

**ERIC SHAFFER, DMQ - ADVANCED QIGONG INSTRUCTOR**  
Presenting the Curriculum of the International Institute of Medical Qigong

## **PROFESSIONAL TRAINING IN MEDICAL QIGONG THERAPY**

Dear Prospective Student,

Eric Shaffer, DMQ offers professional training in the curriculum of the International Institute of Medical Qigong (IIMQ). P1-Introduction to Medical Qigong is the place to begin your study, an indepth course in self-healing, without prerequisites. Learning formats include: 5 consecutive Sunday classes, 5-day seminar intensives, and private tutorial. Medical Qigong Practitioner (MQP), Therapist (MQT), and Master (MMQ) certificates may be earned.

P1 - Introduction to Medical Qigong is the first and foundational course of a complete system of Chinese energetic medicine. There are texts for the courses, required readings, experiential and scholarship instruction and exams. Our outcome based instruction supports students to succeed.

Open to all health care professionals, students of Traditional, Classical, and Five Element Chinese Medicine and Asian Bodywork, and others who are interested in Chinese energetic medicine, the curriculum we offer is based on the IIMQ syllabus. We offer a multi-level certification program designed to teach the theory and practical application of Medical Qigong Therapy.

Emphasis in our programs is placed on both analytical/deductive and intuitive approaches to comprehending and utilizing medical qigong therapy for cultivation, regulation and clinical application. Experiential aspects of the course are well balanced with a solid theoretical foundation. There are reading requirements plus oral and practical examinations.

OMQ offers 1, 2, and 3 year programs in Medical Qigong Therapy. Certificates include clinical theatre, internship, and externship. Requirements for courses in Anatomy, Physiology, and TCM Theory may be fulfilled at another appropriate institution.

### **Certification Levels**

Three levels of certification are available from Eric Shaffer, DMQ:

- MQP - Medical Qigong Practitioner certificates are awarded after completing courses P1 through P4 and C1, plus clinical requirements. 200 hours
- MQT - Medical Qigong Therapist certificates are awarded after completing courses T5 through T8 and C2, plus clinical and other requirements. 500 hours
- MMQ - Master of Medical Qigong certificates are awarded after completing courses M9 through M12 and C3, plus clinical and other requirements. 1000 hours

### **The Instructor**

Eric Shaffer, DMQ has been an active instructor and practitioner of Daoist Medical Qigong Therapy for 11 years, and an active Shambhala Buddhist meditation instructor for 29 years. In April of 2012,

Dr. Bernard Shannon, then Executive Director of the International Institute of Medical Qigong (current Executive Director of the International College of Medical Qigong) promoted Eric to the status of Advanced Qigong Instructor during an IIMQ Instructor training. To read more about Eric's contemplative training, please visit <http://www.qigong-clinic.com/aboutus.shtml#director>.

### Terms

A 50% non-refundable deposit for the class is required to register and receive the syllabus, with the balance due at the beginning of the 1<sup>st</sup> class. Cash, check, credit and debit cards are accepted (Visa and Master-card). Pro-rated refund applies for early withdrawal from class, with a \$125 fee. A 10% discount is available with prepayment for an entire certificate series of five classes. Discounts do not apply for early withdrawal, so the course price reverts to the non-discounted fee. No refund is offered for withdrawal from class after 60% of the class has occurred.

### 5-Sunday Classes

A 32-hour class (9am-5pm). Fees: \$600 in Eugene, \$700 in Portland.

### 5-day Seminar Intensive Group Courses

A 32-hour course (9am-5pm). Fees: \$700 for a 5-day Intensive Seminar in Eugene, \$800 in Portland.

### Private Tutorials

A 32-hour course. Scheduling is flexible and can be adjusted to the student's convenience, typically is 9am-5pm. Fee: \$1700 per course. A 10% discount is available for prepayment.

**Appointments Online** are scheduled on the home page of our website, available for Mons, Weds, and Fri. Appointments for other days may be available by phone or email. In-person and distant healing appointments are available. A typical session includes: a health dialog, energetic treatment, and a prescribed personal qigong exercise. Fee: \$100/hr (\$120/hr for Oncology care). For most appointments a free ½ hour will be added to the appointment if needed, at Eric's discretion (total 1.5 hours). A 10% discount is available for prepayment of 3 sessions.

Please visit our website at [www.qigong-clinic.com](http://www.qigong-clinic.com), email [info@qigong-clinic.com](mailto:info@qigong-clinic.com), or call our clinic at 541-654-0219 for more information or to schedule an appointment. We regret our interactive pdf registration form is still in development. Please call/email to register.

Respectfully,



Eric Shaffer, DMQ

Advanced Qigong Instructor/Practitioner of Chinese Energetic Medicine  
Licensed by the People's Republic of China as a Doctor of Medical Qigong

Clinic and Mailing Address:

Oregon Medical Qigong  
3496 Onyx St., Eugene, OR 97405

# OREGON MEDICAL QIGONG CERTIFICATE PROGRAMS

## MQP CERTIFICATE - MEDICAL QIGONG PRACTITIONER

There are no prerequisites to begin study for this primary level certification. A 200 hour Medical Qigong Practitioner (MQP) certificate will be issued to students who have successfully completed courses P1 through P4 (128 academic hours) in addition to , and C1 (clinical requirements including Internship and Externship).

