

## **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 Chinese energetic medicine and medical qigong curriculum of the International Institute of Medical Qigong (IIMQ). P1-Introduction to Medical Qigong is the place to begin, an in-depth course that lays the foundation for all later study. There are no prerequisites. Learning formats include 32 hour group classes and private instruction. 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. Our outcome based instruction supports student success.

Open to all health care professionals, students of Traditional, Classical, and Five Element Chinese Medicine and Asian Bodywork, Massage Therapists, and others who are interested in Chinese energetic medicine, our curriculum is evolved from the IIMQ syllabus. We offer a multi-level certification program designed to teach the theory and practical application of Daoist Medicine.

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, oral and practical competencies, and exams.

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 (China) has been an active instructor and practitioner of Daoist Energetic Medicine and Medical Qigong since 2003, and an active Shambhala Buddhist meditation instructor since 1984. In April of 2012, Dr. Bernard Shannon, Exec. Director of the IIMQ, promoted Eric to the status of Advanced Qigong Instructor during an IIMQ Instructor training.

<http://www.qigong-clinic.com/aboutus.shtml>

## Terms

A \$150 deposit for the class, refundable with a full week notice of cancellation, is required to register and receive the syllabus. The balance is due at the beginning of the 1<sup>st</sup> class. Cash, check, credit and debit cards are accepted (Visa and Mastercard). Pro-rated refund 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. Enrollees receiving partial scholarships are not eligible for additional discounts.

## Group Class

Per 32 hour course: \$800 in Eugene or Portland.

## Private Instruction

Flexible scheduling enables the student to complete a course on their own timeline. Incremental study is \$65 per hour; the total fee for a 32 hour course is \$2080, when pre-paid is \$1872. A typical course is five full days (6.4 hours), typically 9am-5:30pm, qigong at 8am on Days 2-5, with breaks and a 1.5 hour lunch.

## Course Registration

By phone (541) 852-1628, by email [info@qigong-clinic.com](mailto:info@qigong-clinic.com). Texting works. If you would like to experience the healing work prior to beginning professional study, we offer in-person and distant healing sessions.

Visit our website for our most current P1 class dates: <http://www.qigong-clinic.com/flyer.pdf>

Respectfully,



Eric Shaffer, DMQ (China)

Oregon Medical Qigong

Advanced Qigong Instructor/Practitioner of Daoist Energetic Medicine

Specializing in Daoist Energetic Medicine, Medical Qigong, and Ericksonian Hypnosis

Degree Title from the People's Republic of China: Doctor of Medical Qigong

Clinic and Training Rooms (*By Appointment Only*):

Portland  
5112 E Burnside St, 97215

Eugene - At A Healing Space  
171 Lawrence St, 97401

[info@qigong-clinic.com](mailto:info@qigong-clinic.com)

<http://www.qigong-clinic.com>

(541) 852-1628

# 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), and C1 (clinical requirements including Internship and Externship). Courses have 32 hours of instruction and experiential learning.

P1 Introduction to Medical Qigong Theory, introduces students to MQ exercises for self-healing, Chinese medical theory and correspondences, and analytical understanding of the qigong. 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.

P2 Introduction to Medical Qigong Diagnosis and Treatment is the second course. It teaches energetic perception, increasing qi emission, and the basic Medical Qigong treatment protocol for treating clients. Strengthening the body's energetic protection fields (Wei Qi) and avoiding absorbing Toxic Qi in a clinical environment will be taught.

P3 Clinical Foundations of Medical Qigong Therapy introduces students to advanced theories and treatment methods for energy purgation, tonification, regulation and cultivation in the Medical Qigong Clinic.

In P4 MQ Treatment of Organ Diseases and Prescription Exercises, students are introduced to advanced theories and clinical modalities of internal organ treatment, including exercise prescriptions.



A treatment using Pushing Energy.

C1 MQP Clinical Theater, Clinical Internship, and Final Exam is the culminating exam course. The review is thorough and supportive. Full participation plus successful completion 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.

### 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 500 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

	<b>Lecture/Experiential Courses with Exams</b>	<b>Hours</b>
	<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

	<b>Lecture/Experiential Courses with Exams</b>	<b>Hours</b>
	<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>