the first half of the program is commitment in oneness to one another and nature. The theme for the second half of the program is stillness and service, allowing students to deepen into the wisdom traditions and learn more effective ways to be in service to the human family and beyond.

Individualized Application Phase

In this phase, students work with a faculty advisor who assists with the design and completion of four Independent Studies and a Project of Excellence. This phase of the program typically begins after the core coursework has been completed; however, this work may be started earlier with the permission of the program director.

Transformative Practice Groups (TPG)

At the start of the program, students are assigned to a learning group consisting of other students from their class as well as from previous and later classes. Facilitated by faculty, these groups give students the opportunity to explore, teach, and coach one another about what the group is learning in their required core courses and how to apply their learning in their professional and personal lives. Work in a TPG is a substantive and integral part of the core coursework portion of the Transformative Leadership program. TPGs meet at Tai Sophia on the Friday evenings of each class weekend and either in person or via electronic means once in between class weekends. In each core course, students are assigned weekly practices and are required to maintain daily logbooks to document their experiences with these practices. Discussing the application of these practices is a major focus of the work done in the TPGs.

Consolidation Weekends & Intensives

Students will begin the program with a five-day SOPHIA® intensive in January. Three Consolidation Weekends, which provide the opportunity for review and integration of the work conducted during previous weeks, including coaching and mentoring, are also scheduled during the program: the first occurs in September of the first year of core coursework; the second in April of the second year of core coursework; and the third — a four-day intensive at the conclusion of the core courses and moving into independent work — in January of the third year. The Consolidation Weekends are a unique feature of our program. These sessions are codesigned by students and faculty to ensure that learning is cumulative and effective.

Demonstration/Documentation of Learning

Demonstration/documentation of learning is important for the integrity of the program and for the assessment of learning. For the Master of Arts in Transformative Leadership and Social Change, this includes:

- (a) maintaining daily practice logs
- (b) attendance and course participation
- (c) written assignments based on the readings
- (d) peer coaching
- (e) self-assessments completed three times during the course of the first two years
- (f) other assignments related to specific course and program goals and outcomes

Course of Study

Course Descriptions

Core Requirements

(to develop a Larger World and Deeper Work)

Number	Course Name Se	mester Credits
APP 600t	School of Philosophy and Healing	
	in Action® (SOPHIA®)	6.0
TLSC 610	Revisioning a Sense of Calling	
	and Commitment in All the Ways We L	ead 3.0
TLSC 615	Practicing Leadership	3.0
TLSC 620	Recovering Oneness with Nature:	
	Opening to Interconnection	3.0
TLSC 630	New Science; New Thinking	3.0
TLSC 640	Practicing Stillness through the	
	Timeless Wisdom Traditions	3.0
TLSC 650	Practicing Service:	
	Leading through Service	3.0

Individualized Application Phase

(to offer a Focused, Grateful Gift)

Four Independent Studies (relevant to the learner's deepening and his or her Project of Excellence)

Number	Course Name	Semester Credits
TLSC 661	Independent Study I	0.1
TLSC 662	Independent Study II	1.0
TLSC 663	Independent Study III	1.0
TLSC 664	Independent Study IV	1.0

Project of Excellence

TLSC 690	Project of Excellence	2.0
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TOTAL REQUIRED	CREDITS	30.0

Please Note: Semester credit for Transformative Practice Groups and Consolidation Weekends that are part of core coursework is subsumed within the 30-semester credits noted above.

Students will be able to complete the 30-credit-hour program in three years. The seven required core courses (24 Semester Credits) are offered the first two years. This leaves four independent studies (4 Semester Credits) and the Project of Excellence (2 Semester Credits) to be completed in the third year.

