

# BASTYR UNIVERSITY CATALOG 2002-2003

DOCTOR OF NATUROPATHIC MEDICINE

MASTER OF SCIENCE IN ACUPUNCTURE & ORIENTAL MEDICINE

MASTER OF SCIENCE IN ACUPUNCTURE

MASTER OF SCIENCE IN NUTRITION

MASTER OF ARTS IN APPLIED BEHAVIORAL SCIENCE

COMBINED BACHELOR/MASTER OF SCIENCE IN ACUPUNCTURE & ORIENTAL MEDICINE

COMBINED BACHELOR/MASTER OF SCIENCE IN ACUPUNCTURE

BACHELOR OF SCIENCE IN HEALTH PSYCHOLOGY

BACHELOR OF SCIENCE IN HERBAL SCIENCES

BACHELOR OF SCIENCE IN NATURAL HEALTH SCIENCES

MAJOR IN EXERCISE SCIENCE & WELLNESS

MAJOR IN NUTRITION

DIDACTIC PROGRAM IN DIETETICS

DIETETIC INTERNSHIP

CERTIFICATES

CHINESE HERBAL MEDICINE

NATUROPATHIC MIDWIFERY

*Curriculum and course changes in the 2002-2003 Bastyr University Catalog are applicable to students entering during the 2002-2003 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

# CONTENTS

General Information .....	3-24	Course Descriptions .....	77-121
Introduction .....	3	Ayurvedic Medicine .....	78
Students .....	7	Basic Sciences .....	79
Student Services .....	8	Applied Behavioral Science (LIOS) .....	83
Financial Policies .....	11	Botanical Medicine .....	87
Facilities .....	12	Chinese Herbal Medicine Certificate .....	90
Academic Policies and Procedures .....	14	Dietetic Internship .....	91
Faculty .....	23	Exercise Science and Wellness .....	92
Research .....	24	Homeopathic Medicine .....	93
General Admissions .....	25-29	Interdisciplinary Studies .....	94
Graduate Programs and Curricula .....	30-62	Naturopathic Midwifery Certificate .....	95
Acupuncture and Oriental Medicine .....	30	Naturopathic Medicine .....	97
Certificate in Chinese Herbal Medicine .....	32, 37	Acupuncture and Oriental Medicine .....	103
Naturopathic Medicine .....	38	Physical Medicine .....	108
Botanical Medicine .....	50	Counseling and Health Psychology .....	110
Homeopathic Medicine .....	50	Didactic Program in Dietetics .....	116
Physical Medicine .....	51	Nutrition .....	117
Naturopathic Midwifery Certificate .....	51	Officers .....	122
Combining Naturopathic Medicine and Acupuncture and Oriental Medicine .....	54	Board of Trustees .....	122
Nutrition .....	58	Faculty Listing .....	122
Dietetic Internship .....	59	Directions .....	125
Bastyr Center for Natural Health: Clinical Education Practicum .....	62	Index .....	126
Undergraduate Programs and Curricula .....	63-72	Academic Calendar .....	inside back cover
Combined Bachelor/Master of Science in Acupuncture/Acupuncture and Oriental Medicine .....	63		
Health Psychology .....	63		
Herbal Sciences .....	65		
Exercise Science and Wellness .....	68		
Nutrition .....	68		
Didactic Program in Dietetics .....	69		
LIOS/Bastyr School of Applied Behavioral Science .....	73-75		
Additional Programs .....	76		
Cadaver Anatomy .....	76		
Extended Education/Continuing Education	76		

# GENERAL INFORMATION

## INTRODUCTION

Bastyr University, located in the beautiful Pacific Northwest, is a progressive, accredited, nonprofit university, internationally recognized as a pioneer in the study of natural healing. Since its inception, the university has based its educational, clinical and research programs on the following key principles:

- Treatment of the whole person.
- Prevention of disease.
- Teaching patients how to take responsibility for their own health.
- Enhancing each individual's inherent healing ability, using natural, nontoxic therapies.

Over the years the university has broadened its mission to integrate Western scientific standards with traditional natural healing methods from around the world. The university has expanded and strengthened the academic and clinical education of naturopathic medicine practitioners. It has developed unique academic degree programs in acupuncture and Oriental medicine, nutrition, exercise science and wellness, herbal sciences and health psychology, as well as specialized non-degree programs, that reflect its founding philosophy. The university has also extended this philosophy to the study and practice of applied behavioral science. Graduate degree programs in applied behavioral science are offered through an affiliation with the Leadership Institute of Seattle (LIOS). (See page 73 and the LIOS catalog for more information on LIOS programs.)

Education of graduate natural health practitioners and highly-qualified undergraduate students at Bastyr University emphasizes development of a thorough, up-to-date, scientific understanding of the structure and function of the human body and the disease process, balanced with a profound appreciation for, and ability to activate, the unique self-healing ability inherent in every human being. The university's educational approach is an integrated one, offering traditional didactic instruction combined with innovative, problem-based learning in a rigorous academic environment. The learning experience emphasizes academic excellence, the development of individual talents and mastery of critical competencies.

Students learn under the guidance of outstanding faculty. Over 80 percent of the university's health sci-

ences faculty members have earned doctoral degrees, and many are successful private practitioners who contribute a wealth of practical experience to the classroom. Laboratory experiments, demonstrations, clinical experience and case-oriented teaching help students develop practical, patient-oriented skills and understanding. Student clinicians are also trained to recognize when other modes of treatment are in the best interests of the patient and to make appropriate referrals to colleagues in other health care professions.

Bastyr University is dedicated to educating individuals to meet the challenges of the twenty-first century. In practice and research, these professional healers and graduates with strong foundations in the natural health sciences will continue to integrate scientific method with the wisdom and proven benefits of traditional ways, while calling forth the intangible, and often miraculous, healing power native to each individual and living system.

### BASTYR UNIVERSITY VISION STATEMENT

Bastyr University will be the world's leading academic center for advancing knowledge in the natural health sciences.

### BASTYR UNIVERSITY MISSION STATEMENT

We educate future leaders in the natural health sciences that integrate mind, body, spirit and nature. Through natural health education, research and clinical services, we improve the health and well-being of the human community.

In pursuit of its vision and mission, the university is characterized by:

- Academic excellence: curricula which present the cutting edge of natural medicine philosophy and practices; programs which facilitate students' developing high-level academic and/or clinical expertise; utilization of teaching methodologies which optimally facilitate student skill and knowledge base development and an educational environment which incorporates and models the principles of natural medicine.
- Pioneering research: foundational inquiry into the underlying concepts of natural medicine; iterative research which continuously evaluates the efficacy of therapeutic strategies and agents;

and research partnerships to deepen and broaden the types of possible inquiry.

- Renowned clinical services: cutting-edge natural medicine care; teaching which helps students model ideal clinical practice behaviors; and collaborations which provide the opportunity to explore and develop integrated care protocols and clinical practices.

For the university to fully meet these commitments, it must think and act strategically. Therefore, the university has adopted and committed itself to the following core strategies and goals:

**Core Strategy One:** Improve the quality and effectiveness of our academic programs (classroom, clinic and research) and community life.

**Goals:** Implement a broad range of programs that will further development of collaborative natural health science curriculum and programs, enhance research opportunities, increase faculty involvement in scholarly activities, provide for ongoing program assessment, and improve internal communications and the quality of the work environment.

**Core Strategy Two:** Increase awareness of the university and its programs through strategic partnerships, effective new program offerings and expanded external communications and visibility.

**Goals:** Increase efforts to build awareness of our expertise in natural medicine and pursue opportunities to partner with other organizations, schools or companies. Extend acceptance of our approach through implementation of new programs and delivery systems.

**Core Strategy Three:** Establish lifelong relationships with our students and graduates through effective programs to increase their success academically and professionally.

**Goals:** Build and maintain a lifelong relationship with our students and graduates, including ongoing educational programs, career enhancement, and joint efforts to expand career opportunities through public affairs efforts and related activities.

**Core Strategy Four:** Diversify revenues, purchase the campus and strengthen the infrastructure of the university.

**Goals:** Advance the university's long-term institutional viability by expanding revenue sources, purchasing a permanent campus and executing a successful university advancement program.

Bastyr University has played a major role in establishing the credibility of science-based natural medicine and helped initiate the current transformation of the health care system. We believe natural medicine has much more to offer. In order to con-

tinue this leadership and for the full benefits of natural medicine to be realized, we will continue to evolve Bastyr University into a fully developed, well-financed, mature academic health center.

## HIGHLIGHTS OF UNIVERSITY HISTORY AND ACHIEVEMENTS

1978 John Bastyr College of Naturopathic Medicine founded by Drs. Griffith, Mitchell and Pizzorno and Ms. Sheila Quinn.

1980 Natural Health Clinic (the college's teaching clinic) opened.

1982 First graduation: first class in over 20 years to graduate from a new, four-year naturopathic college. Approved by all states and provinces licensing naturopathic physicians.

1983 Recognized as a candidate for accreditation by the Northwest Association of Schools and Colleges, the first naturopathic college to achieve such approval. Approved by the Department of Education to participate in federal financial aid programs.

1984 BS and MS programs in nutrition established. Name change to Bastyr College.

1985 Textbook of Natural Medicine published.

1986 Research department founded with Donald Blair, ND, director.

1987 Naturopathic medicine program accredited by Council on Naturopathic Medical Education. First two research studies published in peer-reviewed medical journals.

1988 Healing AIDS Research Project started under the direction of Leanna Standish, PhD.

1989 Granted accreditation by the Northwest Association of Schools and Colleges (retroactive to September, 1988).

1990 Degree programs in acupuncture and Oriental medicine added. Expanded the clinical training site to the present Wallingford location of Bastyr Center for Natural Health, a 23,000 sq. ft. multidisciplinary clinical facility. Received Blackmore's International Research Award for 1990 for AIDS research.

1991 Healing AIDS Research Project presented to British Parliament. MS in acupuncture and Oriental medicine program approved as a candidate for Accreditation with the National Commission for Schools and Colleges of Acupuncture and Oriental Medicine.

1992 Leadership Institute of Seattle (LIOS) affiliated with the college. Bastyr introduced distance learning courses. Research director appointed to the National Institutes of Health Ad Hoc Advisory Panel on Unconventional Practices. The didactic

program in dietetics approved by the American Dietetics Association. The Natural Health Clinic added shifts in acupuncture and Oriental medicine. President Pizzorno appointed to U.S. Congress Office of Technology Assessment Advisory Panel on the Safety and Efficacy of Dietary Supplements.

1994 Name change to Bastyr University. The MS in acupuncture and MS in acupuncture and Oriental medicine accredited by the National Accreditation Commission for Schools of Acupuncture and Oriental Medicine. University awarded a landmark \$840,000 grant by NIH Office of Alternative Medicine to establish a national center for research in alternative medicine treatments for HIV/AIDS. CNME reaffirmed Bastyr University's accreditation for the ND program. HealthComm International, Inc., grant established the Dr. Jeffrey Bland Endowed Professorship of Therapeutic Nutrition.

1995 The American Council on Pharmaceutical Education approved Bastyr University as a provider of continuing pharmaceutical education. To reflect its expanding mission, the research department renamed the Bastyr University Research Institute.

1996 The California Acupuncture Committee granted approval for the MSAOM program and the combination of the MSA/CCHM programs. The ADA granted developmental accreditation for the dietetic internship. President Pizzorno appointed to Seattle/King County Board of Health. Bastyr awarded contract to locate and run King County Natural Medicine Clinic, the nation's first government-run natural medicine clinic. Moved to new 50-acre campus in Kenmore, Washington.

1997 Research Institute received a major grant to conduct a clinical study on the effectiveness of echinacea. The Bastyr University Cancer Research Center founded. The center received private foundation support for research in breast cancer. Natural Health Clinic recorded 17,745 patient visits, a 20 percent increase.

1998 BS in psychology with a health concentration approved (renamed health psychology in 2002). Bastyr approved as a provider of continuing education credits to nurses and nurse practitioners throughout most of the U.S. The AIDS Research Center enrolled 1,679 participants in a two-year longitudinal study on alternative medicine and HIV/AIDS.

1999 Student enrollment exceeded 1,000. Natural Health Clinic expanded and began offering direct insurance billing. Jane Gultinan, ND, dean of clinical affairs, became the first naturopath in the U.S.

to be appointed to a county hospital board of trustees. Terry Courtney, MPH, LAc, chair of AOM, elected as a commissioner of the Accreditation Commission for Acupuncture and Oriental Medicine. Leanna Standish, PhD, ND, LAc, appointed to NIH National Advisory Council for Complementary and Alternative Medicine and to the National Cancer Institute Cancer Advisory Panel for Complementary and Alternative Medicine. Professional certificate program in spirituality, health and medicine began fall 1999. For the sixth consecutive year, the clinic received Ryan White federal funds, enabling free visits for low-income patients with HIV/AIDS.

2000 BS in natural health sciences with major in exercise science and wellness and bachelor of science in herbal sciences approved. First students enrolled in exercise science and wellness major. Joseph E. Pizzorno, Jr., ND, retired after 22 years as founding president of Bastyr. Thomas C. Shepherd, DHA, FACHE, selected as new president of Bastyr University. Now president emeritus, Dr. Pizzorno appointed by President Bill Clinton to the White House Commission on Complementary and Alternative Medicine Policy. The Thomas T. and Elizabeth C. Tierney Basic Sciences Research Laboratory opened, the first research lab to be established at a naturopathic institution. Research Institute received five significant grants from the NIH. The projects include the study of observational methods in CAM and HIV/AIDS, a controlled trial of echinacea in children (in collaboration with the University of Washington), a study involving garlic therapy for hyperlipidemia in HIV+ subjects receiving HAART, a project looking at the transfer of neural energy between human brains, and a study on distance healing. Clinic name changed to Bastyr Center for Natural Health with Team Care (formerly the teaching clinic) and Practitioner Care (a new private practice clinic). Office of graduate and community medicine created, responsible for the administration, development and expansion of the preceptor, external clinical sites and residency programs.

2001 First students enrolled in new BS in herbal sciences program. First board of regents convened. Practitioner Care opened (Bastyr University faculty and staff private practice, offering services in Bastyr Center for Natural Health). Bastyr Center for Natural Health experienced third continuous year of increased patient visits, now exceeding 33,000. Terry Courtney, MPH, LAc, chair of AOM, elected as chair of the Accreditation Commission for Acupuncture and Oriental Medicine. President Shepherd, accom-

panied by Terry Courtney, led a group to China to visit sister schools and to experience China's integrated health care system. Bastyr opened alumni relations department and held first homecoming event. Bastyr held 20th commencement ceremony in Benaroya Hall. New consciousness science lab began operation in research institute.

2002 Bastyr awarded \$1.145 million institutional training grant from NIH to train individuals in CAM research. Bastyr graduate Dr. Heather Greenlee was first naturopathic physician to receive fellowship from NCCAM at NIH to do postdoctoral research at the Fred Hutchinson Cancer Research Center. Bastyr graduate Dr. Wendy Weber was first naturopathic physician to receive a career development award from NCCAM at NIH. Weber also first naturopathic physician to receive NIH clinical loan repayment. Bastyr received \$1 million from anonymous donor, largest individual gift to date. Bastyr faculty received significant funding from vitamin antitrust settlement for two research projects. Bastyr hosted 15 students from conventional medical schools for a month-long CAM camp. Residency program at the Bastyr Center for Natural Health certified by the Council on Naturopathic Medical Education. Bastyr held first Mission Award Luncheon recognizing Linda Nordstrom and Christian Seifert for their contribution to the health of the community. Bastyr held 21st commencement ceremony in Benaroya Hall.

#### LEGAL STRUCTURE OF BASTYR UNIVERSITY

Bastyr University is a nonprofit, tax-exempt corporation founded for the purpose of serving as an effective leader in the improvement of the health and well-being of the human community through education, research and community health care. The Articles of Incorporation are filed in the state of Washington. The university is governed by a board of trustees which has the final authority. The board appoints the president, who is ultimately responsible for all academic and administrative policies and for financial management and planning. The board of trustees also approves all officer-level appointments. For a listing of university officers and members of the board of trustees, refer to page 122.

#### ACCREDITATION AND RECOGNITION

Bastyr University is accredited by the Commission on Colleges and Universities of the Northwest Association of Schools and Colleges, 8060 165th Avenue NE, Suite 100, Redmond, WA 98052, (425)

558-4224. The NASC is an institutional accrediting body recognized by the U.S. Department of Education.

The naturopathic medicine program is accredited by the Council on Naturopathic Medical Education, a specialized accrediting board. A copy of the CNME Handbook of Accreditation for Naturopathic Medical Colleges and Programs (1998 edition) is on reserve in the Bastyr University library. For more information, contact the Council on Naturopathic Medical Education, P.O. Box 11426, Eugene, Oregon 97440-3626 or call (514) 484-6028.

The American Dietetics Association has approved the nutrition department's didactic program in dietetics and the dietetic internship.

The master of science in acupuncture is accredited by the Accreditation Commission for Acupuncture and Oriental Medicine, 7501 Greenway Center Drive, Suite 820, Greenbelt, MD 20770, (301) 313-0855. ACAOM is a specialized accrediting board recognized by the U.S. Department of Education.

The master of science in acupuncture and Oriental medicine and the combination of the master of science in acupuncture and the certificate in Chinese herbal medicine have received approval from the California Acupuncture Committee.

Bastyr University is approved by the U.S. Immigration and Naturalization Service to accept and enroll foreign nonimmigrant students. Bastyr University's academic programs are approved by the Higher Education Coordinating Board's State Approved Agency (HECB/SAA) for enrollment of persons eligible to receive educational benefits under Title 38 and Title 10, U.S. Code.

Bastyr University has received approval from the state of Washington as a recognized midwifery training facility and provides training for naturopathic physicians who wish to obtain certification in midwifery and sit for Washington state's midwifery licensing examination. Individuals who complete the university's program and pass naturopathic medicine and midwifery licensing exams have dual licensure as naturopathic physicians and midwives in Washington and other states.

Bastyr University has received approval from Washington state to offer its acupuncture and Oriental medicine programs. Individuals who complete the master of science in acupuncture or master of science in acupuncture and Oriental medicine are eligible to sit for Washington and other states' licensing or certificate board exams.

# STUDENTS

## THE STUDENT BODY

Those who attend Bastyr University constitute a diverse group of learners. The average age of the 1146 students enrolled in the university in the fall of 2001 was 30, with a range in age from 20 to 70. The largest program is naturopathic medicine (596 enrolled), with 160 in the applied behavioral science programs, 202 in the acupuncture and Oriental medicine programs, 159 in the nutrition/exercise science programs, 31 in the health psychology program, 31 in the herbal sciences program and 21 students in the midwifery program. (A number of these students are enrolled in more than one program.)

The demographics across various programs are fairly similar. Over two-thirds of the students are women. About one-quarter of the student body is from the Pacific Northwest, with more than three-fourths of the states represented. International students are an important part of the Bastyr community. In 2001-2002 there were 56 international students, representing nine countries.

## STUDENT PARTICIPATION

The major focus of student participation is the Bastyr University student council. Each class or program elects representatives to serve on the council. The council determines how student activity fees are spent, appoints students to various committees, represents student interests to the board of trustees, administration and allied professional organizations, and continually seeks to promote the university and meet the needs of students. Students are represented on the board of trustees by an elected student who is a full voting member and who also participates in the student council. There are five student representatives on the university council. The student council, like the university as a whole, relies upon student participation to create a more effective learning environment. The student council's constitution may be found in the *Student Handbook*.

The student council hosts numerous events during the year, including potluck dinners, dances, a talent show, graduation parties, and Bastyr community day. The council has made significant capital contributions to the university, including sponsorship of community events (the spring egg hunt and visits by Tibetan monks), remodeling the movement room, and providing computers, copier, composter,

TV/VCR and other equipment for the library and other university departments.

The student council recognizes official student organizations. In the past several years these organizations have included the Bastyr Environmental Action Team (BEAT), Herbal Ways, Parent Resource Center, Nature Cure Club, Christian Fellowship, the Bastyr African-American Association, Student Association of Nutrition Dietetics, Physicians for Social Responsibility, Psychology Club, Alternative Psychiatry Club, Musical Healers, Unani Medicine, Supper Club, Islamic Circle, Barter Club, GLBT Connexion, Natural Products Student Representatives, Aikido Club and Toastmasters.

There also are university committees in which students participate, such as curriculum review, library, and various ad hoc committees. Students also serve on groups such as the resident selection committee, student honor board and the clinic planning group. Please consult the *Student Handbook* for more information.

## STUDENT SERVICES

The purpose of Student Services at Bastyr University is to provide support and services for students to meet personal and professional goals.

The Student Services staff at Bastyr University consists of the dean of students' office, the registrar's office, international student services, veterans' student services, orientation, commencement, student housing, career planning, counseling and wellness center, and the tutoring center. The *Student Handbook* lists university services, policies and procedures, whom to contact for specific questions and needs, and information on ethical conduct and the judicial process.

The dean of students' office supervises student services and professional staff, plans and conducts orientation and commencement activities, advises student organizations, edits and produces internal student publications, facilitates communications within and among the university's constituencies, and resolves grievances.

The registrar's office maintains students' academic records, manages course scheduling, academic registration and evaluation, records grades, produces transcripts and grade reports, and provides academic advising and evaluation, as well as international and veteran student services.

The counseling and wellness center provides individual and couples counseling, wellness consultations and a variety of other services.

Student housing provides on-campus housing for almost 60 students and information on off-campus housing. Complete information is available on the university's Web site, [www.bastyr.edu](http://www.bastyr.edu).

The tutoring center provides faculty-identified students as tutors primarily in basic sciences courses. Open labs and study sessions also are offered.

### REGISTRATION

Bastyr University operates on the quarter system. The university's quarter is 11 weeks long. (Summer quarter classes are generally eight weeks; summer clinic is 11 weeks.) Eleven hours of class constitute one credit hour, and 22 hours of lab/practicum constitute one credit hour.

Students preregister for courses and clinic shifts by submitting a preregistration form. Students may list their schedule preferences on the didactic form. The clinic preregistration form allows students to select two four-hour periods for which they will not be registered for clinic shifts, so that students may accommodate nonacademic commitments. The pre-

registration forms must be turned in before the registrar's office will register a student for classes or clinic shifts.

Registration for continuing students takes place in the spring for the following fall quarter and before the close of each quarter for the subsequent quarter. New students are automatically registered for their fall quarter courses before orientation week.

Course add/drop/withdrawal forms are obtained from and returned to the registrar. Classes may be added or dropped from a student's schedule through the add/drop period (ending the close of the first week of each quarter). Assigned clinic shifts may be traded during the shift change period. Elective clinic shifts may be added during that same period. Any clinic drops are accompanied by financial and, in some cases, grading penalties. Withdrawal from classes is not permitted during the final three weeks of a quarter (see the financial policies section for the refund policy and page 128 for a refund schedule). For courses with concentrated scheduling (not evenly spaced throughout a quarter), the timing of additions or drops varies. (In no case may a course be dropped or withdrawn from after the course has ended.) Students must check with the registrar for specific deadlines.

### BOOKSTORE

The university bookstore carries a variety of health-related books and supplies. All textbooks and materials needed for courses taught at the university are on hand. In addition, the store stocks a wide selection of reference books on the various subjects taught at the university. Acupuncture materials, homeopathic supplies and other medical equipment can be found at the bookstore. Special orders from students and faculty are welcome, with shipping available. Bastyr University sweat shirts, glassware and T-shirts are also on sale.

Selected clothing and gift items are available via the Bastyr University Web site for shipment inside the United States. Also available online is a link to one of the bookstore's major suppliers, which allows online ordering of over 100,000 medical and health science titles.

### HEALTH CARE SERVICES

The comprehensive administrative fee enables all students to visit Bastyr Center for Natural Health. (There is also a \$5 co-pay for visits. Lab fees, dispensary items and certain medical procedures are billed separately.) Contact Bastyr Center for Natural Health



for more information or to make an appointment: (206) 834-4100.

Because of the university's limited and specialized enrollment, insurance companies are not yet willing to provide a policy exclusively for Bastyr students unless the university makes it mandatory that everyone purchase the policy. Since many of the students already have coverage, and because many of the proposed policies do not cover alternative medicine, the university has been unwilling to make this mandatory. However, students may be eligible to participate in the state's Washington basic health insurance plan. The student services office publishes an information sheet on health and insurance services.

### COUNSELING AND WELLNESS CENTER

Every effort is made to assist students in resolving academic, career, financial or personal problems which may arise while enrolled at the university. Students may seek academic advice from faculty members, department and program chairs, the dean, associate dean or the academic vice president. Personal, confidential counseling is available from the university's counseling and wellness center on campus. The director of the counseling and wellness center and staff of student counselors provide crisis and short-term counseling. A brochure describing the center's services is provided to every student at the beginning of each year. Counseling is also available through Bastyr Center for Natural Health.

### FOOD SERVICE

Bastyr University operates a vegetarian cafeteria, which offers excellent, healthy meals and snacks. During the academic year, breakfast, lunch and dinner are available Monday through Friday; breakfast and lunch are served on weekends. The cafeteria is closed on weekends during the summer and quarter breaks. The bookstore at the main campus also provides beverages and snacks. Although the clinic has no food service, numerous options for good food are within a two-block radius.

### STUDENT HOUSING

The university offers limited on-campus housing. This housing is located on the fourth and fifth floors of the complex with views of the surrounding woods. University housing accommodates 58 students in 40 single and 18 deluxe/enlarged single rooms, all rooms containing beds, built-in desks, bookcases,

and wardrobes. The housing is "quiet." Minimal cooking facilities are provided. There is absolutely no smoking or illegal drug use allowed. Phone service may be arranged with the local phone company. There is no accommodation for children or pets.

Information regarding on-campus housing may be obtained from the student housing coordinator at (425) 602-3016. A brochure on off-campus housing is available from the admissions office as well as on the university Web site.

### COMMUNITY SERVICE

Volunteers provide services to the university that cannot be covered by staff. Each member of the Bastyr community is expected but not required to volunteer the equivalent of one hour per week (33 hours per academic year) to benefit the university community. Previous activities include staffing the library, working in the herb garden, participation in officially recognized student organizations, planning activities, interviewing prospective students, serving on committees, improving the facilities, contributing to university publications, tutoring other students, and helping with fund-raising. Most university-based scholarships use community service as one of the criteria.

### ACTIVITIES AND RECREATION

Each student is required to pay a \$20 student activity fee every quarter. These funds are administered by the student council and are used to support activities, student organizations, programs and services, such as Bastyr community day, student telephones, *The Pulse*, the herb garden, water filters, dances, parties, lectures, conferences and concerts, as well as equipment for the library, clinic, cafeteria and general campus use.

There are no intercollegiate or organized intramural athletics offered through the university. However, an outside basketball court, tennis courts, a volleyball court, and play fields are located on the main campus. The campus provides easy access to hiking trails in the adjacent St. Edward State Park. The park also offers a county-run swimming pool, tennis courts, play fields, biking trails and a gymnasium. The university provides shower facilities at both the main campus and the center. Over the years, there have been university volleyball, ultimate Frisbee and soccer teams participating in city or locally organized recreational leagues.

## LOCKERS

There are over 360 lockers for student rental at the main campus. The cost is \$10 per year, and students provide their own locks. Contact Student Services for more information.

The center has a limited number of lockers available for use by students taking clinic shifts. Because of great demand these lockers are generally shared. The cost is \$10 per year. Contact the center for more information.

## ID CARDS

Student ID cards are provided to all new students, included in the new student matriculation fee. Each subsequent year ID cards are validated with stickers by the registrar's office, after enrollment and payment of tuition and fees. Replacement and new ID cards issued after a student's initial quarter of matriculation cost \$5.

## INTERNATIONAL STUDENTS

The U.S. Immigration and Naturalization Service (INS) has approved Bastyr University to accept and enroll international, nonimmigrant students. Student I-20 forms are issued by the registrar upon admission. For more information, consult the admissions section in this catalog or contact the admissions office. The associate registrar in the registrar's office assists international students with the INS regulations.

## ALUMNI SERVICES

Over 2000 diplomas and/or certificates have been awarded by Bastyr since 1982. Alumni are encouraged to continue their relationship with Bastyr University. Every alumnus/a receives lifelong Bastyr University library privileges and free subscriptions to *The Source* and *The Alumni Pulse*. An alumnus may also audit one previously-taken course per year at no charge, on a space-available basis. This provides an opportunity for graduates to keep abreast of current information in a course previously taken at Bastyr University. The alumni relations manager coordinates alumni activities and services.

## UNIVERSITY PUBLICATIONS

The university publishes a number of handbooks and newsletters, including the following:

*University Catalog*: Matriculated students receive a copy, included in their new student matriculation fee. For others the cost is \$5, available from the

Bastyr University bookstore. Students in the applied behavioral science program should also consult the catalog addendum published by the Leadership Institute of Seattle.

*Academic Policy Handbook*: This publication describes academic policies, as stated in the catalog and *Student Handbook*, in more detail. Administrative procedures are outlined, as well as the process of implementation of the policies. Updates and revisions to existing policies are kept current in this handbook and supersede policy statements published in this catalog. This handbook is available on the university's network shared drive. Contact the AVP office for more information.

*Student Handbook*: This publication contains university services and resources, academic and nonacademic policies and procedures, and information on ethical conduct, judicial process, and student records. There is no charge to matriculated students (included in their new student matriculation fee). For others the cost is \$5. The handbook is available from Student Services. Students in the applied behavioral science program should consult the Leadership Institute of Seattle for additional information.

*Student Clinician Handbook*: This publication provides students with all clinical education requirements, including learning objectives and competencies, clinic policies and procedures. This is required for all students entering the clinic.

*Student Directory*: Each November, a directory of student addresses and phone numbers, plus faculty, staff and clinic phone numbers, is published and distributed to all students via their campus mailboxes. The directory is funded by the new student matriculation fee and is only provided to members of the Bastyr community. Students who do not wish to be listed in the directory must contact the registrar no later than October 15 of each year.

*Financial Aid Handbook*: This handbook describes federal, state and university financial aid programs, policies and procedures required to apply/participate. It is available from the financial aid office.

*Faculty Handbook*: This publication contains information pertaining to faculty employment and governance and is available from Faculty Services.

*Faculty Services "How To" Handbook*: This quarterly publication provides faculty with a working document of policies and procedures and a guide to the services provided to faculty through the faculty services office.

*Staff Handbook*: This publication contains information, policies and procedures pertaining to

employment at the university and is available on the Bastyr intranet site.

*The Pulse:* This is the official, free, weekly university newsletter, co-published during the academic year by the student services office and the student council. It includes university news, information, announcements, and letters. Changes in and/or new university policies are published here. Mail subscriptions are available for \$30/year from Student Services.

*Community Resources Guide:* This annual publication provides information on local services and resources, such as food, transportation, religion, entertainment, health/wellness, recreation, etc., with input from students and other members of the Bastyr community.

*The Source:* This newsletter, available from the marketing department, is published three times/year for alumni, friends and donors as a source of current information on university activities and accomplishments.

*Naturally Healthy News:* This newsletter is published quarterly by center academics as a source of center information for clinic enrolled students.

*Healthy & Wise:* This publication is sent out 3-4 times each year to prospective and current patients on the center's mailing list. It provides information about programs, practitioners, current events at Bastyr Center for Natural Health, as well as consumer health information.

*The Alumni Pulse:* Available from the marketing department, this newsletter is published twice /year as a source of university information for graduates.

## FINANCIAL POLICIES

### 2002-2003 TUITION

Clinic Credits .....	\$222/credit
Other Credits .....	\$252/credit (for first 15 credits)
	\$192/credit (for each non-clinic credit above 15)
Midwifery Program: Practicum	
(birth experiences) .....	\$51/birth (\$102/credit)
Auditing .....	\$128/credit

Tuition is increased annually to adjust for program growth and inflation. Tuition is payable on or before the first day of classes each quarter. A signed promissory note is required if for any reason a payment cannot be made by the due date. A deferment fee is assessed for late tuition payments unless a waiver is obtained from the financial aid office. Interest is charged on outstanding balances unless waived by the financial aid office. If the amount of financial aid pending does not cover the full tuition balance, the total not covered by financial aid is due on the first day of the quarter.

If an account is sent to a collection agency, all collection agency fees, reasonable attorney fees and court costs (if legal action becomes necessary) will be imposed on the student's tuition balance.

Tuition and fees for students in the applied behavioral science programs are determined by the Leadership Institute of Seattle. Please contact LIOS for this information.

### 2002-2003 FEES

#### Application Fees:

Undergraduate .....	\$60
Graduate and Professional .....	\$75
Non-matriculated and/or non-degree .....	\$25
Holding Fees/Deposit: (credited towards tuition)	
ND Program .....	\$200
MS/BS/Certificate Programs .....	\$100
Non-matriculated, Post-baccalaureate ...	\$100
Advanced Standing Evaluation Fee .....	\$75
Comprehensive Administrative Fee ....	\$30/credit,
	max \$270/qtr
Student Activity Fee .....	\$20/quarter
Late Registration Fee .....	\$25
Add/Drop Fee	
(after completion of free add/drop) .....	\$10
Clinic Shift Change Fee .....	\$25
Interest .....	1.25% per month
Deferment Fee .....	\$25

Challenge Exam Fee .....	50% of tuition
Competency Exam Fee .....	\$50
Grade Change Fee* .....	\$10
New Student Matriculation Fee** .....	\$300
Locker Fee .....	\$10/year
Official Transcripts .....	\$5
Graduation Fee (participation) .....	\$160
Graduation Fee (non-participation) .....	\$125
Certificate Fee .....	\$75
Diploma Replacement/Second Diploma Fee ..	\$50
NSF Check Fee .....	\$20
Stop Payment on Student Refund .....	\$20

There may be additional fees.

\*This fee is applicable only to grade changes for courses taken prior to fall quarter 2002.

\*\*The new student matriculation fee includes costs for orientation, university publications (the *Catalog*, *Student Handbook*, *Community Resources Guide* and *Off-Campus Housing Guide*, among others), plus student ID cards, unofficial transcripts, and copies of official transcripts sent to licensing boards.

## OTHER COSTS

Books and supplies cost approximately \$600-\$1500/year, depending upon the program of study. Second year naturopathic medicine students are required to purchase diagnostic equipment at the beginning of NM6221 Physical/Clinical Diagnosis 1 at an estimated cost of \$800-1,000.

## REFUNDS

Dropping all classes by or before the end of the first week of classes entitles a student to a 100 percent tuition refund. Any clinic drops are accompanied by financial and, in some cases, grading penalties. (See clinic registration staff, in the registrar's office, for more information.) Refund calculations for drops or withdrawals from classes after the first week of the quarter are found on the inside cover of the catalog. For those students receiving federal financial aid, pro-rata refunds are made on the student's behalf to the federal government. Amounts are determined by federal regulations.

Students experiencing financial problems in the payment of tuition and/or fees should contact the finance office at once to make satisfactory arrangements.

Financial policies, like all policies of the university, are subject to change and revision by the management and/or board of trustees of the university. Notice of changes is published in *The Pulse*.

# FACILITIES

## MAIN CAMPUS

Bastyr University's primary academic and administrative facilities are located in Kenmore, WA. The 50-acre site adjoins St. Edward State Park and includes a 186,000 square-foot building, play fields, forested areas, and hiking trails leading down to the northern shore of Lake Washington. The building includes classrooms, laboratories, an auditorium, a chapel, meeting rooms, faculty and administrative offices, the Bastyr University Research Institute, the library and bookstore, and a vegetarian cafeteria. On-campus housing is also available. Visitors are encouraged to enjoy the spacious grounds, tour the herb garden and visit neighboring St. Edward State Park.

## BASTYR CENTER FOR NATURAL HEALTH

Bastyr Center for Natural Health, a 23,000 square foot outpatient facility providing patient clinical services and student training, is located at 1307 N. 45th Street in Seattle's Wallingford district. The diverse patient population includes young people, growing families and senior citizens who choose natural health care. The center is easily accessible from many greater Seattle neighborhoods.

The center, located in the Wallingford Plaza Building, was designed by faculty and staff to meet the special needs of patients. The first floor contains one of the largest natural medicine dispensaries in the Northwest, offering a wide selection of over-the-counter natural remedies as well as items available by prescription only. The second floor contains a waiting room that includes a children's play area, the main clinic reception area and all of the naturopathic and nutrition patient care rooms. The third floor contains the acupuncture and Chinese herbal medicine patient care rooms, Practitioner Care rooms, the Chinese herbal medicine dispensary and administrative offices. The center offers 32 exam rooms for the ND, AOM and nutrition programs (four of which have one-way mirrors for student observation on counseling, nutrition and homeopathy shifts), three physiotherapy rooms and a laboratory. Each exam room is spacious in order to allow for patient interviews and contains a standard medical examination table, biohazard disposal containers and clean needle stations in the AOM treatment rooms. The hydrotherapy department is self-contained, including rooms for colonics, whirlpool, constitutional hydrotherapy, steam and sitz baths. The center facility also

includes several resource/library rooms equipped with computer stations with Internet access, natural medicine publications, medical journals and clinical textbooks. The center has one classroom and offices for doctors and clinic administrators. There are lounge spaces for students, faculty and staff, complete with refrigerators and microwaves. Showers are also available. Parking is available on-site for patients and on the street for students, faculty and staff. The facility is wheelchair accessible with an elevator in the front lobby.

Bastyr Center for Natural Health maintains numerous external clinical learning sites, creating tremendous diversity in the students' clinical experience. At each site, Bastyr faculty supervises the student clinicians:

At the 45th St. Community Clinic in Seattle's Wallingford district (one of the Puget Sound Neighborhood Health Clinics), naturopathic students participate in the Homeless Youth Program. Students work in this collaborative health care setting with a homeless or at-risk younger population and more diverse, complex pathology than is typically seen in family practice.

At the Covenant Shores residential retirement facility on Mercer Island, naturopathic students work with the health management of a geriatric population in their home community setting.

At Highpoint Medical Clinic (another Puget Sound Neighborhood Health Clinic), naturopathic and acupuncture students directly participate in the health care of this all-ages, multi-ethnic, low-income patient population in a collaborative health care setting.

At the Rainier Park Medical Clinic (also a Puget Sound Neighborhood Health Clinic), acupuncture students provide acupuncture services to a multi-ethnic and low-income patient base.

At the Northwest Center for Optimal Health, a private practice in Edmonds, WA, naturopathic students receive training focused on practice building skills, communication and co-management with conventional providers at a nearby hospital and health care for low or fixed income patients.

At Bastyr University Kenmore campus, Bastyr Center for Natural Health maintains physical medicine shifts, providing supervised hands-on care to students and staff.

## THE SCHOOL OF APPLIED BEHAVIORAL SCIENCE

The LIOS/Bastyr School of Applied Behavioral Science is located at the university's main campus facility in Kenmore. On-site are classrooms, faculty and administrative offices, library and career resource center. The majority of course work is held off-site at retreat centers in the greater Puget Sound area.

## LIBRARY

The Bastyr University library provides resources and services to students, staff, faculty and graduates of Bastyr University, to other medical professionals and to the public. The library's collection includes more than 11,000 books on many aspects of the natural sciences and medicine, including anatomy, physiology, biochemistry, botanical medicine, allopathic clinical medicine, naturopathic medicine, acupuncture and Oriental medicine, nutrition, psychology and related fields. Copies of all required and recommended class texts are kept on reserve. The library has subscriptions to more than 250 journals, many of which are unavailable elsewhere in the area. Videotape and audiotapes of lectures and documentaries are also available. The library staff provides an extensive reference service and maintains an up-to-date vertical file of reference materials.

*The Library Letter*, an informative newsletter, is published three times a year.

A computerized online catalog provides access to materials in the Bastyr library. In addition, library patrons can use word-processing programs, natural medicine databases, and the Internet on the library's computers, as well as MEDLINE, the largest index to the medical literature. Audiovisual equipment includes slide projectors, a VCR and television, radios, an x-ray viewer and a heart-lung synthesizer. The library also maintains a branch at Bastyr Center for Natural Health for use by student clinicians and faculty.

In addition to the unique resources of the Bastyr University library, students and faculty have access to the University of Washington libraries, including the Health Sciences Library, the largest medical library in the Northwest.

The library's Web site (<http://www.bastyr.edu/library>) contains a wealth of information, book reviews from *The Library Letter* and links to diverse resources on the World Wide Web. The library's catalog may be searched at <http://library.bastyr.edu>.

# ACADEMIC POLICIES/ PROCEDURES

This section on academic policies is intended to provide students with a working definition of some of the more important policies pertaining to their academic life at Bastyr University, inform students of their academic rights and responsibilities and outline administrative procedures. The *Academic Policy Handbook* provides further details of academic policies and procedures.

## STUDENT PROMOTIONS COMMITTEE

The student promotions committee consists of faculty from each department within the university. The vice president for academics and research, the dean of students and the registrar are nonvoting members on the committee. This committee evaluates student academic performance every quarter. The committee reviews records of those students who have had academic concerns in the previous quarter(s). The criteria for review include, but are not limited to, a failure grade, a combination of two or more PC grades, or instructor concerns. The committee looks at the entire academic record of the student and makes a determination as to the appropriate course of action. An accumulation of PCs over the course of several quarters would also warrant committee review. The courses of action may include, but are not limited to, interviewing the student, probation, a learning contract, suspension or dismissal.

Dismissals from the university are automatic in the case of the following:

1. Failure to satisfactorily complete a learning contract.
2. Failure of the same class twice.
3. Failure of two clinic shifts.
4. Three failures in the same quarter.
5. Two failures in sequential courses.

## APPEAL OF ACADEMIC SUSPENSION OR DISMISSAL

Academic dismissal is automatic under five circumstances:

- 1) **Failure to satisfactorily complete a learning contract.** In this situation there are no grounds for appealing academic suspension or dismissal except if the facts cited in the decision to dismiss that are crucial to the decision to dismiss are in error.

In the situation where there are pertinent factual errors, the written appeal must be made to the executive vice president (EVP) within five working days of when the sanction was issued. The appeal must specify and include the alleged documented inaccuracy and the relevance of that fact(s). A letter that does not make this case may lead to the dismissal of the appeal as insufficient. The appeal also must address why the student failed to fulfill the learning contract, as well as discuss a plan for successful completion of the requirements of the learning contract if the student is allowed to continue.

The EVP will attempt to respond within 10 working days to the request for appeal of academic dismissal and can only consider an appeal based on an error of fact. The EVP's decision is final and cannot be appealed.

- 2) **When a student has failed the same required course a second time.** If the student wishes to appeal, a written appeal must be made to the EVP within five working days of the start of the next quarter. This appeal must address why the student failed the course a second time, as well as discuss his/her plan for successful completion of the program if allowed to continue. The EVP will attempt to respond within 10 working days. The EVP's decision is final and cannot be appealed.
- 3) **When a student has been dismissed due to receiving a second failure in a clinic shift.** If the student wishes to appeal, a written appeal must be made to the EVP within five working days of the start of the next quarter. This appeal must address why the student failed a second clinic shift, as well as discuss a plan for successful completion of the clinical requirements if allowed to continue. The EVP will attempt to respond within 10 working days. The EVP's decision is final and cannot be appealed.
- 4) **When a student has failed three or more courses in one quarter.** If the student wishes to appeal, a written appeal must be made to the EVP within five working days of the start of the next quarter. This appeal must address why the student failed three or more courses in one quarter, as well as discuss his/her plan for successful completion of the program if allowed to continue. The EVP will attempt to respond within 10 working days. The EVP's decision is final and cannot be appealed.
- 5) **When a student has failed two courses in a sequence.** If the student wishes to appeal, a

written appeal must be made to the executive vice president within five working days of the start of the next quarter. This appeal must address why the student failed a second time in a sequence, as well as discuss his/her plan for successful completion of the program if allowed to continue. The EVP will attempt to respond within 10 working days. The EVP's decision is final and cannot be appealed.

**LIMITS ON STUDENT CREDIT LOADS**

Bastyr University degree programs are described in the *Bastyr University Catalog*. The recommended didactic program for each year and track of the degree programs is specified. Elective courses and clinic credits are expected over and above the required didactic courses.

*The Student Handbook* specifies the requirements for full-time, half-time and less-than-half-time enrollment status for each program. Capable students may choose to exceed the full-time recommended enrollment in order to include important electives or special interests in their programs. However, the following are the maximum credit loads for which students may register in each program in any given quarter:

Bachelor of Science .....	20 credits
Master of Science in Nutrition .....	16 credits
Master of Science in Nutrition w/ DPD Completion Option .....	24 credits
Master of Science in Acupunc., Acupunc. & Oriental Medicine .....	25 credits
Doctor of Naturopathic Medicine .....	30 credits

Students who are seeking degrees in multiple programs must plan their registrations carefully so that they do not exceed the stated limits. Students in dual programs may use the credit limit of either program.

In extraordinary cases, very capable students may be allowed to exceed the maximum for their programs upon approval by their program chairs. Program chairs indicate their approval by signing the students' registration or add/drop forms and noting the credit load being approved. Any approved increase may not exceed 10 percent of the above totals.

**ELECTIVE POLICY**

**All Students**

Only three credits of the massage intensive course may be applied toward the total elective credits required to graduate.

**Naturopathic Medicine**

Fifteen elective credits are required in the naturopathic medicine program. Of the 15, a maximum of nine credits from any one discipline may be used to satisfy the requirement. When a naturopathic medicine student is granted a waiver for core course work, additional elective credits equal to the number of credits waived must be earned to fulfill the total credit requirement. The rule of a 9-credit maximum does not apply to elective credits over and above the first 15. Elective credit covering waived course credit may be from any discipline.

**Dual Track [ND/AOM]**

Dual track students must complete 12 elective credits. Four of the elective credits must be from Oriental medicine or Chinese medicine and eight credits from other disciplines. If a dual track student has waived a required course from either program, core course credit from the *opposite* program cannot be used to cover the waiver. Use of core credits would result in a shortage of overall credits.

**MSA/MSAOM**

As of fall 1997, MSAOM: six elective credits from any discipline are required.

As of fall 1998, MSA: nine elective credits from any discipline are required.

**MSN**

As of fall 1997: seven elective credits from any discipline are required.

**MSN Research**

As of fall 1998: 15 elective credits are required. A minimum of six credits must be from nutrition.

As of fall 2002: 10 elective credits are required. A minimum of four credits must be from nutrition.

**MSN Clinical/Counseling**

As of fall 2001: five elective credits are required. A minimum of two credits must be from nutrition.

As of fall 2002: 10 elective credits are required. A minimum of four credits must be from nutrition.

**BSN**

As of fall 1997: 11 elective credits are required. A minimum of five credits must be from nutrition.

**BS Exercise Science and Wellness**

As of fall 2001: six elective credits and three activity credits for a total of nine required elective credits.

As of fall 2002: seven elective credits; three credits must be activity courses.

### **BS Health Psychology**

As of fall 1998: 20 elective credits are required.

### **Double Major BSN/Exercise Science**

As of fall 2000: No additional electives are required. A maximum of three activity credits are allowed as electives.

### **BS Herbal Sciences**

As of fall 2001: eight elective credits from any discipline are required.

## **ATTENDANCE POLICY**

### **Course and Lab Attendance Policy**

Bastyr University does not have a lecture (class) and lab attendance policy. However, faculty members may establish attendance requirements in their course(s) or lab(s). Some state licensing boards and the Veteran's Administration require 90 percent attendance. Students receiving financial assistance from the Veteran's Administration or students who need to meet state licensing board requirements are responsible for notifying the faculty of their need to document attendance.

When a student has an excused absence, the faculty member may require that the student complete an assignment to make up for the time missed.

An absence is considered excused if a student has a legitimate personal emergency, a serious illness or a documented birth (midwifery students), as long as the student calls the faculty member(s) or leaves a message with faculty services informing the faculty member of the situation in advance. (24-hour voice mail is available.) LIOS students must contact the program lead or academic administration manager. (24-hour voice mail is available.) Faculty may require documentation upon return from the excused absence. It is the student's responsibility to meet with the faculty member to discuss the absence and make up work upon return. Missing more than the stated attendance requirements for the class may affect the student's final grade, and a student may be required to take the course again. In addition to possible consequences for absences, habitual tardiness may be taken into account by faculty as part of the course grade and/or may be reported to the dean of students for sanctions under the student conduct code.

Students cannot register for two courses or labs that are scheduled at overlapping times. Credit can

only be applied to a single course at any one given time. Students cannot attend a course without being registered for it and must attend the section of a course or lab for which they are registered. Failure to follow this policy may result in loss of course credit or a course grade of no show (NS).

### **Clinic Attendance Policy**

All student clinicians are required to attend at least 80 percent of each assigned quarter shift in order to receive a grade of achieved competency (AC) for each shift. Holidays and emergency closures of the clinic do not figure into the total quarter attendance. A student who does not attend at least 80 percent of the shift (two excused absences) will receive a failure grade for that shift and lose all patient contacts and hours. The entire shift would need to be taken again. Exceptional circumstances resulting in a third absence may be approved at the discretion of the supervisor. Four or more absences will result in an automatic failure for that shift. Please note that 100 percent of the required clinical hours must be completed before recommendation for graduation. Please refer to the *Student Clinician Handbook* for details.

### **Religious or Spiritual Holidays**

The university's policy is to attempt to accommodate the observance of religious practices. Religious absences will not count against any attendance requirement, but students are responsible for the information and material covered. Students must arrange with faculty to take missed quizzes and exams immediately upon return. Students observing such holidays are required to notify faculty during the first week of classes, as well as find substitutes for clinic shifts affected. Bastyr University schedules clinical training and occasional required courses or intensives on weekends. Students with religious restrictions against attending classes on weekends need to contact their program chair, in advance, when such a conflict occurs. Efforts will be made to resolve such conflicts, but a resolution cannot be guaranteed.

### **Convention, Conference, Seminar and Workshop Attendance Policy**

Occasionally, there may be professional conventions or conferences offered during the academic year that programs encourage their students to attend. Students who wish to attend must receive permission from their instructor(s) in advance if there is an attendance requirement, exam or project due. Students are responsible for the information and



material missed. Students who receive permission must arrange with faculty to take missed quizzes and exams immediately upon return. Students must comply with the clinic absence policies. Please refer to the *Student Clinician Manual* for details.

## ADMISSION TO CLINICAL TRAINING

### For ND Students

In order to enter clinic as a student clinician, students must have successfully completed all required courses in the first two years of the naturopathic medicine program (four-year track). Those course requirements are detailed in the catalog in effect at the time of the student's initial matriculation. Students must also complete a course equivalent to the 49-hour Red Cross course entitled Emergency Response/Professional Rescuers Level C-CPR.

Students need to pass Clinic Entry 2 at the end of the spring quarter of their second year of the four-year track, or third year of the five-year track, before being eligible to enter clinic. Students must also complete 44 hours of preceptorship prior to entering clinic.

### For AOM Students

Admission as an intern to the AOM student training clinic at Bastyr Center for Natural Health is based on: 1) completion of a bachelor's degree or being enrolled in or graduated from an acupuncture master's program, 2) successful passage of the clinic entry written and practical exam, 3) successful completion of all basic science courses, and 4) current CPR for health care provider certification.

### For Nutrition Students

In order to enroll in Clinic Practicum, students must have successfully completed Nutrition in the Life Cycle, Disease Processes, Nutrition Assessment and Therapy 1 and 2, Nutritional Counseling and Nutrition Clinic Entry.

### For Midwifery Students

In order to enter birth practicum, students must be admitted into the naturopathic midwifery program, have successfully completed all basic science courses, Normal Maternity and Advanced Normal Maternity.

## DOUBLE MAJORS

Bastyr University allows a student to complete two majors, provided the student is in good standing at the time he/she wishes to declare the second

major. The second major cannot be declared until the second quarter of attendance. However, a student may start attending courses required for the second major in their first quarter of attendance. The student must submit the declaration of double major form to the registrar's office at the time the major is declared.

Students are advised that declaring a double major will probably increase the amount of time it takes to graduate. If the required courses for any quarter exceed the limit on student credit loads as outlined in Policy #97-C6 in the *Academic Policy and Procedures Manual*, a student must obtain permission from the academic chairs of both majors.

The only elective requirements that must be met for a double major are the special elective requirements required for either of the majors. Students must complete the following requirements for each degree:

### BSNHS-Nutrition/BSNHS-Exercise Science

Transfer credits	90
Major Core credits	116
Elective credits*	<u>8</u>
Total	214

\*5 cr. from Nutrition; 3 activity credits for Exercise Science

### BSNHS-Nutrition/BS-Herbal Sciences

Transfer credits	90
Major Core credits	129
Elective credits*	<u>5</u>
Total	224

\*5 cr. from Nutrition

### BSNHS-Exercise Science/BS-Herbal Sciences

Transfer credits	90
Major Core credits	134
Elective credits*	<u>3</u>
Total	227

\*3 activity credits for Exercise Science

## CRIMINAL BACKGROUND CHECKS

Washington state law requires that all employees, students and other individuals who will have access in a health care setting to children under 16 years of age, to vulnerable adults (as defined by state law) and to developmentally disabled individuals submit to a criminal history background check. The background check may require students to disclose information to the university about crimes and offenses against these populations. The background

check also includes a Washington State Patrol criminal identification system report of the record of criminal convictions for offenses against persons, civil adjudications of child abuse, and disciplinary board final decisions. Each student is required to submit to a criminal background check before he or she is allowed entry into clinical experiences. Students should be aware that failure to submit to the criminal background check, any false statement in these documents by the student, or discovery of current charges and/or a record of conviction of offenses may lead to dismissal.

The forms for these checks are distributed to students enrolled in programs requiring clinical training prior to the student's first clinical experience.

### **POLICY ON TB TESTING AND HEPATITIS B IMMUNIZATIONS**

These policies were enacted to protect the health and safety of employees and students who may be exposed to certain biohazardous agents in the campus and clinic working environments.

#### **Tuberculosis Screening**

All faculty, staff and students who work or take shifts at Bastyr Center for Natural Health are required to be tested annually for tuberculosis (TB). TB screening information/forms are distributed to students in one of their required clinical courses. Faculty and staff are required to provide that documentation to the safety officer at the center. There are no waivers of this policy. Employees who do not comply with this policy will be prohibited from working at the center. Students who do not comply are not allowed to take clinic shifts nor register for clinic shifts.

Bastyr University agrees to pay for 50 percent of the cost of TB screening for students (up to the amount charged by the King County Health Department). TB screening questions and requests for forms can be addressed to Joseph Sversak, the safety officer at the center.

#### **Hepatitis B Immunizations**

All ND, AOM and clinical nutrition students, AOM and ND faculty and staff at the center, and faculty (laboratory and operations assistants) who are "exposed individuals" (all employees who work at the main campus in the following capacities: instruction of any class involving possible exposure to body fluids/tissues, laboratory, first aid officer, or any other persons whose job may include exposure to

body fluids/tissues) are required to either take the hepatitis B immunization series, provide documentation that they have had such immunizations in the past 10 years, or sign a waiver refusing the immunizations, along with a release of liability form.

Bastyr University agrees to pay for 50 percent of the cost of immunization for students (up to the amount charged by the King County Health Department).

Note: All students are required to pay in full for the cost of testing antibody levels for any of the agents listed above, if they choose to check for individual immunity, prior to waiving or taking any immunizations.

Commencement of the immunization series (or submission of a waiver) and TB screening shall occur before the first day of work for all faculty and staff, before ND, AOM and clinical nutrition students begin their shifts, and with the start of fall quarter of each year for entering AOM and ND students. Hepatitis immunization forms/waivers are distributed to students in one of their required clinical courses. Hepatitis immunization questions and requests for forms can be addressed to Joseph Sversak, the safety officer at the center.

Anyone who has elected to waive the immunization series has the option to change that election, at any time, and take the immunization series.

### **DEGREE AND CERTIFICATE REQUIREMENTS**

To earn a degree at Bastyr University, a degree candidate must have completed the prescribed curriculum (refer to the specific academic program section), earned passing grades in all required courses and clinic shifts, satisfied the requirement for total degree or certificate credits and been recommended for graduation by the faculty. To be eligible to graduate, a master's degree candidate must have a minimum GPA of 3.0; a bachelor's degree candidate must have a minimum GPA of 2.0.

A student is held to degree requirements in effect at the time of first matriculation unless legal or accreditation standards mandate a change to an existing degree or certificate program. Those degree and certificate requirements are published in the edition of the *Bastyr University Catalog* that is in effect at the time of first matriculation. In rare circumstances, a course may be deleted from the required curriculum and/or curriculum substitutions may be made.

A student who is readmitted after an absence of more than one calendar year may be held to the requirements in effect at the time of his/her return. A

student may, by written permission of the program chair, elect to graduate under degree requirements specified in a subsequent *Bastyr University Catalog*; under no circumstances are the requirements from an earlier catalog applied.

Students in the ND program must complete their degrees within six years. Students in the MSA\*, MSAOM\* and MS nutrition programs must complete their degrees within five years.

\*This includes any requirements completed as a bachelor's student and applied toward the master's degree.

Students in all degree and certificate programs must have discharged satisfactorily all financial obligations to the university (tuition, fees, library fines, and all charges), including the graduation fee, for each program in which a degree or certificate is to be awarded. For students who have not met their financial obligations at the time of graduation, the earned degrees and certificates are posted to their records, but diplomas and official transcripts are held until the financial obligations are cleared.

#### DEADLINES FOR THE AWARDING OF DEGREES

The awarding and posting of degrees at Bastyr University are governed by the following deadlines. These deadlines affect only the actual awarding of degrees. Students' participation in commencement ceremonies is governed by a separate policy. The dates for final examinations each quarter are published in the *Bastyr University Catalog* and the registrar's quarterly calendar.

For all bachelor's degrees, master's degrees, and professional doctoral degrees awarded by Bastyr University:

- All course work must be completed by the last day of final exams for graduating students.
- Any IP (formerly Y), I, or PC grades in course work or clinic shifts must be replaced with passing grades no later than 4:00 p.m. on the last day of final exams.
- If a student has any outstanding course or grade requirements on the last day of final examinations, his/her degree will be posted at the close of the subsequent quarter.

#### GRADING POLICY

Grades are assigned based on the grading system of the department/program offering the course, rather than by the academic program in which the enrolled student is matriculated.

#### Naturopathic Medicine/Naturopathic Midwifery/Applied Behavioral Science/Clinic/Dietetic Internship

Bastyr University provides a competency-based learning format in the classroom for students in the naturopathic medicine program, naturopathic midwifery and applied behavioral science programs, all clinic courses and the dietetic internship program. A competency-based evaluation of student work and performance is structured on the premise of demonstrating competence of a well-defined set of information and/or skills.

With a competency system of grading, a student is aware of the learning objectives and core competencies for each course and clinic shift; knows how knowledge and understanding of these objectives and competencies is measured; and has the opportunity to demonstrate mastery by means of quizzes, exams, papers and/or practical application. The competencies established for each course reflect the goals and objectives of the appropriate program of study. Program and department chairs in the professional programs, in consultation with the faculty, determine the requirements and standards that students must meet in order to earn a grade of achieved competency, partial competency, or failure.

#### PROFESSIONAL (ND, MW) AND APPLIED BEHAVIORAL SCIENCE (MA) DEGREE PROGRAMS, DIETETIC INTERNSHIP AND CLINICAL SHIFTS

- AC - Achieved Competency
- PC - Partial Competency
- F - Failure - 0.0
- I - Incomplete - personal emergency or serious illness
- W - Withdrawn -Withdrawal form must be completed, signed and filed in the registrar's office at least three weeks before the end of a given quarter. ABS students must contact the academic administration manager
- AW - Administrative Withdrawal
- IP - In Progress - for clinic shifts, preceptorship, clinic entry, theses, didactic courses and internships
- N - No Grade
- CE - Challenge Examination
- NS - No Show
- AU - Audit

**ACHIEVED COMPETENCY (AC):** A grade of AC indicates the student has gained the defined knowledge, information, skills and core competen-

cies and has met the learning objectives as defined in the syllabi. Students must attain a level of achieved competency (AC) in all courses, clinic shifts, and internships. AC grades are not factored into the GPA.

**PARTIAL COMPETENCY (PC):** A grade of PC indicates that an aspect of the learning objectives or core competencies have not been achieved and there is need for further study to earn the required AC. Faculty determine the date by which a PC must be converted, however PC grades must be converted no later than the end of the break of the subsequent quarter in which the grade was received. (For LIOS, within one academic year.) Students may be required to complete a PC contract with the faculty member. Upon conversion of the grade, the instructor must submit a grade change form to the registrar's office. Grades of PC that have not been converted to AC grades by the deadline revert to F grades. The course, lab, clinic shift or internship must then be repeated. PC grades do not translate into partial credit on transcripts and are not factored into the GPA.

