

TSTCM Background

Welcome to the Toronto School of Traditional Chinese Medicine (TSTCM). This is an opportune time for you to consider a career in traditional Chinese medicine and acupuncture. Governments are reviewing and reforming our health care system. The general public is demanding more patient-centered health care. There is concern about side effects of drugs and surgeries. Patients are looking for alternatives and complementary treatments including acupuncture and traditional Chinese medicine for health promotion and disease prevention.

I congratulate you for exploring the extraordinary world of traditional Chinese medicine and acupuncture. Traditional Chinese Medicine (TCM) is a distinct and comprehensive medical system that has been practiced for thousands of years in China. It is composed of fundamental theory, unique diagnostic methods and a variety of treatment modalities including acupuncture, Chinese herbal medicine and tuina massage. An increasing quantity of research is proving its effectiveness and more and more people are experiencing the benefits of this ancient natural medicine.

If you wish to become a TCM practitioner in Canada or the United States, TSTCM provides you with the knowledge and skills you need to reach your goal.

TSTCM is dedicated to providing the highest quality TCM education possible. Our teaching, both classroom and clinical, is innovative and effective within a supportive and inspiring environment. It encompasses traditional as well as modern approaches to TCM. We also offer classes in both English and Chinese with flexible schedules and modularized programs that cater to individual needs. Our knowledgeable instructors are enthusiastic and committed to sharing their experience and skills and to guiding you on your path to success.

Our curriculum is continually updated to meet the requirements of legislation in different jurisdictions and to ensure that our graduates can be licensed regardless of where they will practice in North America. Not only do we live up to the honored standards of the past, but we also meet the responsibilities of today and prepare for the future. The Toronto School of Traditional Chinese Medicine is at the forefront of a powerful tradition. Join us at the TSTCM and let us help you on your journey to a challenging and rewarding career.

Most Sincerely,

Mary X Wu, President

M.D. (China, TCM), MSc., Dipl. Ac. & C.H. (NCCAOM)

Mission Statement

The Toronto School of Traditional Chinese Medicine (TSTCM) is dedicated to the promotion, education and service of TCM in order to benefit the health of the general public, as well as gain recognition and acceptance of TCM as a primary health care profession in Canada.

- To accomplish our mission, we have established the following objectives:
- To provide excellent professional training to our students with the most comprehensive curriculum in TCM, acupuncture, Chinese herbal medicine and tuina massage through outstanding faculty and strong leadership.
- To prepare our graduates so that they succeed in their licensing exams, and subsequently become qualified and successful primary health care providers.
- To provide continuing education in advanced professional studies, support research and promote life-long learning.
- To provide a supportive and educational environment conducive to personal growth and academic advancement.
- To provide accessible and flexible learning opportunities in response to the needs and interests of students.
- To promote the integration of TCM and its modalities into the mainstream health care system as a complementary discipline.
- To provide high quality professional TCM services to the community.
- To select students with determination, appropriate educational backgrounds and sufficient financial resources who will undertake and successfully complete the unique program of study at TSTCM.

TSTCM Guiding Principles

To select instructors who are highly qualified, enthusiastic and committed to the promotion and teaching of TCM.

To present TCM theory, diagnostics and treatments in a systematic format, so that students achieve a firm theoretical foundation and receive teaching in and practice of the skills necessary for their subsequent internship and professional practice.

To emphasize hands-on learning for practical skills such as diagnostic methods, points location, needling and manipulations through demonstration, supervised practice and practical examinations.

To present a wide variety of treatment modalities that have been accepted throughout TCM history. This will enable students to make an informed choice as to their own practice preference and the treatment needed for their patients. Within individual programs, appropriate attention will be paid to knowledge and skills required for licensing or certification examinations across North America.

To present courses in both English and Chinese with flexible schedules appropriate for both working and full-time students.

To provide clinical training that builds on classroom theory, ensuring both professional competence and confidence on the part of the graduates & effective and safe TCM health care for the general public.

The President

Mary Xiumei Wu is the Founder and President of the Toronto School of Traditional Chinese Medicine. She began her medical career as a barefoot doctor serving local villagers in China. She had always dreamed of becoming a professional medical doctor and after five years of study at the Shandong College of Traditional Chinese Medicine, she graduated in 1982 with top honors and fulfilled that dream. Subsequently, Mary worked at the Shandong College and its Teaching Hospital as a physician and instructor.

