Welcome!

Welcome to the New York College of Health Professions Continuing Education program of workshops. It is our goal to provide classes, seminars and workshops on a variety of topics for licensed health care professionals, current students and the general public with interest in wellness, health and holistic topics. CE credits are available for many of the classes.

Continuing Education is an important part of any health care professional’s career, not only to expand our minds, but to broaden our skills and increase the quality of care to our patients. Community classes provide an opportunity for us to share with the public interesting topics applicable in your daily life and hopefully to stir your passion for learning.

Please join us at New York College in the celebration of education. For further information on anything contained in this brochure visit our website www.nycollege.edu/continuing_education or call 1-800-922-7337 x223.

Vision
New York College is committed to the maintenance and enhancement of health – physical, psychological, spiritual and institutional. In the service of that commitment, the College seeks affiliations with other institutions and explores a wide variety of approaches to enhancing wellness and quality of life.

Mission Statement
New York College is committed to offering quality programs in health, science and the arts. The mission has three main components:

Education: To provide students with the knowledge and skills to enable them to become expert practitioners in their fields. To provide the knowledge and skills to enhance the health, wellness and quality of life in the larger community, and to develop educational materials to achieve that same purpose.

Service: To provide clinical and pharmacological services to the community as a complement to the programs of professional education. To provide services and products to the community that complement the programs offered by the College.

Research: To develop and implement with outside parties new product development in health care, wellness and quality of life products.
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**FOR REGISTRATION CALL 1-516-364-0808 Ext. 223**
**Or visit us at www.nycollage.edu/continuing_education**
**MASSAGE THERAPY**  
Classes open to LMT, RN, PT, MD, DC, OT, LA & New York College Students

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**Ethics, Challenging Patient Encounters: Dealing with the Unexpected**  
**with James M. Shinol, MSOM, L.Ac, LMT**

This offering is both a lecture and a group discussion based on true practice stories. Scenarios will involve challenging, unexpected and at times ethical situations while treating patients. A spectrum of eye opening issues will be covered with discussion on how each was handled and potential modifications.

An assortment of challenging patient encounters will be presented, collected from numerous seasoned practitioners. The ethics involved in each case will be explored and discussed, as well as, the outcomes and modifications which should be made. Some examples include non-disclosure of serious illness, sexual advances, HIPPA and many more. Ethics and importance of documentation will be covered as well as NY State and malpractice rules on documentation.

Presenter: James M. Shinol holds a Master of Science degree in Oriental Medicine from Southwest Acupuncture College, Boulder, Colorado, and a Bachelors degree in Pre-Med from Albright College in Reading PA. James is a Diplomat of Acupuncture, a Diplomat of Chinese Herbology, and a Diplomat of Oriental Medicine (NCCAOM). He serves as the Vice President on the Executive Board of The Acupuncture Society of New York and is an instructor at several local colleges.

**Saturday, January 18, 2014**  
12 Noon-4 pm   Syosset Campus

Registration: $80.00 by January 3; $100.00 thereafter

This course awards 4 CE credits

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**Cadaver Lab at Bridgeport University**  
**with Dr. Joseph Muscolino, DC**

This is an active Cadaver Lab at Bridgeport University. Muscles, tendons, ligaments and fascia, organs and the brain will be discussed and observed. We will be issued synthetic nitrile gloves and be able to touch the parts discussed under the direction and supervision of Dr. Muscolino and the University staff.

Presenter: Dr. Joe Muscolino has been teaching musculoskeletal, visceral anatomy, physiology, kinesiology, neurology, and pathology courses. He has written many of the text books we use in our undergraduate curriculum. He is an NCBTMB approved provider of continuing education. Dr. Muscolino has been in private practice in Connecticut for over 23 years and incorporates soft tissue work into his chiropractic practice for all his patients.

**Sunday, January 26, 2014**  
2:00-6:00 pm Bridgeport University, Bridgeport Ct

We will take the Port Jefferson/Bridgeport Ferry at 12 Noon from Port Jefferson, NY and return on 7:15 Ferry from Bridgeport (Ferry Group Fare approximately $18 additional)

Registration: $120.00 by January 12; $140.00 thereafter

This course awards 4 CE credits
Myofascial Release Fundamentals Workshop
with Jason Beickert, LMT, Certified Rolfer

Myofascial release fundamentals aims to provide the beginning exploration into this profoundly beneficial hands-on-technique. From working with chronic injuries and pain, scar tissue, joint dysfunctions and inefficient movement and gait patterns, releasing the fascia, or connective tissue, can elicit profound results and potential chances in your client’s physical, emotional and energetic body.

This workshop will include:

* Understanding the components that make up the myofascial system, and how connective tissue work is very different than massage.
* Proper body mechanics, not only in the practitioner’s stance, but in the projection of seeing the work beyond what is under your hands.
* Make accurate postural assessments to make hands-on-work more efficient for both you and your client.
* Hands-on technique in supine, prone and side lying positions.