Faculty

Faculty Biographies

Program Director

Cheryl Walker M.L., MCC

Core Course Faculty

Anne Huyler Baker, M.A.
Tom Balles, L.Ac. (U.K.), M.Ac., Dipl.Ac. (NCCAOM)
David Beares, M.Ac.
Dianne M. Connelly, Ph.D., M.Ac. (UK), Dipl. Ac. (NCCAOM)
Robert M. Duggan, M.A., M.Ac. (UK), Dipl.Ac. (NCCAOM)
Susan Duggan, M.Ac.
Robert Gordon, M.S., M.A.
Allyson Jones, M.Ac., L.Ac.
Helen Mitchell, Ph.D.
John G. Sullivan, J.C.D., Ph.D.

Program Format

The program begins once yearly in January. The Transformative Leadership and Social Change program weekends are held Friday evenings 6:00 to 9:00 p.m., Saturdays 9:00 a.m. to 5:00 p.m., and Sundays 8:30 a.m. to 4:30 p.m. Between scheduled class sessions, students meet with their Transformative Practice Groups; however, the group decides the schedule for these meetings.

The seven core courses are taken in sequential order over the first two years of the program, followed by an individualized application phase consisting of four independent studies and the Project of Excellence. The program averages 36+ months for completion, depending on the pace you set when completing the individualized application phase. The maximum amount of time allowed to complete the program is 60 months.

Please contact the Office of Graduate Admissions for a formal schedule of class meetings.

Admission Requirements

Degree Requirements

Applicants for admission to Tai Sophia Institute must submit:

☐ Official transcripts to verify completion of a baccalaureate (bachelor's) degree.

☐ Official transcripts of the highest degree earned beyond a baccalaureate.

Internationally educated students please refer to the additional instructions outlined under the heading International Students in the General Admissions Process section of this catalog.

If your undergraduate degree was not completed at a college or university recognized by a U.S. Department of Education accrediting body, copies of the institution's academic catalog will be required and course syllabi may be requested.

Graduate Certificate in Transformative Leadership



We have more possibilities available in each moment than we realize.

—Thich Nhat Hanh

Overview

The Graduate Certificate in Transformative Leadership is designed for established and developing leaders seeking a path to enhance their skills in order to create constructive change personally, in the workplace, and in the larger community. Through deeply personal transformation and daily practice, leadership is redefined. Students discern and implement ways to take new ideas and insight into their work and all relationships in order to affect change. Students come from a variety of professional backgrounds and find this program to be life changing and powerfully applicable to their own unique setting.

The graduate certificate is the first nine months (12 credits) of the Masters of Arts in Transformative Leadership and Social Change program. The coursework includes the following courses: School of Philosophy and Healing in Action® (SOPHIA®), Revisioning a Sense of Calling and Commitment in All the Ways We Lead, and Practicing Leadership. Students in the program are also required to participate in the Transformative Practice Groups and Consolidation Weekend.

Participants who are accepted for this executive-format educational experience have the option to continue study for the master's degree in transformative leadership and social change after receiving the graduate certificate.

Program Goals

Those awarded the Tai Sophia Graduate Certificate in Transformative Leadership will:

- Gain clarity, vision and commitment to personal and professional goals.
- Engage in daily transformative practices that foster mindful action and reflective awareness.
- Develop a personal style of leadership grounded in ethics, philosophy, service, individual passions and talents, and unification.
- Take new ideas and visions into work, home, and the community to effect positive change.

Curriculum

Core Courses

The Graduate Certificate in Transformative Leadership consists of the first three courses of the Master of Arts in Transformative Leadership and Social Change. Students who complete the graduate certificate can transfer all 12 credits towards the master's degree. These courses elegantly blend innovative leadership competencies, transformative language arts, and ancient wisdom traditions to provide students with effective ways to lead at work, at home and in their communities.

