



Do Something Different

Institute of Taoist Education & Acupuncture Inc

RETURNING CURRENT

THE ITEA NEWSLETTER

September 2007

ITEA Moves to New Location!

By November 2007 ITEA will be located at 325 S. Boulder Road in Louisville. The Board of Directors has been working long and hard on the details of the move – a thank you to them all for their diligence, especially Hilary Skellon and Mary Ellen Metke.

The new location has three separate areas. Pre-clinic space will have two classrooms, allowing the first and second year students to attend Intensives at the same time, and get to know each other and foster greater community. There will be a place for students to store belongings. Students will have a break room/kitchen area separate from the school – a place to 'hang out' and talk and cook things with odors. The library will be only a library and will be accessible from the pre-clinic space and the clinic space. in the clinic area will be four treatment rooms, waiting room and a supervision room.

Laundry and a handicap bath will be in the area also. Just adjacent to that area is the new larger office, a conference room and reception for the clinic and the office.

The location and signage are more prominent than on Main Street. There will be adequate parking, and separate entrances for students and clients. The building is a professional building in a professional complex, and two other medical offices will be in the building with ITEA.

The building owners, the real estate brokers and the builders have been incredible to work with as all the details were finalized, and we know we are where the Tao wants us to be. Please stop by and see us when you are in the area!

Advanced Training Emphasizes CSOE

The last two advanced Training offerings have had exercises to deepen the diagnostic senses. Hilary Skellon has spent a lot of time teaching incredible exercises to hone participants' skills in odor, color, sound and emotion. The feedback from these has been amazing, as can be seen below:

"I have taken several continuing ed. courses with Hilary. Topics covered included point location, refining CSOE skills, and rapport skills, to name a few. As a result of her amazing teaching ability, I feel much more competent and confident in all these areas. I feel I have grown tremendously as a practitioner, as a direct result of taking Hilary's seminars. I plan on attending all future courses she offers. I highly recommend her seminars to all CF-EA Practitioners." - Jim Brooks

ITEA's next Advanced Training is coming up in December of 2007. Register now for another exceptional learning opportunity in Classical Five-Element Acupuncture! For information, see our events listing in this newsletter, or visit our website, www.itea.edu.



Do you love keeping up with the news of the school? Do you keep in touch with lots of graduates and students? Do you have an eye for a news story? ITEA is looking for an editor for this newsletter, and we would love to have your help. Contact Sandra Lillie at president@itea.edu. Thank you!

A New ITEA Offering

ITEA has initiated its new free lecture program of six individual talks to inform the public about Classical Five-Element Acupuncture. The talks are geared toward people who do not know what we do. They are being given as a way to help educate clients and the public at large.

These informative talks are presented by faculty members and alumni, among whom are Johanna Alper, Marlene Bunch, Jim Damman, Randi Savage, Rose Sposito, Kathleen Robinson and Mary Ellen Metke. Four of the talks took place from April through August. The final two will be held in September and November. Refer to the Events Calendar in this newsletter or on our website, www.itea.edu, for exact dates and times.

A Contribution to History

Linda L. Barnes PhD, MTS, MA, Associate Professor, Family Medicine & Pediatrics and Director, Boston Healing Landscape Project, recently visited ITEA and interviewed Hilary Skellon and Sandra Lillie. She also spent an afternoon and evening in the ITEA Clinic.

Linda is doing research which explores the social history of Chinese medicine and health-related practices in the United States since 1849. She is cross-trained as a medical anthropologist, historian, and scholar in the study of world religions. She teaches at Boston University School of Medicine in the departments of both Family Medicine and Pediatrics.

Her work explores intersections between histories of medical, religious, and cultural pluralism. Some of her work is historical and some appears in medical anthropology journals. She is currently working on a book looking at the different ways in which Chinese healing traditions (including spiritual/religious) have been in the United States since 1849. She feels the role of Chinese medicine and healing traditions within the country's different cultural groups is a seriously neglected aspect of American medical and cultural history, and is attempting to rebalance this in her next work.

