



Academy for Five Element Acupuncture

passion • education • community



Autumn 2017

Letter from the President

Autumnal Greetings!

Fall has finally showed up in North Central Florida! We were able to break out our sweaters for about a week in October, which is actually quite unseasonable. In early November, we've settled into cool mornings and warm afternoons. The humidity is gone and the weather is perfect for outdoor activities. Some areas are still flooded from the hurricane, including parts of Payne's Prairie Nature Preserve. I took a late afternoon walk at the Sweetwater Wetlands Preserve over the weekend and it was unbelievably beautiful. I am looking forward to the longer nights as we head toward winter and the year draws to a close. I hope you are enjoying your fall season wherever you are.

At the Academy, the interns are doing incredible work in the clinic. They have really started to find their groove in the treatment room and their patients are already singing their praises. This group of interns has been very active with patient recruitment and will staff a table for the school at the Downtown Arts Festival the weekend of November 11-12. It is such a great local event for outreach. It has been so rewarding to get

the interns started with their clinical year. What an auspicious beginning!

In general, the Academy has participated in quite a bit of outreach recently. Thanks to the wonderful work of **Ruby Bienert**, Clinic Director, and **Joanne Epstein**, VP of Administration, the school was invited to participate in a VA Health Summit in early October. This particular summit focused on mental health. I gave a talk and the interns staffed a table and offered auricular treatments to participants. The school was well-received, and we have made important connections within the local Veteran's Administration. As a result of those connections, we were able to treat a

special group of veterans, their counselor, and their psychologist in our school clinic at the end of October. I would like to thank our recent graduates, **Jason Sanza**, **Becca Bliler**, and **Angela Berthiaume**, and TAs, **Caroline Schultz** and **Stephanie McCall**, for their skillful assistance offering Five Element acupuncture to this special group. We look forward to what the future brings from this relationship.

Additionally, the Academy participated in the National Alliance on Mental Illness (NAMI) event at Depot Park on October 14. Our Outreach Coordinator, **Isabelle Winzeler** and alumna and TA, **Stephanie**

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Letter from the President

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McCall, staffed that event. The school was honored at a recent Chamber of Commerce event celebrating 10 years as a member. Isabelle and I attended the festive event held at First Magnitude Brewery, along with our new Governing Board member, **Leslie Robinson**. We have also enjoyed hearing our radio ads on WUFT, the local NPR station, announcing our National Acupuncture Day Clinic Open House and Preview Day for prospective students. Our Clinic Open House on National Acupuncture Day (October 24), was staffed by the interns and was well-attended by current clinic patients and prospective students. We offered door prizes and refreshments, including a seasonal herbal soup. Interns offered blood pressure readings, along with pulse and tongue map readings.



Over the weekend of October 20-22, we held an At-Large Faculty Meeting at the school. We had many local and away faculty in attendance, as well as the class representatives for the second and third year students. The focus of the weekend was on refining curriculum development. I would like to give big thanks to our Academic Dean, **Chuck Graham**, for facilitating the weekend. We started off with an interesting and informative faculty development workshop on Instructional Design with **Dr. Olysha Magruder**. Also, Governing Board Vice Chair, **Angela Xistris Krueger**, shared her expertise in curriculum design and helped to keep us on track throughout the weekend. I am thrilled with the good work that resulted from the weekend and look forward to continuing that throughout the coming year. I would like to express my heartfelt thanks to all of the faculty members and student leaders who gave their time and energy during the faculty meeting. I feel very fortunate to work with such dedicated and generous people:

Rosemarie Berry
James Berry
Devynne Berry
Jim Brooks
Erika Chase
Jennifer Downey
Joanne Epstein
Merry Gerard

Patty Getford
Tiffany Gilliam
Chuck Graham
Catherine Hollingsworth
Michael Kowalski
Stephanie McCall
Dava Michelson
Gale Mowry

Robie Murdoch
Jamie Paxton
Dan Sachs
Caroline Schultz
Jasmine Stine
Eleyne Tietjen
Susan Weiser Mason
Angela Xistris Krueger

On November 4, we held our fall Preview Day for prospective students. We had a large turnout, thanks to the diligent efforts of our Admissions Coordinator, **Isabelle Winzeler**.

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Welcome Madam President

Dear Friends and Colleagues,

At the end of October, the Academy held an at-large faculty meeting, including senior faculty, new faculty, students, administrators and Governing Board members. People flew in from all parts of the country to participate in our curriculum development work, which included presentations on instructional design. Our primary focus was updating the current syllabi for the M.Ac. program. As always, it was inspiring to watch faculty and students with a wide-range of experience with this medicine come together and share their knowledge. I was truly impressed with the way everyone dove into the project and the high quality of work that emerged. Thank you!

