

WHITE LOTUS COLLEGE OF IRELAND



COLLÁISTE LUISTEÓG BÁN NA hÉIREANN

愛爾蘭白蓮花學院

**TRADITIONAL CHINESE MEDICINE AND ORIENTAL
ARTS**

PROSPECTUS

2020

WHITE LOTUS COLLEGE OF TRADITIONAL CHINESE MEDICINE AND ORIENTAL ARTS HISTORY

The WLC is a new college to grace the Irish stage. Founded in 2020 it has a history of its arts that stretches back some 40 years with the current Director Alan Sheehy.

COLLEGE DIRECTOR

Alan Sheehy began studying Traditional Chinese Kung Fu including Qi Gong for martial arts in 1980 under the instruction of Sifu Kate Willyard and Master Murray Beatts. He also trained with such notables as Thomas D. St. Charles and Glenn Wilson.

He began his training in Traditional Chinese Medicine and Acupuncture under Prof. Tom Shanahan in 1993 graduating in 1996 he went on to study Traditional Chinese Herbal Medicine graduating in 1998.

In 2000 Alan embarked on his study of Medical Qi Gong at the University of Traditional Chinese Medicine in Guangzhou, PRC, under the tutelage of Professor Xia Shuangquan. Gaining a Diploma in Medical Qi Gong with the Irish College of Traditional Chinese Medicine, Alan continued studying with other recognised Medical Qi Gong Masters, (Dr. Xie, Nanjing University of TCM, Dr. Kootenay, Canada)

Over the years Alan Sheehy has continually sought out recognised masters of TCM attending many lectures and completing many courses on specific aspects of Traditional Chinese Medicine such as TCM in the treatment of skin diseases, an in depth course given by an expert on the subject Mazin Al-Khafaji London, Traditional Chinese Medical Dietary Therapy given by Daverick Leggett author of recipes for self-healing, In depth study of tongue diagnosis by Barbara Kirschbaum, Germany, An in-depth study of the Extraordinary Channels by Barbara Kirschbaum, Germany, Seminars given by the FNMTTC (French TCM Federation) Aix en Provence, France, Tui Na (TCM massage techniques) and many other seminars.

In 2008 the Director gained a further diploma in the treatment of women's health particularly Gynaecological and Obstetric issues with a recognised expert in the treatment of Women's health issues Dr. Trevor Wing, Richmond London.

FOUNDING OF THE WHITE LOTUS COLLEGE OF IRELAND

The extensive knowledge provided by all of these wonderful teachers, clinical experience of close to thirty years, plus the tireless and sustained study of these life changing and enhancing Arts has led the Director to found this College to provide the platform to launch the careers of its students in any of the medical or health promoting disciplines provided.

THE COURSES

Licentiate in Traditional Chinese Medicine Acupuncture and Qi Gong.

What will candidates who successfully complete this course gain?

The Traditional Chinese Medicine Acupuncture and Medical Qi Gong Course is an in-depth three year study with practical hands on experience that will allow its students on successful completion of this course open their own clinics and treat their own clients using the modalities of acupuncture, moxabustion, cupping, Qi Gong and lifestyle advice.

They will have an in-depth knowledge of their subject that is second to none

They will have completed a course that is unique in Ireland in that it blends Acupuncture and Medical Qi Gong into a cohesive whole such that a full picture and full understanding of Traditional Chinese Medicine (TCM) becomes evident through not just theoretical understanding but practical understanding at a much deeper level.

It cannot be overly stressed as to the benefit that this will bring to the student and eventually qualified practitioner. As stated above this approach is unique and no other college offers this opportunity.

Blended course

Our TCM, Acupuncture and Qi Gong courses are blended. The Qi Gong you will learn is geared towards your stage and progress in your TCM and acupuncture. For example when you begin to study the individual “organs” you will be taught Qi Gong relevant to the Qi of those “organs”. This means that for many of the students they will not only be able to visualise the channels on which the acupuncture points are found but will also be able to feel this energy and thereby get a powerful understanding of TCM and how acupuncture works that could not possibly be delivered through theory alone.