**FAILURE (F):** A grade of F indicates failure to meet the minimum level of competency for learning objectives or core competencies. A student who receives a failure in a required course, lab, clinic shift or internship must repeat that course, lab, clinic shift or internship. F grades are factored into the GPA.

**INCOMPLETE (I):** A student who is doing satisfactory work in a course but cannot complete the work because of a serious illness or personal emergency may receive an incomplete grade by filing a request for incomplete grade form with the registrar. Faculty determine the date by which an I grade must be converted; however, I grades must be converted no later than the end of the break of the subsequent quarter in which the grade was received. Students may be required to complete an I contract with the faculty member. Upon conversion of the grade, the instructor must submit a grade change form to the registrar's office.

**ADMINISTRATIVE WITHDRAWAL (AW):** A student who is suffering from a serious illness or experiencing a personal emergency and is unable to withdraw from term-based classes within the appropriate time frame may be awarded an AW by the registrar. The AW grade is awarded for all incomplete courses in a given quarter. See the AW policy for procedures.

**IN PROGRESS (IP):** IP grades are indicated for didactic courses, clinic shifts, preceptorships, community practicum, clinic preparation, theses,

internships, and clinic entry courses in which work may extend beyond the end of a quarter. IP grades for didactic courses must be converted no later than the end of the break of the subsequent quarter in which the grade was received. All other IP grades must be converted by the program completion deadline. Faculty reserve the right to determine an alternate deadline.

**NO GRADE (N):** N grades are assigned to indicate that a student is awarded no credit for a course but did not fail that course. N grades are administrative grades and are assigned only by the registrar. N grades are not refundable.

**NO SHOW (NS):** NS grades are assigned to indicate a student did not attend class. NS grades are not refundable and there is no credit given.

**AUDIT (AU):** Students generally audit a course for their personal enrichment. There is no credit given and no academic grade granted.

#### UNDERGRADUATE DEGREE PROGRAMS

For the undergraduate degree programs (except acupuncture and Oriental medicine) a student must maintain a 2.0 cumulative GPA in order to remain in good standing. Undergraduate students in the acupuncture and Oriental medicine program must maintain a 2.5 in their first year and a 3.0 in their second year. Any required course in which a student receives a grade of Fail must be repeated.

The letter grading system for acupuncture and Oriental medicine\*, nutrition, exercise science, herbal sciences and psychology undergraduate programs is as follows:

- A - 90 percent-100 percent or 4.0
- B - 80 percent-89.9 percent or 3.0
- C - 70 percent-79.9 percent or 2.0
- D\* - 60 percent-69.9 percent or 1.0
- AC - Achieved Competency - for clinic shifts, preceptorship, community practicum, outreach and practical courses
- PC - Partial Competency - for clinic shifts, preceptorship, community practicum, outreach, and practical courses
- F - Failure or 0.0
- I - Incomplete - personal emergency or serious illness
- W - Withdrawn -Withdrawal form must be completed, signed and filed in the registrar's office at least three weeks before the end of a given quarter.
- AW - Administrative Withdrawal

IP - In Progress - for didactic courses, clinic shifts, preceptorship, community practicum, outreach, clinic preparation, clinic entry, senior year projects and practical courses

N - No Grade

CE - Challenge Examination

NS - No Show

AU - Audit

For explanation of grading terms, see professional degree programs.

\*It should be noted that while a D grade is passing, some courses require a C grade for professional standards.

### GRADUATE DEGREE PROGRAMS: (MSA, MSAOM, MSN)

For the graduate degree programs, a student must maintain a cumulative GPA of 3.0 or better. Any course in which a student receives an F must be repeated.

The letter grading system for acupuncture and Oriental medicine and nutrition graduate programs is identical to the undergraduate system, as shown above, except for the following: There is no grade of D for a graduate student, and the IP grade applies also to work on a thesis. For explanation of grading terms, see listing under the professional degree programs.

### GRADE CHANGE POLICY

The grades of PC, IP and I are considered temporary grades and designed to be changed (see grading policy.) The grades of AC, A, B, C, D, and F are considered permanent grades and can only be changed if a faculty error was made at the time of issuance. The faculty member must submit documentation demonstrating the error to the registrar. Students are not allowed to submit additional work after the quarter has ended with the intent to raise a B, C, D, or F grade. The option of "extra credit" work must be written into the syllabus and collected prior to the end of the quarter.

### F OR PC IN SEQUENTIAL COURSES IN BASIC SCIENCES

For the basic science sequence courses if a student has an F, or a PC that converts to an F, the student will not be allowed to continue in the next sequential course. If the student has already registered for or begun the course, he/she will be withdrawn from the course.

### APPEAL OF GRADE PROCESS

This is a process to provide a confidential, fair and timely means for a student to appeal a grade. The intent is to promote a spirit of conciliation and mutual respect between students and faculty members.

Ultimate responsibility for integrity of grading belongs to the university as an institution. Faculty members routinely act as agents for the university in evaluating student academic performance and in assigning final grades.

The burden of proof lies with a student who is appealing the grade; however, every student has a right to know the criteria for performance evaluation to be applied in a course and the system of grading used by the instructor. This information should be included in the syllabus provided to students early in the quarter. The instructor has an obligation to award grades on the basis of rational, objective evaluation of a student's performance.

Questions of professional judgment concerning course content, instructional methods and appropriateness of performance standards are not subject to review by this process, although the department chair/dean or vice president for academics and research may consider them. Questions about the application of general university policies are also beyond the scope of this process but may be addressed to the appropriate administrative unit. This process does not apply to academic dismissals from the university.

Process: Students must initiate grade appeals with the program or department providing the course. The prefix designation of the course number signifies the department/program offering the course. In the clinic, grade appeals will proceed from supervising faculty to clinic medical director and then to dean of clinical affairs prior to going to the vice president for academics and research.

Once a student has started the process and met the timelines, no grade will be changed until the appeal process is complete.

When a student feels aggrieved by an instructor's grade, an informal conference should be arranged to allow the instructor to explain the evaluation that led to the grade and for the student to explain the nature of the appeal. This must take place no later than the first week of the following quarter. By mutual agreement, other persons may become involved at this point.

If this does not resolve the matter, the student must follow the grievance procedure outlined in *The Student Handbook* or *The Student Clinician Handbook*

for clinic grades. At specified points in this process, the student may file a formal appeal, in writing, with the chair, medical director or dean of the department. This must occur no later than the third week of the following quarter. The letter must describe the details of the grievance and propose a specific action for resolution. Upon receipt, the chair or dean will notify the instructor of the student action and request a written response along with a specific suggestion for resolving the appeal. Each party will receive a copy of the other party's submission.

Within two weeks of the appeal filing, the chair, medical director or dean will convene a meeting of the involved parties. Both parties may be accompanied by one support person or advocate, who must be a member of the Bastyr community. The chair, medical director or dean will attempt to resolve the issue. Within five working days of the meeting, the chair, medical director or dean will issue a written statement, summarizing the merits of the allegations and proposing a course of action, even as far as changing a grade. Each party will receive a copy of this statement.

If either the student or faculty member disagrees with the course of action proposed by the chair's/medical director's/dean's report, an appeal may be made to the vice president for academics and research within 10 working days. If no appeal is made within that time, the action proposed by the chair, medical director/dean becomes final.

If an appeal is made, in writing, the vice president for academics and research will attempt to schedule a hearing within 10 working days. In addition to the student and the faculty member, the program chair/medical director/dean will participate. The decision of the vice president for academics and research is final.

If a student fails to initiate the appeal process within the proscribed time limits or fails to follow this sequence of instructions, the right to proceed with the appeal process is forfeited for that specific grade appeal.

### **INDEPENDENT STUDY POLICY**

Independent study allows individual students to study areas of interest not included in the regular curriculum with the aid of an instructor or a selected resource person. Registration forms for independent study are available from the registrar. The deadlines for registration, payment and grading of independent study courses are the same as those for regularly scheduled courses.

Required courses may not be taken by independent study. Students may take an independent study course only if they are in good academic standing. ND students may request to do an independent study after they have completed at least 50 credits of their degree program; acupuncture and Oriental medicine and nutrition students must have completed at least 30 credits of their degree program. Psychology students must have completed at least 45 credits of their degree program. Students may apply a maximum of five (5) credits by independent study toward the completion of their degree program. Naturopathic midwifery students are required to complete two (2) credits of independent study as a part of their program. Each independent study credit should represent approximately 33 hours of work/activity.

### **DIVERSITY AWARENESS IN ACADEMICS**

The faculty of Bastyr University is dedicated to the welfare of its students and patients and to equal opportunity and access in education and health care. The faculty pledges its commitment to multi-cultural and minority health care perspectives in all academic programs, clinical training and patient services, including curriculum development, course content, and supervision. Specifically, the faculty considers and implements, wherever appropriate and feasible, health care information and therapeutics pertaining to differences in age, race, color, religion, national origin, sex, sexual orientation, socioeconomic level, disability and physical/mental challenge.

### **TRANSFER, WAIVER AND SUBSTITUTION POLICY**

Students who have completed course work at another institution, which meets or exceeds the academic objectives/competencies of a required course in Bastyr University's programs or which can be applied to required elective credits, may petition to have that course recognized as meeting Bastyr University's required course. A student may petition for transfer credits when he or she has satisfactorily completed a course at another accredited institution of higher education that is the same in terms of content, level and credit as a specific Bastyr University course. A waiver may be requested when formal training, course work or experience has been earned at an accredited or unaccredited institution. Waivers are appropriate to request in the following instances: If the course was part of a lower level degree which has been earned (e.g. a bachelor level

course for a graduate course), or if a course was at an inappropriate level for transfer into a Bastyr University program (e.g. a community college level course into a graduate program). In some cases students may request to substitute one Bastyr University course for another Bastyr University course. The petition to waive, substitute or transfer credits is available in the registrar's office. For additional information regarding transfer of credit to Bastyr University, please see the transfer of credit policy in the *Academic Policy Handbook* and the *Undergraduate Transfer Guide*.

#### WHERE TO FIND OTHER ACADEMIC POLICIES

The complete *Academic Policy Handbook* is located on the shared drive on the library computer and can be found in the following offices: vice president for academics and research, dean of students, registrar's office, all academic department offices and on the communications bulletin board. Student clinicians are also held to the policies found in the *Student Clinician Handbook*. The following academic policies can also be found in the *Student Handbook*:

- Academic Advising
- Administrative Withdrawal
- Audit
- Add/Drop
- Cadaver Laboratory
- Code of Conduct (Classroom Conduct and Honor Code)
- Community Service
- Compliance with FERPA
- Consensual Relationships Policy
- Examination Policies: Challenge Examinations, Competency Examinations, Rescheduled Examinations, Retaking Failed Examinations
- Leave of Absence
- Making Up Classes
- Participation in the Graduation Ceremony
- Students Teaching
- Time Limits for Appealing Registrations
- Transfer of Credit
- Withdrawal

## FACULTY

Bastyr University's location in the Seattle area has been a tremendous asset in developing a highly diverse, thoroughly qualified faculty. The greater Puget Sound area has dozens of higher education institutions, including at least five universities, many colleges and community colleges, medical and dental schools, and residency programs. Drawing full and part-time faculty from this rich educational environment, Bastyr University has brought creative teachers in a variety of disciplines together with a committed group of naturopathic doctors, nutritionists, acupuncturists, psychologists and midwives as active participants in the students' educational experience.

The university's employment standards for faculty recruitment give priority to individuals with both teaching experience and doctoral degrees in the areas they teach. The current level of 80 percent doctorate-level faculty demonstrates the school's success in meeting this standard. When doctorate-level faculty are not available for an academic course, a master's-level candidate is considered if the degree is in the field being taught and there is adequate teaching experience. For the few courses which are more experiential (e.g., Massage, Whole Foods, Therapeutic Touch), faculty without graduate degrees are considered.

Teaching is the primary obligation of the Bastyr faculty. Faculty members are strongly encouraged to continuously upgrade their skills and knowledge through active participation in continuing education activities. Teaching effectiveness is evaluated regularly, primarily through student, peer, and supervisor-evaluation procedures. Faculty members participate on several university-wide committees and meet regularly as a faculty senate to discuss issues of mutual importance.

A listing of 2002-2003 faculty is located on pages 122 of this catalog.

## RESEARCH AT BASTYR UNIVERSITY

Research at Bastyr University is devoted to the evaluation of natural medicine practices, the exploration, development and evaluation of new treatments for serious chronic diseases, the continued development of faculty research skills and the training of students in research methods. The burgeoning interest in natural health care has precipitated a growing need for basic and clinical research in naturopathic medicine, Oriental medicine and nutrition.

Research is at the core of the university's mission. As the nation's leading academic institution of natural medicine, Bastyr University fosters intellectual responsibility by documenting the results of sometimes centuries old empirically-derived practices with rigorous scientific method and by articulating their theoretical underpinnings.

Bastyr's research facilities include a sophisticated computerized data management system, the Tierney Basic Science Laboratory with analytical chemistry and tissue culture capacities and an outpatient clinic for conducting clinical studies. Bastyr University has its own institutional review board for ensuring the safety and ethical treatment of human subjects enrolled in clinical trials.

Research at Bastyr University has a growing reputation both nationally and internationally. Its commitment and expertise have been recognized by a growing number of foundations and natural health product manufacturers who have funded many projects over several years. In September, 1994, Bastyr University became the recipient of a grant by the National Institutes of Health Office of Complementary and Alternative Medicine (now known as the National Center for Complementary and Alternative Medicine - NCCAM) to establish a research center in alternative medicine. The four-year grant funded the Bastyr University AIDS Research Center with Leanna Standish, ND, PhD, serving as principal investigator. In 2001 NCCAM awarded Bastyr University the T32 postdoctoral training grant, the first such award to a complementary and alternative medicine (CAM) institution. In 2002 a Bastyr faculty member became the first CAM recipient of the prestigious K23 career development award. Bastyr's researchers continue to garner support from the National Institutes of Health; and collaboration with researchers at major universities, including the University of Washington, continues

to expand. Examples of these include two R25 CAM education grants with the University of Washington School of Medicine and the University of Washington School of Nursing.

Research faculty have conducted diverse studies. These include randomized clinical trials, larger observational studies and laboratory investigations on a variety of topics, including cardiovascular effects of garlic, nutrient absorption, naturopathic treatment of HIV infection, a survey of therapies used by naturopathic physicians who treat breast cancer, management of uterine fibroid tumors, homeopathic treatment of osteoarthritis, botanical treatment of menopausal symptoms, botanical and nutritional treatment for weight loss and diarrhea in HIV+ patients, hyperimmune bovine colostrum in the treatment of cryptosporidiosis, in vitro evaluation of botanicals and ultrahigh dilutions of chemotherapeutic drugs in breast cancer cells, botanical treatment for hematoma, reliability studies of electrodermal screening devices, homeopathic treatment of tinnitus and homeopathic provings.

Studies currently underway include an evaluation of echinacea in respiratory infections in children, in vitro immunomodulatory activities of echinacea species, distant healing in AIDS, evaluation of siliphoss for hepatitis C, antitumor effects of botanical medicines, neurophysiological studies pertinent to consciousness science and the effect of hypericum in children with depression. For information, contact Dr. Leanna J. Standish, (425) 602-3165, [ljs@bastyr.edu](mailto:ljs@bastyr.edu).



# GENERAL ADMISSIONS

## DEGREE AND CERTIFICATE PROGRAMS

Bastyr University offers degree programs in naturopathic medicine, nutrition, exercise science and wellness, acupuncture and Oriental medicine, health psychology, herbal sciences and applied behavioral science; and certificates in midwifery and Chinese herbal medicine; and the didactic program in dietetics and dietetic internship. Specific information regarding admission to the natural health sciences programs is included in the separate academic program sections. For information about admission to the applied behavioral science programs, call or write the LIOS/Bastyr University School of Applied Behavioral Science, Leadership Institute of Seattle (LIOS), 14506 Juanita Drive NE, Kenmore, Washington, 98028-4966 (425) 939-8100, or visit the LIOS Web site ([www.lios.org](http://www.lios.org)).

Students wishing to enter Bastyr University natural health science programs complete and submit the Bastyr University application along with a nonrefundable application fee (\$60 for undergraduate programs and \$75 for graduate and professional programs). In addition, supplemental application materials must be submitted for each degree and certificate program.

## ADDING ADDITIONAL PROGRAMS

Bastyr University has a significant number of students who plan to enroll in more than one degree or certificate course. New students must enter the university in a single degree or certificate program. Once enrolled, students who want to matriculate in an additional program must go through a formal admissions process. Information and application materials are available from the admissions office.

For detailed information about the didactic program in dietetics, see page 69. For information on the dietetic internship, refer to page 59.

For detailed information on combined ND and AOM program options, refer to page 54.

## NON-MATRICULATING AND NON-DEGREE STUDENTS

Non-matriculating or non-degree students are those who are not matriculated or formally admitted to a degree or certificate program. Such students may enroll, through the registrar's office, in undergraduate classes provided:

1) the student has successfully met prerequisites for the course.

2) there is room in the class.

Students may enroll, through the registrar's office, in graduate or professional courses provided:

1) the student has successfully met prerequisites for the course.

2) the student receives permission from the instructor and the chair or dean of the department in which the course is offered.

3) there is room in the class.

## POST-BACCALAUREATE PREPARATORY PROGRAM

Students who have earned a bachelor's degree may apply for admission to the post-baccalaureate preparatory program. This program is designed for (a) students who have been accepted to a graduate or professional program for a future term but who still need to complete prerequisites and wish to take these courses at Bastyr University, and (b) students who are planning to apply for a degree program at Bastyr University and intend to enroll in courses at the university totaling six (6) or more credits per term while fulfilling prerequisite requirements. Post-baccalaureate preparatory programs are individually designed to permit students to meet outstanding prerequisite requirements and must be completed within one year. Students enrolled in a preparatory program must meet standards of satisfactory progress and minimum standards of admissibility for the degree program in which they wish to matriculate. For more information, contact the admissions office.

Students enrolled in the post-baccalaureate preparatory program are eligible for financial aid. Please contact the financial aid office for an application packet or additional information.

## PREREQUISITE WAIVERS

Some prerequisite course requirements may be waived based on documented learning experience. Applicants who wish to request such a waiver must submit a completed petition to waive a prerequisite form to the admissions office.

## APPLICATION DEADLINES

Bastyr University accepts applications on a rolling basis until all available spaces are filled. The recommended priority dates for fall consideration for

all financial aid programs are February 1 for the naturopathic medicine program, April 15 for the didactic program in dietetics (DPD) and March 15 for all other natural health programs. Applications received after that time are welcome but are accepted on a space-available basis. Applicants who wish to apply for a quarter other than fall should first check with the admissions office to see if they qualify to begin courses out of sequence.

### INTERVIEWS

Interviews are required for clinical, professional, and certificate programs. Applicants are required to interview at the university's main campus in Kenmore, WA. Telephone interviews may be granted in exceptional circumstances.

### VISITING CAMPUS

Prospective students are invited to visit classes on the Bastyr campus, speak with an advisor, and talk with students in order to further explore a career in the natural health sciences. Visitors should call at least a week ahead to arrange for an appointment. The admissions office is open weekdays from 8:30 am to 5:00 pm Pacific Time, excluding holidays. Regular classes are in session from late September through early June. Upon request, the admissions office will send information about lodging in the area and transportation to the university from Seattle-Tacoma International Airport.

### SELECTION FACTORS

The programs at Bastyr University are committed to providing quality natural health care to all communities. Applications from under-represented minorities are encouraged. The university supports equality of educational opportunity and, therefore, does not discriminate on the basis of race, color, national origin, gender, sexual orientation, age, religion, creed, or handicap in admission or access to its programs and activities.

The school encourages students of diverse backgrounds and experience to apply. For detailed program information, refer to the required skills and abilities section, if applicable, in the graduate program section (pages 30-62).

### ACCEPTANCE

Following completion of the application process a letter of acceptance is sent to those students selected. Those students who are making satisfactory

progress toward the completion of their prerequisite requirements may be accepted with conditions. For these students, matriculation is contingent on successful completion of the requirements outstanding at the time of acceptance. The applicant must return a nonrefundable deposit to hold a place in the class within two weeks of receipt of the acceptance letter. The deposit is credited toward tuition at registration. Applicants have six business days from the university's receipt of their deposit in which to request return of the deposit. Following this time, deposits are nonrefundable, even if applicants decide to reapply and enroll in a subsequent year.

Admission is offered for a specific quarter of a specific year. For most degree programs, students are admitted only in the fall quarter.

An admissions file (except for confidential recommendations) may be examined by the student only after acceptance and enrollment. Files remain the property of the university, and information contained within cannot be returned to or copied for the student. Certain items submitted for admission to the university are not considered to be part of a student's permanent academic record. Those items are therefore purged from the file upon receipt by the registrar's office.

### DEFERRAL OF ENROLLMENT

Applicants who have accepted their offers of admission may request a deferral of their acceptance for up to one year. Applicants who are granted a deferral must pay the deposit for the year in which they initially intended to enroll by September 1. Deferred acceptance students must also pay the deposit for the next academic year by February 1. If the applicant fails to make the second deposit, the deferral is rescinded and the initial deposit forfeited. If a deferred student enrolls, both deposits are credited to tuition. If the deferred applicant fails to enroll, both deposits are forfeited.

### DEPOSITS

All candidates for admission who have been accepted into a program at Bastyr University are required to pay a nonrefundable deposit (\$200 for the naturopathic medicine program; \$100 for all other programs) to hold a place in the entering class. The deposit is credited toward the student's first quarter tuition. Applicants should be aware that the university may, without notice and at the discretion of the admissions committee, offer to another stu-

dent the place of any applicant whose deposit has not been submitted within the specified time.

Accepted students who have not yet paid a deposit for fall quarter and wish to take a summer course (i.e., general or organic chemistry), must pay a \$100 non-refundable deposit to hold their place in the summer class. This deposit is credited towards the student's summer tuition. Continuing students are not required to pay a deposit for summer courses.

Currently enrolled students who have been accepted into an additional program at the university are not required to pay a deposit.

### **GRADUATE LEVEL TRANSFER CREDITS AND ADVANCED STANDING STATUS**

Students who have completed professional programs may be considered for advanced standing status. Students who have attended, but not graduated from, similar graduate or professional programs may receive transfer credit for individual courses but are not considered advanced standing students. Graduate and professional students must complete at least 2/3 of their credits at Bastyr University. Specific information regarding transfer and advanced standing status policies for the naturopathic medicine program is included in that program section (page 42-43). Specific information regarding transfer policies for AOM programs and California licensing requirements are included in the acupuncture and Oriental medicine section (page 33-34).

### **UNDERGRADUATE AND COMMUNITY COLLEGE TRANSFER CREDITS AND RESTRICTED COURSES**

Bastyr University accepts, for transfer, undergraduate credits earned at any regionally accredited college or university, provided the courses are similar in content and taught at the same level as courses within the curricula of Bastyr University. As the university is an upper-division institution, all undergraduates are transfer students. A maximum of 135 quarter credits or 90 semester credits may be transferred toward an undergraduate degree. Ninety quarter or 60 semester credits may be transferred from a community college. An additional 10 credits may be accepted from a community college in the following areas if the content of the courses is determined to be equivalent to the required courses at Bastyr University: organic chemistry, anatomy and physiology, microbiology, introduction to botany, statistics, developmental psychology, abnormal psychology, social psychology and psychology of personality. Once a student has ma-

triculated into Bastyr, additional credits over 90 will not be transferred from a community college. All entering undergraduate students are required to have at least a 2.25 cumulative grade point average, with a grade of C (2.0) or better in all required courses. Transfer students who hold an approved direct transfer associate degree from a Washington state community college are given priority consideration in accordance with the Washington Inter-College Transfer and Articulation agreement. Admission to Bastyr University is competitive. All applicants are evaluated on the basis of academic records, narrative statement and applicable experience.

Undergraduate students may transfer a maximum of three quarter credits of one-credit physical education credits toward the required 180 graduation credits. A maximum of 15 vocational or technical credits may be applied to the elective credit total. Non-college level mathematics courses below college algebra, such as basic algebra and intermediate algebra, are nontransferable. Other non-college courses, such as remedial composition and English as a second language, are also nontransferable. College Level Examination Program (CLEP) and military credits are restricted to the 15 vocational or technical credit limit.

### **APPLICANTS WHOSE FIRST LANGUAGE IS NOT ENGLISH**

The following is required of all applicants, including international students, whose native language is not English:

Official TOEFL exam results of 213 on the computer-based test or 550 on the paper-based test, or two quarters or semesters of enrollment in liberal arts courses taught in English, totaling at least 15 quarter credits of college transferable credits (not including vocational course work or English as a second language), completed in an accredited U.S. or Canadian school, with a GPA of 3.00 or greater (no single course less than a "C-" grade or a 1.7 on a 4.00 scale). TOEFL scores over two years old will not be accepted. Applicants must also complete a successful in-person interview and may be required to take the test of spoken English, administered at many of the same locations as the TOEFL exam, and earn a score of 50 or greater. (AOM applicants must achieve the currently reported mean score on the test of spoken English.) The Bastyr University code for the TOEFL exam is #9839. Admitted students whose first language is not English may also be required to take additional elective credits and/or training to improve their language skills.

## INTERNATIONAL STUDENTS

To be eligible for enrollment at Bastyr University, all international student applicants must submit an application, application fee, letters of recommendation, documentation of sufficient funds (see below), and official transcripts or an evaluation sent from a foreign credential evaluation service, and a current photograph. Priority application dates for the health sciences programs are the following: February 1 for the naturopathic medicine program, March 15 for all other programs, except the didactic program in dietetics (DPD), which is April 15. Application deadlines for the applied behavioral science programs (Leadership Institute of Seattle) are four weeks before the beginning of the first module. Applicants who speak English as a second language are required to earn a 213 on the test of English as a foreign language (TOEFL) (550 on the paper-based test), and to complete a successful in-person interview. Applicants may be required to earn a score of 50 on the test of spoken English. (AOM applicants must achieve the currently reported mean score on the test of spoken English.) (See details under Applicants Whose First Language Is Not English, above.) Official transcripts from any college or university outside the United States or Canada must be translated and evaluated, course-by-course, by an independent evaluation service. The service forwards the evaluated transcript to Bastyr University, at the applicant's request. There is a charge for this evaluation. Forms are available from the service directly or through the admissions office at Bastyr University.

Limited dormitory housing is available. Most students rent an apartment or house in nearby areas.

International students must enroll as full-time, degree-seeking students.

International students who have attended other medical school programs and are requesting advanced standing status in Bastyr University's naturopathic medicine program should ask for additional information about advanced standing status from the admissions office. These students must meet advanced standing requirements for the program to which they are seeking admission.

## F-1 STUDENT VISAS

A nonimmigrant student and his/her spouse/children may be admitted into the United States in the F-1 classification during their course of full time study. This does not include those applicants who hold dual citizenship, are lawful permanent residents

(or have received confirmation from the INS of an adjustment of status to Lawful Permanent Resident), have a valid business visa, or, if by blood percentage, are 50 percent or more North American Indian. However, Bastyr University requires official documentation of such status. Students with current F-1 visas transferring to Bastyr University must forward a copy of their current I-20. Future immigration laws may require a fee to process an I-20.

## DOCUMENTATION OF SUFFICIENT FUNDS

To qualify for a student visa, applicants must provide complete and accurate documentation of sufficient funds to cover the cost of the first year of school, books and living expenses. Official bank statements, a signed letter of support or an affidavit of support (available from the Immigration and Naturalization Service), sponsor income verification, or other proof of liquid assets is required to document sufficient funds. The amount required to cover expenses for the first year is dependent upon the program of study and listed in the I-20 documentation work sheet which is part of the application packet for international students. Financial documentation is required because off-campus employment is prohibited by the INS during the first year of study. International students are limited to no more than 20 hours a week of on-campus employment while school is in session and may work full time during vacation periods, as long as they have maintained status and intend to register for the following term. Bastyr University has a very limited amount of international employment money available. International students are not eligible for federal or state funded student aid programs but may obtain private loans with a U.S. citizen or resident as co-signer. Canadian students also have access to the Canadian federal student loan program and most provincial loans.

## FINANCIAL AID

The role of the financial aid office at Bastyr University is to assist students in obtaining the funding they need to reach their educational goals.

Bastyr University participates in the full range of state and federal student financial aid programs. Student eligibility is determined following the state and federal regulations that apply to each particular aid program.

Graduate students primarily rely on federal educational loan programs, including subsidized and unsubsidized Stafford loans and loans from the

Perkins loan program. Employment opportunities are provided by the federal and state work study programs.

Additional support is provided by scholarship programs administered by Bastyr University from both endowed programs and university resources.

Undergraduate students are also eligible for all of the programs mentioned above but are also eligible for federal grants (Pell grants and Supplemental Educational Opportunity grants) and state grants (Washington state need grant and state opportunity grant).

Private loan programs also provide a supplemental source of credit, offering funding to students at market rate interest. These loans require a positive credit history and/or a co-signer with good credit.

International students are not eligible for federal or state funded student aid programs but may obtain private loans with a U.S. citizen or resident as a co-signer. Canadian students also have access to the Canadian federal student loan program and most provincial loans.

There is also a special private loan program for Canadian students. All international students are eligible for university funded scholarship and grants and for on-campus employment from university funds.

**Financial Aid Deadlines:** There are no formal university deadlines. However, undergraduate students are encouraged to apply by March 15 in order to receive consideration for several external grant programs with June deadlines. All students are encouraged to apply for financial aid at least 90 days before the first quarter of attendance.

Detailed information on application procedures, program costs, and financial aid funding patterns are published annually in the *Bastyr University Financial Aid Handbook*. You may request a copy from either the financial aid office or the admissions office.

# GRADUATE PROGRAMS AND CURRICULA

## ACUPUNCTURE & ORIENTAL MEDICINE

### OVERVIEW

The field of acupuncture and Oriental medicine in America is rooted in the traditional medicine of China that has evolved over the past several thousand years. The contemporary model of natural health care education and practice in China is the combined system of traditional Chinese medicine (TCM) and Western medicine. This system has strongly inspired the current programs in acupuncture and Oriental medicine at Bastyr University.

The department of acupuncture and Oriental medicine was established in 1988 and currently offers the following degree/certificate options:

- Bachelor of Science in Natural Health Sciences/ Master of Science in Acupuncture (BSNHS/MSA).
- Bachelor of Science in Natural Health Sciences/ Master of Science in Acupuncture and Oriental Medicine (BSNHS/MSAOM).
- Master of Science in Acupuncture (MSA).
- Master of Science in Acupuncture and Oriental Medicine (MSAOM).
- Certificate in Chinese Herbal Medicine (CCHM) - postgraduate offering.

These programs are closely interrelated and require the same foundation studies in traditional Chinese medicine.

**Combined Bachelors/Masters Program (BSNHS/MSA or BSNHS/MSAOM):** Students who have completed at least 2 years at the undergraduate level (60 semester credits or 90 quarter credits) have the opportunity to earn their bachelor's degree in combination with either the master of science in acupuncture or the master of science in acupuncture and Oriental medicine. Master's program prerequisites must also be met prior to matriculation. The bachelor's degree is awarded at the time of graduation from the master's program.

### Master of Science in Acupuncture

The MSA provides the didactic and clinical training necessary for eligibility for the national acupuncture board exams and for licensing in most states. This is a three calendar year course of study.

### Master of Science in Acupuncture and Oriental Medicine

The MSAOM is the model comprehensive degree program. It includes all the didactic and clinical training of the MSA but also includes Chinese herbal medicine and Chinese medical language. This is a three and a half calendar year course of study.

### Mission Statement

*The mission of the acupuncture and Oriental medicine program at Bastyr University is to prepare qualified practitioners to strive for excellence in their work. This is accomplished through rigorous training in traditional Chinese medicine with an emphasis on interfacing with other health care disciplines. The program is committed to having graduates who are respected among their health care peers, dedicated to service in their community and prepared for lifelong learning in the field.*

The educational objectives of the acupuncture and Oriental medicine program are focused on training graduates to be:

- 1) Safe and effective in the care of patients by demonstrating in-depth ability in the following areas:
  - a. Knowledge of traditional Chinese medicine diagnostic strategies and their application to individual cases.
  - b. Skill in the traditional methods of assessment of patients including interviewing, palpation and observation.
  - c. Competence in selecting the appropriate treatment modalities and plans for a patient utilizing acupuncture, Tui Na, Chinese herbs (relevant to the MSAOM) and lifestyle counseling.
  - d. Skill in the application of acupuncture techniques in an appropriate fashion for each patient.
- 2) Able to integrate Eastern and Western paradigms of medicine for the purposes of informing the practice of traditional Chinese medicine, communicating with other health care professionals and patients, and making appropriate medical referrals when necessary.
- 3) Professional in their approach to setting up and maintaining a private practice, interfacing and networking with other health care professionals and providing leadership within the acupuncture and Oriental medicine field.
- 4) Capable of accessing research information and critically assessing the value of published clinical research in the field.

- 5) Able to provide health prevention measures based on traditional Chinese medicine (such as Tai Chi, Qi Gong, and dietary guidelines) to support the well being of their patients and themselves.
- 6) Qualified to pass national and state acupuncture and/or herbal exams.

### NEW ACUPUNCTURE AND ORIENTAL MEDICINE DOCTORAL PROGRAM

The mission of the acupuncture and Oriental medicine doctoral program at Bastyr University is to train qualified practitioners in an integrated clinical approach to oncology. This is accomplished through: 1) rigorous training in advanced concepts of traditional Chinese medicine (TCM) and biomedical theory and 2) an emphasis on training practitioners to be able to work in collaborative clinical settings. The program is committed to producing graduates who are prepared for lifelong learning in the field.

The AOM clinical doctorate is focused on training students in cancer care and treatment with an emphasis on training in integrated clinical settings. Courses include Advanced Chinese Medical Classics, Advanced Acupuncture Techniques, Chinese herbs and therapeutics classes. Basic science classes focus on oncology pertaining to pathology and pharmacology. The program also includes nutrition, grand rounds and counseling courses. A research project is required. This course of study is intended to be taken on a part-time basis over 11 quarters.

The degree title is "DAOM," doctor of acupuncture and Oriental medicine. At the present time, there is no change in scope of practice for doctoral students. Students would choose to pursue this training if they are 1) interested in a doctoral degree in TCM, 2) interested in oncology care and /or 3) interested in learning to conduct research. This is a clinical doctoral degree, not a PhD program.

The acupuncture and Oriental medicine program is very excited about this new doctoral degree. Additional information is available pending approval of the doctoral program by the university's regional accreditor (NASAC).

### STATUS AND LICENSURE OF ACUPUNCTURE AND ORIENTAL MEDICINE

The master of science in acupuncture (MSA) and the master of science in acupuncture and Oriental medicine (MSAOM) degree programs at Bastyr University are accredited by the Accreditation Commission for Acupuncture and Oriental Medicine

(ACAOM), 7501 Greenway Center Dr., Suite 820, Greenbelt, MD 20770, (301) 313-0855.

The master of science programs are approved by the Washington State Department of Health. Graduates of Bastyr University's MSA and MSAOM programs are eligible to apply for licensure in acupuncture in Washington state, as well as in most other states offering similar licensure. Applications for licensing in Washington can be obtained by contacting the Washington State Department of Health, Acupuncturist Group, 1300 SE Quince Street, P.O. Box 47868, Olympia, WA 98504-7868, (360) 664-3230. Applications for licensing in California can be obtained by contacting the Department of Consumer Affairs, Acupuncture Board, 1424 Howe Avenue, Suite 37, Sacramento, CA 95825-3233, (916) 263-2680.

Currently, acupuncture is recognized in approximately 41 states and the District of Columbia. The actual requirements for licensure can vary from state to state, with the majority of states requiring the successful completion of the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) exam. If a student is interested in licensure in a state other than Washington or California, it is imperative for the student to know the licensing requirements of that particular state in order to ensure that there are no outstanding academic requirements at the time of graduation. Academic advising is available to help students who may have additional requirements to meet.

### FACULTY

The program's foundation of teaching, clinical supervision, and AOM strategic planning rests on eight full time faculty members, assisted by 25 adjunct AOM academic and clinical faculty, as well as five basic sciences faculty.

### CLINIC

The core of the program's clinical training takes place at Bastyr Center for Natural Health, the university's primary teaching clinic. Bastyr Center for Natural Health is a comprehensive, multidisciplinary clinic providing quality training for students in all of the university's programs. Within the acupuncture and Oriental medicine clinic, students receive clinical training in acupuncture and Chinese herbs. (The clinic includes a fully-stocked Chinese herbal dispensary.) In addition to training at the university clinic, students have the opportunity to train at external clinic sites which

provide clinical experience in working with diverse populations in the community.

**ACUPUNCTURE AND ORIENTAL MEDICINE ADMISSIONS**

For general information on the admissions process, please refer to the admissions section in this catalog. The information below refers only to the acupuncture and Oriental medicine programs.

**PREREQUISITES FOR BSNHS/MSA OR BSNHS/MSAOM**

Entering undergraduates must have earned at least a 2.25 cumulative grade point average, with a grade of C or better in all basic proficiency and science requirement courses. Prior to enrolling, students must have completed 90 quarter credits (60 semester credits) including a minimum number of credits in basic proficiency, science and general education categories. Surplus credits not used to satisfy basic proficiency or science requirements may be applied to the appropriate general education requirements. Note that students may apply to the program while completing prerequisite course work.

Students entering the BS/MS program as undergraduates are required to maintain a 2.5 GPA for the first year of their studies, regardless of credits. Starting with the second academic year, students are required to maintain a 3.0 GPA.

**BASIC PROFICIENCY AND SCIENCE REQUIREMENTS**

English literature or composition .....	9 quarter credits
Public speaking .....	3 quarter credits
Mathematics (college-level algebra or precalculus) .....	4 quarter credits
General psychology .....	3 quarter credits
General chemistry (health science major level) .....	8 quarter credits
Biology (with lab) .....	4 quarter credits

**GENERAL EDUCATION REQUIREMENTS**

Natural sciences & mathematics .....	12 quarter credits
Arts and humanities .....	15 quarter credits
Social sciences .....	15 quarter credits
Electives .....	17 quarter credits*

\*The number of elective credits may vary depending upon the exact number of quarter credits earned in the other prerequisite categories. Total prerequisite credits must equal at least 90 quarter credits.

**MASTER OF SCIENCE IN ACUPUNCTURE AND MASTER OF SCIENCE IN ACUPUNCTURE AND ORIENTAL MEDICINE PREREQUISITES**

Entering students must have a bachelor's degree and must have completed the following courses or their equivalent:

Mathematics (college-level algebra or precalculus) .....	1 course
General chemistry (health science major level)	2 courses
Biology (with lab) .....	1 course
General psychology .....	1 course

Note: All students must complete a CPR-C level course or equivalent prior to entering intern clinic.

**CERTIFICATE IN CHINESE HERBAL MEDICINE (CCHM) PREREQUISITES**

The CCHM certificate is a postgraduate course of study which includes both didactic and clinical training. Applications for the certificate program are taken from licensed acupuncturists throughout the year, with admission starting in fall quarter. An interview may be required.

**REQUIRED ABILITIES/SKILLS FOR ACUPUNCTURE AND ORIENTAL MEDICINE PROGRAM ADMISSION**

A candidate for the acupuncture and Oriental medicine degree must be able to demonstrate appropriate observational and communication skills, motor function, intellectual-conceptual, integrative and quantitative abilities, and behavioral and social maturity. A candidate should be able to perform in a reasonably independent manner.

**Observation:** A candidate must be able to observe a patient accurately at a distance and close at hand. Observation necessitates the functional use of the sense of vision and somatic sensation. These are enhanced by the functional use of the sense of smell.

**Motor:** Candidates should have sufficient motor function to elicit information from patients by palpation, auscultation, percussion and other diagnostic maneuvers. A candidate should be able to execute motor movements reasonably required to provide general care and emergency treatment to patients such as CPR and application of pressure to stop bleeding and the opening of obstructed airways. Such actions require coordination of both gross and fine muscular movements, equilibrium and functional use of the sense of touch and vision.

Observation and motor skills must be in coordination with each other in order to safely practice many of the diagnostic and clinical techniques spe-



cific to Oriental medicine. A combination of observation and motor skills are required for acquiring diagnostic information from patients as well as for the clinical portion of the training which includes the safe insertion and manipulation of acupuncture needles, cupping, moxibustion, etc.

**Communication:** A candidate should be able to speak, to hear, and to observe patients in order to elicit information, describe changes in mood, activity, and posture, and perceive nonverbal communications. A candidate must be able to communicate effectively and sensitively with patients. Communication includes not only speech but reading and writing. The candidate must be able to communicate effectively and efficiently in oral and written form with all members of the health care team.

**Intellectual-Conceptual, Integrative and Quantitative Abilities:** These abilities include measurement, calculation, reasoning, analysis and synthesis. Problem-solving, which is a critical skill for health care practitioners, requires all of these intellectual abilities. In addition, the candidate should be able to comprehend three-dimensional relationships and to understand the spatial relationships of structures.

**Behavioral and Social Attributes:** A candidate must possess the emotional health required for full utilization of her/his intellectual abilities, the exercise of good judgment, the prompt completion of all responsibilities attendant to the diagnosis and care of patients and the development of mature, sensitive and effective relationships with patients. Candidates must be able to tolerate physically taxing work loads and to function effectively under stress. They must be able to adapt to changing environments, to display flexibility, and to learn to function in the face of uncertainties inherent in the clinical problems of many patients. Compassion, integrity, concern for others, interpersonal skills, interest and motivation are all personal qualities that are assessed during the admissions and education processes.

#### TRANSFERS

Students who wish to transfer from other acupuncture and Oriental medicine programs are accepted on a space-available basis and must meet the same entrance requirements at the class level they

seek to enter. Transfer credit is evaluated on an individual basis following completion of the application process. Please refer to the California licensure requirements section for information relating to specific educational prerequisites required for California licensure.

#### CHINA INTERNSHIPS

Students in good academic standing may apply to complete up to eight (8) clinical internship credits at the Chengdu University of Traditional Chinese Medicine or the Shanghai University of Traditional Chinese Medicine.

#### BASIC SCIENCES CURRICULUM WITHIN ACUPUNCTURE AND ORIENTAL MEDICINE

The basic sciences department offers courses in most of Bastyr University's programs, including acupuncture and Oriental medicine, naturopathic medicine, naturopathic midwifery, nutrition and herbal sciences. Courses are designed to meet the specific competencies and learning objectives within each program.

Basic science courses within acupuncture and Oriental medicine include anatomy and physiology, organic chemistry, biochemistry and disease processes. These courses serve as a foundation for an understanding of the human body and provide students with the necessary skills and competency to pursue course work in their chosen degree program.

The basic sciences faculty encourages and expects students to advance beyond the simple learning of scientific facts and to integrate systematically the information from basic science disciplines into a unified model of human organization and function. This educational scheme requires students to assume an active role in the learning process and encourages them to adopt this inquisitive behavior for a lifetime. Problem-solving, clinical cases and examples are an integral part of the basic science curriculum. This educational process is an expression of Bastyr University's basic philosophy of a holistic approach to human behavior, health and therapeutics. The basic sciences faculty encourages students to become totally absorbed in an integrated approach to learning and understanding. Instructors are readily available to facilitate this process on an individual basis.

The department also offers science courses that satisfy prerequisite requirements, including courses in general chemistry, organic chemistry and biophysics.

### COUNSELING AND HEALTH PSYCHOLOGY CURRICULUM WITHIN ACUPUNCTURE AND ORIENTAL MEDICINE

The counseling and health psychology curriculum serves other university departments to train students in understanding and effecting change in the emotional, mental, and spiritual dimensions of human functioning. These departments include acupuncture and Oriental medicine, naturopathic medicine, midwifery, exercise science and wellness and nutrition.

Students in acupuncture and Oriental medicine MS programs are required to take the following:

- PS5204: Counseling - 3 credits

For additional counseling and health psychology courses available as electives to matriculated students, please see the course listings in this catalog or the current quarterly schedule of classes.

### ELECTIVES

The department is continually developing and adding to its special topics and elective course curriculum. These courses are included in the course description section of the catalog.

### CALIFORNIA LICENSURE REQUIREMENTS

Bastyr University's master of science in acupuncture and Oriental medicine (MSAOM) and the master of science in acupuncture combined with the certificate in Chinese herbal medicine (MSA/CCHM) are approved for California licensure from the California Acupuncture Committee.

All clinical hours used to meet California licensing requirements must have been completed at sites approved by the California Acupuncture Committee. The California Acupuncture Committee requires that 75 percent of clinical instruction be completed at Bastyr Center for Natural Health.

### GRADUATION REQUIREMENTS

A grade of C or higher is required to pass all AOM/CCHM courses. Please review grade point requirements for the BSNHS and MSA/MSAOM programs.

Students accepted into the master of science in acupuncture (MSA) program must complete a total of 150.5\* quarter credits with a minimum of 100 quarter credits in residence at Bastyr University. Students must maintain a minimum 3.0 grade point average.

Students accepted into the master of science in acupuncture and Oriental medicine (MSAOM) pro-

gram must complete a total of 204.5\* quarter credits with a minimum of 137 quarter credits in residence at Bastyr University. Students must maintain a minimum 3.0 grade point average.

Students earning the MSA and MSAOM must complete their degree requirements within five years, including any credits completed as a bachelor's student and applied toward the master's. Students must complete at least 2/3 of their credits in residence at Bastyr University.

The certificate in Chinese herbal medicine (CCHM) program has a total of 70 required credits of course work and clinical training.

Students accepted into the combined bachelor of science in natural health sciences and the master of science degree program receive their bachelor's degree upon graduation from the master's program. If a student voluntarily or involuntarily leaves the program prior to completion of the master's, she/he may be eligible for a bachelor's degree if the student has a combined upper and lower division quarter credit total of 180 credits (specific course requirements also apply. See the department chair for further information.) Furthermore, a student must have a minimum of 45 quarter credits in residence at Bastyr University.

In order to receive a license to practice acupuncture a student must earn either an MSA or MSAOM degree, pass the NCCAOM licensing exam and meet any additional state requirements.

*\*Credits do not include prerequisites/corequisites.*

*Students may enter their course of study either in the combined BSNHS/MS programs or can matriculate directly into the MS programs. (The programs described below include required curriculum for the bachelor of science in natural health sciences.)*

The curriculum tables which follow list the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.), the lab/clinic hours each week (L/C) and the total contact hours for the course over the entire quarter (Tot).

**MASTER OF SCIENCE IN ACUPUNCTURE (MSA) & PREREQUISITES/COREQUISITES 2002-2003**
**MSA YEAR I**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot
F	BC3103	Living Anatomy	2	2	0	22
	BC3117	Anatomy & Physiology 1*	2	2	0	22
	OM4101	History of Medicine	2	2	0	22
	OM4106	Meridians & Points 1	4	4	0	44
	OM4118	TCM Fundamentals	4	4	0	44
	OM4315	TCM Bodywork: Tui Na	1	0	2	22
	OM4800	Clinic Entry	2	2	0	22
		Quarterly Totals	17	16	2	198
W	BC3106	Biochemistry Overview 1*	4	4	0	44
	BC3118	Anatomy & Physiology 2 Lec/Lab*	4	3	2	55
	OM4107	Meridians & Points 2	4	4	0	44
	OM4211	TCM Diagnosis 1	3	3	0	33
	OM4221	TCM Pathology 1	3	3	0	33
	OM4411	TCM Techniques 1	2	2	0	22
	OM4421	Qi Gong 1	1	0	2	22
	OM4803	AOM Clinic Observation 1	2	0	4	44
		Quarterly Totals	23	19	8	297
Sp	BC3107	Biochemistry Overview 2*	4	4	0	44
	BC3119	Anatomy & Physiology 3 Lec/Lab*	4	3	2	55
	BC4105	Introduction to Western Pathology	3	3	0	33
	OM4108	Meridians & Points 3	4	4	0	44
	OM4213	TCM Diagnosis 2	4	3	2	55
	OM4222	TCM Pathology 2	3	3	0	33
	OM4422	Qi Gong 2	1	0	2	22
	OM4804	AOM Clinic Observation 2	2	0	4	44
	OM5430	TCM Techniques 2	2	2	0	22
		Quarterly Totals	27	22	10	352

**MSA YEAR II**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot
F	BC4131	Pharmacology Overview	3	3	0	33
	B03101	Introduction to Botany*	3	2	2	44
	OM5101	Survey of Western Clinical Sciences 1	4	4	0	44
	OM5414	Acupuncture Therapeutics 1	2	2	0	22
	OM5415	Acupuncture Therapeutics 2	2	2	0	22
	OM5436	TCM Techniques 3	2	2	0	22
	OM5443	Tai Chi 1	1	0	2	22
	OM5803	AOM Clinic Observation 3	2	0	4	44
		Quarterly Totals	19	15	8	253
W	BC4121	Microbiology (AOM)*	3	2	2	44
	OM5102	Survey of Western Clinical Sciences 2	3	3	0	33
	OM5315	Five Element	2	2	0	22
	OM5416	Acupuncture Therapeutics 3	2	2	0	22
	OM5417	Acupuncture Therapeutics 4	2	2	0	22
	OM5437	TCM Techniques 4	2	2	0	22
	OM5438	TCM Techniques Lab	1	0	2	22
	OM5444	Tai Chi 2	1	0	2	22
	OM5804	AOM Clinic Observation 4	2	0	4	44
		Quarterly Totals	18	13	10	253
Sp	OM5300	Auricular Therapy	2	2	0	22
	OM5302	Public Health Issues in AOM	2	2	0	22
	OM5418	Acupuncture Therapeutics 5	2	2	0	22
	OM5419	Acupuncture Therapeutics 6	2	2	0	22
	OM6305	Survey of Biophysics/ Electroacupuncture	2	2	0	22
	OM5805-6	AOM Clinic Internship 1-2	4	0	8	88
	P55204	Counseling	3	3	0	33
		Quarterly Totals	17	13	8	231

Su	OM5807-10	AOM Clinic Internship 3-6	8	0	16	176
		Quarterly Totals	8	0	16	176

**MSA YEAR III**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot
F	OM5405	TCM Whole Foods Nutrition	2	2	0	22
	OM6110	TCM Medical Classics	2	2	0	22
	OM6417	Acupuncture Therapeutics 7	2	2	0	22
	OM6801-3	AOM Clinic Internship 7-9	6	0	12	132
	TR6105	Nutrition & Dietary Systems	3	3	0	33
		Quarterly Totals	15	9	12	231
Eligible to sit for the NCCAOM exam <sup>1</sup>						
W	OM6310	Case Review	2	2	0	22
	OM6418	Acupuncture Therapeutics 8	2	2	0	22
	OM6804-6	AOM Clinic Internship 10-12	6	0	12	132
		Quarterly Totals	10	4	12	176
Sp	BC5140	Research Methods in AOM	3	3	0	33
	OM5812	Internship Interim Clinic **	1.5	0	3.3	36
	OM6104	Practice Management	2	2	0	22
	OM6105	Jurisprudence/Ethics	1	1	0	11
	OM6807-8	AOM Clinic Internship 13-14	4	0	8	88
		Quarterly Totals	11.5	6	11.3	190

<sup>1</sup>Upon completion of seven shifts (either observation or internships) and at least 1050 didactic hours, students are eligible to sit for the NCCAOM exam (a requirement of licensure).

\*Prerequisite courses to the MSA program: The MSA curriculum has been designed so students missing one or more of these prerequisites may take a missing course(s) as a corequisite after matriculating at Bastyr University.

\*\*Students are required to complete a total of 36 interim clinic hours. (Usually students staff the shifts they were assigned to in the quarter just ended.) Students register and pay for this shift in their last quarter of attendance.

**Elective Requirements: MSA**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot
variable		Elective & Special Topics***	9	9	0	99
		Total Elective Credits and Hours	9	9	0	99

\*\*\*Electives/Special Topics: The MSA program requires a total of nine (9) elective/special topics credits. These credits may be any general electives/special topics as long as the prerequisites for each course are met.

For students who choose to take an optional Clinic in China internship, eight (8) credits (16 lab hours) may be applied toward AOM Clinical Internship.

**Total Requirements: MSA**

	Crdt.	Lec.	L/C	Tot
Total Core Course Credits and Hours	104	97	14	1221
Total Prerequisites/Corequisites	24	20	8	308
Total Elective Credits and Hours	9	9	0	99
Total Clinic Credits and Hours	37.5	0	75.3	828
Clinic Outreach Hours (noncredit requirement)	0	0	0	16
Total Requirements	174.5	126	97.3	2472

Note: Students who choose to pursue California licensure must successfully complete specific required courses to satisfy California licensure.

Curriculum and course changes in the 2002-2003 Bastyr University Catalog are applicable to students entering during the 2002-2003 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

**MASTER OF SCIENCE IN ACUPUNCTURE & ORIENTAL MEDICINE (MSAOM) & PREREQUISITES/COREQUISITES 2002-2003**

**MSAOM YEAR I**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC3103	Living Anatomy	2	2	0	22
	BC3117	Anatomy & Physiology 1 *	2	2	0	22
	OM4101	History of Medicine	2	2	0	22
	OM4106	Meridians & Points 1	4	4	0	44
	OM4118	TCM Fundamentals	4	4	0	44
	OM4315	TCM Bodywork: Tui Na	1	0	2	22
	OM4800	Clinic Entry	2	2	0	22
		Quarterly Totals	17	16	2	198
W	BC3106	Biochemistry Overview 1*	4	4	0	44
	BC3118	Anatomy & Physiology 2 Lec/Lab *	4	3	2	55
	OM4107	Meridians & Points 2	4	4	0	44
	OM4211	TCM Diagnosis 1	3	3	0	33
	OM4221	TCM Pathology 1	3	3	0	33
	OM4411	TCM Techniques 1	2	2	0	22
	OM4421	Qi Gong 1	1	0	2	22
	OM4803	AOM Clinic Observation 1	2	0	4	44
		Quarterly Totals	23	19	8	297
Sp	BC3107	Biochemistry Overview 2*	4	4	0	44
	BC3119	Anatomy & Physiology 3 Lec//Lab*	4	3	2	55
	BC4105	Intro to Western Pathology	3	3	0	33
	OM4108	Meridians & Points 3	4	4	0	44
	OM4213	TCM Diagnosis 2	4	3	2	55
	OM4222	TCM Pathology 2	3	3	0	33
	OM4422	Qi Gong 2	1	0	2	22
	OM4804	AOM Clinic Observation 2	2	0	4	44
	OM5430	TCM Techniques 2	2	2	0	22
		Quarterly Totals	27	22	10	352

**MSAOM YEAR II**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC4131	Pharmacology Overview	3	3	0	33
	BO3101	Introduction to Botany*	3	2	2	44
	CH5100	Introduction to Chinese Herbal Medicine	2	2	0	22
	OM5101	Survey Of Western Clinical Sciences 1	4	4	0	44
	OM5131	Medical Chinese 1	3	3	0	33
	OM5414	Acupuncture Therapeutics 1	2	2	0	22
	OM5415	Acupuncture Therapeutics 2	2	2	0	22
	OM5436	TCM Techniques 3	2	2	0	22
	OM5443	Tai Chi 1	1	0	2	22
	OM5803	AOM Clinic Observation 3	2	0	4	44
		Quarterly Totals	24	20	8	308
W	BC4121	Microbiology (AOM)*	3	2	2	44
	CH5411	Chinese Materia Medica/ Formulations 1	4	4	0	44
	OM5102	Survey of Western Clinical Sciences 2	3	3	0	33
	OM5132	Medical Chinese 2	3	3	0	33
	OM5315	Five Element	2	2	0	22
	OM5416	Acupuncture Therapeutics 3	2	2	0	22
	OM5417	Acupuncture Therapeutics 4	2	2	0	22
	OM5437	TCM Techniques 4	2	2	0	22
	OM5438	TCM Techniques Lab	1	0	2	22
	OM5444	Tai Chi 2	1	0	2	22
	OM5804	AOM Clinic Observation 4	2	0	4	44
		Quarterly Totals	25	20	10	330

Sp	CH6412	Chinese Materia Medica/ Formulations 2	4	4	0	44
	OM5133	Medical Chinese 3	3	3	0	33
	OM5300	Auricular Therapy	2	2	0	22
	OM5302	Public Health Issues in AOM	2	2	0	22
	OM5418	Acupuncture Therapeutics 5	2	2	0	22
	OM5419	Acupuncture Therapeutics 6	2	2	0	22
	OM6305	Survey of Biophysics/ Electroacupuncture	2	2	0	22
	OM5805-6	AOM Clinic Internship 1-2**	4	0	8	88
	P55204	Counseling	3	3	0	33
		Quarterly Totals	24	20	8	308
Su	OM5807-10	AOM Clinic Internship 3-6**	8	0	16	176
		Quarterly Totals	8	0	16	176

**MSAOM YEAR III**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	CH5400	CHM: Prepared Medicines	2	2	0	22
	CH6413	Chinese Materia Medica/ Formulations 3	4	4	0	44
	CH6820	CHM Dispensary***	2	0	4	44
	OM5405	TCM Whole Foods Nutrition	2	2	0	22
	OM6110	TCM Medical Classics	2	2	0	22
	OM6417	Acupuncture Therapeutics 7	2	2	0	22
	OM6801-3	AOM Clinic Internship 7-9**	6	0	12	132
	TR6105	Nutrition & Dietary Systems 1	3	3	0	33
		Quarterly Totals	23	15	16	341

Eligible to sit for the NCCAOM exam<sup>1</sup>

W	BC6100	Pharmacology of CHM and Drug Interactions	2	2	0	22
	CH6408	Chinese Herbal Therapeutics 1	4	4	0	44
	CH6803	Chinese Herbal Medicine Clinic 1 (observation)	2	0	4	44
	CH6804	Chinese Herbal Medicine Clinic 2	2	0	4	44
	OM6310	Case Review	2	2	0	22
	OM6418	Acupuncture Therapeutics 8	2	2	0	22
	OM6804-6	AOM Clinic Internship 10-12**	6	0	12	132
		Quarterly Totals	20	10	20	330
Sp	BC5140	Research Methods in AOM	3	3	0	33
	CH6409	Chinese Herbal Therapeutics 2	4	4	0	44
	CH6805-6	Chinese Herbal Medicine Clinic 3-4**	4	0	8	88
	OM5812	Internship Vacation Clinic****	1.5	0	3.3	36
	OM6104	Practice Management	2	2	0	22
	OM6105	Jurisprudence/Ethics	1	1	0	11
	OM6807-8	AOM Clinic Internship 13-14**	4	0	8	88
		Quarterly Totals	19.5	10	19.3	322
Su	CH6807-8	Chinese Herbal Medicine Clinic 5-6**	4	0	8	88
		Quarterly Totals	4	0	8	88

**MSAOM YEAR IV**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	CH6410	Chinese Herbal Therapeutics 3****	4	4	0	44
	CH6809-10	Chinese Herbal Medicine Clinic 7-8**	4	0	8	88
		Quarterly Totals	8	4	8	132

<sup>1</sup>Upon completion of seven shifts (either observation or internships) and at least 1050 didactic hours, students are eligible to sit for the NCCAOM exam (a requirement of licensure).

\*Prerequisite courses to the MSAOM program: The MSAOM curriculum has been designed so students missing one or more of these prerequisites may take a missing course(s) as a corequisite after matriculating at Bastyr University.

\*\*Each student must register for a minimum of two shifts but no more than four shifts per quarter. (The clinic medical director may grant exceptions.) Shift assignments depend on availability.

\*\*\*CH6820 can be taken during any quarter after completion of the first year.

\*\*\*\*Students are required to complete a total of 36 interim clinic hours. (Usually students staff the shifts they were assigned to in the quarter just ended.) Students register for and pay for this shift in their last quarter of attendance.

\*\*\*\*\*Also usually offered in summer

#### **Elective Requirements: MSAOM**

Qtr. Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	Elective & Special Topics*****	6	6	0	66
	Total Elective Credits and Hours	6	6	0	66

\*\*\*\*\*Electives/Special Topics: The MSAOM program requires a total of six (6) elective/special topics credits. These credits may be any general electives/special topics as long as the prerequisites for each course are met.

For students who choose to take an optional clinic in China, eight (8) credits (16 lab hours) may be applied toward AOM Clinical Internship.