I also want to express my gratitude to all of the Academy staff who contributed their time and energy over the course of the weekend. Your support played a large role in the success of the faculty meeting.

To close out the meeting, the Governing Board met to discuss the success of the weekend and elect officers for the upcoming year. We also announced our decision to promote Misti from Executive Director to President of the Academy. As the Executive Director, Misti has shown exceptional vision, leadership and commitment to the Academy, and the school has flourished under her direction. Additionally, she has raised the profile of the Academy on the national level as President of the Council of Colleges of Acupuncture and Oriental Medicine. In recognition of her accomplishments, the Board voted unanimously to promote her to President. Congratulations, Misti. Thank you again to everyone who was able to participate in the faculty meeting. For those who were not able to be there, we look forward to seeing you next time.

Warmly,

Merry Gerard

Chair of the Governing Board

Alumni News



WellSpring Community Acupuncture is located in bucolic Butler, Pennsylvania. In the wake of my mother's retirement, I'm taking over as the sole acupuncturist, massage therapist, qigong instructor, and balance & core training instructor.

Our mission is to encourage an evolving healthcare system and propel the healthcare revolution by offering affordable acupuncture and education to the City and County of Butler, and the surrounding communities, in order to nurture the health

and wellness of the Body, Mind, and Spirit of each person that seeks our care.

I graduated with Class 32 in 2016. As a new graduate, I am recently licensed and enjoy practicing Five Element acupuncture with a few TCM techniques integrated in here and there. I love to utilize as much moxibustion as time allows, and I also include cupping and gua sha with my treatments when appropriate. I was so inspired by the weekly community clinic at the Academy, that I, too, have a weekly community acupuncture clinic. The clinic is free for veterans and welcome to all. I administer auricular acupuncture as well as the Four Gates. It has been well-received in the community and continues to grow. I believe that access to affordable acupuncture will increase the community health quotient, and I'm just delighted to be able to serve the community in such a positive way.

My experience with my patients in such a short time has already been so valuable. I love practicing acupuncture and all the healing it engenders in both my patients and me. I look forward to many more years of practicing and learning all I can. I'd love to hear from you, please let me know what you think of our new website: www.wellspringcommunityacupuncture.com. Be well and may love and good fortune surround you.

-fAe gibson
Class 32

In the Community



Isabelle Winzeler (l) and Stephanie McCall (r)

On October 14, 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.



Good Life Healing Center, Bradenton, FL is hiring a part/full time Acupuncturist

Located less than 20 miles from three of the best beaches on the Gulf Coast, our 2300 sq ft, tastefully decorated clinic has a peaceful Med-Spa environment with five treatment rooms, break room and spacious waiting room. We have full-time reception coverage, an insurance billing specialist and marketing staff. Currently we have two full time acupuncturists and we are looking to add a third.

Requirements include valid Florida acupuncture license in good standing, graduation from an accredited school teaching Five Element acupuncture as the primary treatment modality or fully trained, with one year of treatment experience, in one of the following: (Master Tung protocol, Dr. Tan protocol, 8 Extraordinary Vessels, Divergent Channels). If you are interested, please email resume and letter of interest to office@goodlifehealing.com with "AP Job Posting" in the subject line.

-Steve Gooding
Class 24

Upcoming Events



Elisabeth Rochat de la Vallee Lectures- Now available on Vimeo

A Study of Yang Luo Points

Recorded April 15, 2016

This lecture looks at the Luo points belonging to the Yang meridians. These points are all important and frequently used. They are located among the powerful points related to the five elements (Wu Shu), in the last segment of the four limbs and extend their effects far away inside the trunk or the head. Blending the rich poetic quality of the point names with their practical application, this lecture presents an in-depth study of points from research into both the classical and modern Chinese literature.

Five Aspects of Spirit

Recorded April 16-17, 2016

In humans, the spirits are the heart of life. They found being, enlighten awareness and guide behavior. This lecture studies the meaning and place of the spirits in Chinese Medicine and examines how they are expressed in each of the Zang organ: Shen, Hun, Po, Yi (intent), Zhi (will). Through the analysis of the Chinese characters and the study of medical and non-medical texts from the Chinese tradition, we see the salient features of each of them, their relationships and their hierarchy. This will allow the practitioner to understand better the importance of the spirits in good health as well

as in pathology. This lecture explores these issues from their presentation in philosophical and medical texts, mainly the *Inner Classic of the Yellow Emperor*.

