



Academy for Five Element Acupuncture

passion • education • community



Winter 2016

Letter from the Executive Director

Winter Greetings!

I hope your 2016 is off to a great start. We have a lot of exciting things happening around the Academy right now and in the year ahead. Before I get to that, let me take a few moments and catch you up on where we left off last year. In November, I participated in the Council of Colleges of Acupuncture and Oriental Medicine's (CCAOM) Fall meeting where I was re-elected as Vice President. I am honored to continue to serve the Council in this capacity, as well as represent our school at the Council meetings.

I returned from the fall CCAOM meetings just in time for the Academy's At-large Faculty Meeting and strategic planning session. I want to thank the members of our governing board, local faculty, "away" faculty, alumni, administrative staff, and students who spent the weekend designing the school's new five-year plan. My thanks to our local participants:

Devynne Berry, Ruby Bienert, Jim Brooks, Odalis Cruz, Jenn Downey, Joanne Epstein, Merry Gerard, Andi Houston, Stephanie McCall, Janet Rucker, Caroline Schultz, Pam Smith, and Stewart Thomas, and those who traveled from out of town join us: **Chuck Graham, Natalie**

Giusti, Rachel Harrison, Tia Hendrickson, David Lee, Dava Michelson, Gale Mowry, Jasmine Stine, and **Susan Weiser-Mason,** and especially our moderator **Barbara Davis.** I was inspired by the hard work and care with which our community approached the task of creating a new long range plan. It is an honor to work with such a dedicated group on a mission so near and dear to our hearts. I am grateful to all of you who participated.

We welcomed our newest class back in December. Both **Alexander Love** and **Mark Fortney** traveled to Gainesville to teach them. Their counterparts, the "B" class, began their journey with us on January 25, 2016. They are a small but mighty group of students and we are enjoying getting to know them. We look forward to bringing these two groups together in September. Another class is here now for their fifth intensive session focusing on clinical preparations. **Gary Dolowich** will be here to teach in their

session. They come back once more in May before they begin their residency in August. The clinic interns are doing amazing work in both the acupuncture and herbal clinics. They recently moved to the second level of their clinical training where they will get to spread their wings a bit and experience a little more autonomy. Time is flying so quickly; commencement will be here before we know it!

I am very grateful for the wonderful students who come to study at the Academy. While many find their way to us via the internet, at least half come to us by direct referral. Thank you for making that leap, for believing in the school and in those you have referred. Lately, I have been reminded of how rare and special we are as an institution, dedicated to teaching and preserving the Five Element tradition. We take that very seriously. I hope your work will continue to inspire the next generation of Five Element students

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Thank You Donors

承滿
RECEIVING
Fullness

Classrooms are filling in our new building!
Commemorate a loved one, share your
inspiration with future students, or get
together with your class and make a
donation. Thank you to our most recent
donors:

John Schaible
Beth Treadway
Paul Farago
Lachlan E. Cooke
Eve Soldinger
Kathi Poppmeier
Caroline Schultz
Clare Villari

The gift of Five Element acupuncture
is needed in our world now more than
ever. Thank you so much for helping the
Academy to create more powerful agents
of change in the world.

Donations may be made by phone
(352.335.2332) or on our website,
acupuncturist.edu.



YEAR OF THE MONKEY 🐒

Please join us for a reception celebrating the Chinese New Year

Chinese New Year Celebration

Friday, February 5, 2016
6-8 pm

Live music ✨ Tea tasting ✨ Treats to bring luck in the New Year
Tours of our new clinic and Chinese herbal dispensary ✨ Door prizes

Academy for Five Element Acupuncture
315 SE 2nd Ave.
Gainesville, FL 32601

BRING A FRIEND!

KINDLY RSVP BY PHONE 352.335.2332

OR BY EMAIL AT ANDI.HOUSTON@ACUPUNCTURIST.EDU



Alumni News



I have closed my private practice Spirit Seal Acupuncture in Chicago, IL at the end of 2015 and moved to the greater Detroit Metro Area to join the Henry Ford

Health System. Henry Ford is one of the largest and oldest healthcare systems in Michigan. Recently Henry Ford is looking to drastically expand its Center for Integrative Medicine by opening additional clinics and with including acupuncture research studies.

I will be practicing five days a week, with a schedule split between two Detroit clinics. The remainder of my time will be performing acupuncture on organ transplant patients to evaluate the effectiveness with pain management. As always, I will still be upholding high standards for patient care by practicing Five Element acupuncture, Chinese Herbs, Asian Bodywork Therapies, essential oils, and other nutritional and lifestyle advice.

I can be reached via the Henry Ford Medical Center - Cottage at 313.640.2355 or at mkulas1@hfhs.org. For more information about Henry Ford's Center for Integrative Medicine go to www.henryford.com/cim.

**-Mat Kulas
Class 28**



I am ecstatic to announce that I am opening my clinic, The Apothecary at Easton in Easton, PA. The ribbon cutting is March 4th from 3-4pm and the Grand Opening open house will be March 5th from 1-4pm.

I am also excited to announce that along with Mike Campbell (a veteran acupuncturist of 16 years) I am a collaborator of the first community acupuncture clinic on the eastern Shore of Maryland, Mid-Shore Community Acupuncture. Along with the community acupuncture room, I have 2 private treatment rooms in The Apothecary where I will still be doing Five Element treatments and housing a bulk raw herb dispensary. The Apothecary can be found on the web at www.theapothecaryateaston.com. We are also on Facebook, Instagram, and Twitter.

