



# Academy for Five Element Acupuncture

*passion • education • community*



Autumn 2019

## Letter from the President

Fall Greetings!

As the days get shorter, we are invited to turn our energy inward, after the bounty of the previous season. The late summer was a rich time of community building and celebration, and a time of big transition. We held a beautiful commencement ceremony for our Class 34 interns on August 10. The Chair of the Academy's Governing Board, **Merry Gerard**. Faculty member **Alexander Love** was the keynote speaker with sage advice for new practitioners, and the class speaker, **Lise Worthington**, brought down the house with a powerful and moving speech about keeping our hearts and hands open. We wish this class of incredible practitioners the very best as they go out in the world to offer their gifts. And what wonderful gifts they have to share.

It has been a busy month! On August 7, we welcomed the new interns in Class 35 to their clinical internship. These interns have started to see their first clinic patients and are truly embracing practitionerhood. They have started out strong and we look forward to their growth and development. We started a new Master of

Acupuncture class on August 22. They are an amazing group of people with diverse backgrounds and interesting stories and connections to Five Element acupuncture. On September 11, we merged the A and B cohorts of Class 36 into one big, beautiful class.

It is the Academy's great good fortune to be working closely with **Niki Bilton**. (See bio box, p. 2) She has been consulting with the Academy on curriculum development, especially revising and renovating the clinical year curriculum. Niki plans to come to Gainesville more regularly as Chair of Clinical Education. She will also be working with the clinical faculty and other Academy instructors to continue to develop our skills. I am beyond thrilled to have one of the most senior lineage holders of our tradition working with the Academy.

This summer witnessed change for the Academy's administrative staff. Dr. Valerie Razutis is no longer with the school and we wish her the best. **Chuck Graham** graciously stepped back into the role of Academic Dean for the time being. We are all tremendously grateful for his help. And another quick administrative shout out. **Joanne Epstein** has worked relentlessly on creating new clinic documents that reflect the various legal and bureaucratic changes we are making to the clinical year structure. Thank you, Joanne.

August when we learned that the en banc decision by the Florida First District Court of Appeals voted against the Academy in our property tax battle with Alachua County Property Tax Appraisers. We will continue to fight this difficult and costly battle and plan to take it to the Florida State Supreme Court. We are planning a community meeting this fall to generate a plan for reaching out to our local representatives regarding this issue. We have other ideas that involve the Florida Department of Education and possible changes to legislation. I will be in touch with dates for the community meeting. If you are connected to representatives in our community or in the state, we could use your help. Please reach out to me directly and plan to attend the community meeting. We appreciate your support.

I had the pleasure of attending the Florida State Oriental Medicine Association (FSOMA) annual conference in late August in Orlando, FL. One of our faculty members, **Brendan Kelly** (Class 15), gave a talk on Anxiety and Climate Change. **Bart Hamid Beckermann** (Class 26), gave a presentation on CBD and the Brain and showcased his new business, Radical Roots. Board member, **Michael Kowalski**, gave a presentation on Five Element acupuncture. Along with these great presenters, several students and alumni were in attendance. The Academy was very well represented. FSOMA always puts on an excellent annual conference.

We were dealt a surprising blow in

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## Letter from the President

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I am working on finalizing a few CEU opportunities for 2020. I hope to bring **Dr. Daoshing Ni**, cofounder of Yo San University, to the Academy in the spring to give a talk about fertility and Daoism. We also hope to host a Zero Balancing workshop with **Jim McCormick**, and to bring **Lonny Jarrett** back in the fall. Please check the website for updates and details.

May we find balance by letting go of what no longer serves.



## About Niki Bilton

**Niki H. Bilton** MAc (UK), OMBaC (UK),  
L.Ac (MD), R.Ac (ON)

Inspired to become a Five Element acupuncturist through her experiences as a patient, Niki Bilton spent years under the tutelage of Prof. J.R. Worsley, the renowned British acupuncturist who is credited with bringing Five Element acupuncture to the West. She worked closely with him and his senior team, first as a student and subsequently as a faculty member at the College of Traditional Acupuncture (UK). Through her clinical work, careful observation, and research into classical acupuncture texts, Niki has cultivated a deep relationship with the spirit of Five Element practice.