Please bring a flat sheet, bolster/pillow, & proper attire (Men: shorts, Women: sports bra/shorts).

Presenter: Jason Beickert is a NYS LMT. He graduated from New York College of Health Professions and is an adjunct instructor at the College.

Sunday, February 9, 2014
9:00 am- 6:00 pm   Syosset Campus

Registration: $160 by January 24; $185 thereafter

This course awards 8 CE credits

Natural Facelift Massage
With Yuri Esperson, MS, LMT NCBTMB, NSCA, LICCI

This technique which is completely natural and safe uses no oils or lotions. Gentle and precise stretching of the small muscles in the face, holding them for a prolonged period of time, allows the facial muscles to strengthen and tighten. Special massage moves combined with acupressure to gently move lymph, improve blood circulation and bring fresh lymph into the facial area to provide a fresh, glowing look that lasts for days! A series of these massages help tone and tighten skin and visibly reduce signs of aging. Upon completion, students will be able to perform a one hour facial massage.

Presenter: Yuri Esperson is one of the pioneers of the face lift massage technique in the United States in which he is certified by the London Center for Indian Champissage International (LCICI). He is a Licensed Massage Therapist certified and qualified in many massage modalities such as, Reflexology, Aromatherapy, Hot Stone, Thai, Deep Tissue, and several Bioenergetics modalities.

Please bring two flat sheets and a bolster to each class.

Friday, February 14 - Monday February 17, 2014   (4 days)
9:00 am-6:00 pm   Syosset Campus

Registration: $640 by January 24; $745 thereafter

This course awards 32 CE credits
The Muscles of the Neck and Cranium; Myofascial and Deep Tissue Release
with Gerald Basile, LMT, Board Certified Structural Integrator

This course focuses on the muscles which insert/originate on the cranium, cervical/thoracic vertebrae and the scapula. Most of the class will be hands on learning. You will learn various types of techniques; Myofascial, Deep Tissue, Pin and Stretch and general massage techniques. You will learn over a dozen techniques that you will be able to use the next day. These techniques will help you better understand the anatomy and address your client’s areas of discomfort and pain.

This workshop will include:
• Assessment and Communication with your client
• Neurological Laws relating to Deep Tissue work
• Review of the muscles origin/insertion on the cranium, cervical/thoracic vertebrae and scapula
• Hands on Myofascial, Deep Tissue and Stretching Techniques

Please bring a flat sheet, towel, bolster & proper attire is required (a bra you are comfortable to be worked on in). Pre-Requisites: LMT’s or massage therapy students who are in Clinic.

Presenter: Gerald Basile has been a NYS LMT since 1999. He is certified in Sports Massage, Trigger Point Therapy, Active Isolated Stretching (with Aaron Mattes), Myofascial Release, Medical Massage and Personal training. He studied under Tom Myers for over 500 hours to become certified in Kinesis Myofascial Integration (KMI) in 2008. Gerald is an adjunct instructor of massage techniques at New York College of Health Professions.

Sunday, March 2, 2014
9:00 am-6:00 pm  Syosset Campus

Registration: $160.00 by February 15; $185.00 thereafter

This course awards 8 CE credits

Balancing the Pelvis, Hips & Sacrum
With Jason Beickert, LMT & Certified Roler

The pelvic girdle is the center of gravity for the human body. All movements must transmit and flow through this region unimpeded for optimal function. With 31 muscular attachments, the pelvic girdle is a focal point for treatment of most structural/biomechanical dysfunctions, including low back pain. With the use of myofascial release techniques, you will learn skills to dramatically improve hip mobility, work with hip and thigh pain, sacroiliac issues, and more.

The workshop will include:
• Review of the anatomy and function of major muscles in the pelvic girdle and how they influence patterns of dysfunction
• Learning assessment tests to properly focus your treatment to better care for your client
• Learning techniques to be used right away to work with pelvic tilts, problems such as sciatica, piriformis syndrome, SI Joint dysfunction, generalized hip pain and more.
• Utilize both active and passive techniques to enhance effectiveness
• Hans-on technique in supine, prone and side-lying positions

Please bring a flat sheet, bolster/pillow, & proper attire (Men: shorts, Women: sports bra/shorts)

Presenter: Jason Beickert is a NYS LMT. He graduated from New York College of Health Professions and is an adjunct instructor at the College.

