

# Tai Sophia Institute

## The Art and Science of Wellness



The Institute's name, Tai Sophia, represents the meeting point of the great healing and wisdom traditions of the East and the West. The Chinese word Tai means "great," and the Greek word Sophia means "wisdom." Together, the two words – "great wisdom" – serve as the foundation of our mission and the root of all of our programs and services. Tai Sophia Institute is a nonprofit 501(c)(3) academic institution. The Institute is accredited by the Middle States Commission on Higher Education.

FOR OVER 35 YEARS, Tai Sophia Institute has educated and informed leaders in health, wellness, and sustainable living through transformative and relationship-centered programs infused with a philosophy that integrates the timeless wisdom of nature, global healing traditions, and modern science.

In addition to our dedication to academic excellence, Tai Sophia Institute is a leading center for clinical care, research, and public policy discourse—a multifaceted resource with a commanding vision to recover and redefine the art and science of wellness.

In ways that could not have been imagined just a few decades ago, our current trillion-dollar health-care system is undergoing a profound shift. The emerging model embraces integrative medicine and emphasizes prevention, wellness, and quality of life through partnership and personal empowerment.

In fact, both the concept and the practice of wellness extend well beyond the traditional clinical setting, to homes and workplaces, organizations and communities.

The global economy and digital age have birthed a literal global neighborhood. We now live in a world where—locally and globally—interdependence, sustainability, and the power of community are more evident and more essential than ever before.

These shifts have created an unprecedented demand for healers and leaders who are trained to provide quality care and inspirational leadership, and are qualified to maintain standards of excellence and integrity. These shifts also invite the active participation of informed citizens who are empowered to live their lives fully and pursue their passions.

Through our outstanding academic programs, continuing professional education, and community wellness resources, Tai Sophia is educating the wellness workforce of tomorrow and preparing the next generation of leaders and citizen-advocates for these prominent roles.

We invite you to become a learner with us and help create a world that honors our ancestors and serves our children's children.

# Learn from Timeless Wisdom



## Graduate Programs

Accredited by the Middle States Commission on Higher Education, Tai Sophia Institute and its master's degree programs, graduate certificate programs, and individual academic courses draw people from around the world. Our students come from a wide variety of educational and professional backgrounds to engage in a community where they are co-learners with distinguished faculty and world-renowned guest lecturers.

## Acupuncture and Oriental Medicine

### Master of Acupuncture

As the first accredited acupuncture program in the United States, our comprehensive curriculum combines rigorous classroom teaching with rich clinical experiences. Our graduates are exceptional practitioners with the business knowledge to create successful practices, and with the theoretical grounding and clinical experience to treat each patient as an individual and a partner with skill, compassion, and care.

### Graduate Certificate in Chinese Herbs

Offered to acupuncturists, this program is unique and remarkable for its integration of the Five Element and Eight Principle/Zang-Fu diagnostic and treatment models. Coursework includes a comprehensive didactic component as well as an integrated clinical rotation in acupuncture and herbal medicine.



## Health and Wellness Coaching

### NEW! Graduate Certificate in Health Coaching

Through this 11-month program, licensed and certified health-care professionals will be among the first to gain a key competency for the new wellness paradigm by learning to skillfully and effectively guide their patients to adopt attitudes, self-care approaches, and lifestyle changes conducive to optimal health and healing.

### NEW! Graduate Certificate in Wellness Coaching

At the forefront of the burgeoning wellness revolution, this first-of-its-kind, 9-month program prepares non-clinical professionals with the skills and expertise to empower their clients and staff to tap into their own inner sources of motivation and the body's innate wisdom to restore and preserve health.



# Explore a World of Wellness

## Herbal Medicine

### Master of Science in Herbal Medicine

Tai Sophia's graduate degree program in herbal medicine, the nation's first, is designed and delivered by an international faculty with extensive clinical and research backgrounds. Our graduates are leaders in the field with the clinical skills, scientific knowledge, and specific understanding of the potential of herbs to support overall health and wellness.

