

Red Rocks Community College
Jin Shin Jyutsu – Self-Care HHP 109 Fall 2018
Section - 621 CRN#21630 October 6th & 13th, 2018
Arvada Campus, Room 9402
9am – 4:30pm

Syllabus

Instructor: Tammra Straub, JSJP, CR, CYT, ERYT-500
Phone/Texts: 303-514-4689
Emails: tammra.straub@rrcc.edu; within D2L >> tstraub@ucourses.com
D2L: access D2L using Firefox, Chrome, or Safari only, *no Internet Explorer (IE)*

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

HHP 109 Packet from the RRCC bookstore

Recommended 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 online 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 Concept of Ch'i/Ki, the Jin Shin Jyutsu definition and Foundational Concepts
- Identify and locate the 26 Safety Energy Locks (SEL's) on oneself
- Learn the 3 "Gateways to Harmony" and experience the Main Central Vertical (MCV) practice
- Learn the Organ Flow Anchor Steps & Depth Correspondences
- Learn how to Use/Apply the Conditions Index to oneself primarily and others
- Learn the 8 Self-Care Inju (Mudras)

Course Requirements & Grading:

40% ~~ Student engages in class discussions/questions (participation). Since the timing of this class is short (only 2 days), **you must attend both sessions**; if you are unable to attend both sessions of class in their entirety, 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 (in class)

20% ~~ 1-page experiential paper or visual model on the MCV practice ~ **DUE 10/13/18 by 8pm**
late submissions will not be accepted (see next page for details)

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 64% (this may include students who have not withdrawn from class before first meeting)

Financial aid statement: "Those on financial aid should consult a Financial Aid advisor before dropping or withdrawing from a class."

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 as there are no specific office hours.

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, 720-372-1591(VP) 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 OR Visual Model Components:

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

Then **write an experiential paper**; it is about your personal experience as you practice the MCV and what you observe during and after the practice (document each time you practice OR as an overall experience). Please describe your experience in about 1-page, double-spaced, Arial font 12 (or similar sized font). Proper grammar and spelling is expected. Assignment can be submitted in class on October 13th or emailed to Tammra.Straub@rrcc.edu or through D2L by **October 13th, 8pm**.

If submitting paper electronically, please use the .doc, .docx, or .pdf format.

You may opt to construct a visual model of what the MCV experience feels / looks like to you. ***Please submit this in Adobe .pdf or .jpg format (if submitting electronically) so it is easily opened.*** This may include a visual of a "before" and "after" feeling and other items as described below. Please include some descriptive words to the pictures or presentation. Please speak with me beforehand if you plan to submit music as your model or part of your model.

Components to include in your paper/visual model are:

- How many times were you able to practice the MCV?
- What time of day did you practice the MCV?
- 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? What was their experience?
- Describe any additional personal observations/comments about the MCV practice.

Is writing a challenge for you? 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 can be attached to an email in D2L by October 13th, 8pm; late submissions will not be accepted.

Our College is committed to preserving a safe and welcoming educational environment for all students. As part of this effort, I have an obligation to report certain issues relating to the health and safety of campus community members. I must report to the appropriate College officials any allegation of discrimination or harassment. Sexual misconduct, which includes sexual harassment, non-consensual sexual contact, non-consensual sexual intercourse, and sexual exploitation, is considered a form of discrimination.

In addition to reporting all discrimination and harassment claims, I must report all allegations of dating violence or domestic violence, child abuse or neglect, and/or credible threats of harm to yourself or others. Such reports may trigger contact from a College official who will want to talk with you about the incident that you have shared. In almost all cases, it will be your decision whether you wish to speak with that individual. If you would like more information, you may reach the Title IX/EO Coordinator: **Deborah Houser, Assistant Director of Human Resources/Deputy Title IX Coordinator, 303-914-6224 or Deborah.houser@rrcc.edu.**

Reports to law enforcement can be made at the Red Rocks Campus Police Department behind the Welcome Desk at the Main Entrance or rrpd.dispatch@rrcc.edu at 303-914-6394.

If you would like a confidential resource, please contact **Deborah Houser, Assistant Director of Human Resources/Deputy Title IX Coordinator, 303-914-6224 or Deborah.houser@rrcc.edu.** Further information may be found on the College web site: <http://www.rrcc.edu/human-resources/sexual-misconduct>