

## PROGRAM OUTLINE AND DOCUMENTATION

Provider: SINO-AMERICAN TRANSCULTURAL INSTITUTE, INC.

Program Name: 2015 CHINESE PHYSICAL THERAPY AND MASSAGE SYMPOSIUM

Date of Program : March 12-24, 2015

Time Frame	Content/Faculty	Objectives	Teaching Methods
<b>Thursday, March 12, 2015</b>	Fly to Beijing, China – No Classes		
<b>Friday, March 13, 2015</b>	Arrive Beijing, China – Transfer to Hotel/Check In		
5:00 PM – 8:30 PM	Registration - Welcome to China Reception – Meet and Greet		
5:00 PM – 5:30 PM	Welcome / Opening Remarks <b>Hal Allerton, CRNA, MS</b>		
<b>Saturday, March 14, 2015</b>	<b><u>CROWNE PLAZA BEIJING WANGFUJING</u></b>		
06:30 - 07:30	Buffet Breakfast (Registration Continued)		
07:30 – 08:30	Being PC in the People’s Republic of China (PRC) <b>Hal Allerton, CRNA, MS</b>	Apply understanding of cultural protocols in transcultural interactions.	Discussion, demonstration
09:00 – 12:00 PM	Tour: Tiananmen Square, Forbidden City	Develop an understanding of the historical, political, religious and cultural context for Traditional Chinese Medicine (TCM) in China.	Group participation, lecture, group discussion
12:00 – 1:30 PM	LUNCH at Buddhist Vegetarian Restaurant		
1:30 – 3:30 PM	Tour: Yonghegong Tibetan Lama Temple <b>Hal Allerton, CRNA, MS</b>		
<b>Sunday, March 15, 2015</b>			
0900 – 12:00 PM	Climb Huanghua Great Wall of China <b>Hal Allerton, CRNA, MS</b>	Develop an understanding of the historical, political, religious and cultural context for Traditional Chinese Medicine (TCM) in China.	Group participation, lecture, group discussion
12:00 – 1:30 PM	LUNCH with Peasant Family <b>Moderator: Hal Allerton, CRNA, MS</b>	Discuss healthcare choices with a rural family.	Group discussion

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<b>Monday, March 16, 2015</b>	<b><u>CHINA-JAPAN FRIENDSHIP HOSPITAL</u></b>		
08:00 – 10:00	Tour Rehabilitation Medicine Department <b>Xie Yuxiao, MD and Department Staff</b>	Observe practice techniques of Chinese Rehabilitation Medicine.	Observation, discussion
10:00 – 12:00 PM	Tour Tuina Massage Therapy Department <b>Tang Xuezhong, MD and Department Staff</b>	Observe practice techniques of Chinese Tuina and Massage Therapy.	Observation, discussion
12:00 – 1:30 PM	LUNCH		
12:00 – 1:30 PM	<b><u>Round-table Discussion:</u></b> <i>Is The Chinese Approach To Massage and Physical Therapy That Much Different Than The Western Approach?</i> <b>Moderator: Christina Linane, CMT</b>	Compare and contrast theories and practices of Chinese and Western physical therapy and massage therapy.  Explore how principles of Chinese Massage and Physical Therapy can be integrated into your professional practice.	Roundtable discussion
2:00 – 3:00 PM	<b><u>BEIJING UNIVERSITY OF TCM MUSEUM</u></b> Introduction To The History of TCM Introduction To TCM Herbology and Pharmaceuticals <b>Hal Allerton, CRNA, MS</b> <b>Alex Tan, TCM Practitioner</b>	Examine the historical development of TCM.  Compare groups of herbal, elemental and animal products in the prevention and treatment of disease from a TCM perspective.	Observation, lecture, discussion
4:00 – 5:00 PM	<b><u>TONG REN TANG PHARMACY</u></b> How to Choose and Purchase Traditional Chinese Medicines <b>Hal Allerton, CRNA, MS</b> <b>Alex Tan, TCM Practitioner</b>	Compare and contrast the application and indications for various TCM pharmaceuticals.	Observation, lecture, discussion