The Six Extraordinary Fu

Recorded June 17-18, 2017

Besides the five Zang and six Fu which form the twelve viscera in charge of the organism, there is a series of six functions, called the Six Extraordinary Fu- the brain, the bone marrow, the bones, the vital circulations (Mai), the gallbladder, and the uterus. A special study is made of the character for "Mai" which can be translated either as "vital circulations" or the qi that rise and infiltrate everywhere, allowing things to propagate and move.

Prices

A Study of Yang Luo Points

(approx. 7 hours of viewing) **\$75**

Five Aspects of Spirit

(approx. 21 hours of viewing) **\$175**

The Six Extraordinary Fu

(approx. 14 hours of viewing) **\$250**

To order: <http://acupuncturist.edu/elisabeth-rochat-lectures> or call us directly at 352.335.2332

The web address and instructions for viewing the videos will be emailed to you after your order is received and processed. These videos can only be watched online. They cannot be downloaded.

Academy Calendar

December 25-January 1
Winter Holidays- School Closed

January 20-21
Healing Community Trauma:
How to do Acupuncture in the
Field after Traumatic Events
Presented by Acupuncturists
Without Borders

January 25
Master of Acupuncture class
begins

February 16
Celebrate the Community:
Chinese New Year

April 2018
Elisabeth Rochat de la Vallee
Dates coming soon

March 24
Chinese Herbal Studies class
begins

Letter from the President

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I had the pleasure of speaking about our tradition, our move to Gainesville ten years ago, and the state of acupuncture nationally. **Jenn Downey** led the group in qigong and spoke about the herbal studies program, and **Ruby Bienert** gave an introductory lecture about Five Element acupuncture. Isabelle gave tours and led a discussion about the admissions process. Again, our recent graduates and TAs stepped up to offer Five Element treatments to the prospective students. Thanks to **Mariana Beckman, Stephanie McCall, Caroline Schultz,** and **Jason Sanza.** There is one person who works behind the scenes on all of the Academy events and I would like to express my gratitude for her hard work.

Andi Houston, thank you for all you do!

I am pleased to announce two new staff members: **Jessica Babapour,** registrar and **Casey Halwani,** receptionist. Both women have jumped right in to their positions and are doing fantastic work. It is so nice to be operating with a full staff again! Please stop in and introduce yourself to Jessica and Casey when you come to the school. You can read more about them later in the newsletter.

In the next couple of months we will welcome back Class 35A for their second intensive (end of November), and prepare for the start of Class 35B at the end of January. This is a rich and full time for the school, and also a time of big changes.

Please continue to send your support. We love to hear the stories our prospective students share with us about their journey to acupuncture school, especially the ways you have encouraged, inspired, and supported them to follow their dreams and apply. Student referrals are the lifeblood of our beautiful tradition and we are truly grateful for your support. Please keep sending these precious gifts our way.

In this season, may we all find balance by letting go of what no longer serves,



Meet the Staff



My name is **Casey Halwani** and I am a proud Florida native. I was born and raised in Miami and I've lived

in Gainesville for the past three years. I received a B.A. in Anthropology with a minor in Geography from the University of Florida. I've been getting acupuncture treatments for over seven years, and my mother just completed her Masters in Acupuncture in South Florida. It's safe to say acupuncture is a huge part of my life, and working for the Academy is a place where I know I will feel at home.

When I'm not working, you'll probably find me at the gym, eating at The Top, or at Depot Park. I'm happy to be working at the Academy, and look forward to contributing to this awesome team.



My name is **Jessica L. N. Babapour,** and I would like to start by saying how excited I am to be here at Academy for Five Element Acupuncture! I was intrigued by the institution from the moment I laid eyes on the warm, striking features of its buildings, in the heart of downtown Gainesville. The charm and harmony of the campus makes one feel right at home in a way that focalizes staff and students, alike.

As I continue to settle into my role as Registrar, I appreciate this opportunity to tell a little about myself. I am a graduate of the University of Florida College of Liberal Arts and Sciences, and enjoy working in office administration.

My previous positions in the field similarly called for my experience with general office management, formal client communications, professional writing, digital filing systems, and adherence to state and federal regulations. My variety of skills in organization and interpersonal communication support my role here, and in work and life, I invite efficiency, orderliness, and amiability—visitors are always welcome.

In my free time, I enjoy home improvement projects, writing poetry and prose, sewing with upcycled materials, and volunteering at The Repurpose Project in Gainesville. I look forward to building professional relationships with students and faculty through pleasant, reliable written and verbal communication, and maintaining and improving the efficiency and accuracy of our record-keeping systems. And, I look forward to meeting you.