#### **Total Requirements: MSAOM**

	Crdt.	Lec.	L/C	Tot.
Total Core Course Credits and Hours	143	136	14	1650
Total Prerequisites/Corequisites	24	20	8	308
Total Elective Credits and Hours	6	6	0	66
Total Clinic Credits and Hours	55.5	0	111.3	
				1224
Clinic Outreach Hours (non-credit requirement)	0	0	0	16
Total Requirements	228.5	162	133.3	
				3264

Note: Students who choose to pursue California licensure must successfully complete specific required courses to satisfy California licensure.

*Curriculum and course changes in the 2002-2003 Bastyr University Catalog are applicable to students entering during the 2002-2003 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

#### **CERTIFICATE IN CHINESE HERBAL MEDICINE**

The Chinese herbal medicine program is designed for those seeking comprehensive training in the field of Chinese herbal medicine. This program is a post-graduate course for licensed acupuncturists.

The CCHM curriculum enables students to gain skills and knowledge in the principles of Chinese herbology, including materia medica, formulations, prepared medicines, dispensary, TCM nutrition, herbal therapeutics, and clinical training at the Chinese herbal medicine teaching clinic. At the conclusion of the certificate program, graduates have enhanced their academic skills through clinical training and have gained the traditional Chinese medicine diagnostic skills to assess and diagnose syndromes relevant to traditional Chinese medicine. They also are prepared to determine and use appropriate Chi-

nese herbal therapies within the appropriate professional scope of practice.

California licensure requirements: The CCHM curriculum is designed to meet the current Chinese herbal medicine requirement portion for California acupuncture licensure. (The California licensing exam requires comprehensive training in acupuncture as well as CHM.) Those interested in California licensure should complete the MSAOM program or complete the MSA and return to the CCHM program as a post-graduate student.

#### **CERTIFICATE IN CHINESE HERBAL MEDICINE PROGRAM (CCHM) 2002-2003**

Qtr. Cat. No.	Course Title	Crdt.	Lec.	L/C
<b>BC6100</b>	<b>Pharmacology of CHM &amp; Drug Interactions</b>	<b>2</b>	<b>2</b>	<b>0</b>
<b>BO3101</b>	<b>Introduction to Botany</b>	<b>3</b>	<b>2</b>	<b>2</b>
<b>OM4118</b>	<b>TCM Fundamentals</b>	<b>4</b>	<b>4</b>	<b>0</b>
<b>OM4211</b>	<b>Traditional Chinese Medicine Diagnosis 1</b>	<b>3</b>	<b>3</b>	<b>0</b>
<b>OM4213</b>	<b>Traditional Chinese Medicine Diagnosis 2</b>	<b>4</b>	<b>3</b>	<b>2</b>
<b>OM4221</b>	<b>Traditional Chinese Medicine Pathology 1</b>	<b>3</b>	<b>3</b>	<b>0</b>
<b>OM4222</b>	<b>Traditional Chinese Medicine Pathology 2</b>	<b>3</b>	<b>3</b>	<b>0</b>
CH5100	Introduction to Chinese Herbal Medicine	2	2	0
CH5400	Chinese Herbal Medicine: Prepared Medicines	2	2	0
CH5411	Chinese Materia Medica/ Formulations 1	4	4	0
CH6408	Chinese Herbal Therapeutics 1	4	4	0
CH6409	Chinese Herbal Therapeutics 2	4	4	0
CH6410	Chinese Herbal Therapeutics 3	4	4	0
CH6412	Chinese Materia Medica/ Formulations 2	4	4	0
CH6413	Chinese Materia Medica/ Formulations 3	4	4	0
CH6803	Chinese Herbal Medicine Clinic 1 (Observation)	2	0	4
CH6804	Chinese Herbal Medicine Clinic 2	2	0	4
CH6805	Chinese Herbal Medicine Clinic 3	2	0	4
CH6806	Chinese Herbal Medicine Clinic 4	2	0	4
CH6807	Chinese Herbal Medicine Clinic 5	2	0	4
CH6808	Chinese Herbal Medicine Clinic 6	2	0	4
CH6809	Chinese Herbal Medicine Clinic 7	2	0	4
CH6810	Chinese Herbal Medicine Clinic 8	2	0	4
CH6820	Chinese Herbal Medicine Dispensary 2	2	0	4
OM6110	TCM Medical Classics	2	2	0
	Total Credits/Hours	70	50	40

Note: The CCHM program is 70 credits total. The 22 credits listed in bold type above may be waived on the basis of prior education. To earn the certificate, 47 credits must be completed in residence. *Curriculum and course changes in the 2002-2003 Bastyr University Catalog are applicable to students entering during the 2002-2003 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

# NATUROPATHIC MEDICINE

## DEFINITION AND DESCRIPTION OF NATUROPATHIC MEDICINE

Naturopathic medicine is a distinct profession of primary health care, emphasizing prevention, treatment and the promotion of optimal health through the use of therapeutic methods and modalities which encourage the self-healing process, the *vis medicatrix naturae*. The philosophical approach of naturopathic medicine includes prevention of disease, encouragement of the body's inherent healing abilities, natural treatment of the whole person, personal responsibility for one's health, and education of patients in health-promoting lifestyles. Naturopathic practice blends centuries-old knowledge of natural, nontoxic therapies with current advances in the understanding of health and human systems. The scope of practice includes all aspects of family and primary care, from pediatrics to geriatrics, and all natural medicine modalities.

The U.S. Department of Labor defines the naturopathic physician as one who "diagnoses, treats, and cares for patients, using a system of practice that bases its treatment of all physiological functions and abnormal conditions on natural laws governing the body, utilizes physiological, psychological and mechanical methods, such as air, water, heat, earth, phytotherapy (treatment by use of plants), electrotherapy, physiotherapy, minor or orificial surgery, mechanotherapy, naturopathic corrections and manipulation, and all natural methods or modalities, together with natural medicines, natural processed foods, herbs, and natural remedies. Excludes major surgery, therapeutic use of x-ray and radium, and use of drugs, except those assimilable substances containing elements or compounds which are compounds of body tissues and are physiologically compatible to body processes for maintenance of life."

Most naturopathic physicians provide primary care natural medicine through office-based, private practice. Many receive additional training in disciplines or modalities such as midwifery, acupuncture and Oriental medicine, homeopathy, psychotherapy, and Ayurvedic medicine to broaden the services they can offer their patients. An increasing trend is the establishment of associate practices and interdisciplinary integrated care clinics, bringing together the services of a diverse group of practitioners.

Naturopathic diagnosis and therapeutics are supported by scientific research drawn from peer-reviewed journals from many disciplines, including naturopathic medicine, conventional

medicine, European complementary medicine, clinical nutrition, phytotherapy, pharmacognosy, homeopathy, psychology and spirituality. Information technology and new concepts in clinical outcomes assessment are particularly well-suited to evaluating the effectiveness of naturopathic treatment protocols and are being used in research, both at naturopathic medical schools and in the offices of practicing physicians. Clinical research into natural therapies has become an increasingly important focus for naturopathic physicians.

## MISSION STATEMENT

*The naturopathic medicine department educates future physicians in the tradition of medical science and art of natural healing. We do this by providing a comprehensive understanding of the basic medical sciences, accurate diagnostic skills and the ability to apply the natural and minimally invasive methods of whole-person health care characteristic of naturopathic medicine.*

## A GRADUATE OF BASTYR UNIVERSITY'S NATUROPATHIC MEDICINE PROGRAM WILL:

1. Be an empowered, strong practitioner.
2. Be a primary care physician.
3. Be a provider of excellent and consistent, quality patient care.
4. Practice the principles of naturopathic medicine.
5. Be an integrated, active participant in the community.

## PRINCIPLES OF NATUROPATHIC MEDICINE

### *The Healing Power of Nature (Vis Medicatrix Naturae)*

Naturopathic medicine recognizes an inherent ability in the body which is ordered and intelligent. Naturopathic physicians act to identify and remove obstacles to recovery and to facilitate and augment this healing ability.

### *Identify and Treat the Causes (Tolle Causam)*

The naturopathic physician seeks to identify and remove the underlying causes of illness, rather than to eliminate or merely suppress symptoms.

### *First Do No Harm (Primum Non Nocere)*

Naturopathic medicine follows three principles to avoid harming the patient: 1) utilize methods and medicinal substances which minimize the risk of harmful side effects; 2) avoid, when possible, the harmful suppression of symptoms; 3) acknowledge

and respect the individual's healing process, using the least force necessary to diagnose and treat illness.

### Doctor as Teacher (*Docere*)

Naturopathic physicians educate the patient and encourage self-responsibility for health. They also acknowledge the therapeutic value inherent in the doctor-patient relationship.

### Treat the Whole Person

Naturopathic physicians treat each individual by taking into account physical, mental, emotional, genetic, environmental and social factors. Since total health also includes spiritual health, naturopathic physicians encourage individuals to pursue their personal spiritual path.

### Prevention

Naturopathic physicians emphasize disease prevention, assessment of risk factors and hereditary susceptibility to disease and making appropriate interventions to prevent illness. Naturopathic medicine strives to create a healthy world in which humanity may thrive.

### Wellness

Wellness follows the establishment and maintenance of optimum health and balance. Wellness is a state of being healthy, characterized by positive emotion, thought and action. Wellness is inherent in everyone, no matter what dis-ease(s) is/are being experienced. If wellness is really recognized and experienced by an individual, it will more quickly heal a given dis-ease than direct treatment of the dis-ease alone. (This principle was adopted by Bastyr University and added to the six principles.)

### The Therapeutic Order

Naturopathic physicians apply naturopathic principles day-to-day in clinical practice using the therapeutic order. This unifying theory provides a rational and clinical framework for integrating the broad range of natural, complementary, alternative and conventional approaches to fit the individual patient's needs.

### Scope of Practice

Naturopathic medicine is defined by principles rather than by methods or modalities. Diagnostic and therapeutic methods are diverse and will continue to evolve as knowledge of health and disease evolves. The current scope of practice for a naturopathic physician covers the general practice of

naturopathic medicine, as a primary care physician. This scope of practice includes, but is not limited to, the following diagnostic and therapeutic modalities: nutritional science, natural hygiene, botanical medicine, naturopathic physical medicine (including the therapeutic application of water, heat, cold, air, earth and light), homeopathy, Ayurvedic medicine, counseling, spirituality, minor surgery and methods of laboratory and clinical diagnosis. The scope of practice is defined by state or provincial statute. The curriculum at Bastyr University matches the requirements listed by the Washington Department of Health. Students have the responsibility to be informed on licensure and scope of practice in the legal jurisdiction in which they choose to practice.

### A SHORT HISTORY OF NATUROPATHIC MEDICINE

The term "naturopathy" was coined in 1892 to describe a rapidly growing system of natural therapeutics, originally organized in response to the increasing disillusionment of physicians and patients with the toxic and ineffective methods of the so-called heroic age of medicine.

The philosophy and the therapies, which have their origins in Hippocrates and the traditional and indigenous medicines of the world, first became a distinct profession in Germany in the mid-1800s. In 1896, Dr. Benedict Lust (MD) brought naturopathy to America and established the first naturopathic college, the Yungborn Health Institute in New Jersey.

The resurgence of naturopathic medicine today is yet another chapter in the millennia-old division between two different views of medicine, well-symbolized by the Grecian myths of Hygieia and Asclepius. Rene Dubois speaks of these symbols in *The Mirage of Health*:

"The myths of Hygieia and Asclepius symbolize the never-ending oscillation between two different points of view in medicine. For the worshippers of Hygieia, health is the natural order of things, a positive attribute to which men are entitled if they govern their lives wisely. According to them, the most important function of medicine is to discover and teach the natural laws which will ensure a man a healthy mind in a healthy body.

"More skeptical, or wiser in the ways of the world, the followers of Asclepius believe that the chief role of the physician is to treat disease, to restore health by correcting any imperfections caused by the accidents of birth or life."

Today's naturopathic physician easily blends modern, state-of-the-art diagnostic and therapeutic procedures and research with ancient and traditional methods, uniting Hygieia and Asclepius. We represent a thoroughly rational, evenhanded balance of tradition, science and respect for nature, mind, body and spirit.

Naturopathic medicine's rebirth in the last quarter of the twentieth century has also resulted from a growing consumer movement to solve the health care puzzle using prevention, wellness and respect for nature's inherent healing ability. These fundamental, unifying principles of naturopathic medicine can be identified in disciplines as diverse as constitutional hydrotherapy and homeopathy, as well as those more traditional in the Western view of health care, such as nutrition and botanical medicine.

Bastyr University is a leader in the increasingly successful effort to create an international understanding of, and commitment to education, inquiry and research in natural medicine—medicine that respects nature.

#### LEGAL STATUS OF NATUROPATHIC MEDICINE

As of April, 2002, naturopathic physicians are licensed as health care providers in Alaska, Arizona, Connecticut, Hawaii, Maine, Montana, New Hampshire, Oregon, Utah, Vermont, Washington and the U.S. Virgin Islands. In the District of Columbia and Kansas, naturopathic physicians must register in order to practice. Legislation was passed in Puerto Rico, but the licensing structure is not yet in effect. Legal provisions allow the practice of naturopathic medicine in several other states. Efforts to gain licensure elsewhere are currently under way. Thirty-three states and territories in the United States have professional associations for naturopathic medicine. Naturopathic physicians are also recognized in British Columbia, Manitoba, Ontario and Saskatchewan.

#### NATUROPATHIC MEDICINE LICENSURE REQUIREMENTS

All states and provinces with licensure laws require a resident course of at least four years and 4,100 hours of study from a college or university recognized by the state examining board. To qualify for a license, the applicant must satisfactorily pass the naturopathic physicians licensing examinations (NPLEX) which includes basic sciences, diagnostic and therapeutic subjects and clinical sciences. Applicants must

satisfy all licensing requirements for the individual state or province to which they have applied as well.

#### PROFESSIONAL ORGANIZATIONS

The American Association of Naturopathic Physicians, based in Washington, D.C., represents the interests of the profession of naturopathic medicine in the U.S.

- American Association of Naturopathic Physicians, 8201 Greensboro Dr. Suite 300, McLean, VA, 22102, [www.naturopathic.org](http://www.naturopathic.org), (703) 610-9037.
- The Canadian Naturopathic Association (Association Canadienne de Naturopathie) is the professional association in Canada. Contact them at 1255 Sheppard East, North York, Ontario, M2K 1E2, (416) 496-8633. E-mail: [info@naturopathicassoc.ca](mailto:info@naturopathicassoc.ca). Web: [www.naturopathicassoc.ca](http://www.naturopathicassoc.ca).
- The British Columbia Naturopathic office can be contacted at [BCNA@bcna.ca](mailto:BCNA@bcna.ca).

Many states and provinces have professional societies. Contact the appropriate national association for further information.

#### NATUROPATHIC MEDICINE PROGRAM ADMISSIONS

For general information on the admissions process, please refer to the admissions section in this catalog. The information below refers only to the naturopathic medicine program.

#### NATUROPATHIC MEDICINE PREREQUISITES

In selecting applicants for admission, the Bastyr University naturopathic medicine program seeks those qualities of motivation, intellect and character essential to becoming a physician. Applicants are considered on the basis of academic performance, maturity and demonstrated humanitarian qualities. Work and/or volunteer experience in health care coupled with an awareness of the field of natural medicine is strongly recommended. The following course work is the minimum required preparation for the study of naturopathic medicine. Applicants may apply with course work still in progress, but prerequisites must be completed prior to matriculation.

**PLEASE NOTE: IF IN DOUBT ABOUT A SPECIFIC PREREQUISITE, CONTACT AN ADMISSIONS ADVISOR BEFORE TAKING THE COURSE.**



The admissions office requires a course description to verify content. Descriptions may be read over the phone, e-mailed, faxed or sent by regular mail.

### Overall Preparation

Completion of a bachelor's degree is expected. A limited number of exceptions are made for candidates who demonstrate a high level of academic performance and professional achievement.\* No specific major is advised. In addition to a strong preparation in the sciences, a broad background in the humanities and liberal arts is encouraged. Prerequisite course work is used to determine a student's preparation for the naturopathic program. No credit is given for prerequisite course work earning a C- or lower.

### Prerequisite Course Work

College-level algebra or precalculus ..... 1 course  
Chemistry (science-major level) ..... at least 4 courses

Must include a minimum of 2 sequential courses in organic chemistry. (The standard prerequisite for science-major level organic chemistry is one year of general chemistry.) Appropriate lab work required.

General Biology

(science-major level) ..... 2 semesters or 3 quarters  
Must cover concepts in cellular biology and genetics. Appropriate lab work required. Individual courses in the biological sciences may count if the above competencies are met, i.e., zoology, microbiology, botany.

Physics ..... at least 1 college-level course  
Many institutions do not cover all required concepts in one course; required concepts include mechanics, optics, electricity and magnetism. Course may be algebra-based, and lab is not required.

Psychology ..... 2 courses  
Introduction to psychology and developmental psychology through the life span are the recommended sequence.

\*In addition to the prerequisites listed above, the following course work is required if a bachelor's degree will *not* be completed by matriculation:

English ..... two (2) courses  
Composition courses are recommended.

Humanities ..... two (2) courses

### Strongly Recommended Courses

Though not required for admission, faculty recommend students complete biochemistry, anatomy and physiology, and botany course work in addition to the prerequisite requirements. These courses will substantially enhance the student's ability to master the naturopathic course material.

### Other Suggested Courses

Biomedical ethics, philosophy of science, public speaking and English composition.

### Credit Requirements

Candidate must have completed at least 90 semester/135 quarter credits upon matriculation. At least 30 semester credits/45 quarter credits must be upper-division (i.e. junior or senior level courses, usually numbered 300-400, at a four-year institution).

### Age of Course

Required chemistry and biology courses not taken within seven years of matriculation into the program are subject to review by the admissions committee. Additional course work may be required.

### Credit by Examination

Applicants may submit AP, IB, CLEP and GRE scores for prerequisite consideration for math, psychology and physics. Students who have had prior AP or IB course work in chemistry and biology may submit AP or IB scores for biology or chemistry exams. Students must submit either the original score received directly from the testing center or a copy of their high school transcript or college transcripts showing the score results. Decisions regarding credit are assessed on a case-by-case basis. The admissions committee reviews test scores within the context of an applicant's academic history. All equivalency decisions made by the admissions committee are final.

### REQUIRED ABILITIES/SKILLS FOR NATUROPATHIC MEDICINE PROGRAM ADMISSION

Bastyr University is committed to equal opportunity for differently-abled persons. The following policy has been adapted from the American Association of Medical Colleges guidelines to ensure that prospective students have the physical and mental capacities to perform the required duties of a naturopathic physician.

A candidate for the naturopathic medicine degree must be able to demonstrate appropriate observational and communication skills, motor function, intellectual-conceptual, integrative and quantitative abilities, and behavioral and social maturity. Technological compensation can be made for some disabilities in certain of these areas, but a candidate should be able to perform in a reasonably independent manner. The use of a trained intermediary means that a candidate's judgment

must be mediated by someone else's power of selection and observation.

**Observation:** The candidate must be able to observe demonstrations and experiments in the basic sciences, including but not limited to microbiologic cultures and microscopic studies of microorganisms and tissues in normal and pathologic states. A candidate must be able to observe a patient accurately at a distance and close at hand. Observation necessitates the functional use of the sense of vision and somatic sensation. These are enhanced by the functional use of the sense of smell.

**Communication:** A candidate should be able to speak, to hear, and to observe patients in order to elicit information, describe changes in mood, activity, and posture, and perceive nonverbal communications. A candidate must be able to communicate effectively and sensitively with patients. Communication includes not only speech but also reading and writing. The candidate must be able to communicate effectively and efficiently in oral and written form with all members of the health care team.

**Motor:** Candidates should have sufficient motor function to elicit information from patients by palpation, auscultation, percussion, and other diagnostic maneuvers. A candidate should be able to do basic laboratory tests (urinalysis, CBC, etc.), carry out diagnostic and therapeutic procedures and read ECGs and x-rays. A candidate should be able to execute motor movements reasonably required to provide general care and emergency treatment to patients. Examples of emergency treatment required of physicians are cardiopulmonary resuscitation, the administration of intravenous medication, application of pressure to stop bleeding, the opening of obstructed airways, the suturing of simple wounds, and the performance of simple obstetrical maneuvers. Such actions require coordination of both gross and fine muscular movements, equilibrium, and functional use of the senses of touch and vision.

**Intellectual-Conceptual, Integrative, and Quantitative Abilities:** These abilities include measurement, calculation, reasoning, analysis, and synthesis. Problem solving, a critical skill demanded of physicians, requires all of these intellectual abilities. In addition, the candidate should be able to comprehend three-dimensional relationships and to understand the spatial relationships of structures.

**Behavioral and Social Attributes:** A candidate must possess the emotional health required for full utilization of her/his intellectual abilities, the exercise of good judgment, the prompt completion of all responsibilities attendant to the diagnosis and care of patients, and the development of mature, sensitive, and effective relationships with patients. Candidates must be able to tolerate physically taxing work loads and to function effectively under stress. They must be able to adapt to changing environments, to display flexibility, and to learn to function in the face of uncertainties inherent in the clinical problems of many patients. Compassion, integrity, concern for others, interpersonal skills, interest, and motivation are all personal qualities that are assessed during the admissions and education processes.

#### ADMISSIONS CRITERIA

The admissions committee of the naturopathic medicine program determines the processes and procedures that guide the selection of candidates for the naturopathic program. The committee reviews undergraduate and graduate (if applicable) academic records and performance in the required prerequisite courses. The personal statement, references, resumes and in person interviews are also evaluated for evidence of the abilities and skills required of naturopathic physicians. The interview also explores the candidate's awareness of the practice of naturopathic medicine. Bastyr University's naturopathic medicine program is academically challenging. While no minimum GPA is specified, the mean GPA for entering students in the last two years has exceeded 3.3.

#### INTERVIEWS

Qualified applicants who submit complete applications and meet the prerequisites may be invited to interview with the admissions committee. Applicants are expected to interview at the university's main campus in Kenmore, WA. A limited number of exceptions are made to accommodate special circumstances.

#### TRANSFER STUDENTS

Bastyr University accepts transfer students from regionally or program accredited naturopathic, medical, osteopathic, and chiropractic schools and other accredited professional programs on a space-available basis. Transfer students are considered for

admission in accordance with the following general guidelines:

- Applicants must meet the same entrance requirements as candidates for the first-year class.
- Applicants who wish to transfer credits from prior course work must demonstrate satisfactory completion of courses that are equivalent in content and quality to courses given at the university.
- Applicants must provide an official transcript from the college or program from which the transfer is being requested, demonstrating that they are leaving in good academic standing.

#### **ADVANCED STANDING STATUS BASED ON PRIOR MEDICAL EDUCATION**

Applicants who are transferring from another naturopathic medicine school or program or who have taken sufficient professional course work at an accredited chiropractic, medical or osteopathic college, may be eligible for advanced standing in the Bastyr University naturopathic medicine program. All advanced standing students must complete at least 2/3 of the program and do all of their clinical work in residency at Bastyr University. They are eligible for a maximum of 105 credits towards advanced standing. In those instances where the maximum number of advanced standing transfer credits is granted, it will take a minimum of three years (9 quarters) to complete the program. Placement depends upon the amount of course work completed in the original program, similarity of the course content and credits, age of the courses and performance in these courses. Advanced standing applicants must complete all of the course and credit requirements in effect at the time of their enrollment in the Bastyr University naturopathic medicine program.

Advanced standing is determined on a case by case basis and depends on the type of degree program completed, the courses taken and the number of years in practice.

Applicants who are eligible for advanced standing must apply by marking the appropriate box on the university application and submitting \$150 (a \$75 application fee and a \$75 advanced standing evaluation fee). Applicants transferring from another naturopathic school are not required to pay the advanced standing evaluation fee.

Further documentation demonstrating equivalency of course work may also be required. Participation in an intensive may be required for

students entering with advanced standing status. In addition, participation in one or more problem-based practica may be required to gauge and increase skill level. For more information on advanced standing status admission policies and procedures, contact the admissions office.

#### **BASIC SCIENCES CURRICULUM WITHIN NATUROPATHIC MEDICINE AND NATUROPATHIC MIDWIFERY**

The basic sciences department offers courses in most of Bastyr University's programs, including naturopathic medicine, naturopathic midwifery, nutrition, and acupuncture and Oriental medicine. Courses are designed to meet the specific competencies and learning objectives within each program.

Basic science courses within the naturopathic medicine and naturopathic midwifery programs emphasize anatomy, physiology, and biochemistry as the foundation for further basic sciences and all clinical courses. Further courses include pathology, immunology, infectious diseases, embryology and research methods.

The basic sciences faculty encourages and expects students to advance beyond the simple learning of scientific facts and to integrate systematically the information from basic science disciplines into a unified model of human organization and function. This educational scheme requires students to assume an active role in the learning process and encourages them to adopt this inquisitive behavior for a lifetime. Problem-solving, clinical cases and examples are an integral part of the basic science curriculum. This educational process is an expression of Bastyr University's basic philosophy of a holistic approach to human behavior, health and therapeutics. The basic sciences faculty encourages students to become totally absorbed in an integrated approach to learning and understanding. Instructors are readily available to facilitate this process on an individual basis.

The department also offers science courses that satisfy prerequisite requirements, including courses in general chemistry, organic chemistry and biophysics.

#### **COUNSELING AND HEALTH PSYCHOLOGY CURRICULUM WITHIN NATUROPATHIC MEDICINE AND NATUROPATHIC MIDWIFERY**

The counseling and health psychology curriculum serves other university departments to train students in understanding and effecting change in

the emotional, mental, and spiritual dimensions of human functioning. These departments include naturopathic medicine, midwifery, acupuncture and Oriental medicine, exercise science and wellness and nutrition.

The naturopathic medicine program includes six core counseling and health psychology courses. These courses are designed to build the following competencies:

- study of the nature and process of healing
- development of therapeutic counselor characteristics and communication skills
- development of comfort in the role of counseling physician and a sense of counseling style and skills
- ability to select and implement holistic counseling interventions and strategies
- ability to assess and stimulate psychological wellness
- ability to understand and utilize the body/mind/spirit interaction in the healing process
- ability to assess psychological functioning and make clinical judgments regarding the appropriateness of treating individuals in naturopathic practice
- ability to make appropriate psychological referrals
- ability to assess and stimulate family health

Naturopathic principles and cross-cultural perspectives are woven throughout all counseling and health psychology courses in the naturopathic medicine program.

The following core courses are required of all naturopathic medicine students:

- PS5103: Physician Heal Thyself - 2 credits
- PS6305: Naturopathic Counseling 1 - 3 credits
- PS6306: Naturopathic Counseling 2 - 3 credits
- PS7200: Psychological Assessment - 2 credits
- PS7203: Addictions and Disorders - 2 credits
- PS7315: Naturopathic Counseling 3 - 2 credits

The following core elective is required for students in the naturopathic midwifery certificate program and is strongly recommended for all naturopathic medicine students:

- PS6303: Sexuality and Sex Therapy - 2 credits

For additional counseling and health psychology courses available as electives to matriculated students, please see the course listings in this catalog or the current quarterly schedule of classes.

## CLINIC ENTRANCE PREREQUISITES

Prior to entrance into Bastyr Center for Natural Health, naturopathic medicine students must complete a course equivalent to the 49-hour Red Cross course entitled Emergency Response/Professional Rescuers Level C-CPR. To be eligible to enter the clinic, students must have completed all courses listed for the first and second years of the four-year track or all courses listed for the first, second and third years of the five-year track, Option A. Students must have a current CPR card.

## CLINIC REQUIREMENTS

Registration in eight consecutive quarters is required to complete the clinic requirements. Students are expected to begin their clinical training during the summer following the completion of their pre-clinical courses. Students will be registered for six-eight shifts during their first year (four quarters) in clinic. After the completion of six shifts (Patient Care and Physical Medicine), students become primary clinicians. Students must be enrolled in at least one Patient Care or Physical Medicine shift each quarter throughout their clinical training.

## GRADUATION REQUIREMENTS

The curriculum of the naturopathic medicine program requires completion of 315.5 credits for graduation. There are 253.5 core course credits, 15 elective credits and 47 clinic credits. Students must achieve competency (grade of AC) in all 315.5 credits required in the curriculum. Students must complete all required clinical competencies in order to graduate. Students must complete at least 2/3 of their credits in residence at Bastyr University.

## ELECTIVES

Students in the naturopathic medicine program are required to complete 15 elective credits (included in the 315.5 credit totals) during their course of study. Up to five of these credits may be satisfied by independent study. It is recommended that elective credits be spread out over the length of the student's program. Courses designated as elective and special topics may fulfill this 15-credit requirement, as well as additional clinic shifts during the student's clinical training. In general, a maximum of nine elective credits from any one department may be used to satisfy the ND elective requirement. A student may take elective credits from any program/department.

**NATUROPATHIC MEDICINE PROGRAM TRACKS**

Students who are accepted into the program and decide not to complete the program in four years must choose one of the following approved options:

- Five-Year Track-Option A.
- Five-Year Track-Option B.
- Combined Five-Year Track-Option A & B (for a total of 6 years)

These are the only program track options. Bastyr offers no part-time status.

In no case may a student take more than three years to complete the preclinical portion of the program, nor more than three years to complete the clinical sciences and clinical training portion of the program.

As long as a student remains on an approved program track, there will be no course scheduling conflicts.

Students choosing a track other than the four-year program must complete, through the registrar's office, the appropriate paperwork. Students must remain on track in order to graduate on time. Students may not register off track or register ahead of track without approval from the dean's office.

For additional information regarding combining naturopathic medicine with acupuncture and Oriental medicine, please refer to the section titled, "Combining Naturopathic Medicine and Acupuncture and Oriental Medicine" on page 54.

The curriculum tables which follow list the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.), the lab/clinic hours each week (L/C) and the total contact hours for the course over the entire quarter (Tot.).

**DOCTOR OF NATUROPATHIC MEDICINE  
PROGRAM 2002-2003**

**FOUR-YEAR TRACK****YEAR I**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC5104	Biochemistry 1	4	4	0	44
	BC5107	Human Physiology 1 Lec/Lab	5.5	4	3	77
	BC5110	Histology*	5	4	2	66
	BC5125	Gross Human Anatomy 1 Lec/Lab	5.5	4	3	77
	NM5131	Naturopathic Clinical Theory 1	2	1	2	33
	NM5804	Clinic Entry 1	1	0	2	22
		Quarterly Totals	23	17	12	319

W	BC5105	Biochemistry 2	4	4	0	44
	BC5108	Human Physiology 2 Lec/Lab	5.5	4	3	77
	BC5112	Embryology	3	3	0	33
	BC5126	Gross Human Anatomy 2 Lec/Lab	5.5	4	3	77
	BC5141	Research Methods & Design*	2	2	0	22
	NM5135	The Determinants of Health	1.5	1.5	0	16.5
	OM5120	Fundamental Principles of TCM*	3	3	0	33
	PM5300	Massage	1.5	0	3	33
	PM5301	Hydrotherapy/ Physiotherapy Lecture 2	2	2	0	22
		Quarterly Totals	28	23.5	9	357.5
Sp	AV5100	Fundamentals of Ayurvedic Medicine*2	2	0	22	
	BC5106	Biochemistry 3	4	4	0	44
	BC5109	Human Physiology 3	3	3	0	33
	BC5127	Gross Human Anatomy 3 Lec/Lab	5.5	4	3	77
	BC5129	Neuroscience	5.5	4	3	77
	BO5301	Botanical Medicine 1	2	2	0	22
	NM5136	The Vis Medicatrix Naturae	1.5	1.5	0	16.5
	PM5305	Hydrotherapy/Physiotherapy Lab*	1	0	2	22
	PS5103	Physician Heal Thyself*	2	2	0	22
		Quarterly Totals	26.5	22.5	8	335.5

\*Usually also offered in summer

**FOUR-YEAR TRACK****YEAR II**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC6200	Human Pathology 1	4	4	0	44
	BC6204	Immunology*	4	4	0	44
	BO6301	Botanical Medicine 2	2	2	0	22
	HO6300	Homeopathy 1	2	2	0	22
	NM6210	Clinical Lab Diagnosis 1	3.5	2	3	55
	NM6221	Physical/Clinical Diagnosis 1 Lecture 2	2	2	0	22
	NM6221L	Physical/Clinical Diagnosis 1 Lab 2	2	1	2	33
	PS6305	Naturopathic Counseling 1	3	3	0	33
	TR6310	Foods, Dietary Systems & Assessment	3	2	2	44
		Quarterly Totals	25.5	22	7	319
W	BC6201	Human Pathology 2	4	4	0	44
	BC6210	Infectious Diseases**	6.5	5	3	88
	BO6302	Botanical Medicine 3	2	2	0	22
	HO6301	Homeopathy 2	3	3	0	33
	NM6211	Clinical Lab Diagnosis 2	3.5	2	3	55
	NM6222	Physical/Clinical Diagnosis 2 Lecture 2	2	2	0	22
	NM6222L	Physical/Clinical Diagnosis 2 Lab 2	2	1	2	33
	PS6306	Naturopathic Counseling 2	3	3	0	33
	TR6311	Macro & Micronutrients	3	3	0	33
		Quarterly Totals	29	25	8	363
Sp	BC6202	Human Pathology 3	4	4	0	44
	BC6305	Pharmacology**	5	5	0	55
	HO6302	Homeopathy 3	3	3	0	33
	NM6212	Clinical Lab Diagnosis 3	3.5	2	3	55
	NM6223	Physical/Clinical Diagnosis 3 Lecture 2	2	2	0	22
	NM6223L	Physical/Clinical Diagnosis 3 Lab 2	2	1	2	33
	NM6804	Clinic Entry 2	1	1	0	11
	NM8801	Preceptorship 1	1	0	4	44
	PM6300	Naturopathic Manipulation 1	2	2	0	22
		Quarterly Totals	23.5	20	9	319

\*Usually also offered in summer

\*\* Offered in winter and spring quarter

Eligible to take NPLEX basic science exams  
See clinic admission, page 44.

**FOUR-YEAR TRACK**

**YEAR III**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	NM7325	Naturopathic Case Analysis & Mgmt 1	1.5	0	3	33
	NM7341	Cardiology	3	3	0	33
	NM7400	Minor Surgery	3	3	0	33
	NM7417	Medical Procedures	3	3	0	33
		Quarterly Subtotal	10.5	9	3	132
		1-2 Clinic Shifts**	2-4	0	4-8	44-88
F	BO7300	Botanical Medicine 4	2	2	0	22
	MW7320	Normal Maternity	3	3	0	33
	NM7101	Environmental Medicine	1.5	1.5	0	16.5
	NM7102	Public Health	1.5	1.5	0	16.5
	NM 7302	Gastroenterology	2	2	0	22
	NM 7307	EENT	2	2	0	22
	PM7301	Naturopathic Manipulation 2	3	3	0	33
	PM7305	Orthopedics	2	2	0	22
	PS7200	Psychological Assessment	2	2	0	22
	TR7411	Diet & Nutrient Therapy 1	3	3	0	33
		Quarterly Subtotal	22	22	0	242
		1-2 Clinic Shifts**	2-4	0	4-8	44-88
W	BO7301	Botanical Medicine 5	2	2	0	22
	NM7115	Naturopathic Clinical Theory 2	1	1	0	11
	NM7304	Dermatology	2	2	0	22
	NM7306	Oncology	2	2	0	22
	NM7313	Gynecology	3	3	0	33
	NM7314	Pediatrics 1	2	2	0	22
	PM7302	Naturopathic Manipulation 3	3	3	0	33
	PM 7341	Sports Medicine/Therapeutic Exercise	2	2	0	22
	PS7203	Addictions & Disorders	2	2	0	22
	TR7412	Diet & Nutrient Therapy 2	3	3	0	33
		Quarterly Subtotal	22	22	0	242
		1-2 Clinic Shifts**	2-4	0	4-8	44-88
Sp	BO7303	Botanical Medicine Dispensary Lab*	1	0	2	22
	NM7109	Practice Management 1	2	2	0	22
	NM7305	Clinical Ecology	2	2	0	22
	NM7311	Neurology	2	2	0	22
	NM7315	Pediatrics 2	2	2	0	22
	NM7320	Family Medicine	2	2	0	22
	NM7330	The Healing Systems	1	1	0	11
	PM7303	Naturopathic Manipulation 4	3	3	0	33
	PS7315	Naturopathic Counseling 3	2	2	0	22
		Quarterly Subtotal	17	16	2	198
		1-2 Clinic Shifts**	2-4	0	4-8	44-88

\*Usually also offered in summer

\*\*Students are assigned 6-8 shifts during their first year (4 quarters) in clinic.

**FOUR-YEAR TRACK**

**YEAR IV**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	NM8206	Radiographic Interpretation 1 Lecture**	3	3	0	33
	NM8207	Radiographic Interpretation 1 Lab***	1	0	2	22
	NM8308	Endocrinology	3	3	0	33
		Quarterly Subtotal	7	6	2	88
		3-4 Clinic Shifts	6-8	0	12-16	132-176

F	NM8303	Geriatrics	2	2	0	22
	NM8312	Urology	1.5	1.5	0	16.5
	NM8325	Nat. Case Analysis & Mgmt 2: Grand Rounds*	1	0	2	22
	NM8413	Adv'd Naturopathic Therapeutics 1	2	2	0	22
		Quarterly Subtotal	6.5	5.5	2	82.5
		3-4 Clinic Shifts	6-8	0	12-16	132-176
W	NM8101	Ethics	1	1	0	11
	NM8213	Diagnostic Imaging**	2	2	0	22
	NM8309	Rheumatology	1.5	1.5	0	16.5
	NM8414	Adv'd Naturopathic Therapeutics 2	2	2	0	22
	NM8802	Preceptorship 2	1	0	4	44
		Quarterly Subtotal	7.5	6.5	4	115.5
		3-4 Clinic Shifts	6-8	0	12-16	132-176
Sp	NM8102	Jurisprudence	1	1	0	11
	NM8109	Practice Management 2	2	2	0	22
	NM8212	Radiographic Interpretation 2**	3	3	0	33
	NM8314	Pulmonary Medicine	1.5	1.5	0	16.5
	NM8803	Preceptorship 3	1	0	4	44
		Quarterly Subtotal	8.5	7.5	4	126.5
		3-4 Clinic Shifts	6-8	0	12-16	132-176

\*NM8325: Offered in fall, winter and spring.

\*\*NM8212 and NM8213: Offered winter and spring

\*\*\*NM8206 and NM8207: Offered summer and spring

**Summary of Clinic Requirements: Naturopathic Medicine Program**

Qtr.*	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	NM7820-29	Patient Care 1-10	20	0	40	440
variable	NM8801-3	Preceptorship 1-3	3	0	12	132
variable	NM8830-36	Patient Care 11-17	14	0	28	308
Variable	NM8844	Interim Patient Care**	2	0	4	44
variable	PM7801-2	Physical Medicine 1-2	4	0	8	88
variable	PM8801-2	Physical Medicine 3-4	4	0	8	88
		Clinic Outreach Hours (non credit requirement)	0	0	0	20
		<b>Clinic Totals</b>	<b>47</b>	<b>0</b>	<b>100</b>	<b>1120</b>

\*Quarterly shift assignments are based on availability.

\*\*Students are required to complete a total of 44 interim clinic hours. (Usually students staff the shifts they were assigned to in the quarter just ended.) Students register for and pay for this shift in their last quarter of attendance.

**Elective Requirements: Naturopathic Medicine Program**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	variable	Elective and Special Topics	15	15	0	165
		<b>Elective Totals</b>	<b>15</b>	<b>15</b>	<b>0</b>	<b>165</b>

Curriculum and course changes in the 2002-2003 Bastyr University Catalog are applicable to students entering during the 2002-2003 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

**FIVE-YEAR TRACK OPTION A****YEAR I**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC5104	Biochemistry 1	4	4	0	44
	BC5107	Human Physiology 1 Lec/Lab	5.5	4	3	77
	BC5125	Gross Human Anatomy 1 Lec/Lab	5.5	4	3	77
	NM5131	Naturopathic Clinical Theory I	2	1	2	33
	NM5804	Clinic Entry 1	1	0	2	22
		Quarterly Totals	18	13	10	253
W	BC5105	Biochemistry 2	4	4	0	44
	BC5108	Human Physiology 2 Lec/Lab	5.5	4	3	77
	BC5126	Gross Human Anatomy 2 Lec/Lab	5.5	4	3	77
	NM5135	The Determinants of Health	1.5	1.5	0	16.5
	OM5120	Fundamental Principles of TCM*	3	3	0	33
	PM5300	Massage	1.5	0	3	33
		Quarterly Totals	21	16.5	9	280.5
Sp	BC5106	Biochemistry 3	4	4	0	44
	BC5109	Human Physiology 3	3	3	0	33
	BC5110	Histology*	5	4	2	66
	BC5127	Gross Human Anatomy 3 Lec/Lab	5.5	4	3	77
	BC5141	Research Methods & Design*	2	2	0	22
	NM5136	The Vis Medicatrix Naturae	1.5	1.5	0	16.5
	PS5103	Physician Heal Thyself*	2	2	0	22
		Quarterly Totals	23	20.5	5	280.5

\*Usually also offered in summer

**FIVE-YEAR TRACK-OPTION A****YEAR II**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC5112	Embryology	3	3	0	33
	BC6200	Human Pathology 1	4	4	0	44
	BC6204	Immunology*	4	4	0	44
	NM6210	Clinical Lab Diagnosis 1	3.5	2	3	55
		Quarterly Totals	14.5	13	3	176
W	BC6201	Human Pathology 2	4	4	0	44
	BC6210	Infectious Diseases**	6.5	5	3	88
	NM6211	Clinical Lab Diagnosis 2	3.5	2	3	55
	PM5301	Hydrotherapy/ Physiotherapy Lecture	2	2	0	22
		Quarterly Totals	16	13	6	209
Sp	AV5100	Fundamentals of Ayurvedic Medicine*2	2	0	2	22
	BC5129	Neuroscience	5.5	4	3	77
	BC6202	Human Pathology 3	4	4	0	44
	BO5301	Botanical Medicine 1	2	2	0	22
	NM6212	Clinical Lab Diagnosis 3	3.5	2	3	55
	PM5305	Hydrotherapy/Physiotherapy Lab*	1	0	2	22
		Quarterly Totals	18	14	8	242

\*Usually also offered in summer

\*\* Offered in winter and spring

Eligible to take NPLEX basic science exams

**FIVE-YEAR TRACK-OPTION A****YEAR III**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BO6301	Botanical Medicine 2	2	2	0	22
	HO6300	Homeopathy 1	2	2	0	22
	NM6221	Physical/Clinical Diagnosis 1 Lecture	2	2	0	22
	NM6221L	Physical/Clinical Diagnosis 1 Lab	2	1	2	33
	PS6305	Naturopathic Counseling 1	3	3	0	33
	TR6310	Foods, Dietary Systems & Assessment	3	2	2	44
		Quarterly Totals	14	12	4	176

W	BO6302	Botanical Medicine 3	2	2	0	22
	HO6301	Homeopathy 2	3	3	0	33
	NM6222	Physical/Clinical Diagnosis 2 Lecture	2	2	0	22
	NM6222L	Physical/Clinical Diagnosis 2 Lab	2	1	2	33
	PS6306	Naturopathic Counseling 2	3	3	0	33
	TR6311	Macro & Micronutrients	3	3	0	33
		Quarterly Totals	15	14	2	176
Sp	BC6305	Pharmacology*	5	5	0	55
	HO6302	Homeopathy 3	3	3	0	33
	NM6223	Physical/Clinical Diagnosis 3 Lecture	2	2	0	22
	NM6223L	Physical/Clinical Diagnosis 3 Lab	2	1	2	33
	NM6804	Clinic Entry 2	1	1	0	11
	NM8801	Preceptorship 1	1	0	4	44
	PM6300	Naturopathic Manipulation 1	2	2	0	22
		Quarterly Totals	16	14	6	220

See clinic admission, page 44.

\*BC6305: Offered in winter and spring

**FIVE-YEAR TRACK-OPTION A****YEAR IV**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	NM7325	Naturopathic Case Analysis				
		& Mgmt 1	1.5	0	3	33
	NM7341	Cardiology	3	3	0	33
	NM7400	Minor Surgery	3	3	0	33
	NM7417	Medical Procedures	3	3	0	33
		Quarterly subtotal	10.5	9	3	132
		1-2 Clinic Shifts**	2-4	0	4-8	44-88
F	BO7300	Botanical Medicine 4	2	2	0	22
	MW7320	Normal Maternity	3	3	0	33
	NM7101	Environmental Medicine	1.5	1.5	0	16.5
	NM7102	Public Health	1.5	1.5	0	16.5
	NM7302	Gastroenterology	2	2	0	22
	NM7307	EENT	2	2	0	22
	PM7301	Naturopathic Manipulation 2	3	3	0	33
	PM7305	Orthopedics	2	2	0	22
	PS7200	Psychological Assessment	2	2	0	22
	TR7411	Diet & Nutrient Therapy I	3	3	0	33
		Quarterly Subtotal	22	22	0	242
		1-2 Clinic Shifts**	2-4	0	4-8	44-88
W	BO7301	Botanical Medicine 5	2	2	0	22
	NM7115	Naturopathic Clinical Theory 2	1	1	0	11
	NM7304	Dermatology	2	2	0	22
	NM7306	Oncology	2	2	0	22
	NM7313	Gynecology	3	3	0	33
	NM7314	Pediatrics 1	2	2	0	22
	PM7302	Naturopathic Manipulation 3	3	3	0	33
	PM7341	Sports Medicine/Therapeutic Exercise	2	2	0	22
	PS7203	Addictions & Disorders	2	2	0	22
	TR7412	Diet & Nutrient Therapy 2	3	3	0	33
		Quarterly Subtotal	22	22	0	242
		1-2 Clinic Shifts**	2-4	0	4-8	44-88

Sp	BO7303	Botanical Medicine Dispensary Lab*	1	0	2	22
	NM7109	Practice Management 1	2	2	0	22
	NM7305	Clinical Ecology	2	2	0	22
	NM7311	Neurology	2	2	0	22
	NM7315	Pediatrics 2	2	2	0	22
	NM7320	Family Medicine	2	2	0	22
	NM7330	The Healing Systems	1	1	0	11
	PM7303	Naturopathic Manipulation 4	3	3	0	33
	PS7315	Naturopathic Counseling 3	2	2	0	22
		Quarterly Subtotal	17	16	2	198
		1-2 Clinic Shifts**	2-4	0	4-8	44-88

\*Also offered in summer

\*\*Students are assigned 6-8 shifts during their first year (4 quarters) in clinic.

**FIVE-YEAR TRACK-OPTION A  
YEAR V**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	NM8206	Radiographic Interpretation 1 Lecture 3	3	3	0	33
	NM8207	Radiographic Interpretation 1 Lab	1	0	2	22
	NM8308	Endocrinology	3	3	0	33
		Quarterly Subtotal	7	6	2	88
		3-4 Clinic Shifts	6-8	0	12-16	132-176

F	NM8303	Geriatrics	2	2	0	22
	NM8312	Urology	1.5	1.5	0	16.5
	NM8325	Nat. Case Analysis & Mgmt 2: Grand Rounds*	1	0	2	22
	NM8413	Adv'd Naturopathic Therapeutics 1	2	2	0	22
		Quarterly Subtotal	6.5	5.5	2	82.5
		3-4 Clinic Shifts	6-8	0	12-16	132-176

W	NM8101	Ethics	1	1	0	11
	NM8213	Diagnostic Imaging**	2	2	0	22
	NM8309	Rheumatology	1.5	1.5	0	16.5
	NM8414	Adv'd Naturopathic Therapeutics 2	2	2	0	22
	NM8802	Preceptorship 2	1	0	4	44
		Quarterly Totals	7.5	6.5	4	115.5
		3-4 Clinic Shifts	6-8	0	12-16	132-176

Sp	NM8102	Jurisprudence	1	1	0	11
	NM8109	Practice Management 2	2	2	0	22
	NM8212	Radiographic Interpretation 2**	3	3	0	33
	NM8314	Pulmonary Medicine	1.5	1.5	0	16.5
	NM8803	Preceptorship 3	1	0	4	44
		Quarterly Subtotal	8.5	7.5	4	126.5
		3-4 Clinic Shifts	6-8	0	12-16	132-176

\* NM8325: Offered in fall, winter and spring

\*\* NM8212 and NM8213: Offered in winter and spring

**Summary of Clinic Requirements: Naturopathic  
Medicine Program**

Qtr.*	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
	variable	NM7820-29 Patient Care 1-10	20	0	40	440
	variable	NM8801-3 Preceptorship 1-3	3	0	12	132
	variable	NM8830-36 Patient Care 11-17	14	0	28	308
	variable	NM8844 Interim Patient Care**	2	0	4	44
	variable	PM7801-2 Physical Medicine 1-2	4	0	8	88
	variable	PM8801-2 Physical Medicine 3-4	4	0	8	88
		Clinic Outreach Hours (non credit requirement)	0	0	0	20
		Clinic Totals	47	0	100	1120

\*Quarterly shift assignments are based on availability.

\*\*Students are required to complete a total of 44 interim clinic hours. (Usually students staff the shifts they were assigned to in the quarter just ended.) Students register for and pay for this shift in their last quarter of attendance.

**Elective Requirements: Naturopathic Medicine  
Program**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	variable	Elective and Special Topics	15	15	0	165
		Elective Totals	15	15	0	165

*Curriculum and course changes in the 2002-2003 Bastyr University Catalog are applicable to students entering during the 2002-2003 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

**FIVE-YEAR TRACK-OPTION B  
YEAR I**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC5104	Biochemistry 1	4	4	0	44
	BC5107	Human Physiology 1 Lec/Lab	5.5	4	3	77
	BC5110	Histology*	5	4	2	66
	BC5125	Gross Human Anatomy 1 Lec/Lab	5.5	4	3	77
	NM5131	Naturopathic Clinical Theory I	2	1	2	33
	NM5804	Clinic Entry 1	1	0	2	22
		Quarterly Totals	23	17	12	319

W	BC5105	Biochemistry 2	4	4	0	44
	BC5108	Human Physiology 2 Lec/Lab	5.5	4	3	77
	BC5112	Embryology	3	3	0	33
	BC5126	Gross Human Anatomy 2 Lec/Lab	5.5	4	3	77
	BC5141	Research Methods & Design*	2	2	0	22
	NM5135	The Determinants of Health	1.5	1.5	0	16.5
	OM5120	Fundamental Principles of TCM*	3	3	0	33
	PM5300	Massage	1.5	0	3	33
	PM5301	Hydrotherapy/ Physiotherapy Lecture	2	2	0	22
		Quarterly Totals	28	23.5	9	357.5

Sp	AV5100	Fundamentals of Ayurvedic Medicine*2	2	2	0	22
	BC5106	Biochemistry 3	4	4	0	44
	BC5109	Human Physiology 3	3	3	0	33
	BC5127	Gross Human Anatomy 3 Lec/Lab	5.5	4	3	77
	BC5129	Neuroscience	5.5	4	3	77
	BO5301	Botanical Medicine 1	2	2	0	22
	NM5136	The Vis Medicatrix Naturae	1.5	1.5	0	16.5
	PM5305	Hydrotherapy/Physiotherapy Lab*	1	0	2	22
	PS5103	Physician Heal Thyself*	2	2	0	22
		Quarterly Totals	26.5	22.5	8	335.5

\* Usually also offered in summer



**FIVE-YEAR TRACK - OPTION B****YEAR II**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC6200	Human Pathology 1	4	4	0	44
	BC6204	Immunology*	4	4	0	44
	BO6301	Botanical Medicine 2	2	2	0	22
	HO6300	Homeopathy 1	2	2	0	22
	NM6210	Clinical Lab Diagnosis 1	3.5	2	3	55
	NM6221	Physical/Clinical Diagnosis 1 Lecture	2	2	0	22
	NM6221L	Physical/Clinical Diagnosis 1 Lab	2	1	2	33
	PS6305	Naturopathic Counseling 1	3	3	0	33
	TR6310	Foods, Dietary Systems & Assessment				
		Quarterly Totals	25.5	22	7	319
W	BC6201	Human Pathology 2	4	4	0	44
	BC6210	Infectious Diseases**	6.5	5	3	88
	BO6302	Botanical Medicine 3	2	2	0	22
	HO6301	Homeopathy 2	3	3	0	33
	NM6211	Clinical Lab Diagnosis 2	3.5	2	3	55
	NM6222	Physical/Clinical Diagnosis 2 Lecture	2	2	0	22
	NM6222L	Physical/Clinical Diagnosis 2 Lab	2	1	2	33
	PS6306	Naturopathic Counseling 2	3	3	0	33
	TR6311	Macro & Micronutrients	3	3	0	33
		Quarterly Totals	29	25	8	363
Sp	BC6202	Human Pathology 3	4	4	0	44
	BC6305	Pharmacology**	5	5	0	55
	HO6302	Homeopathy 3	3	3	0	33
	NM6212	Clinical Lab Diagnosis 3	3.5	2	3	55
	NM6223	Physical/Clinical Diagnosis 3 Lecture	2	2	0	22
	NM6223L	Physical/Clinical Diagnosis 3 Lab	2	1	2	33
	NM6804	Clinic Entry 2	1	1	0	11
	NM8801	Preceptorship 1	1	0	4	44
	PM6300	Naturopathic Manipulation 1	2	2	0	22
		Quarterly Totals	23.5	20	9	319

\*Usually also offered in summer

\*\* Offered in winter and spring

Eligible to take NPLEX basic science exams

See clinic admission, page 44.

**FIVE-YEAR TRACK-OPTION B****YEAR III**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	MW7320	Normal Maternity	3	3	0	33
	NM7101	Environmental Medicine	1.5	1.5	0	16.5
	NM7102	Public Health	1.5	1.5	0	16.5
	PM7301	Naturopathic Manipulation 2	3	3	0	33
	PM7305	Orthopedics	2	2	0	22
	PS7200	Psychology Assessment	2	2	0	22
	TR7411	Diet & Nutrient Therapy 1	3	3	0	33
		Quarterly Subtotal	16	16	0	176
		1-2 Clinic Shifts**	2-4	0	4-8	44-88
W	NM7115	Naturopathic Clinical Theory 2	1	1	0	11
	NM7313	Gynecology	3	3	0	33
	NM7314	Pediatrics 1	2	2	0	22
	PM7302	Naturopathic Manipulation 3	3	3	0	33
	PS7203	Addictions & Disorders	2	2	0	22
	TR7412	Diet & Nutrient Therapy 2	3	3	0	33
		Quarterly Subtotal	14	14	0	154
		1-2 Clinic Shifts**	2-4	0	4-8	44-88

Sp	BO7303	Botanical Medicine Dispensary Lab*	1	0	2	22
	NM7315	Pediatrics 2	2	2	0	22
	NM7320	Family Medicine	2	2	0	22
	NM7330	The Healing Systems	1	1	0	11
	PM7303	Naturopathic Manipulation 4	3	3	0	33
	PS7315	Naturopathic Counseling 3	2	2	0	22
		Quarterly Subtotal	11	10	2	132
		1-2 Clinic Shifts**	2-4	0	4-8	44-88

\*Also usually offered in Summer

\*\*Students are assigned 6-8 shifts during their first year (4 quarters) in clinic.

**FIVE-YEAR TRACK-OPTION B****YEAR IV**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	NM7325	Naturopathic Case Analysis & Mgmt 1	1.5	0	3	33
	NM7341	Cardiology	3	3	0	33
	NM7400	Minor Surgery	3	3	0	33
	NM7417	Medical Procedures	3	3	0	33
		Quarterly Subtotal	10.5	9	3	132
		1-2 Clinic Shifts	2-4	0	4-8	44-88
F	BO7300	Botanical Medicine 4	2	2	0	22
	NM7302	Gastroenterology	2	2	0	22
	NM7307	EENT	2	2	0	22
		Quarterly Subtotal	6	6	0	66
		1-2 Clinic Shifts	2-4	0	4-8	44-88
W	BO7301	Botanical Medicine 5	2	2	0	22
	NM7304	Dermatology	2	2	0	22
	NM7306	Oncology	2	2	0	22
	PM7341	Sports Medicine/Therapeutic Exercise 2	2	2	0	22
		Quarterly Subtotal	8	8	0	88
		1-2 Clinic Shifts	2-4	0	4-8	44-88
Sp	NM7109	Practice Management 1	2	2	0	22
	NM7305	Clinical Ecology	2	2	0	22
	NM7311	Neurology	2	2	0	22
		Quarterly Subtotal	6	6	0	66
		1-2 Clinic Shifts	2-4	0	4-8	44-88

**FIVE-YEAR TRACK-OPTION B****YEAR V**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	NM8206	Radiographic Interpretation 1 Lecture	3	3	0	33
	NM8207	Radiographic Interpretation 1 Lab	1	0	2	22
	NM8308	Endocrinology	3	3	0	33
		Quarterly Subtotal	7	6	2	88
		3-4 Clinic Shifts	6-8	0	12-16	132-176
F	NM8303	Geriatrics	2	2	0	22
	NM8312	Urology	1.5	1.5	0	16.5
	NM8325	Nat. Case Analysis & Mgmt 2: Grand Rounds*	1	0	2	22
	NM8413	Adv'd Naturopathic Therapeutics 1	2	2	0	22
		Quarterly Subtotal	6.5	5.5	2	82.5
		2-3 Clinic Shifts	4-6	0	6-8	66-88
W	NM8101	Ethics	1	1	0	11
	NM8213	Diagnostic Imaging**	2	2	0	22
	NM8309	Rheumatology	1.5	1.5	0	16.5
	NM8414	Adv'd Naturopathic Therapeutics 2	2	2	0	22
	NM8802	Preceptorship 2	1	0	4	44
		Quarterly Subtotal	7.5	6.5	4	115.5
		2-3 Clinic Shifts	4-6	0	6-8	66-88

Sp	NM8102	Jurisprudence	1	1	0	11
	NM8109	Practice Management 2	2	2	0	22
	NM8212	Radiographic Interpretation 2**	3	3	0	33
	NM8314	Pulmonary Medicine	1.5	1.5	0	16.5
	NM8803	Preceptorship 3	1	0	4	44
		Quarterly Subtotal	8.5	7.5	4	126.5
		2-3 Clinic Shifts	4-6	0	6-8	66-88

\*NM8325: Offered in fall, winter and spring  
 \*\*NM8212 and NM8213: Offered winter and spring

**Summary of Clinic Requirements:  
 Naturopathic Medicine Program**

Qtr.*	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	NM7820-29	Patient Care 1-10	20	0	40	440
variable	NM8801-3	Preceptorship 1-3	3	0	12	132
variable	NM8830-36	Patient Care 11-17	14	0	28	308
variable	NM8844	Interim Patient Care **	2	0	4	44
variable	PM7801-2	Physical Medicine 1-2	4	0	8	88
variable	PM8801-2	Physical Medicine 3-4	4	0	8	88
		Clinic Outreach Hours (non credit requirement)	0	0	0	20
		Clinic Totals	47	0	100	1120

\*Quarterly shift assignments are based on availability.  
 \*\*Students are required to complete a total of 44 interim clinic hours. (Usually students staff the shifts they were assigned to in the quarter just ended.) Students register for and pay for this shift in their last quarter of attendance.

**Elective Requirements: Naturopathic Medicine Program**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	variable	Elective and Special Topics	15	15	0	165
		Elective Totals	15	15	0	165

*Curriculum and course changes in the 2002-2003 Bastyr University Catalog are applicable to students entering during the 2002-2003 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

The following requirements apply to all naturopathic medicine program tracks.

**Total Requirements: Naturopathic Medicine Program**

	Crdt.	Lec.	L/C	Tot.
Total Core Course Credits and Hours	253.5	224.5	58	3107.5
Total Elective Credits and Hours	15	15	0	165
Total Clinic Credits and Hours	47	0	100	1120
Total Requirements	315.5	239.5	158	4392.5

# DEPARTMENTS WITHIN THE NATUROPATHIC MEDICINE PROGRAM

## BOTANICAL MEDICINE

Botanical medicine is a core modality for naturopathic physicians to use in optimizing the health and well-being of their patients. Medicinal plants have been used as food and medicine by all peoples on all continents. The importance of plants to humans has been recorded in cave paintings 60,000 years old, and a contemporary renaissance in herbal medicine weaves traditional use and wisdom with modern analytical methodologies for optimal medical applications for today. Empirical knowledge of plant therapeutics is based on Western and holistic (rather than reductionistic) paradigms and is linked with contemporary scientific knowledge.

