

# **Equine Acupressure Level Two Course\***

**Diana Thompson, Instructor**

**\*To qualify for the Level Two course, students must take Diana's Level One Course, and complete Sections One, Two and Three of the Level One Externship with a score of at least 80 %. They also need to complete the Level Two pre-course reading and quiz assignments.**

**Dates:** The Six-day Equine Acupressure Level Two Course will be held in October of 2017.

**Six-Day Format:** Three days of in-class study, three days of self-study /rest, three days of in-class study.

**Location:** Diana Thompson's facility in Fulton, California, just north of Santa Rosa, California.

During the Level Two course Diana Thompson will help students will deepen their understanding of the Level One class material and teach them how to carry out a thorough Traditional Chinese Medicine (TCM) energy assessment. In the TCM system the correct flow of qi creates and supports optimum physical and emotional health of the horse. In contrast, an incorrect flow of qi often leads to poor physical health and/or a lack of emotional balance. In the Level Two course, students will learn how to assess incorrect flows of qi in a horse and create acupressure point combinations and lifestyle management to rebalance the flow of qi. This approach, according to the principles of TCM, often improves the horse's health.

The Level Two course content includes:

- identification of incorrect flows of qi using the Eight Principle and 12 Internal Organ systems of energy assessment
- functions of the twelve organ systems and two extraordinary flows of Classical Chinese Medicine as they apply to less than optimum physical and emotional health in the horse
- acupressure point combinations and lifestyle changes to address specific patterns of imbalance
- exercises to feel qi energy and improve acupressure effectiveness
- refinement of acupressure technique; advanced instruction in the use of the TCM herb moxa

It also includes the TCM approach to correcting flows of qi associated with these problems in horses \*:

- tightness, injury and performance stress of the muscles, tendons, ligaments and joints
- pain due to injury and joint problems such as arthritis
- respiratory infections, fever, exercise intolerance, recovery from performance stress
- poor immune response or stressed immune function
- digestive issues including colic, loose stool, diarrhea, constipation, ulcers, bloating
- problems of the heart and blood vessels of the cardiovascular system
- problems with the sense organs such as the eyes, nose and ears
- skin issues such as hives and dryness
- reproductive issues such as mares with tension or aggression during heat cycles, lack of fertility
- fearful, nervous and angry behavior, lack of clear thinking and poor ability to follow training cues

**\*Traditional Chinese Medicine, which includes acupressure, is not a substitute for Western medical care. If a horse has a medical issue, a veterinarian should be consulted for appropriate treatment.**

**Level Two Course Homework Details:** Students will have one to two hours of homework to complete after each day in class and homework to complete during the 3-day study/rest break from class.

**Level Two Course Externship Details:** Diana provides a 4-part guided externship course of study for students to complete following the course. The contents of Sections 1, 2, and 3, and grading of these sections are included at no charge to the student who has attended the in-class days of the Equine Acupressure Level Two course as long as the student turns in the completed materials within 6 months of finishing the in-class days. Once the Level Two student has completed Sections 1, 2, and 3, of the Externship and earned an 80 % score or higher, they are eligible to work privately with Diana on Section 4: Acupressure Field Work with Horses. Additional fees apply to this work.

### **Level Two Course Materials**

During the course, students will work with the following books, workbook of materials, and laminated chart. The 550-page text manual, described below in (1), and the workbook, described below in (2), are provided with payment of the class tuition. The book *Acupressure Point Charts for Horses* and the laminated chart *Emergency Acupressure Points for Horses*, described in (3) and (4), below, must be purchased separately.

#### **1) *Acupressure for Horses Course Manual*, Diana Thompson, Author, 550 pages**

**Note:** Chapter One of this manual is now available as an E-book. As explained above, the Level One students receive a printed copy of the entire manual, including Chapter One, on the first day of class. In this manual, Diana explains Traditional Chinese Medicine (TCM) theory and vocabulary and gives information on each of the 12 organ channels (meridians) and two of the extraordinary vessels. The material explains the patterns of health and disharmony related to each energy channel. It includes detailed information on TCM functions of each of 128 equine acupressure points, how each point is used to improve health and address problems, and how to combine each point with other points in combination to bring about the best acupressure result.

**2) *Workbook of Study Materials*** – Additional handouts, such as function charts, point charts, anatomy drawings and class study assignments, in a 3-ring binder.

#### **3) *The 272-Page Book: Acupressure Point Charts for Horses, An Illustrated Guide to 128 Point Locations and Uses*** Diana Thompson, author ISBN #978 0-9816741-0-0

This book details the locations and uses of 14 energy channels and 128 equine acupressure points. It includes more than 400 photographs and 100 illustrations. View sample pages and table of contents on Diana's website: [www.dianathompson.com](http://www.dianathompson.com) The book is available for purchase online ([www.dianathompson.com](http://www.dianathompson.com)) or by calling Diana's office at (707) 542-4646.

#### **4) *The Six-Page Color Laminated Chart: Emergency Acupressure Points for Horses***

Diana Thompson, author ISBN #978-0-9816741-1-7

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