Sunday, March 9, 2014
9:00 am- 6:00 pm  Syosset Campus

Registration: $160 by February 19; $180 thereafter  This course awards 8 CE credits
Clinical Orthopedic Manual Therapy Techniques for the Neck
With Joseph Muscolino, DC

This two day workshop will cover the following assessment and treatment protocols:

- **Efficient body mechanics for deep pressure massage** - Learn how to work from your core so you work smarter not harder
- **Orthopedic assessment testing** — Determine which treatment techniques are safe and effective to use by having a clear assessment picture of your client’s condition.
- **Stretching** — Learn how to figure out how to most effectively stretch each muscle for the client instead of memorizing stretching protocols.
- **Advanced stretching techniques** — Learn how to Contract-Relax (CR) also known as Post-Isometric Relaxation (PIR) or Proprioceptive Neuromuscular Facilitation (PNF) technique; and also Agonist Contract (AC) technique (the basis for Aaron Mattes’ Active Isolated Stretching (AIS) technique.
- **Joint mobilization** — Joint mobilization is the most powerful technique available to most massage therapists. It is the only method that can release individual hypo mobile segments of the spine. Learn how to perform this technique safely and effectively.
- **Treatment of the neck** — Learn how to treat the anterior neck safely and effectively.

Presenter: Dr. Joe Muscolino has been teaching musculoskeletal, visceral anatomy, physiology, kinesiology, neurology, and pathology courses. He has written many of the text books we use in our undergraduate curriculum. He is an NCBTMB approved provider of continuing education. Dr. Muscolino has been in private practice in Connecticut for over 23 years and incorporates soft tissue work into his chiropractic practice for all his patients.

Saturday March 15 - Sunday March 16, 2014 (2 days)

9:00 am-5:00 pm Syosset Campus

Registration: $295 by February 28; $320 thereafter

This course awards 16 CE units

Myofascial and Deep Tissue Release Techniques of the Scapula and Glenohumeral Joint
with Gerald Basile, LMT, Board Certified Structural Integrator

This course focuses on the muscles which insert/originate on the cranium, cervical/thoracic vertebrae and the scapula. Most of the class will be hands on learning. You will learn various types of techniques; Myofascial, Deep Tissue, Pin and Stretch and general massage techniques. You will learn over a dozen techniques that you will be able to use the next day. These techniques will help you better understand the anatomy and address your client’s areas of discomfort and pain.

This workshop will include:

- Assessment and Communication with your client
- Neurological Laws relating to Deep Tissue work
- Review of the muscles origin/insertion on the cranium, cervical/thoracic vertebrae and scapula
- Hands on Myofascial, Deep Tissue and Stretching Techniques

Please bring a flat sheet, towel, bolster & proper attire is required (a bra you are comfortable to be worked on in).

Pre-Requisites: LMT’s or massage therapy students who are in Clinic.

Presenter: Gerald Basile has been a NYS LMT since 1999. He is certified in Sports Massage, Trigger Point Therapy, Active Isolated Stretching (with Aaron Mattes), Myofascial Release, Medical Massage and Personal training. He studied under Tom Myers for over 500 hours to become certified in Kinesis Myofascial Integration (KMI) in 2008. Gerald is an adjunct instructor of massage techniques at New York College of Health Professions.

Sunday, April 6, 2014

9:00 am-6:00 pm Syosset Campus

Registration: $160.00 by March 21; $185.00 thereafter

This course awards 8 CE credits
Spine and Thorax
With Jason Beickert, LMT, Certified Rolfer™

Learn myofascial release techniques to greatly improve your ability working with spinal restrictions, rib dysfunctions, and generalized back pain. Learn ways to enhance respiration through work with the diaphragm and ribcage; optimize axial mobility on all planes; and create a greater proprioceptive sense of depth and balance to the upper body.

The workshop will include:

- Review of the anatomy and function of major muscles of the axial skeleton
- Learning assessment tests to properly focus your treatment to better care for your client
- Learning techniques to be used right away to work with low/mid/upper back pain; restricted breathing patterns; facet joint issues; reduced spinal mobility, and more
- Utilize both active and passive techniques to enhance effectiveness
- Hands-on technique in supine, prone and side-lying positions

Please bring a flat sheet, bolster/pillow, & proper attire (Men: shorts, Women: sports bra/shorts)

Presenter: Jason Beickert is a LMT and certified in Rolfing® Structural Integration. He has advanced studies in biomechanics, muscle energy techniques, neural and visceral manipulation, and sensory-motor imagery. He is a massage therapy program faculty member at New York College.

Sunday, April 27, 2014
9:00am – 6:00pm  Syosset Campus
Registration: $160 by April 18th; $185 thereafter

This course awards 8 CE Credits

Hot Stone Massage
With Amy Kolasky, LMT

Hot stone massage incorporates the use of smooth, heated stones used as an extension of the therapists’ own hands or by placing them on the body during massage. The heat is deeply relaxing and will help warm up tight muscles allowing the therapist to work into the deeper muscle layers while reducing wear and tear on their hands. In this one day workshop, you will learn how to provide a safe and effective full-body hot stone massage through a combination of lecture, demonstration, and hands-on practice. Knowledge of this specialty treatment is a must for working in a spa or wellness center environment and will allow therapists to maximize earning potential in their private practice.