Niki received her Lic.Ac (1982), B.Ac (1985) and M.Ac qualification (1988) from CTA, beginning her teaching career the same year as a lecturer and clinical

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## Opening the Circle - Our Newest Students



Our new Master of Acupuncture class. Pictured here (top row, l. to r.) **Elad Gaby, Daniel Goins**, (middle row, l. to r.) **Mackenzie Mathieu-Busher, Gretchen Moore, Lara Grady, Mary Steinke, Sara Robinson, Keina Worrell, Beverly Oleson, Aylin McNulty, Gudrun Jackson**, (bottom row, l. to r.) **Lin Li, Carmela Herrera, Alyssa Trebilcock, Nikki Fantauzzi, Cailey Clark**.

## Closing the Circle - Our Newest Graduates



Our newest Master of Acupuncture graduates. Pictured here (top row, l. to r.) **Max Glennon, Kiara Segal, Corey Wheat, Vu Hoang, Jennifer Allen, Angelica Mordecai, Mark Larsen, Snabel Al Ahmad, Yingjuan Liang**, (middle row, l. to r.) **Colleen Clements, Lise Worthington, Jamie Paxton, Sophia Barkan, Cheng Liu, Dorothy Garcia, Aurelia Tietjen**, (bottom row, l. to r.) **Ashley Guevara, Michelle Lansing, CC Chang, Amber Shunaman, Brittany Wilson, Amanda Shuelka**.

# Alumni News



I'm a licensed acupuncturist in the state of New York! I passed all four national board exams! I worked with **Margaret Hallisey** (Class 15), then moved to the Hudson Valley. I'm starting a private practice and community clinic here and apprenticing at an acupuncture clinic with folks in the North American Tang Shou Tao lineage where I'm continuing to study herbal medicine, Qigong, and learning Tuina and Gongfu.

**-Larissa Sheldon**  
Class 33

Thank you to faculty member **Ki Ennes** (Class 18) for your generous donation to our library.



A thriving and growing, acupuncturist-owned wellness center is looking to add a new Five Element acupuncturist to its team, part time or full-time. The practitioner must be licensed in New York State or willing to get their licensure in New York. We are interested in looking at all candidates from right out of acupuncture school to seasoned professionals. This opportunity comes with free accommodations, if needed.

Gratitude for Wellness is located in the mountains of the Adirondacks and the shores of Lake Champlain in upstate New York. Gratitude for Wellness is committed to helping clients journey from reactive sick care to proactive health care through education and services that support reducing toxic load. If interested please contact Rebecca Palmer at 518-572-6893 by text or phone. You can also learn more by looking at our website: [www.gratitudeforwellness.com](http://www.gratitudeforwellness.com).

**-Melissa Maki**  
Class 27

**Ronald Pratt**  
ACUPUNCTURE • L.Ac., M.Ac., M.A.



Hello, Academy Community! After practicing in Western New York for seven years, I'm excited to announced I've moved back to New York City full time and have opened a practice in the NoHo neighborhood. I have thoroughly enjoyed my time in Western New York but I've also missed the city. I will continue to treat patients in Rochester, NY six days a month. The remainder of the month I will be building a practice in NYC. Splitting my time between the lakes and hills in the Finger Lakes Region of NY and the vibrancy and excitement of New York City is a wonderful balance for me.

When I'm not working in my practice, I enjoy cycling and growing as an endurance athlete and coupling that with more restorative practices like getting connected with nature, hiking and yoga. In addition to Acupuncture, I integrate nutrition and herbs into my practice as needed. Patients can find my locations and hours at [ronaldprattacu.com](http://ronaldprattacu.com). Thanks so much for helping spread the word.

**-Ronald Pratt**  
Class 27

## Niki Bilton

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supervisor for their undergraduate and graduate programs. As a member of the college's Academic Board, Dean of Postgraduate Studies, and participant in the UK accreditation process, Niki also developed an abiding love for educational theory and curriculum development.

Returning home to Canada in 1999, Niki has continued to teach regularly in Britain, Europe and North America under the auspices of TendingShen Inc., and has presented at conferences, symposiums, and acupuncture colleges around the globe.