The course is also blended through the use of online learning with classroom lecture. A lot of thought has gone into the best way of delivering this course within certain restrictions and not only deliver the course but deliver a course that cannot be beaten. Our on line platform is a dedicated e learning platform developed in the University of Michigan.

Therefore our course will be held over three years, an equivalent of 12 weekend lectures per year. Seven of those lectures will take place in our clinical premises and five will be held on line. Except for the third year which is the clinical year and all twelve weekends will take place in the clinic.

During the course there will be questions and answer time set aside once per week giving the students an opportunity to ask whatever they want in the virtual class room setting.

Assignments will be set throughout the course and delivered via email.

What is Traditional Chinese Medicine?

TCM hails from China a country that is made up of many indigenous nationalities and historically many states that have been wedded together to form this huge country we nowadays call the Peoples Republic of China.

Secondly we call it traditional as it is one of the oldest forms of medicine still being practiced today. Traditional Chinese Medicine has a History that goes back many thousands of years and has spread through-out all of the Far East and has drawn from many of the traditions it has encountered, hence we use the term Oriental.

Even though we call it traditional, that does not mean it has not been subject to change over the centuries. Many famous Chinese doctors wrote many treatises correcting various theories until over many centuries of constant field trials we arrive at the wonderful Medical resource we have today in Traditional Chinese Medicine.

Traditional Chinese Medical Theory

From the get go it is important to understand that Chinese Medical theory bears no relationship whatsoever to modern Western Medical theory. As practitioners we always take into serious account any western medical diagnosis, however we cannot treat on that basis alone. Unfortunately there are practitioners and colleges who fail to understand this most basic and vital distinction and try to hammer one or other theory together to make it fit its opposite counterpart e.g. Traditional Chinese Medical theory fit into a Western understanding. That is a mistake and will only lead to poor practice where the client will suffer. Both theories should stand alone.

Chinese Medical theory starts off with an understanding of what are the most basic aspects necessary for a healthy life and then progresses to discuss the energetic processes within the human body that create and maintain health. After a full understanding of these basic building blocks we then discuss how those energetic processes break down, the causes of how they break down and how do we recognise the area of most concern that will allow us to ultimately treat the client and obtain a successful outcome.

How does Traditional Chinese Medicine deliver its treatment to the patient?

The methods of treatment are many and varied however, they all adhere to and are dependent on one thing an excellent understanding of Traditional Chinese Medicine theory that leads initially to a correct diagnosis. Without a comprehensive diagnosis one cannot treat successfully regardless of the modality of treatment. The following list is by no means exhaustive of all modalities, but represents the more commonly used methods of treatment:

Acupuncture

Moxabustion

Cupping

Gua Sha (scraping)

Food therapy

Traditional Chinese Herbal medicine

Tui Na = Specialised Traditional Chinese Medical Massage

Qi Gong to promote health – Using very gentle exercises to guide and circulate the body's energy

Medical Qi Gong – Qi Gong developed to allow the practitioner treat the client using his/her own Qi.

Tai Ji Quan – Grand Ultimate fist – a martial art that utilises knowledge of TCM and Qi Gong to promote the circulation of Qi throughout the body.

Many other Traditional Chinese Martial Arts cross over into this area.

What is Acupuncture?

Acupuncture can be defined as the insertion of very fine pre-sterilised needles into pre-determined points on the surface of the body based on a diagnosis through the application of the principles of Traditional Chinese Medicine to obtain a therapeutic outcome for the patient.

Therapeutic outcome is intended to mean ridding the disease or disharmony, and promoting the health of the individual.

Medical Qi Gong

You will learn Qi Gong for health promotion in the first year. You will come to an understanding as to the intimate connections between TCM, Acupuncture and Qi Gong. In your second year you will be shown how your health promotion Qi Gong can be used as part of your treatment where it becomes specifically medical Qi Gong and integrated with your acupuncture treatment. The Qi Gong that you learn with us is specific to this course and is designed as a fully integrated system. For example when we are studying Fei Zang Fu (Lung Organ) you will be taught some Qi Gong specific to that Organ and the same will be true for the whole course. In this way you will receive a fully integrated course without gaps.