Please bring a set of stones (min. of 10), electric roaster or skillet, 2 small white or light colored towels (dish towel size), 1 medium bath towel, wooden slatted spoon, small bowl, 2 sheets (at least one flat), bolster, face cradle and massage oil or gel to class.

Sunday, May 18, 2014
9:00 am – 5:00 pm – Syosset Campus

Registration: $140.00 by May 2; $165 thereafter

This course awards 7 CE credits
HEALING ARTS/ENERGY WORK
Classes open to the General Public

CPR & Basic Life Support for Healthcare Providers Certification Course & First Aid Certification Course – “Combo Class” (Required for entry to Clinic)
American Heart Association Heartsaver ® First Aid/CPR/AED Instructor

These two required certifications, offered together, will provide participants with American Heart Association Certification in CPR/BLS and First Aid. This BLS Healthcare Provider Course provides critical training for all healthcare professionals, giving participants the ability to recognize life-threatening emergencies, provide CPR, use an AED, and relieve choking. This course will also cover basic, critical care techniques for sudden injuries and illnesses prior to the arrival of advanced medical personnel. Each course participant will receive a 2-year American Heart Association Certification Card in CPR and in First Aid, as well as 2 textbooks.

Syosset Campus and Manhattan midtown location: Dates TBD

Registration: $125 – includes Certification Cards & Student Workbook

ASIAN STUDIES
Classes open to the General Public

Chinese Conversational Mandarin Language with W. Lai

This course is designed to teach basic conversational Mandarin language. The students will learn and practice conversing in Chinese for common situations with useful expressions for everyday conversation. The class will use speaking and listening comprehension, daily dialogues and phrases with cultural notes to strengthen the students’ Chinese abilities. This will establish the building blocks for communicating in Chinese based upon your studies at the New York College of Health Professions.

Saturdays
8:30 am – 10:30 am

Chinese Medical Terminology with W. Lai

There is an extensive and complex Chinese terminology that is essential for Traditional Chinese Medicine (TCM). This course focuses on the recognition, pronunciation and writing of medical terms relevant to acupuncture and oriental medicine. Simplified Chinese characters will be used for teaching these medical terms. This will provide supplemental learning for the students of the New York College of Health Professions.

Saturdays
11:00 am – 1:00 pm
Chinese Brush Painting & Chinese Calligraphy with W. Lai

Chinese Brush Painting is a traditional cultural art of China. It uses Chinese ink with Chinese painting colors, and brushes. Traditional Chinese Brush Painting captures the essence of the subject rather than creating an exact image. The subject areas can vary from flowers, birds, figures, fish, and landscape. Simple, step-by-step strokes are taught for a variety of these subjects for Chinese Brush Painting.

Chinese Calligraphy is very similar to painting and expresses characters like an art form. Essentially, Chinese Calligraphy is unique because this art form is a method of learning discipline, focus and concentration while allowing the person to express their spirit too. Chinese Calligraphy is an important aspect of Chinese culture and is often regarded as the art form from which all other Chinese art forms evolved. Learn the beauty and spirit of the brush for Chinese Calligraphy while relaxing gracefully.

Saturdays
1:30 pm – 3:30 pm

Fee Schedule for Weekly Asian Studies Classes
1 time per week for 15 weeks.............................. $260.00
Senior Discount (65 and older), Alumni & Staff........ $235.00
2 times per week for 15 weeks............................ $400.00
Senior Discount (65 and older), Alumni & Staff........ $350.00
3 times per week for 15 weeks........................... $470.00
Senior Discount (65 and older), Alumni & Staff........ $425.00
4 times per week for 15 weeks........................... $545.00
Senior Discount (65 and older), Alumni & Staff....... $490.00
Trial Single Class per program as a Drop-in Student $20.00
Senior Discount (65 and older), Alumni & Staff........ $17.00

PHYSICAL ARTS
Classes open to the General Public

Physical Arts play an essential and vital role in the education of our holistic health practitioners here at New York College, improving health and sensitivity to their own bodies, as well as the bodies of their patients. The Continuing Education Program allows us to share that experience with our patients and the members of our local community. Continuing Education students practice alongside our practitioners and students and reap the benefits of ancient forms of physical and mental well-being. Classes run in 15-week sessions, three times a year, beginning in January, May and late August. Minimum age 18 years. A Physical Arts Waiver/Release form must be completed with a registration form.

Introduction to the Physical Arts – PA 300
This basic course is designed to give students a general overview of the three (3) physical art forms taught at New York College. Classes consist of 5 weeks of study in each form beginning with Qi Gong, then moving onto T’ai Chi Chuan and ending with Yoga. Classes are two hours long. Beginners are welcome. Various instructors.