Linda travels throughout the United States interviewing people for archival information for her next book, visiting many people who represent many different kinds of practices. We at ITEA are proud to have been chosen as a part of this gathering of information, and are looking forward to her book!

AAAOM Conference New Orleans

by Nancy Robertson, Class of 2008.

On May 10th to 13th I had the opportunity to attend the AAAOM conference in New Orleans. This was the first conference since the reunification of the two professional organizations, the AAOM and the AOM-Alliance, into the AAAOM. I went to assist with the Worsley Institute display and reception. I had a great time talking with people about Classical Five Element Acupuncture. I was able to sit in on several classes for brief periods and I enjoyed the content quite a bit. Conferences are wonderful places to broaden one's field of focus and hear different points of view.

On Friday night, the student organization affiliated with the AAAOM held a dinner and student caucus meeting. The food was amazing, as it was the entire weekend! At the meeting I met students from all over the country. We discussed how the student organization would fit with the parent organization. On each specialty committee of the parent organization, there will be a student representative on the committee to report back to the students. One goal of the future is to set up local student chapters to focus on community service and public relations. The chapters would also help give the students more voice on the national level. Along with the creation of local chapters is a drive to increase student membership. The more students who join, the more voice we will have on issues that are important to us and our future profession. It is also a wonderful way to learn about issues that will affect you in the near future when you are licensed. I encourage you all to join. Check out the following website for info: <https://www.aaom.info/memberapp.html>

Several relevant issues were discussed at the caucus. Health insurance is currently available through the AAAOM, but only for students under the age of 29. Many felt that the age limitation should be reconsidered, as most acupuncture students are above that age limit. There was also discussion of federal student loan forgiveness, a program similar to what medical doctors have who work on an intern/externship. Along with that is interest in increasing the number of available intern/externship opportunities. Reciprocity of licensing between states was another discussion. If most states require the NCCAOM exams, the process should be easier to transfer licenses between states. Along the same line is the process of transferring credits from one accredited school to another. There is no seamless way to do so at most schools. Voiced was interest in a track of classes at the conferences that focus on our needs as students in subjects like ethics, business set up, practice management and insurance options. We did hear back that such classes are in consideration for the conferences in 2008 and beyond.

I admit - I had a coffee at Café Du Monde along with my beignet! How could I not - I was in New Orleans and it did not seem right to ask for a cup of tea. I had a wonderful time with all the great people I met, both at the conference and in the city. I encourage you all to become involved with the AAAOM if only to stay aware of what is happening in the field of acupuncture. I learned so much and it was a worthwhile and valuable experience that I will not soon forget. I am looking forward to the conference this October in Portland, Oregon.



Interview with Carla Leftwich

Database Administrator for
ITEA

What is your job title? I'm the database administrator but will be leaving soon. I might do some work long distance if it works out.

What is a typical work day like? There is no such thing as a typical work day.

Tell me a little about yourself. I was born in New Orleans, in Mercy Hospital which was destroyed by Hurricane Katrina. I now live in Lyons, CO at the foot of the majestic Rocky Mountains. But, I will soon be moving back to flat and humid Louisiana. Hurricane Katrina called me back after being away for over 30 years. My father and two brothers live in New Orleans. I have a sister in North Carolina and a brother in Fort Worth, Texas. I also have nine nieces and nephews and I'm looking forward to spending more time with them once I'm in Louisiana.

What are your loves? What I really love to do is Classical Five-Element Acupuncture and Plant Spirit Medicine and care for people who are close to death. When I'm not working I'm walking or hiking, doing plant studies, visiting with friends, sitting around the fire in community. I'm grateful that I am still alive and have found my heart path.

What is your philosophy for living? Live life out of heart and everything else will flow

What qualities do you like most in a person? Compassion, integrity, sense of humor, playfulness.

What is your favorite place to go on vacation? Well I don't really go on vacation any more. I go to Mexico a lot but that is not vacation - that is spiritual path and it's usually a lot of work.

What's your favorite thing for a quiet evening? Go for a walk or hike, have dinner with a friend, watch a good movie, sit around the fire.