The core curriculum in botanical medicine for naturopathic medicine students covers fundamental plant botany identification, pharmacognosy, therapeutic actions, extraction principles, dosage considerations, toxicology, clinical applications and treatment regimens. Clinical therapeutics draw from traditional naturopathic formulae and use, and from international scientific and clinical research, as well as advances in phytotherapy. Completion of the required curriculum, along with the required clinical experience, prepares the student for effective and safe clinical utilization of a specific list of preventive and therapeutic botanicals.

Several botanical medicine elective and special topic courses are offered to students in the naturopathic medicine program and other programs.

The Bastyr herb garden is a project sponsored by the botanical medicine department, along with the nutrition and acupuncture and Oriental medicine departments, and is maintained by work-study students. The botanical medicine department is currently building an herbarium.

## HOMEOPATHIC MEDICINE

Homeopathic medicine is a broad therapeutic modality which is integral to naturopathic medicine. Homeopathy is based on the law of similars. This principle states that a substance which is capable of producing symptoms of disease in a healthy person can cure a patient presenting a similar pattern of

disease. Homeopathic medicines stimulate a person's inherent defense mechanism. The entire range of mental, emotional and physical symptoms is considered with each patient. A single medicine is then chosen which addresses the complex pattern of a disease while taking into account the uniqueness of the individual.

The homeopathic curriculum at Bastyr University includes the basic principles of homeopathy, materia medica of commonly used homeopathic medicines, use of the repertory, taking a homeopathic case history, case analysis and practical therapeutics for common medical situations (first aid, acute and chronic illness).

All naturopathic students are required to take three (3) courses in homeopathy (HO6300, HO6301, HO6302 Homeopathy 1-3). There are three (3) additional elective courses (HO9301, HO9302, HO9303 Homeopathy 4-6) which explore, in more depth, the areas of philosophy, materia medica, case analysis, management and therapeutics. Naturopathic students, upon successful completion of Homeopathy 1-3, may register for shifts in the homeopathy specialty clinic at Bastyr Center for Natural Health. Students registered for a homeopathy shift must register concurrently for Homeopathy Grand Rounds.

## PHYSICAL MEDICINE

Physical medicine is an integral part of naturopathic medicine. It includes various modalities such as hydrotherapy, osseous and soft tissue manipulation, sports medicine and therapeutic exercise. The course of study and clinical training in physical medicine enable students to develop a solid foundation for entry into the practice of naturopathic medicine. The curriculum offers sufficient hours in manipulation to satisfy the state of Washington's licensing requirement as a naturopathic physician.

The physical medicine curriculum begins by teaching students the art of touch and palpation, basic Swedish massage, and soft tissue manipulation, and then progresses to osseous manipulation.

## NATUROPATHIC MIDWIFERY CERTIFICATE

The naturopathic midwifery program provides academic and clinical training leading to a certificate of naturopathic midwifery. Graduates are uniquely qualified among naturopathic physicians and among midwives. As comprehensive naturopathic family physicians, they enjoy an extended

scope of practice in the provision of care to the birthing woman and her family. In their role as naturopathic midwives, they augment the midwifery model of care with the naturopathic principles of practice and exceed the midwifery scope of practice by providing ongoing pediatric, gynecological and family care. The depth and breadth of naturopathic medicine is wholly embodied in the practitioner of naturopathic midwifery.

The program is open to graduates of, and to students currently enrolled in, any naturopathic medical program that is accredited by the Council on Naturopathic Medical Education (CNME). The naturopathic midwifery program fulfills the Midwives Alliance of North America (MANA) core competencies for midwifery practice and exceeds minimum clinical standards set by both the American College of Nurse Midwives and the North American Registry of Midwives (NARM). Graduates are eligible for licensure as midwives in the state of Washington and in other states that license midwives. Graduates may also sit for the ACNO (American College of Naturopathic Obstetricians) specialty licensure exam in states that include natural childbirth within the scope of the naturopathic physician. In addition, graduates are eligible to sit for the NARM certified professional midwife (CPM) exam.

The mission of the naturopathic midwifery program is to provide naturopathic midwifery training.

The vision of the naturopathic midwifery program is:

- To preserve naturopathic childbirth within the scope of naturopathic medical practice and to promote naturopathic midwifery nationwide.
- To improve the quality of care provided to childbearing women and their families.
- To preserve the normalcy of childbearing and promote natural childbirth.

## PREREQUISITES

Students must be enrolled in the Bastyr University naturopathic medicine program or be a graduate of a CNME-accredited naturopathic college or program. They must have successfully completed the first two years of the four-year naturopathic medicine program as well as MW7320 Normal Maternity and be in good academic standing. Evidence of completion of a doula training course (minimum 22 hours) is required for applications to be considered for entry into the program. Doula certification or documented participation in at least three births is

highly recommended. It is the student's responsibility to arrange a hands-on preceptorship with a legal or licensed childbirth clinician. Documentation of the preceptor's agreement to train the student is required with application.

Prerequisites for the naturopathic medicine program are listed in the naturopathic medicine portion of the catalog.

### ADMISSIONS

For general information on the admissions process, please refer to the admissions section in this catalog. The information below refers only to naturopathic midwifery.

Applicants to the naturopathic midwifery program are required to submit a midwifery application to the admissions office plus two letters of recommendation and a personal vision statement. Students must provide contact information for their midwifery preceptor site with their application. Students applying to the program must be in good academic standing. Students should apply in the winter quarter of the third year. Admissions interviews will be completed by the end of the following quarter. Qualified applicants are invited to an admissions interview and are notified in writing if accepted into the program.

### DIDACTIC TRAINING

The naturopathic midwifery program is not a free-standing curriculum but is interwoven with the naturopathic medicine curriculum. Many courses in the naturopathic medicine program are prerequisites for the naturopathic midwifery program. Students enrolled in the naturopathic midwifery program may apply nine credits of required MW course work toward the 15 elective credits required in the naturopathic medicine program. Students entering the naturopathic midwifery program under this catalog have no requirement for midwifery electives; however, students are strongly encouraged to take electives offered by the naturopathic midwifery program as well as those electives offered by other programs that are applicable to family, maternal, infant and pediatric care.

Students are assessed by classroom faculty and clinical faculty for competency in the following areas:

#### Communication Skills

- Reading and Writing
- Conversation

#### Thinking Skills

- Knowledge
- Critical Thinking

#### Professionalism

- Ethical Behavior
- Healing Presence
- Affect

#### Clinical Skills

- See clinical skills checklist, available in the naturopathic midwifery program office.

### CLINICAL TRAINING

The naturopathic midwifery program requires extensive supervised clinical experience, including the care of women throughout pregnancy and into the postpartum period. Students are required to manage 75 prenatal visits (of which 20 must be the initial prenatal visit) and 50 postpartum visits, to actively participate in at least 25 births and to manage 50 births under the supervision of an approved preceptor while enrolled in the academic program. Of the 50 births managed, 15 must be with one preceptor. Fifteen of the managements must be births at home or in an out-of-hospital setting. At least four of these managements must be with women for whom the student has provided primary care during at least four prenatal visits, the birth, a newborn exam and one postpartum exam. In addition, 20 newborn exams must be documented. Students are required to train in at least two different preceptor sites. Each of the 75 birth experiences counts as one-half credit, for a total of 37.5 credits. Advanced clinical standing status may be approved by the naturopathic midwifery program chair.

All clinical experience is gained in preceptorships secured by students with approved physicians or midwives practicing in the U.S. or abroad. Each student is responsible for arranging his/her own preceptor experience with guidance and assistance from the naturopathic midwifery program. All preceptors must be practicing legally within their state or country and must be approved by the program chair. Approval can take as long as eight weeks for out-of-state sites. Advanced students may be placed in an overseas, high-volume birth site. These sites are hospital-based and require a one-month commitment. See the financial aid office for loan information.

Students are required to obtain certification in neonatal resuscitation before beginning their

preceptorships. Information about times and locations of neonatal resuscitation certification workshops is available through the naturopathic midwifery program.

### GRADUATION REQUIREMENTS

Students enrolled in the naturopathic midwifery program are required to complete the Bastyr University naturopathic medicine program or be a graduate of a CNME-accredited naturopathic college or program, and are required to complete 29 credits of specialized naturopathic midwifery courses, 2 credits of midwifery independent study, and 37.5 credits of birth practicum. A student shall be issued the Certificate of Naturopathic Midwifery when all the following requirements have been met:

- Receipt of the doctor of naturopathic medicine degree.
- Satisfactory completion of all naturopathic midwifery program courses.
- Completion of all naturopathic midwifery program clinical requirements.
- Recommendation from the naturopathic midwifery program chair.

Further information is available in the naturopathic midwifery program brochure from the admissions office. Financial aid information is available from the financial aid office.

### LICENSURE

In most states that license naturopathic physicians to provide intrapartum care, practitioners must have graduated from a maternity care specialty program that is offered within a CNME-accredited naturopathic medicine program. In addition, they are required to pass the American College of Naturopathic Obstetricians (ACNO) exam. In other states, our graduates are eligible to be licensed or registered as midwives or to sit for the NARM certified professional midwife (CPM) exam.

The curriculum tables which follow list the tentative schedule of courses each quarter. Next to each course is the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).

### NATUROPATHIC MIDWIFERY CERTIFICATE 2002-2003

#### YEAR I

Qtr. Cat. No.	Course Title	Crdt.	Lec.	L/C
MW9100 *	MW Wisdom: An Introduction	3	3	0

#### YEAR II

Qtr. Cat. No.	Course Title	Crdt.	Lec.	L/C
MW9115*	Doula Training	3	3	0

#### YEAR III

Qtr. Cat. No.	Course Title	Crdt.	Lec.	L/C
MW7303	Labor Complications	3	3	0
MW7304	Maternal Postpartum	2	2	0
MW7320**	Normal Maternity	3	3	0
MW7321	Advanced Normal Maternity	2	2	0
MW8102	Childbirth Education	1	1	0
PS6303	Sexuality & Sex Therapy	2	2	0
TR7311	Maternal & Infant Nutrition	3	3	0

#### YEAR IV

Qtr. Cat. No.	Course Title	Crdt.	Lec.	L/C
MW7302	Prenatal Complications	3	3	0
MW7310	Neonatology	3	3	0
MW7901	Independent Study	var***	0	var
MW8103	Legal & Professional Issues in Midwifery	2	2	0
MW8105	Grief & Loss in Midwifery	2	2	0
MW8800	Childbirth Practicum-Participations	var****	0	var
MW8802	Childbirth Practicum-Managements	var****	0	var
MW8811	Birth Rounds 1	1	0	2
MW8812	Birth Rounds 2	1	0	2
MW8813	Birth Rounds 3	1	0	2

#### YEAR V

Qtr. Cat. No.	Course Title	Crdt.	Lec.	L/C
MW8800 & 8802	Childbirth Practicum	var***	0	var

\* Electives are subject to change and may not be offered every year. The following electives may be available: Perspectives on Naturopathic Midwifery, Herbs and Homeopathy in Maternity Care, Mama Massage; Infant Massage, Physical Medicine in Pregnancy, and Acupuncture in Maternity Care.

\*\*Also required in the naturopathic medicine curriculum.

\*\*\*Students are required to take 2 credits of independent study (MW7901, MW7902 or MW7903). Students are permitted to study more than one topic but must register using a separate course number for each topic.

\*\*\*\*Upon completion, Childbirth Practicum will total 37.5 credits, 12.5 credits as an active participant and 25 credits of managements.

**Total Requirements: Naturopathic Midwifery Program**

Totals below do not include credit requirements for the naturopathic medicine program or elective credits.

	Crdt.	Lec.	Lab/Clin.
Total Core Course Credits and Hours	31	26	6+
Total Practicum Credits and Hours	37.5	0	var

*Curriculum and course changes in the 2002-2003 Bastyr University Catalog are applicable to students entering the naturopathic midwifery program during the 2002-2003 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

# COMBINING NATUROPATHIC MEDICINE AND ACUPUNCTURE AND ORIENTAL MEDICINE

The most frequent degree combination sought by students is a degree in both acupuncture and Oriental medicine and a degree in naturopathic medicine. For those students with a successful academic history who are interested in that combination, there are two options to consider:

### Dual-Program Admissions

Students in the Bastyr University naturopathic medicine program who are academically in good standing have the opportunity to apply to the master of science in acupuncture (MSA) or the master of science in acupuncture and Oriental medicine (MSAOM) program at the end (spring quarter) of their second year of the four-year track. This requires a formal application to the acupuncture and Oriental medicine program through the admissions department, followed by a joint interview by both departments.

ND students who are considering applying to the AOM program as their second program are strongly encouraged to be enrolled as four-year track students during their first two years of attendance. In essence, the dual track program requires that students have successfully completed their preclinical ND training before they add a second degree program. Students who are accepted into the AOM program must switch their naturopathic program to the five-year track in order to carry a combined program load. Students who are accepted into the MSAOM degree must switch their naturopathic program to the six-year track.

Students with advanced medical training, e.g., DC, DO or MD, may initially be accepted into two programs at the discretion of both program chairs. Dual program applicants are able to utilize their basic science course work in the naturopathic program towards their MSA or MSAOM. Please see the registrar's office for a list of exempted classes.

### Integrated AOM/ND Program

The integrated program begins as a pilot in fall 2002 and allows students with a previous science background and/or a strong academic history to enroll in both the AOM and ND programs simultaneously. This five-year program combines

curriculum from both programs throughout the course of study. Students have the option of completing either the master of science in acupuncture (MSA) or the master of science in acupuncture and Oriental medicine (MSAOM) as part of their course of study. The MSAOM includes courses relating to Chinese herbs, and those courses are indicated by † in front of the course name. Applications to the integrated AOM/ND program are accepted as part of the initial application to the university.

The curriculum tables which follow list the tentative schedule of courses each quarter. Next to each course is the number of credits per course (Crdt.), the lecture hours each week (Lec.), the lab/clinic hours each week (L/C), and the total contact hours for the course over the entire quarter (Tot.).

**FIVE-YEAR TRACK****YEAR I**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC5104	Biochemistry 1	4	4	0	44
	BC5107	Human Physiology 1 Lec/Lab	5.5	4	3	77
	BC5125	Gross Human Anatomy 1 Lec/Lab	5.5	4	3	77
	NM5131	Naturopathic Clinical Theory 1	2	1	2	33
	NM5804	Clinic Entry 1	1	0	2	22
	OM4106	Meridians & Points 1	4	4	0	44
	OM4118	TCM Fundamentals	4	4	0	44
		Quarterly Totals	26	21	10	341
W	BC5105	Biochemistry 2	4	4	0	44
	BC5108	Human Physiology 2 Lec/Lab	5.5	4	3	77
	BC5126	Gross Human Anatomy 2 Lec/Lab	5.5	4	3	77
	NM5135	The Determinants of Health	1.5	1.5	0	16.5
	OM4107	Meridians & Points 2	4	4	0	44
	OM4211	TCM Diagnosis 1	3	3	0	33
	OM4411	TCM Techniques 1	2	2	0	22
	OM4421	Qi Gong 1	1	0	2	22
	PM5300	Massage	1.5	0	3	33
	PM5301	Hydrotherapy/ Physiotherapy Lecture	2	2	0	22
		Quarterly Totals	30	24.5	11	390.5
Sp	BC5106	Biochemistry 3	4	4	0	44
	BC5109	Human Physiology 3	3	3	0	33
	BC5110	Histology	5	4	2	66
	BC5127	Gross Human Anatomy 3 Lec/Lab	5.5	4	3	77
	NM5136	The Vis Medicatrix Naturae	1.5	1.5	0	16.5
	OM4108	Meridians & Points 3	4	4	0	44
	OM4213	TCM Diagnosis 2	4	3	2	55
	OM4422	Qi Gong 2	1	0	2	22
	OM5430	TCM Techniques 2	2	2	0	22
		Quarterly Totals	30	25.5	9	379.5

**FIVE-YEAR TRACK****YEAR II**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	AV5100	Fundamentals of Ayurvedic Medicine	2	2	0	22
	BC5112	Embryology	3	3	0	33
	BC5141	Research Methods & Design	2	2	0	22
	BC6204	Immunology	4	4	0	44
	OM4315	TCM Bodywork: Tui Na	1	0	2	22
	OM5443	Tai Chi 1	1	0	2	22
	PM5305	Hydrotherapy/Physiotherapy Lab	1	0	2	22
	PS5103	Physician Heal Thyself	2	2	0	22
		Quarterly Totals	16	13	6	209
F	BC6200	Human Pathology 1	4	4	0	44
	NM6210	Clinical Lab Diagnosis 1	3.5	2	3	55
	OM4101	History of Medicine	2	2	0	22
	†OM5131	Medical Chinese 1	3	3	0	33
	OM5436	TCM Techniques 3	2	2	0	22
	OM5444	Tai Chi 2	1	0	2	22
	OM4803	AOM Clinic Observation 1	2	0	4	44
		Quarterly Totals	17.5	13	9	242
W	BC6201	Human Pathology 2	4	4	0	44
	BC6210	Infectious Diseases*	6.5	5	3	88
	NM6211	Clinical Lab Diagnosis 2	3.5	2	3	55
	OM4221	TCM Pathology 1	3	3	0	33
	†OM5132	Medical Chinese 2	3	3	0	33
	OM5315	Five Element	2	2	0	22
	OM5437	TCM Techniques 4	2	2	0	22
	OM4804	AOM Clinic Observation 2	2	0	4	44
		Quarterly Totals	26	21	10	34
Sp	BC5129	Neuroscience	5.5	4	3	77
	BC6202	Human Pathology 3	4	4	0	44
	BO5301	Botanical Medicine 1	2	2	0	22
	NM6212	Clinical Lab Diagnosis 3	3.5	2	3	55
	OM4222	TCM Pathology 2	3	3	0	33
	†OM5133	Medical Chinese 3	3	3	0	33
	OM5803	AOM Clinic Observation 3	2	0	4	44
		Quarterly Totals	23	18	10	308

Eligible to take NPLEX basic science exams

\*Offered in winter and spring

**FIVE-YEAR TRACK****YEAR III**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	OM5300	Auricular Therapy	2	2	0	22
	OM5804	AOM Clinic Observation 4	2	0	4	44
		Quarterly Totals	4	2	4	66
F	BO6301	Botanical Medicine 2	2	2	0	22
	†CH5100	Introduction to Chinese Herbal Medicine	2	2	0	22
	HO6300	Homeopathy 1	2	2	0	22
	NM6221	Physical/Clinical Diagnosis 1 Lecture	2	2	0	22
	NM6221L	Physical/Clinical Diagnosis 1 Lab	2	1	2	33
	OM5405	TCM Whole Foods Nutrition	2	2	0	22
	OM5414	Acupuncture Therapeutics 1	2	2	0	22
	OM5415	Acupuncture Therapeutics 2	2	2	0	22
	OM5438	TCM Techniques Lab	1	0	2	22
	PS6305	Naturopathic Counseling 1	3	3	0	33
	TR6310	Foods, Dietary Systems & Assessment	3	2	2	44
		Quarterly Totals	23	20	6	286

W	BO6302	Botanical Medicine 3	2	2	0	22
	†CH5411	Chinese Materia Medica/ Formulations 1	4	4	0	44
	HO6301	Homeopathy 2	3	3	0	33
	NM6222	Physical/Clinical Diagnosis 2 Lecture	2	2	0	22
	NM6222L	Physical/Clinical Diagnosis 2 Lab	2	1	2	33
	OM5416	Acupuncture Therapeutics 3	2	2	0	22
	OM5417	Acupuncture Therapeutics 4	2	2	0	22
	PS6306	Naturopathic Counseling 2	3	3	0	33
	TR6311	Macro & Micronutrients	3	3	0	33
		AOM Clinic Internship 1-2	4	0	8	88
		Quarterly Totals	27	22	10	352
Sp	BC6305	Pharmacology*	5	5	0	55
	†CH6412	Chinese Materia Medica/ Formulations 2	4	4	0	44
	HO6302	Homeopathy 3	3	3	0	33
	NM6223	Physical/Clinical Diagnosis 3 Lecture	2	2	0	22
	NM6223L	Physical/Clinical Diagnosis 3 Lab	2	1	2	33
	NM8801	Naturopathic Medicine Preceptorship 1	0	4	4	44
	OM5418	Acupuncture Therapeutics 5	2	2	0	22
	OM5419	Acupuncture Therapeutics 6	2	2	0	22
	PM6300	Naturopathic Manipulation 1	2	2	0	22
		AOM Clinic Internship 3-5	6	0	12	132
		Quarterly Totals	29	21	18	429

\*Offered in winter and spring

**FIVE-YEAR TRACK**

**YEAR IV**

Qtr. Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.	
Su	NM7325	Naturopathic Case Analysis & Mgmt 1	1.5	0	3	33
	NM7400	Minor Surgery	3	3	0	33
	NM7417	Medical Procedures	3	3	0	33
	PM7301	Naturopathic Manipulation 2	3	3	0	33
		AOM Clinic Internship 6-7	4	0	8	88
		Naturopathic Medicine Patient Care 1-2	4	0	8	88
		Quarterly Totals	18.5	9	19	308

Eligible to sit for the NCCAOM exam

F	BO7300	Botanical Medicine 4	2	2	0	22
	CH5400	CHM: Prepared Medicines	2	2	0	22
	†CH6413	Chinese Materia Medica/ Formulations 3	4	4	0	44
	NM7101	Environmental Medicine	1.5	1.5	0	16.5
	NM7102	Public Health	1.5	1.5	0	16.5
	OM6110	TCM Medical Classics	2	2	0	22
	OM6417	Acupuncture Therapeutics 7	2	2	0	22
	PM7302	Naturopathic Manipulation 3	3	3	0	33
	PS7200	Psychological Assessment	2	2	0	22
	TR7411	Diet & Nutrient Therapy 1	3	3	0	33
		AOM Clinic Internship 8-10	6	0	12	132
		Naturopathic Medicine Patient Care 3	2	0	4	44
		Quarterly Totals	31	23	16	429

W	†BC6100	Pharmacology of CHM and Drug Interactions	2	2	0	22
	BO7301	Botanical Medicine 5	2	2	0	22
	†CH6408	Chinese Herbal Therapeutics 1	4	4	0	44
	NM7115	Naturopathic Clinical Theory 2	1	1	0	11
	NM7306	Ontology	2	2	0	22
	NM7313	Gynecology	3	3	0	33
	NM7314	Pediatrics 1	2	2	0	22
	OM6418	Acupuncture Therapeutics 8	2	2	0	22
	PM7303	Naturopathic Manipulation 4	3	3	0	33
	PS7203	Addictions & Disorders	2	2	0	22
	TR7412	Diet & Nutrient Therapy 2	3	3	0	33
		AOM Clinic Internship 11-12	0	8	8	88
		Naturopathic Medicine Patient Care 4	2	0	4	44
		Quarterly Totals	32	26	12	418
Sp	†CH6409	Chinese Herbal Therapeutics 2	4	4	0	44
	NM7109	Practice Management 1	2	2	0	22
	NM7302	Gastroenterology	2	2	0	22
	NM7305	Clinical Ecology	2	2	0	22
	NM7311	Neurology	2	2	0	22
	NM7315	Pediatrics 2	2	2	0	22
	NM7320	Family Medicine	2	2	0	22
	NM7330	The Healing Systems	1	1	0	11
	OM6105	Jurisprudence 1	1	1	0	11
	PS7315	Naturopathic Counseling 3	2	2	0	22
		AOM Clinic Internship 13-14	4	0	8	88
		Naturopathic Medicine Patient Care 5-6	4	0	8	88
		Quarterly Totals	28	20	16	396

Upon completion of seven shifts (either observation or internships) and at least 1050 didactic hours, students are eligible to sit for the NCCAOM exam (a requirement of acupuncture licensure).

**FIVE-YEAR TRACK**

**YEAR V**

Qtr. Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.	
Su	BO7303	Botanical Medicine Dispensary Lab	1	0	2	22
	†CH6820	CHM Dispensary	2	0	4	44
	NM7341	Cardiology	3	3	0	33
	NM8206	Radiographic Interpretation 1 Lecture	3	3	0	33
	NM8207	Radiographic Interpretation 1 Lab	1	0	2	22
	†Chinese Herbal Medicine Clinic 1		2	0	4	44
		Naturopathic Medicine Patient Care 7-10	8	0	16	176
		Quarterly Totals	20	6	28	374
F	†CH6410	Chinese Herbal Therapeutics 3	4	4	0	44
	MW7320	Normal Maternity	3	3	0	33
	NM8101	Ethics	1	1	0	11
	NM8302	Orthopedics	2	2	0	22
	NM8308	Endocrinology	3	3	0	33
	NM8312	Urology	1.5	1.5	0	16.5
	NM8413	Adv'd Naturopathic Therapeutics 1	2	2	0	22
	OM6321	Integrative Therapeutics 1	1	1	0	11
	†Chinese Herbal Medicine Clinic 2-3		4	0	8	88
		Naturopathic Medicine Patient Care 11-14	8	0	16	176
		Quarterly Totals	29.5	17.5	24	456.5



W	NM8213	Diagnostic Imaging	2	2	0	22
	NM8303	Geriatrics	2	2	0	22
	NM8304	Dermatology	2	2	0	22
	NM8307	EENT	2	2	0	22
	NM8309	Rheumatology	1.5	1.5	0	16.5
	NM8414	Adv'd Naturopathic Therapeutics 2	2	2	0	22
	NM8802	Naturopathic Medicine Preceptorship 2	1	0	4	44
	OM6322	Integrative Therapeutics 2	1	1	0	11
	PM7341	Sports Medicine/Therapeutic Exercise 2	2	2	0	22
	†Chinese Herbal Medicine Clinic 4-6		6	0	12	132
	Naturopathic Medicine Patient Care 15-16		4	0	8	88
	Quarterly Totals		25.5	14.5	24	423.5
Sp	NM8102	Jurisprudence	1	1	0	11
	NM8109	Practice Management 2	2	2	0	22
	NM8212	Radiographic Interpretation 2	3	3	0	33
	NM8314	Pulmonary Medicine	1.5	1.5	0	16.5
	NM8325	Nat. Case Analysis & Mgmt 2: Grand Rounds*	1	0	2	22
	NM8803	Naturopathic Medicine Preceptorship 3	1	0	4	44
	NM8844	Interim Patient Care**	2	0	4	44
	OM5812	Internship Vacation Clinic**	1.5	0	3.3	36
	OM6323	Integrative Therapeutics 3	1	1	0	11
	†Chinese Herbal Medicine Clinic 7-8		4	0	8	88
	Naturopathic Medicine Patient Care 17-21		10	0	20	220
	Quarterly Totals		28	8.5	41.3	547.5

\*NM8325: Offered in fall, winter and spring.

\*\* Students are required to complete a total of 44 (ND) and 36 (AOM) interim clinic hours throughout their clinical tenure at Bastyr. (Usually students staff the shifts they were assigned to in the quarter just ended.) Students register for and pay for this shift in their last quarter of attendance.

### Summary of Clinic Requirements: Acupuncture and Oriental Medicine

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	†CH6803	Chinese Herbal Medicine Clinic 1 (Observation)	2	0	4	44
variable	†CH6804-10	Chinese Herbal Medicine Clinic 2-8	14	0	28	308
variable	†CH6820	Chinese Herbal Medicine Dispensary	2	0	4	44
variable	OM4803-5804	AOM Clinic Observation 1-4	8	0	16	176
variable	OM5805-6808	AOM Clinic Internship 1-14	28	0	56	616
variable	OM5812	Internship Vacation Clinic	1.5	0	3.3	36
		Acupuncture and Oriental Medicine Clinic Totals	55.5	0	111.3	1224

### Naturopathic Medicine Program

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	NM7820-29	Patient Care 1-10	20	0	40	440
variable	NM8801-3	Preceptorship 1-3	3	0	12	132
variable	NM8830-36	Patient Care 11-17	14	0	28	308
variable	NM8844	Interim Patient Care*	2	0	4	44
variable	PM7801-2	Physical Medicine 1-2	4	0	8	88
variable	PM8801-2	Physical Medicine 3-4	4	0	8	88
		Naturopathic Medicine Clinic Totals	47	0	100	1100

### Total Requirements

Total AOM Core Course Credits and Hours	110	103	14	1287
Total Nat Med Core Course Credits and Hours	249.5	220.5	58	3063.5
Total Elective Credits Required	12	12	0	132
Total AOM Clinic Credits and Hours	55.5	0	111.3	1224
Total Nat Med Clinic Credits and Hours	47	0	100	1100
Clinic Outreach Hours (non credit requirement)	0	0	0	20
Total Requirements	474	335.5	283.3	6826.5

# NUTRITION

The nutrition program offers a BS in natural health sciences with a major in nutrition, as well as a major in exercise science and wellness, an MS in nutrition, and a didactic program in dietetics and dietetic internship that meet the American Dietetic Association (ADA) academic requirements leading to eligibility for the registration examination for dietitians and active membership in the ADA. The university's nutrition program is founded upon the holistic origins of the Greek word *diatra* (diet), "made of life," and Latin *dieta*, "daily fare." The nutrition program emphasizes the study of the physiological, biochemical, socioeconomic, political and psychological aspects of human nutrition and physical activity.

The mission of Bastyr University's nutrition program is to prepare qualified graduates who will meaningfully contribute to the health of the community in such areas as nutrition education, community nutrition, clinical nutrition, nutrition research and physical fitness.

The nutrition program prepares graduates to critically evaluate the scientific literature and to incorporate current research and advances in nutrition and exercise science. The MS degree prepares graduates for roles as professional nutrition consultants in food programs, outpatient clinic settings, or independent practices. The food industry, research, and health and fitness businesses also offer career opportunities for nutrition graduates.

The nutrition program is unique in its emphasis on whole foods and multicultural, political, and ecological dimensions of diet and world food supply within the overall context of basic, clinical and community nutrition. These aspects of nutrition, blended with biochemistry and physiology, reflect the university's natural health sciences philosophy. The concept of food as medicine and the concept of diet as a critical component in healing are fundamental to natural therapeutics, optimal health and whole-person healing.

## LEGAL STATUS OF NUTRITIONISTS

Students may inquire at their state or province licensing department to obtain information regarding certification or licensing as nutritionists.

## ADMISSIONS

For general information on the admissions process, please refer to the admissions section in this

catalog. The information below refers only to the nutrition program.

## MASTER OF SCIENCE IN NUTRITION

**Prerequisites:** Entering students must have a bachelor's degree and must have completed the following courses or their equivalent:

Physiology .....	5 quarter credits or 3 semester credits
Chemistry (with lab) .....	3 courses
Nutrition .....	5 quarter credits or 3 semester credits
Food science* ....	5 quarter credits or 3 semester credits
Biology (science-major level with lab) .....	1 course
Biochemistry .....	1 course
Introductory/general psychology .....	1 course
College level algebra/precalculus .....	1 course

Ten quarter credits of anatomy and physiology will meet the physiology prerequisite requirement. Students who are unable to complete food science may be admitted to the MS program and allowed to complete this requirement during their first year. The three required chemistry courses must include at least one organic chemistry course (with lab). The biochemistry course must be upper level and must cover intermediary metabolism. The food science course must include food microbiology. The psychology prerequisite is not required for students intending to follow the research track.

\*Beginning fall 2004 entering students must have completed a microbiology course and food science will no longer be required.

## GRADUATION REQUIREMENTS

MS students must complete a minimum of 70 credits in both years of the program. All MS students must have a minimum 3.0 grade point average with a minimum of 47 credits in residence. MS students must complete their degree within five years.

## ACADEMIC PROGRAM

### MS NUTRITION TRACKS

The MS program in nutrition offers a choice between two distinct tracks: one focusing on research and culminating in a thesis, the other focusing on clinical and counseling applications in nutrition and culminating in an exit exam. Second-year clinical/counseling track students complete three quarters of Clinic Practicum in Bastyr Center for Natural Health. After initial selection of a track, students must receive approval from the department chair in order to change tracks. Students do not have to choose a track until the second year of the program if they complete the required classes for both tracks in the first year.

### EXIT EXAM (FOR MS STUDENTS IN THE CLINICAL/COUNSELING TRACK)

Successful completion of an exit examination is a graduation requirement for students in the clinical/

counseling track. This examination tests the minimal knowledge and skills required to perform nutritional consulting with diverse clients. This examination does not cover the whole curriculum and cannot substitute for any part of regular course requirements.

### THESIS CONTINUATION POLICY

Students who have not completed their theses by the end of their last quarter of attendance at Bastyr University but who have registered for the number of thesis credits required for their programs will be required to register for Thesis Continuation. Thesis Continuation is a 0.0 credit "course" which maintains the student's enrollment at Bastyr University; it carries a thesis continuation fee equivalent to the tuition for one credit.

Students who do not register for Thesis Continuation or pay the thesis continuation fee are not to utilize faculty time or other university resources. The registration and payment deadlines for the thesis continuation are the same as those published for regular registration activities.

### BASIC SCIENCES CURRICULUM WITHIN NUTRITION

The basic sciences department offers courses in most of Bastyr University's programs, including nutrition, naturopathic medicine, naturopathic midwifery, herbal sciences, and acupuncture and Oriental medicine. Courses are designed to meet the specific competencies and learning objectives within each program.

Basic science courses within the nutrition program include anatomy and physiology, organic chemistry, biochemistry and disease processes. These courses serve as a foundation for an understanding of the human body and provide students with the necessary skills and competency to pursue course work within their chosen degree program.

The basic sciences faculty encourages and expects students to advance beyond the simple learning of scientific facts and to integrate systematically the information from basic science disciplines into a unified model of human organization and function. This educational scheme requires students to assume an active role in the learning process and encourages them to adopt this inquisitive behavior for a lifetime. Problem-solving, clinical cases and examples are an integral part of the basic science curriculum. This educational process is an expression of Bastyr University's basic philosophy of a holistic approach

to human behavior, health and therapeutics. The basic sciences faculty encourages students to become totally absorbed in an integrated approach to learning and understanding. Instructors are readily available to facilitate this process on an individual basis.

The department also offers science courses that satisfy prerequisite requirements, including courses in general chemistry, organic chemistry and biophysics.

### COUNSELING AND HEALTH PSYCHOLOGY CURRICULUM WITHIN NUTRITION

The counseling and health psychology curriculum serves other university departments to train students in understanding and effecting change in the emotional, mental, and spiritual dimensions of human functioning. These departments include nutrition, naturopathic medicine, midwifery, acupuncture and Oriental medicine, and exercise science and wellness.

Nutrition students in the master of science program (clinical/counseling track) are required to take the following:

- PS5204: Counseling - 3 credits
- PS5210: Nutritional Counseling - 2 credits
- PS6211: Disordered Eating - 2 credits

For additional counseling and health psychology courses available as electives to matriculated students, please see the course listings in this catalog or the current quarterly schedule of classes.

### DIDACTIC PROGRAM IN DIETETICS

The didactic program in dietetics (DPD) is a term used by the American Dietetic Association to describe the program approved under its standards of education as meeting academic requirements leading to eligibility for the registration examination for dietitians (registered dietitian - RD). Verified completion of the didactic program in dietetics and a bachelor's degree enable a student to apply for dietetic internships to establish eligibility for active membership in the American Dietetic Association (ADA) and to write the registration examination.

For detailed information about admission requirements and prerequisites, graduation requirements, accreditation status and DPD curriculum, see page 71.

### DIETETIC INTERNSHIP

The dietetic internship is based upon the American Dietetic Association's standards of education and

is designed to provide performance requirements for entry-level dietitians through supervised practice. The internship provides an interactive experience in which participants can achieve competency in all areas of dietetics and nutrition. The program also includes didactic course work and enrichment experiences.

Internship students gain experience in clinical dietetics, community nutrition and food service systems and management. Interns develop insight into the special nutritional needs of populations by rotating through a variety of sites including hospitals, nursing homes, AIDS facilities, public health administrative offices, women, infant and children (WIC) facilities, and food service facilities. The rotations are designed to give students the opportunity to work with individuals from all stages of the life cycle, with varying health conditions.

The Bastyr University dietetic internship has a natural medicine (complementary and alternative medicine) emphasis. Interns have the opportunity to practice with clinicians in the naturopathic and acupuncture and Oriental Medicine programs at the university's teaching clinic, Bastyr Center for Natural Health. Interns are introduced to non-Western dietary systems including Ayurvedic, macrobiotic and Oriental medicine. Interns create whole-foods menus, learn about herbs and supplements, and develop exercise and wellness goals for clients.

The internship consists of 40 weeks, 40 hours per week. The hours include a minimum of 900 supervised practice hours. The program also includes didactic hours, enrichment hours, and hours for orientation, evaluation and vacation.

Students are required to register for 15 graduate credits which may be applied toward the master of science in nutrition degree at Bastyr University upon acceptance into the master's program. The graduate course content is structured to complement the supervised practice component of the internship and includes various learning activities such as inservice and community presentations. The internship graduate courses follow, listed in the order taken:

Cat. No.	Course Title	Crdt.
DI5100	Introduction to the Practice of Dietetics	1
DI5101	Community Nutrition	1
DI5102	Diet Therapy	1
DI5103	Food Service Administration	1
DI5805	Community Practicum	1
DI5810	Diet Therapy Practicum	5
DI5815	Food Service Practicum	5
	Total Credits	15

Note: Community Practicum, Diet Therapy Practicum and Food Service Practicum are incorporated into the supervised practice experience.

### Admission Requirements

Applicants must have a minimum of a baccalaureate degree from an accredited educational institution. A strong background in science and high academic performance are essential. A GPA of 3.0 or higher is required for acceptance into the program. Applicants must complete an application packet which includes the following six items:

- Completed program and university applications.
- One page typed letter of application including a statement of professional goals.
- All official transcripts.
- DPD or Plan IV/V Verification Statement.
- Three letters of recommendation: one work-related and two academic-related.
- Nonrefundable \$75 application fee.

All applications must be received by the computer matching deadline. Interns begin the program in September and complete the program in June. Applicants are informed of acceptance by mail through the computer matching system.

### Expected Competencies

Graduates of the program meet eligibility requirements to write the registration examination to become a registered dietitian (RD). Students are required to pass all internship graduate courses with a grade of achieved competency (AC). (The achieved-competency based grading system is explained in this catalog.) Bastyr internship graduates are qualified to provide exceptional nutrition and dietetic services to individuals and institutions and contribute positively to the nutrition awareness and health education of the community.

### Accreditation Status

The Bastyr University dietetic internship has been granted accreditation by the Commission on Accreditation for Dietetics Education of the American Dietetic Association, 216 W. Jackson Blvd, Chicago, IL, 60606-6995, (312) 899-5400.

The curriculum tables which follow list the tentative schedule of courses each quarter. Next to each course is the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).

**MASTER OF SCIENCE IN NUTRITION: RESEARCH TRACK 2002-2003****YEAR I**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC5128	Disease Processes	5	5	0
	TR5120	Advanced Nutrition: Macronutrients	5	5	0
	TR5121	Biostatistics in Nutrition	4	4	0
	TR5136	Nutrition in the Life Cycle	3	3	0
		Quarterly Totals	17	17	0
W	TR5122	Research Methods in Nutrition	3	3	0
	TR5124	Advanced Nutrition: Micronutrients	5	5	0
	TR5320	Nutrition Assessment & Therapy 1	5	4	2
		Quarterly Totals	13	12	2
Sp	TR5101	Whole Foods Production*	3	1.5	3
	TR5128	Applied Research Skills	3	3	0
	TR5135	Advanced Nutrition: Bioactive Compounds in Foods	2	2	0
	TR5321	Nutrition Assessment & Therapy 2	5	4	2
		Quarterly Totals	13	10.5	5

\*TR5101 Whole Foods Production may be taken in any quarter during year I.

**YEAR II**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	TR6115	Thesis*	5	0	0
	TR6800	Community Practicum**	2	0	4
		Quarterly Totals	7	0	4
W	TR6115	Thesis*	5	0	0
		Quarterly Totals	5	0	0
Sp	TR6115	Thesis*	5	0	0
		Quarterly Totals	5	0	0

\*Students may register for thesis as early as summer quarter of the first year and in any quarter in which the student receives thesis advising. Fifteen (15) thesis credits are required to graduate. One (1) thesis credit must be earned in the quarter in which the degree is to be received.

\*\*TR6800 Community Practicum may be taken in any quarter during year II.

**Elective Requirements: Master of Science in Nutrition Program, Research Track**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
variable	variable	Electives	10	10	0
		Elective Totals	10	10	0

Of the ten (10) elective credits required, students must have a minimum of four (4) elective credits in nutrition program courses.

**Total Requirements: Master of Science in Nutrition Program, Research Track Only**

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	60	39.5	11
Total Elective Credits and Hours	10	10	0
Total Requirements	70	49.5	11

Curriculum and course changes in the 2002-2003 Bastyr University Catalog are applicable to students entering during the 2002-2003 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

**MASTER OF SCIENCE IN NUTRITION, CLINICAL/COUNSELING TRACK 2002-2003****YEAR I**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC5128	Disease Processes	5	5	0
	TR5120	Advanced Nutrition: Macronutrients	5	5	0
	TR5136	Nutrition in the Life Cycle	3	3	0
		Quarterly Totals	13	13	0
W	PS5204	Counseling	3	3	0
	TR5124	Advanced Nutrition: Micronutrients	5	5	0
	TR5320	Nutrition Assessment & Therapy 1	5	4	2
	TR5803	Nutrition Clinic Entry	1	0	2
		Quarterly Totals	14	12	4
Sp	PS5210	Nutritional Counseling	2	2	0
	TR5101	Whole Foods Production*	3	1.5	3
	TR5321	Nutrition Assessment & Therapy 2	5	4	2
	TR5135	Advanced Nutrition: Bioactive Compounds in Foods	2	2	0
		Quarterly Totals	12	9.5	5

\*TR5101 Whole Foods Production may be taken in any quarter during year I.

**YEAR II**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS6211	Disordered Eating	2	2	0
	TR5121	Biostatistics in Nutrition	4	4	0
	TR6800	Community Practicum*	2	0	4
	TR6805	Clinic Practicum 1	2	0	4**
		Quarterly Totals	10	6	8
W	TR5122	Research Methods in Nutrition	3	3	0
	TR6100	Nutritional Supplementation	4	4	0
	TR6806	Clinic Practicum 2	2	0	4**
		Quarterly Totals	9	7	4
Sp	TR6807	Clinic Practicum 3	2	0	4**
		Exit Exam	0	0	0
		Quarterly Totals	2	0	4

\*TR6800 Community Practicum may be taken in any quarter during year II.

\*\*A total of 44 hours during each quarter. In addition, a total of 8 hours are required during the interim period. See the Student clinical Handbook for details.

**Elective Requirements: Master of Science in Nutrition Program, Clinical/Counseling Track**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
variable	variable	Electives	10	10	0
		Elective Totals	10	10	0

Of the ten (10) elective credits required, students must have a minimum of four (4) elective credits in nutrition program courses.

**Total Requirements: Master of Science in Nutrition Program, Clinical/Counseling Track Only**

	Crdt.	Lec.	Lab/Clin.
Total Core Course Credits and Hours	54	47.5	13
Clinic Totals	6	0	12*
Total Elective Credits and Hours	10	10	0
Total Requirements	70	57.5	25

\*A total of 140 hours are required.

Curriculum and course changes in the 2002-2003 Bastyr University Catalog are applicable to students entering during the 2002-2003 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

# BASTYR CENTER FOR NATURAL HEALTH: CLINICAL EDUCATION PRACTICUM

Jane Gultinan, ND, dean of clinical affairs

Lise Alschuler, ND, clinic medical director

*The mission of Bastyr Center for Natural Health is to create an extraordinary environment committed to excellence in health care and clinical education that assists and empowers individuals and the community to achieve better health and a higher quality of life.*

All students in the naturopathic medicine program (ND), master of science in acupuncture program (MSA), master of science in acupuncture and Oriental medicine program (MSAOM), master of nutrition program - clinical/counseling track (MSN), certificate in Chinese herbal medicine program (CCHM), and didactic program in dietetics (DPD) receive clinical training at Bastyr Center for Natural Health-Team Care. The clinic medical director oversees the clinical education and training of the students and works closely with each program's lead administrator.

The clinical training in Team Care is modeled upon mentorship. The average faculty/student ratio is 1:6, which includes three primary clinicians/interns and three observing clinicians/interns. Each student pair is assigned to a room throughout the quarter. Each clinic shift begins with case preview during which the students present to the supervisor their preparations for the patients they will be seeing that day. During each patient visit, the supervisor spends time in the room with the student team and the patient. Also, during each visit, the supervisor and student team consult about the patient in consult rooms, reviewing the assessments and treatment recommendations. Each clinic shift concludes with case review where all the students and supervisors meet jointly to discuss selected cases seen that day.

Clinical course numbers and descriptions for each program's required and elective clinical offerings are found in the course description section of the catalog under the appropriate program heading. The narrative section of the catalog provides further information regarding clinical training, under each program and curriculum section.

Students enrolled in the naturopathic midwifery program (MW) gain their clinical experience in preceptorships with licensed physicians or midwives practicing in the U.S. or abroad. All preceptor sites

are approved by the naturopathic midwifery program chair.

Students in each program receive a *Bastyr Center for Natural Health Student Clinician Handbook* prior to entering clinic. This required manual serves as the student's clinic textbook and contains information on clinical education requirements, policies and procedures, learning objectives and clinical competencies.

External clinical training opportunities have been developed for each program, in order to provide a broader educational experience for students. Students have a preceptorship requirement in which they are placed with a variety of licensed, practicing health care professionals in various practice settings. This provides students with valuable clinical training. Bastyr Center for Natural Health maintains numerous external clinical learning sites, creating tremendous diversity in the students' clinical experience. At each site, Bastyr faculty supervises the student clinicians. For a description of these sites, see the center facilities listing on pages 12-13 in this catalog.

Bastyr Center for Natural Health has well-established residency programs in naturopathic medicine and acupuncture and oriental medicine. Currently, there are nine naturopathic residency positions and four AOM residency positions. These programs are highly competitive and attract graduates from other educational institutions as well as from Bastyr. The residency programs at Bastyr are closely supervised programs of mentorship. Each resident progresses from a purely observational role into an independent role over the course of the year. This progression is monitored and facilitated by a faculty mentor and by the clinic medical director. A second year of residency offers clinical supervision and continued skill development. All residents have multiple opportunities to do rotations in other local clinics (allopathic, naturopathic, acupuncture and oriental medicine, etc.). Since the summer of 2000, the office of the director of graduate and community medicine has been responsible for the administration, development and expansion of the residency program. The university is committed to providing residency opportunities for every graduate.

# UNDERGRADUATE PROGRAMS AND CURRICULA

## ACUPUNCTURE & ORIENTAL MEDICINE

The university offers combined bachelor of science/master of science degree programs, allowing entering students who have completed at least two years at the undergraduate level (60 semester credits or 90 quarter credits) to earn their bachelor's degree in combination with either the master of science in acupuncture or the master of science in acupuncture and Oriental medicine. Master's program prerequisites must also be met prior to matriculation. The bachelor's degree is formally conferred at the time of graduation from the master's program.

Students entering the BS/MS program as undergraduates are required to maintain a 2.5 GPA for the first year of their studies, regardless of credits. Starting with the second academic year, students are required to maintain a 3.0 GPA.

### BASIC PROFICIENCY AND SCIENCE REQUIREMENTS

- English literature or composition ..... 9 quarter credits
- Public speaking ..... 3 quarter credits
- Mathematics (college-level algebra or precalculus) ..... 4 quarter credits
- General psychology ..... 3 quarter credits
- General chemistry (health science major level) 8 quarter credits
- Biology (with lab) ..... 4 quarter credits

### GENERAL EDUCATION REQUIREMENTS

- Natural sciences & mathematics ..... 12 quarter credits
  - Arts and humanities ..... 15 quarter credits
  - Social sciences ..... 15 quarter credits
  - Electives ..... 17 quarter credits\*
- \*The number of elective credits may vary depending upon the exact number of quarter credits earned in the other prerequisite categories. Total prerequisite credits must equal at least 90 quarter credits.

Please see the graduate program listings, page 30, for complete details about the combined bachelor/master's program

## HEALTH PSYCHOLOGY

The counseling and health psychology department offers a bachelor of science degree in health psychology. The health psychology program supports the mission of Bastyr University by providing leadership to enhance the psychological health and well-being of the human community through education, research, and community mental health care. Within the study of health psychology, students apply wellness and preventive approaches to complementary health care practices.

The curriculum in the bachelor of science in health psychology program explores the integration of mind, body and spirit. The program is designed to enhance students' capabilities to blend the study of psychology with health, the healing arts, wellness and fitness. The bachelor of science also provides a solid undergraduate foundation for pursuing both professional studies and graduate degrees. The bachelor of science prepares graduates to critically evaluate the scientific literature and to incorporate current research and advances in health psychology as they relate to the fundamental principles of health and healing.

### ADMISSION

For general information on the admissions process, please refer to the admissions section in this catalog. The information below refers only to the bachelor of science in health psychology program.

### PREREQUISITES

Entering undergraduates must have at least a 2.25 cumulative GPA with a grade of C or better in basic proficiency and science requirement courses. Prior to enrolling, students must have completed 90 quarter credits (60 semester credits), including a minimum number of credits in specific proficiencies and general education requirements. Students may apply to the program while completing prerequisite course work. Students who have not completed all the prerequisites may not be eligible to take some courses.

### BASIC PROFICIENCY AND SCIENCE REQUIREMENTS

English literature or composition .....	9 quarter credits
Public speaking .....	3 quarter credits
General psychology .....	3 quarter credits
Mathematics (college-level algebra or precalculus) .....	4 quarter credits
Biology (with lab) .....	4 quarter credits

### GENERAL EDUCATION REQUIREMENTS

Natural science and mathematics .....	12 quarter credits
Arts and humanities .....	15 quarter credits
Social sciences .....	15 quarter credits
Electives .....	25 quarter credits*

\*The number of elective credits may vary depending upon the exact number of quarter credits earned in the other prerequisite categories. Total prerequisite credits must equal at least 90 quarter credits.

The curriculum tables which follow list the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).

### BACHELOR OF SCIENCE IN HEALTH PSYCHOLOGY 2002-2003

#### JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	IS3101	Introduction to Natural Health Sciences	2	2	0
	PS3100	Developmental & Ed. Psychology	3	3	0
	PS3112	Stress & Disease Processes	3	3	0
	PS3116	Healing Practices 1: Myths & Ritual	2	2	0
	PS3125	Psychology of Human Relations	3	3	0
		Quarterly Total	13	13	0
W	IS3102	Introduction to Research Methods	3	2	2
	PS3117	Principles of Well Being	3	3	0
	PS3122	Psychology of Personality	3	3	0
	PS3132	Health, Body Image & Human Sexuality	2	2	0
	PS3142	Ethical Issues in Psychology	2	2	0
		Quarterly Total	13	12	2
Sp	PS3110	Cognitive & Behavioral Psychology	3	3	0
	PS3111	Abnormal Psychology	3	3	0
	PS3138	Biological Psychology	3	3	0
	PS4120	Introduction to Statistics	3	2.5	1
		Quarterly Total	12	11.5	1

#### SENIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS3130	Multicultural Issues in Psychology	3	3	0
	PS4110	Social Psychology	3	3	0
	PS4111	Experimental Psychology	3	2	2
	PS4115	Healing Practices 2: Art as Spiritual Practice	2	2	0
		Quarterly Total	11	10	2

W	PS3140	Intro to Psychoanalytic Theory	3	3	0
	PS4112	Creating Wellness	3	3	0
	PS4119	Research Project	4	4	0
		Quarterly Total	10	10	0
Sp	IS4101	Seminar in Natural Health Sciences	2	2	0
	PS3135	Holistic Interventions in Addictions	2	2	0
	PS4116	Healing Practices 3: Mind, Body, Spirit	2	2	0
	PS4123	Research Presentation	2	2	0
	PS4130	Psychology of Religion	3	3	0
		Quarterly Total	11	11	0

#### Total Requirements: BS in Health Psychology

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	70	67.5	5
Total Elective Credits and Hours	20	20	0
Total Requirements	90	87.5	5

To graduate, students must have a minimum of 45 credits in residence at Bastyr.

*Curriculum and course changes in the 2002-2003 Bastyr University Catalog are applicable to students entering during the 2002-2003 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

### MINOR IN HEALTH PSYCHOLOGY

To earn a minor in health psychology, an undergraduate student must take a minimum of 25 credits in the psychology program.

The student must take 15 credits in the following required courses. Students must meet the prerequisites for any of the courses they wish to take.

PS3100 Developmental and Educational Psychology - 3 credits

PS3111 Abnormal Psychology - 3 credits

PS3122 Psychology of Personality - 3 credits

PS3138 Biopsychology - 3 credits

PS4110 Social Psychology - 3 credits

The student must also take an additional 10 credits by choosing courses from the following list. Students must meet the prerequisites for any of the courses they wish to take.

PS3110 Cognitive & Behavioral Psychology - 3 credits

PS3112 Stress and Disease Process - 3 credits

PS3116 Healing Practices I: Myths & Rituals - 2 credits

PS3117 Principles of Well-Being - 3 credits

PS3125 Psychology of Human Relations - 3 credits

PS3130 Multicultural Issues in Psychology - 3 credits

PS3132 Health, Body Image & Human Sexuality - 2 credits



PS3135 Holistic Interventions in Addictions - 2 credits

PS3140 Introduction to Psychoanalytic Theory - 3 credits

PS3610 Concepts in Jungian Psychology - 2 credits

PS4115 Healing Practices II: Art as Spiritual Practice - 2 credits

PS4116 Healing Practices III: Mind, Body, Spirit - 2 credits

PS4130 Psychology of Religion - 3 credits

PS9100 Aromatherapy & the Psyche - 1 credit

PS9115 Introduction to Buddhist & Taoist Psychology - 2 credits

PS9509 Introduction to Visualization & Imagery - 2 credits

## HERBAL SCIENCES

A two-year bachelor of science degree completion program in herbal sciences is designed for students with at least 90 transferable quarter credits (60 semester credits). This program is a two-year academic degree program, designed to provide a thorough, scientifically rigorous and inspiring exploration of herbalism and its applications. The curriculum of the BS degree in herbal sciences does not include the diagnosis and treatment of disease, but rather introduces the student to concepts of disease prevention and health maintenance using medicinal herbs. The curriculum addresses economic, historical and sociopolitical perspectives regarding the herbal sciences. Additionally, issues related to herbal product manufacturing and quality assurance are introduced. This program offers a substantial breadth of perspectives and approaches in the herbal sciences.

The program is based upon scientific inquiry in the herbal sciences. Courses in anatomy, physiology, organic chemistry, biochemistry and botany occur during the first year of this program. Beginning in the first year and heavily concentrated in the second year are courses exploring various aspects of the herbal sciences. A core sequence of courses, Herbal Sciences 1-6, focuses on the history and traditions of herbal use, preparations, pharmacognosy, pharmacology and medicinal actions of dozens of herbs. There are also various courses introducing the student to diverse world traditions of herbal medicine. In Introduction to Research Methods the student learns to interpret scientific literature on medicinal herbs. In additional courses, the student becomes familiar with environmental, economic and political issues surrounding the herbal sciences. There are electives available that cover a wide array of topics in the herbal field.

Finally, the student completes an optional placement practicum with herbal manufacturers, herb growers, wildcrafters, practitioners or researchers. Upon completion of this program, each student is uniquely qualified to enter the herbal industry or to pursue further education in a related field. Total quarter credit hours for the program is 90. A full program brochure and course descriptions are available upon request from the admissions office.

**ADMISSION**

For general information on the admissions process, please refer to the admissions section in this catalog. The information below refers only to the herbal sciences program.

**PREREQUISITES**

Entering undergraduates must have at least a 2.25 cumulative GPA with a grade of C or better in all basic proficiency and science requirement courses. Prior to enrolling, students must have completed 90 quarter credits (60 semester credits), including a minimum number of credits in the basic proficiency, science and general education categories. Surplus credits not used to satisfy basic proficiency or science requirements may be applied to the appropriate general education requirements. Note that students may apply to the program while completing prerequisite course work.

**BASIC PROFICIENCY AND SCIENCE REQUIREMENTS**

English literature or composition .....	9 quarter credits
Public speaking .....	3 quarter credits
General psychology .....	3 quarter credits
Mathematics (college-level algebra or precalculus) .....	4 quarter credits
General chemistry (science-major level with lab) .....	8 quarter credits
Biology (with lab) .....	4 quarter credits

**GENERAL EDUCATION REQUIREMENTS**

Natural science and mathematics .....	12 quarter credits
Arts and humanities .....	15 quarter credits
Social sciences .....	15 quarter credits
Electives .....	17 quarter credits*

\*The number of elective credits may vary depending upon the exact number of quarter credits earned in the other prerequisite categories. Total prerequisite credits must equal at least 90 quarter credits.

**Basic Sciences Curriculum within Herbal Sciences**

The basic sciences department offers courses in most of Bastyr University's programs, including herbal sciences, naturopathic medicine, naturopathic midwifery, nutrition, exercise science and acupuncture and Oriental medicine. Courses are designed to meet the specific competencies and learning objectives within each program.

Basic science courses within the herbal sciences program include anatomy and physiology, organic chemistry, biochemistry, microbiology and pharma-

cology. These courses serve as a foundation for an understanding of the human body and provide students with the necessary skills and competency to pursue course work in their chosen field.

The basic sciences faculty encourages and expects students to advance beyond the simple learning of scientific facts and to integrate systematically the information from basic science disciplines into a unified model of human organization and function. This educational scheme requires students to assume an active role in the learning process and encourages them to adopt this inquisitive behavior for a lifetime. Problem-solving, clinical cases and examples are an integral part of the basic science curriculum. This educational process is an expression of Bastyr University's basic philosophy of a holistic approach to human behavior, health and therapeutics. The basic sciences faculty encourages students to become totally absorbed in an integrated approach to learning and understanding. Instructors are readily available to facilitate this process on an individual basis.

The basic science department also offers science courses that satisfy prerequisite requirements, including courses in general chemistry, organic chemistry and biophysics.

The curriculum tables which follow list the tentative schedule of courses each quarter. Next to each course is the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).

**BACHELOR OF SCIENCE IN HERBAL SCIENCES 2002-2003****JUNIOR YEAR (YEAR I)**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3124	Organic Chemistry for Life Sciences (Lec/Lab)	5	4	2
	BC3141	Anatomy & Physiology (Lec/Lab)	3	2	2
	BO3110	Foundations of Health	2	2	0
	BO3111	Herbal Sciences 1 (Lec/Lab)	3	2	2
	IS3101	Introduction to Natural Health Sciences	2	2	0
		Quarterly Totals	15	12	6
W	BC3129	Biochemistry for Life Sciences 1 Lecture	4	4	0
	BC3131	Biochemistry for Life Sciences 1 Lab	1	0	2
	BC3142	Anatomy & Physiology (Lec/Lab)	4	3	2
	BO3101	Introduction to Botany (Lec/Lab)	3	2	2
	BO3112	Herbal Sciences 2	3	3	0
		Quarterly Totals	15	12	6

Sp	BC3132	Biochemistry for Life Sciences 2 Lecture	4	4	0
	BC3133	Biochemistry for Life Sciences 2 Lab	1	0	2
	BC3143	Anatomy & Physiology (Lec/Lab)	3	2	2
	BO3105	Plant Identification (Lec/Lab)	3	2	2
	BO3113	Herbal Sciences 3 (Med making lab)	3	2	2
		Quarterly Totals	14	10	8

BO4140 Business Practices in Herbal Sciences - 2 credits  
 BO4101 Advanced Botany - 3 credits  
 BO4125 Introduction to Herb/Drug Interaction - 2 credits  
 BO4127 Quality Assurance in Herbs - 2 credits

**SENIOR YEAR (YEAR II)**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC4121	Microbiology	3	2	2
	BO4114	Herbal Sciences 4 (Lec/Lab)	3	2	2
	BO4120	Herbal Drug Identification (Lec/Lab)	2	1	2
	TR4114	Nutrition for Herbalists	4	4	0
		Quarterly Totals	12	9	6
W	BC4131	Pharmacology Overview	3	3	0
	BO4115	Herbal Sciences 5 (Lec/Lab)	3	2	2
	BO4130	Ethnobotany	3	3	0
	BO4140	Business Practices in Herbal Sciences	2	2	0
	IS3102	Introduction to Research Methods	3	2	2
		Quarterly Totals	14	12	4
Sp	BO4101	Advanced Botany (Lec/Lab)	3	2	2
	BO4116	Herbal Sciences 6 (Lec/Lab)	3	2	2
	BO4125	Introduction to Herb/Drug Interaction	2	2	0
	BO4127	Quality Assurance in Herbs (Lec/Lab)	2	1	2
	IS4101	Advanced Seminar in Nat Health Sciences	2	2	0
		Quarterly Totals	12	9	6

Student work placement is optional and may be taken for elective credits.