Mary came to Canada in 1986, studied English and received her Master of Science degree from the University of Waterloo. She continued to work in medical research in the fields of reproductive physiology, endocrinology and gene therapy, and published many research papers in high profile medicine journals.

To pursue her vision of promoting and developing traditional Chinese medicine, Mary founded and established the Toronto School of Traditional Chinese Medicine in 1995. The school reflects her dedication to the promotion, recognition and development of TCM through education and professional service. She is a caring and passionate TCM doctor, an enthusiastic and experienced teacher, and a highly regarded advocate and outstanding leader in the field of TCM in Canada.

Mary was appointed by the Minister of Health to two major Health Canada Advisory bodies: the Advisory Panel for Herbal Products and the Expert Advisory Committee of Complementary Medicine. She has been serving as a member of the Expert Advisory Committee for the Natural Health Product Directorate for several years. She is actively involved in the promotion, recognition and regulation of TCM/acupuncture as a medical science and a primary health care profession in Canada.

In May 2002, Mary appeared before the Romanow Commission on the Future of Health Care in Canada. In her presentation she recommended the integration of traditional Chinese medicine and acupuncture into the mainstream health care system, arguing that it would benefit all Canadians and reduce the cost of health care in Canada.

Traditional Chinese Medicine

More than ever, people across North America are returning to natural ways of improving their health. Traditional Chinese medicine is growing in acceptance and practice. It focuses on health promotion, illness prevention and treatment through natural remedies such as acupuncture, Chinese herbal medicine and tuina massage. The philosophy and practice of TCM are consistent with the most significant developments in health care today: 1) an emphasis on prevention, 2) the call for natural, non-invasive medical approaches, 3) an acknowledgement of the need to balance all aspects of life such as the physical, emotional and spiritual, and 4) the changing role of the medical practitioner as the facilitator of a patient's health and wellbeing. As a result, the demand for qualified health care professionals in complementary or alternative fields of practice is growing. Acupuncturists and TCM practitioners are among the fastest growing career choices in health care today.

The study and practice of traditional Chinese medicine brings together traditional and modern views of health, eastern and western approaches, and provides an opportunity to participate in one of the truly remarkable achievements of mankind. TCM has served over a quarter of the world's population for thousands of years and repeated clinical tests have proven its effectiveness in fighting many diseases. In China, its country of origin, TCM and western medicine work hand-in-hand to provide the best health care and disease treatments possible. Doctors of TCM are well respected and recognized. Many TCM universities offer postgraduate programs leading to Masters and Ph.Ds. in Chinese medicine.

The trend of development in this field will result in the rapid recognition of traditional Chinese medicine as a formal health care profession. A career in TCM will be much more rewarding than ever before.

Regulation of Traditional Chinese Medicine and Acupuncture

In Canada

Although still relatively young in North America, the practice of Traditional Chinese Medicine has already found a firm foothold in our health care system. Almost half of all Canadians use complementary and alternative medicine including TCM. Many private health care insurance companies cover both acupuncture and TCM treatments because of their demonstrated effectiveness and lower costs. Human Resources Development Canada, together with representatives of the TCM profession, is exploring the feasibility of a sector study of complementary and alternative health care practitioners. The Toronto School of Traditional Chinese Medicine has been actively involved in facilitating the regulation and recognition of this profession in Ontario and across Canada.

Acupuncture is officially recognized and regulated in Alberta, British Columbia and Quebec.

In British Columbia

Traditional Chinese medicine and acupuncture is regulated in British Columbia through a system of four titles and types of registrations granted to applicants based on their education and experience.

1. Registered Acupuncturists, abbreviated as “R.Ac.” may practice acupuncture if they have acquired a minimum of 1900 hours instruction over three academic years, including a minimum of 450 hours of clinical instruction.
2. Registered Traditional Chinese Medicine Herbalists, abbreviated as “R.TCM.H.” may practice traditional Chinese herbology. They must have a minimum of 1900 hours instruction over three academic years, including a minimum of 450 hours of clinical instruction.
3. Registered Traditional Chinese Medicine Practitioners, abbreviated as “R.TCM.P.” may practice traditional Chinese medicine if they have a minimum of 2600 hours of instruction over four academic years, including a minimum of 650 hours of clinical instruction.
4. Doctors of Traditional Chinese Medicine, abbreviated as “Dr.TCM.” may practice traditional Chinese medicine if they have at least 3250 hours of instruction over five academic years, including a minimum of 1050 hours of clinical instruction.

