Introduction to Tibetan Medicine

Dr. Kunchok Gyaltsen, Visiting Professor of Medicine and Dr. Leslie Blackhall will be offering an 8 week introductory course in Tibetan Medicine from March 11 2015 – April 29, 2015

Classes will be once a week on Wednesdays from 6:15 -7:30 pm in the 6th floor of the West Complex at UVa.

This class will be free of charge.

*Tibetan Medicine is a traditional medical system, utilizing behavior and dietary modification, herbal remedies, massage, acupuncture and other techniques. With roots in Tibetan philosophy, this system integrates mental and physical aspects of health to treat illness and improve well-being.*

Topics will include:

- Overview of this medical system, including comparisons with biomedicine and other traditional medical systems
- Mind-body connections in health and disease
- Approach to diagnosis
- Lifestyle and diet
- Overview of herbal medication
- Use of massage, acupuncture and related treatments

Although students are encourage to attend each week, individual session will also stand alone for those who cannot attend each session

This course is appropriate for all levels of students and will include “hands-on” teaching.

Dr. Kunchok Gyaltsen is currently a visiting Professor of Medicine at the UVa School of Medicine. He is the first Tibetan to earn a PhD in Public Health at the UCLA School of Public Health in Los Angeles. He was ordained as a Tibetan Buddhist monk in 1981 at Kumbum Monastery in Amdo, Tibet currently called Qinghai Province, P.R. China. From a young age he studied both Buddhism and Tibetan Medicine under the guidance of knowledgeable teachers at Kumbum Monastery and Kumbum Tibetan Medical Hospital. Dr. Kunchok Gyaltsen has been nationally recognized as a scholar in his field by the National government.

Dr. Leslie Blackhall is Section Head of Palliative Medicine at the University of Virginia School of Medicine. She has studied Tibetan Medicine under Dr. Yeshe Dondhen since 1980 and has her Masters of Theologic Studies in addition to her MD.

**FOR MORE INFORMATION OR TO REGISTER:** contact Leslie Blackhall lb9x@virginia.edu