

Toyohari Japanese Meridian Therapy Training Program

Toyohari Association of North America

This program is 18 days of training over 8 to 9 months.

The Toyohari Association was founded in 1959, and began as an association devoted to Japanese Meridian Therapy for blind students and practitioners. Today it includes both sighted and blind practitioners. Many of the senior instructors in the Association are blind, and have considerable clinical experience. A post-graduate training in Japan is given through the highly organized, academic and hands-on clinical training methods of the senior members of the Association, utilizing the "Kozato-study method". The North America Branch, the TANA has developed a training program that follows the Tokyo based program.

Toyohari is a style of acupuncture that focuses on direct perception and treatment of the Qi. It is a theoretically simple but technically sophisticated complete system of acupuncture. The training is designed to increase the acupuncturist's ability to feel the flow of Qi and disruptions in the flow directly from palpating the body. What is different is the needle techniques are very delicate and designed to promote for the flow of Qi in a very skilled and nuanced way.

In the training we work with each student to assist them in feeling the effect of the needle technique immediately as you are needling and to be able to decide the dose and the effectiveness. The Toyohari Association has developed quite unique training and teaching methods that can accelerate the learning of skills that usually take many years of practice to develop. It is a direct method of diagnosis and treatment of Qi that complements the rather more abstract ways of working with the patient's Qi.

This training program places great emphasis on pulse diagnosis, palpation skills and needle technique and requires individual feedback and coaching so we keep the classes rather small to be able to deliver this training.

Graduation from this entire program entitles the graduate to join the Toyohari Association through one of its branches and become a registered Toyohari practitioner. The principle purposes of the branches are to foster and improve clinical skills by providing ongoing study opportunities both in Branch study groups and study sessions with senior instructors in Japan, North America, Europe and Australasia.

Principle amongst the techniques used in the Toyohari system are:

Diagnosis: Using the classical 4 Diagnoses yet focusing especially on pulse diagnosis and touch diagnosis.

Treatment: very delicate supplementation technique; various draining techniques; harmonizing technique, (waho); "contact" needling techniques (sanshin); warming moxa (chinetsukyu), direct moxa (okyu), cupping (kyukaku), bloodletting (shiraku), specialized treatment of the neck and inguinal regions to relieve symptoms (naso & muno), specialized use of the extraordinary vessels (kikei), specialized use of midday-midnight method (shigo).

Training in skills: there is a special method of skill assessment and training developed in Toyohari called Kozato method where the practitioner gets immediate feedback on the effects of their technique.

Graduates will

- ❖ considerably improve their pulse and tactile diagnostic and assessment skills.
- ❖ also develop a greater sense of qi sensitivity through applying the needling techniques of the Association.
- ❖ learn a range of methods specifically aimed at relieving symptoms.
- ❖ be able to join ongoing study groups through joining the Toyohari Association. There are local monthly study groups, National Seminars with teachers from Japan and opportunities to study in Japan.

Faculty: The instructors for this program are all approved teachers by the Toyohari Association and have studied this system for many years in the US, Japan and Europe with teachers from Japan.



Photo by Janette Baugh

**For more information on Toyohari, please visit Toyohari Association of North America website:
www.toyohari.org**