



# Academy for Five Element Acupuncture

*passion • education • community*



Autumn 2016

## Letter from the Executive Director

Autumnal Greetings!

In this season, and especially in light of the recent elections, I am renewing my commitment to a daily gratitude practice. We have so much to be thankful for, though sometimes we lose sight of it. I am grateful for this system of medicine and for our school, for keeping it alive and encouraging it to thrive. I am grateful for all of the wonderful students and practitioners who have committed themselves to this path. I am grateful for our instructors and our amazing staff. I am grateful for all of the friends I have made and all the lives I have had the honor to touch through this medicine.

With the deep division that is evident in our country, as practitioners and friends of Five Element acupuncture we are called to bridge that divide as best we can, to come from our compassion and find the common ground, the humanity, in each and every person we work with. We are called to see beyond the suffering to the best part of ourselves and each other.

I'll keep my update short and sweet. Since the last newsletter, the bulk of our energy and attention went into preparing for

the accreditation site visit. We had an excellent site visit. The site visitors were professional, collegial, and thorough. They were very complimentary and dedicated to helping the school improve. The staff was attentive and helpful, which allowed the visit go smoothly. I will receive an initial report from the accreditation commission soon and we will receive the final report and number of years of reaccreditation in February or March 2017 after the Commission meets.

I want to thank the administrative staff, particularly **Joanne Epstein**, for their hard work and extra effort during this time. I also want to thank all of the current

students, alumni, recent graduates, faculty, and governing board members that met with the site visit team. You did an amazing job representing the school and you made a great impression on the accreditation team. One site visitor remarked that the spirit of the school was palpable, from the students to the staff to the buildings themselves. Well done, everyone!

The interns are doing excellent work in clinic. They are finding their footing and are beginning to fully embrace the role of practitioner in the treatment room. Class 33 returns at the end of November, and we

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Please **click** and consider  
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and ensure the successful growth of the Academy!

## From the Executive Director

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are actively accepting applications for our next class, scheduled to begin January 26, 2017.

I am pleased to announce that we have a new member of the Governing Board, **Leslie Suskin**. Leslie is a local realtor and she is very active in the Gainesville community. Please read more about her in the newsletter. Also, please check out the upcoming CEU events here and on our website. We'd love to see you in Gainesville in 2017!

This Metal season reminds us that nothing is inherently good, nothing is inherently bad; it simply is. May we allow the energy of the season to teach us how to hold the balance in impartiality and to let go of what no longer serves.

With a deep bow,



## Welcome Leslie



to stop anytime soon. She continues to volunteer with affordable housing agencies, local schools, and other non-profits and also visit St. Augustine beach as often as she can, just for fun. Currently two rescue pups, Sofi and Scrappy keep her company at home. Leslie says "Life is full and life is good!"

With her expertise and knowledge of the Gainesville community, we look forward to Leslie's contributions to the school.

## Special Thanks

We are grateful for your ongoing support in the form of student referrals. Over half of the students who come to the Academy are directed to us by their practitioner. Student referrals are a precious gift and show a deep dedication to preserving the Five Element tradition.

### Thank You for Referring New Students:

**Lonny Jarrett**  
**Miha Kim**  
**Isaac Goren**

If you recognize the potential of healing presence in one of your patients, friends, or family members, the desire to help someone find their true nature again, to alleviating suffering, to deeply connect with another person in life changing ways, please encourage them to contact us. We would love the opportunity to inspire them to take the next step. Our next Master of Acupuncture class is scheduled to begin January 26, 2017. Our admissions coordinator, Jim Brooks, can be reached at [admissions@acupuncturist.edu](mailto:admissions@acupuncturist.edu).

## In Memorium



It is with tremendous sadness that we share news of the recent death of **Robert "Bob" M. Duggan**, co-founder and President Emeritus of Tai Sophia Institute, now Maryland University of Integrative Health. We would like to share a memorium written by **Kyle Thomas**, Class 28 graduate.

Bob taught me that being present, really very present, is powerful medicine. The more present I am the more powerful I am the more whole I am. I get present by bringing my senses to my attention. The more my attention I have on my senses, the more present and awake I am. My symptoms guide me to be more attentive, more aware. Acupuncture does not take away my symptoms, acupuncture helps wake up my senses. The more my senses work together, the more alive I feel, the wiser I live. Sometimes I lose my senses. Sometimes I focus on work, think about the future or grieve something in the past. When I am not in my senses, I am ignoring my body. I forget to breathe deeply, drink water, eat good food or eat at all. I forget to go for a walk. I often forget to laugh. When I forget and ignore my body, I get symptoms. Sometimes my symptoms are wise, these come and go. Sometimes my symptoms stay, these are from living and growing older. Suffering is part of life, I can do something about the unnecessary suffering and I can accept the suffering that

