



Join the Colorado Chinese Medicine University (CCMU) Professional Doctorate Class of Spring 2024

The CCMU Professional Doctorate program for the Doctor of Acupuncture (DAc) degree prepares graduates for leadership in acupuncture and integrative medicine. This program leads to a DAc degree, offering the highest professional entry-level education in the field and ensuring degree parity with other healthcare professionals. Our rigorous academic instruction focuses on clinical practice and deepening knowledge of integrative medicine. The online format provides easy access for students to meet curriculum requirements.

The DAc program incorporates 150 hours of collaborative clinical externships and integrative clinic forums, allowing students to immediately apply acupuncture training in collaboration with other healthcare professionals CCMU faculty.

It also includes 180 hours of curriculum dedicated to enhancing understanding of integrative medicine, professional development, research literacy, and advanced acupuncture expertise.

This program equips students with a deeper knowledge base to provide high-quality collaborative care. It helps experienced practitioners stay competitive in today's healthcare landscape, where entry-level practitioners now graduate with doctoral degrees.

PD Program Completer Track

Duration: 8 months

Format: Totally online course

Total Hours: 330 hours

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In October 2023, Colorado Chinese Medicine University has been approved by ACAHM for offering courses via Distance Education. Also, Colorado Chinese Medicine University has been approved to participate in State Authorization Reciprocity Agreements.

[Read More Here](#)

In October 2023, ACAHM completed the site visit for CCMU DAOM Program.

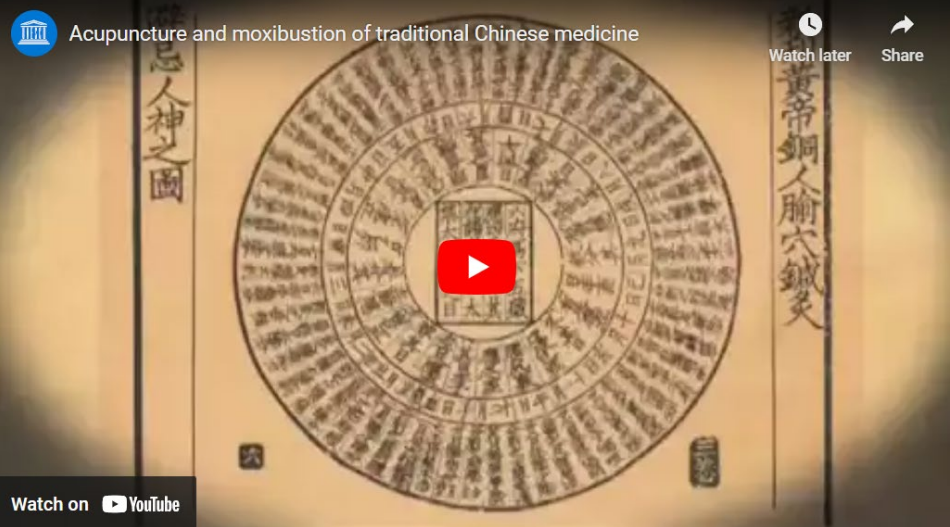
DAOM Program

- Duration: 2 years
- Format: Mostly online with occasional on-campus sessions
- Total Hours: 1215 hours
- Focus: Clinic outcomes, Integrating Symptom/Syndrome and Qi-Based Medicine
- Scholarship: Up to \$15,000 available
- Work for Tuition Opportunity: Work 1-2 days/week to cover the tuition

[Learn More](#)

Join Us in Celebrating World Acupuncture Awareness Day!

Learn more about the importance of this approach and join us in celebrating with exclusive discounts on single or package treatments for the rest of the year.




Watch Video

Check Out Our Recent Research Projects!

- **Op-Ed on TCM and Treatment of Pelvic Floor Myofascial Conditions**

View Project

- **The Science of Tai Chi & Qigong as Whole Person Health: Advancing the Integration of Mind/Body Practices in Contemporary Healthcare**



University College
UNIVERSITY OF DENVER

HEALING AND SCHOOL OF TRADITIONAL CHINESE MEDICINE

Tai Chi and Whole-Person Health: Real-World Evidence in Older Adults

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Purpose

Successful aging involves the health of the whole person across multiple domains of physical, functional, social, and psychological health. Tai chi has been proposed as a pathway to whole person health, but the extent to which it translates from clinical settings to real-world community settings is not well established. In addition, interventions that demonstrate efficacy in controlled settings may not be effective in real-world settings.

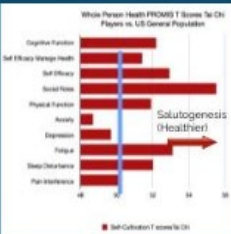
Methods

Our cross-sectional study of 163 older adults practicing tai chi in community programs (avg. age 64.7, sd 15.5), using PROMIS-29 v2.1 scores, was used to assess 10 domains of whole person health including physical function, anxiety, depression, fatigue, sleep, social function, pain, cognitive function and self-efficacy.

Results


T-scores were calculated for physical function (51.9, SE 5.0), pain (49.8, SE 3.7), depression (50.3, SE 3.8), anxiety (51.3, SE 3.7), cognitive function (52.2, SE 2.7), self-efficacy (52.9, SE 4.0), sleep (48, SE 3.4), fatigue (46.9, SE 3.0), social (55.5, SE 3.3), and self-efficacy for managing symptoms (51.4, SE 2.8). Overall scores for each domain were similar to scores reported in the PROMIS normative sample of the U.S. general population, with mean T-scores near 50. Scores were significantly better (.05) compared to sedentary older adults.

Whole Person Health PROMIS T Scores: Tai Chi
Figures vs. U.S. General Population




Solutogenesis (Healthier)

Whole Person Health PROMIS T Scores in Sedentary Living Learners



Whole Person Health PROMIS T Scores in Tai Chi Practitioners



CONCLUSION

Our findings suggest that participants in community-based tai chi programs exhibit markers of whole-person health that are typical of individuals who are roughly half their age. Tai chi programs seem to translate well from controlled clinical trials to implementation in community settings and may be a reasonable path to successful aging that aligns with the interests, beliefs, and philosophical orientation of older adults. Furthermore, the effects of tai chi on whole-person health were significantly larger in comparison to sedentary older adults in the community.

[View Project](#)

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