

Red Rocks Community College

Jin Shin Jyutsu – Self-Care HHP 109 Fall 2015
Section - 621 CRN#22023 October 3rd & 10th, 2015
Arvada Campus, Room 7102
9am – 4:30pm

Syllabus

Instructor: Tammra Straub, JSJP, CR, CYT, ERYT-500
Phone/Texts: 303-514-4689
Emails: tammra.straub@rrcc.edu (preferred); D2L >> tstraub@ucourses.com
MindfulMotions@comcast.net

Required Coursepack: to be purchased before attending 1st class and brought to both class sessions

HHP 109 Packet from the RRCC bookstore

Text:

“The Touch of Healing: Energizing Body, Mind, and Spirit with the Art of Jin Shin Jyutsu®”
Author: Alice Burmeister with Tom Monte
(Available in campus bookstore or from other sources)

Course Description:

Jin Shin Jyutsu is the “Art of the Compassionate Person” and is a relatively simple way of restoring harmony by releasing energy congestion, tension, and stress. Jin Shin Jyutsu can achieve powerful results by applying nothing more than the fingertips. This Art provides tools for the individual to actively participate in the balancing and maintenance of physical, mental and emotional health. This course primarily focuses on applying these tools for one’s own Self-Care with hands-on experience in class.

Course Objectives:

- Understand the fields of Human Energy and the Concept of Ch’i/Ki
- Understand the Jin Shin Jyutsu definition and Foundational Concepts
- Identify and locate the 26 Safety Energy Locks (SEL’s) on oneself and others
- Learn the 3 “Gateways to Harmony”
- Learn and experience the Main Central Vertical (MCV) practice
- Learn the Organ Flows, Correspondences, and Organ Flow Anchor Steps
- Learn the practice of “36 Conscious Breaths”
- Learn how to Use/Apply the Conditions Index to oneself primarily and others

Course Requirements & Grading:

40% ~~ Student engages in class discussions (participation). Since the timing of this class is short (2 days only), you must attend both sessions to receive a grade; if you are unable to attend all sessions of class, please make arrangements to drop this class & enroll in the next scheduled offering. RRCC’s Student Code of Conduct applies to all student participation in this class.

20% ~~ Quiz (in class exercise)

20% ~~ Hands-on Practical skills

20% ~~ 1-page experiential paper or *visual model* on the MCV practice ~ **DUE 10/10/15 late submissions not accepted** (see next page for details)

A = 90-100 B = 80-89 C = 70-79 D = 65-69 F = < 64 (this includes students who have not withdrawn from class before first meeting)

Instructor reserves the right to modify the calendar & syllabus with or without notice. Instructor is available before, during, and after class to discuss questions in-person or via email.

ADAAA (Americans with Disabilities Act Amendments Act of 2008) and Section 504 of the Rehabilitation Act of 1973: Red Rocks Community College is committed to access for students with disabilities. If you are a student with a disability and need assistance or are interested in requesting accommodations, please contact Accessibility Services. Faculty are not obligated to provide accommodations without proper notification by Accessibility Services and accommodations are not retroactive. Students may contact the Access staff by telephone or email to make an intake appointment at 303-914-6733 or access@rrcc.edu. Accessibility Services is located in Suite 1182 at the Lakewood campus. More information is available at www.rrcc.edu/accessibility-services.

MCV (Main Central Vertical) Practice Experiential Paper / Visual Model Components:

Practice the MCV at least three times during the week (preferably daily – seven times).

Then write an experiential paper, which means there are only right answers (no “wrong” answers); it is about your personal experience as you practice the MCV and what you observe during and after the practice (each time you practice or as a whole experience). Please describe your experience in about 1-page, double-spaced, Arial font 12 (or similar sized font). Proper grammar and spelling are expected. Email to Tammra.Straub@rrcc.edu or to D2L tstraub@ucourses.com by **October 10th**.

You may opt to construct a visual model of what the MCV experience feels / looks like to you. Please submit this in Adobe .pdf format so it is easily opened. This may include a visual of a “before” and “after” feeling and other items as described below. Perhaps add some descriptive words to the pictures or presentation.

Some items you may want to include are:

How many times were you able to practice the MCV?

What time of day you practiced.

What were your observations each time or as a result from the week of practice?

What did you feel? ~ in your fingertips, in your body (where in your body?), in your mind, etc.

Did anyone practice the MCV along with you?

Describe any additional personal observations/comments about the MCV practice.

Writing not your “thing”? The Learning Commons at the Lakewood and Arvada Campus have wonderful people to help you write anything (including this paper) and they can connect you to the in-house writing lab. Here is a link to the on-line writing center if you prefer to receive comments without verbally talking to someone at the Writing Center:

<http://www.rrcc.edu/writing/>

This is only to help you with writing your paper and is **not** the place to submit your paper for credit.

Email your paper / visual model to Tammra.Straub@rrcc.edu or tstraub@ucourses.com (attach to an email in D2L as *Dropbox is not set up*) by **October 10th, late submissions will not be accepted.**

Red Rocks Community College is committed to diversity in its people and programs. The College is an equal opportunity educational institution which prohibits all forms of discrimination and harassment including those that violate federal and state law, or the State Board for Community Colleges and Occupational Education Board Policies 3-120 and/or 4-120. The College does not discriminate on the basis of race, creed, color, sex/gender, sexual orientation, gender identity or expression, religion, age, national origin or ancestry, pregnancy status, veteran’s status, genetic information, physical and/or mental disability or any other category protected by applicable law in its employment practices or education programs. Red Rocks Community College will take appropriate steps to ensure that the lack of English language skills will not be a barrier to admission and/or participation in vocational education programs.

The College has designated Dr. Bill Dial, Executive Director of Human Resources as its Affirmative Action Officer/Title IX Administrator/Equal Opportunity Administrator with the responsibility to coordinate its civil rights compliance activities and grievance procedures. For information, contact: Dr. Bill Dial, Executive Director of Human Resources, Title IX Administrator, Title VII/Equal Opportunity Administrator, ADA/Section 504 Administrator, PO Box 17, 13300 West Sixth Avenue, Lakewood, CO 80228-1255. Telephone: 303.914.6298 Email: bill.dial@rrcc.edu