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<b>Tuesday, March 17, 2015</b>	<b><u>TEMPLE OF EARTH (DITAN) PARK</u></b>	Discuss fundamental Taoist concepts and how they relate to Traditional Chinese Medicine (TCM) and exercise practices.	Observation, Lecture, Group Discussion
08:00 - 09:00	<b>Alex Tan, TCM Practitioner</b> Introduction to Qi Gong and Traditional Chinese Exercise Theory	Observe various forms of morning exercise in China and how individuals chose exercise based on their biomechanical needs.	
09:00 - 09:30	QiGong Instruction and Practice	Demonstrate basic Qi Gong movements and breathing. Describe their benefits according to TCM theory.	Demonstration and Class Participation
		Differentiate between Qi Gong and Western exercise practices.	Lecture, Group Discussion
		Describe the history of morning exercise and its practice relative to circadian rhythms.	
		Describe how basic Qi Gong can be used in Western rehabilitation medicine.	
09:30-10:30	Introduction to Chinese Nutrition and Food Energetics BREAKFAST AT TRADITIONAL CHINESE RESTAURANT	Differentiate between TCM nutritional theory and Western dietetics.	Lecture, Group Discussion
		Describe how TCM food therapy changes relative to the change of seasons.	
10:30-12:00	<b><u>STRAIGHT BAMBOO TCM CLINIC</u></b> Introduction to Chinese Health Care: From Folk Medicine to Integrated Biomedicine.	Differentiate between the legend and history of TCM.	Lecture, Group Discussion
		Describe the characteristics and guiding principles of the Chinese health care.	
		Discuss how you can integrate principles of TCM into your daily life and professional practice.	

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12:00 – 1:00 PM	Advanced Chinese Nutrition Theory and Medicinal Use of Food in TCM.  LUNCH	Describe how food is used to prevent or treat specific diseases in TCM practice.  Discuss the importance of soups, and the variety and balance of textures, cooking styles, and spices in Chinese dietary practice.  Compare and contrast portion size and food item selection in Chinese and Western dietary practice.	Lecture, Group Discussion
1:00 - 2:00 PM	Introduction to TCM: Fundamental Properties and Diagnostics. Individual TCM Diagnosis	Discuss the fundamental principles of TCM.  Describe how diagnoses are made in the practice of TCM.  Define acupuncture, moxibustion and cupping.	Lecture, PowerPoint, Demonstration and Class Participation
2:00 – 3:30 PM	Introduction to Acupuncture, Moxibustion and Cupping. Individual TCM Treatments	Describe and experience the use of acupuncture, moxibustion and cupping in the treatment of pain, musculoskeletal disorders and other disease processes.	Lecture, PowerPoint, Demonstration and Class Participation
3:30 – 5:00 PM	Principles of Foot Massage and Reflexology. Individual Foot Massage	Describe and experience the use of TCM foot massage in diagnosing and treating imbalances in the body.	Lecture, Demonstration and Class Participation
<b>Wednesday, March 18, 2015</b>	<b><u>CHINESE COOKING CLASS</u></b> <b><u>TRAVEL BY TRAIN TO HANGZHOU</u></b>		
<b>Thursday, March 19, 2015</b>	<b><u>NO CLASSES</u></b>		
<b>Friday, March 20, 2015</b>	<b><u>SIGHTSEEING IN HANGZHOU</u></b>		
<b>Friday, March 20, 2015</b>	<b><u>NO CLASSES</u></b>		
<b>Saturday, March 21, 2015</b>	<b><u>SIGHTSEEING IN HANGZHOU</u></b>		
<b>Saturday, March 21, 2015</b>	<b><u>ZHEJIANG PROVINCIAL ACUPUNCTURE AND TUINA HOSPITAL</u></b>		
8:00 – 9:00	Foundations of Tuina and TCM Musculoskeletal Manipulation <b>Chu Hailin, MD</b>	Describe the theoretical basis and clinical applications of Tuina and TCM musculoskeletal manipulation.	Lecture, PowerPoint,
9:00 – 9:30	Question and Answer Period <b>Chu Hailin, MD</b>	Clarify individual knowledge of Tuina and TCM musculoskeletal manipulation.	Question and Answer