This first course is designed to introduce the student to Medical Qigong exercises for self-healing, Chinese medical theory and correspondences, and an analytical understanding of the qigong's use. This knowledge, learning and integrating the exercises, plus the neigong (internal energy skill) for them forms the basis for all further study and energetic treatment skill.

The second course teaches energetic perception, increasing qi emission, and the basic Medical Qigong treatment protocols for treating clients. Strengthening the body's energetic protection fields (Wei Qi) and avoiding absorbing Toxic Qi in a clinical environment will be taught.

The third course introduces students to advanced theories and treatment methods for energy purgation, tonification, regulation and cultivation in the Medical Qigong Clinic.

In the fourth course the Medical Qigong students are introduced to advanced theories and clinical modalities of internal organ treatment, including exercise prescriptions. The exams in each course will include written, oral, and experiential components, plus clinical competencies.

The fifth course, C1, is the clinical internship, externship, and clinical theater exam course. Full participation plus successful completion of the examinations will qualify the student for the Medical Qigong Practitioner (MQP) Certificate, and complete the pre-requisites for the more advanced 500-hour Medical Qigong Therapist (MQT) program.



A treatment using Pushing Energy.

### Medical Qigong Practitioner (MQP)

200 Hour Certification Course

	Lecture/Experiential Courses with Exams	Hours
P1	Introduction to Medical Qigong Therapy	32
P2	Introduction to MQ Diagnosis and Treatments	32
P3	Clinical Foundations of Medical Qigong Therapy	32
P4	Medical Qigong Treatment of Internal Organ Diseases and Prescription Exercises	32
	Final Exam	8
	<b>Total Lecture Hours</b>	<b>128</b>
	<b>Clinical/Experiential Training and Exams</b>	
C1	Clinical Theater and Clinical Internship	24
	Clinical Externship 1	48
	<b>Total Clinic Hours</b>	<b>72</b>
	<b>MQP Total Hours</b>	<b>200</b>

## MQT CERTIFICATE - MEDICAL QIGONG THERAPIST

The 554 hour Medical Qigong Therapist (MQT) certification program includes lectures and experiential learning. Oral and experiential examinations plus clinical competencies provide evaluation. Successful completion of the examinations qualifies the student for the Medical Qigong Therapist (MQT) Certificate, and fulfills the prerequisites for the more advanced 1000-hour Master of Medical Qigong, (MMQ) program.

Prerequisite for certification in the Medical Qigong Therapist program is successful completion of the requirements for Medical Qigong Practitioner (MQP).



Leading toxic energy out of the body using Bellows Palm.

### Medical Qigong Therapist (MQT) 500 Hour Certification Course

	Lecture/Experiential Courses with Exams	Hours
	<b>MQP Lecture Hours</b>	<b>136</b>
T1	Sensory, Intuitive, and Perceptual Diagnosis	32
T2	Medical Qigong Dao Yin Therapy and Rectifying Qi Deviations	32
T3	Medical Qigong Therapy for Pediatrics, Geriatrics, Gynecology, Neurology, and Psychology	32
T4	Introduction to Medical Qigong Therapy for Oncology (1)	32
	Final Exam	8
	<b>Total Lecture Hours</b>	<b>272</b>
	<b>Additional Requirements</b>	
T*	Basic Traditional Chinese Medicine Theory	50
T**	Western Anatomy and Physiology 1	50
T***	Western Anatomy and Physiology 2	50
	<b>Total Additional Hours</b>	<b>150</b>
	<b>Clinical/Experiential Training and Exams</b>	
	<b>MQP Clinic Hours</b>	<b>72</b>
C1	Clinical Theater, Clinical Internship, and Final Exam	24
	Clinical Externship 2	36
	<b>Total Clinic Hours</b>	<b>132</b>
	<b>MQT Total Hours</b>	<b>554</b>

# MMQ CERTIFICATE - MASTER OF MEDICAL QIGONG

The 1000 hour Master of Medical Qigong (MMQ) certification program includes lectures and experiential learning. Oral and practical examinations plus clinical competencies provide evaluation. Successful completion of the examinations qualify the student for the Master of Medical Qigong (MMQ) Certificate.



Invisible Needle technique

Prerequisite for enrollment in the MMQ program is the successful completion of the requirements for Medical Qigong Therapist.

## Masters of Medical Qigong (MMQ)

### 1000 Hour Certification Course

	Lecture/Experiential Courses with Exams	Hours
	<b>MQT Lecture Hours</b>	<b>272</b>
M1	Introduction to Chinese Energetic Alchemy	32
M2	Energetic Anatomy and Physiology	32
M3	Treatment of Cancer with Medical Qigong Therapy (2)	32
M4	Medical Qigong Treatment for Spiritual Disorders	32
	Final Examination	8
	<b>Total Lecture Hours</b>	<b>408</b>
	<b>Additional Requirements</b>	
	<b>MQT Additional Requirements</b>	<b>150</b>
M*	Advanced Traditional Chinese Medicine Theory	32
M**	First Aid and CPR	16
M***	Taiji, Bagua, or a movement style of Qigong	32
	<b>Total Additional Hours</b>	<b>230</b>
	<b>Clinical/Experiential Training and Exams</b>	
	<b>MQT Clinic Hours</b>	<b>132</b>
C3	Clinical Theater, Clinical Internship, and Final Exam	24
	Clinical Externship 3	206
	<b>Total Clinic Hours</b>	<b>362</b>
	<b>MMQ Total Hours</b>	<b>1000</b>