She served as the Academic Dean at Ongiara College of Acupuncture and Moxibustion (Ontario) from 2007 to 2012. As a longstanding clinical supervisor and consultant, Niki draws on a wealth of knowledge and practical experience, focused on empowering practitioners in expanding their clinical confidence and efficacy.

Niki has recently accepted the position of Chair of Clinical Education at Academy for Five Element Acupuncture, where she will bring her expertise as a master practitioner and as an educator to enhance the clinical education of the students and provide additional training for the faculty.

Niki has also maintained a private acupuncture practice since 1982, with patients currently around the world. Niki delights in bringing the magic of Nature and Daoist classical theory into 21st century clinical application for both patients and practitioners. Her other passion is caring for 20 acres of plants, trees and thriving wildlife.

## Upcoming Events

**December 24-January 2**  
School closed for Winter  
Holidays

**January 21, 2020**  
New Master of Acupuncture  
class begins

**February 29-March 1, 2020**  
At-Large Faculty Meeting

**March 28-29, 2020**  
The Fertility Seminar  
with Daoshing Ni

**May 16, 2020**  
Prospective Student  
Preview Day

**May 29-June 1, 2020**  
Zero Balancing  
with Jim McCormick

## Mark your Calendars

Registration opening soon for Fertility with Acupuncture  
with Dr. Daoshing Ni, March 28-29, 2020.

Click on the box for more information.

DR. DAOSHING NI, D.O.M., L.A.C., PH.D, DIPL.C.H.

"Dr. Dao", as he is known, is a Doctor of Oriental Medicine, and has been working with patients for over 30 years, treating a multitude of health conditions. Well-known and respected for his special interest in reproductive and gynecological conditions, he has treated thousands of women; helping them thru the emotional and physical challenges that come with trying to conceive, menopause and other fertility and reproductive related health concerns.

## The Academy in the Community



(l. to r.) Joanna Roses-Mirvis, Alexandra Diaz, and Lisa Wiltse at the Pride festival.

Fall is the season for outreach events at the Academy. We had a clinic open house to celebrate National Acupuncture and Oriental Medicine Day on October 24. Interns gave live demonstrations of moxibustion, auricular acupuncture, cupping, and gua sha to the public, gave clinic and dispensary tours, and practiced pulse and tongue diagnosis. Gainesville's Pride Festival was October 26th, and the clinical interns had a great time giving out information about Five Element acupuncture and Chinese herbal medicine. We also had our yearly booth at the fundraiser walk for the National Alliance for Mental Illness.



Intern Lise Worthington demonstrating cupping on Andi Houston

## Alumni News



North Shore Community Acupuncture is a busy and growing community acupuncture clinic at the Cummings Center in Beverly, MA. We are looking for a motivated acupuncturist who is excited to grow a practice within our clinic. Someone with a strong business ethic, mature and excited to market the benefits of acupuncture (health fairs, hanging flyers, open houses, meeting local practitioners in the area, etc). Requirements: Motivation, ability to work on your own, MA & NCCAOM certification, resume and references. Must be physically able to see 4+ patients/hour. For more information please email Stephanie at NSCAcupuncture@gmail.com, no phone calls please.

**-Stephanie Kula**  
Class 21



My heart is filled with joy to share with you that I opened my private practice here in Gainesville July 1, 2019. Gainesville has embraced me, a transplant from NYC and I am grateful for that. It is truly wonderful and a privilege to be doing exactly what I feel I am supposed to be doing in supporting others to be more of who they are and at the same time to be growing into more of who I am.

I am honored to partner with Dance Alive, a local and international ballet company to offer acupuncture to our dancers. Dance has been a passion of mine for many years. As a licensed physical therapist, certified Zero Balancing practitioner, an NCCAOM board certified Diplomate of Oriental Medicine and licensed acupuncture physician, I feel more equipped to serve this community in health and wellness. I focus on the classical Five Element tradition of acupuncture. My clients range from one who is in the midst of Stage IV breast cancer to another who is working on continuous personal growth and preventative medicine. I am always still amazed on a daily basis by every person I meet and every treatment I offer. What I offer in my practice is human flourishing especially for those who want to make a positive impact on this great magical town. Please visit my website at [www.mihakimpt.com](http://www.mihakimpt.com).

**-Miha Kim**  
Class 33