Tell me something about you that not many people know. I'm a wild child.

What kind of music do you listen to at home? I have very eclectic tastes. I love all kinds of music from opera to blue grass. I am sorry that I hate rap music - the bass actually physically makes me ill.

What was the last book you read? I just finished two books I felt were really interesting. Mountains Beyond Mountains and The Shamanic Path of the Bee.

What is your favorite movie? Favorite movie - My Life as a Dog. There is just something about that movie that really touches my heart.

What is your idea of happiness? I don't really believe in happiness as something or some state that can be achieved. I believe in joy as an emotion that can contain all of the other emotions - grief, anger, sympathy and fear all can be held by a joyful heart.

If you weren't in your current occupation, what occupation would you choose? Actress.

What do you enjoy most about your work? I love getting to know the depth of goodness of people - to see their jewel-like qualities and beauty.

Imagine

by Jeanette Rockers, AAAOM Board, AAC Board, Class of 2002

Imagine George Bush and Dick Cheney announce that they had just had a meeting with Hilary Clinton and John Kerry. In this meeting they decided that it was simply not working to have the country so divided and polarized, they just couldn't get anything done. Most surprisingly, they had come to an agreement to combine the Republican and Democratic Parties, and just all get along. Immediately, they began to combine forces, and work for the common good.

If you have trouble imagining that scenario, you have a pretty good idea of what it took to re-unite the AAOM and the Alliance. The two national organizations that represent professional acupuncturists, having split 14 years ago over ideological differences, decided to combine forces in January of this year, for the common good. These organizations decided that it was more important to have a united voice for the acupuncture community than it was to hold tightly to any differing opinions on how best to serve and promote Acupuncture and Oriental Medicine. They are now the American Association of Acupuncture and Oriental Medicine.

There were, of course, problems associated with having two organizations with the same basic goals. They were dividing the pool of potential members (professional acupuncturists), and not accomplishing as much as they could nationally if they were one voice with a united membership. Each year they were supporting two conferences, two offices and sets of staff, and duplicating efforts in a number of areas. Some acupuncturists in that "potential pool of members" expressed the view that if these two groups couldn't figure it out and mend their differences, they wouldn't join either one.

Having two organizations meant there was no single "go-to" authority who represented professional acupuncturists. When a national magazine or news organization wanted a reliable source, whom should they ask? It usually was whoever was handy or known by the editors. Maybe the information used was accurate, but often the finished results made acupuncturists cringe. If a state was trying to pass an acupuncture law, whom did they ask for help? Legislative expertise within the organizations was stretched thin. There was no lobbyist to represent acupuncturists in national legislation, as the chiropractors and doctors have.

So now these problems are solved, right? Well, yes and no. A great staff led by the enormously talented Rebekah Christensen is feverishly ironing out

logistical issues: those two offices needed to consolidate while all the work continues. Clearly there is synergy from combining two passionate boards full of talented individuals into one decision-making body. But what is needed now is the input of all the voices of our profession. We have a diverse population of acupuncturists, and the new AAAOM wants and needs to hear from all of our lineages of practice in order to fully represent them. These acupuncturists can do this by joining this new organization, coming to conferences, participating on committees, and running for election to serve our profession. There is even a membership category for the interested public.

Maybe the Republicans and the Democrats won't soon be uniting into one party, but we certainly have.

Letter from the President

by Sandra Lillie

Jeanette Rockers (see previous article) and I have had a few interesting and exciting discussions of late. I share her concerns.

Personally, my thoughts these days dwell on Diversity. With the blending of the AOMAlliance and the AAOM into one professional organization, I am seeing some possible trends. I hope, through this article, to arouse you all to vigilance and action.

The publications of the new AAAOM refer to all disciplines of acupuncture and Oriental medicine under one of two headings – OM or TCM. In all the professional organizations, such as the CCAOM and ACAOM, there is great care taken to specify that Acupuncture differs from Oriental Medicine in that it does not use herbs while OM implies herbs. When questioned, the new AAAOM has informed us they consider all disciplines to be encompassed within the heading of OM, and do not wish to change terminology.