Mondays................3:50pm
Thursdays ...............8:30am & 6:00pm
Saturdays.................8:30am
**Hatha Yoga**

Yoga is a system of physical development. In this class you will be introduced to the various asanas (postures) based on the integration of Taoist principles of relaxed action and traditional Yoga postures. The asanas focus on balancing the energy system through spinal alignment and proper breathing. The practice of Yoga can help to harmonize and balance the body on many levels that are essential for good health and well-being. It develops strength and flexibility of body, and calmness of mind; connects mind and body through the breath. Add to your expertise by completing Yoga I, II, III, & IV and obtaining an Assistant Yoga Instructor Certificate. Classes are two hours long.

**Hatha Yoga I—PA 311**
Mondays .................. 2:30 pm
Tuesdays .................. 6:00 & 8:20 pm
Saturdays ................. 8:30 am

**Hatha Yoga II—PA 312**
Mondays .................. 2:30 pm
Tuesdays .................. 6:00 pm
Saturdays .................. 8:30 am

**Hatha Yoga III—PA 313**
Mondays .................. 6:00 pm
Wednesdays ............. 3:00 pm

**Hatha Yoga IV—PA 314**
Mondays .................. 6:00 pm
Wednesdays ............. 3:00 pm

**Advanced Yoga - PA 315**

Advanced Yoga builds on the teachings of Yoga I-IV classes.

Tuesdays ................. 11:30 am

**T’ai Chi Chuan 1-4 – PA 301**

T’ai Chi is a Taoist form of exercise and active meditation. It is practiced for the development of sensitivity, awareness, strength, stamina, correct physical posture and energy alignment. It is an excellent means for developing one’s health and vitality. Classes are two hours long. **Beginners to advanced are welcome. Various instructors.**

Mondays .................. 11:30 am
Wednesdays ............ 9:00 am
Thursdays .............. 6:00 pm
Saturdays .............. 6:00 pm

**Advanced Tai Chi Chuan – PA 308**

For those who have completed the initial T’ai Chi Chuan form. Class consists of “corrections,” “push hands,” and “sword form.”

Thursdays ............. 2:30 pm

**Qi Gong 1-4 – PA 321**

Qi Gong is an ancient Chinese art that focuses on the practice of energy cultivation through the mind body connection. “Qi” refers to breath, energy or life force. “Gong” refers to work and the process of perfecting something through time. It is a method of self-cultivation that helps to work beneficially in certain fundamental ways, such as: the use of muscles and tendons, breathing, internal massage, postural alignment, relaxation, centering the movement of energy. Each trimester highlights specific forms of Qi Gong. Classes are two hours long. **Beginners to advanced are welcome. Various instructors.**

Wednesdays ............ 12:00 pm
Thursdays .............. 8:30 pm
Fee Schedule for Weekly Physical Arts Classes*: 

1 time per week for 15 Weeks........................... $260.00
Senior Discount (65 and older), Alumni & Staff........ $235.00

2 times per week for 15 weeks...................... $400.00
Senior Discount (65 and older), Alumni & Staff........ $350.00

3 times per week for 15 weeks...................... $470.00
Senior Discount (65 and older), Alumni & Staff........ $425.00

Single Class............................................. $20.00
Senior Discount (65 and older), Alumni & Staff........ $17.00

*Fee schedule above does not apply for Yoga and T’ai Chi Instructor Certification courses. Please see pg. 9 for Instructor Certification course fees.
YOGA INSTRUCTOR CERTIFICATION PROGRAM

Become a Certified Yoga Instructor now!

To acquire certification, students must:
- Complete Yoga I, II, III & IV or complete Yoga I, II, IV & an advanced yoga class
- Pass a practical and/or written comprehensive exam
- Complete 80 hours of student teaching in the Yoga Classes*

Total Program:
- 4 Yoga Classes: 120 Hours
- Student Teaching: 80 Hours
- Total: 200 Hours

Cost: $368.00 per class. Must pass with a “B” average or better.
*There is no fee or payment for student teaching

T’AI CHI INSTRUCTOR CERTIFICATION PROGRAM

Become a Certified T’ai Chi Instructor now!

To acquire certification, students must:
- Complete T’ai Chi I, II, III & IV or demonstrate full knowledge of the form
- Complete 3 Advanced T’ai Chi classes: Corrections Class, Push Hands Class & Sword Form Class
- Pass a practical and/or written comprehensive exam
- Complete 60 hours of student teaching in the T’ai Chi Classes

Total Program:
- 4 T’ai Chi Classes: 120 Hours
- 3 Advanced T’ai Chi Classes: 90 Hours
- Student Teaching: 60 Hours
- Total: 270 Hours

Cost: $368 per class. Must pass with a “B” average or better.
*There is no fee or payment for student teaching

HOW TO REGISTER FOR YOGA AND/OR T’AI CHI CERTIFICATION CLASSES

Students of New York College of Health Professions should contact their academic advisor or program Dean to register.

