

Integrative Acupressure Practitioner Training Program

with Sam McClellan



*A whole person approach
to bodywork synthesizing
the Chinese energetic model,
structural/functional balancing,
and mindful client dynamics*

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Integrative Acupressure is unique in its comprehensive approach to body/mind health and optimization, based on three components—the Chinese energetic model of the body/mind, structural and functional optimization of the body based on the Western physiology model, and client dynamics rooted in psychology, mindfulness, and self-development.

The Integrative Acupressure system is designed to be modular. It includes several modalities and enables the integration of other techniques and modalities within an overall view of the body/mind. It is a powerful, highly effective and comprehensive approach to understanding and managing health and well-being.



Sam McClellan is the originator of the Integrative Acupressure system. He has been practicing acupressure and health work since 1979, and founded and was the director of the New England Institute for Integrative Acupressure from 1983 to 1996, with trainings primarily in Western Massachusetts and also New York City, Seattle WA, Italy, Germany and Austria.

Sam is the author of *Integrative Acupressure: A Hands-on Guide to Balancing the Body's Structure and Energy for Health and Healing*, published by Perigee Books (currently out of print), and is the composer of *Music of the Five Elements*, originally on Spirit Records and now on Séance Centre as both an LP and digital download on all major streaming music platforms.

He is currently writing a comprehensive book on the Integrative Acupressure system which should be available in late 2022/early 2023.



“Approaching health work as an extension of your own self-development makes one a far better practitioner. When the body/mind is approached from this way of seeing, it is endlessly fascinating.”

Sam McClellan

Visit <https://integrativeacupressure.com>
for more information and to apply for the program

Integrative Acupressure is a comprehensive, highly effective system for health work combining an in-depth energetic approach, unique structural and functional optimization, and ways to work with both the short and long term underlying state of the nervous system which then affects a person's health and well being. The integration of these viewpoints serves to increase the efficacy of the work over any one approach by itself.

The energetic aspect of the Integrative Acupressure system is based on the Oriental approach to health, as is acupuncture. However, Integrative Acupressure is optimized for finger pressure and manipulation instead of needling.

The system combines this energetic approach with a sophisticated method of non-forceful structural release and balancing. This method incorporates neurological repatterning techniques to prevent recurrent loss of alignment. This is coupled with several powerful modalities including lymphatic release, cranial release, and abdominal release.

Additionally, the Integrative Acupressure system is designed to be modular. Other techniques and modalities can be integrated using the overview and understanding afforded by the Integrative Acupressure system. Several Western alternative techniques are included in the program, such as reflexology, Iridology, etc. Practitioners are encouraged to develop their own "toolbox" using these and other approaches.

The 250 hour **Integrative Acupressure Practitioner Training Program** is a comprehensive course of study covering all aspects of the Integrative Acupressure system.

"True health work is more than just knowledge and technique. A practitioner must be something of an artist, synthesizing an understanding of their areas of expertise with their awareness of the client.

Sam McClellan

The Program is divided into two 75 hour courses and a 100 hour independent study.

Some of the more outstanding features of the system which will be covered in the training include:

- The Oriental philosophy of medicine, including the concepts of yin/yang and its extension into the Five Elements and Eight Principles and how these can be used to both analyze body/mind imbalances and affect lasting change.
- The locations and functions of the Twelve Organ Meridians and Eight Extra Meridians, and point release patterns for many body/mind imbalances.
- Oriental imbalance analysis, including basic pulse analysis, point palpation, voice, tongue, and facial analysis, along with traditional associations of imbalance.
- Techniques for structural release and balancing of the body, and for the prevention of recurrent loss of alignment through repatterning.
- State regulation including your own self-development and how that augments your work with clients, and combining bodywork with mindfulness techniques for emotional balancing.
- Client dynamics—managing client relationships including honoring your client while maintaining clear boundaries, and addressing issues that may come up in your work together.
- Cranial release and alignment and complementary connective tissue and muscular release.
- Visceral release of the organs, and clearing fascial adhesion in the abdominal cavity and elsewhere.
- Acupressure Lymphatic Release, which can be very effective at supporting the immune system and addressing mucous problems and edema.
- Foot Reflexology, a simple but effective Western approach to acupressure.
- Addressing the important issue of balancing and synthesizing knowledge and intuition.

Level I: 75 Hours

Basic Integrative Acupressure with an emphasis on structural acupressure. Course includes working with state regulation and client dynamics and an overview of the Integrative Acupressure approach to health, including: Basic Oriental Medical Theory, The Organ Meridians and Meridian Theory, Shu and Alarm Points, Back, Shoulder and Neck Release and Alignment, Foot Reflexology, Yin/Yang and the Five Elements, Five Emotional Spectra, Introductory Pulse Analysis, Basic Cranial Release and Basic Acupressure Lymphatic Release.

Level II: 75 Hours

In this course, we expand upon the concepts, techniques and skills introduced in the first course, along with more emphasis on the energetic aspects of Integrative Acupressure and an increased emphasis on hands-on work and supervised practice.

In particular, we will be covering: The Five Elements, The Eight Principles, the Eight Extra Meridians, Pulse Analysis, Exogenous Causes of Imbalance, Advanced Acupressure Lymphatic Release, Command Points, Intermediate Structural Release, Advanced Cranial Release, and Client Dynamics.

Level III: 100 Hours–Independent Study

The Level III consists of 100 hours of journaled practice time. The journal reflects the student's knowledge of Integrative Acupressure and their approach to client care. Journaling is highly recommended throughout the program, but is especially helpful in the year following completion.

Also included in the Level III are monthly consultations with Sam and other students via video chat or in person. Sam is also available for answering questions and supervision with your clients.

When the journal is complete, the student meets with an instructor to review their work.