I feel the new AAAOM organization at this time needs more representation by all the diverse disciplines of acupuncture and Oriental medicine. For instance, I cannot find any classes in CF-EA or even Five Element to be given at the next convention. The AAAOM is the only professional organization for Acupuncturists in the US now, and the acupuncture public, who do not have ready access to political and other professional organizations, have only this organization to rely on for information on acupuncture in our country. What will they learn?

I have heard that Five Element practitioners make up 9% of the practitioners in the US, and we need to have a voice that is more than 9% of the whole. We need to have a voice now, so there will be recognition of the way CF-EA sees the health and wholeness of the individual. I encourage you to be vigilant when you are reading journals, and active when you see something that makes you wonder. Thank you.

The Intensive 1 Experience - by the Class of 2010



Back Row: Thomas Malone, Arden Ashcraft, Jyoti Seth, Glen Robinson, Morgan Rivers
Front Row: Kate Sciolino, Jean Pierce, Susie Sampierre, Sarah Krom, Melissa Farran

A Seed Has Been Planted...

Ten individuals, 10 roads, all leading to this day, August 4, 2007 - day one of our first Intensive at ITEA. We are sitting in front of Hilary Skellon, our teacher for this Intensive. Hearing about this lineage we feel an overwhelming appreciation for all the masters who worked with diligence and passion to create this school and curriculum. Some masters we will not have the opportunity to meet in this lifetime; others will stand before us in the classroom, sharing their knowledge and experience; all will be our teachers. Looking around at one another we take in these strangers who will join us on this journey. Introductions and stories confirm fear, reveal excitement, produce tears and invoke an immediate and genuine connection.

As the Intensive goes on we begin to learn a bit about each of the 5 Elements. Different emotions come up for each of us which makes sense since the Elements exist within all of us. The structure and pace is perfect. Our days off as well as the time in-between Intensives provide the opportunity to get out of our head and for absorption to take place. Hilary advises us to be open so we can feel the medicine, feel the elements, feel the pulses, feel the points - "get out of your head, dear!" We are reminded that the best way to learn about the Elements is during our nature walks; to let nature be our teacher. We also learn from one another, especially during the "Student Reviews" when we are at the front of the room presenting material. Some of our classmates use music, others art, and several use humor. We laugh a lot as a class and have realized that learning can be a lot of fun!

Looking at the Elements we see that we arrived out of Water and were all feeling fear for the unknown. We quickly sprung into Wood experiencing the birth of our class. One week in we found ourselves in the Fire element; taking our "temperature reading" we felt that a level of maturation had been achieved. The love was apparent, and we realized we were in a safe and supportive environment. Our nature walks helped ground us in the Earth Element as we all

pulled back slightly to observe and appreciate the work we have accomplished to this point. Finally, as we enter the Metal element we know that in a couple days we will be saying goodbye and will return to our lives in cities across the country. It's time for us to let go a bit and to continue this learning on our own until we meet up again in a couple months. We have experienced a cycle within a much larger cycle that will be our 4 years as the class of 2010.

It's hard to believe that 2 weeks ago we were strangers sitting in a room seeing each other's faces for the first time. The 10 of us have quickly formed a bond and work together with respect, kindness, love and support. We feel a deep connection to one another, to our teachers and to this medicine. Hilary quiets our fears, honors and respects us and has helped us experience Body, Mind, and Spirit learning. She also laughs with us and brings a lightness to our days that could otherwise feel overwhelming at times. In summary, if every Element has a Power, the Power of our class seems to be Laughter - possibly the best medicine of all. Until next time...