**-Katie Smith
Class 30**



I have been practicing at Kwan Yin Healing Arts Center: a large, integrative holistic clinic in Portland, OR, since finishing the program almost two years ago! I remain deeply dedicated to Five Element acupuncture and continue to study with the masters of our lineage. I've also fallen in love with French homeopathy and biotherapeutic drainage, and bring that into my practice when needed to compliment and/or facilitate the healing process. I am truly humbled and honored to be a custodian of this profoundly magical and healing system of acupuncture.

**-Kimberly Klingele
Class 28**



Letter from the Executive Director

and that you will tell them about the Academy. Your referrals matter to us and we are grateful for your support. Our next Master of Acupuncture class begins August 15, 2016.

In this newsletter you will learn about several upcoming events this year, as well as one on the books already for 2017. I hope you will consider a trip to Gainesville to visit and to take advantage of one of our Five Element continuing education opportunities.

Wishing you an exciting and prosperous Year of the Monkey,

Misti Oxford-Pickeral

Upcoming Events



February 21, 2016
9 am- 5 pm

Whether we are talking about physical health, making healthy decisions, or the health of our planet, loss of heart is the greatest individual and collective challenge of our time. Loss of heart is a state in which we do not have access to our most important resources: our resiliency, our creativity, and our clarity of perception. When we have lost heart, our immune system falters; our outlook is unconsciously defeatist; and although we may try very hard to hide it even from ourselves, we don't really believe in the possibility of meaningful change.

When we take heart again, we become more realistic, not less. We are able to bear the grief, frustration, exhaustion or anxiety of our situation; and we are in touch with a place inside of ourselves that allows us to formulate a sane response to the (frequently) insane demands of life at this time.

Join Thea Elijah for a one-day workshop that will be experiential, interactive and always practical.

No acupuncture or Chinese medicine experience necessary to attend, however we can only issue CEUs to licensed Florida acupuncturists.

General public \$125
Academy Faculty & alumni \$100
Academy students \$75

Online registration: <https://secure.acceptiva.com/?cst=e6a4c7>

Coming Events

February 5
Chinese New Year Celebration
6 pm- 8 pm
Open to the Public

February 19-20
Spirit of the Herbs
Thea Elijah

February 21
Loss of Heart et Taking Heart Again
Thea Elijah

April 15
A Study of Yang Luo Points
Elisabeth Rochat de la Vallee

April 16-17
Five Aspects of Spirit
Elisabeth Rochat de la Vallee

June 16
Book Signing
"The Yin and Yang of Climate Crisis"
Brendan Kelly

July 15-17
Color, Sound, Odor and Emotion Carnival
Niki Bilton

Mark Your Calendars Now

March 17, 2017
Free Evening Lecture
Lonny Jarrett

March 18-19, 2017
Treating Trauma with Chinese Medicine
Lonny Jarrett

Welcome Class 33B



Pictured during their first intensive are (l. to r.) **Dana Diamond, Charleanne Wade, Rosemarie Berry, Tiffany Gilliam, Max Glennon, Robert Belding-Miller, and Larissa Sheldon.**

Meet Our New Registrar



Hi everyone!

It has been an adventure getting into the swing of things here at the Academy. I have enjoyed getting to know the community here, and learning about what Five Element acupuncture is all about. I am a passionate student of the human experience myself. I studied art and philosophy as an undergrad and then pursued my Master's in Landscape Architecture, where there certainly is a lot of consideration about how people interact with the "elements," in some sense. I began to see that the design and development industry can really lack the holistic type of understanding that creates meaningful solutions, and this inspired

my interest in personal growth, conflict mediation, communication, and transformative practices of being a person in the world.

I came back from supporting a transformative communication seminar in the Czech Republic when I crossed paths with the opportunity to support the Academy with the the experience I have gained in my adventures so far. I'd like you all to know that I am here for you. The first few months of getting acquainted with this position has felt overwhelming at times with so much to learn, and my door is open. The most important thing to me in my role here at the Academy and on earth is honoring the spark in each of us that has a desire to learn, grow, and serve a personal mission in life. I appreciate the opportunity to grow with all of you here.

In care and gratitude,
Sarah Thompson

Alumni News



I decided to go out on my own with a private clinic, "Be Well Acupuncture", while maintaining my position at Valir Rehab Hospital. My new office has 4 acupuncture rooms, 2 massage rooms, and is in Edmond, OK. My new website is www.bewellokc.com The new location has been wildly successful so far, especially with fertility patients. I look forward to posting success stories in the very near future!

-**Toni Penery Twitty**
Class 28

Invitation to AcuCamp



New & Old Practitioners alike: Spend a Spring Weekend at AcuCamp 2016.

Friday, March 18
- Sunday, March 20, in beautiful
MidCoast Maine at

Camp Kieve, Kennedy Learning Center, Damariscotta, ME. Recharge and Review CSOE exercises, pulses, point location, guided meditation, qi gong and more. Room and meals included. Practitioners receive 15 CEUs for just \$250 if payment is received before Feb. 12th.

Take Advantage of this great opportunity to Learn and Recharge with other Five Element Practitioners. For more info contact **Ann Federowicz** at ann@riversofwellness.com or **Lauren Matzen** at laurenmatzen@me.com.

-**Sharon Gordon**
Class 4