For non-matriculating students who wish to register, please contact:
Jacqueline McIntyre, Administrative Manager at 516-364-0808 ext. 130 or jmcintyre@nycollege.edu.
(Any non-matriculating student who wishes to receive Certification will have to pay the full Certification tuition for all the required classes even if they already completed some of the classes at the non-Certification tuition.)

For more information about the Yoga and T’ai Chi Certification programs, please contact:
Joseph Cheung, Director, Physical Arts at 516-364-0808 ext. 212 or cheung@nycollege.edu
MARTIAL ARTS
Classes open to General Public

Programs May Have Up to 3 levels

Olympic Style Taekwondo with Joseph Cheung

Taekwondo (TKD) as established by the World Taekwondo Federation is a modern Olympic sport based on ancient martial arts systems. TKD encompasses dynamic kicking techniques, blocks and attacks, forms, board breaking, sparring and Self-Defense. Certification program is structured for advancement in rank from white to black belt levels.

Tuesdays
7:00 pm – 9:00pm

Women’s Self –Defense: P.E.A.C.E. ™ with Master James Chin

Women’s Self-Defense: P.E.A.C.E. ™ curriculum encompasses the legal, moral and tactical aspects of Self-Defense. Simple and effective methods for improving your agility, mobility, muscle memory, and reflexes for attacking and defending are taught. Plus, use of natural weapons, psychological awareness, verbal & physical skills, and life saving tips for managing different levels of confrontation accordingly. Active class participation is required for calisthenics, striking, kicking, joint locking, throws, and sparring. P-E-A-C-E™ philosophy for Self-Defense: PREVENTION-ENDURANCE-ACTION-CONTROL-ESCAPE

Saturdays
1:30 pm – 3:30 pm

Yang 24 Movement – Beijing Form of Tai Chi Chuan with Master James Chin

The Yang 24 Movement Tai Chi Chuan, also known as the Beijing form, is regarded as the most widely practiced Tai Chi form worldwide. This short Yang 24 form has the essential elements of longer Tai Chi Chuan forms. Plus, the Yang 24 form is less physically demanding and appeals to Tai Chi Chuan practitioners of all ages for beauty, grace, health, moving meditation, relaxation, and it is a standard form of martial arts. The Yang 24 Movement – Beijing form compliments the Tai Chi Chuan curriculum of the New York College of Health Professions.

Saturdays
11:00 am – 1:00pm
Wing Chun Kung Fu and Fitness with S. Gee and Tom D’Amico

Wing Chun is a practical style of Kung Fu made famous by Bruce Lee. This legendary martial art originated during the Ching Dynasty, and is credited as being developed by a Buddhist nun. It focuses on the economy of movement, Self-Defense, and body conditioning for physical fitness. Some examples of these concepts are the center line theory, calisthenics, and short range power. All Wing Chun movements can be learned and practiced within a small area.

Mondays  2:30 pm – 4:30 pm
Tuesdays  12:30 pm – 2:30 pm
Wednesdays 2:30 pm – 4:30 pm
Thursdays 10:30 am – 12:30 pm and 4:00 pm – 6:00 pm

Fee Schedule for Weekly Martial Arts Classes

1 time per week for 15 weeks .......................... $260.00
Senior Discount (65 and older), Alumni & Staff.......... $235.00

2 times per week for 15 weeks ......................... $400.00
Senior Discount (65 and older), Alumni & Staff........ $350.00

3 times per week for 15 weeks ........................ $470.00
Senior Discount (65 and older), Alumni & Staff........ $425.00

4 times per week for 15 weeks ........................ $545.00
Senior Discount (65 and older), Alumni & Staff........ $490.00

Trial Single Class per program as a Drop-in Student.. $20.00
Senior Discount (65 and older), Alumni & Staff.......... $17.00
**HOLISTIC NURSING PROGRAM**  
Classes open to Registered Nurses

### Holistic Nursing Continuing Education Program

The Holistic Nursing Continuing Education Program with Asian Bodywork is designed as a comprehensive study program for Registered Nurses who seek education in holistic health care with an emphasis on Traditional Chinese Medicine. This program is designed to lead to the development of a holistic nurse, a health care practitioner who is not only effective in the health process of patients, but also who has integrated the principles into his/her own life. The program includes a supervised, clinical experience conducted on-site at the Academic Health Care Teaching Clinics or at one of the College’s affiliated hospitals. With the knowledge and skills that the Registered Nurse learns in this program, he/she can add to their present nursing practice or develop an expanded role as an autonomous professional in the health care delivery system. The Holistic Nursing Program provides 412.5 continuing education contact hours as New York College is an approved provider of continuing education by the New York State Nurses Association. Graduates will also be eligible to sit for the NCCAOM National Exam for Diplomate in Asian Bodywork and may be eligible to sit for the AHNCC (American Holistic Nurses’ Certification Corporation) exam if they meet other degree and employment criteria. Nurses who graduate from the New York College Holistic Nursing program and then enroll in any of the College’s matriculating degree programs may have between 6-24 credits waived.