In the Spirit of Giving

- Give a monetary donation of \$125 and receive a beautiful calendar as a gift. Give a donation of \$250 and receive 10 Five-Element greeting cards.
- Give monetary donations of \$1000, \$5000, \$10,000, \$25,000 and \$50,000 and receive an ITEA logo broach, necklace or cufflinks of stainless steel, silver, gold, platinum or platinum with a diamond respectively.
- Buy discounted original ITEA T-shirts (\$15) and sweatshirts (\$20). The front of the T-shirts and sweatshirts are imprinted with the original ITEA logo. The back features a Chinese character with additional lettering. These will soon be collectors' items as we move to our new logo!
- Purchase an original canvas tote bag with ITEA logo (\$7). This also is soon to be a collectors' item as we reorder with our new logo.
- Doren Day's soft cover book, "Let it Flow", is available for \$4. The book describes in simple terms how acupuncture and fluid intake are vital for one's health. *Have copies available at your office or sell them to your clients!*
- "The Colonial Community Program", sponsored by Colonial National Mortgage, offers a variety of loans. If you participate in this financing program, the company will make a donation to ITEA. For more information, contact Suter DeBose at 303-443-4427.

ITEA is a non-profit 501(c)(3). Your contributions are tax deductible. .

Late Summer

by Tom Kirby

As anyone who has attended a Classical Five Element Acupuncture school can attest, the study of this medicine is full of unexpected and amazing delights. One of the most intriguing aspects of nature that a student new to the study of CF-EA learns is that there are five seasons, not just the four we are raised to know in western culture. So, our introduction to Late Summer, the season between Summer and Fall, is inherently a bonus to those of us who were previously unaware of its richness. How appropriate this is, for Late Summer is the season when everything is reaching its zenith of maturity and ripeness—as if nature is giving us a bonus.

Many a Coloradoan can appreciate the amazing peaches that are grown on the state's western slope near Palisade. As an eighteen year old who had just moved to Colorado and was a finicky eater, I had never tried a fresh peach. But at the farmer's market in Aspen, at the very end of August, the gems from the fruit trees near Palisade made my life far richer. The peaches there were simply glowing in their ripeness. Their visual allure outweighed my gastronomic hesitancy with fruits and veggies. I took one of the softball size beauties in my hand, and the first bite sent sweet peach juice onto my lips, cheeks, chin, neck, hand and shirt, covering me as if its ripeness had to leap out into the world. That first peach and the many that have followed remain a quintessential example of Late Summer for me. Peaches like that have to be handled gingerly, because they really cannot contain one more bit of ripeness: they are as full as possible. They look beautiful. Their smell is heavenly, and their taste is equally so. This delight is quite reflective of the Late Summer season, as things wax full to their maximum capacity.

The season of Late Summer is associated with the Earth Element. The earth literally holds and supports us in space, and provides for us all the things we rely upon to meet all our physical needs. In the season of Late Summer, we see the earth's bounty reaching its maximum point of fullness. An interesting facet of this process is that we can observe a decrease in many aspects of nature at this time of year, even as they are yet reaching the point of full ripeness and utter maturity. The amount of sunlight each day decreases, and it is so much softer in intensity than it was during the peak of Summer. Listening to birds singing reveals that our feathered friends are experiencing a slowing down in their activity; their songs are quieter and less frequent. These and other examples from nature can be likened to filling a vessel: we fill it as quickly as possible at first—similar to how we see things growing so quickly at the height of Summer; and then we slow down as we fill the vessel up to the very rim, like nature gets that last bit of sweetness into a tree ripened peach.

Perhaps the thing I personally most adore about this season is the palpable sense of the fullness of life. The climate associated with this season is that of humidity, and the thickness of humid air is an apt analogy for the thickness of life at this time of year, as nature comes to her full bounty. Is there a better time of year for enjoying all the fruits of the efforts of our lives? Truly, we can have an exquisite harvest every day—and we need this. Yet the

harvest we can reap and digest during Late Summer does stand alone in the breadth and wholeness of its experience. If good plans were laid in the Spring and the proper nurturing and care were provided throughout the Summer, Late Summer can be an incomparable time of plenty.

Is it possible that to know the bounty of all that Late Summer we must know thanks and gratitude? A friend once heard an hour long prayer given by a Huna healer, and said it was the single most all encompassing offering of thanks and gratitude he has heard. It seems that we fill ourselves by consciously feeling this way, and that it is an essential piece so that we can be in harmony with nature throughout the year, and especially with the fullness of this time of year. May your lives be similarly filled with gratitude and thanks in the very special season of Late Summer.



