

# 150 hour Project Suggestions

## Professional Specialization Program (850 Hours)

*Choose a project and write a one page description or outline of what you want to do. Set up one of the four complementary one-hour consultations with an evaluating instructor and bring your project proposal to your consultation for instructor approval.*

### **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 work on 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
  - Mountain snow hikers
  - For the long distance traveler
  - For disasters, such as burns, smoke inhalation, drowning, earthquake—also stress, heart attacks, and ongoing health problems brought on by the disaster
  - Family camping outings
  - First aid and herbs
  - For each season- summer/spring/fall/winter
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

- 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.

## 14. Teacher Training

Teacher Training is designed for those who wish to teach outside of the Acupressure Institute, and is an opportunity to work closely with senior Acupressure Institute teachers.

Teacher training fulfills part or all requirements for the 150-hour project (50 hours per class), at an extra cost (\$1450 total; \$125 due at submission of your application, the balance can then be paid in three installments, one per chosen class). A \$50 discount is applied if total cost of teacher training is paid in full. Choose three of the following classes: Fundamentals, Basic, Intermediate, Advanced, Reflexology, Zen Shiatsu, Acu-Oil Massage, Acu-Yoga (prerequisite: Acu-Yoga Teacher Training).

Teacher training requires attendance of each class four times: once to observe, twice to assist, and finally to co-teach. It is highly recommended to review classes before beginning teacher training.

*See Advanced Program counselor for more information and application form.*