

Project Suggestions

Professional Specialization Program (200 Hours)

Choose a project and write a one page description or outline of what you want to do. Set up your complementary one-hour consultation with an evaluating instructor. (Evaluating instructors with phone numbers are listed on the “Evaluation Requirements” page of your yellow covered Dragon Pack.) Bring the outline to your consultation.

The following project suggestions offer you some ideas and directions:

Ask a counselor to show you the “Volunteer Opportunities” binder in the office. You can further your program while helping people out with your knowledge, skills, and services.

1. **Work with arthritic/geriatric clients** documenting changes in pain and stiffness in relation to an increase in movement patterns as a result of acupressure (contact nursing homes – offer free services in exchange for the right to document the sessions and progress made.) To get around the insurance liability issue, offer to give simple-easy self-help classes to groups of older adults at senior centers.
2. **Work with abused women** documenting an improvement in emotional balance and self-esteem through using acupressure (contact shelters in any city).
3. **Assist couples with fertilization issues using acupressure** to improve their chances of conceiving (contact Planned Parenthood groups or Homeopathic doctors for possible referrals and support).
4. **Work with physically handicapped children** to determine the effects and benefits acupressure could bring to them physically, mentally, and emotionally.
5. **Deserted or addicted newborn babies** (contact hospitals with a holistic approach to health care or the Red Cross for classes that teach baby care. Talk to the instructors about specific points or approaches. Develop a class for the mothers of these babies.)
6. **Work with an Acupuncturist** and give sessions utilizing what you have learned in advances classes such as the five elements (contact local acupuncturists).
7. **Develop acupressure first aid classes for:**
 - Guides for counselors at summer camps
 - Family camping outings
 - Mountain snow hikers
 - First aid and herbs
 - For the long distance traveler
 - For each season- summer/spring/fall/winter
 - For disasters, such as burns, smoke inhalation, drowning, earthquake—also stress, heart attacks, and ongoing health problems brought on by the disaster
8. **On site for travelers and commuters**
 - Acupressure at airports for pre-flight relaxation in VIP lounges
 - Acupressure at BART stations in downtown areas

9. Develop pamphlets (including guidelines or procedures)

- Stress reduction
- Alcohol detoxification
- Cigarette smoker's withdrawal
- Pre-test/Post-test stress for students, such as meditations, points, Acu-Yoga, stretching
- Acupressure for animals
- Lawyers for pre-board exam stress

10. Acupressure for sports events

- Bay to Breakers
- Track meets
- Walkathons
- Basketball/football practice
- Marathons
- Any competitive or athletic event

11. Develop presentations or classes (for teacher training only)

- Self-help shoulder and neck relief
- Self-help back tension
- Self-help for people who work at computers
- Self-help for relaxation, insomnia, headaches, PMS, and other common ailments
- Self-help classes for cruise ships, passengers as well as employees
- Increasing concentration and focus with acupressure
- Groups/office training for working on each other to relieve stress, such as shoulder, neck, and back tension for secretaries and clerks

12. Produce a video documentary on some aspects of acupressure

- Document a client: i.e. interview their health history; narrate the session
- Document how to use acupressure or Shiatsu

13. Condense and summarize all your acupressure class notes. Also summarize your journal writing into one page. Write 3 to 5 pages applying the new information from your class notes to what happened in your case studies. Lastly, summarize your conclusions into one page.