End of Classes Ceremony for the Class of 2007

A wonderful End of Classes Ceremony was held Sunday, April 22nd. The attendance was the largest ever, for between 150 and 200 created a 'standing room only' situation. The catered food was abundant and excellent. Dr. Judy Worsley spoke to the class, as did Hilary Skellon, Kathleen Robinson and Sandra Lillie. Brad Austin was the Master of Ceremonies.



Back Row: Sarah Books, Carey Groom, Julia Moore, Allie Dodge, Brad Austin, Judy Worsley.

Front Row: Anne Huval, Shelly Wolf, Mary Jo Higgins, Brenda Peacock, Marcie Cohen, Hilary Skellon.

Get In The Spirit

by Hilary Skellon, ITEA Director

The season of late summer is a fabulous time to appreciate the bounty of nature's harvest. The crops that have grown and matured through the spring and summer come into their own in late summer. This is truly the time of year of abundance, trees bent over with full ripe fruit, hardly able to bear the weight of nature's goodness. We know that when we are satiated in body, mind and spirit we truly reap a harvest. Let's look at a couple of points that remind us of the power of this season.

XI 23 Great Oneness

Great Oneness is a point that helps a person with an Earth C.F. realize the harvest and abundance within. This is not a point that is used early in treatment as we need to make sure that the person isn't empty and that there is a harvest inside to reap on all levels. The beauty of this point is in helping a person integrate and recognize that harvest. They could be feeling isolated and alone, not able to see what is within, not able to recognize the abundance within, or not able to trust that they have inside all they need to feel fed, nourished and secure. This is a great point to bring together all aspects of the person, to bring all that energy together in order to feel at one with themselves and with the world around them.

XII 21 Great Enveloping

Remember the image of those trees laden with fruit? When we feel blessed with nature's abundance, when we feel cared for and nurtured in our body, mind and spirit, when we feel a sense of belonging to all energies that continually feed and provide for us, we can recognize that we are safe, secure and a part of the greater whole.



When we imagine a person who has never been able to feel that sense of belonging, of being nurtured and safe, being content and cared for—either by another, or more importantly by themselves, then this point can be wonderful. It literally can feel like being enveloped and held in caring arms, where all is right with the world. As this is a point that will envelop and contain all that

is there we do need to make sure that the person is ready for this point, and that their energy is built up in order for there to be something to hold on to.

From the Director

by Hilary Skellon

This is a very exciting time in the school - with our impending move, new intake of students and a new class of students going into the clinic for the first time! Being the season of Late Summer at the time of writing, this is also a time to fully appreciate the bounty of all that has grown within the school this year.

It's not often that I fully stop and reflect on where we are and what has been accomplished, and to do so at this time fills me with both joy and wonder at what goes on in the school throughout the year. One of the most fulfilling things for me is seeing new graduates go out into the world with such competency and excitement for what they are doing. I feel blessed to have been a part of their journey and also feel tinged with sadness that they are no longer a part of our daily lives. However, as all things must pass and change, a new class of excited, enthusiastic students come into the clinic! I then realize that this truly is a never ending cycle of new people, new energy, new ideas, different personalities, different people to learn from as well as teach, different experiences, and such a gift! Thank you to all of you, faculty, administration, and most of all students – for making our school such a great place to live!

ITEA Student Clinic Fees and Treatment Packages*

Student Clinic Treatment Fees

Initial intake examination	\$65
Treatment	\$45

**Payment due at time of treatment.*

Treatment Packages

Initial intake and 5 treatments	\$235	saving \$55
Package of 3 treatments	\$125	saving \$10
Package of 10 treatments	\$375	saving \$75

Help veterans through our Veteran's Program! Donate the amount of your savings on the treatment packages to the program to provide low-cost support to our veterans as they acclimate to life after their service in Iraq or Afghanistan.

All purchases are non-refundable, non-transferable, payable in advance by cash/check/credit card Monday through Saturday 9-5.

