



INTRO TO TRADITIONAL CHINESE MEDICINE

CSPH 5311

2 Credits | Spring

For in person
dates, visit
onestop.umn.edu

Instructor:
Portia Richardson

This course gives you a broad overview of Traditional Chinese Medicine (TCM) theory and practical application to use for your personal wellness and to enrich your clinical practice within various integrative healthcare fields. Over the semester we will explore the philosophical roots of Shamanism, Confucianism, Taoism, and Buddhism and how they have shaped TCM throughout history. You will gain a nuanced understanding of concepts of the tao, yin-yang, five elements, qi, microcosm, and macrocosm as applied to health, disease, and wellbeing. You will become familiar with all the therapeutic tools used within TCM: herbal medicine, tui na, qi gong, acupuncture, moxibustion, cupping, gua sha, food therapy, etc., as well as understand TCM etiology of disease, physiology, diagnosis, therapy, disease prevention, ethics, psychology, and cosmology.



Earl E. Bakken Center for
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