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## Alumni News

## In the Community



I have had my practice based in east Los Angeles since 2011 and in South Pasadena since 2014. In April I hired an acupuncturist to join me in my practice, rebranded my business and had a baby! The new business name is Mission Acupuncture Works and we are doing great. I returned from maternity leave in September and am seeing patients part time. My son Atlas, and his nanny come to work with me so I can see him between patients. All the patients love having him there! Our practice works a great deal with chronic pain, fertility, autoimmune disorders, and we also love to work with children. We specialize in "Personal Evolution," and have even put it on our sign. Our intention is to set the stage so that no matter what malady brings a patient to us, they leave feeling better physically and knowing more about themselves and their purpose on this earth. Please visit my website: [www.missionacupunctureworks.com](http://www.missionacupunctureworks.com)

**-Dafna Laurie**  
Class 21



**Five Element Acupuncturist Needed**  
Part time to full time position available. Great practice opportunity with **Michael Kowalski**, AP in Jacksonville, FL. Please send resume to [drmichael@TreatRootCause.com](mailto:drmichael@TreatRootCause.com). Our website is [www.TreatRootCause.com](http://www.TreatRootCause.com).

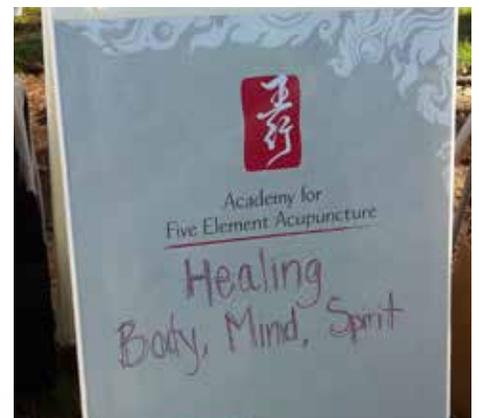


In March of this year, I opened up my own clinic near Coral Gables in Miami: Red Sage Acupuncture Center. Being on my own has been a great opportunity to learn more about myself as a practitioner, and to shape my practice in a way that is aligned with my core values as an acupuncturist and a person. About six months has passed and I have just debuted my new and updated website. Now that I have a more fine-tuned sense of what I offer, I feel happy that the new website helps to communicate it to others. My website is [www.redsagecenter.com](http://www.redsagecenter.com).

**-Catherine Hollingsworth**  
Class 29



On September 24, members of the Academy's faculty and administration participated in a community service event, "Walk a Mile in These Shoes", to bring awareness to those suffering from mental illness. The local chapter of NAMI (National Alliance on Mental Illness) held the benefit walk and community leaders spoke about the need for special mental illness awareness training for police and other first responders. Organizations that serve as resources for individuals and families dealing with mental illness, including the Academy, had informational tables and participated in the one mile walk.



## Upcoming Events

### Integrative Acupuncture Practice Intensive February 25-26, 2017



#### Is Integrative Practice For You?

Michael Kowalski, A.P., Dipl.Ac.(NCCAOM)  
Saturday 9 am - 6 pm  
Sunday 9 am - 12:30 pm

#### Practical Aspects of Integration in a Hospital Setting

Amy J. Sear, A.P., Dipl. O.M.(NCCAOM)  
Sunday 1:30 pm - 5 pm

Interested in how an integrative medicine model might fit with your Five Element acupuncture practice?  
Get the tools you need to work more effectively in hospital settings and with Western medical doctors  
and other practitioners.

#### Registration

Before February 1: \$215  
Students & Academy faculty: \$185  
After February 1: \$265  
Students & Academy faculty: \$240

15 CEUs for licensed FL acupuncturists.

To register by phone, call us directly at  
352.335.2332. To register online, visit our website  
[acupuncturist.edu](http://acupuncturist.edu).

*Acupuncture students from all schools are  
eligible for the student price.*

Hosted by Academy for Five Element Acupuncture  
305 SE 2nd Ave., Gainesville, FL 32601



**5 Element  
Institute**



Academy for  
Five Element Acupuncture

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For full course descriptions: [acupuncturist.edu](http://acupuncturist.edu)

### Academy Calendar

January 26  
Master of Acupuncture class  
begins

January 28  
Celebrate the Community:  
Chinese New Year

February 25-26  
*Integrative Acupuncture Practice  
Intensive*  
Michael Kowalski and  
Amy Sear

March 16  
Free Talk and Reception  
Lonny Jarrett

March 17-18  
*Treating Trauma with Chinese  
Medicine*  
Lonny Jarrett

May 6  
Chinese Herbal Studies class  
begins

June 16-18  
Elisabeth Rochat de la Vallee



## Upcoming Events



MARCH 18-19, 2017

# Treating Trauma with Chinese Medicine: Untying the Knot



**Learn to diagnose** and treat trauma with Chinese medicine. We will consider the heart/kidney axis as the physiological foundation of stability and how to restore integrity to this most important relationship. I will emphasize the importance of the practitioner's awareness of the dimension of self that is never wounded or traumatized as a gold standard in diagnosis and treatment. In this regard, the practitioner's own integrity will be considered as the root of efficacy in treatment. The class will be rooted in an appreciation of the core dimensions and capacities of the self, including the spirit, ego, emptiness, soul, conscience, and the will.