Interview with Mary Ellen Metke, ITEA Board President

Where were you born and raised?

I was born and raised in Central Oregon called Bend, Oregon. At that time it was a small town surrounded by two wilderness areas. I spent a great deal of time in the out of doors and doing sports such as ski racing , gymnastics, and swimming.

What were you doing in your life before you decided to study acupuncture?

In college I got a degree in Fine Arts in Oakland, California. I then moved to Santa Fe , New Mexico. I was involved in many art related jobs such as museum and art gallery work, professional photographer, and a picture framer. Also in Santa Fe I was introduced to Tai Chi and Acupuncture by a good friend. I had always been interested in art and medicine. Once I started learning about Tai Chi and Acupuncture I knew I found my life interest. It took me about 7 years before I entered acupuncture school in Columbia , Maryland called TAI, Traditional Acupuncture Institute, now called TAI Sophia. I graduated and moved to Cape Cod in 1989. Then moved to Colorado in 1990 and started my acupuncture practice in Boulder and in Longmont.

What are you currently doing related to acupuncture besides your private practice?

In 1994 I started an acupuncture practice as a contract worker at Longmont United Hospital (LUH). I was the first acupuncturist hired in Colorado to do acupuncture in a hospital setting. Then in 1996 I was hired as a staff acupuncturist at LUH. In 2000 I joined ITEA faculty and ITEA Board and became Chairman of the board in 2003.

What do you like best about teaching and supervising?
I love working with everyone. I really enjoy sharing ideas, experiences, and insights with working with the students and clients.

Tell me about your family.

I've been married for 23 years and have 2 great boys Zane, 17 years old and will be graduating from high school this next spring. He loves to play football for Boulder High School. My younger son Ian is 14 years old and he is entering Boulder High this fall. He enjoys playing lacrosse. My husband's passion is writing short stories and novels. He also teaches at CU.

What do you enjoy doing most outside of work?

Family, friends, hiking, biking, swimming, Tai Chi, gardening, photography.

Who have been the greatest influences in your life?

My family, especially my husband, Robert and children Zane and Ian, also J. R. Worsley, and my Tai Chi teacher Ben Lo.

What words of advice would you have for a recent graduate or someone starting up their acupuncture practice?

Have fun, clear intentions/focus, and relax.



Mary Ellen Metke

Alumni News

Ty Romijn has now been in Boulder/Lafayette for a year. He lives with his older son, Zenobe (now 11 yrs. old!), while his younger son Prasad (9 yrs. old!) lives with his mom in North East Boulder. Both Boys are growing so Big! Ty is steadily building his Acupuncture/ZB practice, as well as his T'ai Chi Ch'uan classes. He enjoys facilitating at the Co-housing Community he lives in (Nyland) in Lafayette. This year he plans on continuing to build his practice via Monthly Clinics at Nyland. He also practices out of the Mandala Community Clinic on Broadway in Boulder. His E-mail is organicmovement@aol.com, www.tyromijn.com 720.224.1200/303.499.1290. – Ty Romijn, L. Ac. (US), LMT (RI), '01

Upon the heels of graduating from Naropa University in '95 from the Contemplative psych program I entered ITEA and graduated in '99. Both were the perfect union in preparing me to practice Classical Five-Element Acupuncture. I enjoy a healthy practice in Boulder, Colorado. Along with acupuncture I assistant teach in the B. A. Buddhist psychology program at Naropa University, where I am a meditation teacher and instructor. I have also been attending MAP™ for the past 5 years. My respect, love and understanding for this medicine grows with each passing day. My email is rose_sposito@yahoo.com Rose Sposito, '99.

Renae Einspahr, Class of '00, has a busy practice in central Denver. She is happy to report that her lease has been extended another year while the new owners figure out what they are going to do with the property. Renae can be reached by phone at 720-371-0917. Renae's e-mail is renaeinspahr@comcast.net.

