

Guidelines for Documenting Your Practice

Professional Specialization Program (200 Hours)

WRITTEN ASSIGNMENTS:

Five of the following six assignments are required to help you grasp course content. For each assignment, please write a minimum of two pages, typed and double-spaced.

- 1. Receiving Acupressure Treatments:** Receive four complete sessions from graduate students and/or the Institute's acupressure instructors. What did you experience, learn, or discover? Write about what you liked, what you disliked, and what you want to incorporate in your practice.
- 2. Class Outlines:** Detail the contents of two of your most inspiring classes in the Advanced Training. How did this class contribute to your professional development and growth? Outline the course content and highlight the realizations and experiences that contributed to your personal growth and acupressure practice.
- 3. Applying the 5 Elements:** Assess a client, close friend, or family member in terms of the 5 elements. What strengths and weaknesses does the person have in each element? How can the person use the elements as an ally for growth through diet, exercises, visualizations, affirmations, or points? (Refer to *Staying Healthy with the Seasons* and/or the Acupressure Institute's *Five Elements Audio Tape*.)
- 4. Keeping A Journal:** As you go through the Advanced Training Program, keep a personal journal of the changes you experience. Clarify what you have discovered and learned in a 3 to 4 page summary of your journal.
- 5. Applying the Eight Principles:** Assess a client or friend in terms of Eight Principles, i.e. Hot, Cold, Excess, Deficient, Interior, Exterior, Yin, Yang. How can this person use diet, exercises, visualizations, affirmations or points to further their growth and promote balance?
- 6 Self-Evaluation:** What are your strengths and weaknesses in your specialization as an acupressurist? What have you learned about yourself? How have you changed since you started Advanced Training? What changed inside of you? What are your short and long term goals?