Transformative Practice Groups (TPG)

At the start of the program, students are assigned to a learning group consisting of other students from their class as well as from previous and later classes. Facilitated by faculty, these groups give students the opportunity to explore, teach, and coach one another about what the group is learning in their required core courses and how to apply their learning in their professional and personal lives. Work in a TPG is a substantive and integral part of the core coursework portion of the Transformative Leadership program. TPGs meet at Tai Sophia on the Friday evenings of each class weekend and either in person or via electronic means once in between class weekends. In each core course, students are assigned weekly practices and are required to maintain daily log books to document their experiences with these practices. Discussing the application of these practices is a major focus of the work done in the TPGs.

The Intensive and Consolidation Weekend

Students will begin the program with a five-day SOPHIA® intensive in January. A Consolidation Weekend, which provides the opportunity for review and integration of the work conducted in the three courses, including coaching and mentoring, conclude the program. The Consolidation Weekend Is a unique feature of our program, as it is codesigned by students and faculty to ensure that learning is cumulative and effective.

Demonstration/Documentation of Learning

Demonstration/documentation of learning is important for the integrity of the program and for learning to be assessed. For the Graduate Certificate in Transformative Leadership, this includes:

- (a) maintaining daily practice logs
- (b) attendance and course participation
- (c) written assignments based on the readings
- (d) peer coaching
- (e) a self-assessment completed prior to the concluding Consolidation Weekend
- (f) other assignments related to specific course and program goals and outcomes

Course of Study

Course Descriptions

Number	Course Name	Semester Credits
APP 600t	School of Philosophy and Heali	ng
	in Action® (SOPHIA®)	6.0
TLSC 610	Revisioning a Sense of Calling	
	and Commitment in All the Ways W	/e Lead 3.0
TLSC 615	Practicing Leadership &	
	Consolidation Weekend I	3.0
	TOTAL REQUIRED CREDITS	12.0



Faculty

Faculty Biographies

Program Director

Cheryl Walker M.L., MCC

Core Course Faculty

Anne Huyler Baker, M.A.
Tom Balles, L.Ac. (U.K.), M.Ac., Dipl.Ac. (NCCAOM)
Dianne M. Connelly, Ph.D., M.Ac. (UK), Dipl. Ac. (NCCAOM)
Robert M. Duggan, M.A., M.Ac. (UK), Dipl.Ac. (NCCAOM)
Susan Duggan, M.Ac.
Allyson Jones, M.Ac., L.Ac.
John G. Sullivan, J.C.D., Ph.D.

Program Format

The Graduate Certificate in Transformative Leadership is a nine-month program. Typical class hours are Friday, 6:00 pm to 9:00 pm, Saturday, 9:00 am to 5:00 pm, and Sunday, 8:30 am to 4:30 pm. In addition to the course dates listed above, students are required to attend a Transformative Practice Group (TPG) meeting by phone or in person in between each class weekend. Please contact the Office of Graduate Admissions for a formal schedule of class meetings.

Admission Requirements

Degree Requirements

Applicants for admission to Tai Sophia Institute must submit:

	Official	transcripts	to ver	fy com	pletion	of a	baccalau	reate
(bac	helor's)	degree.						

☐ Official transcripts of the highest degree earned beyond a baccalaureate.

Internationally educated students please refer to the additional instructions outlined under the heading "International Students" in the General Admissions Process section of this catalog.

If your undergraduate degree was not completed at a college or university recognized by a U.S. Department of Education accrediting body, copies of the institution's academic catalog will be required and course syllabi may be requested.

In exceptional circumstances, individuals who have not completed a bachelor's degree may be eligible for enrollment. Please contact the office of graduate admissions for further details.

Graduate Certificate in Health Coaching



What lies behind us and what lies before us are tiny matters, compared to what lies within us.

—Ralph Waldo Emerson

Overview

Tai Sophia Institute's Graduate Certificate in Health Coaching program is at the forefront of a growing field in the health care industry. This groundbreaking program is designed for established health-care professionals, to prepare them to work as coaches in a multitude of practice settings including hospitals, clinics, health educational facilities, private practice, corporations, and schools. The curriculum focuses on three primary goals. The first goal is the development of a wider view of the field of health and wellness in contrast to our current disease-focused model. The second is to teach coaches to listen to the wisdom of their own bodies, learn to reconnect with the cycles of nature, and to teach clients to do the same. The third is to develop both proficiency and excellence in the skills necessary to help clients adopt attitudes and lifestyle changes most conducive to optimal health and other issues that affect health.