**Lonny Jarrett** has been a leading scholar in the field of Chinese medicine since 1980. He is a Fellow of the National Academy of Acupuncture and Oriental Medicine and a founding board member of the Acupuncture Society of Massachusetts. He teaches and publishes widely on the inner tradition of Chinese medicine and Chinese pulse diagnosis. Mr. Jarrett holds a Master's degree in Neurobiology and maintains his clinical practice in Stockbridge, MA. He is the author of *Nourishing Destiny* and *The Clinical Practice of Chinese Medicine*. His articles and texts are available on the Web at [www.spiritpathpress.com](http://www.spiritpathpress.com).

8 CEUs per day available to licensed FL practitioners.  
14 PDA points available to all licensed acupuncturists.

**Before Feb. 17:**

All acupuncture students with ID: \$200  
Academy faculty: \$200  
Alumni students: \$240  
Everyone else: \$290

Academy for Five Element Acupuncture  
305 SE 2nd Ave. Gainesville, FL 32601  
Call for more information: 352.335.2332

Talk and  
Reception with  
Lonny Jarrett  
7 pm Friday, March 17  
Free and open to  
the public

**Register online: [acupuncturist.edu](http://acupuncturist.edu)**

## In Memorium

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is necessary to life. Sometimes I distract myself by getting upset. I can choose to let go my upset and return to my senses. I can use my breath to do this. I can teach my daughters to breathe, to give attention to their senses. The more my children pay attention to their senses, the more they feel alive and the wiser they live. The wiser we live the less we need doctors, western or otherwise. The more I am in my senses, the more I enjoy life.

In the words above are many simple and powerful skills for navigating life. The last few years of Bob's life were devoted to crafting and honing these skills into deliverable practices. His mission, given to his students and patients, is to have these skills transcend the boundaries of the profession of medicine and enter into the everyday living of families and communities. Bob held these skills as the culmination of his life's work with acupuncture and healing bringing together his learnings with J.R. Worsley, Ivan Illich, Claude Larre and his colleagues Julia Measures, Jack Daniels, Bob Sullivan, and Dianne Connelly.

Bob encountered the art of acupuncture in England while traveling the world looking for simple and powerful traditional medicine. Largely due to his mentor, Ivan Illich, Bob knew that Western Medicine is both a powerful and largely over used tool. While in England, Bob's hands began to swell and stiffen. He was told of a man who practiced a different kind of medicine who might be able to help him. That man was J.R. Worsley. "Thank god your hands swelled up," JR told Bob, "they are protecting your heart!" This was "very odd," Bob was fond of saying, "for if he

was correct, it would overturn 400 years of philosophical understanding." Only later while recovering in the US would Bob learn that the anti-malarial medication he was prescribed for his trip was recalled due to cardiac side effects. From JR's words Bob would come to believe and repeat to every student, patient, and probably friend, loved one, and quite likely even passing acquaintance that "Your body is very wise, your symptoms are your teachers."



Bob grieved the westernization of acupuncture while readily admitting his part in creating the compromise that made acupuncture legal. Bob originated the boards and accreditation that would go on to standardize acupuncture. Defining acupuncture was deemed vital at the time for any legal acceptance of the practice. The simple, powerful way of healing Bob sought to make more apparent in our world became more professionalized, more removed from people, more limited in scope. An individual's power to heal became pushed into the background,

hid by the purview of what is acceptable for an acupuncturist to do. For example, I am an acupuncturist, I advertise that I practice acupuncture, you may expect that I place acupuncture needles into your acupuncture points in order to offer you wellbeing. If I guide you to a better understanding of how wise your body is from shifting your experience of symptoms with my words and your listening, can I do this in the "acupuncture" room? Can I call this "Traditional Chinese Medicine" even if I use no needle or herb? These are the lines drawn by standardizing what is Chinese medicine.

What is left from my treatment when I take away the needle? Is there some gift my client can walk away with and give to someone else I will never meet? Bob empowered his students and patients to continue the treatment, be the treatment and let the gift ripple outwardly. This is most evident in the success of the Penn North Community Health Initiative Bob helped create. At Penn North, addicts transform into care givers, the facilities are protected by gangs, and an inner city Baltimore block is recreated into a supportive and powerful community. Bob's memorial was held at Penn North and people spoke of how Bob's presence and words empowered them to heal others. Bob was ever reminding us that acupuncture was not the medicine, it is only a vehicle. "Upset is optional" is a phrase every student, patient, friend, loved one, and passerby would likely hear in Bob's presence. This phrase reflects a well-honed skill key to unlocking the simple and powerful medicine Bob shared with the world.

Thank you, Bob.