

EQUINE ACUPRESSURE LEVEL TWO COURSE

Diana Thompson, Instructor

A six-day class offered in two formats:

1) Three Weekend Format (Held only at Diana Thompson's facility):

Six days of class are held on three weekends, which are scheduled approximately three to four weeks apart.

Or

2) A Six-Day Intensive Format (Held at Diana Thompson's facility and other locations):

During a 7-day period, students spend six days in class. Day four is spent out of class for study and rest.

In addition to the six class days, students will have study requirements to complete before the class begins and home study assignments. Following the class, students can continue their learning by completing externship requirements out in the field. This guided, independent study deepens their experience with acupressure and, when taken with other courses, qualifies them for a certificate program through Equinology®. This Level Two course is part of a three-course program.

In the Level Two course, students will deepen their understanding of the Level One class material as they learn how to carry out a thorough Traditional Chinese Medicine (TCM) assessment of the horse. In the TCM system, the correct flow of qi creates and supports the optimum physical and emotional health of the horse. In contrast, an incorrect flow of qi often leads to poor physical health and a lack of emotional balance. In this course, the student will learn how to assess the horse to identify incorrect flows of qi, also known as the pattern of imbalance. The student will learn how to use this information to create acupressure point combinations and lifestyle management programs that will improve the physical and emotional health of the horse. When appropriate, the student will consult with a veterinarian to include Western medical options.

The TCM approach to the following problems in the horse will be addressed:

- respiratory infections, fever, exercise intolerance, recovery from performance stress
- poor immune response or stressed immune function
- digestive issues including colic, loose stool, diarrhea, constipation, ulcers, bloating
- problems of the heart and blood vessels of the cardiovascular system
- urinary tract problems
- tension, injury and performance stress of the muscles, tendons, ligaments and joints
- pain due to injury and arthritis
- problems with the sense organs such as the eyes, nose and ears
- skin issues such as hives and dryness
- reproductive issues including a lack of fertility and mares who display tension or aggression during their heat cycles
- horses with difficult emotional states such as fearful, nervous and angry behavior, lack of clear thinking or poor ability to follow training cues
- emergency points to use for the horse with colic, shock, heat stroke and choke

The Level Two course will include the following acupressure principles and hands-on techniques:

- functions of the twelve organ systems and two extraordinary flows of Classical Chinese Medicine as they apply to less than optimum physical and emotional health in the horse
- identification of the incorrect flows of qi (known as the pattern or patterns of energy imbalance) using the Eight Principle and 12 Internal Organ systems of energy assessment
- acupressure point combinations and lifestyle changes to address specific patterns of imbalance
- exercises to feel qi energy and improve acupressure effectiveness
- location of the twelve energetic pathways (meridians) and two extraordinary flows
- location of over 120 equine acupressure points
- how to incorporate a variety of acupressure techniques with other types of bodywork modalities

Level Two Course Materials

During the course, students will work with the following two books and a laminated chart. They will also be provided with an extensive workbook of study sheets and quizzes. The 440-page text manual, described below in (1), and the workbook are provided with payment of the class tuition. The book *Acupressure Point Charts for Horses* and the color laminated chart *Emergency Acupressure Points for Horses*, described below in (2) and (3), must be purchased separately by the student.

1) A 440-page class text manual written by Diana Thompson

Working title: *Acupressure for Horses, A Comprehensive Guide to Traditional Chinese Medicine*

This comprehensive text outlines Traditional Chinese Medicine (TCM) theory and vocabulary and gives information on each of the 12 organ channels (meridians) and two of the extraordinary vessels. The material explains the patterns of health and disharmony related to each energy channel. It includes detailed information on the TCM function of 128 equine acupressure points, tells you how each point is used to improve health and address medical issues and guides you in choosing other points to use in combination in order to bring about the best result.

2) *Acupressure Point Charts for Horses, An Illustrated Guide to 128 Point Locations and Uses*

Diana Thompson, author ISBN #978 0-9816741-0-0

This 272-page flip chart book details the locations and uses of 14 energy channels and 128 equine acupressure points. It includes more than 400 photographs and 100 illustrations. All of the point pages were reviewed for accuracy by veterinary acupuncturist Dr. Kerry Ridgway. View sample pages and table of contents on Diana's website www.dianathompson.com. The book is available for purchase online (www.dianathompson.com) or by calling Diana's office at (707) 542-4646.

3) *Emergency Acupressure Points for Horses* Diana Thompson, author ISBN #978-0-9816741-1-7

This color laminated chart unfolds to give you six 8 ½" by 11 inch pages of life-saving information. Color photos show the acupressure points you can use to help your horse during colic, cardiac arrest, injury, heat stroke, respiratory infection and fever. The pages include a chart of the horse's vital signs and a lesson in how to apply acupressure. The chart is available for order on Diana's website (www.dianathompson.com) or by calling Diana's office at (707) 542-4646.

Acupressure Level Two Course Dates and Additional Details

The Acupressure Level Two class will be offered in 2011 at Diana Thompson's facility in Santa Rosa, California, USA and other locations in Canada and England.

Class dates and registration information will be available later this year.

Questions? Call Diana at (707) 542-4646 or e-mail her at info@dianathompson.com

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