New York College of Health Professions is an approved provider of continuing nursing education by the Alabama State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Provider Number 5-145

### Curriculum

Holistic Nursing is based on the idea that human beings are energy fields in open communication with the energy of the environment. Holistic Nursing aims to restore the integrity of the human being by assessing and treating imbalance in the energy field. Asian Bodywork, a specialized form of energetic and somatic manipulation is the most comprehensive bodywork modality used to accomplish this goal.

### General Information

New York College’s Holistic Nursing is a 412.5 continuing education curriculum. It includes supervised, clinical internship conducted on-site at the College’s Academic Health Care Teaching Clinics. Graduates of the Holistic Nursing Program receive a Certificate of Completion in Holistic Nursing. Graduates of the Holistic Nursing program are eligible to take the NCCAOM exam for National Certification in Asian Bodywork. On successful completion of the NCCAOM Exam, the candidate is granted the title of Diplomate of Asian Bodywork. The program is offered one day per week and is four trimesters in length, or 16 months (a trimester is 15 weeks). The weekend program is one weekend per month for 24 months. Graduates of the Holistic Nursing program who enroll in New York College Massage Therapy degree program may have up to 24 credits waived. Graduates of the Holistic Nursing program who enroll in the New York College Graduate School of Oriental Medicine may have 6-8 credits waived directly from the Holistic Nursing program as well as additional credits from their academic nursing programs. Registered Nurses in New York State, along with some other health care professionals, are exempt from the Massage Therapy Law requiring a license to touch. Registered Nurses may perform massage and bodywork under the scope of the Nursing Practice Act in New York State.

### Four Terms Recommended Course of Study

**412.5 Clock Hours**

**Year I – 300 Clock Hours**

**TERM I 100 Clock Hours**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>HN 111 Holistic Nursing Theory with Introduction to Fundamentals of TCM</td>
<td>37.5</td>
</tr>
<tr>
<td>HN 103 Asian Bodywork Technique I</td>
<td>37.5</td>
</tr>
<tr>
<td>PA 301 T’ai Chi Chuan I</td>
<td>25</td>
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</tbody>
</table>

**TERM II 100 Clock Hours**

<table>
<thead>
<tr>
<th>Course</th>
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<tbody>
<tr>
<td>HN 112 Holistic Nursing Theory with Introduction to Channels and Points</td>
<td>37.5</td>
</tr>
<tr>
<td>HN 104 Asian Bodywork Technique II</td>
<td>37.5</td>
</tr>
<tr>
<td>PA 301 T’ai Chi Chuan II</td>
<td>25</td>
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</tbody>
</table>

**TERM III 100 Clock Hours**

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<thead>
<tr>
<th>Course</th>
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<tbody>
<tr>
<td>HN 105 Applied Asian Bodywork Technique I</td>
<td>37.5</td>
</tr>
<tr>
<td>HN 201 Holistic Nursing with Oriental Clinical Assessment</td>
<td>37.5</td>
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<tr>
<td>HNC 101 Clinical Observation</td>
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**TERM IV 112.5 Clock Hours**

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<th>Course</th>
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<tbody>
<tr>
<td>HN 107 Applied Asian Bodywork Technique II</td>
<td>37.5</td>
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<tr>
<td>HNC 201 Clinical Practice</td>
<td>50</td>
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<tr>
<td>Elective*</td>
<td>25</td>
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</table>

**Total Clock Hours: 412.5**

*Suggested electives – choice of one in Term IV:

<table>
<thead>
<tr>
<th>Course</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>HN 202 Stress Management</td>
<td>25</td>
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<tr>
<td>HN 203 Eastern Nutrition</td>
<td>25</td>
</tr>
<tr>
<td>HN 204 Clinical Nutrition</td>
<td>25</td>
</tr>
</tbody>
</table>
New York College of Health Professions in Luo Yang, China

New York College owns the Luo Yang Medical Center in the People's Republic of China. This 35-acre medical facility features modern accommodations and excellent food in a park-like setting in the city of Luo Yang, once the ancient capital of China. It is surrounded by many historic sites including the Shaolin Temple where Kung Fu originated. New York College students and faculty (with family members) can visit China by participating in the College’s two week cultural immersion program. Beginning in Beijing with tours of the Forbidden City and the Great Wall, then traveling to Luo Yang, students have the opportunity to go to hospitals, attend lectures and see demonstrations of Traditional Chinese Medicine and martial arts techniques. They learn about the culture and philosophy of Traditional Chinese Medicine that is the backbone of their studies in Massage Therapy, Acupuncture and Chinese Herbology here at New York College in Syosset. Continuing Education classes for credit may be available.