This I5-credit graduate certificate program consists of five courses delivered over I3 weekends to accommodate working health-care professionals. Professional disciplines appropriate for the graduate certificate in health coaching include nursing, acupuncture, naturopathy, chiropractic, allopathic medicine, mental health, physical therapy, herbal medicine, and other allied health fields.

Program Goals

- Use language, listening, and composure as a means to inspire and motivate clients to make health-generating changes.
- Design and implement personalized health and wellness plans with clients.
- Inspire accountability in clients to adhere to goals.
- Use the art of evocative and powerful questioning as a means to develop client self-awareness and effective action.
- Demonstrate proficiency in active, reflective, and empathetic listening skills.
- Develop a comprehensive set of health-generating practices based on the rhythms of nature, life skills, and language.
- Use the science of behavior change to motivate others toward healthgenerating behaviors.
- Carry out professional responsibilities and an adherence to ethical principles of the profession.
- Apply health-coaching skills in a workplace setting.

Course Descriptions

Tai Sophia Institute

Number	Course Name	Semester Credits
APP 632	Foundations of Health and Wellness	3.0
COA 601	Becoming a Healing Presence	3.0
COA 610	Fundamentals of Health and Wellnes	s Coaching 3.0
COA 611	Principles and Practices of Health and	l Wellness
	Coaching	3.0
COA 620	Applied Healing Strategies	3.0
	TOTAL REQUIRED CREDITS	15.0

Program Format

The Graduate Certificate in Health Coaching typically begins in April. All classes are held on Saturdays and Sundays from 8:30 a.m. to 5:30 p.m. with the exception of the opening course, which is held Friday-Sunday over two consecutive weekends. Class hours on Fridays are 3:30 p.m. to 8:00 p.m. Please contact the Office of Graduate Admissions for a formal schedule of class meetings.



Faculty

Faculty Biographies

Program Manager

Cheryl Walker M.L., MCC

Core Faculty

Tom Balles, M.Ac., L.Ac.(UK), Dipl.Ac.(NCCAOM)

Katherine E. Johnson, Ed.D., PCC

Cheryl Walker M.L., MCC

Distinguished Guest Lecturers

Janet Baldwin Anderson, Ph. D.

Robert Duggan, M.A., M.Ac., Dipl.Ac.

Ali Hall, J.D.

James Snow, RH(AHG)

Rebecca Snow, M.S., LDN, CNS, RH(AHG)

Admission Requirements

For consideration for the Graduate Certificate in Health Coaching, applicants must submit:

- Official transcript to verify completion of a baccalaureate (bachelor's) degree from an accredited educational institution.
- ☐ Official transcript of highest degree earned beyond a baccalaureate.
- ☐ Professional licensure in an allied health field.

Internationally educated students please refer to the additional instructions outlined under the heading "International Students" in the Admissions section of this catalog.

Revised 8/4/11

5:9

Graduate Certificate in Wellness Coaching



Every blade of grass has its Angel that bends over it and whispers, "Grow, grow."

—The Talmud

Overview

Tai Sophia Institute's Graduate Certificate in Wellness Coaching program is at the forefront of the growing field of wellness education, preparing students with the skills and expertise to empower people to take charge of their own health by adopting healthy lifestyles. This groundbreaking program, the only graduate certificate in wellness coaching in the country, is designed to prepare educators, life coaches, fitness instructors, employee assistance specialists, human resource specialists, and others with a strong interest in health and wellness to practice in a multitude of settings including health educational facilities, gyms, spas, corporations, and schools.