### NEW! Graduate Certificate in Medical Herbalism

This 9-month program provides an in-depth review of the most popular herbs and herbal supplements in the U.S. market, and emphasizes issues of quality, safety, and efficacy to enable licensed and certified health-care professionals to have informed conversations about herbal products with their clients.

### NEW! Graduate Certificate in Herbal Studies

Designed for the herbal enthusiast and individuals with a keen interest in wellness, nature, and sustainable living, this 9-month program emphasizes the basic knowledge and practical skills to support self care through the incorporation of herbs into the preparation of food and simple herbal remedies.

## Nutrition

### NEW! Master of Science in Nutrition and Integrative Health\*

This two-year, weekend and intensive format program offers a unique approach to the study of nutrition, one that emphasizes the vital and inter-related physical, medicinal, psychological, social, cultural, and spiritual roles food plays in our lives. Taught from a holistic and integrative perspective, the distinctive curriculum offers core competencies in nutrition assessment and treatment strategies, custom-designed science courses, and whole foods cooking, and prepares graduates to sit for the Certified Nutrition Specialist (CNS) exam.

## Transformative Leadership

### Master of Arts in Transformative Leadership and Social Change

Blending interactive classroom work and independent studies, this innovative master's degree program focuses on three major goals: the development of a wider worldview; engagement in daily transformative practices of the heart and mind; and bringing one's vision and practices to a specific arena of life. Our graduates gain the knowledge and skills to create sustainable change in themselves, in the workplace, in their communities, and beyond, and apply their learning in their chosen arena.

### NEW! Graduate Certificate in Transformative Leadership

Relevant to a wide variety of professions and interests and designed for individuals seeking to create constructive and sustainable change, this 9-month program awakens students to their unique talents and the power of language as they develop and apply innovative leadership approaches to their personal and professional pursuits.

\* pending Maryland Higher Education Commission (MHEC) approval



# Embark Upon a Journey of Discovery



## Community Wellness Programs and Continuing Professional Education

Through our free introductory wellness classes, special events, evening and weekend seminars, and individual academic courses, we provide programming designed to enhance personal well-being and professional growth. Visit our website for a complete list of offerings.

## Clinical Excellence

Tai Sophia offers over 35 years of experience in delivering outstanding relationship-centered care. Our on-campus Natural Care Center offers acupuncture, herbal consultations, nutrition counseling, and a variety of bodywork therapies, and is the centerpiece of our regional clinical network. Tai Sophia graduates practice in more than 40 states and abroad, providing exceptional care to thousands. For detailed information about our clinical services and locations, please call or visit our website, which also offers a referral list of Tai Sophia graduates.



## Nature-Centered Campus

Situated on a beautiful 12-acre campus midway between Washington, D.C., and Baltimore, Maryland, Tai Sophia offers the best of many worlds. Our location provides our students with access to acres of protected natural habitat, as well as The Green Pharmacy herb garden and one of the greatest concentrations of health-related corporations, regulatory agencies, academic institutions, and research laboratories in the world.

Our Laurel, Maryland, campus offers the following resources and amenities to students and the public:

- Natural Care Center clinic
- The Meeting Point Bookstore
- Healing Arts/Integrative Medicine Library
- Herbal Dispensary
- Herb and Meditation Gardens
- The Himmelfarb Art Gallery



## Let the Journey Begin

The Tai Sophia community welcomes visitors and encourages each and every one to explore the abundant opportunities for growth and renewal. We invite you to visit our campus. Join us for a free introductory wellness class or make an appointment to meet with a practitioner in one of our clinics. Enjoy a book and cup of tea in our bookstore or browse our healing arts library and art gallery.

Should you discover that you are ready to embark on an academic journey, we invite you to meet personally with an admissions counselor, attend an Open House, or observe a class.



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Graduate Admissions, ext. 6647    Natural Care Center, ext. 6614    Community Programs, ext. 6611

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