**Total Requirements: BS in Herbal Sciences**

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	82	64	36
Total Elective Credits and Hours	8	8	0
Total Requirements	90	72	36

Current electives: Cascade Herbal Experience, Herbal Medicine in Tuscany, Aromatherapy, Herbal Hydrotherapy, Organic Gardening, Pharmacognosy, Bach Flower Remedies and Ayurvedic Herbal Medicine.

**MINOR IN HERBAL SCIENCES - 26-27 REQUIRED CREDITS**

All of the following courses are required:

- BO3101 Introduction to Botany - 3 credits
- BO3105 Plant Identification - 3 credits
- BO3111 Herbal Sciences 1 - 3 credits
- BO3112 Herbal Sciences 2 - 3 credits
- BO3113 Herbal Sciences 3 - 3 credits
- BO4114 Herbal Sciences 4 - 3 credits
- BO4115 Herbal Sciences 5 - 3 credits
- BO4116 Herbal Sciences 6 - 3 credits

Students are required to take one additional course from these options:

- BC4131 Pharmacology Overview - 3 credits
- BO4120 Herb Drug ID - 3 credits
- BO4130 Ethnobotany - 3 credits

# NUTRITION AND EXERCISE SCIENCE

The nutrition program offers a BS in natural health sciences with a major in nutrition, as well as a major in exercise science and wellness, an MS in nutrition, and a didactic program in dietetics and dietetic internship that meet the American Dietetic Association (ADA) academic requirements leading to eligibility for the registration examination for dietitians and active membership in the ADA. The university's nutrition program is founded upon the holistic origins of the Greek word *diaira* (diet), "made of life," and Latin *diaeta*, "daily fare." The nutrition program emphasizes the study of the physiological, biochemical, socioeconomic, political and psychological aspects of human nutrition and physical activity.

The mission of Bastyr University's nutrition program is to prepare qualified graduates who will meaningfully contribute to the health of the community in such areas as nutrition education, community nutrition, clinical nutrition, nutrition research and physical fitness. The nutrition program prepares graduates to critically evaluate the scientific literature and to incorporate current research and advances in nutrition and exercise science.

The BS in natural health sciences with a major in nutrition prepares students for roles as supportive nutrition educators under the supervision of health care professionals or for graduate work in related health science fields. Graduates of the BS in natural health sciences with a major in exercise science and wellness may develop careers as exercise specialists, personal trainers, fitness leaders, and wellness or sports nutrition educators in both the nonprofit and corporate arenas. The food industry, research, and health and fitness businesses also offer career opportunities for nutrition graduates.

The nutrition program is unique in its emphasis on whole foods and multicultural, political, and ecological dimensions of diet and world food supply within the overall context of basic, clinical and community nutrition. These aspects of nutrition, blended with biochemistry and physiology, reflect the university's natural health sciences philosophy. The concept of food as medicine and the concept of diet as a critical component in healing are fundamental to natural therapeutics, optimal health and whole-person healing.

The goal of the exercise science and wellness major is to improve the health and well being of the

community through education, research, and the promotion of physical activity as a foundation for health. This academic program applies a holistic approach to exercise training, therapy, and performance.

## ADMISSIONS

For general information on the admissions process, please refer to the admissions section in this catalog. The information below refers only to the nutrition and exercise science undergraduate programs.

### BACHELOR OF SCIENCE IN NATURAL HEALTH SCIENCES WITH MAJOR IN NUTRITION OR EXERCISE SCIENCE AND WELLNESS PREREQUISITES

Entering undergraduates must have at least a 2.25 cumulative GPA with a grade of C or better in all basic proficiency and science requirement courses. Prior to enrolling, students must have completed 90 quarter credits (60 semester credits), including a minimum number of credits in the basic proficiency, science and general education categories. Surplus credits not used to satisfy basic proficiency or science requirements may be applied to the appropriate general education requirements. Note that students may apply to the program while completing prerequisite course work.

### BASIC PROFICIENCY AND SCIENCE REQUIREMENTS

English literature or composition .....	9 quarter credits
Public speaking .....	3 quarter credits
General psychology .....	3 quarter credits
Mathematics (college-level algebra or precalculus) .....	4 quarter credits
General chemistry (science-major level with lab) .....	8 quarter credits
Biology (with lab) .....	4 quarter credits

Note: Entering students for fall 2004 are required to have completed a five-credit introduction to nutrition course.

### GENERAL EDUCATION REQUIREMENTS

Natural science and mathematics .....	12 quarter credits
Arts and humanities .....	15 quarter credits
Social sciences .....	15 quarter credits
Electives .....	17 quarter credits*

\*The number of elective credits may vary depending upon the exact number of quarter credits earned in the other prerequisite categories. Total prerequisite credits must equal at least 90 quarter credits.

## GRADUATION REQUIREMENTS

Upper division BS students enrolled at Bastyr University must complete a minimum of 90 credits. To graduate, BS students must have a minimum 2.0 grade point average with a minimum of 45 quarter credits in residence at Bastyr University.

### BASIC SCIENCES CURRICULUM WITHIN NUTRITION AND EXERCISE SCIENCE

The basic sciences department offers courses in most of Bastyr University's programs, including nutrition and exercise science, naturopathic medicine, naturopathic midwifery, herbal sciences and acupuncture and Oriental medicine. Courses are designed to meet the specific competencies and learning objectives within each program.

Basic science courses within the nutrition and exercise science programs include anatomy and physiology, organic chemistry, biochemistry and disease processes. These courses serve as a foundation for an understanding of the human body and provide students with the necessary skills and competency to pursue the course work in their chosen field.

The basic sciences faculty encourages and expects students to advance beyond the simple learning of scientific facts and to integrate systematically the information from basic science disciplines into a unified model of human organization and function. This educational scheme requires students to assume an active role in the learning process and encourages them to adopt this inquisitive behavior for a lifetime. Problem-solving, clinical cases and examples are an integral part of the basic science curriculum. This educational process is an expression of Bastyr University's basic philosophy of a holistic approach to human behavior, health and therapeutics. The basic sciences faculty encourages students to become totally absorbed in an integrated approach to learning and understanding. Instructors are readily available to facilitate this process on an individual basis.

The department also offers science courses that satisfy prerequisite requirements, including courses in general chemistry, organic chemistry and biophysics.

### COUNSELING AND HEALTH PSYCHOLOGY CURRICULUM WITHIN NUTRITION AND EXERCISE SCIENCE

The counseling and health psychology curriculum serves other university departments to train

students in understanding and effecting change in the emotional, mental, and spiritual dimensions of human functioning. These departments include exercise science and wellness, nutrition, naturopathic medicine, midwifery and acupuncture and Oriental medicine.

Students in the bachelor of natural health science (BSNHS) with a major in nutrition are required to take the following:

- PS3601: Psychology of Nourishment - 3 credits

Students in the bachelor of natural health science (BSNHS) with a major in exercise science and wellness are required to take the following:

- PS3145: Psychology of Sports and Exercise - 3 credits

Nutrition students in the bachelor of natural health science (BSNHS) with a major in nutrition/didactic program in dietetics (DPD) track are required to take the following:

- PS3125: Psychology of Human Relations - 3 credits
- PS3601: Psychology of Nourishment - 3 credits
- PS4203: Nutritional Counseling - 2 credits

For additional counseling and health psychology courses available as electives to matriculated students, please see the course listings in this catalog or the current quarterly schedule of classes.

### DIDACTIC PROGRAM IN DIETETICS

The didactic program in dietetics (DPD) is a term used by the American Dietetic Association to describe the program approved under its standards of education as meeting academic requirements leading to eligibility for the registration examination for dietitians (registered dietitian - RD). Verified completion of the didactic program in dietetics and a bachelor's degree enable a student to apply for dietetic internships to establish eligibility for active membership in the American Dietetic Association (ADA) and to write the registration examination.

**Admission Requirements and Prerequisites:** Application for admission to the didactic program in dietetics at Bastyr University is separate from application to the degree programs. Acceptance requires the following prerequisites *in addition* to those for the BSNHS with major in nutrition: introduction to sociology (survey course) and current enrollment at Bastyr University; or acceptance into

a degree program at Bastyr University; or a bachelor's or graduate degree from an accredited institution.\*

Graduate students may also apply for the DPD and must have completed one course in each of the following areas as prerequisites: introductory psychology, public speaking, introduction to sociology (survey course) and food science (two courses in food science are required for completion of the DPD).

\*The DPD at Bastyr University includes courses required for the BSNHS with a major in nutrition. Therefore, completion of *equivalent courses* following the BSNHS/DPD track is required for all DPD students whether their degree was granted from Bastyr University or another accredited institution.

**Graduation Requirements:** DPD students are required to meet with their academic advisor each quarter prior to registration to discuss academic progress. All DPD students must have satisfactorily completed all credits with a minimum 3.0 grade point average and successfully completed a DPD exit exam to receive a verification statement.

**Accreditation Status:** The didactic program in dietetics (DPD) at Bastyr University is approved by the Commission on Accreditation for Dietetics Education of the American Dietetic Association, a specialized accrediting body recognized by the Commission on Recognition of Postsecondary Accreditation and the U.S. Department of Education.

For a description of the DPD curriculum, see page 71.

The curriculum tables which follow list the tentative schedule of courses each quarter. Next to each course is the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).

**BACHELOR OF SCIENCE IN NATURAL HEALTH SCIENCES WITH MAJOR IN NUTRITION 2002-2003**

**JUNIOR YEAR (YEAR I)**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3124	Organic Chemistry for Life Sciences Lec/Lab	5	4	2
	BC3141	Anatomy & Physiology 1 Lec/Lab	3	2	2
	IS3101	Introduction to Natural Health Sciences	2	2	0
	TR4103	Whole Foods Production*	3	1.5	3
		Quarterly Totals	13	9.5	7

W	BC3129	Biochemistry for Life Sciences 1 Lecture	4	4	0
	BC3131	Biochemistry for Life Sciences 1 Lab	1	0	2
	BC3142	Anatomy & Physiology 2 Lec/Lab	4	3	2
	TR3106	Introduction to Human & Life Cycle Nutrition	5	5	0
		Quarterly Totals	14	12	4
Sp	BC3132	Biochemistry for Life Sciences 2 Lecture	4	4	0
	BC3133	Biochemistry for Life Sciences 2 Lab	1	0	2
	BC3143	Anatomy & Physiology 3 Lec/Lab	3	2	2
	TR3107	Nutrition, Physical Activity & Disease	5	5	0
		Quarterly Totals	13	11	4

\*TR4103 Whole Foods Production may be taken in any quarter during year I.

**SENIOR YEAR (YEAR II)**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS3601	Psychology of Nourishment	3	3	0
	TR4112	Advanced Nutrition Principles	5	5	0
	TR4118	Cultural Perspectives on Food	2	2	0
	TR4805	Nutrition Education Practicum*	2	0	4
		Quarterly Totals	12	10	4
W	IS3102	Introduction to Research Methods	3	2	2
	TR4115	Nutritional Supplements & Herbs	4	4	0
	TR4205	Nutritional Analysis & Assessment	3	3	0
	TR4211	Food Science 1	5	4	2
		Quarterly Totals	15	13	4
Sp	IS4101	Seminar in Natural Health Sciences	2	2	0
	TR4126	Community Nutrition/ Nutrition Education	5	5	0
	TR4140	Ecological Aspects of Nutrition	2	2	0
	TR4222	Food Science 2	3	2	2
		Quarterly Totals	12	11	2

\*TR4805 Nutrition Education Practicum may be taken in any quarter during year II.

**Elective Requirements: Bachelor of Science in Natural Health Sciences with major in Nutrition**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
variable	variable	Electives*	11	11	0
		Elective Totals	11	11	0

**Total Requirements: Bachelor of Science in Natural Health Sciences with major in Nutrition**

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	79	66.5	25
Total Elective Credits and Hours	11	11	0
Total Requirements	90	77.5	25

\* Of the eleven (11) elective credits required, students must take a minimum of five (5) elective credits in nutrition program courses. Curriculum and course changes in the 2002-2003 Bastyr University Catalog are applicable to students entering during the 2002-2003 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

**BACHELOR OF SCIENCE IN NATURAL HEALTH SCIENCES WITH MAJOR IN EXERCISE SCIENCE AND WELLNESS 2002-2003**

**JUNIOR YEAR (YEAR I)**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3103	Living Anatomy	2	2	0
	BC3124	Organic Chemistry for Life Sciences Lec/Lab	5	4	2
	BC3141	Anatomy/Physiology 1 Lec/Lab	3	2	2
	IS3101	Introduction to Natural Health Sciences	2	2	0
		Quarterly Totals	12	10	4
W	BC3129	Biochemistry for Life Sciences 1 Lecture	4	4	0
	BC3131	Biochemistry for Life Sciences 1 Lab	1	0	2
	BC3142	Anatomy/Physiology 2 Lec/Lab	4	3	2
	EX4115	Motor Learning & Development	3	3	0
	TR3106	Introduction to Human & Life Cycle Nutrition	5	5	0
		Quarterly Totals	17	15	4
Sp	BC3132	Biochemistry for Life Sciences 2 Lecture	4	4	0
	BC3133	Biochemistry for Life Sciences 2 Lab	1	0	2
	BC3143	Anatomy/Physiology 3 Lec/Lab	3	2	2
	EX3101	Biomechanics 1	2	1	2
	TR3107	Nutrition, Physical Activity & Disease	5	5	0
		Quarterly Totals	15	12	6

**SENIOR YEAR (YEAR II)**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	EX4100	Physiology of Exercise*	5	4	2
	EX4110	Sports Nutrition & Ergogenic Aids	3	3	0
	PS3145	Psychology of Sports & Exercise	3	3	0
		Quarterly Totals	11	10	2
W	EX4102	Biomechanics 2	3	3	0
	EX4118	Principles of Resistance Training	2	0	4
	EX4123	Exercise Prescrip & Testing	5	4	2
	EX4130	Senior Seminar in Exercise Science	1	1	0
	IS3102	Introduction to Research Methods	3	2	2
		Quarterly Totals	14	10	8
Sp	EX4810	Intern for Exercise Sci & Wellness	12	0	36
	IS4101	Seminar in Natural Health Sciences	2	2	0
		Quarterly Totals	14	2	36

*Elective and Activity Requirements: Bachelor of Science in Natural Health Sciences with major in Exercise Science and Wellness*

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
variable	variable	General Electives**	4	4	0
		Activity Credits***	3	0	6
		Elective and Activity Totals	7	4	6

*Total Requirements: Bachelor of Science in Natural Health Sciences with major in Exercise Science and Wellness*

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	83	59	60
Total Elective and Activity Credits and Hours	7	4	6
Total Requirements	90	63	66

\*First Aid and CPR are both prerequisite requirements for EX4100 Physiology of Exercise and graduation requirements.

\*\*General elective courses may be from any program or department. There is also a graduation requirement of Advanced First Aid and CPR.

\*\*\*Three one-credit activity courses are required (e.g. Tai Chi, aerobics, yoga, tennis, etc.).

*Curriculum and course changes in the 2002-2003 Bastyr University Catalog are applicable to students entering during the 2002-2003 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

**BACHELOR OF SCIENCE IN NATURAL HEALTH SCIENCES WITH MAJOR IN NUTRITION - DIDACTIC PROGRAM IN DIETETICS (DPD) 2002-2003**

**JUNIOR YEAR (YEAR I)**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3124	Organic Chemistry for Life Sciences Lec/Lab	5	4	2
	BC3141	Anatomy & Physiology 1 Lec/Lab	3	2	2
	IS3101	Introduction to Natural Health Sciences	2	2	0
	TR4103	Whole Foods Production*	3	1.5	3
	TR4118	Cultural Perspectives on Food	2	2	0
		Quarterly Totals	15	11.5	7

W	BC3129	Biochemistry for Life Sciences 1 Lecture	4	4	0
	BC3131	Biochemistry for Life Sciences 1 Lab	1	0	2
	BC3142	Anatomy & Physiology 2 Lec/Lab	4	3	2
	TR3106	Introduction to Human and Life Cycle Nutrition	5	5	0
	TR4211	Food Science 1	5	4	2
		Quarterly Totals	19	16	6

Sp	BC3132	Biochemistry for Life Sciences 2 Lecture	4	4	0
	BC3133	Biochemistry for Life Sciences 2 Lab	1	0	2
	BC3143	Anatomy & Physiology 3 Lec/Lab	3	2	2
	TR4140	Ecological Aspects of Nutrition	2	2	0
	TR4222	Food Science 2	3	2	2
		Quarterly Totals	13	10	6

\*TR4103 Whole Foods Production may be taken in any quarter during year I.

**SENIOR YEAR (YEAR II)**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC4128	Disease Processes	5	5	0
	PS3125	Psychology of Human Relations	3	3	0
	PS3601	Psychology of Nourishment	3	3	0
	RD4131	Food Service Management 1	2	2	0
	TR4112	Advanced Nutrition Principles	5	5	0
		Quarterly Totals	18	18	0

W	IS3102	Introduction to Research Methods	3	2	1
	RD4132	Food Service Management 2	3	2	2
	RD4320	Nutrition Assessment & Therapy 1	5	4	2
	RD4801	Nutrition Clinic Entry	1	0	2
	TR4115	Nutritional Supplements & Herbs	4	4	0
		Quarterly Totals	16	12	8
Sp	IS4101	Seminar in Natural Health Sciences	2	2	0
	PS4203	Nutritional Counseling	2	2	0
	RD4133	Food Service Management 3	2	1	2
	RD4321	Nutrition Assessment & Therapy 2	5	4	2
	RD4411	Medical Nutrition Therapy	2	2	0
	RD4805	Clinic Practicum	2	0	4
	TR4126	Community Nutrition/Nutrition Education	5	5	0
		Quarterly Totals	20	16	8

*Total Requirements: Bachelor of Science in Natural Health Sciences with major in Nutrition-DPD*

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	99	83.5	31
Total Clinic Credits and Hours	2	0	4
Total Requirements	101	83.5	35

**Boldface classes are in addition to those currently required for BSNHS with major in nutrition degree.**

*Curriculum and course changes in the 2002-2003 Bastyr University Catalog are applicable to students entering during the 2002-2003 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

**MINOR IN NUTRITION - 25 REQUIRED CREDITS**

**15 Compulsory Credits**

TR3106 Introduction to Human & Lifecycle Nutrition – 5 credits

TR3107 Nutrition, Physical Activity & Disease - 5 credits

TR4112 Advanced Nutrition Principles - 5 credits

**10 Additional Credits**

Chosen from all other nutrition classes (e.g., Whole Foods Production, Psychology of Nourishment, Cultural Perspectives on Food, Nutrition Assessment and Therapy 1 & 2, Nutritional Supplements and Herbs, Ecological Aspects of Nutrition, Food Science 1 & 2, Community Nutrition, etc.)

**MINOR IN EXERCISE SCIENCE AND WELLNESS - 25 REQUIRED CREDITS**

**18 Compulsory Credits**

BC3103 Living Anatomy - 2 credits

EX3101 Biomechanics 1 - 2 credits

EX4100 Physiology of Exercise - 5 credits

EX4102 Biomechanics 2 - 3 credits

EX4123 Exercise Prescription & Testing - 5 credits

1 credit activity class(es)

**7 Additional Credits**

Chosen from all of nutrition or exercise science classes (e.g. Whole Foods Production; Nutritional Supplements and Herbs; Nutrition, Physical Activity and Disease; Sports Nutrition & Ergogenic Aids; Psychology of Sports & Exercise; Motor Learning & Development; activity courses, etc.)



# LEADERSHIP INSTITUTE OF SEATTLE/BASTYR SCHOOL OF APPLIED BEHAVIORAL SCIENCE

The School of Applied Behavioral Science at Bastyr University was established in 1992 in collaboration with the Leadership Institute of Seattle (LIOS). Applied behavioral science (ABS) refers to the collection of theories and skills, which place the self of the practitioner in the center of observed events. Rather than approaching events from the outside as a detached observer, applied behavioral scientists recognize how their own perceptions of events are filtered through their past and present experiences. They learn to increase their awareness of their internal states, which informs the way they participate, intervene, and lead in groups, families, organizations, or client settings. Students at LIOS learn how to learn from experience and to bring themselves more fully into what they do.

The Leadership Institute of Seattle offers master of arts in applied behavioral science programs. All programs create “real time” learning laboratories that integrate theory, self-awareness, and interpersonal and organizational skills. These programs are generally compatible with full-time employment as they are held in two-to six-day intensive modules. There are no daily classes.

The experiential educational methods and strong learning community provide an excellent method for students to access practical and immediately applicable skills to improve their effectiveness, both personally and professionally. Faculty members are active practitioners in their fields.

LIOS was founded in 1969 and has provided academic programs since 1973. LIOS is affiliated with Bastyr University based on its dedication to improving and sustaining the health and well-being of individuals and systems, through teaching the theories and skills of applied behavioral science.

For all admissions inquiries and for more information about prerequisites, course descriptions, etc., contact the LIOS/Bastyr University School of Applied Behavioral Science at [admissions@lios.org](mailto:admissions@lios.org) or (425) 939-8100. Visit the Web site at [www.lios.org](http://www.lios.org).

## MASTER OF ARTS DEGREE IN APPLIED BEHAVIORAL SCIENCE

The Leadership Institute of Seattle offers a master of arts degree in applied behavioral science that

prepares graduates for leadership positions in the fields of counseling, management, consulting, coaching and related fields. Many graduates incorporate what they learned in graduate school with existing skills to become even more effective in their professional fields. The master’s program focuses first on core curriculum and skills essential for all leaders with emphasis on the following: adult and experiential education theory and practice, human diversity in systems, group membership and group development, family of origin theory and practice, systems theory and applications, statistics and research methodologies, fundamentals of counseling/coaching relationship, and communication skills.

The foundation for both tracks is systems theory—a study that recognizes a system as an entity that maintains its existence and functions as a whole through the interaction of its parts. Additionally, the curriculum emphasizes the role of the self as an instrument for change. The master’s program has a student-to-faculty ratio of 15 to 1 in core curriculum courses and 8 to 1 in individual track courses.

In the first year of study students choose and begin course work in one of the professional tracks, consulting and coaching in organizations (CCO) or systems counseling (SC). The CCO track is designed for people who wish to develop skills in organizational development, management, group process and facilitation, managing large-scale change, coaching leaders to be more effective, etc. The consulting and coaching in organizations track teaches theory and skills in successful change management, proactive consultation and strategy development, survey feedback and results measurement, coaching, balancing management authority and employee influence, contract negotiation and helping the client to clarify values and objectives.

The systems counseling (SC) track prepares people who want to be certified as a mental health counselor or marriage and family therapist from a systems-based relational perspective. The systems counseling track prepares students to be counselors through courses on assessment and diagnosis, systemic and family therapy, human development, counseling individuals and families, abnormal psy-

chology, human sexuality, collaborative health care and chemical dependency. Students on this track begin a 600-hour clinical internship in the second year of the program to be completed in 9 to 18 months.

### PREREQUISITES

Applicants must have completed an undergraduate degree from an accredited college or university prior to admission. Courses from other colleges or universities may not be substituted for LIOS/Bastyr program courses in the master's program. Although there is no prerequisite requirement for an undergraduate statistics course, the master's program statistics curriculum requires a basic knowledge of statistics. The admissions staff can assist an applicant in determining if s/he may need to supplement her/his statistics knowledge through a course or self-study prior to taking the master's program statistics curriculum.

The master of arts in applied behavioral science program is taught in connected, integrated, mutually reinforced units rather than separate classes as demonstrated below. This sequence of courses applies to students entering in fall 2002 and winter 2003. The sequence is slightly different for students entering in the summer.

### MASTER OF ARTS IN APPLIED BEHAVIORAL SCIENCE

#### CONSULTING AND COACHING IN ORGANIZATIONS TRACK 2002-2003

##### YEAR I

Qtr. Cat. No.	Course Title	Credits
1	BH5101 Adult & Experiential Learning	1
	BH5103 Human Diversity in Systems	1.5
	BH5105 Group Membership	3
	BH5108 Family of Origin Theory & Practice	1
	BH5112 Systems Theory in the Applied Behavioral Sciences	1
	Quarterly Total	7.5
2	BH5118 Statistics & Research Methodologies	2
	BH5122 Organizational Development	3
	BH5127 Fundamentals of Counseling & Coaching Relationship	3
	BH5132 Creating Healthy Organizations	1.5
	BH6308 Consulting Theory & Action	1
	Quarterly Total	10.5
3	BH5103 Human Diversity in Systems	1.5
	BH5106 Group Development	2.5
	BH5118 Statistics & Research Methodologies	1
	BH5132 Creating Healthy Organizations	.5
	BH6308 Consulting Theory & Action	3
	BH6805 Master's Thesis Field project	2
	Quarterly Total	10.5

##### YEAR II

Qtr. Cat. No.	Course Title	Credits
1	BH5101 Adult & Experiential Learning	1
	BH5106 Group Development	.5
	BH5112 Systems Theory in the Applied Behavioral Sciences	.5
	BH5118 Statistics & Research Methodologies	.5
	BH5301 Organizational Visions, Goals & Strategies	1
	BH6100 Group Leadership	2.5
	BH6323 Executive Coaching	1.5
	BH6332 Designing & Facilitating Training Events & Meetings	.5
	BH6805 Master's Thesis Field Project	3
	BH6812 Professional Consult Group	.5
	Quarterly Total	11.5
2	BH5108 Family of Origin Theory & Practice	.5
	BH5112 Systems Theory in the Applied Behavioral Sciences	.5
	BH5122 Organizational Development	1
	BH6100 Group Leadership	.5
	BH6306 Change Management Consultation	1
	BH6314 Management & Supervision	2.5
	BH6317 Managing & Facilitating Cross-Functional Work Teams	1
	BH6326 Third Party Conflict Coaching	1
	BH6332 Designing & Facilitating Training Events & Meetings	2.5
	BH6805 Master's Thesis Field Project	3
BH6812 Professional Consult Group	1	
	Quarterly Total	14.5
3	BH5108 Family of Origin Theory & Practice	.5
	BH5118 Statistics & Research Methodologies	.5
	BH5305 Practitioner Theory Seminar	1
	BH6336 Current Issues	1
	BH6340 Legal, Ethical & Professional Issues	1
	BH6805 Master's Thesis Field Project	5
	BH6812 Professional Consult Group	.5
		Quarterly Total

*Total Requirements: MA in Applied Behavioral Science  
Consulting and Coaching in Organizations Track  
64 credits*

**MASTER OF ARTS IN APPLIED BEHAVIORAL SCIENCE**

**SYSTEMS COUNSELING TRACK 2002-2003**

**YEAR I**

Qtr. Cat. No.	Course Title	Credits	
1	BH5101 Adult & Experiential Learning	1	
	BH5103 Human Diversity in Systems	1.5	
	BH5105 Group Membership	3	
	BH5108 Family of Origin Theory & Practice	1	
	BH5112 Systems Theory in the Applied Behavioral Sciences	1	
BH5200	Human Development & Family Cycle	2	
	Quarterly Total	9.5	
2	BH5118 Statistics & Research Methodologies	2	
	BH5122 Organizational Development	3	
	BH5127	Fundamentals of Counseling & Coaching	
		Relationship	3
	BH5132	Creating Healthy Organizations	1.5
	BH5210	Methods of Systemic Assessment & Diagnosis	2
	BH6215	Systemic Theory and Process	1
Quarterly Total	12.5		
3	BH5103	Human Diversity in Systems	1.5
	BH5106	Group Development	2.5
	BH5118	Statistics & Research Methodologies	1
	BH5132	Creating Healthy Organizations	.5
	BH5205	Models of Understanding Problem Behavior	3
	BH6200	Research in Marriage and Family Therapy	1
	BH6205	Professional Studies	.5
	BH6210	Human Sexuality	1
	BH6225	Systemic Practicum	1
	BH6800	Counseling Internship	3
	Quarterly Total	15	

**YEAR II**

Qtr. Cat. No.	Course Title	Credits	
1	BH5101	Adult & Experiential Learning	1
	BH5106	Group Development	.5
	BH5112	Systems Theory in the Applied Behavioral Sciences	.5
		Statistics & Research Methodologies	.5
	BH6100	Group Leadership	2.5
	BH6205	Professional Studies	.5
	BH6220	Couple & Family Therapy	2
	BH6800	Counseling Internship	1.5
	BH6801	Professional Seminar	1
	Quarterly Total	10	
	2	BH5108	Family of Origin Theory & Practice
BH5112		Systems Theory in the Applied Behavioral Sciences	.5
		Organizational Development	1
BH5210		Methods of Systemic Assessment & Diagnosis	.5
BH6100		Group Leadership	.5
BH6205		Professional Studies	1
BH6215		Systemic Theory & Process	1
BH6220		Couple & Family Therapy	2
BH6225		Systemic Practicum	2.5
BH6800		Counseling Internship	5.5
BH6801		Professional Seminar	1
Quarterly Total	16		

3	BH5108	Family of Origin Theory & Practice	.5
	BH5118	Statistics & Research Methodologies	.5
	BH5200	Human Development & Life Cycle	1
	BH5210	Methods of Systemic Assessment & Diagnosis	.5
	BH6225	Systemic Practicum	1.5
	BH6800	Counseling Internship	5
	BH6801	Professional Seminar	1
Quarterly Total			10

**Total Requirements: MA in Applied Behavioral Science Systems Counseling Track 73 credits**

# ADDITIONAL PROGRAMS

## CADAVER ANATOMY

Bastyr University offers a unique opportunity for students and licensed health care practitioners to review anatomy and study the underlying structures of the human body through its cadaver anatomy program. Each cadaver anatomy course is designed to meet the specific needs of the students attending. There are a variety of options taught by highly experienced, qualified instructors in the Bastyr University cadaver anatomy lab. The course is structured to enhance the student or practitioner's knowledge of anatomy and physiology, as well as kinesiology. Cadaver anatomy courses specifically benefit students with licensure or in-training in the following programs: massage therapy, rolfing, physical therapy, acupuncture, midwifery, sports medicine, rehabilitation medicine, nursing, dental hygiene, and allied health care fields. Cadaver anatomy is also recommended for those individuals who teach such subjects as yoga, massage and acupuncture.

### PREREQUISITES

It is highly recommended that the prospective student be well-versed in human anatomy. This knowledge may have been acquired formally or the prospective student may have explored the subject independently. Because of the relatively short course length, it is recommended that students acquire knowledge of human anatomy before enrolling. For further information contact the cadaver anatomy program director at (425) 602-3138.

### CURRICULUM

In all courses the following topics are covered:

- The muscles and structures of the back.
- The upper extremity.
- The lower extremity.
- The brain and structures of the head and neck.
- The thorax and abdomen, and review as time permits.

## EXTENDED EDUCATION DEPARTMENT

### CONTINUING EDUCATION

Bastyr University has reinstated its continuing education program with a variety of courses being offered. Current courses cover continuing education credits (CEUs) for acupuncturists, naturopathic physicians, massage therapists and body workers, chiropractors and social and family health therapists. Continuing education courses are offered throughout the year in various locations.

For course information and registration, please contact the department of extended education and conferences by phone at (425) 602-3075, by e-mail at [confer@bastyr.edu](mailto:confer@bastyr.edu) or online at [www.bastyr.edu/continuinged](http://www.bastyr.edu/continuinged).

# COURSE DESCRIPTIONS

Curriculum and course changes in the 2002-2003 *Bastyr University Catalog* are applicable to students entering during the 2002-2003 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

## PROGRAM, DEPARTMENT AND COURSE DESIGNATION CODES

AV: Ayurvedic Medicine  
 BC: Basic Sciences  
 BH: Applied Behavioral Science  
 BO: Botanical Medicine/Herbal Sciences  
 CH: Chinese Herbal Medicine Certificate  
 DI: Dietetic Internship  
 EX: Exercise Science and Wellness  
 HO: Homeopathic Medicine  
 IS: Interdisciplinary Studies  
 MW: Naturopathic Midwifery Certificate  
 NM: Naturopathic Medicine  
 OM: Acupuncture and Oriental Medicine  
 PM: Physical Medicine  
 PS: Counseling and Health Psychology  
 RD: Didactic Program in Dietetics  
 TR: Nutrition

## COURSE NUMBERING SEQUENCE KEY

The first digit indicates the year/level at which the course is offered:

1xxx Freshman prerequisite courses  
 2xxx Sophomore prerequisite courses  
 3xxx Junior BS Program  
 4xxx Senior BS Program  
 5xxx ND Program 1 (preclinical) and MS Year 1  
 6xxx ND Program 2 (preclinical) and MS Year 2  
 7xxx ND Program 3 (clinical)  
 8xxx ND Program 4 (clinical)  
 9xxx Electives (undergraduate and graduate)

The second digit indicates the type of course:

x1xx General courses (core course for ABS)  
 x2xx Diagnostic courses (major course for ABS)  
 x3xx Diagnostic/therapeutic courses (major course for ABS)  
 x4xx Therapeutic courses  
 x5xx Special topics courses  
 x8xx Clinic and clinical courses  
 x9xx Independent study

*Note: In the following descriptions, commonly used abbreviations in reference to Bastyr programs include the following: acupuncture and Oriental medicine (AOM), midwifery/natural childbirth (MW), naturopathic medicine (ND), and nutrition (NTR).*

# AYURVEDIC MEDICINE

*Courses are offered on a rotational basis.*

## **AV5100 Fundamentals of Ayurvedic Medicine 2 credits**

This course is an introduction to Ayurvedic medicine. It considers concepts of recognizing Ayurvedic body-type and psychological personality, customizing the health plan to suit the unique constitution, Ayurvedic nutrition and diet therapy, Ayurvedic herbology, and gentle detoxification through Ayurvedic Pancha-Karma therapy. This course is required for the naturopathic medicine program and is a prerequisite for all elective Ayurvedic courses. Prerequisite: Admission to Bastyr University

## **AV9104 Ayurvedic Cooking and Recipe Adaptation**

**3 credits**

Nutrition and naturopathic students benefit from this course which includes cooking demonstrations and active student participation. Learn techniques of Ayurvedic cooking, food combination and recipe adaptation. Natural healing herbs are used as spices to balance the psychosomatic constitution and to prevent disease. Recipes are customized to suit the individual constitution. Prerequisite: AV5100 or permission of department chair

## **AV9108 Ayurvedic Pharmacology and Patent Formulae**

**3 credits**

This course explores the many herbal medicines used in Ayurvedic medicine, singly and in the form of patent formulae. Prerequisite: AV5100

## **AV9109 Ayurvedic Nutritional Herbs and Spices**

**3 credits**

Students learn the nutritional value of Ayurvedic herbs and spices in daily recipe planning and food preparation. Students have the opportunity to prepare meals in the teaching kitchen. Prerequisite: AV5100

## **AV9300 Ayurvedic Nutrition and Diet Therapy**

**3 credits**

This course is complementary to naturopathic, nutrition and midwifery programs. Learn the Ayurvedic classification of foods on the basis of six tastes and the effects of tastes on different constitutions, their use in disease prevention and health promotion, and Ayurvedic guidelines about food combination and recipe adaptation. Students design therapeutic diet plans for various disorders. Prerequisite: AV5100 or permission of department chair

## **AV9301 Applied Ayurvedic Medicine 3 credits**

This course offers clinical application of Ayurvedic principles for history taking, observation and evaluation of psychosomatic constitutions and assessing the balance and imbalances of psycho-physiological governing factors called vata, pitta and kapha. Included is the design of individualized Ayurvedic treatment plans to remove imbalances and reestablish balance. Prerequisite: AV5100 or permission of department chair

## **AV9310 Ayurvedic Health Promotion and Disease**

**Prevention 3 credits**

One of the fundamental principles of Ayurvedic medicine is the prevention of disease. Students learn how to promote wellness from an Ayurvedic medicine perspective. Prerequisite: AV5100

## **AV9401 Rasayana Ayurvedic Rejuvenation Therapy and Preventive Medicine 3 credits**

For centuries, Ayurvedic physicians have used special rejuvenation procedures called rasayana therapy. These are used in conjunction with customized nutritional support, herbal formulas and rejuvenating daily routines. Clinically, the rejuvenation-rasayana therapy is applied in delaying or reversing aging and preventing disease. Prerequisite: AV5100 or permission of department chair

# BASIC SCIENCES

Jeff Novack, PhD, Department Chair

## **BC2105 Physics/Biophysics** **4 credits**

This course offers an introduction to the general principles of physics and biophysics. This course can be used as a prerequisite for the ND program. Offered only summer quarter; if sufficient enrollment. Prerequisite: College algebra or precalculus

## **General Chemistry 1 and 2 Intensive**

This eight-week summer quarter course is held in two parts. The first four weeks are General Chemistry 1 with General Chemistry 1 Laboratory complementary. The second four weeks are General Chemistry 2 with General Chemistry 2 Laboratory complementary. The fundamental laws and basic concepts of modern chemistry as applied to the structure and behavior of matter/energy are presented. Topics include measurements and dimensional analysis; atoms, molecules and ions; mixtures; quantitative relationships; thermochemistry; the periodic table; chemical bonding; gases, liquids and solids; rates of reactions; equilibrium; acids and bases; solubility; and oxidation/reduction.

## **BC2111 General Chemistry Intensive 1 Lecture** **4 credits**

Prerequisite: College algebra or precalculus

## **BC2112 General Chemistry 1 Intensive Lab** **1 credit**

Prerequisite: College algebra or precalculus

## **BC2113 General Chemistry 2 Intensive Lecture** **4 credits**

Prerequisite: BC2111 or equivalent

## **BC2114 General Chemistry 2 Intensive Lab** **1 credit**

Prerequisite: BC2112 or equivalent

## **BC3103 Living Anatomy** **2 credits**

This course emphasizes palpation of muscles and skeletal landmarks, bridging Western anatomy and acupuncture energetic anatomy. Prerequisite: None

## **BC3106 Biochemistry Overview 1 Lecture (AOM)** **4 credits**

Topics include structure and function of proteins, lipids, carbohydrates and nucleic acids, enzyme functions. Prerequisites: At least a C in BC2113 or in an equivalent college level general chemistry course for health science majors and at least a C in one quarter of college level general biology with lab

## **BC3107 Biochemistry Overview 2 Lecture (AOM)** **4 credits**

Topics include intermediary metabolism, integration of metabolism, biotransformations. Prerequisite: Passing grade in BC3106

## **Organic Chemistry 1 and 2 Intensive**

This is an eight week intensive summer course. This course is intended to satisfy the organic chemistry prerequisites for BC5104. This course offers a systematic study of the physical properties, electronic structures, modes of bonding, and patterns of reactivity seen in alkanes, alkenes, alcohols, thiols, ketones, aldehydes, esters, ethers, phosphoesters, thioesters, amines, amides, imides, carboxylic acids and aromatic compounds. This course is held in two parts. The first four weeks are Organic Chemistry 1 with Organic Chemistry 1 Laboratory complementary. The second four weeks are Organic Chemistry 2 with Organic Chemistry 2 Laboratory complementary (BC3125/3126). Prerequisite: At least a C in BC2113 and BC2114 or equivalent college level courses elsewhere

## **BC3115 Organic Chemistry 1 Lecture** **4 credits**

Prerequisite: At least a C in BC2113 and BC2114 or equivalent college level courses elsewhere

## **BC3116 Organic Chemistry 1 Lab** **1 credit**

Prerequisite: At least a C in BC2113 and BC2114 or equivalent college level courses elsewhere; concurrent registration in BC3115 is required.

## **Anatomy and Physiology 1-3 (AOM)**

This three (3) course sequence for AOM students presents an integrated approach to the study of the normal human body. The anatomy, physiology and histology of each major organ system and their interrelationships are approached in a lecture/laboratory format. Prosected cadavers are used for lab demonstrations.

## **BC3117 Anatomy and Physiology 1 Lecture (AOM)** **2 credits**

See description above. This course covers in-depth anatomy and physiology of bones and muscles. Prerequisites: General chemistry and general biology with labs and admission into the AOM program

## **BC3118 Anatomy and Physiology 2 Lecture/Lab (AOM)** **4 credits**

See description preceding BC3117. Topics include cellular anatomy and physiology as well as the integumentary, nervous, endocrine, and reproductive systems. Prerequisite: BC3117

## **BC3119 Anatomy and Physiology 3 Lecture/Lab (AOM)** **4 credits**

See description preceding BC3117. Systems covered in this course include lymphatic, cardiovascular, respiratory, digestive, urinary, and reproductive. Prerequisite: BC3118

## **BC3124 Organic Chemistry for Life Sciences Lecture/Lab** **5 credits**

Offered in the fall, this course is intended to satisfy the organic chemistry prerequisite for BC3129. This course offers a survey of the chemistry and reactivity of organic compounds with an emphasis on those modules of biological importance. Prerequisite: At least a C in either BC2113 and BC2114 or an equivalent college level chemistry course with lab

## **BC3125 Organic Chemistry 2 Lecture** **4 credits**

See description preceding BC3115. Prerequisite: A grade of C or better in BC3115

**BC3126 Organic Chemistry 2 Lab** **1 credit**  
See description preceding BC3115. Prerequisite: A grade of C or better in BC3116

**BC3129 Biochemistry for Life Sciences 1 Lecture** **4 credits**

This course continues the study of organic molecules of biological interest begun in BC3124. Topics include: bioenergetics, structure and function of proteins, enzymatic reaction mechanisms, ligand-receptor interactions, hormone action, lipids and membrane structure. This course is offered both in the winter quarter and in the first half of the summer quarter. Nutrition program undergraduates are required to take the lab, BC3135, within one calendar year of completion of the lecture, BC3129. Prerequisite: A grade of at least a C in either BC3124 or one quarter of college level organic chemistry with laboratory. A grade of at least a C in one quarter of college level biology with laboratory is also required.

**BC3131 Biochemistry for Life Sciences 1 Lab** **1 credit**  
This course is offered in winter quarter only. Prerequisite: Either concomitant registration in BC3129 or completion of BC3129 with a grade of at least a C within the previous calendar year.

**BC3132 Biochemistry for Life Sciences 2 Lecture** **4 credits**

Topics include intermediary metabolism, integration of metabolism, nucleic acid structure and function, biotransformations. This course is offered both in the spring quarter and in the second half of the summer quarter. Nutrition program undergraduates are required to take the lab, BC3133, within one calendar year of completion of the lecture, BC3132. Prerequisite: A passing grade in BC3129

**BC3133 Biochemistry for Life Sciences 2 Lab** **1 credit**  
This course is offered in spring quarter only. Prerequisite: Either concomitant registration in BC3132 or completion of BC3132 with a grade of at least a C within the previous calendar year

### **Anatomy and Physiology 1-3**

This three (3) course sequence presents an integrated approach to the study of the normal human body. The anatomy, histology and physiology of each major organ system and their interrelationships are approached in a lecture/laboratory format. Prosected cadavers are used for lab demonstrations.

**BC3141 Anatomy and Physiology 1 Lecture/Lab** **3 credits**

See description above. This course is designed for nutrition students and covers general histology, skeletal, muscular and nervous system and special senses. Prerequisites: General chemistry and general biology with labs

**BC3142 Anatomy and Physiology 2 Lecture/Lab** **4 credits**

See description preceding BC3141. Systems covered in this course include endocrine, immune, digestive and blood. Prerequisite: BC3141

**BC3143 Anatomy and Physiology 3 Lecture/Lab** **3 credits**

See description preceding BC3141. Systems covered in this course include cardiovascular, respiratory, urinary and reproductive. Prerequisite: BC3142

**BC3901, BC3902, BC3903 Independent Study** **variable credit**

These courses provide an opportunity for undergraduate students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person, the student may explore a field of study that is of personal interest and value. Prerequisite: Permission of department chair

**BC4105 Introduction to Western Pathology (AOM)** **3 credits**

This course explores the inflammatory process, cell repair, basic immunology, infectious disease and genetic abnormalities. Prerequisite: BC3106 and BC3118

**BC4121 Microbiology** **3 credits**

This course includes an intensive hands-on laboratory. Students study the organisms associated with human disease including bacteria, viruses, fungi and parasites. Prerequisite: BC3119 or BC3142

**BC4128 Disease Processes** **5 credits**

This course is designed for nutrition students and is an introduction to pathology. Included are the inflammatory process, cell repair, basic immunology, infectious disease, genetic abnormalities and a systematic approach to pathology in which every organ system is explored with an emphasis on the most common and clinically relevant disease processes. Cross-listed as BC5128. Prerequisite: BC3129 and BC3142

**BC4131 Pharmacology Overview** **3 credits**

This course provides a broad overview of Western pharmacology. Students identify common prescription medicines, the rationale behind their use, and their benefits and risks. Knowledge of the actions, side effects, etc., of these drugs is essential for proper patient assessment and care. Prerequisite: BC3107 or BC3132, BC3119 or BC3143

**BC4501 ND1 Preparation: Science and Strategies for Success** **4 credits**

This course, designed for entering first year naturopathic medicine students, reviews and solidifies key basic science concepts in cell biology, chemistry, physics and mathematics. By examining how these concepts are applied in the foundations of Gross Anatomy, Human Physiology, Histology and Biochemistry, this course helps prepare the entering naturopathic student for the academically rigorous years ahead. Strategies on learning, integration, and application of knowledge are stressed. Prerequisite: Admission to the ND program



**BC4901, BC4902, BC4903 Independent Study****variable credit**

These courses provide an opportunity for undergraduate students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person, the student may explore a field of study that is of personal interest and value. Prerequisite: Permission of department chair

**Biochemistry 1-3**

This three (3) course sequence is for naturopathic medicine students and provides an in-depth study of biochemistry. Descriptions for each course in the sequence are below.

**BC5104 Biochemistry 1** **4 credits**

Topics include thermodynamics of biochemical processes; weak interactions in an aqueous environment; primary, secondary, tertiary structure of proteins; allosteric control of protein conformation and function; hemoglobin structure and function; enzyme structure and function; enzyme kinetics; the cytoskeleton and contractile proteins. Prerequisites: Admission to naturopathic medicine program; at least a C in BC3125 and BC3126 or equivalent college level organic chemistry courses with lab; or at least a C in BC3124, BC3129/3131 and BC3132/33; and at least a C in college level biology with lab required for all students

**BC5105 Biochemistry 2** **4 credits**

Topics include intermediary metabolism; glycolysis; tricarboxylic acid cycle; redox reactions in biology; oxidative phosphorylation; oxidative damage and antioxidants; gluconeogenesis; glycogen synthesis and glycogenolysis; pentose phosphate pathway; lipid synthesis and beta-oxidation; ketogenesis; amino acids as fuel sources; urea cycle and ammonia metabolism; integration of metabolism; intermediary metabolism in exercise, fasting, starvation and diabetes. Prerequisite: grade of "AC" in BC5104

**BC5106 Biochemistry 3** **4 credits**

Topics include information metabolism; DNA structure; DNA replication; mutations; recombination; molecular evolution; RNA structure; transcription; control of transcription; protein synthesis; control of protein synthesis; post translational modification; protein turnover; eukaryotic gene expression; differentiation; viruses; cancer; techniques of genotyping and phenotyping. Prerequisite: grade of "AC" in BC5105

**Human Physiology 1-3**

This integrated sequence is presented as two educational units, intended to help students develop an in-depth understanding of mechanisms involved in the normal functioning of human organ systems. Course activities include class discussions, problem-solving sessions and laboratory exercises.

**BC5107 Human Physiology 1 Lecture/Lab** **5.5 credits**

See description above. This course is the first part of one educational unit (BC5107-BC5108) in the year-long study of normal functioning of human organ systems. The primary focus of the quarter includes general models (common concepts) in physiology, excitable cells, muscle physiology, cardiovascular physiology and temperature regulation. Prerequisite: Admission to naturopathic medicine program

**BC5108 Human Physiology 2 Lecture/Lab** **5.5 credits**

See description preceding BC5107. This course is the second part of one educational unit (BC5107-BC5108) in the year-long study of normal functioning of human organ systems. The primary focus of the quarter includes respiratory, renal, and gastrointestinal physiology, as well as acid-base balance. Prerequisite: BC5107 or permission of instructor

**BC5109 Human Physiology 3 Lecture** **3 credits**

See description preceding BC5107. This course is the second educational unit in the year-long study of normal functioning of human organ systems. The primary focus of the quarter is endocrine physiology. Prerequisite: BC5108 or permission of instructor

**BC5110 Histology** **5 credits**

This lecture and lab course examines the microscopic anatomy of the tissues and organs of the human body. The course is especially designed to prepare naturopathic students for Pathology in the following year. Emphasis is placed on topics that will also be studied in Biochemistry, Human Physiology and Anatomy. This course may be offered more than once during the academic year. Prerequisite: Admission to naturopathic medicine program

**BC5112 Embryology** **3 credits**

This course covers the developmental process of a human from conception to birth including the formation of tissues, organs and systems of the body, integrating histology and anatomy. May be offered more than once during academic year. Prerequisite: Admission to naturopathic medicine program

**Gross Human Anatomy Lecture/Lab 1-3**

This three (3) course sequence for naturopathic medicine students provides an in-depth study of macroscopic human anatomy. Each of these courses has three components: lecture (theory), dissection (practicum), and living anatomy. The dissection and living anatomy components provide the "hands-on" experience absolutely necessary for a physician. In living anatomy, students learn to identify the location of the body's palpable landmarks by visualizing the locations of deeper structures and by palpating them. Principles of motion palpation and neurological testing are introduced also in the living anatomy component.

**BC5125 Gross Human Anatomy 1 Lecture/Lab** **5.5 credits**

See description above. This course emphasizes the gross anatomy of the upper and lower extremities and of the thorax. Prerequisite: Admission to naturopathic medicine program

**BC5126 Gross Human Anatomy 2 Lecture/Lab** **5.5 credits**

See description preceding BC5125. This course includes gross anatomy of the thorax, abdomen, pelvis and back. Prerequisite: BC5125

**BC5127 Gross Human Anatomy 3 Lecture/Lab** **5.5 credits**

See description preceding BC5125. This course is a detailed study of the gross anatomy of the head and neck regions. Prerequisite: BC5126

**BC5128 Disease Processes** **5 credits**

This course is designed for nutrition students and is an introduction to pathology. Included are the inflammatory process, cell repair, basic immunology, infectious disease, genetic abnormalities and a systematic approach to pathology in which every organ system is explored with an emphasis on the most common and clinically relevant disease processes. Cross-listed as BC4128. Prerequisite: BC3129 and BC3142

**BC5129 Neuroscience** **5.5 credits**

External and internal features of the central nervous system are studied in lecture and laboratory sessions with special emphasis on regions and pathways that are physiologically and clinically relevant. Regions emphasized are cerebrum, thalamus, brainstem, spinal cord and cerebellum. Motor and sensory pathways are studied in conjunction with cranial nerve nuclei. The study of functional pathways includes the anatomy and physiology of peripheral receptors and effectors. Clinical case studies are used in the laboratory to practice diagnostic skills and to emphasize special topics. Prerequisites: BC5108, BC5126, BC5110, BC5112

**BC5140 Research Methods in AOM** **3 credits**

This course provides an introduction to research, including basic concepts of scientific methodology and statistics. Also explored are the state of AOM research and its interface with the research world. Emphasis is placed on gaining an understanding of how to read and evaluate AOM/medical literature. Prerequisite: Admission to MSA or MSAOM program

**BC5141 Research Methods and Design** **2 credits**

The scientific method is examined, and students study quantitative and qualitative aspects of medical research. Basic statistical concepts are reviewed, and their role in designing, executing and analyzing data in research is studied. Emphasis is placed on gaining an understanding of how to read and evaluate the medical literature. May be offered more than once during academic year. Prerequisite: Admission to naturopathic medicine program

**BC5901, BC5902, BC5903 Independent Study** **variable credit**

These courses provide an opportunity for graduate students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person, the student may explore a field of study that is of personal interest and value. Prerequisite: Permission of department chair

**BC6100 Pharmacology of CHM and Drug Interactions** **2 credits**

The informal combination of Western pharmaceuticals and Chinese herbal medicine is becoming more common in the clinical setting. It is vital that the AOM practitioner develop an understanding of drug-herb interactions. This course provides an overview of the active agents found in commonly used Chinese herbs and their potential interactions with pharmaceuticals. Prerequisite: BC3107, CH5411, CH6412, CH6413

**Human Pathology 1-3**

The three (3) course series of Human Pathology, sequenced with Physical/Clinical Diagnosis, Clinical Laboratory Diagnosis, and Signs and Symptoms, is coordinated by systems to provide an integrated approach for the development of diagnostic and assessment skills. During this sequence in Human Pathology, students study the normal and abnormal changes that occur in the human body when confronted with internal and external stresses that create an imbalance in homeostasis and the development of disease.

**BC6200 Human Pathology 1** **4 credits**

See description above. This course includes the study of medical terminology, definitions, concepts, and the basic mechanisms of pathological change. The processes of cell injury, inflammation, necrosis, cancer, and healing are considered in depth. Also included are immune and genetic disorders. Prerequisites: BC5106, BC5109, BC5110, BC5112, BC5127 (if on four-year track - concurrent with NM6221 and NM6210)

**BC6201 Human Pathology 2** **4 credits**

See description preceding BC6200. This course covers the pathology of the respiratory, hepatobiliary, and cardiovascular systems, as well as the blood, bone marrow, spleen, and lymphatic systems. Prerequisite: BC6200 (if on four-year track - concurrent with NM6222 and NM6211)

**BC6202 Human Pathology 3** **4 credits**

See description preceding BC6200. The final course in this sequence covers the pathology of the genitourinary, gastrointestinal, endocrine and nervous systems. Prerequisite: BC6201 (if on four-year track, concurrent with NM6223 and NM6212)

**BC6204 Immunology** **4 credits**

This course explores the basic principles of human immunity, including nonspecific host defenses, humoral and cell-mediated immunity, complement, cytokines, and the major histocompatibility complex. The course defines a normal immune response and explores what occurs when the immune system is not functioning normally as in autoimmunity, hypersensitivity, and immune deficiencies. Also examined are transplantation and cancer surveillance. (Immunology is a prerequisite for Infectious Diseases.) May be offered more than once during academic year. Prerequisite: Completion of all first year BC courses for the four or five-year track and BC5141

**BC6210 Infectious Diseases** **6.5 credits**

This course explores a systems-wide approach to infection. The focus is on infectious agents (identification, virulence, transmission), pathology of infection, signs and symptoms, laboratory diagnosis, prognosis, and therapeutic strategies to infection. An accompanying and complementary laboratory involves an introduction to microbiological isolation and identification of human pathogens within the context of patient histories, signs and symptoms. Prerequisite: BC6204

**BC6305 Pharmacology 5 credits**

This course covers the basics of drug interactions including pharmacokinetics, pharmacodynamics, drug and toxin metabolism, and the molecular basis for drug and botanical effects. Particular attention is given to the commonly used therapeutic agents for cardiac, central nervous system, infectious, and endocrine diseases. Toxicities, drug interactions and clinical effectiveness are also emphasized. Most legend drugs within the naturopathic scope of practice are included and the mechanisms of herbal action and drug/herb interactions are discussed. Prerequisites: BC5106, BC5109, BC6200

**BC9115 Drug/Herb Interactions 2 credits**

This course examines herb/ supplements and drug interactions. The course examines herbs that can be used for specific pathological conditions (ulcers, depression, anxiety, etc.) and then looks at the possible drug interactions that may occur. Specific emphasis is placed on mechanisms and the actual data supporting drug interactions. Prerequisites: BC6305 for NM students; BC4131 for AOM students. Open to students who have completed a pharmacology course and to practicing pharmacists.

**BC9120 Pharmacology of Drugs of Abuse 2 credits**

This course covers the basics of drug dependence, withdrawal and reinforcement at the molecular level. Cocaine, opiates, nicotine, alcohol and hallucinogenics are discussed. The interaction of these drugs on the central and peripheral nervous system receptors that promote their actions and reinforcement behaviors are studied. An oral presentation by the student on a drug of choice is required. Prerequisites: BC3119 or BC3143, or BC5109 or permission of instructor.

