

A brief Introduction to Moxabustion: The simple applications of moxa for CAM practitioners

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| Course Title: | The Simple Application of Moxibustion |
| Credits: | 2 CEU Credits |
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Course Description

This course is designed to provide an introduction to the simple applications of Moxibustion, as it might be practiced in massage therapy.

Prerequisite: None

Learning Outcomes

1. Understand what Moxa is
2. Differentiate between direct and indirect Moxa
3. Discuss the different styles of Moxa and their uses
4. Understand how to utilize Moxa for simple applications in massage therapy
5. Understand the mechanism of action on the body with the use of Moxibustion
6. Understand the Indications and the Contraindications for the simple use of Moxa
7. Discuss the Safety and Precautions associated with Moxa
8. Understand the underlying relationship of Moxa to the Meridians of Chinese Medicine
9. Discuss the common benefits of moxibustion and how that applies to CAM practices

Instruction Methods

This course is taught using a variety of methods, including powerpoint presentation, lecture, handouts, class videos, and a concluding quiz/assessment of comprehension.

Course Materials:

Textbook Title: *There are no required textbooks for this course.*

Recommended texts: Between Heaven and Earth

Topics and Assignments

1. What is Moxabustion
2. Properties of Ai Ye (Mugwort)
3. How Does Moxa Work
4. Types of Moxa
5. Styles of Moxa application
6. Some important notes on Moxa's relationship to the Meridians of Chinese Medicine
7. Indications
8. Contraindications
9. Safety and Precautions
10. Assessment Quiz