In Ontario

The Ontario government is currently considering the recommendations of the Health Professions Regulatory Advisory Council (HPRAC), and developing regulations for traditional Chinese medicine and acupuncture. It is expected that the Minister of Health and Long-Term may announce the regulations in the near future.

In the United States

Acupuncture and Oriental medicine have been among the most rapidly recognized forms of complementary health care in the United States. Over forty states recognize the practice of acupuncture. Two types of Masters level programs in TCM are offered in the United States, namely acupuncture and Chinese herbology. Programs leading to a Doctoral Degree in Oriental Medicine are available in some institutes. The National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) has certification programs in acupuncture, Chinese herbology and Asian bodywork therapy. NCCAOM is a member of the National Organization for Competency Assurance. It is also accredited by the National Commission for Certifying Agencies, which represents the highest voluntary certification standards in the United States. NCCAOM Certification is recognized by most official licensing bodies for registered acupuncturists.

States that recognize and regulate acupuncturists:

Alaska	Kansas	North Carolina
Arizona	Louisiana	Oregon
Arkansas	Maine	Pennsylvania
California	Maryland	Rhode Island
Colorado	Massachusetts	South Carolina
Connecticut	Michigan	Texas
District of Columbia	Minnesota	Utah
Florida	Missouri	Vermont
Georgia	Montana	Virginia
Hawaii	Nevada	Washington
Idaho	New Hampshire	West Virginia
Illinois	New Jersey	Wisconsin
Indiana	New Mexico	
Iowa	New York	

Government Registration & Accreditation

The Toronto School of Traditional Chinese Medicine is recognized as a post-secondary educational institute by Human Resources Development Canada and Canada Customs and Revenue Agency. It is registered with the Ontario Ministry of Consumer and Commercial Relations and licensed by the Municipal Licensing and Standards. The educational programs provided at the TSTCM are designed and conducted in accordance with the essential requirements of the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM) in the United States. The TSTCM is committed to ensuring that it obtains any and all required accreditations.

We have reached a Major Milestone in Health Care Education!

November 18th 2001 was a historic day for TSTCM. It marked the first graduating class from our Traditional Chinese Medicine Diploma program, and the first Canadian trained class who have ever successfully passed the exams and been awarded the American NCCAOM certifications in both acupuncture and Chinese herbology.

On that day, officials from Health Canada, the Government of Ontario and the Consul General of China, representatives of TCM/acupuncture organizations, Members of Parliament and Members of the Provincial Parliament all joined in this celebration and applauded the graduates for their commitments and achievements.

The graduates of these programs look forward to embracing their professional career in TCM with great confidence. They are proud to be the first graduates of TSTCM and look forward to providing excellent services to their community.

Educational Standards in North America

The practice of traditional Chinese medicine and acupuncture is a recognized health care profession and a rewarding career. High standards of education are essential for a successful and rewarding career. The Toronto School of Traditional Chinese Medicine is dedicated and committed to excellence

in TCM education. Our programs are designed according to the highest available standards required for professional licensing in Canada and in the United States. However, given the dynamic nature of the field and the frequent changes of statutes and regulations in different jurisdictions, our curriculum will be continually improved where necessary while maintaining the stability of ongoing programs.

The Toronto School of Traditional Chinese Medicine offers professional diploma programs in ADVANCED TRADITIONAL CHINESE MEDICINE, PRACTITIONER OF TRADITIONAL CHINESE MEDICINE, ACUPUNCTURE, CHINESE HERBAL MEDICINE and TUINA MASSAGE. Our programs are designed to surpass North American licensing requirements. The following table compares TSTCM's standards with recognized educational standards for the profession in North America:

Jurisdictions	TSTCM		Canada (BC)		USA (NCCAOM)	
	Total	Clinic	Total	Clinic	Total	Clinic
Doctor of TCM	4220	1340	3250	1050	4000	1200
Practitioner of TCM	2880	800	2600	650	NA	NA
Acupuncture	2260	560	1900	450	1750	500
Herbal Medicine	2260	560	1900	450	2175	500
Tuina Massage	2260	560	NA	NA	500	70
More information	www.tstcm.com		www.ctcma.bc.ca		www.nccaom.org	