The curriculum focuses on three primary goals. The first goal is the development of a wider view of the field of wellness in contrast to our current disease-focused model. The second is to teach coaches to listen to the wisdom of their own bodies, to learn to reconnect with the cycles of nature, and to teach clients to do the same. The third is to develop both proficiency and excellence in the skills necessary to help clients adopt attitudes and lifestyle changes most conducive to optimal health and other issues that affect health.

This 12-credit graduate certificate consists of four courses delivered over a nine-month period, and is offered in a weekend format to accommodate working professionals.

Program Goals

- Use language, listening, and composure as a means to inspire and motivate clients to make health-generating changes.
- Design and implement personalized health and wellness plans with clients.
- Inspire accountability in clients to adhere to goals.
- Use the art of evocative and powerful questioning as a means to develop client self-awareness and effective action.
- Demonstrate proficiency in active, reflective, and empathetic listening skills.
- Develop a comprehensive set of health-generating practices based on the rhythms of nature, life skills, and language.
- Use the science of behavior change to motivate others toward health-generating behaviors.
- Carry out professional responsibilities and an adherence to ethical principles of the profession.

Tai Sophia Institute www.tai.edu Graduate Certificate in Wellness Coaching 5:10

Course Descriptions

Number	Course Name	Semester Credits
APP 632	Foundations of Health and Wellness	3.0
COA 601	Becoming a Healing Presence	3.0
COA 610	Fundamentals of Health and Wellnes	s Coaching 3.0
COA 611	Principles and Practices of Health and	d Wellness
	Coaching	3.0
COA 612	Applied Wellness: Internship (Option	nal)* 3.0
	TOTAL REQUIRED CREDITS	12.0*

^{*} Students taking the optional Internship will earn a total of 15 credits for the program.



Faculty

Faculty Biographies

Program Manager

Cheryl Walker M.L., MCC

Core Faculty

Tom Balles, M.Ac., L.Ac.(UK), Dipl.Ac.(NCCAOM)

Katherine E. Johnson, Ed.D., PCC

Cheryl Walker M.L., MCC

Distinguished Guest Lecturers

Janet Baldwin Anderson, Ph. D.

Robert Duggan, M.A., M.Ac., Dipl.Ac.

Ali Hall, J.D.

James Snow, RH(AHG)

Rebecca Snow, M.S., LDN, CNS, RH(AHG)

Admission Requirements

For consideration for the Graduate Certificate in Wellness Coaching, applicants must submit:

- ☐ Official transcript to verify completion of a baccalaureate (bachelor's) degree from an accredited educational institution.
- ☐ Official transcript of highest degree earned beyond a baccalaureate.

Internationally educated students please refer to the additional instructions outlined under the heading "International Students" in the Admissions section of this catalog.

Program Format

The Graduate Certificate in Wellness Coaching is a nine-month program, typically offered each April-December. Students who choose to take the optional course, COA 612, will complete in March of the following year. All classes are held on Saturdays and Sundays from 8:30 a.m. to 5:30 p.m. with the exception of the opening course, which is held Friday-Sunday over two consecutive weekends. Class hours on Fridays are 3:30 p.m. to 8:00 p.m. Please contact the Office of Graduate Admissions for a formal schedule of class meetings.

Revised 8/4/11



About the Department

Overview

The Health Sciences Department provides the foundational underpinning in health sciences that supports all of the Institute's programs, including Acupuncture, Herbal, Coaching, and Nutrition and Integrative Health programs. Tai Sophia's Health Sciences courses have been designed around the science of wellness to meet the unique needs of our current students and to serve as a foundation for future programs.

Course of Study

Course Descriptions

Bioscience Requirements in the Master of Acupuncture Program

Students in the Master of Acupuncture program are required to complete 30 credits in the ISci program. These 30 credits include 18 credits of required ("Core") coursework and 12 credits of Elective coursework.