**BC9505 Laboratory Research 2 credits**

This laboratory course is designed to enable students to learn basic experimental techniques used in pre-clinical biomedical research studies. Prerequisites: One year of biology or equivalent (to be assessed and approved by instructor) and one year of chemistry or equivalent

**BC9507 Advanced Research Methods - Lab 2 credits**

This two-credit laboratory course is for individuals who have completed the basic Laboratory Research course. In this course, with appropriate guidance from the instructor, the goal is for the student to design and carry a small research project to completion. Prerequisites: BC9505 or permission of instructor

# APPLIED BEHAVIORAL SCIENCE

Leadership Institute of Seattle (LIOS)

Dan Leahy, MA/ABS, Dean and Executive Director

Diane Schachter, MA, fall and summer program Lead Faculty, Bill Braswell, MA, winter program Lead Faculty

MA consulting and coaching in organizations (CCO) track, Pamela Johnson, PhD, CCO track Lead Faculty

MA systems counseling (SC) track, Timothy Weber, PhD, systems counseling track Lead Faculty

**BH5101 Adult and Experiential Learning 2 credits**

Credits vary by quarter for a total of two. The ability to learn effectively from one's experience is a core competency required both to thrive in an experiential learning community and to lead in an increasingly chaotic and turbulent world. In this course, students learn how to position themselves as proactive lifelong learners in the LIOS/Bastyr University community and in the world at large. They discover how their unique learning style influences their approach to learning, leading and teaching others. Students participate in activities that lead to the creation of the self-directed learning plan for each year of the master's program. (CCO & SC)

**BH5103 Human Diversity in Systems 3 credits**

Credits vary by quarter for a total of three. In this course students apply the theories of Hall, Bennett and Allen-Agbro to explore the characteristics of diverse cultural paradigms and systems, understand the influence and dynamics of their own cultures of origin and identity, and examine the impact of power and dominance in systems and in interpersonal and intergroup relations. Focusing on issues of age, race and ethnicity, gender, socioeconomic status, sexual/affectional orientation and religion, students develop self-awareness, intercultural communication skills and practitioner competencies. Special attention is given to creating healthy cross-cultural and power relationships in systems. (CCO & SC)

**BH5105 Group Membership 3 credits**

This course focuses on the development of fundamental interpersonal communication skills, self-awareness and effective participation in groups from the member role. Students learn the skills required of self-defined, self-correcting, open learners and practitioners by participating in an intensive, small group, learning laboratory based on Lewin's T-group model. Emphasis is given to the importance of gender in its relationship to individual behavior and personality development in the adult life cycle. (CCO & SC)

**BH5106 Group Development 3 credits**

Credits vary by quarter for a total of three. This course provides an overview of the major theories of group process and group development. Students develop facilitation skills focused on enhancing healthy group development and influencing effective group process by participating in an intensive, small group, learning laboratory based on Lewin's T-group model. Emphasis is given to the importance of gender in its relationship to interpersonal interaction, group process, and group development. (CCO & SC)

**BH5108 Family of Origin Theory and Practice****2 credits**

Credits vary by quarter for a total of two. Students apply the theories of Bowen, Williamson, Friedman and Framo to the exploration of their own family of origin histories and issues. Emphasis is placed on the student's identification and resolution of key family of origin issues, leading to increased personal and professional competence. Special attention is given to connecting these issues to the student's effective functioning in practitioner roles and work systems through participation in small group and personal activities. (CCO & SC)

**BH5112 Systems Theory in the Applied Behavioral****Sciences****2 credits**

Credits vary by quarter for a total of two. In this course, students learn the key principles of systems theory and apply them within the LIOS/Bastyr learning community. This course lays the groundwork for the student's ongoing examination of the relationship of self in systems, surfacing the inherent paradoxes and polarities contained therein. Students are encouraged to see the systems in which they are a part as emerging narratives, in which they play a role. (CCO & SC)

**BH5118 Statistics and Research Methodologies****4 credits**

Credits vary by quarter for a total of four. This course provides an overview of basic statistics used in the social sciences and reviews the principles of empirical investigation and the primary research methods used in the social sciences. Both qualitative and quantitative methods of conducting research are reviewed. Emphasis is given to evaluating, interpreting and critiquing published research. Empirical research is examined within a larger exploration of epistemology and the development of critical thinking skills necessary in the evolution of all knowledge. (CCO & SC)

**BH5122 Organizational Development****4 credits**

Credits vary by quarter for a total of four. This course focuses on the fundamental theories and skills of influencing effective organizational functioning and change from the member or employee role. Essential elements of work team and organizational development, emphasizing key process and maintenance issues, are presented and integrated through learning laboratory activities. The interactive nature of the relationship between individuals and their organizational context is examined. Special emphasis is placed on a systemic approach to understanding the influence of member behavior (functional or pathological) on organizational health. (CCO & SC)

**BH5127 Fundamentals of the Counseling and Coaching****Relationship****3 credits**

Credits vary by quarter for a total of three. This course presents theories of interpersonal dynamics emphasizing the systems perspective in the circular relationship between helper and helpee. Based on this systems perspective, focus is placed on the practitioner skills essential to creating and maintaining an effective helping relationship. The foundational principles of Roger's and Carkhuff's work are supplemented by the related communication and human relation skills of Wallen, Short and Miller, and Nunnally and Wackman in a skill practice format emphasizing the counseling/coaching relationship and approach to resolving human problems. (CCO & SC)

**BH5132 Creating Healthy Organizations****2 credits**

Credits vary by quarter for a total of two. This course is an introduction to the theory and practice of what constitutes well-functioning organizations. Using the theories of Short, the class covers the elements of the learning organization, the roles of sponsor/agent/target/advocate and the four sectors or contexts in which companies and organizations are involved. A learning laboratory experience is used to integrate the key concepts. (CCO & SC)

**BH5200 Human Development and Life Cycle****3 credits**

Credits vary by quarter for a total of three. This course examines the stages and cycles in child, adolescent and adult development across the life span, giving attention to how personality is shaped within multicultural contexts. The biopsychosocial model is emphasized as a means of understanding how the whole self develops within a systems perspective. Normal and abnormal manifestations of development across the life span are explored with a particular emphasis on the development of strength and resiliency. The development and functioning of human sexuality as well as spirituality within the life cycle are reviewed. (SC)

**BH5205 Models of Understanding Problem Behavior****3 credits**

Credits vary by quarter for a total of three. This course examines problem human behavior along with the major philosophical, cultural and clinical assumptions behind the definition and interpretation of behavior. Interpreting the meaning and messages embedded within human behavior is accented as a means of understanding the person. Specific theories of understanding behavior are addressed, including psychodynamic, gestalt and cognitive-behavioral. The systemic view that the meaning of human behavior is best understood in the context of a larger system is underscored. Attention is given to understanding and developing skill in using the conventional categories of psychopathology as outlined in the DSM IV in professional communication. Sexual abuse, chemical abuse and dependency are addressed. (SC)

**BH5210 Methods of Systemic Assessment and****Diagnosis 3 credits**

Credits vary by quarter for a total of three. Major theoretical approaches to a psychological understanding of individuals, couples and families from a systemic orientation are studied. Particular emphasis is placed on examining interactional and intergenerational contexts. Students are familiarized with methods of gathering personal and interpersonal information, including interviewing clients. The relationship system between the practitioner and the client is emphasized as the context for understanding assessment and diagnosis. (SC)

**BH5301 Organizational Visions, Goals, and Strategies for Change 1 credit**

The theories and skills of forming and implementing an organization's visions, goals and strategies are critical and foundational to all subsequent courses in the consulting and coaching in organizations track. Students are taught to develop visions, missions, core values, goals and strategies for change as central to their work as leaders and professional change agents. Students also learn to assist their client managers in this essential leadership endeavor. In developing strategies, students are introduced to the basic concepts, theories and models of change management. (CCO)

**BH5305 Practitioner Theory Seminar 1 credit**

Students write their emerging practitioner theory. They further explicate it in a seminar of their peers and faculty who criticize and build on the theory of the writer. (CCO)

**BH6100 Group Leadership 3 credits**

Credits vary by quarter for a total of three. This course presents major theories of group leadership. Students are placed in the leader role to develop skills in guiding groups through appropriate stages of development in an intensive small group learning laboratory based on Lewin's T-group model. Emphasis is given to the importance of gender in its relationship to leadership theory and skills. (CCO & SC)

**BH6200 Research in Marriage and Family Therapy****1 credit**

In this course students examine seminal studies in marriage and family therapy literature. An overview of the critical factors in analyzing and evaluating data based research is given. Emphasis is placed on achieving a basic understanding of experimental design and the clinical implications that can be drawn from generated data. (SC)

**BH6205 Professional Studies 2 credits**

Credits vary by quarter for a total of two. This course focuses on the development of a systemic professional perspective and identity. Ethical and legal issues encountered by the counselor are emphasized. A general orientation to the mental health field, the role of the systems counselor and consultant, counseling agencies, larger health care systems and private practice are explored. Students are oriented to current issues in the field and familiarized with professional socialization and the role of professional organizations, licensure/certification, legal responsibilities and liability, and inter-professional cooperation. (SC)

**BH6210 Human Sexuality 1 credit**

This course provides an overview of normal and abnormal sexual behavior across the life span. Content includes the sexual response cycle, sexual health and dysfunction in couples, and the range of clinical symptoms encountered by the family therapist. Attention is given to assessment for either referral to a specialist or treatment in the context of the couple relationship. (SC)

**BH6215 Systemic Theory and Process 2 credits**

Credits vary by quarter for a total of two. This course is a fundamental introduction to systemic thinking and the systems approach to intervention with individuals, couples, families, small groups and larger organizations. The evolution of psychotherapy and the development of the systemic approach within that history are explored. The systemic approach examines the multiple contexts critical to assessment and intervention with clients from individuals to larger cultural contexts. Critical multicultural issues currently impacting family life are addressed. (SC)

**BH6220 Couple and Family Therapy 4 credits**

Credits vary by quarter for a total of four. The focus of this course is on the major systemic orientations and procedures for working with couples and families. Theoretical models include the structural, strategic, experiential, communications, contextual and solution-focused approaches with the intergenerational perspective as the undergirding model. Videotape presentations by major theorists, case presentations and simulations are used to illustrate the various theories in practice. Live demonstrations are used to illustrate these models. By viewing each individual as a "personal narrative" and the family as a "group story," psychotherapy is taught as the art of using language skillfully. Students are assisted in crafting the skillful use of language in psychotherapy. Emphasis is placed on integrating principles from a variety of systemic approaches in crafting the student's own perspective. (SC)

**BH6225 Systemic Practicum 5 credits**

Credits vary by quarter for a total of five. This course uses an intensive, experiential format throughout the entire curriculum to assist students in examining their own family of origin, the development of the "self of the therapist" and in using leadership skills to intervene with individuals, couples, families, groups and larger organizations. Role-plays, simulations, videotape feedback and small group work are used extensively to help students develop and refine their clinical skills. (SC)

**BH6306 Change Management Consultation 1 credit**

Students build on basic concepts, theories and models of change management begun in the Organization Visions, Goals and Strategies curriculum (BH5301). More advanced concepts of change practice are introduced. These are applied to the master's thesis field project the students are conducting as change agents in organizations. Students are also encouraged to think critically about theories of change as they relate to the students' own emerging notions about healthy functioning in organizations and intervention strategies. (CCO)

**BH6308 Consulting Theory and Action** 4 credits

Credits vary by quarter for a total of four. Action research, a fundamental method in applied behavioral science, is introduced as a means for practitioners to improve organizational effectiveness. The stages of action research are identified and explored. An introduction of the master's thesis field project, based on the principles of action research, is included. In this course, students learn the survey feedback approach to organization development based on the theories of: Lewin, Mann, Likert, Lippitt, Scherer, and Crosby. Methods of gathering relevant data, providing focused feedback, and facilitating effective action planning, are examined. The essence of this approach is to enable work teams to identify and solve their own problems and retain responsibility for the quality and productivity of their work unit. The course also covers using measurement tools in survey feedback. (CCO)

**BH6314 Management and Supervision** 2.5 credits

The fundamentals of management and supervision are taught in the context of a large-scale experiential activity where students compete for real dollars within the parameters of an overall economy. Students are challenged to integrate previous learnings from the core curriculum with new theory and skills in the roles of manager and supervisor. Employing fundamental management theories, leaders create functioning organizations. This includes developing appropriate organizational structures, functions and processes to effectively produce products or deliver services at a profit. (CCO)

**BH6317 Managing and Facilitating Cross-Functional Work Teams** 1 credit

Students explore issues generally related to task team dynamics in work settings, and particularly teams in which multiple functional perspectives make developing a cohesive and well-functioning team challenging. Emphasis is given to role clarification, decision making and accountability for cross-functional teams involved in restructuring or product development processes. (CCO)

**BH6323 Executive Coaching** 1.5 credits

Coaching managers and others to increase their effectiveness with employees is the central skill for directors, consultants, trainers and social change agents. Several phases of coaching are discussed and practiced: contracting to coach, preparation of the client's next steps, in "live-action" coaching and debriefing both the client's and the coach's effectiveness. The importance of identifying systemic patterns is emphasized throughout all phases of coaching. (CCO)

**BH6326 Third Party Conflict Coaching** 1 credit

Students examine their personal conflict resolution style and learn to expand their own range of responses to conflict. These concepts and skills are integrated with Walton's theory of interpersonal conflict management, enabling the student to function effectively in the role of third party to an interpersonal conflict. (CCO)

**BH6332 Designing and Facilitating Training Events and Meetings** 3 credits

Credits vary by quarter for a total of three. Students learn the fundamentals of conducting successful trainings and meetings, including the identification of desired outcomes, the creation of appropriate designs, the delivery of effective presentations and leading productive meetings. The course is based on utilizing the three classical domains of learning: cognitive (knowledge and understanding), affective (values, feelings and attitudes), and motoric (skill). (CCO)

**BH6336 Current Issues** 1 credit

Students explore emerging issues in the field by engaging intradisciplinary or interdisciplinary systemic perspectives and discussing how these may be applicable to change management in organizations. This course provides flexibility for faculty to introduce current and/or cross-disciplinary thinking with possible relevance for organizational development work, or based on their own interests in the field. The following examples are curriculum segments that have been previously offered at the discretion of the track faculty: *Managing Polarities* has explored fundamental paradoxes of organizational life and how a change agent may work productively with these; *Murray Bowen: Concepts and Applications* has examined system thinking from the Bowen's family therapy perspective and its relevance to change agents. (CCO)

**BH6340 Legal, Ethical, and Professional Issues** 1 credit

The focus of this course is on the development of a professional attitude and identity. Current legal and ethical issues confronting practitioners are explored. Developing and maintaining a consulting practice (internal and/or external to organizations), career development as a manager, professional affiliation and continuing education are explored. (CCO)

**BH6702 Lifelong Sexual Health (elective)** 2 credits

Sexuality is viewed as a lifelong process involving biological, psychological and social aspects of being human. Sexual health is emphasized as part of general health and well being. Students explore ten different sexuality themes including aging, masturbation, sexual dysfunction, sexual diversity, the sex industry and making referrals. Diverse points of view regarding the meaning of sexuality to individuals and society are explored. Students consider cultural and socioeconomic perspectives from their own life experiences. Explicit language and educational materials are used with the goal of increasing students' skills and comfort level for examining and communicating about sexuality in their personal and professional lives. (CCO & SC)

**BH6800 Counseling Internship 15 credits**

Credits vary by quarter for a total of 15. This four-quarter, sequenced 600 hour or more counseling internship includes 300 client contact hours in a minimum nine-month internship. It is designed to provide students with supervised, practical experience in the field of mental health counseling. The internship is also intended to help students relate clinical practice to other professional concerns including legal and ethical issues, multicultural diversity, collaborating with other health care providers and conducting clinical practice within the larger system of courts, educational institutions, government, community agencies and professional organizations. Upon its completion, students write a counseling internship paper in which they discuss their theoretical orientation toward counseling, present a case study, summarize their learnings and discuss their professional goals. The counseling internship is designed to meet the requirements of the state of Washington for certification as a mental health counselor. (SC)

**BH6801 Professional Seminar 3 credits**

Credits vary by quarter for a total of three. This course is concurrent with the student's clinical internship and serves as an adjunct to the student's internship experience. The focus during this year-long small group experience is on developing clinical skills, examining ethical and legal issues, themes within the student's clinical work, relationships with other professionals and organizations and the student's development as a person and as a professional. (SC)

**BH6805 Master's Thesis Field Project 13 credits**

Credits vary by quarter for a total of 13. This four-quarter, sequenced project provides students a field experience as a means to apply key behavioral theories as a method for achieving organizational/group transformation. Students follow a written format to document, for the purpose of reflection and learning, their intervention and approach. (CCO)

**BH6812 Professional Consult Group 2 credits**

Credits vary by quarter for a total of two. This course is concurrent with the master's thesis field project option and serves as an adjunct to the student's experience. The focus during this year-long, small group experience is on developing consulting skills, examining legal and ethical issues, exploring themes within the student's consulting work, relationships with other professionals and organizations, and the student's development as a professional. (CCO)

**BOTANICAL MEDICINE**

Robin Dipasquale, ND, Department Chair

**BO3101 Introduction to Botany Lecture/Lab 3 credits**

In introducing students to plant science, this course encompasses the study of plants from the molecular to the ecosystem level. Topics include cellular biology, morphology, physiology, classification and evolutionary relationships, life cycles and introductory ecology. The course emphasizes the importance of plants and their products in the life of the planet and the interdependence of all living things. Prerequisite: College level biology

**BO3105 Plant Identification Lecture/Lab 3 credits**

This course develops plant taxonomy and morphology skills. Students learn distinguishing plant family characteristics and the use of a dichotomous key for identification. Basic life cycles of major plant groups are studied in relation to habitat, seasonal changes and climate impact. Outdoor field work and herbarium study are utilized to aid in developing identification skills. Prerequisites: BO3101, BO3111 or permission of instructor

**BO3110 Foundations of Health 2 credits**

This course introduces the student to concepts of individual health. Parameters of health such as sleep, nutrition, exercise and stress management are explored. The manner in which these parameters affect physiology, psychology and spiritual well being are discussed. Prerequisite: None

**BO3111 Herbal Sciences 1 Lecture/Lab 3 credits**

Herbal Sciences 1-6 is the herbal foundation of the program. Herbal Sciences 1 introduces students to diverse aspects of herbalism including historical development, current sociopolitical and legal trends, ethics, sustainable plant conservation, herbal terminology and preparations, manufacturing and retail site visits, and forest, field and garden herb walks. Prerequisite: Admission to herbal sciences program

**BO3112 Herbal Sciences 2 3 credits**

World herbalism is the focus of this course, introducing students to diverse cultures of herbal practices. Systems to be studied include Native American, Shamanic, Ayurvedic, TCM, Physiomedical and Eclectic, Unani and Tibetan. The energetic aspects of herbs including quantum physics, doctrine of signature and plant spirit medicine are explored. Prerequisite: None

**BO3113 Herbal Sciences 3 Lecture/Lab 3 credits**

This course presents the pharmacy of herbal medicine where the focus is on preparations from plants to products. This is a medicine-making lab. Student participate hands-on in the making of preparations for internal and topical use including infusions and decoctions, tinctures, and other extracts, creams and ointments, compresses, poultices and suppositories. Local plant identification and harvesting techniques and practices are incorporated. Prerequisite: BO3111

**BO4101 Advanced Botany Lecture/Lab 3 credits**

This course takes a more in-depth look at the evolution of plants and their responses to an ever-changing environment. Ecological principles and the role of ecosystems within the living systems of our planet are a focus. Prerequisite: BO3101

**BO4114 Herbal Sciences 4 Lecture/Lab 3 credits**

This course is the introduction to a series of materia medica courses, which investigate all aspects of plants through their family structure. The family structure acts as a mapping for learning nomenclature, energetics, folklore, pharmacognosy, medicinal applications, pharmacy, toxicology and safety factors of chosen botanicals. Key actions of the herbs are explored based on several world herbal models. Herbal Sciences 5 and 6 are a continuation of the materia medica through lecture, lab and experimentation. Prerequisite: BO3113, BO3105

**BO4115 Herbal Sciences 5 Lecture/Lab 3 credits**

A continuation of materia medica, see BO4114. Prerequisite: BO4114

**BO4116 Herbal Sciences 6 Lecture/Lab 3 credits**

A continuation of materia medica, see BO4114. Prerequisite: BO4115

**BO4120 Herbal Drug Identification Lecture/Lab 2 credits**

This course develops the ability of the student to identify and evaluate the authenticity and quality of raw herbal material. Organoleptic skills, involving the senses of sight, touch, smell and taste, are explored along with microscopic identification and interpretation of assay and spec sheets. Prerequisites: BO3105, BO3113

**BO4125 Introduction to Herb/Drug Interaction 2 credits**

This course takes the pharmacokinetics of the herbs and the pharmacokinetics of the drugs and reviews potential interactions and the postulated mechanisms. Students review the literature of documented herb/drug interactions and critically analyze these reports. Prerequisites: BC3132, BC3133, BC3143, BC4131, IS3102

**BO4127 Quality Assurance in Herbs Lecture/Lab 2 credits**

Critical thinking skills are emphasized as the students learn how to assess herbs and herbal products in various preparations. This class looks at the aspects of physiological quality assurance as well as the political, legal and ethical facets of the herbal industry and the question of quality. Prerequisites: BC4121, BO4120

**BO4130 Ethnobotany 3 credits**

This course is designed to introduce the basis of ethnographic methodology. It explores the world and different cultures, people's past and present use of plants, food, medicine, shelter, clothing, etc. Various regions are discussed and contrasted from anthropological and historic perspectives. Indigenous guests are invited to represent their ways of life. Prerequisite: None

**BO4140 Business Practices in Herbal Sciences 2 credits**

This core course is designed to prepare students to apply their knowledge and skills in developing successful business practices. The principles of running a business are emphasized, including creating a business plan, initial set up, financing, basic bookkeeping and marketing. Legal, political and ethical issues are examined. Prerequisite: Admission to herbal sciences program or permission of instructor

**Botanical Medicine 1-5**

The botanical medicine curriculum provides an in-depth study of the botanical materia medica. Terminology, nomenclature, plant identification, pharmacology, pharmacognosy, toxicity, formula preparation and clinical application are among topics covered in these courses. Students gain skills in herbal management of acute and chronic disease conditions.

**BO5301 Botanical Medicine 1 2 credits**

This course introduces students to the history and development of botanical medicine. The philosophies and contributions of important historical figures in herbal medicine are presented. Students review the terminology of botanical medicine, how plants are medicinally categorized and botanically classified, and how those categories are pharmacologically recognized. Overviews of botany, pharmacognosy and formulation principles are covered. Students associate major medicinal herbs with particular organ systems and explore botanical pharmacy by examining differences and advantages of a variety of herbal preparations. Materia medica of the gastrointestinal system is introduced. Students explore the vitalistic and intuitive understanding of botanicals as well as the scientific and rational knowledge of botanicals. Students are also introduced to the importance and principles of sustainable agriculture and ecological harvesting. Students participate in one or more herb walks to begin their botanical plant identification skills. See BO6301, BO6302, BO7300 and BO7301 for Botanical Medicine 2-5 descriptions. Prerequisite: Admission to naturopathic medicine program

**BO5901, BO5902, BO5903 Independent Study variable credit**

A student may contract with a botanical medicine faculty member or approved faculty or professional to do an in-depth study in an area not covered in the botanical medicine curriculum. Prerequisites: BO5301 and permission of department chair



**Botanical Medicine 2-5**

These courses, four quarters total, sequentially offered over two years, are designed to help students gain the necessary knowledge and skills to assess and evaluate botanicals in the naturopathic materia medica and to apply this knowledge in the development of botanical treatment protocols. Students evaluate botanicals from an organ system perspective. These include gastrointestinal, hepatic/gallbladder, respiratory, immune, cardiovascular, urinary, female and male reproductive, skin, endocrine, musculoskeletal, and nervous system. Material presented about each botanical includes taxonomic family, description, habitat, part(s) used, energetics, pharmacognosy, pharmacology, historical and current medicinal actions and uses, pharmacy and toxicology. The students integrate pathophysiology, biochemistry, and vitalistic understanding in the presentation of material. Plant specimens and slides aid the students' understanding of the presented botanicals. These perspectives and information are used to critically analyze the application of botanicals into therapeutic formulations. Students apply this information in case studies.

**BO6301 Botanical Medicine 2** **2 credits**  
See description above. Prerequisite: BO5301, BC5109

**BO6302 Botanical Medicine 3** **2 credits**  
See description preceding BO6301. Prerequisite: BO6301 For Botanical Medicine 4 and 5 see BO7300 and BO7301.

**BO6901, BO6902, BO6903 Independent Study** **variable credit**

A student may contract with a botanical medicine faculty member or approved faculty or professional to do an in-depth study in an area not covered in the botanical medicine curriculum. The independent study may include pre-approved botanical medicine research projects or studies in traditional herbal medicine. Prerequisites: BO6301 and permission of department chair

**BO7300 Botanical Medicine 4** **2 credits**  
See description preceding BO6301. Prerequisite: BO6302

**BO7301 Botanical Medicine 5** **2 credits**  
See description preceding BO6301. Prerequisite: BO7300

**BO7303 Botanical Medicine Dispensary Lab** **1 credit**

This course focuses on the currently used preparations of medicinal herbs. Students actively participate in the making of herbal tinctures, glycerites, infusions, decoctions, poultices, compresses, syrups, creams, ointments, emulsions, liniments, soaps, suppositories, and capsules. With hands on experience students examine the comparable advantages and disadvantages of each type of preparation and incorporate pharmacognosy into their understanding of each medicinal preparation. Prescription writing is reviewed. Also taught is organoleptic testing to assess medicinal preparation identity and quality. Plant identification in the field is reinforced through a series of herb walks in the woods and in the Bastyr herb garden. Prerequisite: BO5301

**BO7901, BO7902, BO7903 Independent Study** **variable credit**

A student may contract with a botanical medicine faculty member or approved faculty or professional to do an in-depth study in an area not covered in the Bastyr curriculum. The independent study may include pre-approved botanical medicine research projects or studies in traditional herbal medicine. Prerequisites: BO7300 and permission of department chair

**BO8901, BO8902, BO8903 Independent Study** **variable credit**

A student may contract with a botanical medicine faculty member or approved faculty or professional to do an in-depth study in an area not covered in the Bastyr curriculum, or to participate in a botanical medicine research project. The independent study may include pre-approved botanical medicine research projects or studies in traditional herbal medicine. Prerequisites: BO7303 and permission of department chair

**BO9128 Plant Identification and Medicinal Field**

**Botany** **3 credits**

This elective class combines morning classroom study and afternoon field trips to introduce plant taxonomy and morphology, with an emphasis on plant families that contain local medicinal species. In this course students learn key characteristics distinguishing common native plant families, how to use a dichotomous key to identify any NW plant, and basic life cycles of each major plant group. This class is co-taught by a naturalist/botanist and a naturopathic physician. Afternoon field trips to Washington state mountains, forests and parks emphasize plant identification topics as well as medicinal aspects of the plants encountered. Field trips include 4 hours on site plus 1-2 hours travel time before and after class. Prerequisite: College level biology

**BO9140 Seminar in Botanical Case Management** **variable credit**

Seminar format for naturopathic students enrolled in Bastyr Center for Natural Health provides individualized guidance in botanical medicine case management of patients seen by student clinicians. Each student manages and monitors a minimum of three (3) patients, which entails research, literature review and case preparation. Group discussions facilitated by the seminar instructor focus upon case management. Prerequisite: BO7300

**BO9301 Advanced Topics in Botanical Medicine** **2 credits**

An elective for naturopathic medicine students pursuing the art of botanical medicine. Advanced topics include system evaluations with focus on central nervous system herbs, pediatric botanical treatments, musculoskeletal applications, and cardiovascular system botanicals. Preparation of botanical formulas for various conditions is emphasized. Students review new research in medicinal plants, botanical hydrotherapy and topical applications. Constitutional botanical prescribing is explored. Prerequisite: BO7300

# CHINESE HERBAL MEDICINE CERTIFICATE

Terry Courtney, MPH, LAc, Program Chair

For acupuncture and Oriental medicine courses, see alphabetical listings beginning with OM. A grade of C or higher is required to pass all AOM/CCHM courses.

## CH5100 Introduction to Chinese Herbal Medicine

2 credits

This course offers an introduction to Chinese herbal medical history, botanical classification and taxonomy, medicinal properties of herbs, major groups and formulation principles, and 55 commonly used herbs. Prerequisite: First year MSA course work or equivalent or enrollment in the CCHM program.

## CH5400 Chinese Herbal Medicine: Prepared

Medicines 2 credits

This course provides a survey of commonly used commercially available herbal preparations (patent medicines) which are often used as adjunctive therapies in traditional Chinese medicine (TCM). Prerequisite: CH5100

## Chinese Materia Medica/Formulations 1-3

Chinese Materia Medica/Formulations 1-3 is studied by categories with reference to pharmacognosy, TCM diagnosis, TCM pathology, indications, contraindications, combinations, and differential prescribing. Students must have a solid background in TCM foundation, TCM diagnosis, formulations, strategies, syndrome differentiation, TCM pathology and introduction to TCM herbology before undertaking this sequence of courses. Over 250 therapeutic herbs and 150 herbal formulas are discussed systematically, as well as their appropriate application. Case studies are presented to enhance the learning process.

## CH5411 Chinese Materia Medica/Formulations 1

4 credits

See description above. See CH6412 and CH6413 for Chinese Materia Medica/Formulations 2-3. Prerequisites: CH5100, OM4213, OM4222 and admission to MSAOM or CCHM program

## CH5901, CH5902, CH5903 Independent Study

variable credit

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in Chinese herbal medicine of personal interest and value. Prerequisite: Permission of program chair

## Chinese Herbal Therapeutics 1-3

The roles of food and Chinese herbal medicine are taught in these three (3) important therapeutics classes. Students learn through lecture, demonstration, and practical lab how to recognize and apply a wide variety of foods and herbs for use in common patterns of pathology in TCM.

## CH6408 Chinese Herbal Therapeutics 1

4 credits

See description above. Prerequisites: CH5411, CH6412, CH6413

## CH6409 Chinese Herbal Therapeutics 2 4 credits

See description preceding CH6408. Prerequisites: CH5411, CH6412, CH6413

## CH6410 Chinese Herbal Therapeutics 3 4 credits

See description preceding CH6408. Prerequisites: CH5411, CH6412, CH6413

## CH6412 Chinese Materia Medica/Formulations 2

4 credits

See description preceding CH5411. Prerequisites: CH5100, OM4213, OM4222 and admission to MSAOM or CCHM program

## CH6413 Chinese Materia Medica/Formulations 3

4 credits

See description preceding CH5411. Prerequisites: CH5100, OM4213, OM4222 and admission to MSAOM or CCHM program

## Chinese Herbal Medicine Clinic 1-8

Students enrolled in the MSAOM or CCHM programs are eligible to take clinic shifts in Chinese herbal medicine, under the supervision of licensed acupuncturists. Students may take the CH6820 CHM Dispensary shift at any time in the MSAOM or CCHM program. Students must be concurrently enrolled in the Chinese Herbal Therapeutics course series in order to be eligible for CHM clinic intern status.

## CH6803 CHM Clinic 1 (Observation) 2 credits

See description above. Prerequisites: CH6408 (may be concurrent) and admission to MSAOM or CCHM program

## CH6804 CHM Clinic 2 2 credits

See description preceding CH6803. Prerequisite: CH6803

## CH6805 CHM Clinic 3 2 credits

See description preceding CH6803. Prerequisite: CH6804

## CH6806 CHM Clinic 4 2 credits

See description preceding CH6803. Prerequisite: CH6805

## CH6807 CHM Clinic 5 2 credits

See description preceding CH6803. Prerequisite: CH6806

## CH6808 CHM Clinic 6 2 credits

See description preceding CH6803. Prerequisite: CH6807

## CH6809 CHM Clinic 7 2 credits

See description preceding CH6803. Prerequisite: CH6808

## CH6810 CHM Clinic 8 2 credits

See description preceding CH6803. Prerequisite: CH6809

## CH6820 CHM Dispensary 2 credits

Students are required to do one (1) CHM dispensary shift in the clinic, preferably prior to beginning their internship. Prerequisite: Admission to MSAOM or CCHM program

## CH6901, CH6902, CH6903 Independent Study

variable credit

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in Chinese herbal medicine of personal interest and value. Prerequisite: Permission of program chair

**CH9201 Oncology 1** **2 credits**

This elective provides an overview of the integration of conventional treatment with Chinese herbal medicine in several cancers, including lung, colo-rectal, breast, ovarian and cervical cancers, lymphomas, leukemias, liver and pancreatic cancers. Some special topics, including the dying process and the treatment of pain, are also covered. Prerequisites: CH5411, CH6412, CH6413

**CH9202 Oncology 2** **2 credits**

This course is a continuation of Oncology 1. It focuses on several varieties of cancer and their treatment from a TCM and allopathic perspective. Prerequisite: CH9201

**Chinese Herbal Medicine Clinic 1-4 Elective**

Students have the opportunity to take elective shifts in Chinese herbal medicine with approval of the program chair.

**CH9801 CHM Clinic 1 (fall)** **2 credits**

See description above. Prerequisite: Permission of program chair.

**CH9802 CHM Clinic 2 (winter)** **2 credits**

See description preceding CH9801. Prerequisite: Permission of program chair

**CH9803 CHM Clinic 3 (spring)** **2 credits**

See description preceding CH9801. Prerequisite: Permission of program chair.

**CH9804 CHM Clinic 4 (summer)** **2 credits**

See description preceding CH9801. Prerequisite: Permission of program chair.

**DIETETIC INTERNSHIP**

Suzzanne Myer, MS, RD, Internship Director

**DI5100 Introduction to the Practice of Dietetics****1 credit**

This course includes a discussion of ethics and standards of practice. Prerequisite: Admission to the internship program

**DI5101 Community Nutrition****1 credit**

This course includes a review of services provided by community and public health nutritionists. Lectures and discussions focus on the unique concerns of community and public health nutrition. Evaluation is based on written assignments, community case presentations and final exam. Prerequisite: Admission to the internship program

**DI5102 Diet Therapy****1 credit**

This course reviews nutritional aspects of health and disease, emphasizing therapeutic use of foods. Information is presented through lectures, demonstrations, discussion and case studies. Evaluation is based on written assignments, clinical case presentations and final exam. Prerequisite: Admission to the internship program

**DI5103 Food Service Administration****1 credit**

This course is a review of food service management through lectures and discussions of administrative problem-solving techniques and methods of management, cost control and quality assurance. Evaluation is based on written assignments, management case presentations and final exam. Prerequisite: Admission to the internship program

**DI5805 Community Practicum****1 credit**

This course is the application of DI5101 through the execution of selected community nutrition planned experiences. Prerequisite: Admission to the internship program

**DI5810 Diet Therapy Practicum****5 credits**

This course is the application of DI5102 through clinical dietetic planned experiences. Prerequisite: Admission to the internship program

**DI5815 Food Service Practicum****5 credits**

This course is the application of DI5103 through food service planned experiences. Prerequisite: Admission to the internship program

# EXERCISE SCIENCE AND WELLNESS

Mark Kestin, PhD, MPH, Program Chair

## **EX3101 Biomechanics 1** **2 credits**

This course is an introduction to the fundamental principles of human movement, focusing on the study and elementary analysis of human motion based on anatomical and mechanical principles. Prerequisites: BC3141, BC3142 and BC3143 (concurrent)

## **EX4100 Physiology of Exercise** **5 credits**

This course explores the concepts of the physiology of exercise, including fuel substrate utilization, metabolism, adaptations and responses to different exercise modalities. The class examines the (1) physiology of exercise, (2) physiology of health and fitness, and (3) physiology of performance. This course is designed to complement the Exercise Physiology Lab which emphasizes (1) the factors that limit health and fitness, (2) work tests used to evaluate cardiorespiratory fitness, (3) training methods for fitness, (4) body composition measures, and (5) field and laboratory aerobic and anaerobic fitness tests. Prerequisites: BC3132/3133 and BC3143 (or equivalent), CPR and first aid certification

## **EX4102 Biomechanics 2** **3 credits**

This course examines the anatomical and mechanical concepts required for critical assessment, description and qualitative analysis of human exercise, sport and locomotive activities. Prerequisites: BC3103 and EX3101

## **EX4110 Sports Nutrition and Ergogenic Aids** **3 credits**

This course examines the interactions between nutrition, physical activity and athletic performance. Topics focus on the efficacy of ingesting various macronutrients and bioactive compounds found in foods for enhancing certain types of performance. The biochemical, metabolic and physiological effects of ingesting these nutrients is explored. Prerequisites: BC3132/3133, TR3107 or permission of instructor

## **EX4115 Motor Learning and Development** **3 credits**

This course investigates principles of human movement and the acquisition of motor skills, as well as motor and perceptual development throughout the lifespan. Upon successful completion of the course, students are able to trace the path of human perceptual-motor development and to discuss the implications of general principles of motor development for the movement and sport specialist. Attention is given to learning theories, reinforcement, transfer, massed and distributed practice schedules, closed and open skills, motivation, feedback, arousal, motor control systems and retention of motor skills. Prerequisite: BC3103

## **EX4118 Principles of Resistance Training** **2 credits**

This four-hour lab course includes an introduction to principles and fundamentals of resistance training including both a theoretical and practical, hands-on component. Students are expected to participate in the resistance training core activity while also covering the basics of muscle physiology, bioenergetics, biomechanics, training principles (modes and methods), training theory and practical considerations as they pertain to resistance training. Prerequisites: BC3103, BC3143, EX4115

## **EX4123 Exercise Prescription and Testing** **5 credits**

This course explores the role of exercise in the assessment of functional capacity and in the diagnosis of coronary heart disease. Techniques of exercise stress testing are studied and practiced along with basic electrocardiography. Methods of quantifying energy cost of exercise and the development of exercise prescriptions are emphasized. This course contains a lab component for practical application of these concepts and development of these skills. Prerequisite: EX4100

## **EX4130 Senior Seminar in Exercise Science** **1 credit**

Presentation and discussion of current research topics in exercise physiology. Prerequisites: EX3101, EX4100 Corequisite: IS3102

## **EX4810 Internship for Exercise Science and Wellness**

**12 credits**

This course provides students with practical knowledge in different areas of exercise science and wellness. Students apply the information obtained through past didactic experiences by working in areas such as (1) hospital/ clinical exercise physiology laboratories, (2) cardiac rehabilitation facilities, (3) health and fitness facilities, and (4) spa/ retreat/ wellness centers. Students assume a leadership role in various related activities and perform administrative tasks in support of such activities under an experienced agency supervisor and faculty sponsor. Students are required to design various projects, with the assistance and approval of their preceptor, to be completed by the end of the quarter. In addition to practical experiences, students meet on campus each week for planning, development and discussion of their projects. Prerequisites: All courses from exercise science and wellness program and approval of department chair

# HOMEOPATHIC MEDICINE

Richard Mann, ND, Department Chair

## Homeopathy 1-3

This course sequence is required for all students in the naturopathic medicine program. Homeopathy 4-6 are elective courses. Student clinicians are allowed to register for the Homeopathy Specialty Clinic after successfully completing HO6302 or with permission of the department chair. However, HO9301 is recommended as a prerequisite or corequisite to the Homeopathy Specialty Clinic.

### HO6300 Homeopathy 1 **2 credits**

See description above. This course is an introduction to homeopathy—its theory and practice. Using Hahnemann's *Organon of Medicine*, the history of homeopathic medicine and the development of its method of practice are explored. This includes the use of the repertory, study of homeopathic philosophy, as well as modern concepts and research in the field. Basic homeopathic medicines are introduced to elucidate concepts. Emphasis is placed on how homeopathy relates to the other therapeutics within the naturopathic scope of practice. Corequisite: NM6200

### HO6301 Homeopathy 2 **3 credits**

See description preceding HO6300. This course emphasizes homeopathic case taking and analysis. Students learn how to take and analyze a homeopathic case, how to prioritize symptoms and how to use the homeopathic repertory as a guide to prescribing the proper medicine. Different methods of case analysis are discussed. Students actively take and analyze a homeopathic case. Basic homeopathic material medicine are introduced as well as methods of study. Prerequisite: HO6300

### HO6302 Homeopathy 3 **3 credits**

See description preceding HO6300. This course emphasizes homeopathic materia medica. Repertory skills are further developed. Case studies are presented. Prerequisite: HO6301

### HO6901, HO6902, HO6903 Independent Study **variable credit**

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person, the student may explore a field of study that is of personal interest and value. Prerequisites: HO6300 and permission of department chair

## Homeopathy 4-6

These three (3) elective courses are offered to naturopathic medicine students interested in the further study of homeopathy, after successfully completing Homeopathy 3 (HO6302).

### HO9301 Homeopathy 4 **3 credits**

See description above. This course continues the study of homeopathic materia medica. Cured cases are studied to illustrate points of case analysis; materia medica and case management miasms are explored more deeply. Prerequisite: HO6302 or permission of instructor or chair

### HO9302 Homeopathy 5 **3 credits**

See description preceding HO9301. This course is a continuation in the advanced study of materia medica, case analysis, and case management. Also, the use of homeopathy in specific conditions is explored. Prerequisite: HO6302 or permission of instructor or chair

### HO9303 Homeopathy 6 **3 credits**

See description preceding HO9301. This course is a continuation of the advanced study of homeopathy. Remedies are reviewed and analyzed via case study. Cases are presented by practicing homeopaths. Prerequisite: HO6302 or permission of instructor or chair

## Homeopathy Grand Rounds

Each quarter that a student is registered in the Homeopathy Specialty Clinic, he/she must register for one of the Homeopathic Grand Rounds courses. In-depth case analysis, comparative materia medica and patient case management are discussed. Homeopathy Grand Rounds is also optional for those students who have completed HO6300-HO6302, and want to further their knowledge of homeopathy, but do not enter the Homeopathy Specialty Clinic.

### HO9800 Homeopathy Grand Rounds 1 **1 credit**

See description above. Prerequisite: HO6302

### HO9801 Homeopathy Grand Rounds 2 **1 credit**

See description preceding HO9800. Prerequisite: HO6302

### HO9802 Homeopathy Grand Rounds 3 **1 credit**

See description preceding HO9800. Prerequisite: HO6302

### HO9803 Homeopathy Grand Rounds 4 **1 credit**

See description preceding HO9800. Prerequisite: HO6302

### HO9804 Homeopathy Grand Rounds 5 **1 credit**

See description preceding HO9800. Prerequisite: HO6302

## Homeopathy Specialty Clinic

This unique specialty clinic allows students to learn how classical homeopathic principles are applied to patient care in a supervised clinical experience. Clinical training is supervised by a licensed naturopathic physician. Each Homeopathy Specialty Clinic shift counts as one Patient Care shift and is registered as such. Participation in the Homeopathy Specialty shift is optional for naturopathic students. Students may take up to three (3) homeopathy shifts. Refer to Bastyr Center for Natural Health: Patient Care Shifts, the description preceding NM7820. Priority is given to students who have completed Homeopathy 4, 5 or 6 Prerequisite: HO6302

## Homeopathy Specialty Clinic 1-4 Elective

With permission of the department chair, on a space available basis, students particularly interested in homeopathy may take additional elective clinic shifts in the Homeopathy Specialty Clinic.

### HO9821 Patient Care 1 - Elective (fall) **2 credits**

See description above. Prerequisites: HO6302 and permission of department chair

### HO9822 Patient Care 2 - Elective (winter) **2 credits**

See description preceding HO9821. Prerequisites: HO6302 and permission of department chair

**HO9823 Patient Care 3 - Elective (spring) 2 credits**  
See description preceding HO9821. Prerequisites: HO6302 and permission of department chair

**HO9824 Patient Care 4 - Elective (summer) 2 credits**  
See description preceding HO9821. Prerequisites: HO6302 and permission of department chair

## INTERDISCIPLINARY STUDIES

Tim Callahan, PhD, Dean, Undergraduate Education

**IS3101 Introduction to Natural Health Sciences 2 credits**

This course is an overview of science-based natural medicine. The fundamental concepts of natural medicine are discussed, and students become familiar with the elementary components of Western and non-Western traditions of health and healing. The major systems and modalities to be discussed include naturopathic medicine, Oriental, Ayurvedic, nutritional, psychological, botanical and homeopathic medicine. Other topics, such as spirituality and medicine, are also explored. Prerequisite: None

**IS3102 Introduction to Research Methods 3 credits**

This course, designed for students in nutrition, exercise science, psychology and herbal sciences, is an introduction to research methods. Included are the basic concepts of scientific methods, statistics, epidemiology and research methodology. Students also practice applied research skills such as use of the library and Internet, evaluation of research literature and scientific writing. Prerequisite: College algebra

**IS4101 Seminar in Natural Health Sciences 2 credits**

This capstone course is designed to integrate knowledge and experience gained from the various undergraduate natural health science disciplines and to apply these to disease prevention and attaining and maintaining optimal health. Students work in teams to address important issues in health such as the life cycle from birth through death and chronic disease. Communication and critical thinking skills are emphasized, and students have an opportunity to model integrative approaches to optimal health. Prerequisite: Senior undergraduate status, completion of IS3101

# NATUROPATHIC MIDWIFERY CERTIFICATE

Morgan Martin, ND, LM, Program Chair

---

**MW7302 Prenatal Complications** **3 credits**

In this course students focus on the recognition and care of common physical and emotional complications of pregnancy. Students develop in-depth practice protocols for common complications that include definitions, etiologies, incidences, signs and symptoms, risks, differential diagnoses, management, consultation and referral practices. Students also become familiar with expected allopathic management of common complications and the associated risks and benefits. The distinction between the scope of practice of the general naturopathic physician and that of the naturopathic midwife is emphasized. Prerequisites: MW7321, NM7313

---

**MW7303 Labor Complications** **3 credits**

In this course students focus on the role of the naturopathic midwife in the care of the laboring woman, with special emphasis on the diagnosis and management of complications of the intrapartum period. Students develop practice protocols for intrapartum complications. Consultation/referral practices are integral to this course. The practical portion of the course covers basic nursing skills such as the administration of IV fluids, episiotomy, perineal repair, urinary catheterization, and the administration of medications. Prerequisite: NM7313; Corequisite: MW7321

---

**MW7304 Maternal Postpartum Care** **2 credits**

While this course begins with the management of the normal and complicated third stage of labor, it focuses on the role of the naturopathic midwife in the care of the new mother. The practical portion of the course covers blood loss assessment and placental inspection. The normal puerperium is addressed, as are the development and naturopathic management of physical and emotional postpartum complications. Client education in the areas of infant care, self care, breast feeding and parenting skills are also covered. Prerequisites: MW7321

---

**MW7310 Neonatology** **3 credits**

In this course students study the normal development and management of the newborn. The innate intelligence and sensitivity of the developing child are emphasized. Etiologies, risks, signs, symptoms and management of pathologies of the newborn are presented. Students develop practice protocols and guidelines for common neonatal complications. The practical portions of the course include infant physical exam, gestational age assessment and neonatal resuscitation skills and knowledge. Previous participation in at least 20 births is strongly recommended. Prerequisites: MW7321, NM7313

---

**MW7320 Normal Maternity** **3 credits**

This course presents an overview of pregnancy and childbirth as a normal, natural process that rounds out the scope of the naturopathic family practitioner. The course stresses the importance of proper prenatal care and appropriate consultation and referral relationships. Topics covered include preconception counseling, risk assessment, the diagnosis and management of normal pregnancy, review of female pelvic anatomy, prenatal nutrition and exercise, environmental and occupational hazards, naturopathic management of common complaints, and management of labor and delivery in unintended settings and the normal postpartum period. This course is required in the naturopathic medicine curriculum. Prerequisites: BC6201, BC6202, NM6212, NM6223

---

**MW7321 Advanced Normal Maternity** **2 credits**

This course facilitates competency in the advanced management of normal pregnancy and birth and is intended for enrollees in the naturopathic midwifery program. Topics covered include prenatal assessment skills, maternal physiological changes in pregnancy, effect of pregnancy on preexisting conditions, intrauterine growth disorders and prenatal testing. Also covered are advanced normal labor and delivery management, including cardinal movements, comfort measures, monitoring protocols, common complications, hand maneuvers, and introductory neonatal assessment and management. Students practice conducting prenatal consults, initial and routine visits, client education and telephone assessment and consultation. Prerequisite: MW7320

---

**MW7901, MW7902, MW7903 Independent Study**

**variable to maximum of 2 credits**

This course provides an opportunity for students to study areas of interest in greater detail than is covered in the regular curriculum. With the aid of a selected resource person, the student may explore any topic within the area of childbirth. The student is responsible for submitting an independent study form to the program chair which includes learning objectives, evaluation method and timeline. Students may study more than one topic, using a separate course number for each topic. Two credits are required in the naturopathic midwifery program. Prerequisites: MW7321 and permission of program chair

---

**MW8102 Childbirth Education** **1 credit**

This course offers an overview of the current trends in and methods of teaching childbirth education classes. Concepts of instruction and learning and effective means of conveying both factual information and practical skills to expectant parents are presented. Students are required to attend and critique at least one community childbirth education class session. Prerequisite: MW7320

---

**MW8103 Legal and Professional Issues in Midwifery** **2 credits**

This course outlines the legal responsibilities and restrictions of practice for naturopathic physicians specializing in natural childbirth. Upon completion of this course students demonstrate knowledge of the following: professional ethics specific to midwifery; local and national politics; midwifery regulation in various jurisdictions; peer review procedures, quality assurance and quality improvement mechanisms; malpractice insurance; informed consent/choice; scope and standards of practice; cultural diversity in client populations; consultation/referral relationships; dual licensure; unlicensed/unregulated practice; regulatory systems, sanctions and disciplinary processes. Prerequisite: NM7109

---

**MW8105 Grief and Loss in Midwifery** **2 credits**

Upon completion of this course, students are competent to do the following: provide emotional support to families grieving the loss of a pregnancy or newborn, teach self-nurturing methods that facilitate healing in the grief process, model how to heal through and be strengthened by loss, and draw on personal spiritual resources for the benefit of self and client. Students develop skills in helping couples talk through the impact of grief and loss on their relationship and the grief of infertility. Students also learn to help parents deal with bereavement pressures, grief reactions of the extended family, and societal expectations around the death of a child, a spontaneous abortion or planned termination of pregnancy. Prerequisite: PS6306

---

**Childbirth Practicum**

Students precept with approved licensed or legal practitioners providing maternity care services. Students are required to actively participate in 25 births (12.5 credits of MW8800 or 1 credit/2 participations) and to manage 50 births (25 credits of MW8802 or 1 credit/2 managements).

---

**MW8800 Birth Participations** **variable to maximum of 12.5 credits**

See description above. Prerequisite: MW7320, MW7321

---

**MW8802 Birth Managements**

**variable to maximum of 25 credits**

See description preceding MW8800. Prerequisite: MW7320, MW7321

---

**Birth Rounds**

This three (3) course sequence consists of maternity skills labs and case reviews facilitated by the naturopathic midwifery clinical faculty. Specific midwifery topics are addressed in a small group discussion, skill labs and role play format. Prerequisite: Current enrollment in naturopathic midwifery program and concurrent enrollment in MW8800 or MW8802

---

**MW8811 Birth Rounds** **1 credit**

See description above. Corequisite: MW8800

---

**MW8812 Birth Rounds** **1 credit**

See description preceding MW8811. Corequisite: MW8800 or MW8802. Prerequisite: MW8811

---

**MW8813 Birth Rounds** **1 credit**  
 See description preceding MW8811. Corequisite: MW8800 or MW8802. Prerequisite: MW8812

---

**MW8899 Childbirth Practicum Continuation** **0 credits**

This course continues the student's enrollment in the naturopathic midwifery program during quarters when no births are registered. One credit of tuition is charged to maintain active student status in the program. Prerequisites: MW8802 and MW8813

---

**MW8901, MW8902, MW8903 Independent Study** **variable to maximum of 2 credits**

See description for MW7901, MW7902, MW7903. Prerequisites: MW7321 and permission of program chair

---

**MW9100 Midwifery Wisdom: An Introduction** **3 credits**

This elective is designed to be the first course in the naturopathic midwifery curriculum. It is an introduction to the art and practice of midwifery. It includes a brief history of midwifery and medicine in the U.S., as well as trends in and perspectives on birth in American culture. Students are introduced to counseling skills in maternity care, lactation issues, the fourth trimester, various definitions of "midwife," and some realities of midwifery practice. In addition, students view a variety of midwifery-related videos and develop a group and an individual project. Prerequisite: Admission to Bastyr University

---

**MW9115 Doula Training** **3 credits**

This course is only offered in the summer. Topics covered include reproductive anatomy, fetal development, components of perinatal care, clinical terminology, pain management techniques, the emotional and psychological aspects of giving birth and its significance in women's lives. Scope of practice, providing culturally sensitive support, coping with complications in pregnancy and labor, newborn care, and breastfeeding are also included. Upon completion of this course students interested in doula certification may apply to the Pacific Association for Labor Support (PALS) or Doulas of North America. PALS offers an apprenticeship program, which supports placement with certified doulas in the Seattle area who mentor newly-trained doulas seeking certification. Prerequisite: MW9100



# NATUROPATHIC MEDICINE

Sally Ringdahl, ND, MEd, Dean

## Emergency Response/Professional Rescuers Level C-CPR

This is a Bastyr Center for Natural Health requirement. Prior to entrance into the clinic, naturopathic medicine students must complete a course equivalent to the 49-hour Red Cross course entitled Emergency Response/Professional Rescuers Level C-CPR. CPR certification must remain current throughout clinical training. Prerequisite: None

## Naturopathic Clinical Theory 1-2

These classes are organized to aid each student's development of a comprehensive and personal understanding of what it means to be a naturopathic physician. Emphasis is placed on discussion and critical evaluation. Students examine naturopathic medicine in the context of medicine today and explore the art of medicine and the integration of philosophy with knowledge gained in the basic sciences.

## NM5131 Naturopathic Clinical Theory 1 2 credits

See description above. Naturopathic Clinical Theory 1 introduces the philosophy of naturopathic medicine, from its historical origins to the present day. Naturopathic principles of practice, concepts of health and disease, environment, natural hygiene, nature cure, the *vis medicatrix naturae*, naturopathic therapeutics, prevention and wellness, and other topics are explored. The therapeutic order is introduced. The vitalistic context of science-based, modern naturopathic medicine is emphasized. See NM7115 for Naturopathic Clinical Theory 2 description. Prerequisite: Admission to naturopathic medicine program

## NM5135 The Determinants of Health 1.5 credits

This course discusses the factors that determine health and healing. This course develops naturopathic strategies for the treatment of illness by addressing both general and individualized determinants of health. Teaching improvement of daily health habits and assuring patient compliance are addressed. Research updates and clinical methods are provided. Three central themes are followed: 1) an introduction to Western professional hygiene research and clinical strategies including fasting 2) methods used by world traditional medical systems to promote and restore health and 3) age-appropriate prevention and public health strategies using the U.S. Guide to Clinical Preventive Services. Prerequisite: NM5131

## NM5136 The Vis Medicatrix Naturae 1.5 credits

Naturopathic medicine's core clinical principle, the *vis medicatrix naturae*, is shared by traditional systems of medicine throughout the world. This course explores clinical research, writings and techniques from various systems of medicine which incorporate nature's influence on healing, the nature of the healing processes, and the vital or life force. The course introduces the clinical application of techniques to restore health, prevent illness and optimize wellness by respecting and augmenting the *vis medicatrix naturae*. Prerequisites: NM5131

## NM5500 Intensive: Advanced Standing Status

variable credit

This intensive is designed to satisfy a selection of lower level naturopathic medicine courses, enabling advanced standing students to better integrate the first and second year curriculum. Topics may include naturopathic philosophy, botanical medicine courses, physician heal thyself or clinic entry. Prerequisite: Admission to naturopathic medicine program with advanced standing status

## Clinic Entry 1-2

Clinic Entry 1 and 2 are designed to prepare students for their clinical training in Bastyr Center for Natural Health. Descriptions of these courses follow.

## NM5804 Clinic Entry 1

1 credit

This experiential course provides naturopathic medical students with the opportunity to become familiar with, and to personally experience, Bastyr Center for Natural Health from a patient's perspective. As patients, students experience a first office call and return office call, as well as experiencing modalities such as physical medicine, homeopathy, nutrition or counseling. Students also attend case preview and review, where cases for each clinic shift are discussed. This class offers students clinical experience with the medicine they are studying. See NM6804 for description of Clinic Entry 2. Prerequisite: Admission to naturopathic medicine program

## NM5901, NM5902, NM5903 Independent Study

variable credit

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in naturopathic medicine of personal interest and value. Prerequisites: NM5131 and permission of dean

## Clinical Laboratory Diagnosis 1-3

This sequence of three (3) courses introduces the student to laboratory diagnoses of clinical disorders and disease states. Emphasis is on methods of analysis, appropriateness of tests, interpretation of laboratory results and clinical application of laboratory data for the primary care provider. NM6210 focuses primarily on definitions of "normals," hematology and coagulation. NM6211 explores clinical chemistries and their interpretation. NM6212 focuses on the laboratory diagnosis of urogenital and endocrine disorders.

## NM6210 Clinical Laboratory Diagnosis 1 3.5 credits

See description above. Prerequisite: BC5106

## NM6211 Clinical Laboratory Diagnosis 2 3.5 credits

See description preceding NM6210. Prerequisite: NM6210

## NM6212 Clinical Laboratory Diagnosis 3 3.5 credits

See description preceding NM6210. Prerequisite: NM6211

**Physical/Clinical Diagnosis 1-3**

The Physical/Clinical Diagnosis series of three (3) courses uses a lecture and laboratory format to teach practical clinical skills. Emphasis is on early detection of abnormalities and diagnosis of common health problems. Differential diagnosis and assessment, patient interview techniques, history taking and physical examination are covered. Also included are indications for diagnostic procedures and an introduction to clinic protocols.

**NM6221 Physical/Clinical Diagnosis 1 Lecture** **2 credits**

See description above. Prerequisite: BC5127

**NM6221L Physical/Clinical Diagnosis 1 Lab** **2 credits**

See description preceding NM6221. Corequisite: NM6221

**NM6222 Physical/Clinical Diagnosis 2 Lecture** **2 credits**

See description preceding NM6221. Prerequisite: NM6221

**NM6222L Physical/Clinical Diagnosis 2 Lab** **2 credits**

See description preceding NM6221. Corequisite: NM6222

**NM6223 Physical/Clinical Diagnosis 3 Lecture** **2 credits**

See description preceding NM6221. Prerequisite: NM6222

**NM6223L Physical/Clinical Diagnosis 3 Lab** **2 credits**

See description preceding NM6221. Corequisite: NM6223

**NM6804 Clinic Entry 2** **1 credit**

Clinic Entry 2 familiarizes students with clinic requirements, protocols and associated paperwork. This course serves to facilitate the continuity between the preclinical and clinical education. Students meet with the staff and faculty from the clinic. The standards of practice and care for the clinic are discussed. Case management skills and charting skills are reviewed to prepare students for their first quarter in clinic. Students take a clinic entrance exam at the end of the course. Prerequisite: NM5804, concurrent with NM6223

**NM6901, NM6902, NM6903 Independent Study** **variable credit**

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in naturopathic medicine of personal interest and value. Prerequisites: BC6200, NM6210, NM6221 and permission of dean

**Public Health and Environmental Medicine**

In these two (2) courses, the toxic effects of the pollution of our air, water, food, and electromagnetic environment are provided. Types, sources, and health effects of common pollutants, prevention and treatment of occupational diseases, public health and the public health system, and sociological considerations are discussed. Emphasis is placed on recognition of pollutant effects in patients by the use and interpretation of signs and symptoms, physical diagnosis, laboratory tests and environmental quality tests. The clinician's interaction with public health resources and responsibilities is emphasized.

**NM7101 Environmental Medicine** **1.5 credits**

See description above. Prerequisites: Clinic eligibility

**NM7102 Public Health** **1.5 credits**

See description preceding NM7101. Prerequisites: Clinic eligibility

**Practice Management 1-2**

This two (2) course sequence provides students with information and skills necessary to set up a practice. Included are office planning, bookkeeping, fee structures, taxes, accounting, public relations, communications skills, personnel management, licensing, market planning, practice options, referrals and practice building.

**NM7109 Practice Management 1** **2 credits**

See description above. For description of Practice Management 2 see NM8109. Prerequisite: Concurrent with clinic shifts

**NM7115 Naturopathic Clinical Theory 2** **1 credit**

For description of Naturopathic Clinical Theory 1, see NM5131. This course emphasizes the clinical application of the principles of naturopathic medicine, using the therapeutic order as an integrative framework and providing students with a foundation for naturopathic case analysis and management. Prerequisites: Concurrent with clinic shifts

**Clinical Sciences: Differential Diagnosis, Assessment, Therapeutics**

Included is the course work in NM7302, NM7304, NM7306-7307, NM7311, NM7313-7315 NM7341, NM7400, NM7417, NM8303, NM8308-8309, NM8312 and NM8314. These clinical science courses present a review of pathology, physical/clinical diagnosis, clinical laboratory diagnosis and signs and symptoms by organ systems with special attention to the most common pathologies presenting to the general naturopathic practitioner. Emphasis is placed on appropriate differential diagnosis and assessment, treatment and referral to or collaboration with other health care providers, when indicated. Prerequisite: Concurrent with clinic shifts

**NM7302 Gastroenterology** **2 credits**

Disorders of the gastrointestinal system, the digestive tract and related organs are presented with discussion of prevalence, pathophysiology, diagnosis, naturopathic analysis, and conventional and naturopathic therapeutics for these conditions. Prerequisite: Concurrent with clinic shifts

**NM 7304 Dermatology** **2 credits**

Differential diagnosis and assessment of common skin disorders are covered in this course. Emphasis is placed on treatment from a conventional and naturopathic perspective. Prerequisite: Concurrent with clinic shifts

**NM7305 Clinical Ecology** **2 credits**

This course covers the diagnosis, prevention and treatment of allergy in its many forms. Food, plant, environment, hydrocarbon and other types are presented. Considered are such topics as masked allergies, allergic adaptation, challenge testing, rotation diets, environmental medicine clinics, fasting and various laboratory tests for allergies (i.e., skin, sublingual, intradermal and blood). Prerequisite: Concurrent with clinic shifts

**NM7306 Oncology 2 credits**

Students explore the special problems involved in the differential diagnosis and assessment of cancer. Current knowledge of the causes and mechanisms of cancer are presented. Included is an overview of the current conventional therapies for cancer, their efficacy and side effects, and support for patients. Students learn how to become an effective, integral part of the health care team in providing care to patients with cancer. Complementary naturopathic care for patients with cancer is presented to provide a comprehensive approach to patient management. Prerequisite: Concurrent with clinic shifts

**NM7307 Eye, Ear, Nose and Throat (EENT) 2 credits**

Conventional and naturopathic therapeutics for EENT conditions are presented. Prerequisite: Concurrent with clinic shifts

**NM7311 Neurology 2 credits**

Students refine their skills in diagnosis and treatment from both a conventional and naturopathic perspective of neurological diseases in this course. Recognition of conditions requiring referral for specialized diagnostic procedures and care are addressed. Prerequisite: Concurrent with clinic shifts

**NM7313 Gynecology 3 credits**

In this course students study the interrelationship of patient history, symptoms, physical signs and laboratory tests in making early and accurate diagnoses. Naturopathic therapeutics for gynecological conditions are covered. Students participate in a practicum experience as well. Prerequisites: Concurrent with clinic shifts

**Pediatrics 1-2**

This two (2) course sequence presents the differential diagnosis and assessment of the common problems of infancy, childhood, and adolescence. Emphasis is on early recognition of signs and symptoms, disease prevention, and the development of a healthy lifestyle at an early age. Treatment of common childhood conditions and diseases is presented.