What is Qi Gong?

Qi Gong means to Work with Qi. Qi can be defined as the energetic processes that make us alive and human. Therefore Qi Work means to work with these energetic processes to strengthen health, strengthen our reserves of Qi to prevent disease from entering, and working with this newly enhanced Qi to treat other people.

Clinical Year/Third year

The third year is the clinical year in which you will be putting it all together and treating patients for the first time. During this time all of your theory will be put into practical effect and you will be shown how to take case histories, develop a treatment strategy, and deliver the treatment to the best effect. You will also be taught clinical management, patient management, correct note taking and all of the other areas necessary to run and maintain a successful practice.

Western Medicine Module

For those students who do not have a western medicine qualification, you are required to complete a Western Medicine Module. This will be undertaken in the first year and will cover such basics of Western Medical theory as anatomy, physiology, bodily systems, various diseases and also red flag issues. The Western Medicine module is a requirement from our insurers as well as being an educationally invaluable tool that you will employ in your later work. Particularly as your clients may come to you with a western medicine diagnosis.

Your western medicine module is taught wholly online by a professional Western Medical practitioner with many years of experience.

Governing bodies.

Our successful students will be eligible to join the Acupuncture Council of Ireland/Traditional Chinese Medicine Council of Ireland and will be encouraged to do so as it is an independent Register of practitioners.

White Lotus Association

They will also be eligible to join the White Lotus Association of Ireland. This is our in house Association dedicated to promote and support our practitioners such that our practitioners should never feel isolated or lacking in legitimate support in relation to their practice.

Professional Indemnity Insurance

Newly qualified practitioners are required to take out professional indemnity and malpractice insurance and our practitioners qualify for this insurance.

POST GRADUATE COURSE IN MEDICAL QI GONG

This course is only open to students who have completed a TCM and Acupuncture course. It follows closely the format the Students of TCM and Acupuncture take except you as post graduate students you will be taught how to lead Qi and how to emit Qi to your patients in order to treat them and how to replenish your own Qi from nature.

INSTRUCTOR'S COURSE IN TRADITIONAL CHINESE GONG FU

COURSE DURATION

The Kung Fu instructor's course takes place over the course of two years for twelve weekends per year.

Where will the course take place?

Six weekends at the White Lotus College of Oriental Arts training centre in Dunmanihean, Killorglin and six online weekends. Co. Kerry. You will also be expected to train daily in accordance with the college programme. Therefore the course will primarily take place in your own home.

What is Kung Fu/Gong Fu?

Gong Fu is the accepted term in Pin Yin (the Romanised version of Mandarin Chinese and this is the term that is used throughout.)

Gong Fu literally means a refined respected skill, honed through repetition that has been handed down by the "Masters". Therefore anything that can fit into this definition can be considered a Gong Fu. For example the Zen practice of gardening, or Japanese Tea ceremony, painting, sculpting, flower arranging, calligraphy. All of these and many more can be considered to be a Gong Fu.

So what makes these practices different from other arts or indeed ordinary work?

First they are skills that can be tested. That is they all have this in common. The person practising them will be graded by a teacher or master to see how they are developing.

Secondly and this is probably most important, they all have an element of concentrated Qi involved. This means that the person practising their art does so through the medium of Qi, and an aspect of Qi Gong that allows for a calm mind where in the case of martial arts the body flows with a spontaneity that the conscious mind could not keep up with nor comprehend.

Thirdly, all have a "goal" or aspiration to bring their students into a state of "being one with the Dao". This sounds very hippyish, I know, however, this idea belongs to the realm of working as closely to nature as humanly possible. It contains within it the ability to harmonise with one's own nature and the nature of the environment in which they are living.

So we can see that real traditional Gong Fu has very little to do with fighting per se, as depicted in a lot of Kung Fu films. The martial arts that we study is the vehicle that we use to bring us from where we are now to where we are going.