Master of Acupuncture Program Prerequisite Course

		0		
ISci 541	Fundamer	ntals of Hum	an Physiology	3.00

Master of Acupuncture Program Core Courses

ISci 640	Clinical Anatomy: Regional & Surface Anatomy	3.00
ISci 642	Physiology: The Science of Wellness	2.00
ISci 650	Pathology: Biologic Basis for Disease	2.00
ISci 740	Advanced Clinical Anatomy: Qi Follows Structure	2.00
ISci 737	Nutrition: Healing & Food	2.00
ISci 750	Pathophysiology: Comparative Perspectives	2.00
ISci 754	Biomedicine: Safe Practices	2.00
ISci 755	Biomedicine: Systems Review	3.00

Master of Acupuncture Program Bioscience Electives

Options for Bioscience Electives may include:				
ISci 60 I	Language & History of Medicine	3.00		
ISci 602	Critical Thinking & Cognitive Science	3.00		
ISci 615	Mind Body Science	3.00		
ISci 619	Animal Wellness	3.00		
ISci 621	Physics & Energy	3.00		
ISci 623	Biology & Ecobiology	3.00		
ISci 624	Chemistry: Elements of Wellness	3.00		
ISci 625	Cell & Experimental Biology	3.00		
ISci 655	Holistic Medicine	3.00		
ISci 665	Mental Health & Addictions	3.00		
ISci 690	Independent Study*	0.50-1.00		
ISci 695	Acupuncture Bioscience Research Day (Spring)*	1.00		
ISci 730	Integrative Approaches for Care of the Whole Person	n* 0.50		
ISci 733	Research in Complementary Medicine*	3.00		
ISci 736	Nutrition: Science & Practice			
ISci 737	Nutrition: Healing & Food	3.00		
ISci 743	Neuroscience	3.00		

^{*}May be taken more than once

Master of Science in Nutrition and Integrative Health Program Prerequisite Course

ISci 521	Foundational Chemistry for Health Sciences	3.00
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Master of Science in Nutrition and Integrative Health Program Core Courses

ISci 632	Foundations of Health & Wellness	3.00
ISci 626	Nutritional Biochemistry	3.00
ISci 646A	Health and Wellness Physiology I	2.00
ISci 646B	Health and Wellness Physiology II	2.00
ISci 703A	Applied Statistics	1.50
ISci 703B	Applied Research Skills	1.50

Master of Science in Nutrition and Integrative Health Program Bioscience Electives

Options for Bioscience Electives may include:

ISci 601	History & Language of Medicine	3.00
ISci 615	Mind Body Science	3.00
ISci 623	Biology & Ecobiology	3.00
ISci 633	Fundamentals of Botanical Supplements	3.00
ISci 655	Holistic Medicine	3.00
ISci 730	Patient Assessment: Integrating Approaches for	0.50
	Care of the Whole Person	
ISci 733	Research in Complementary Medicine	3.00

Certificate Program Core Courses

Continuate 110grain Core Courses			
ISci 632	Foundations of Health & Wellness	3.00	
ISci 641	Foundations of Women's Health & Wellness	1.00	
ISci 617	Small Animal Veterinary Medicine	3.00	
ISci 618	Equine Veterinary Medicine	2.00	

Faculty

Faculty Biographies

Academic Director

Duncan, Kimberly, Ph.D.

Acting Administrative Director

Padgett, Janet, Ph.D., M.Ac.

Faculty

Duncan, Kimberly, Ph.D.

Ferguson, Star, M.Ac. Maltseva, Tatyana, M.D. (Ukraine), M.Ac.

Most, Heidi, M.Ac., Dipl. Ac. (NCCAOM)

Padgett, Janet, Ph.D., M.Ac.

Snow, James, RH (AHG)

Snow, Rebecca, M.S. RH (AHG), CNS (ACN)

Walker, Cheryl, M.L., M.C.C.

Zhu, Heming, M.D. (China), Ph.D., C.MD., M.Ac.

Revised 10/28/11