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9:30 – 11:30	Clinical Instruction in Tuina and TCM Musculoskeletal Manipulation <b>Ji Qiu Jian, MD</b>	Develop clinical skills in Tuina and TCM musculoskeletal manipulation.	Lecture, Discussion, Demonstration
12:00 – 1:30 PM	LUNCH		
12:00 – 1:30 PM	<p><b>Round-table Case Presentations</b> <b>by Symposium Participants:</b> <i>Clinical Conundrums: How Would You Treat This Patient?</i> Moderators: <b>Chu Hailin, MD</b> <b>Christina Linane, CMT</b></p>	<p>Compare and contrast theories and practices of Chinese and Western physical therapy and massage therapy.</p> <p>Explore how principles of Chinese Massage and Physical Therapy can be integrated into your professional practice.</p>	PowerPoint, round-table discussion
2:00 – 3:00 PM	Current Topics in Clinical Acupuncture Research <b>Fang Jian Qiao, MD</b>	Identify current trends in the clinical use of acupuncture.	Lecture, PowerPoint
3:00 – 3:30 PM	Question and Answer Session <b>Fang Jian Qiao, MD</b>	Clarify individual knowledge of clinical acupuncture research.	Question and Answer
<b>Sunday, March 22, 2015</b>	<p><b>ZHEJIANG MEDICAL UNIVERSITY</b> <b>2ND TUINA CLINIC</b></p>		
9:00 – 11:30	Advanced Clinical Instruction in Tuina and TCM Musculoskeletal Manipulation <b>Chu Hailin, MD</b>	Develop advanced clinical skills in Tuina and TCM musculoskeletal manipulation.	Lecture, Discussion, Demonstration
12:00 – 1:30 PM	LUNCH		
12:00 – 1:30 PM	<p><b>Round-table Case Presentations</b> <b>by Symposium Participants:</b> <i>Clinical Conundrums: How Would You Treat This Patient?</i> Moderators: <b>Chu Hailin, MD</b> <b>Christina Linane, CMT</b></p>	<p>Compare and contrast theories and practices of Chinese and Western physical therapy and massage therapy.</p> <p>Explore how principles of Chinese Massage and Physical Therapy can be integrated into your professional practice.</p>	PowerPoint, round-table discussion

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2:30 – 4:30 PM	<p><b><u>SIR RUN RUN SHAW HOSPITAL</u></b></p> <p>Tour Rehabilitation and Physical Therapy Department; TCM Massage Therapy Dept.  <b>Li Jianhua ,MD and Department Staff</b></p>	<p>Observe practice techniques of Modern Chinese Rehabilitation and Physical Therapy.</p> <p>Observe practice techniques of Traditional Chinese Massage Therapy.</p>	<p>Observation, discussion</p> <p>Observation, discussion</p>
6:30 – 8:30 PM	<p><b><u>LOCAL RESTAURANT</u></b></p> <p>BANQUET WITH CHINESE COLLEAGUES</p>	<p>Develop personal relationships with Chinese colleagues in an informal setting.</p>	<p>Discussion, Group participation</p>
Monday, March 23, 2015	<p><b><u>NO CLASSES</u></b></p> <p><b><u>AM TRAIN TO SHANGHAI</u></b></p> <p><b><u>SIGHTSEEING IN SHANGHAI</u></b></p>		
Tuesday, March 24, 2015	<p><b><u>NO CLASSES</u></b></p> <p><b><u>TRANSPORT TO SHANGHAI PUDONG</u></b></p> <p><b><u>INTERNATIONAL AIRPORT</u></b></p> <p><b><u>FLY TO USA</u></b></p>		