Will I actually be learning how to defend myself and how to fight physically?

Yes you will. You will be taught in a very controlled way as is the traditional approach to training to develop your own power and focus. Everyone has different talents generally and in particular when it comes to Gong Fu. Over time your strengths will become stronger and what may have appeared as weaknesses can very often become strengths.

You will develop physical, mental and emotional defences doing this course.

During your home training you will primarily be practising non-contact Gong Fu to strengthen body and mind. Only during our weekend sessions will we allow any contact and only then under supervised and strict controls

IS PREVIOUS TRAINING EXPERIENCE NECESSARY?

You do not have to have any previous experience of any other martial art to take part in this course. In fact we prefer if you didn't as many people are taught in ways that may be detrimental to themselves and others.

DO I HAVE TO BE VERY FIT FOR THIS COURSE?

You don't need to be fit. Basically be able to walk a mile or climb a flight of stairs without stopping. If you are able to do that then you will be able to do this course. Over time and with your training regime in place you will get fitter and healthier without consciously realising it. You will undoubtedly change for the better as a result of doing this course.

IS THERE AN AGE LIMIT FOR THIS COURSE?

You have to be over the age of 18 years at the time of application. There isn't an upper age limit but you must have free use of both arms and legs.

IF I HAVE AN INJURY OR A DISABILITY CAN I APPLY FOR THIS COURSE?

If you have an active injury, that is one that is recent and you are just recovering from it, then you will need a cert from your doctor to state the likely prognosis of the injury. In other words how long will it take to heal? Generally for active injuries we prefer to wait until the injury is healed. However, each person will be assessed individually.

Inactive injuries are those injuries that happened some time ago but where the person is left with some restriction because of the injury. In those cases, the person may apply and the director will assess the applicant for suitability as he will do with all applicants.

For people who have disabilities it again depends on the severity of the disability. For example this course would not be suitable for wheel chair users, or people with very little vision or hearing. Individual assessment will be made on application.

WHERE WILL THIS COURSE TAKE PLACE?

In our own private dojo in Killorglin. Co. Kerry.

WHEN WILL IT TAKE PLACE?

Beginning on the last weekend of March 2021.

HOW MUCH TRAINING WILL I NEED TO DO AT HOME?

Preferably at a minimum of one hour per day training and added time for note transcription.

WHAT WILL COMPLETION OF THIS COURSE ALLOW ME DO?

You will be able to open your own dojo and obtain insurance for same.

You will be able to teach new students this style of Gong Fu.

You will be eligible for inclusion in the White Lotus Association of Practitioners on completion of a First Aid Responder course which White Lotus will organise. As part of that course you will also be required to attend very importantly our Child Protection requirements which will be held over the course of a day.

You will be eligible to enter your students into any of our competitions or seminars.

Your students will be eligible to enter the White Lotus Association as student practitioners.

What style of Gong Fu will I be learning?

There are actually thousands of styles of Kung Fu. As stated previously many of them were considered to be family styles, that is a style of Gong Fu associated and developed by one family in the past, which usually was taught by grandfather to grandson. Many of these family styles died out because of lack of students or because the last exponents did not wish to pass on the information, or there were no male heirs to take the tuition. Consequently a lot of females became famous practitioners of Gong Fu even though at the time women very much were thought of as belonging to the males of the family.

The many hundreds that did survive did so because they were considered to be effective, Wing Chun (Bruce Lee's first style which incidentally was founded by a woman) and Hung Gar to name two. Our style has a root in a family style that survived and it is called Bai Long meaning White Dragon (style). The founder of this style of Gong Fu passed away many years ago, in fact a couple of centuries ago. Bai Long Gong Fu had its birth in the Shaolin Temple in Singapore. The temple is still there and operating as a Buddhist temple but they no longer practice Gong Fu. In those centuries past they did and the founder of our style was a student monk in this temple and eventually brought what he learned into his family who was already well versed in Gong Fu.