**NM7314 Pediatrics 1 2 credits**

See description above. Prerequisites: Concurrent with clinic shifts

**NM7315 Pediatrics 2 2 credits**

See description preceding NM7314. Prerequisite: Concurrent with clinic shifts

**NM7320 Family Medicine 2 credits**

This course explores family health and wellness and the role of the physician's influence on the perpetuation of health. Prerequisite: PS6306, concurrent with clinic shifts

**NM7325 Naturopathic Case Analysis & Management 1 1.5 credits**

This course is designed to provide a format for the development of skills and rationale in naturopathic case analysis, treatment integration and case management. Naturopathic principles of practice are applied, in concert with conventional case analysis Prerequisite: NM6804, concurrent with first clinic shifts

**NM7330 The Healing Systems 1 credit**

This course examines seven core systems, which maintain the body's strength and vitality, and how illnesses can be traced to weaknesses in one or more of these systems. Diagnosis and treatment of underlying systemic weaknesses and optimizing function in these systems to focus effectively on the healing effort are emphasized. In the therapeutic order, the course reflects the therapeutic intent of tonifying systems and supporting the body/spirit in healing itself. Prerequisite: Concurrent with clinic shifts

**NM7341 Cardiology 3 credits**

This course covers the pathophysiology, advanced diagnosis and treatment of diseases of the cardiovascular system. Both naturopathic and conventional therapies are discussed based on the nature and severity of the diseases included. Prerequisite: Concurrent with clinic shifts

**NM7400 Minor Surgery 3 credits**

Minor surgical procedures as defined by scope of practice for naturopathic physicians and licensing laws are taught. This lecture/laboratory course covers common minor surgery office procedures. Topics include suturing techniques; wound, infection and burn management; local anesthetics; bandaging techniques; and the recognition of conditions requiring medical referral for surgical intervention. Prerequisite: Concurrent with clinic shifts

**NM7417 Medical Procedures 3 credits**

This course provides students with training in a variety of medical procedures including immunization, prescription writing, intravenous and intramuscular injections. Prerequisite: Concurrent with clinic shifts

**Bastyr Center for Natural Health: Patient Care Shifts**

Naturopathic medicine students are required to take 18 Patient Care shifts, which include General Patient Care, Counseling and Interim Patient Care. Homeopathy shifts may be completed to fulfill the Patient Care requirement. There are a total of 36 credits required for Patient Care Shifts. Each Patient Care shift involves the faculty supervised provision of naturopathic medical care in an outpatient clinical setting. Patient assessment, diagnosis, treatment recommendations, case analysis and co-management strategies are the emphasized clinical skills. An increasing level of independence is expected of clinicians as they approach graduation. This competence is assessed through supervisor evaluations and clinical competencies performed by the clinicians throughout their clinical experience. See also listings for physical medicine Patient Care Shifts (PM7801, PM7802, PM8801 and PM8802). Prerequisites: Successful completion of all required first and second year ND courses (four-year track) and NM6804

**NM7820 Patient Care 1 2 credits**

See description above. Prerequisites: See above

**NM7821 Patient Care 2 2 credits**

See description preceding NM7820. Prerequisite: NM7820

**NM7822 Patient Care 3 2 credits**

See description preceding NM7820. Prerequisite: NM7821

**NM7823 Patient Care 4 2 credits**

See description preceding NM7820. Prerequisite: NM7822

**NM7824 Patient Care 5** **2 credits**

See description preceding NM7820. Prerequisite: NM7823

**NM7825 Patient Care 6** **2 credits**

See description preceding NM7820. Prerequisite: NM7824

**NM7826 Patient Care 7** **2 credits**

See description preceding NM7820. Prerequisite: NM7825

**NM7827 Patient Care 8** **2 credits**

See description preceding NM7820. Prerequisite: NM7826

**NM7828 Patient Care 9** **2 credits**

See description preceding NM7820. Prerequisite: NM7827

**NM7829 Patient Care 10** **2 credits**

See description preceding NM7820. See NM8830-NM8836 for Patient Care 11-17 descriptions. Prerequisite: NM7828

**NM7901, NM7902, NM7903 Independent Study**  
**variable credit**

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in naturopathic medicine of personal interest and value. Prerequisites: Permission of the dean or associate dean

**NM8109 Practice Management 2** **2 credits**

See description preceding NM7109. Prerequisite: NM7109

**NM8101 Ethics** **1 credit**

Ethics of the physician-patient relationship are explored in case studies. Prerequisite: NM7109

**NM8102 Jurisprudence** **1 credit**

An overview of the law, its constitutional basis, and the legality of naturopathic practice are presented. Included are licensing, malpractice, patient and physician constitutional rights, and the mechanisms by which laws are applied and enforced. The focus of this course is on jurisprudence as applied to the state of Washington. Students planning to practice in other jurisdictions may arrange with the dean or associate dean to do an independent study in jurisprudence for another state or province. Prerequisite: NM7109

**Radiographic Interpretation 1-2**

In this two (2) course sequence, students learn the fundamentals of radiographic interpretation, including the study of basic radiographic anatomy and measurement techniques. Lab is focused on radiographic positioning. Students learn the basics of how to take a quality radiograph. This course includes x-ray physics, the production and effects of ionizing radiation, radiological safety, and x-ray positioning. Radiographic findings of common disorders of each body system are discussed with emphasis on differential diagnosis and correlation with clinical findings. Included is the study of pathologies of the skeleton, the thoracic region, and the gastrointestinal and genitourinary systems.

**NM8206 Radiographic Interpretation 1 Lecture** **3 credits**

See description above. Prerequisite: NM7823

**NM8207 Radiographic Interpretation 1 Lab** **1 credit**

See description preceding NM8206. Corequisite: NM8206

**NM8212 Radiographic Interpretation 2** **3 credits**

See description preceding NM8206. Prerequisite: NM8206, NM8207

**NM8213 Diagnostic Imaging** **2 credits**

Students are introduced to special imaging procedures commonly used as ancillary and sometimes the primary imaging method in the evaluation of osseous and soft tissue lesions of the body. Also included is the study of diagnostic ultrasound, computerized tomography, magnetic resonance imaging, nuclear medicine and fluoroscopy. Prerequisite: NM8206, NM8207

**NM8303 Geriatrics** **2 credits**

The recognition of the physical, psychological and social differences between the elderly and the younger population is explored. The ability to differentially diagnose common disease entities of the elderly also is covered, as well as specific chronic conditions like diabetes, degenerative joint disease, coronary artery disease and problems of disabled individuals. Prerequisite: Concurrent with clinic shifts

**NM8308 Endocrinology** **3 credits**

The complex interactions of the hormone systems of the body including the causes and effects of hormonal imbalance are covered. Conventional and naturopathic therapeutics for these conditions are presented. Prerequisite: Concurrent with clinic shifts

**NM8309 Rheumatology** **1.5 credits**

This course focuses on the inflammatory conditions involving the connective tissue structures of the body, including muscles and joints. Emphasis is placed on autoimmune disorders and their treatment, with both conventional and naturopathic therapeutics. Prerequisite: Concurrent with clinic shifts

**NM8312 Urology** **1.5 credits**

Diseases of the kidney, urinary tract and male reproductive system are covered in this course, with emphasis on differential diagnosis and assessment. Case management from both a conventional and naturopathic perspective is presented. Prerequisite: Concurrent with clinic shifts

**NM8314 Pulmonary Medicine** **1.5 credits**

The diagnosis and treatment of respiratory diseases, including their relationship to cardiovascular disease, are covered. Conventional and naturopathic therapeutics for respiratory problems are presented. Prerequisites: NM7341

**NM8325 Naturopathic Case Analysis and Management**  
**2: Grand Rounds** **1 credit**

Students in this clinic-based course participate in case presentations. Prerequisite: NM7325

**Advanced Naturopathic Therapeutics 1-2**

This two (2) course sequence covers health problems in a case-oriented approach. The most appropriate nutritional, botanical and environmental considerations are presented together with other appropriate naturopathic therapeutics. Emphasis is given to balance among the physical, mental and emotional aspects of treatment.

**NM8413 Advanced Naturopathic Therapeutics 1****2 credits**

See description above. Prerequisite: NM7330

**NM8414 Advanced Naturopathic Therapeutics 2****2 credits**

See description preceding NM8413. Prerequisite: NM8413

**Preceptorship 1-3**

Students have the opportunity to preceptor with physicians (ND, MD, DO) in practice. A preceptor/outreach coordinator helps students locate appropriate preceptorships.

**NM8801 Preceptorship 1****1 credit**

See description above. Prerequisite: Admission to naturopathic medicine program

**NM8802 Preceptorship 2****1 credit**

See description preceding NM8801. Prerequisite: NM8801

**NM8803 Preceptorship 3****1 credit**

See description preceding NM8801. Prerequisite: NM8802

**NM8830 Patient Care 11****2 credits**

See description preceding NM7820. Prerequisite: NM7829

**NM8831 Patient Care 12****2 credits**

See description preceding NM7820. Prerequisite: NM8830

**NM8832 Patient Care 13****2 credits**

See description preceding NM7820. Prerequisite: NM8831

**NM8833 Patient Care 14****2 credits**

See description preceding NM7820. Prerequisite: NM8832

**NM8834 Patient Care 15****2 credits**

See description preceding NM7820. Prerequisite: NM8833

**NM8835 Patient Care 16****2 credits**

See description preceding NM7820. Prerequisite: NM8834

**NM8836 Patient Care 17****2 credits**

See description preceding NM7820. Prerequisite: NM8835

**NM8844 Interim Patient Care****2 credits**

See description preceding NM7820. Prerequisite: NM7820

**NM8901, NM8902, NM8903 Independent Study****variable credit**

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in naturopathic medicine of personal interest and value. Students may devote one (1) to five (5) of their elective credits to independent study. Students may work independently, in groups, or contribute to ongoing research or teaching projects sponsored by the university. Research is conducted by the research institute staff, and any studies involving human subjects must be approved by the human subjects review committee. Prerequisite: Permission of dean

**Iris Analysis 1-2**

These two (2) elective courses provide a foundation and history regarding Iris Analysis. Students learn the theory and practical concepts involved in the analysis of the iris.

**NM9101 Iris Analysis 1****2 credits**

See description above. Prerequisite: Admission to Bastyr University

**NM9102 Iris Analysis 2****2 credits**

See description preceding NM9101. Prerequisite: NM9101

**NM9106 Sacred Contract 1****2 credits**

The sacred contract is our spiritual commitment to ourselves, our lives, those around us, and if we are physicians, those we serve for the purpose of healing. This sacred contract is the spiritual blueprint for the work we will do, the lessons to be learned and the relationships we will forge with ourselves, our communities and our patients. This course is designed to explore the nature of our sacred contract, help us define what that is for ourselves as individuals, and become conscious of how we engage with our patients and their healing as we attempt to understand and honor what their sacred contract is as well. When the sacred is honored between patient and physician, healing takes place both ways. This course is also designed to develop our innate skills in working at a deeper level of awareness. The material is highly dynamic, utilizing active experiential exercises, group questions, discussion and readings. Prerequisite: Admission to Bastyr University

**NM9111 Fasting and Natural Medicine****1 credit**

Prerequisite: Admission to naturopathic medicine program or permission of dean

**NM9112 Traditional Naturopathic Medicine Series:****Special Topics****2 credits**

This course presents special topics in traditional medicine. Examples of topics include the healing reaction, natural hygiene and fasting, nature cure, the spiritual aspects of health and illness, and methods and techniques taught by traditionally-trained naturopathic physicians. Cases are considered in lecture and discussion using this approach. Prerequisite: NM5131

**NM9115 Traditional Naturopathic Medicine Series:****Natural Hygiene, Principles, Research and Practice****2 credits**

This course is designed to teach and explore principles, research and practice of natural hygiene. The variable factors that determine health, health recovery and disease are integrated with current scientific research and today's practice of natural hygiene. Prerequisites: Admission to the naturopathic medicine program or MS in nutrition program

**NM9118 Energetics of Natural Medicine****0.5 credits**

This course presents an analysis of the vital force, the emergence of shape, a redefinition of disease and a discussion of specific disorders. The class is participatory, involving lecture, discussion and movement. Prerequisite: NM6804 or NM7115

**NM9120 Natural Health Sciences Educator 3 credits**

In this course students learn how to plan, facilitate and assess learner-centered education. Skills developed include determining course competencies (course-specific skill sets) and the learning styles model as instructional design and teaching methodology integrating the principles of one's "medicine" into the andragogical approach to facilitate adult learning and constructing systemic course evaluation and learning assessment tools. Students plan, facilitate and assess a three-hour academic quality workshop as their final demonstration of learning. Prerequisites: fourth or fifth year standing in the naturopathic medicine program, enrollment in MS nutrition program, faculty or permission of instructor

**NM9300 Traditional Naturopathic Medicine Series:****Clinical Fasting 2 credits**

The purpose of this course is to familiarize students with the clinical application of fasting and management of fasting patients. Principles of natural hygiene, naturopathic philosophy and the therapeutic order are applied. Prerequisite: NM9115

**NM9401 Diabetes, Insulin Resistance Syndrome****2 credits**

Diabetes care and prevention will be a major challenge to physicians of our generation. Naturopathic medicine has powerful tools to meet this challenge, and we will be asked to care for an increasing number of diabetic patients. Diabetic care often presents complex management problems. The goal of this course is to develop a deeper understanding of the principles of natural diabetic care and an ability to make a sound response to the diabetic challenge. Prerequisite: Admission to Bastyr University

**NM9505 Clinical Ecology 2: Chemical Sensitivities****2 credits**

Students in the naturopathic medicine program who have completed NM7101 may register for this special topics course. Students learn the manifestations presented by patients afflicted with chemical sensitivities, assessment and treatment. Prerequisite: NM7101

**NM9514 Esoteric Healing 2 credits**

This advanced elective course explores the contributions of the intuitional function and spiritual dimension to the general naturopathic medical practice. Students have an opportunity to discover and explore the following: the spiritual context of naturopathic medicine and principles, utilization of the healing power of nature in the therapeutic process, stimulation and direction of the life force to empower the five major functions of the body (assimilation, elimination, metabolism, circulation, and crystallization), the role of medical intuition in diagnosis and treatment, the evocation of soul for healing and health, and spiritual healing practices from major religious traditions. Prerequisite: ND students with second year standing or above

**NM9530 AIDS and Alternative Medicine 1 credit**

Prerequisite: BC6210

**NM9541 Yunani System of Health and Healing****2 credits**

Yunani (of Greece) Tibb (medicine, in Arabic), legacy of Hippocrates, Galen and Avicenna, is the most comprehensive and one of the world's oldest systems of health and healing. It encompasses physical, mental and spiritual aspects of human health and is introduced in the light of its twentieth century revolutionary reformation and resynthesis, with brief history of its competitive existence, stature and staying power. Prerequisite: Admission to the naturopathic medicine program or permission of dean.

**Leadership Series: Special Topic Courses**

Seminars are offered on the following topics: legislative and public affairs, public speaking, writing for publication and research. Leaders in these fields work with students in a workshop format.

**NM9545 Leadership Series: Research 2 credits**

See description above. Prerequisites: Admission to the naturopathic medicine, AOM, nutrition or midwifery program

**NM9546 Leadership Series: Legislative and Public****Affairs****2 credits**

See description preceding NM9545. Prerequisites: Admission to the naturopathic medicine, AOM, nutrition or midwifery program

**NM9547 Leadership Series: Writing for Publication****2 credits**

See description preceding NM9545. Prerequisites: Admission to the naturopathic medicine, AOM, nutrition or midwifery program

**NM9548 Leadership Series: Public Speaking 2 credits**

See description preceding NM9545. Prerequisites: Admission to the naturopathic medicine, AOM, nutrition or midwifery program

**Patient Care Elective Shifts 1-4**

Students may take Patient Care Shifts as elective credit by permission of clinic medical director

**NM9801 Patient Care Elective (fall) 2 credits**

See description above. Prerequisite: Permission of clinic medical director

**NM9802 Patient Care Elective (winter) 2 credits**

See description preceding NM9801. Prerequisite: Permission of clinic medical director

**NM9803 Patient Care Elective (spring) 2 credits**

See description preceding NM9801. Prerequisite: Permission of clinic medical director

**NM9804 Patient Care Elective (summer) 2 credits**

See description preceding NM9801. Prerequisite: Permission of clinic medical director

# ACUPUNCTURE AND ORIENTAL MEDICINE

Terry Courtney, MPH, LAc, Program Chair

For a listing of the Chinese herbal medicine courses that are part of the MSAOM or CCHM programs, please see alphabetical listings beginning with CH.

*A grade of C or higher is required to pass all AOM/CCHM courses. Please review grade point requirements for the MSA/MSAOM programs.*

## CPR for Health Care Providers

Prior to entrance into the clinic, all students in the MSA and MSAOM programs must complete a CPR course for health care professionals. This is a Bastyr Center for Natural Health requirement and is offered by the health and safety officer, health and safety department. Prerequisite: None

## OM4101 History of Medicine 2 credits

This course is a survey of the history of medicine, including cross-cultural perspectives in healing. The course traces the history of medical practice from Ayurveda, Hippocrates and Taoism to the development of drug therapy and allopathic medicine. Special attention is placed on issues of cultural diversity in medicine. Prerequisite: Admission to AOM programs

## Meridians and Points 1-3

This series includes a comprehensive study of acupuncture meridians and points of the human body with reference to traditional Chinese locations. The traditional indications, precautions and physiological responses according to modern research are emphasized. The 12 regular meridian channels and eight extra meridian channels, 15 collaterals, 365 regular acupoints and extra points are discussed. Labs, lectures and illustrations are coordinated to provide students with hands-on skills and a thorough understanding of points and meridians. Palpation skills are demonstrated and practiced by the students.

## OM4106 Meridians and Points 1 4 credits

See description above. Prerequisite: Admission to the AOM program

## OM4107 Meridians and Points 2 4 credits

See description preceding OM4106. Prerequisite: OM4106

## OM4108 Meridians and Points 3 4 credits

See description preceding OM4106. Prerequisite: OM4107

## OM4118 TCM Fundamentals 4 credits

This course provides an introduction to the traditional theories fundamental to the practice of acupuncture and Oriental Medicine. Students are introduced to the philosophy, theories of diagnosis, and therapeutic concepts underlying traditional Chinese medicine. Prerequisite: Admission to AOM program

## TCM Diagnosis 1-2

In TCM Diagnosis 1 and 2 students begin the study, analysis, and understanding of the tongue and pulse. These courses focus on the understanding and practical skills of TCM diagnosis, applicable to both traditional Chinese herbology and acupuncture. Topics include differentiation of syndromes according to etiology, disease classification by symptom analysis, an in-depth study of the four diagnostic methods, and the principles of treatment. Teaching aids, illustrations and case studies are utilized to facilitate learning. Primary patient assessment skills are introduced, along with the differentiation of signs and symptoms in the context of TCM.

## OM4211 TCM Diagnosis 1 3 credits

See description above. Prerequisite: OM4118/OM5120, admission to AOM program

## OM4213 TCM Diagnosis 2 4 credits

See description preceding OM4211. Prerequisite: OM4211

## TCM Pathology 1-2

TCM Pathology 1 and 2 focus on understanding of the TCM empirical model of pathophysiology of health disharmonies according to Zang Fu and channel theories. Through case presentations students learn to analyze the etiology, signs and symptoms, patterns that create disease, and treatment plans that facilitate homeostasis.

## OM4221 TCM Pathology 1 3 credits

See description above. Prerequisite: OM4118/OM5120, admission to AOM program

## OM4222 TCM Pathology 2 3 credits

See description preceding OM4221. Prerequisite: OM4221

## OM4315 TCM Bodywork: Tui Na 1 credit

Tui Na, a form of bodywork, is a therapeutic modality that originated in China. It is similar to massage but not limited to the musculature. The application of the various Tui Na techniques is based on the theories of TCM, and Tui Na's effects can be utilized for acute conditions, as well as for constitutional disharmonies. In this course, students are introduced to various techniques, as well as fundamental principles for common therapeutic applications. Both practical and theoretical aspects are emphasized. Prerequisite: OM4118/OM5120 (can be concurrent), admission to AOM program

## TCM Techniques 1-4

This sequence of courses offers instruction in both the principles and hands-on skills of acupuncture techniques. Considerable emphasis is put on patient safety, competence in clean needle technique, material preparations and precautions. Technical training includes needling, moxibustion, cupping, electroacupuncture, Gwa Sha, plum blossom needle, and physical stimulation of acupoints. A student must be enrolled in the MSA or MSAOM program in order to take these courses.

## OM4411 TCM Techniques 1 2 credits

See description above. See OM5430, OM5436, and OM5437 for TCM Techniques 2-4. Prerequisites: BC3103 and BC3117 (or BC5125 - ND Students), OM4106, OM4118; concurrent with BC3118 (or BC5126 - ND students) and OM4107

**OM4421 Qi Gong 1** **1 credit**

Qi Gong refers to the building, harnessing and proper directing of Qi (energy.) Through proper exercise and instruction, students experience Qi Gong as a valuable resource for self healing and building energy. Prerequisite: OM4118/OM5120 or permission of program chair

**OM4422 Qi Gong 2** **1 credit**

The manipulation of one's energetic core is further explored and expanded as a valuable tool to use with patients in the health care setting. Prerequisite: OM4421 or permission of program chair

**OM4800 AOM Clinic Entry** **2 credits**

Clinic requirements, procedures, protocols and associated paperwork are covered in Clinic Entry. The philosophy and practice management of clinical doctors are presented, as well as standards of practice for the clinic. Case management skills and charting skills prepare students for their first quarter in clinic. Special topics include confidentiality, special needs of different patient groups, dispensary and ethics. Familiarity with Bastyr Center for Natural Health from the perspective of the patient and preparation for becoming a clinician are the key aspects of the Clinic Entry courses. Students attend case preview and review at the student clinic where cases for each clinic shift are discussed. These important experiential classes offer the student early clinical exposure to the acupuncture and Oriental medicine field. These courses provide the preparation necessary for entry to the clinic, either in winter or spring quarter. Prerequisite: Admission to AOM program

**Clinical Observation 1-4**

In preparation for becoming an acupuncturist, students train under the supervision of licensed acupuncturists at Bastyr Center for Natural Health and other sites. Observation is designed to introduce and train the student in clinical protocol, patient care etiquette, and interaction with supervisors and intern students, and to prepare the student to enter internship. Observation is scheduled at various approved clinical sites in addition to Bastyr Center for Natural Health, Bastyr University's main teaching clinic. The clinical experience is performed in intensive tutorial-style shifts where case discussion and direct observation of student interns by licensed acupuncturists take place.

**OM4803 Clinical Observation 1** **2 credits**

See description above. Prerequisite: OM4800

**OM4804 Clinical Observation 2** **2 credits**

See description preceding OM4803. See OM5803-OM5804 for Clinical Observation 3-4 description. Prerequisite: OM4803

**OM4901, OM4902, OM4903 Independent Study**  
**variable credit**

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in acupuncture and Oriental medicine of personal interest and value. Prerequisites: OM4118 and permission of program chair.

**Survey of Western Clinical Sciences 1-2**

This two (2) course sequence emphasizes the systemic approach to Western pathology and the signs and symptoms that are clinically associated with disease in the various organ systems. Students learn basic physical exam skills from a Western clinical sciences perspective, including an overview to the fundamentals of laboratory test interpretation. Recognition of signs and symptoms as well as objective findings that would indicate the necessity for a referral are extremely important to contemporary acupuncture practice. This course also includes an overview of all professional providers, conventional and complementary, in the health care community.

**OM5101 Survey of Western Clinical Sciences 1** **4 credits**

See description above. Prerequisite: BC3119, admission to AOM program

**OM5102 Survey of Western Clinical Sciences 2** **3 credits**

See description preceding OM5101. Prerequisite: OM5101

**OM5120 Fundamental Principles of Traditional Chinese Medicine** **3 credits**

This course provides an introduction to the traditional theories fundamental to the practice of acupuncture and Oriental medicine. Students are introduced to the philosophy, theories of diagnosis, and therapeutic concepts underlying traditional Chinese medicine. This course is designed for students in the naturopathic medicine program. Prerequisite: Admission to naturopathic medicine program or any other non-AOM degree program

**Medical Chinese 1-3**

Medical Chinese 1-3 includes both lecture time and lab time to practice speaking.

**OM5131 Medical Chinese 1** **3 credits**

Medical Chinese provides basic training in the Chinese romanization system, functional grammar and sentence structures, and Chinese medical terminology. Emphasis is equally on speaking, listening, reading and writing. Prerequisite: OM4213, OM4222, or permission of program chair

**OM5132 Medical Chinese 2** **3 credits**

Medical Chinese 2 focuses on expansion of Chinese medical vocabularies and complex sentence structures in written Chinese. Emphasis is on understanding grammar and language patterns. Prerequisite: OM5131

**OM5133 Medical Chinese 3** **3 credits**

Medical Chinese 3 focuses on comprehension of Chinese medical publications as well as selections of classical medical texts. Emphasis is on reading. Prerequisite: OM5132

**OM5300 Auricular Therapy** **2 credits**

This course introduces the basics of auricular therapy (ear acupuncture) and its use in diagnosis and treatment. Labs and lectures are included. Prerequisite: OM5436



**OM5302 Public Health Issues in AOM 2 credits**

HIV/AIDS and chemical dependency are two major public health challenges for which the AOM profession has been instrumental in providing important ancillary care. This course provides an overview of differential diagnosis, treatment approaches and collaboration with other health care professionals in the treatment setting. The course blends Western medical theories with Oriental medicine in order to provide the student with a solid beginning foundation of clinical knowledge. Prerequisite: Intern status in AOM

**OM5315 Five Element 2 credits**

All laws of five element acupuncture are covered in this course. Emphasis is given to developing diagnostic skills, interviewing and examining techniques. The student is guided to a new experience of seeing, hearing, feeling and smelling. Understanding all correspondences of lifestyle preference, personality, compensation for early traumas and emotional patterns, with a consciousness from within each element is the goal of a series of experiential exercises. Prerequisite: OM4118 or OM5120

**OM5405 TCM Whole Foods Nutrition 2 credits**

Students learn through lecture, demonstration, and practical lab how to recognize and apply a wide variety of foods for use in common patterns of pathology in TCM. Prerequisite: OM5418, OM5419

**Acupuncture Therapeutics 1-8**

This sequence of eight (8) courses covers the systems of the body and the conditions and disorders that afflict the body's systems from a TCM perspective. Each course begins with a brief survey of Western biomedical information. Traditional approaches in acupuncture are covered to familiarize students with TCM therapeutics. There is an overall emphasis on classical applications as they relate to therapeutics.

**OM5414 Acupuncture Therapeutics 1 2 credits**

See description above. This course provides an introduction to the eight (8) part sequence of Acupuncture Therapeutics. Also covered are the most common disorders seen in the clinical setting. Prerequisites: OM4213, OM4222

**OM5415 Acupuncture Therapeutics 2 2 credits**

See description preceding OM5414. This course completes the study of the most common disorders seen in the clinical setting. Also covered are respiratory disorders. Prerequisites: OM4213, OM4222, OM5414

**OM5416 Acupuncture Therapeutics 3 2 credits**

See description preceding OM5414. Acupuncture therapeutics for disorders of the gastrointestinal and hepatobiliary systems are covered in this course. Prerequisites: OM4213, OM4222, OM5414

**OM5417 Acupuncture Therapeutics 4 2 credits**

See description preceding OM5414. Acupuncture therapeutics for the treatment of pediatric and gynecological disorders are covered in this course. Prerequisites: OM4213, OM4222, OM5414

**OM5418 Acupuncture Therapeutics 5 2 credits**

See description preceding OM5414. Students learn to treat disorders of the cardiovascular system and common psychiatric disorders. Prerequisites: OM4213, OM4222, OM5414

**OM5419 Acupuncture Therapeutics 6 2 credits**

See description preceding OM5414. This course covers the approach to and treatment of eye, ear, nose and throat conditions. Prerequisites: OM4213, OM4222, OM5414

**OM5430 TCM Techniques 2 2 credits**

See description preceding OM4411. Prerequisite: OM4411

**OM5436 TCM Techniques 3 2 credits**

See description preceding OM4411. This course provides students with advanced acupuncture skills, supervised practice on difficult acupuncture points and the techniques of acupuncture microsystems. Prerequisite: OM5430

**OM5437 TCM Techniques 4 2 credits**

See description preceding OM4411. Prerequisite: OM5436

**OM5438 TCM Techniques Lab 1 credit**

This course provides additional instruction, review and practice opportunity for all material taught in the TCM Techniques 1-4 series. Prerequisite: OM5437 (may be concurrent)

**OM5443 Tai Chi 1 1 credit**

Tai Chi is an important energetic system that utilizes specific movements and exercises designed to harmonize and build one's spirit and body (Tai Chi short form). Prerequisite: OM4118/5120 or permission of program chair

**OM5444 Tai Chi 2 1 credit**

This course offers further explorations with different styles and varieties of Tai Chi to further enhance health and well being (Tai Chi advanced). Prerequisite: OM5443 or permission of program chair

**OM5803 Clinical Observation 3 2 credits**

See description preceding OM4803. Prerequisite: OM4804

**OM5804 Clinical Observation 4 2 credits**

See description preceding OM4803. Clinic Preceptorship is incorporated into this course. Prerequisite: OM5803

**Clinical Internship 1-14 and Internship Vacation Clinic**  
After achieving competency in the observational phase of acupuncture, clinic students must successfully complete the clinic intern entry exam. Students then enter formal internship as an acupuncturist intern B (AIB). During the first 100 patient contacts, supervisors closely observe and guide the clinician. When the AIB nears his/her 100th treatment, a progress evaluation is required with the AOM clinic advisor. After this evaluation the student continues on as an acupuncture intern A (AIA) through the next 300 patient contacts with continued consultation and assistance of the shift supervisor. An increasing level of independence is expected of clinicians as they approach graduation. This is assessed through supervisor evaluations and clinical competencies performed by the clinician throughout the clinical experience.

NOTE: Current Washington state law (1998) mandates that the clinical training must include 400 separate patient treatments on a minimum of 100 patients completed over a minimum of one academic year. In order to satisfy the patient contact requirements, students may need additional clinic internship hours beyond those required for graduation from the university.

**OM5805 Clinical Internship 1** **2 credits**  
See description above. Prerequisite: Admission to MSA or MSAOM, OM5804, successful completion of Clinic Intern Entry exam

**OM5806 Clinical Internship 2** **2 credits**  
See description preceding OM5805. Prerequisite: OM5805

**OM5807 Clinical Internship 3** **2 credits**  
See description preceding OM5805. Prerequisite: OM5806

**OM5808 Clinical Internship 4** **2 credits**  
See description preceding OM5805. Prerequisite: OM5807

**OM5809 Clinical Internship 5** **2 credits**  
See description preceding OM5805. Prerequisite: OM5808

**OM5810 Clinical Internship 6** **2 credits**  
See description preceding OM5805. See OM6801-OM6810 for Clinic Internship 7-14 Prerequisite: OM5809

**OM5812 Internship Vacation Clinic** **1.5 credits**  
See description preceding OM5805. Prerequisite: OM4800

**OM5900 AOM Clinical Project** **variable credit**  
Students in good academic standing propose a clinical topic, form a committee, and plan a project of sufficient complexity and scope in an appropriate subject area. A student can receive up to six (6) credits for his/her project. Prerequisite: Permission of program chair

**OM5901, OM5902, OM5903 Independent study** **variable credit**

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in acupuncture and Oriental medicine of personal interest and value. Prerequisite: Permission of program chair

**OM6104 Practice Management** **2 credits**  
This course provides information needed to set up a practice. Included are office planning, bookkeeping, fee structures, taxes, accounting, public relations, communications skills, troubleshooting, personnel hiring and firing, city and state licensing, market planning, practice options, referrals, and practice building. Medical ethics and legal considerations are discussed in relationship to patient care and privacy issues. Prerequisite: OM4800

**OM6105 Jurisprudence/Ethics** **1 credit**  
Medical ethics and legal considerations are discussed in relationship to patient care and privacy issues. Prerequisite: OM4800

**OM6110 TCM Medical Classics** **2 credits**  
This course offers a survey of the historical evolution of TCM from its empirical beginnings within different schools to the most current practices. Prerequisite: Admission to MSA/MSAOM

**OM6305 Survey of Biophysics and Electroacupuncture** **2 credits**

This course presents an overview of the theories and research in the field of biophysics that impact the practice of electroacupuncture. Principles and various applications of electroacupuncture are presented, a variety of devices demonstrated, and hands-on experience encouraged. Prerequisite: OM5437

**OM6310 Case Review** **2 credits**  
This course runs concurrently with Clinic Internship and provides an ongoing forum for the discussion of cases seen in the teaching clinic. Prerequisite: OM5805

**Integrative Therapeutics 1-3**  
The Integrative Therapeutics series provides a forum for case review/grand rounds for students in the integrated AOM/ND program. These courses provide opportunities for clinical case discussion from both an AOM and ND perspective. Also included are specialty clinical topics and guest lectures pertinent to clinical practice.

**OM6321 Integrative Therapeutics 1** **1 credit**  
See description above. Prerequisite: AOM and ND clinic intern status, admission to integrated AOM/ND program or permission of AOM chair

**OM6322 Integrative Therapeutics 2** **1 credit**  
See description preceding OM6321. Prerequisite: AOM and ND clinic intern status, admission to integrated AOM/ND program or permission of AOM chair

**OM6323 Integrative Therapeutics 3** **1 credit**  
See description preceding OM6321. Prerequisite: AOM and ND clinic intern status, admission to integrated AOM/ND program or permission of AOM chair

**OM6417 Acupuncture Therapeutics 7** **2 credits**  
See description preceding OM5414. Acupuncture therapeutics of musculoskeletal disorders are covered in this course, including sports injuries. Common dermatological disorders are also covered. Prerequisite: OM4213, OM4222, OM5414

**OM6418 Acupuncture Therapeutics 8 2 credits**

See description preceding OM5414. Acupuncture therapeutics as applied to disorders of the renal and genitourinary systems are covered. Prerequisite: OM4213, OM4222, OM5414

**OM6801 Clinical Internship 7 2 credits**

See description preceding OM5805. Prerequisite: OM5810

**OM6802 Clinical Internship 8 2 credits**

See description preceding OM5805. Prerequisite: OM6801

**OM6803 Clinical Internship 9 2 credits**

See description preceding OM5805. Prerequisite: OM6802

**OM6804 Clinical Internship 10 2 credits**

See description preceding OM5805. Prerequisite: OM6803

**OM6805 Clinical Internship 11 2 credits**

See description preceding OM5805. Prerequisite: OM6804

**OM6806 Clinical Internship 12 2 credits**

See description preceding OM5805. Prerequisite: OM6805

**OM6807 Clinical Internship 13 2 credits**

See description preceding OM5805. Prerequisite: OM6806

**OM6808 Clinical Internship 14 2 credits**

See description preceding OM5805. Prerequisite: OM6807

**Clinic in China 1-4**

Students in good academic standing are encouraged to apply for internship credit at approved sites. Currently, Chengdu University of TCM and Shanghai University of TCM are the main sites for Bastyr internships. For more information and an application, see the *Student Clinician Handbook*. Students choosing to participate in the China hospital training program receive 8 clinic credits (4 shifts) for acupuncture and/or herbal medicine clinic credit. This is an advanced training opportunity that is open to students in the final quarters of the MSA, MSAOM or CCHM programs.

**OM6821 Clinic in China 1 2 credits**

See description above. Prerequisite: Permission of program chair

**OM6822 Clinic in China 2 2 credits**

See description preceding OM6821. Prerequisite: Permission of program chair

**OM6823 Clinic in China 3 2 credits**

See description preceding OM6821. Prerequisite: Permission of program chair

**OM6824 Clinic in China 4 2 credits**

See description preceding OM6821. Prerequisite: Permission of program chair

**OM6901, OM6902, OM6903 Independent Study variable credit**

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in acupuncture and Oriental medicine of personal interest and value. Prerequisite: Permission of program chair

**OM7901, OM7902, OM7903 Independent Study variable credit**

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in acupuncture and Oriental medicine of personal interest and value. Prerequisite: Permission of program chair

**OM8901, OM8902, OM8903 Independent Study variable credit**

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in acupuncture and Oriental medicine of personal interest and value. Prerequisite: Permission of program chair

*AOM Department Electives: The following courses (course numbers starting with OM9—) represent a variety of electives and special topics courses offered on a rotating basis.*

**OM9201 TCM Diagnostics for NDs 3 credits**

This course is designed to provide naturopathic students an opportunity to apply basic diagnostic principles of traditional Chinese medicine. Topics include TCM interviewing skills, pulse, tongue, meridian, palpation, and case analysis. Beginning patient assessment skills are introduced. Prerequisite: OM4118 or OM5120

**OM9209 Pulse Diagnosis 1 1 credit**

The goal of this course is to provide students and practitioners of Chinese medicine with the basic understanding and skills of pulse diagnosis. Theories of the depths, qualities and pulse positions are presented, as well as how to relate pulse data to disease factors, Chinese syndromes, and treatment principles, to differentiate between similar qualities, and to detect and interpret combinations of pulse qualities. Prerequisite: OM4108

**OM9302 Acupuncture Energetics 2 credits**

This course offers an introduction to palpation-based acupuncture, including concepts and techniques used in contemporary Japanese acupuncture. Students practice making assessments based on palpation of the Hara, Masunaga calf reflex zones, doing akabane testing, and incorporating massage techniques to assess soft tissue conditions of the back. Students practice and become comfortable with treatment applications appropriate to the above assessments, especially the use of ion pumping cords. Students perform full treatments on each other in each class, so that each student receives and gives a series of eight weekly acupuncture treatments. Prerequisite: OM4411 or permission of program chair

**OM9304 Shiatsu 1 credit**

Students in this course learn to evaluate the Hara and apply traditional Shiatsu massage to the points and pathways of the 12 regular meridians. Students combine the techniques learned to perform a full body Shiatsu treatment. Prerequisite: OM4108

**OM9312 Five Element 2** **2 credits**

The objectives of this course include identifying the appropriate correspondence of the five elements and relating that to the patient, knowing the five element command points, being able to do transfers, being able to outline a treatment plan, and knowing at least ten points for their deeper characteristics. Prerequisite: OM5315

**OM9321 Japanese Acupuncture** **1 credit**

This weekend course presents an overview and brief history of meridian therapy as commonly practiced in Japan, differentiating between this and TCM as well as other forms of Japanese acupuncture. Participants learn the basic five phase treatment protocol - the foundation of meridian therapy - in terms of diagnosis, pattern confirmation, point selection and needling technique. Prerequisite: OM4108

**OM9405 Combining Western Herbs and Chinese Medicine** **1 credit**

The goal of this course is to provide health care providers with information on how Western herbs can be used according to the principles of Chinese medicine to give increased clinical success. The basic materia medica of over 30 Western herbs are presented along with how to modify basic Western herbal formulas for specific diagnoses. Prerequisite: OM4108 or permission of program chair

**OM9420 Specialized Approaches in Acupuncture Therapy: Acupuncture Detox Training** **2 credits**

This course provides an overview of the field of chemical dependency treatment and the role of acupuncture. The course includes an overview of the biochemistry of chemical dependency, outpatient treatment strategies for safely detoxifying and aftercare. The role of the acupuncturist in a clinic team is also covered. This course is the didactic portion of a larger certification program offer by the National Acupuncture Detoxification Association (NADA). Upon completion of this course plus completion of an outside clinical rotation, students are eligible to work as acupuncturists in chemical dependency treatment facilities upon graduation/licensure.

**Clinical Internship 1-4 Elective**

Students may take Clinical Internship shifts as elective credit by permission of the program chair.

**OM9801 Clinical Internship 1 (fall)** **2 credits**

See description above. Prerequisite: Permission of program chair

**OM9802 Clinical Internship 2 (winter)** **2 credits**

See description preceding OM9801. Prerequisite: Permission of program chair

**OM9803 Clinical Internship 3 (spring)** **2 credits**

See description preceding OM9801. Prerequisite: Permission of program chair

**OM9804 Clinical Internship 4 (summer)** **2 credits**

See description preceding OM9801. Prerequisite: Permission of program chair

# PHYSICAL MEDICINE

Douglas C. Lewis, ND, Department Chair

**PM5300 Massage** **1.5 credits**

This is the first course in the manipulation series. The intention of the class is to teach the student how to be comfortable when touching in a therapeutic setting. Through massage techniques, the student is taught how to palpate tissues to discover tissue changes and how to treat those changes. The class focuses on Swedish massage indications, contraindications and techniques, and introduces other soft tissue assessment and treatment techniques. Prerequisite: BC3103 or BC5125

**Hydrotherapy/Physiotherapy Lecture and Lab**

This two (2) course sequence begins with a lecture class and is followed by a skills lab, which prepares students for hydrotherapy/physiotherapy therapeutics in the clinic. Topics covered in the class include the principles of hydrotherapy, as well as hot, cold and contrasting applications. The physiotherapy portion covers the physiotherapy devices used in practice, such as ultrasound, diathermy, electrical stimulation, ultraviolet and infrared.

**PM5301 Hydrotherapy/Physiotherapy Lecture 2 credits**

See description above. Prerequisite: BC5125

**PM5305 Hydrotherapy/Physiotherapy Lab** **1 credit**

See description preceding PM5304 Prerequisite: PM5301

**Naturopathic Manipulation 1-4**

This four (4) course sequence in naturopathic manipulation emphasizes structure and gait analysis, evaluation of musculoskeletal conditions, differential diagnosis, assessment and treatment. A comprehensive approach to therapeutic protocols utilizing appropriate physical medicine modalities is emphasized.

**PM6300 Naturopathic Manipulation 1** **2 credits**

See description above. This course includes structural analysis and gait analysis. Students are introduced to various forms of soft tissue manipulation, such as muscle energy, strain/counterstrain, trigger point therapy, and craniosacral manipulation. Prerequisites: BC5127, PM5300

**PM7301 Naturopathic Manipulation 2** **3 credits**

See description preceding PM6300. Evaluation of soft tissue pathologies, differential diagnoses and rationale for use of soft tissue manipulation are covered. Soft tissue treatment—primarily muscle energy technique—is taught in the context of therapeutic massage, neuromuscular technique and strain/counterstrain. Osseous manipulation is introduced. Prerequisite: PM6300

**PM7302 Naturopathic Manipulation 3** **3 credits**

See description preceding PM6300. General osseous manipulation in uncomplicated cases is covered. The course focuses primarily on spinal manipulation. Treatment protocols emphasize a well-rounded approach, including the appropriate use of osseous and soft tissue manipulation, physiotherapy and hydrotherapy. Prerequisite: PM7301

**PM7303 Naturopathic Manipulation 4**

See description preceding PM6300. This course covers osseous manipulation in more complicated cases requiring extensive evaluation, including indications for the use of diagnostic testing, such as radiography, CT and MRI. Extremity manipulation is also taught. Prerequisite: PM7302

**PM7305 Orthopedics 2 credits**

This course reviews the assessment of the musculoskeletal system and diagnosis of orthopedic conditions. Prerequisite: NM6223 Corequisite: PM7301

**PM7341 Sports Medicine/Therapeutic Exercise****2 credits**

Diagnosis and treatment of sports injuries likely to be seen by a general practice naturopathic physician are covered. Methods of fitness testing, exercise prescription and the use of exercise as therapy are taught. Prerequisite: PM7301

**Bastyr Center for Natural Health: Physical Medicine****Shifts 1-4**

Students are required to take four (4) physical medicine shifts during their clinical training. Each physical medicine shift involves faculty-supervised provision of naturopathic physical medicine. Massage, hydrotherapy, physiotherapy, soft tissue manipulation and naturopathic osseous manipulation therapies are the emphasized clinical skills. Students' competency in assessment skills and the application of physical medicine modalities are assessed through their supervisor evaluations. Additionally, students complete sequential clinical competencies throughout their physical medicine clinical experiences. Prerequisites: Clinic eligibility

**PM7801 Physical Medicine 1 (Patient Care 18) 2 credits**

See description above. Prerequisites: See above

**PM7802 Physical Medicine 2 (Patient Care 19) 2 credits**

See description preceding PM7801. Prerequisite: PM7801

**PM8801 Physical Medicine 3 (Patient Care 20) 2 credits**

See description preceding PM7801. Prerequisite: PM7802

**PM8802 Physical Medicine 4 (Patient Care 21) 2 credits**

See description preceding PM7801. Prerequisite: PM8801

**PM9300 Massage Intensive 6 credits**

This course is cosponsored with Brenneke Massage School. Successful completion of this course qualifies a student to take the Washington state examination for massage practitioners. Only three credits of the course may be applied toward the total elective credits required to graduate. Prerequisites: Anatomy and physiology and PM5300 (ND); EX3101, PM5300, BC3143 and BC4105 or TR3107 (NTR, exercise science, herbal sciences); BC3119, BC3103, BC4105 and PM5300 (AOM). All students must complete first aid, CPR, and AIDS awareness workshops and an approved business management course, in addition to the course work in order to be eligible to sit for the Washington state licensing exam.

**PM9301 Traditional Naturopathic Medicine Series:**

**Advanced Constitutional Hydrotherapy 1 2 credits**  
Advanced clinical application of constitutional hydrotherapy. Topics include clinical pearls, clinical management of the healing reaction (or crisis), use of specific gravity, heart sounds, celiac plexus, adjunctive hydro and physiotherapy techniques and case studies. This course includes laboratory application. Prerequisites: NM5131, PM5301, PM5305

**Craniosacral Therapy 1-2**

This two (2) course sequence is designed as an introduction to the theory and practice of craniosacral therapy. The name is derived from the bones involved. Included are all bones of the cranium and sacrum as well as the associated facial network. The concept is based on the physiological principle that the flow of fluid within the body is important in health, that the body possesses its own inherent healing capacity, and that structure and function are directly related to one another in health and disease. The rhythm of the craniosacral system is palpable as are the vascular and respiratory systems. Methods for evaluation and treatment of the entire body are described, observed and practiced. Palpatory skills are learned and developed. The student leaves with a 10-step protocol for therapeutic application. Craniosacral 2 is recommended to deepen the therapeutic application of the technique. 100 percent attendance is required, with practice time out of class.

**PM9311 Craniosacral Therapy 1 3 credits**

See description above. Limit 12 students. Prerequisites: (ND) BC5127, PM5300 (AOM) BC3103, BC3119 (NTR) BC3143

**PM9312 Craniosacral Therapy 2 2 credits**

See description preceding PM9311. Prerequisite: PM9311

# COUNSELING AND HEALTH PSYCHOLOGY

Bill Roedel, PhD, Department Chair

*The prerequisite of "senior standing" means that the student has successfully completed a minimum of 45 credits in the Bastyr health psychology program.*

## **PS3100 Developmental and Educational Psychology** **3 credits**

This course examines the stages of human psychological development and the corresponding tasks, issues, and challenges inherent in each stage. Additionally, it examines learning styles across the life span and implications for adult learning. Concepts such as modeling, separation anxiety, moral reasoning, and gender constancy are considered. The roots and patterns of attachment, early socialization, and sex and gender roles as part of psychosocial and moral development are explored in relation to theorists such as Piaget, Erikson, Bowlby and Kohlberg. Prerequisite: None

## **PS3110 Cognitive and Behavioral Psychology** **3 credits**

This course provides an introduction to historical and contemporary behavioral and cognitive theories. Topics such as memory, thinking, problem-solving, behavior acquisition and extinction, and reinforcement are explored. The course also explores the ways in which information is gathered from the external world, organized and stored in memory. Prerequisite: Introductory psychology course

## **PS3111 Abnormal Psychology** **3 credits**

This course provides an overview and historical background of abnormal behavior, including present day categories of abnormal behavior, symptomology, etiology and treatment. Historical perspectives related to the current conception of psychopathology as disease are the focus of this course. Subcategories of the pathology model are analyzed, as well as modern classification systems for mental disorders. Introduction to the DSM (most current edition) complements this course. Prerequisite: Introductory psychology course

## **PS3112 Stress and Disease Processes** **3 credits**

This course examines the effects of stress on the body and highlights the complex holistic interactions which create disease within the individual. Disease is explored from both physiological and psychological perspectives. Students investigate the physiology of stress and its effect on body systems as well as implications of those dynamics with respect to health and illness. Stress reduction interventions and their effectiveness are a main focus. Prerequisite: College level biology

## **Healing Practices 1-3**

This three (3) course series explores the history of healing practices, the spiritual side of healing and a holistic perspective on healing. See individual course listings (below) for detailed descriptions.

## **PS3116 Healing Practices 1: Myths and Ritual 2 credits**

See description above. The first in a three (3) course series, this course is an introduction to the history of healing and health practices. Traditions of health and healing are explored in the context of classical social myth and rituals. Students examine historical practices such as ritualistic use of roots and herbs and their efficacy in light of current scientific research. Forms of prayer and meditation as sources of healing are a focus, as well as articulation of the effect of classical myths on health. See also PS4115 and PS4116. Prerequisite: None

## **PS3117 Principles of Well Being** **3 credits**

This course explores the nature and practice of health psychology. Topics such as health behavior, coping, addictions, social aspects of health and disease and research in health psychology are investigated. Students examine health protective behaviors as they apply to leading causes of morbidity and mortality. This course also explores approaches to self-care and complementary health care. Prerequisite: Introductory psychology course

## **PS3122 Psychology of Personality** **3 credits**

This course offers an understanding and working knowledge of basic theories of personality, including those of Freud, Adler, Jung, Miller, Rogers, Maslow, and Mahler. Assessment inventories such as the MMPI, projective techniques such as the TAT, and taxonomies of personality traits are examined. Students also critically explore coping patterns and mental health as a result of personality differences. The concept of self via humanistic psychology and social learning theory are contrasted with a psychodynamic approach to personality. Prerequisite: Introductory psychology course

## **PS3125 Psychology of Human Relations** **3 credits**

This course is designed to provide a basic understanding of the nature and dynamics of human behavior at both the individual and organizational levels. Psychological theory is intermixed with concrete examples to allow the immediate application of concepts to everyday situations. Emphasis is placed on the development of communication skills and conflict management. Issues such as motivational strategies, self-disclosure and leadership are also explored. Students leave with an understanding of the psychological dimensions of human relationships and a practical application of the theory behind these dimensions in the modern day workplace. Prerequisite: None

## **PS3130 Multicultural Issues in Psychology** **3 credits**

This seminar offers guidelines for working with culturally diverse populations. Topics such as treatment of diversity and diversity impact on health are a focus. Selective literature reviews expose students to trends in multicultural theory. Included is a student project. Prerequisite: None

## **PS3132 Health, Body Image and Human Sexuality** **2 credits**

This course is designed to offer an interdisciplinary understanding of sexuality. Attention is focused on attitudes and body image, sexual behavior and sexually transmitted diseases. Prerequisite: None

**PS3135 Holistic Interventions in Addictions 2 credits**

This course offers a comprehensive study of approaches to treatment and case management, designed to offer an integrated approach in dealing with individuals who struggle with addictions. Modalities such as acupuncture, use of herbs and complementary and alternative medical practices for treatment of addictions are explored. Prerequisite: Introductory psychology course

**PS3138 Biological Psychology 3 credits**

This course provides a comprehensive introduction to the structure and functions of the human nervous system and investigates the biological basis of the senses, emotion and sleep. Topics such as hunger and thirst, sexual behavior, memory and language may also be explored. Prerequisites: PS3112, introductory psychology course and college-level biology

**PS3140 Introduction to Psychoanalytic Theory 3 credits**

This course explores the groundwork of Freud's thought and considers the challenges implicit in an application of psychoanalytic theory to contemporary practices in psychology. This includes an overview of Freud's life and work, examining the historical context for his theories. Topics such as the unconscious, the role of Id, Ego and Superego, and issues of transference/countertransference are discussed. Classical psychoanalysis is also contrasted with the modern revisions of psychoanalytic theory made by major psychoanalytic theorists who came after Freud. Prerequisite: None

**PS3142 Ethical Issues In Psychology 2 credits**

This seminar provides an introduction to professional ethics in psychology, including the practical application of ethical principles as they relate to contemporary practice issues. Topics such as informed consent, referral networks, professional boundaries, confidentiality, ethics in research, and dual relationships are explored. Students learn principles of ethical decision-making including autonomy and beneficence. Theoretical concepts are applied to case studies to examine the interaction of legal and ethical guidelines. Prerequisite: Introductory psychology course

**PS3145 Psychology of Sports and Exercise 3 credits**

An introduction to sports and exercise behaviors of both individuals and groups. Topics include cognitive and behavioral strategies, personality profiles, performance enhancement, motivation theory, and exercise initiation, adoption, and maintenance as they apply to various dimensions of physical performance. Prerequisite: Introductory psychology course

**PS3600 Nutrition and Mental Health 3 credits**

This course is designed to study the importance of and correlation between nutritional imbalance and mental health disorders and between prognosis and intervention. The course includes study of nutritional needs of the aging and the psychology of eating, including attitudes and approaches to eating as well as the relationship between nutrition, brain biochemistry and mental health. Prerequisite: PS3111

**PS3601 Psychology of Nourishment 3 credits**

In this course the student explores the personal and psychological components of nutrition and nourishment including his/her relationship to food and eating, one's own sources of psychological nourishment and the impact of dietary changes on family dynamics. Students explore the role of nourishment as it applies to developmental models. This course contrasts psychosocial stages of development with specific diets and food trends. Prerequisite: Introductory psychology course

**PS3610 Concepts in Jungian Psychology 2 credits**

This course familiarizes students with the basic tenets of Jungian theory and is grounded in the historical life of C.G. Jung. Basic Jungian concepts such as archetypes, anima/animus, shadow and the collective unconscious are explored, both through Jung's writings and in the light of contemporary Jungian scholarship. In addition, the role of dreams is discussed according to Jungian theory. Prerequisite: None

**PS3615 Health and Oriental Medicine 3 credits**

This course explores the practice of Oriental medicine and its relationship to Western psychology. Special attention is given to the influences of Qi Gong, Taoist and five element tradition. Psychological health is examined from an energetic perspective, congruent with Oriental medicine's philosophy of approaching emotional problems as a result of an imbalance. The five element tradition is explored in the context of maintaining health and wellness and contrasted with traditional Western concepts of balance. Prerequisite: None

**PS3901, PS3902, PS3903 Independent Study variable credit**

Independent study provides the student an opportunity to study an area of interest in psychology not included in the regular curriculum. Both the topic and the resource person must be approved by the psychology department chair. To begin independent study, the student must have completed 45 credits in psychology. Prerequisite: Permission of department chair

**PS4110 Social Psychology 3 credits**

Using the perspective of social psychology, this course examines issues such as attitude change, interpersonal attraction and behavior, prejudice, attribution theory, aggression, conformity and inter/intragroup behavior, group process, leadership and social cognition. Prerequisite: None

**PS4111 Experimental Psychology 3 credits**

This class focuses on the fundamentals of experimental design and research methodology in psychology. Special attention is given to problem statements, data interpretation and their implications for theoretical formulation. Students select, define and measure appropriate variables in a psychological study in preparation for PS4123. Topics such as sensory and perceptual processes, attention and reaction time, as well as learning and memory, may be explored in the context of laboratory psychology. Prerequisite: IS3102 and PS4120

**PS4112 Creating Wellness 3 credits**

This course offers an exploration into the emerging field of positive psychology, with a focus on resilience, wellness, optimism and well being. We address the shifting paradigm of medical models from technocratic to biopsychosocial to holistic and look at how this shift is affecting traditional areas of study. The focus of this course is on biological-psychological interactions and the mind-body connection—how we stay healthy, how we become resilient and how we create well-being. Prerequisite: None

**PS4115 Healing Practices 2: Art as Spiritual Practice 2 credits**

See description preceding PS3116. The second course in the Healing Practices series, this course explores the spiritual side of healing, examining such topics as creative imagery, yoga, and art therapy as elements of a holistic healing process. Phenomenological research on the influence of art as a healing therapy, including paintings, sculptures, drawings, and carvings, are the background for this course. See also PS4116. Prerequisite: None

**PS4116 Healing Practices 3: Mind/Body/Spirit 2 credits**

See description preceding PS3116. The third course in the Healing Practices series, this course investigates holistic perspectives on healing. Contemporary healing practices ranging from massage and Reiki to complementary medicine and nutrition are examined. Students develop and present their own individual paradigms of an integrated approach to health and healing within their chosen profession. Prerequisite: PS3116 or PS4115

**PS4119 Research Project 4 credits**

The research project offers students the opportunity to explore a topic within the field of psychology and complete a literature review on that topic under the direction of a psychology faculty member. Students present an hypothesis for testing and propose a methodology for testing that hypothesis. This course is equivalent to a senior thesis. Prerequisite: PS4111, IS3102 and PS4120

**PS4120 Introduction to Statistics 3 credits**

In this course, statistical procedures are examined within the context of behavioral sciences. Statistical concepts such as probability, correlation and regression, analysis of variance, binomial and normal distributions, hypothesis-testing and estimation are explored. Nonparametric statistics, application of binomial and normal distribution, chi-square tests and linear regression theory are addressed. Methods by which statistical concepts and formulas can be applied to the research of behavior are discussed. Prerequisite: None

**PS4121 Introduction to Research 3 credits**

This course is an introduction to the different types of research methodologies and current research developments in the area of health psychology. The nature of scientific inquiry, the variety of psychological research methods and the application of research and statistical methods to analysis of behavioral research are addressed. In addition, topics such as library technology, database information systems and Internet search engines may be explored. Students design a research proposal. Prerequisite: PS4120

**PS4123 Research Presentation 2 credits**

The purpose of this course is to provide students with the opportunity to develop and deliver a colloquium-style presentation on the specific research topic they explored in PS4119. Students may also develop a poster presentation. Prerequisite: PS4119

**PS4125 Contemporary Issues in Applied Psychology 3 credits**

This course offers an exploration of current issues in psychology, which may include the impact of divorce on healing, the false memory debate, ADHD in adults, and the impact of aging on overall health. Historical perspectives and results of applied psychology are contrasted with current applications and debates, such as the nature/nurture debate over the development of intelligence. Prerequisite: None

**PS4130 Psychology of Religion 3 credits**

This course is designed to study the psychological roots and effects of religion and religiosity. The focus is on the exploration of religious experience and its interpretation, as well as perspectives on religion and coping as they relate to the healthy functioning of the individual. Intrinsic and extrinsic expressions of religiosity are studied in relation to dimensions of wellness, depression, psychopathology, human development and personality. Differentiation between religiosity and spirituality are also explored throughout the course. Prerequisite: None

**PS4203 Nutritional Counseling 2 credits**

Cross listed as PS5210. This course introduces advanced interviewing techniques used in nutritional counseling. Students explore their personal nutritional counseling style through role play, visualization and other counseling techniques. Students build an understanding of the complexities of diet and compliance issues. Prerequisites: Admission to DPD, introductory psychology course, PS3125, RD4320

**PS4501 SPSS Lab 5 credits**

The SPSS lab course is designed for those undergraduate psychology students who have already completed an introduction to statistics course but lack training in the use of statistical package for the social sciences (SPSS). The course introduces students to the fundamentals of creating data sets, labeling and manipulating variables and testing hypotheses using various statistical commands in SPSS. Students gain hands-on experience with using SPSS on PC computers. This course is normally scheduled in the same quarter as Introduction to Statistics. Prerequisite: Introductory statistics course

**PS4601 Psycho-Spiritual Issues in Healing 2 credits**

This course presents topics that include the psychology and spirituality of relationships, the nature of psychology within spirituality, impediments to psycho-spiritual growth, and the healing power of spiritual practices. Contemporary spiritual practices such as meditation, prayer, and healing touch in clinical cases are explored. In addition, students research a specific psycho-spiritual modality of healing and present studies on the validity and reliability of that modality. Prerequisite: None



**PS4605 Psychology of the Feminine 3 credits**

This course is designed to introduce students to the study of feminine and masculine archetypes, god and goddess myths, and how these influence gender identity. Psychological theories and cultural typologies illustrate both historical and contemporary perspectives used to describe the feminine and masculine psyches. Prerequisite: None

**PS4610 Special Topics in Health Care 3 credits**

Contemporary issues in health care as they relate to psychology are explored in this seminar-style course. Topics such as the environment of the health care industry, complementary medicine, the biopsychosocial model of health care and holistic psychological interventions are examined. Prerequisite: None

**PS4800 Practicum in Psychology variable credit**

This course provides students with the opportunity for practical experience in a variety of community settings related to psychology and health. Practicum sites are arranged by the student and must be approved by the instructor. A maximum of one practicum site experience is allowed per quarter during the student's senior year. One credit equals 33 hours of practicum-related work over the course of an academic quarter. The student must have completed a minimum of 45 credits in the BS in psychology program. Prerequisite: Senior standing

**PS4901, PS4902, PS4903 Independent Study variable credit**

Independent Study provides the student an opportunity to study an area of interest in health psychology not included in the regular curriculum. (An independent study cannot substitute for or be used to repeat a course offered in the prescribed curriculum.) It is the responsibility of the student to enlist a qualified resource person to guide the independent study. The counseling and health psychology department chair must approve both the topic and the resource person. To begin independent study, the student must have completed 45 credits in residence. Prerequisite: Permission of department chair

**PS5103 Physician Heal Thyself 2 credits**

This unique course assists students in understanding and experiencing the healing process as it applies to themselves as persons and healers. Additionally, the course is designed to explore the relationship of the principles of naturopathic medicine to the healing process and to integrate the clinic entry experience in ways that support the development of the healer within. (ND only) Prerequisite: Admission to naturopathic medicine program

**PS5204 Counseling 3 credits**

This course covers the fundamentals of counseling, including essential counselor characteristics, basic communication and interview skills, the establishment of a therapeutic/wellness alliance, proficiency in stimulating health and nourishment, and suicide assessment and referral. Prerequisite: Admission to MS programs

**PS5210 Nutritional Counseling 2 credits**

Cross-listed as PS4203. This course introduces advanced interviewing techniques used in nutritional counseling. Students explore their personal nutritional counseling style through role-play, visualization and other counseling techniques. Students build an understanding of the complexities of diet and compliance issues. Prerequisites: PS5204 and two nutrition courses

**PS5901, PS5902, PS5903 Independent Study variable credit**

Independent Study provides the student an opportunity to study an area of interest in health psychology not included in the regular curriculum. (An independent study cannot substitute for or be used to repeat a course offered in the prescribed curriculum.) It is the responsibility of the student to enlist a qualified resource person to guide the independent study. The counseling and health psychology department chair must approve both the topic and the resource person. Prerequisite: Permission of department chair

**PS6211 Disordered Eating 2 credits**

This course studies the entire spectrum of disordered eating, including anorexia, bulimia, and restricted eating. The focus is on identifying patterns of eating and subtypes of restricted eating and diets that present as clinical and subclinical manifestations of psychological issues and/or disorders. Prerequisites: PS5204 (AOM), PS5210 (NTR) or PS7203 (ND)

**PS6303 Sexuality and Sex Therapy 2 credits**

This course examines the role of sexuality in human functioning, contemporary cultural/psychosexual development and its impact on psychological health, sexual dysfunction and treatment, sexual abuse, and sexuality and spirituality. This course is required for midwifery certification. Prerequisite: PS6306

**Naturopathic Counseling 1-3**

Naturopathic Counseling is at the heart of the practice of naturopathic medicine. This three (3) course sequence integrates the principles of naturopathic medicine with counseling skills, holistic counseling interventions, and the practice of general medicine, with attention to body/mind/spirit interactions.