For more information contact Dr. A Li Song at (800) 922-7337 x 353, Dean, Graduate School of Oriental Medicine, or by email to chinatrip@nycollege.edu.
**Civil Liberties**

New York College of Health Professions follows all federal guidelines regarding the American Disabilities Act (42 USC Section 12101, et. Seq.) and with Title VII of the Civil Rights Act, as amended (42 USC 200e, et. Seq.) including the appropriate accommodations for the teaching learning process and examination process.

**Refund/Cancellation Policy**

To cancel registration for a class, contact the Continuing Education Office by phone at 1-800-922-7337 x127.

Please state the course title and date of the course you wish to cancel. Those who notify us of cancellation before the 14th business day prior to the start of the class will receive a refund for the cost of the course, less a $20 processing fee per class. No refunds or credits will be issued after this time. If a class is cancelled because minimum enrollment has not been met, all pre-registered students will be notified by telephone or e-mail at least five days prior to the start date and a full refund will be issued. In case of cancellation due to school closure, severe weather conditions, instructor illness or other unforeseen emergencies, all pre-registered students will be notified as soon as possible and full refunds will be issued.

**Accreditations**

**National Certification For Therapeutic Massage And Bodywork (NCBTMB)**

Approved Provider for Continuing Education Credits – 450406-07. CE credit hours are listed with the course descriptions of the approved courses. Certificates of Completion will be issued to participants who complete course objectives and attendance requirements.

**Address**: 1901 S. Meyers Rd., Ste. 240, Oakbrook Terrace IL 60181  Tel: (800) 296-0664

**National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)**

Approved Provider for Professional Development Activity (PDA) points – ACHB 022. PDA points are listed with course descriptions of the approved courses and attendance requirements.

**Address**: NCCAOM, 76 S. Laura St., Suite 1290, Jacksonville, FL 32202  Tel: (904) 674-2474

**Alabama State Nurses Association (ASNA)**

New York College of Health Professions is an approved provider of continuing nursing education by The Alabama State Nurses Association, an accredited approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

It has been assigned provider number 5-145

**Address**: ASNA, 360 North Hull Street, Montgomery, AL 36104-3658  Tel: (334) 262-8321

**Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM)**

The Professional Master of Science in Acupuncture and the Master of Science in Oriental Medicine programs are accredited by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM), which is the recognized accrediting agency for the approval of programs preparing Acupuncture and Oriental Medicine practitioners.

**Address**: ACAOM, 8941 Aztec Drive, Eden Prairie, MN 55347

Tel: (952) 212-2434

**New York State**

New York College of Health Professions has institutional accreditation by the New York State Board of Regents and the Commissioner of Education, a nationally recognized accrediting agency located at 89 Washington Avenue, Albany, NY 12234.  Tel: (518) 474-3852
DIRECTIONS TO NEW YORK COLLEGE OF HEALTH PROFESSIONS

6801 Jericho Turnpike, Syosset, NY 11791-4413

New York College of Health Professions, located in Syosset, Long Island, has been a leader in holistic health education and care for over 25 years. The College has national institutional accreditation and offers undergraduate and graduate degree programs in Massage Therapy, Acupuncture and Oriental Medicine; and CE in Holistic Nursing for RN’s. Students can study full time or part time in day, evening or weekend classes. Visit our website for more information: www.nycollege.edu.

From New York City:
From Penn Station take the Huntington/ Port Jefferson line to the Syosset station. New York College is approximately one mile south on Underhill Road. Taxi service is available from the station.

Eastbound by Car:
Take the Long Island Expressway (495) east to Exit 40E. This exits directly onto Jericho Turnpike (Route 25) heading east. Proceed east passing Syosset Bowl and North Shore Atrium on your right. Look for the New York College sign on your left. Turn left into the first driveway. New York College main entrance is on your right. A mid level entrance and additional parking are available at the rear of the building.

Westbound by Car:
Take the Long Island Expressway (495) west to Exit 44N. This exits onto the Seaforf/Oyster Bay Expressway (135) heading north. Proceed to the very end of 135, which exits onto Jericho Turnpike heading west. Proceed west passing North Shore University Hospital at Syosset on your right. Go under the train trestle and past the traffic light at Underhill Boulevard. Turn right into the first driveway between the tan buildings for New York College. Proceed around to the back of the building to the mid level entrance.