Over the years many Masters have added to the style and taken away aspects that were either considered not effective or not relevant for the purposes of the art. The Director of the College began studying this style over forty years ago and has trained with Masters in Ireland and in America as well as masters from different styles. Over that time he has added a lot of his TCM knowledge as well as Qi Gong to arrive at a style of Gong Fu that is not just focused on self-defence and fighting but in the overall progression and evolution of the students, physically, mentally and emotionally.

In essence Si Fu Sheehy has brought this style of Gong Fu back to its roots. We now call it **WU SHEN DAO GONG FU**. It is first and foremost a student centred style. You will often hear it being said in the dojo that the most important person there is the new student who has just walked in the door

WHY CHOOSE TO STUDY AT THE WHITE LOTUS COLLEGE OF TRADITIONAL CHINESE MEDICINE AND ORIENTAL ARTS?

Because the whole ethos of the college is steeped in the traditions of Traditional Chinese Medicine and Traditional Chinese Arts such that there is no ambiguity, or watering down, or somehow westernising the powerful resource that is Traditional Chinese Medicine Acupuncture and indeed the other traditional Oriental Arts.

You will learn TCM from the get go, your western medicine module is a separate module.

The college director has had up to forty years of teaching experience and has completed, course evaluation training, course construction, and course delivery techniques using up to date methods in accordance with QQI specifications so you can be in no doubt that the methods used in our college have been proved time and again in different fora.

We also avail of an up-to-date e learning platform developed in the University of Michigan particularly for this type of learning.

The teachers in our college are picked because of their experience and dedication as well as their proven ability to teach.

Cost. While it should not be the most important issue, it is an important issue. Because we are not situated in the capital or major city such as Limerick or Dublin we are able to keep our costs down and pass on that saving to our students while still delivering a second to none level of education in TCM and acupuncture.

Ancillary costs such as accommodation are also much lower than in Dublin.

Ease of access. Our college is situated in Newcastle West in Co. Limerick, practically at the end of the Dublin Limerick motorway. It gives an ease of access to all of Munster in particular Clare, Limerick Kerry, Tipperary, Cork, most of Leinster and south Connacht. For students further afield, traveling to Newcastle West or Killorglin will still prove more cost effective and more pleasurable than having to negotiate the strictures of the capital.

Airports: Shannon and Kerry airport serve both localities.

As well as that, half of your lectures and most of your assignments will take place on line and will therefore cut down substantially on your accommodation costs. However, it is important to maintain the discipline of setting aside the weekend of the lecture solely for that purpose.

GONG FU COURSE

All Gong Fu weekend training will take place in our college premises and private dojo in Killorglin Co. Kerry.

Associations – You will be eligible and encouraged to join the Acupuncture Council of Ireland and you will also be eligible to join the White Lotus Association of Practitioners. This is our college

associated Association which is set up to give support to our graduating practitioner in whatever legitimate means are available.

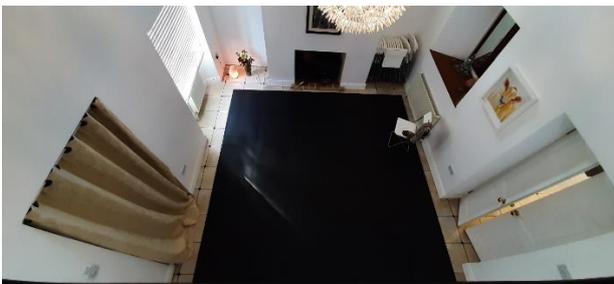
College and White Lotus Events. Every year we aim to do something enjoyable as well as uplifting. Whether that be hosting visiting masters, putting on exhibitions or shows, various seminars or even walking expeditions. Our Association is a vibrant Association not just of practitioners but of friends that enjoy social activities. Have a look at our events page to get a flavour of events we have hosted in the past and any upcoming.

COVID 19 2020

Unfortunately all our social events for 2020 had to be cancelled or postponed due to the pandemic.

College premises

Hollytree Newcastle west co. Limerick



College premises Dunmaniheen, Killorglin. Co. Kerry