**PS6305 Naturopathic Counseling 1 3 credits**

See description above. This course covers introductory counseling skills in light of the principles of naturopathic medicine, including therapeutic counselor qualities; communication and interview skills; the establishment and utilization of the wellness alliance; proficiency in stimulating health and well being; and suicide assessment, treatment and referral. Students create a videotape demonstrating basic counseling skills and principles. (ND only) Prerequisite: PS5103

**PS6306 Naturopathic Counseling 2 3 credits**

See description preceding PS6305. Building on Naturopathic Counseling 1, this course covers holistic counseling interventions, advanced interviewing skills and treatment planning as part of orientation to a clinical counseling shift. Students conduct ongoing counseling in a lab setting with live role models. See PS7315 for Naturopathic Counseling 3. Prerequisite: PS6305

**PS6901, PS6902, PS6903 Independent Study****variable credit**

Independent study provides the student an opportunity to study an area of interest in health psychology not included in the regular curriculum. (An independent study cannot substitute for or be used to repeat a course offered in the prescribed curriculum.) It is the responsibility of the student to enlist a qualified resource person to guide the independent study. The counseling and health psychology department chair must approve both the topic and the resource person. Prerequisite: Permission of department chair

**PS7200 Psychological Assessment 2 credits**

This course trains students to make clinical assessments of psychological disease using the DSM IV and, accordingly, to make judgments regarding which patients are appropriate for counseling at the university's clinic and within the practice of naturopathy. Referral resources and procedures are discussed. Special emphasis is given to the recognition and impact of mental disorders in primary care. Prerequisite: PS6306 (concurrent with clinic shifts)

**PS7203 Addictions and Disorders 2 credits**

This course examines the nature and treatment of the following addictions and disorders from a physiological, psychological, nutritional and naturopathic perspective: alcoholism, substance abuse, anorexia, bulimia, and compulsive eating. Naturopathic scope of practice in the treatment and management of addictions and eating disorders is identified, as well as community referral resources. Prerequisites: PS6306 (concurrent with clinic shifts)

**PS7315 Naturopathic Counseling 3 2 credits**

See description preceding PS6305. The focus of this course is the recognition and consideration of psychological aspects in the practice of general medicine, including naturopathic medicine therapeutics (i.e., nutrition, botanicals) for treating mental and emotional conditions. Topics include but are not limited to the following: assessing and promoting patient motivation and readiness, naturopathic diagnosis and treatment of psycho-emotional imbalance, and family dynamics in general medical presentations. Prerequisite: PS6306 (concurrent with clinic shifts)

**PS7901, PS7902, PS7903 Independent Study****variable credit**

Independent Study provides the student an opportunity to study an area of interest in counseling psychology not included in the regular curriculum. (An independent study cannot substitute for or be used to repeat a course offered in the prescribed curriculum.) It is the responsibility of the student to enlist a qualified resource person to guide the independent study. The counseling and health psychology department chair must approve both the topic and the resource person. Prerequisite: Permission of department chair

**Bastyr Center for Natural Health -****Counseling Specialty Shift 2 credits**

This required counseling shift in Bastyr Center for Natural Health provides an opportunity for naturopathic medicine students to counsel patients and receive individual supervision from the clinic counseling supervisor. The shift is limited to six students each quarter and affords ample attention to the development of each clinician's counseling skills. All naturopathic medicine students are required to take one counseling specialty shift. Students register for a Patient Care Shift through the ND program. See course listings for NM7820-NM7829 and NM8830-NM8836. Additional counseling shifts are available as electives, on a space available basis. See PS9801-PS9804. Prerequisites: PS6305, PS6306, PS7200

**PS9100 Aromatherapy and the Psyche 1 credit**

This elective explores the relationship between aromas and the psyche from a clinical perspective. As well as exploring their own reaction to aromas through experiential work, students learn about the impact specific aromas have on depression, autism, Alzheimer's Disease and bereavement, and learn how to use clinical aromatherapy as a tool in clinical practice. Prerequisite: None

**PS9101 Death and Dying 2 credits**

This introductory study of death, dying and grieving is designed to provide information, deepen understanding and create an opportunity to think and feel more deeply about life. From a variety of perspectives—psychological, historical, cultural, spiritual—the course explores some of the ways in which human beings have approached and interpreted the mystery of death, expressed their responses to dying and death, and evolved a framework of meaning for life in the face of death. Prerequisite: None

**PS9103 Ecopsychology 2 credits**

This course introduces the student to the basic principles of the developing field of ecopsychology. This class explores evolutionary perspectives on, as well as social implications for, the merger of ecology and psychology. In addition, applications of ecopsychology within a variety of health and healing settings are examined, and an overview of the science of systems theory is intended to provide a perspective on how science has informed the study of ecopsychology. Prerequisite: None

**PS9105 Psychoneuroimmunology 2 credits**

This course deals with the dynamic interplay between consciousness and the immune, nervous, and endocrine systems. The potential of the mind to enhance or suppress hormonal and immune function are examined. Newly-evolving research on the efficacy of PNI are reviewed in relation to the progression and treatment of cancer, heart disease, AIDS, autoimmune disease, and psychological disorders. Students develop skills utilizing mind-body interventions. The influence of the external environment (sound, color, aroma) on the internal healing mechanisms is considered. A research and experiential framework are developed to explore the biochemistry of mood, emotion, belief, humor, imagery, attitudes, and behavior. Prerequisite: BC4128 or BC5128 or BC6204 or permission of instructor

**PS9110 Cross Cultural Perspectives in Health Care****2 credits**

This course explores cultural perspectives in health care and the significant role of culture in the healing process. Basic information and skills for achieving cultural competence as a health care provider and member of the human community are discussed and practiced. Prerequisite: None

**PS9115 Introduction to Buddhist and Taoist****Psychology****2 credits**

This course investigates the contributions of Buddhism and Taoism to psychological understanding. Topics draw from the following: the four noble truths, foundational to all forms of Buddhism; the nature of the Tao; personality in terms of ego, Te (virtuosity or integrity), and being and non-being; and Taoist similarities to Jungian psychology. In-class meditation practice is an important component of the course. Prerequisite: None

**PS9120 Counseling, Intuition and Spirituality****2 credits**

This elective course examines spiritual practices that can be incorporated into counseling sessions and introduces the student to forms of spiritual healing congruent with naturopathic principles. Special focus on integrating spirituality and care of the soul as a principle of wellness and well-being. Prerequisites: PS5204 or PS6306

**PS9401 Advanced Counseling****3 credits**

This course is designed to strengthen previous training in counseling, specifically, in the etiology of presenting problems, the use of diagnostic decision trees, and the application of treatment approaches in a clinical environment. The course facilitates experiential learning by focusing on case studies and role-plays. Prerequisite: Permission of department chair

**PS9405 Medical Hypnotherapy****2 credits**

This weekend intensive course includes an introduction to hypnosis, its history, and the specific vocabulary of the field, as well as an introduction to some basic techniques, in-class practice sessions with those techniques, and in-class group discussions to devise possible hypno-therapeutic strategies for various clinical applications. Prerequisite: ND students only

**PS9509 Introduction to Visualization and Imagery****2 credits**

Undergraduate level. The development of imagery and visualization practices can enrich and empower our lives. This course explores the images and symbols inherent within us and ways to use these images for self-exploration. Students learn ways to use visualization and imagery for spiritual growth and awareness. Prerequisite: None

**PS9512 Guided Imagery and Visualization****1 credit**

Graduate Level. Potent powers of healing can be experienced through the imagination, including visualizations, dream work and creative expressions. This course explores the richness and complexity of the imagery process. Students learn to engage the imagination through dream work, drawing media and visualization for the practice of creating imagery and learn the value of imagery and visualization as a naturopathic intervention for healing and health maintenance. Prerequisite: Graduate status

**PS9540 Counseling the Eating-Disordered Client****2 credits**

This elective course is designed to assist the student in recognizing eating-disorder symptomology in the nutritional or naturopathic interview and developing counseling treatment plans, as well as reviewing interventions for treating individuals with eating disorders. Prerequisites: PS5204 or PS6306

**Counseling Elective Shifts 1-4 - Clinic**

Students have the opportunity to take counseling shifts as elective credit once the required counseling shift is satisfactorily completed.

**PS9801 Patient Care Elective (fall)****2 credits**

See description above. Prerequisite: Permission of department chair and clinic counseling supervisor

**PS9802 Patient Care Elective (winter)****2 credits**

See description preceding PS9801. Prerequisite: Permission of department chair and clinic counseling supervisor

**PS9803 Patient Care Elective (spring)****2 credits**

See description preceding PS9801. Prerequisite: Permission of department chair and clinic counseling supervisor

**PS9804 Patient Care Elective (summer)****2 credits**

See description preceding PS9801. Prerequisite: Permission of department chair and clinic counseling supervisor

# DIDACTIC PROGRAM IN DIETETICS

Beverly Kindblade, MS, RD, CD, Director

## **Food Service Management 1-3**

In this three (3) course sequence, students learn about the food service industry, food safety and sanitation, basic accounting principles, quantity food production, marketing, quality improvement, a managerial and systems approach to food service organizations. Students employ theoretical models, techniques and leadership skills essential to being an effective manager.

### **RD4131 Food Service Management 1                      2 credits**

See description above. This course, the first of a three-part series, introduces the student to the food service industry. Students learn the principles of basic accounting, theoretical models and leadership skills for effective food service management. The course introduces the student to the food service industry. Students develop a "marketplace" in which they employ management techniques, create organizational structures, gain experience in marketing and develop a business plan. Students gain knowledge in quantity food production principles, including procurement, production, distribution, service, sanitation and maintenance. Emphasis is placed on food safety, HACCP and quality control and organizational/business management. Prerequisite: TR4211 or equivalent

### **RD4132 Food Service Management 2                      3 credits**

See description preceding RD4131. This course is a continuation of Food Service Management 1. Students continue to learn the principles of quantity food production. Students participate in food service operations including menu planning, ordering, receiving, inventory and quantity food preparation. During the two-hour lab, students continue to participate in the activities of the food service system, increasingly assuming more responsibility. Prerequisite: RD4131

### **RD4133 Food Service Management 3                      2 credits**

See description preceding RD4131. This course, the third of a three part series, focuses on the management of the food service system, including personnel and financial resources. Working with personnel from diverse populations and serving diverse populations are highlighted. During the two-hour lab, students participate in the management of the food service system, e.g., assist in marketing the operation, prepare and/or critique job specifications and performance standards, assist with scheduling, complete a time-management study, contribute to a quality assurance report, and conduct inservice trainings. Prerequisites: RD4132

## **Nutrition Assessment and Therapy 1-2**

In this two(2)-course sequence, students learn the principles of the nutrition care process, nutrition assessment, including anthropometric measurements, nutrient-specific laboratory data, drug-nutrient-herb interactions, direct clinical observations, guidelines for both prevention and therapeutic dietary planning, nutrient intake analyses and evaluation, and CAM nutritional therapies. Interpreting medical terminology and implementing the nutrition care process, including documentation in the medical record, are included. Comprehensive assessment of both groups and individuals is emphasized in the first course; multi-system disease states, acute care and alternate nutrition support feeding modalities are stressed in the second course.

### **RD4320 Nutrition Assessment and Therapy 1   5 credits**

Crosslisted as TR5320. This advanced course for DPD students explores both conventional and integrative, complementary nutrition assessment and therapies. Methods of nutrition assessment for both individuals and groups are discussed and demonstrated. Students learn to collect and interpret pertinent data for the comprehensive screening and assessment of nutritional status. This course introduces standards for nutrient intake, how to measure diet, national dietary and nutrition surveys and computerized dietary analysis systems. Interpretation of medical terminology is included. Definition, measurement and interpretation of anthropometry, biochemical indices, clinical observations and dietary/nutrient intake methods related to nutrition are used to determine a complete nutritional assessment for both individuals and groups. Nutrition assessment in disease prevention and assessment of the hospitalized patient is also included. Students practice nutrition assessment, therapeutic menu writing, evaluation of drug-nutrient-herbal interactions, developing nutrition care plans and documentation for the medical chart utilizing case studies. Oral/dental health, obesity, upper and lower GI tract, food allergies and sensitivities, cardiovascular disease, hypertension, diabetes mellitus and bone health are covered. Prerequisites: BC4128, TR4112, TR3106 or equivalent and admission to DPD

### **RD4321 Nutrition Assessment and Therapy 2   5 credits**

Crosslisted as TR5321. See description preceding RD4320. This course is a continuation of Nutrition Assessment and Therapy 1. Students continue to practice application of nutrition assessment and intervention therapies as described in RD4320. Rheumatic disorders, anemia, neoplastic disorders, dysphagia, enteral nutrition, HIV/AIDS, pancreatic and biliary disorders, pulmonary disease, renal disease, liver disease and alternate feeding modalities including enteral and total parenteral nutrition support are covered. Assessment in individuals with multi-system disease states, acute care and chronic disease are emphasized. Prerequisites: RD4320 and admission to DPD

**RD4411 Medical Nutrition Therapy** **2 credits**

Cross-listed as TR9411. This course prepares dietetic students for the clinical rotation of an internship. Course content emphasizes medical record documentation, biochemical analysis, drug-nutrient-herbal interactions, and enteral and parenteral nutrition using case studies. Intended for students in the DPD (RD4411) and MSN students (TR9411) interested in enhancing clinical documentation skills. For all DPD students, successful completion of this course is required in order to sit for the DPD exit exam. Prerequisite/corequisite: RD4320 or TR5320

**RD4801 Nutrition Clinic Entry** **1 credit**

Cross-listed as TR5803. This course prepares students for clinic by reviewing clinic requirements, protocols and standards of care and practice. Students become familiar with clinic paperwork. Expectations and roles are clearly defined. The majority of the course is a self study where students work at their own pace. The course includes a series of presentations by clinical faculty and staff. Students spend time observing nutrition clinic shifts, as well as personally experiencing the clinic from a patient's perspective. Students take a clinic entry exam at the end of the course and must pass the exam before being eligible to enter clinic. Prerequisite: BC4128 Corequisite: RD4320

**RD4805 Clinic Practicum** **2 credits**

Cross-listed as TR6805. Students in the BS/DPD program receive supervised experience in the university's teaching clinic. Clinic experience is organized around weekly shifts; three core hours of patient contact are preceded by a half-hour case preview and followed by a half-hour case review. Clinic Practicum is designed to provide the student with client observation and direct client contact without requiring the student to manage consultations or assume primary responsibility for nutritional interventions. Students enrolled in this practicum are referred to as clinic "secondaries." In the role of a secondary, each student has an opportunity to work as a team with other students who have previously completed a first clinic practicum and who maintain responsibility (under faculty supervision) for consultation management and nutritional interventions. Students must be available for all clinic shifts, including evenings and weekends. Clinic shifts are available fall, winter, spring, and summer quarters. Prerequisites: RD4320, RD4801 Corequisites: PS4203, RD4321

**NUTRITION**

Mark Kestin, PhD, MPH, Program Chair  
BSNHS nutrition major (TR) courses and MS nutrition (TR) courses below. For course numbers and descriptions for the dietetic internship (DI), didactic program in dietetics (RD), and exercise science and wellness (EX), see alphabetical listings.

**TR3106 Introduction to Human and Life Cycle****Nutrition** **5 credits**

This course provides a basic understanding of the fundamentals of human nutrition and the essentials of normal nutrition across the life span. Topics include functions and food sources of carbohydrates, proteins, fats, vitamins, minerals, water, and accessory nutrients. Pre-pregnancy, pregnancy, infancy, childhood, adolescence, mature adulthood, and older adulthood are emphasized. Fitness, energy balance, and weight control for all ages are discussed. Includes influences of diversity, culture, and religion. Prerequisite: None

**TR3107 Nutrition, Physical Activity and Disease****5 credits**

This course offers a systems approach to nutrition and physical activity-related disease, especially chronic disease. General pathophysiology of each condition is introduced, and the role of nutrition and physical activity is discussed, with emphasis on prevention and maintaining wellness. Prerequisites: BC3141, BC3142, TR3106 or equivalent, BC3143 (corequisite)

**TR4103 Whole Foods Production** **3 credits**

Cross listed as TR5101. This course covers the identification, selection, storage, preparation and production of whole foods. Cooking techniques and menu planning are stressed. With weekly cooking practica, students develop familiarity with minimally processed foods and use these foods to build culinary expertise. Prerequisite: None

**TR4112 Advanced Nutrition Principles** **5 credits**

Metabolic and physiological principles related to nutrients are discussed. Biochemical and physiological principles related to macro, micro, and accessory nutrients are discussed: structure, function, digestion, absorption, food sources, requirements, nutrient interactions, deficiencies and toxicity. Prerequisites: BC3129/3131, BC3132/3133, BC3141, BC3142, BC3143, TR3106 or equivalent

**TR4114 Nutrition for Herbalists** **4 credits**

This course is designed to provide a basic understanding of the fundamentals of human nutrition. An overview of macro and micro nutrients is presented. The use of herbs as food is woven in to promote and enhance nutritional status. Topics of interest include organic versus commercial versus genetically modified foods, water as a nutrient, and the phytoestrogens found in foods. Prerequisites: BC3124, BC3132/3133, BC3143

**TR4115 Nutritional Supplements and Herbs 4 credits**

This course explores the natural products industry including the history, regulation and labeling laws of the industry in the U.S. Safety, manufacturing, and formulation techniques, delivery form, general applications of nutritional supplements, functional foods and herbs are presented. Prerequisites: TR3106, TR4112

**TR4118 Cultural Perspectives on Foods 2 credits**

This course is a survey of present and past food practices around the globe, with emphasis on diverse cultural groups in the U.S. The socioeconomic and political factors in food selection are examined. Multicultural and interdisciplinary perspectives are used to broaden the understanding of basic nutrition. Extensive use is made of audiovisual materials. Prerequisite: None

**TR4126 Community Nutrition/Nutrition Education 5 credits**

This course examines the principles of public health, community nutrition, epidemiology, health care systems, legislation and nutrition policy. Additionally, this course reviews effective oral and written communication skills, covering principles of nutrition education including teaching/learning methods for target audiences, writing instructional goals and objectives, preparing appropriate nutrition education materials and evaluating nutrition education programs. Prerequisite: TR3106

**TR4140 Ecological Aspects of Nutrition 2 credits**

This course is an introduction to ecological issues in nutrition. Students gain an understanding of environmental issues related to food technology, water use and food production systems, including organic and sustainable agriculture. The regulation of these areas is also discussed. Prerequisite: None

**TR4205 Nutritional Analysis and Assessment 3 credits**

This course presents different methods used for assessment and screening of nutritional status for the purpose of promoting health. The use of anthropometric, dietary, clinical, and biochemical measures are emphasized. Alternative methods of nutritional assessment are introduced. Prerequisites: TR3106, TR4112

**TR4211 Food Science 1 5 credits**

This course covers food microbiology, including descriptive microbiology and transmission of the major food-borne pathogens and safe handling of food for prevention of food-borne illness. The laws relating to food, including labeling laws and the role of regulatory agencies, are also covered. An overview of food additives and their functions is included. Prerequisite: BC3124, BC3129/3131, BC3132/3133 (may be corequisite), TR3106

**TR4222 Food Science 2 3 credits**

This course covers a number of topics in the chemistry of foods, including carbohydrates, proteins, lipids, colors and the nature and effects of food processing. New product development is also covered. Prerequisites: BC3124, BC3132/3133 (may be corequisite), TR4211

**TR4805 Nutrition Education Practicum 2 credits**

This course provides the opportunity for students to develop practical experience in nutrition education through presentations and preceptorships. This course may be taken in any quarter during year 2. Prerequisite: Permission of instructor

**TR4901, TR4902, TR4903 Independent Study variable credit**

Credits may be applied to the nutrition elective requirement. Students focus on areas of interest not covered in the regular curriculum. Competencies and learning objectives are developed with a faculty sponsor or approved preceptor. Independent Study cannot substitute for core courses offered on campus. Students must be in good academic standing and may take a maximum of four (4) credits. Prerequisite: Permission of program chair

**TR5101 Whole Foods Production 3 credits**

Cross listed as TR4103. This course covers the identification, selection, storage, preparation and production of whole foods. Cooking techniques and menu planning are stressed. With weekly cooking practica, students develop familiarity with minimally processed foods and use these foods to build culinary expertise. Prerequisite: None

**TR5120 Advanced Nutrition: Macronutrients 5 credits**

Nutritional biochemistry of the macronutrients, including integrated metabolism, is discussed. Macronutrient digestion, biological requirements, absorption and metabolism are emphasized. Students apply these principles to various dietary and metabolic states. Prerequisites: 5 quarter credits of nutrition, one 300 or 400 level biochemistry course or equivalent, admission to MS nutrition program

**TR5121 Biostatistics in Nutrition 4 credits**

This is an introductory course in biostatistics with an emphasis on understanding and interpreting the common statistical methods used in nutrition research. Topics discussed include presentation and summarization of data, probability, inferential statistics, methods for comparisons of means and proportions, methods for measurement of association, prediction and multivariate statistical methods. Prerequisites: 1 course in college-level algebra, admission to MS nutrition program

**TR5122 Research Methods in Nutrition 3 credits**

This course covers the major research methodologies used in human nutrition research. Building on the information in Biostatistics in Nutrition, this course covers the major epidemiologic and experimental methods used in human nutrition. Qualitative and quantitative methods are discussed. The emphasis is on the design and interpretation of research studies in human nutrition. Prerequisites: TR5121, admission to the MS nutrition program

**TR5124 Advanced Nutrition: Micronutrients 5 credits**

Nutritional biochemistry of the micronutrients (vitamins, accessory nutrients and minerals) is discussed, including chemical structure, nomenclature, dietary sources, functions, bioavailability, metabolism, evidence for requirements, potential deficiency and toxicity, interaction with other nutrients and assessment of nutritional status. Prerequisites: TR5120, admission to MS nutrition program

**TR5128 Applied Research Skills 3 credits**

This course emphasizes searching, interpreting, and synthesizing the nutrition research literature. Students gain experience in using biomedical libraries, biomedical databases, and the Internet to find nutrition research. Students complete a research project in a nutrition-related area and orally present their findings. Prerequisites: TR5122, admission to the MS nutrition program

**TR5135 Advanced Nutrition: Bioactive Compounds in Foods 2 credits**

There has been much recent research on biologically active compounds, found mainly in plant foods (sometimes called phytochemicals), that are not nutrients or human metabolites and that have potentially important effects on human physiology. This course reviews the current evidence on these compounds, including their chemical structure and nomenclature, biological effects, food sources, absorption and metabolism, potential therapeutic uses and toxicity. Some examples of compounds to be discussed include bioflavonoids (including tannins, flavonols, anthocyanins, isoflavones, catechins), carotenoids, tocopherols/tocotrienols, plant sterols, pre/probiotics, indoles/glucosinolates, and alkenyl cysteine sulfoxides. Prerequisites: TR4112 or TR5120 and TR5124 or TR6311 or equivalents

**TR5136 Nutrition in the Life Cycle 3 credits**

The physiological and metabolic relationships to nutrition are explored through the various stages in the life cycle, including infancy, childhood, young adulthood, pregnancy, mature adulthood and older adulthood. Prerequisite: Admission to MS nutrition program, five-credit introductory nutrition course

**TR5320 Nutrition Assessment and Therapy 1 5 credits**

Crosslisted as RD4320. See description preceding RD4320. This advanced course for DPD students explores both conventional and integrative, complementary nutrition assessment and therapies. Methods of nutrition assessment for both individuals and groups are discussed and demonstrated. Students learn to collect and interpret pertinent data for the comprehensive screening and assessment of nutritional status. This course introduces standards for nutrient intake, how to measure diet, national dietary and nutrition surveys and computerized dietary analysis systems. Interpretation of medical terminology is included. Definition, measurement and interpretation of anthropometry, biochemical indices, clinical observations and dietary/nutrient intake methods related to nutrition are used to determine a complete nutritional assessment for both individuals and groups. Nutrition assessment in disease prevention and assessment of the hospitalized patient are also included. Students practice nutrition assessment, therapeutic menu writing, evaluation of drug-nutrient-herbal interactions, developing nutrition care plans and documentation for the medical chart utilizing case studies. Oral/dental health, obesity, upper and lower GI tract, food allergies and sensitivities, cardiovascular disease, hypertension, diabetes mellitus and bone health are covered in this course. Prerequisites: BC5128, TR5120, TR5136. Corequisite: TR5124

**TR5321 Nutrition Assessment and Therapy 2 5 credits**

Crosslisted as RD4321. See description preceding RD4320. This course is a continuation of Nutrition Assessment and Therapy 1. Students continue to practice application of nutrition assessment and intervention therapies as described in TR5320. Rheumatic disorders, anemia, neoplastic disorders, dysphagia, enteral nutrition, HIV/AIDS, pancreatic and biliary disorders, pulmonary disease, renal disease, liver disease and alternate feeding modalities including enteral and total parenteral nutrition support are covered. Assessment in individuals with multi-system disease states, acute care and chronic disease are emphasized. Prerequisites: TR5124, TR5320

**TR5803 Nutrition Clinic Entry 1 credit**

Cross listed as RD4801. This course prepares students for clinic by reviewing clinic requirements, protocols and standards of care and practice. Students become familiar with clinic paperwork. Expectations and roles are clearly defined. The majority of the course is a self study where students work at their own pace. The course includes a series of presentations by clinical faculty and staff. Students spend time observing nutrition clinic shifts, as well as personally experiencing the clinic from a patient's perspective. Students take a clinic entry exam at the end of the course and must pass the exam before being eligible to enter clinic. Prerequisite: BC5128 Corequisite: TR5320

**TR5901, TR5902, TR5903 Independent Study variable credit**

Credits may be applied to the nutrition elective requirement. Students focus on areas of interest not covered in the regular curriculum. Competencies and learning objectives are developed with the help of an instructor or approved preceptor. Independent Study cannot substitute for core courses offered on campus. Students must be in good academic standing and may take a maximum of four (4) credits. Prerequisite: Permission of program chair, admission to MS nutrition program

**TR6100 Nutritional Supplementation 4 credits**

This course focuses on the nutritional value of supplements and herbal products. Production, safety and regulation of supplements and herbs are discussed. Students learn basic botanical concepts, terms, and pharmacology. The principles of sustainable agriculture and ecological harvesting are introduced. Prerequisites: TR5120, TR5124, TR5135, TR5320, TR5321

**TR6105 Nutrition and Dietary Systems 3 credits**

This course introduces students to the importance of nutrients, foods and diets for prevention, health maintenance, and health promotion. This course provides students with a basic understanding of the fundamentals of human nutrition, including macro, micro, and accessory nutrient concepts. A critical analysis of Western and non-Western dietary systems is presented. Students learn to do nutritional assessment for their patients. Prerequisites: AOM internship eligibility

**TR6115 Thesis** **variable to 15 credits**

Students form a committee and meet with their committee members to plan and implement a research project of sufficient complexity and scope in an appropriate subject area. Fifteen (15) credits are necessary to meet the requirement for scholarly activity mandated for graduation with a master's degree. Thesis requirements are detailed in the Bastyr University nutrition program *Master's Thesis Handbook*. Prerequisite: TR5121, TR5122, TR5128

**TR6199 Thesis Continuation** **0 credits**

This course is used when a student is still working on a thesis but has already registered for the required number of thesis credits. 1 credit of tuition is charged. Prerequisite: TR6115 (15 credits)

**TR6310 Foods, Dietary Systems and Assessment** **3 credits**

This course introduces students to the importance of foods and diets for prevention, health maintenance and health promotion. A critical analysis of Western and non-Western diet systems is presented. Students learn to do a basic food and diet assessment for their patients. Nutrition in naturopathic primary care, co-management and referral are discussed. The place of eating, foods and diet systems and interventions is considered in the context of naturopathic clinical theory, the therapeutic order and clinical practice, including an introduction to natural hygiene and public health perspectives. Prerequisites: BC5106 and BC5109

**TR6311 Macro and Micronutrients** **3 credits**

This course gives an overview of the metabolism, absorption, transport functions, requirements (deficiencies and toxicities), food sources, nutrient-nutrient interactions, and general therapeutic uses of various macro- and micronutrients. This course is required for students pursuing the naturopathic medicine degree. Prerequisites: BC5106, BC5109, TR6310

**TR6800 Community Practicum** **2 credits**

This course provides practical experience in various community settings connected with food service and community and clinical nutrition, depending on the student's area of interest. Sites are arranged with assistance of the instructor. A minimum of one presentation at an approved site is required. This course may be waived only if a student has completed a DPD program and has been given a letter of verification by the DPD director. Prerequisites: 2 nutrition courses

**Clinic Practicum 1-3**

Students in the BS/DPD and MS clinical/counseling track receive supervised experience in the university's teaching clinic. Other MS nutrition students may take Clinic Practica as electives. Clinic experience is organized around weekly shifts in which three core hours of patient contact are preceded by a half-hour case preview and followed by a half-hour case review. Nutritional assessment, client counseling, interviewing, and chart documentation are emphasized in skill development. Supervisor feedback, peer review, and self-evaluation are used to help identify and develop individual areas of focus. Students must be available for all clinic shifts, including evenings and weekends. Clinic shifts are available fall, winter, spring, and summer quarters.

**TR6805 Clinic Practicum 1** **2 credits**

See above description. Clinic Practicum 1 is designed to provide the student with client observation and direct client contact generally without requiring the student to manage consultations or assume primary responsibility for nutritional interventions. Students enrolled in this first practicum are referred to as clinic "secondaries." In the role of a secondary, each student has an opportunity to work alongside other students who have previously completed a first clinic practicum and who maintain responsibility (under faculty supervision) for consultation management and nutritional interventions. Prerequisites or corequisites: PS5210, TR5136, TR5320, TR5321, TR5803

**TR6806 Clinic Practicum 2** **2 credits**

See description preceding TR6805. Clinic Practicum 2 is designed to build upon a student's previous experience in Clinic Practicum 1 by beginning to involve the student in consultation management and nutritional intervention under faculty supervision. During this practicum, students gain initial experience as clinic "primaries." In the role of a primary, each student is required to take a leadership role in nutritional consults. This leadership role includes patient interviews, diet assessment, nutritional intervention, and charting in SOAP format. Prerequisite: TR6805

**TR6807 Clinic Practicum 3** **2 credits**

See description preceding TR6805. Clinic Practicum 3 focuses on the role of the student as a primary clinician. During this practicum, the student is expected to significantly advance his or her skills as a nutritional clinician and to broaden these skills across a wide range of clinical situations. While remaining under faculty supervision, student responsibilities for patient interviews, diet assessment, nutritional intervention, and charting are increased during this third practicum experience. Upon completion of Clinic Practicum 3, the student will have achieved minimal competency and will be qualified to act as an entry level nutrition clinician. Prerequisite: TR6806



**TR6901, TR6902, TR6903 Independent Study****variable credit**

Credits may be applied to the nutrition elective requirement. Students focus on areas of interest not covered in the regular curriculum. Competencies and objectives are developed with a faculty sponsor or approved preceptor. Independent Study cannot substitute for core courses offered on campus. Students must be in good academic standing and may take a maximum of four (4) credits. Prerequisites: Permission of program chair

**TR7311 Maternal and Infant Nutrition** **3 credits**

This course presents topics relevant to nutrition of the mother and child from preconception through infancy. Topics include nutritional needs before and during pregnancy and lactation, RDAs, DRIs, dietary recommendations, breast milk composition, food introduction for infants and identification of nutritional risk in infants. This course is required for the naturopathic midwifery program. Prerequisites: 2 nutrition courses

**Diet and Nutrient Therapy 1-2**

This two (2) course series builds on the Food, Dietary Systems and Assessment and Macro and Micronutrients courses. Diet and Nutrient Therapy courses discuss the clinical uses, physiological and pharmacological effects of individual nutrients. Dietary management and nutrient therapy for the prevention and treatment of specific diseases and conditions are thoroughly covered. The clinical use of nutrient supplementation is discussed from the standpoint of both prevention and therapeutic interventions. Clinical indications and current research on a variety of specific nutrients are emphasized. These courses are required for students pursuing the naturopathic medicine degree.

**TR7411 Diet and Nutrient Therapy 1** **3 credits**

See description above. This course specifically outlines the clinical uses, physiological and pharmacological effects of individual nutrients and specific diets for specific diseases and conditions. Prerequisite: TR5321 or TR6311

**TR7412 Diet and Nutrient Therapy 2** **3 credits**

See description preceding TR7411. This course specifically discusses the nutritional management of specific disease conditions by detailing the clinical indications and current research on various specific nutrients and diets for specific diseases and conditions. Prerequisite: TR7411

**TR9104 Nutrition and Mental Health** **2 credits**

This course examines the relationship between diet, metabolism, brain biochemistry and mental health. Topics of discussion include the impact of food allergy, food toxicity and malnutrition on emotions and behavior. Particular attention is given to the impact of these dietary imbalances early and late in life. At the childhood end of the spectrum, hyperactivity, attention deficit and learning disability are addressed. Later-life issues addressed include neurodegenerative disorders such as Parkinson's and Alzheimer's diseases and their relationship to diet. Prerequisites: Two nutrition courses, one 300 or 400 level course in biochemistry

**TR9125 Advanced Whole Foods Production** **3 credits**

Advanced Whole Foods is a continuation of Whole Foods Production. Students refine their cooking techniques while exploring ethnic cooking, herbs, healing diets, and cooking for nursing mothers and infants. Prerequisites: TR4103 or TR5101 or permission of instructor

**TR9411 Medical Nutrition Therapy** **2 credits**

Cross-listed as RD4411. This course prepares dietetic students for the clinical rotation of an internship. Course content emphasizes SOAP writings, biochemical analysis, drug-nutrient-herbal interactions, and enteral and parenteral nutrition using case studies. Intended for students in the DPD (RD4411) and non-dietetic MSN students (TR9411) interested in enhancing clinical documentation skills. For all DPD students, successful completion of this course is required in order to sit for the DPD exit exam. Prerequisite/corequisite: RD4321 or TR5321

**Special Topics in Nutrition 1-2**

These special topics, offered periodically, explore trends, developments and specific topical areas in human nutrition. Topics vary and are not necessarily offered every year.

**TR9511 Special Topics in Nutrition 1** **2 credits**

See description above. Prerequisites: Vary according to topic

**TR9512 Special Topics in Nutrition 2** **2 credits**

See description preceding TR9511. Prerequisites: Vary according to topic

**TR9801-9804 Clinic Practicum Elective** **2 credits**

This course allows nutrition students to gain extra clinical experience beyond what is required for graduation. For other student clinicians, this course provides an opportunity to observe dietary therapy and to participate in collaborative care of patients. The role of the student is decided by the supervisory faculty and varies depending on the students' prior experience. This elective does not count towards clinic requirements for clinic students. Prerequisites: Open to all students who have completed at least one clinic shift or permission of nutrition clinic program coordinator.

## OFFICERS

## PRESIDENT

Thomas C. Shepherd, DHA, FACHE

## EXECUTIVE VICE PRESIDENT

John C. Daley, PhD

## VICE PRESIDENT, ACADEMICS AND RESEARCH

Joseph Chu, MD, MPH

VICE PRESIDENT, FINANCE AND  
ADMINISTRATION

Sheldon R. Haber, BA, BS

## VICE PRESIDENT, UNIVERSITY ADVANCEMENT

Janet L. Woods, PhD

## BOARD OF TRUSTEES

Barbara Cahill, BA, Mills College

Randy J. Dennin, BS,  
Northern Illinois University (Chair)

Carol Duke, BA, Rutgers University  
(Staff Representative)

Les Griffith, ND, LM,  
National College of Naturopathic Medicine

William Mitchell, ND,  
National College of Naturopathic Medicine

Donald J. Murphy, MS,  
Golden Gate University (Treasurer)

Michael Murray, ND, Bastyr University  
(Secretary)

Linda Nordstrom, BA,  
University of Washington (Vice Chair)

Kathleen O'Hara Hannah, BA,  
American University

Patrick F. Patrick

Patti Paxton, BA, University of British Columbia

Joseph E. Pizzorno, Jr., ND,  
National College of Naturopathic Medicine  
(President Emeritus)

Michael Pope, MS, Bastyr University, LAc  
Bill Roedel, PhD,  
Loyola College, (Faculty Representative)

Frederick Shotz, BS, University of Massachusetts  
(Student Representative)

Thomas C. Shepherd, DHA, FACHE, Medical  
University of South Carolina  
(University President)

## FACULTY

## 2002-2003 FACULTY MEMBERS

WITH HIGHEST DEGREES AND LICENSES  
OBTAINED

Karim Abdullah, ND, Bastyr University

Lizbeth Adams, PhD, University of Washington

Melissa Albin, LMP, Boulder School of Massage Therapy

Karen Allen, RsHOM, CCH, Pacific Academy of  
Homeopathy

Lise Alschuler, ND, Bastyr University

Mary Anderson, MA, Leadership Institute of Seattle/  
Bastyr University

Robert Anderson, MD, University of Washington

Michelle Antonich, ND, Bastyr University

Boonchai Apichai, MS, Bastyr University, MD (China),  
Jinan University, LAc

Richard Baker, MD, Case Western Reserve University  
School of Medicine

Sheryl Berman, PhD, Wayne State University

Randy Brandeis, MSW, University of Illinois

Molly Brignall, ND, Bastyr University

Catherine Brinton, ND, Bastyr University

Kathryn Bromley, LMP, Brenneke School of Massage

M. Joan Bruno, AAS, Shoreline Community College

Daniel Buquicchio, DC, Life West Chiropractic College

Tess Cabasco-Cebrian, BS, University of Washington

Timothy Callahan, PhD, University of Washington

Qiang Cao, MS, ND, Bastyr University, MD (China),  
Shanghai University of Traditional Chinese  
Medicine, LAc

Kevin Conroy, ND, Bastyr University

Terry Courtney, MPH, Boston University, LAc

Beth Coyote, LM, Seattle Midwifery School

Walter Crinnion, ND, Bastyr University

Pauline A. Crouch, ND, National College of  
Naturopathic Medicine

David Crow, LAc, Dipl. NCCAOM

De'ah Curry, MA, Antioch University, Seattle

Joanne Dechant, ND, Bastyr University

Carolyn Delevitt, PhD, Union Institute

Rachel Diaz, MSW, University of Washington, LAc

Richard Dina, DC, Life College of Chiropractic

Weiyi Ding, MS, MD (China), Shanghai University of  
Traditional Chinese Medicine, RN, LAc

Robin Dipasquale, ND, Bastyr University

James Dowling, MAc, Northwest Institute of  
Acupuncture and Oriental Medicine, RN, LAc

- Louise Edwards, ND, National College of Naturopathic Medicine
- Matt Ferguson, MS, Bastyr University, LAC
- Lorraine Fish, MA, Antioch University
- Ann Fittante, MS, Columbia University, RD
- Richard Frederickson, PhD, University of North Dakota
- Bruce Friend, ND, Bastyr University
- John Frostad, MS, Bastyr University, LAC
- Stephanie Gailing, MS, Bastyr University
- Susan Gins, MS, Bastyr University
- Steve Given, MTOM, Emperor's College, LAC
- Sibel Golden, MA, Goddard College
- Alan Goldhamer, DC, Western States Chiropractic College
- W. Franklin Graham
- Keith Grieneeks, PhD, Washington State University
- Mark Groven, ND, Bastyr University
- Jane Guiltinan, ND, Bastyr University
- Larry Gulberg, PhD, University of Washington
- Rowan Hamilton, BS, School of Herbal Medicine, UK
- Colleen Donovan Hart, ND, Bastyr University
- Susan Heideke, MS, Bastyr University, LAC
- Alexandra Hepburn, PhD, University of Pennsylvania
- Krista Heron, ND, National College of Naturopathic Medicine, DHANP
- John Hibbs, ND, Bastyr University
- H. Ron Hobbs, ND, Bastyr University
- Henry Hochberg, MD, Albert Einstein College of Medicine
- Glen Hoey, ND, Bastyr University
- Johanna Hofmann, MAc, Northwest Institute of Acupuncture and Oriental Medicine, MBA, Amber University, LAC
- Jianxin Huang, MS, MD (China), Nanjing University of Traditional Chinese Medicine, LAC
- Tori Hudson, ND, National College of Naturopathic Medicine
- David Hufford, MA, Seattle University
- Marlene Hunter, MD, University of British Columbia
- Todd Hymel, MS, Bastyr University, LAC
- Rejean Idzerda, PhD, University of Washington
- Mary Ann Ivons, ND, Bastyr University
- Anne Jeffres, MS, Bastyr University, LAC
- Randi Jensen, BA, University of Washington, CCDC
- Barbara Johnson, LMP, Brian Utting School of Massage
- Herb Joiner-Bay, ND, Bastyr University
- Eric Jones, ND, Bastyr University
- Sandi Kaplan, MS, Bastyr University
- Paul Karsten, PhD, Samra University, MEd, University of Washington, LAC
- Laurie Keith, LMP, Brian Utting School of Massage
- Mark Kestin, PhD, Flinders University (Australia), MPH, Harvard University
- Karta Purkh Singh Khalsa, AHG, CN
- Beverly Kindblade, MS, University of Washington, RD
- Kayo King, MAC, Northwest Institute of Acupuncture and Oriental Medicine, LAC
- Bruce Klein, ND, Bastyr University
- Samer Koutoubi, MD, Florida Internal University
- Sevak Kroesen, DC, Western States Chiropractic College
- Tai Lahans, MEd, San Francisco State University, LAC
- Cynthia Lair, BA, CHN, Wichita State University
- Mark Lamden, ND, Bastyr University
- Davis Lamson, PhD, University of Illinois, ND, Bastyr University
- Deborah Lantz, ND, Bastyr University
- Christy Lee-Engel, ND, Bastyr University, LAC
- Naomi Lester, PhD, Uniformed Services University of the Health Services
- Buck Levin, PhD, University of North Carolina, Greensboro, RD
- Douglas C. Lewis, ND, Bastyr University
- Brad Lichtenstein, ND, Bastyr University
- Douglas Lisle, PhD, University of Virginia
- Chongyun Liu, MD (China), Chengdu University of Traditional Chinese Medicine, MS, Bastyr University, LAC
- Tong Lu, MS, Bastyr University, MD (China), LAC
- Yuanming Lu, MD (China), Qinghai Medical School, MS, Bastyr University, LAC
- Richard Mann, ND, Bastyr University
- Morgan Martin, ND, LM, Bastyr University
- John Masterson, DC, Life West Chiropractic College
- Craig Matsu-Pissot, PhD, California Institute
- David Matteson, MEd, State University of New York, MPH, University of Hawaii
- Melissa McClintock, ND, National College of Naturopathic Medicine
- Andrew McIntyre, MS, Bastyr University, LAC
- Tucker Meager, ND, Bastyr University
- Vesanto Melina, MA, University of Toronto, RD
- Afia Menke, ND, LM, Bastyr University
- Nancy Mercer, ND, Bastyr University
- Cindy Micleu, MAc, Northwest Institute of Acupuncture and Oriental Medicine, LAC
- John Miller, DC, Western States Chiropractic College
- Bruce Millman, ND, Bastyr University
- Richard (Kyo) Mitchell, MS, Bastyr University
- William Mitchell, ND, National College of Naturopathic Medicine

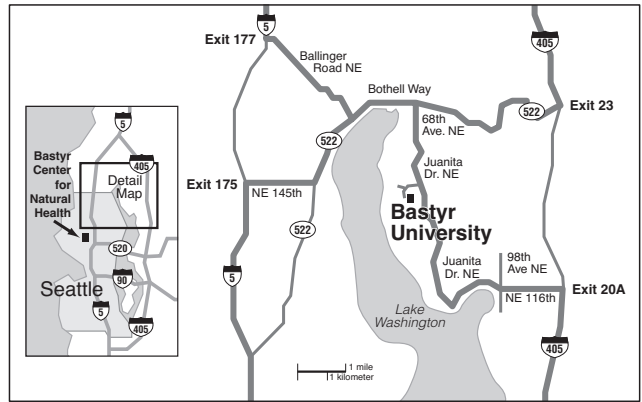
- Harold Modell, PhD, University of Mississippi Medical Center
- Shellie Moore
- Kelly Morrow, MS, Bastyr University
- Scott Murdoch, PhD, University of North Carolina, Greensboro, RD
- Dean Neary, ND, Bastyr University
- Bonnie Nedrow, ND, LM, Bastyr University
- Suzanne Nelson Myer, MS, University of Washington, RD
- Joanne Myers-Cieko, MPH, University of Washington
- Jana Nalbandian, ND, Bastyr University, MT
- Bonnie Nedrow, ND, Bastyr University, LM
- Tuan Nguyen, MS, Bastyr University, LAc
- Jeffrey Novack, PhD, University of Washington
- Andrew Parkinson, ND, Bastyr University
- Todd Pearson, MD, Oregon Health Sciences University
- Brian Peters, ND, Bastyr University
- Hazel Philp, ND, Bastyr University, LAc
- Michael Pilarski, Herbalist/Wildcrafter
- Fran Pinault, ND, Bastyr University, LAc
- Joseph Pizzorno, ND, National College of Naturopathic Medicine (President Emeritus)
- William Polec, ND, Bastyr University
- Esfandiar Pournadeali, MD, PhD
- Kasra Pournadeali, ND, Bastyr University
- Dirk Powell, ND, National College of Naturopathic Medicine
- Kathleen Putnam, MS, Bastyr University, RD
- Kumuthini Ramanujam, MD (India), Madras Medical College
- Tiffany Reiss, PhD, Virginia Polytechnic Institute and State University
- Sarah Ringdahl, ND, Bastyr University, MEd, University of British Columbia
- Carmen Ripley, ND, Bastyr University
- Sharon Rodman, MS, University of Durban-Westville (South Africa)
- William Roedel, PhD, Loyola College
- Thomas Rogers, ND, Bastyr University
- Janna Rome, MS, Bastyr University, LAc
- Maide Romero, ND, Bastyr University
- John Ruhland, ND, Bastyr University
- Dawn Schmidt, LMP, Seattle Massage School, BS, California State University
- Heather Scott, PhD, University of Missouri
- Vivek Shambhag, MD (Ayurveda), University of Poona (India), ND, Bastyr University
- Mary Martha Shaw, MEd, University of Oregon
- Daniela Shebitz, MS, SUNY College of Environmental Science and Forestry
- John Sherman, ND, National College of Naturopathic Medicine
- Gowsala Sivam, PhD, University of Maryland
- Pamela Snider, ND, Bastyr University
- Shailinder Sodhi, ND, Bastyr University
- Leanna Standish, ND, Bastyr University, PhD, University of Massachusetts, LAc
- Diane Steen, BLA, University of Washington
- Michael Stern, MD, University of Guadalajara, Mexico
- Rebecca Love Steward, DVM, Washington State University
- Kari Stiles, PhD, University of Washington
- Robert Svoboda, BS, BAMS, University of Poona (India)
- Sandy Szalay, ARNP, California State University
- Aleyamma Thomas, PhD, University of Manitoba
- Angela Tseng, MS, Bastyr University
- Lucy Vaughters, MAT, Cornell University, PA-C, CCH
- Susan Vlasuk, DC, National College of Chiropractic, Illinois, DACBR
- James Wallace, ND, Bastyr University
- Jianli Wang, ND, Bastyr University, LAc
- Yajuan Wang, MD (China), Qinghai Medical School, MS, Northwest Institute of Acupuncture and Oriental Medicine, LAc
- Ying Wang, MS, MD (China), Heilongjiang University of Traditional Chinese Medicine, LAc
- Wendy Weber, ND, Bastyr University
- Cynthia Wenner, PhD, Washington University
- Maxine Weyant, MD, University of Iowa School of Medicine
- Doug White, ND, Bastyr University
- William Wulsin, ND, Bastyr University, LAc
- Eric Yarnell, ND, Bastyr University
- Jared Zeff, ND, National College of Naturopathic Medicine
- Henry Ziegler, MPH, Johns Hopkins University, MD, McGill University

# DIRECTIONS TO BASTYR CAMPUS AND BASTYR CENTER

**BASTYR UNIVERSITY**  
 14500 Juanita Drive NE  
 Kenmore, Washington 98028-4966  
 (425) 823-1300

**BASTYR CENTER FOR NATURAL HEALTH**  
 1307 N. 45th Street  
 Seattle, WA 98103  
 (206) 834-4100

**LEADERSHIP INSTITUTE OF SEATTLE**  
 14506 Juanita Drive NE  
 Kenmore, WA 98028-4966  
 (425) 939-8100



## DRIVING DIRECTIONS TO BASTYR CENTER FOR NATURAL HEALTH

### FROM I-5 (North or South)

1. Take the 45<sup>th</sup> Street exit just north of Hwy. 520 and turn to the west.
2. Proceed west on 45<sup>th</sup> Street to Stone Way. The center is at 1307 N. 45th St. on the southeast corner at the intersection of 45<sup>th</sup> and Stone Way.
3. Parking is available on the street and in the lot south of the building.

## DRIVING DIRECTIONS TO BASTYR CAMPUS

### SOUTHBOUND ON I-5 (from Vancouver, B.C.)

1. Take EXIT 177 (Lake Forest Park) onto Ballinger Road NE.
2. Follow Ballinger Road NE for about 3 miles to Hwy 522, also called Bothell Way.
3. Turn LEFT on Hwy 522/Bothell Way to 68th Avenue NE in Kenmore.
4. Turn RIGHT on 68th Ave NE, which becomes Juanita Drive NE, and follow it south to sign on the right indicating Bastyr University (NE 145th).
5. Turn RIGHT and follow drive until it forks. Continue straight ahead until you reach Bastyr University.

### NORTHBOUND ON I-5 (from Portland)

1. Take EXIT 175 (NE 145th) and turn RIGHT at the end of the exit ramp onto NE 145th.
2. Follow NE 145th to Hwy 522/Bothell Way.
3. Follow instructions #3-5 above.

### SOUTHBOUND ON I-405

1. Take EXIT 23/Hwy 522 (third Bothell exit).
2. Follow Hwy 522 west to 68th Ave NE in Kenmore.
3. Turn LEFT; continue on 68th Ave NE which becomes Juanita Drive NE. Follow it south to sign on the RIGHT indicating Bastyr University.
4. Turn RIGHT and follow drive until it forks. Continue straight ahead until you reach Bastyr University.

### NORTHBOUND ON I-405

1. Take EXIT 20A (NE 116th) and turn LEFT at the end of the exit ramp onto NE 116th (this is a northbound exit only).
2. Follow NE 116th to the second signal light (98th Ave NE) and continue through this intersection. You are now on Juanita Drive NE.
3. Follow Juanita Drive NE for 4 miles to sign on your LEFT indicating Bastyr University (NE 145th).
4. Turn LEFT and follow drive until it forks. Continue straight ahead until you reach Bastyr University.

# INDEX

- academic calendar ..... inside back cover
- academic policies/procedures ..... 14
- accreditation ..... 6
- acupuncture and oriental medicine programs (AOM) .. 30
- certificate in CHM ..... 32, 37
- combined BSNHS/MSA or MSAOM ..... 30
- course descriptions ..... 103
- curriculum ..... 35
- doctoral program ..... 31
- graduation requirements ..... 34
- legal status ..... 31
- MSA, MSAOM ..... 30
- prerequisites ..... 32
- admissions (see individual program pages for details)
- clinical training ..... 17
- general ..... 25
- advanced standing status ..... 27, 33, 42
- alumni services ..... 10
- applications ..... 25
- applied behavioral science ..... 13, 73
- course descriptions ..... 83
- attendance ..... 16
- ayurvedic medicine course descriptions ..... 78
- basic sciences department
- course descriptions ..... 79
- curriculum ..... 33, 43, 59, 66, 69
- bastyr center for natural health (clinic) ..... 12, 62
- board of trustees ..... 122
- bookstore ..... 8
- botanical medicine department ..... 50
- bachelor of science in herbal sciences ..... 65
- course descriptions ..... 87
- cadaver anatomy program ..... 76
- california licensure (AOM) ..... 34
- chinese herbal medicine certificate program .... 32, 37
- course descriptions ..... 90
- china internships ..... 33
- clinic (bastyr center for natural health) ..... 12, 62
- clinic residency programs ..... 62
- combining nd and aom ..... 54
- community service ..... 9
- comprehensive administrative fee ..... 11
- contents ..... 2
- continuing education ..... 76
- counseling and health psychology department
- bachelor of science in health psychology ..... 63
- courses ..... 110
- curriculum for other departments ... 34, 43, 59, 69
- counseling and wellness center ..... 9
- course additions/withdrawals ..... 8
- course descriptions ..... 77
- credit loads ..... 15
- criminal background checks ..... 17
- degree requirements ..... 18
- deposits ..... 26
- didactic program in dietetics ..... 69
- course descriptions ..... 116
- dietetic internship ..... 59
- course descriptions ..... 91
- directions ..... 125
- discrimination ..... inside front cover
- dismissal ..... 14
- double majors ..... 17
- elective policy ..... 15
- exercise science and wellness ..... 68
- extended education ..... 76
- external clinic sites ..... 13
- facilities ..... 12
- faculty ..... 23, 122
- fees ..... 11
- financial aid ..... 28
- financial policies ..... 11
- food service ..... 9
- grading policy ..... 19
- graduate programs and curricula ..... 30
- health care services ..... 8
- health psychology ..... 63
- herbal sciences ..... 65
- history of university ..... 4
- history of naturopathic medicine ..... 39
- homeopathic medicine department ..... 50
- course descriptions ..... 93
- housing ..... 9
- ID cards ..... 10

- 
- immunization policy ..... 18
  - independent study ..... 22
  - interdisciplinary studies ..... 94
  - international students ..... 10, 27
  - interviews ..... 26
  - leadership institute of seattle ..... 73
  - legal structure of university ..... 6
  - library ..... 13
  - lockers ..... 10
  - matriculation fee (for new students) ..... 12
  - minors/undergraduate ..... 64, 67, 72
  - multicultural policy ..... 22
  - naturopathic medicine ..... 38
    - course descriptions ..... 97
    - curriculum ..... 45
    - definition ..... 38
    - graduation requirements ..... 44
    - history ..... 39
    - legal status and licensure ..... 40
    - prerequisites ..... 40
    - principles ..... 38
    - professional organizations ..... 40
  - naturopathic midwifery certificate ..... 51
    - course descriptions ..... 95
    - curriculum ..... 53
    - graduation requirements ..... 53
    - legal status ..... 53
    - prerequisites ..... 51
  - non-degree students ..... 25
  - non-matriculated students ..... 25
  - nutrition programs ..... 58, 68
    - BSNHS with major in exercise science ..... 68
    - BSNHS with major in nutrition ..... 68
    - course descriptions ..... 91, 92, 116, 117
    - curriculum (graduate) ..... 61
    - curriculum (undergraduate) ..... 70
    - graduation requirements (graduate) ..... 58
    - graduation requirements (undergraduate) ..... 69
    - legal status ..... 58
    - MS program ..... 58
    - prerequisites (graduate) ..... 58
    - prerequisites (undergraduate) ..... 68
  - officers of university ..... 122
  - oriental medicine ..... see AOM
  - physical medicine department ..... 51
    - course descriptions ..... 108
  - post-baccalaureate preparatory program ..... 25
  - probation ..... see student promotions committee
  - psychology ..... 63
  - publications ..... 10
  - quarter system ..... 8
  - refunds ..... 12, 128
  - registration ..... 8
  - research ..... 24
  - selection factors ..... 26
  - student body ..... 7
  - student participation ..... 7
  - student promotions committee ..... 14
  - student services ..... 8
  - transfer students ..... 27, 33, 42
  - tuition ..... 11
  - undergraduate programs and curricula ..... 63
  - university mission/vision statements ..... 3
  - withdrawal ..... 19

## CALENDAR NOTES

<sup>1</sup>In fall quarter only, first-year ND classes begin a week earlier to accommodate study days scheduled throughout the quarter, when first-year ND classes are not held. Study days are 10/8/02 (mandatory study seminar held in the morning), 10/21/02 and 12/4-6/02.

<sup>2</sup>During interim clinic, all clinic services run normally. Interim clinic is required; exceptions must be approved, in advance. Students staff the shifts in which they were registered, in the quarter just ended.

<sup>3</sup>During clinic closure, the clinic does not offer patient visits, but appointment phones and dispensary are open (except when one of the clinic closure days falls on a paid holiday.) Appointment phones and dispensary hours may be altered from their standard operating hours. The clinic is closed on all official holidays.

<sup>4</sup>Bastyr community day is focused on the health and well-being of members of the Bastyr community. Activities are scheduled for the afternoon and classes are cancelled so that members of the community can attend.

<sup>5</sup>Although the following are NOT official university holidays, the university's policy is to attempt to accommodate the observance of religious practices. Students are responsible for the material covered but will not have religious absences count against any attendance requirement. Students observing such holidays are required to notify faculty during the first week of classes, as well as find substitutes for clinic shifts affected. Students should follow the "reschedule exam" procedures in the event an exam falls on a religious holiday.

The following are the major religious holidays in the coming academic year (holidays that occur during break periods are not listed): Jewish (holidays begin at sunset of the day listed and continue through sunset of the following day): 9/7/02, 9/16/02, 4/17/03. Christian: 4/18/03. Students who observe religious holidays not included above or have religious restrictions against attending classes on weekends (Bastyr University schedules clinical training and occasional required courses or intensives on weekends) must contact their program chair/dean, in advance, when such a conflict occurs. Efforts will be made to resolve such conflicts, but a resolution cannot be guaranteed.

## FEDERAL REFUND REQUIREMENTS

The refund schedule below has been established in keeping with federal refund requirements for students withdrawing from school:

Week of the Quarter	% Refund for Course Withdrawals*	% Refund for Complete Withdrawals**
1st	100%	100%
2nd	90%	90%
3rd	50%	80%
4th	50%	70%
5th	25%	60%
6th	25%	50%
7th through 8th	0	0

Refunds related to course and full withdrawal from summer quarter are calculated based on the percentage of program completed.

\*All courses (including weekend intensive courses) follow this refund schedule. Courses may not be dropped after the course has ended (example: weekend intensive courses). Courses may only be added in the first week of the quarter (with the exception of weekend intensive courses).

\*\*Calculated by hand.

*Revised: July 2002 The calendar is subject to change without notice.*