Faculty News

I am currently practicing CF-EA and Zero Balancing in Denver on Fridays and loving being in the "Big City". – Johanna Alper

Practicing in the Hospital Setting!

by Barbara Weinberg, Lic.Ac., RN, Class of 2004

In January '07, after more than a year of planning, I was hired by Cooley Dickinson hospital in Northampton, MA, to become their first acupuncturist. This brief article is intended as encouragement for other CF-EA acupuncturists to pursue setting up an acupuncture program at a community hospital in their area.

I believe that I got this position because of the many talks I had given since graduating from ITEA, as well as other forms of outreach I had, and continue to be, engaged in: mailings followed up with phone calls, meetings with therapists, other acupuncturists, and support services for people with cancer, people with mental illness, elders, new mothers etc. It's really true what they said in school - how important it is for us to be comfortable giving talks!

I can't say that a hospital is my favorite setting to practice in. As an RN (my previous line of work) I had avoided working in hospitals entirely and had practiced in the community only. And now, as an acupuncturist, I find myself practicing in a hospital - how ironic! I took it as a challenge: to bring acupuncture to a world that is about as far removed from CF-EA as it gets, and to find ways to bridge these two worlds.

I have been doing this now for about 8 months. I am very fortunate to have a supervisor who fully believes in acupuncture (I treat her grown children and occasionally her husband) and who is willing to promote acupuncture skillfully and relentlessly. And it helps to have educated her in CF-EA; this took time.

So, if you are interested in setting up an acupuncture program at your local hospital here are some suggestions:

Getting Started

See if a *Center for Complementary Therapies* (or equivalent) already exists at your local hospital. These type of centers have recently become more numerous due to demand from clients. If so, contact them, introduce yourself, set up a meeting, be willing to give a talk. I was, again, fortunate in that Cooley Dickinson hospital did have such a center and that my supervisor was actually looking for an acupuncturist who would not only be able to provide services there, but who would help to develop the position - hence it took over a year (by the way: I did most of this setup work for free and I think you might have to be willing to do that).

Salary

You will have to negotiate your salary. Most hospitals will pay you per treatment. This is the case here. I get 60% of the fee charged to the client, the hospital keeps 40% (in most places, this ratio is reversed - again how fortunate!). See if they will pay you an hourly wage for doing outreach within the hospital (yes, more talks...). While 60% of the fee is probably less than you make in your private practice, consider that you have no overhead, no advertising, no rent - you just book appointments and give treatments (and hopefully get paid to give talks).

Insurance Coverage

A couple months into the adventure, we discovered that the hospital's employee health insurance plan actually pays for 12 acupuncture session a year for employees and their dependents with a small co pay. This is definitely worth checking into. I now get to treat the people who need acupuncture the most: overworked RNs who are used to giving but have trouble receiving.

Outreach within the hospital

I have given talks to several groups, from the Ladies' Auxiliary to the midwives, my fellow complementary therapists (massage, Reiki, hypnotherapy and others), nurses, MDs etc. I found that the midwives have been most open to, and supportive of, acupuncture. I now can provide acupuncture to laboring women, helping to induce and establish labor, to relieve tension and anxiety and assist in a natural birth (Note: for a woman to receive acupuncture during labor, she needs to be seen by me at least twice in late pregnancy).

Who are my clients? What kinds of issues do they present?

Aside from employees, laboring women and my supervisor's family, I see a cross section of people with all types of ailments. These include alcoholism and other addictions, anxiety and depression, and different types pain issues. As expected, my hospital clients are more likely to present with physical problems and are less familiar with revealing issues of the mind and spirit. But with time, I can usually find ways to open those doors as well.

Other considerations

Be prepared to encounter skepticism of the efficacy of acupuncture and questioning of the safety of acupuncture. As soon as the hospital administration approved my position, we were swamped with questions and concerns. It's important to put people at ease - offer to meet with MD's, the infection control people, and other providers. Show them your needles (it's amazing how this little gesture calms people down: they all imagine that we use huge needles that could damage nerves and puncture blood vessels), demonstrate clean needle technique and universal precaution. Let MD's know you are not competing with them - in this setting you are practicing a complementary therapy.

Finally and most importantly

A big thank you goes to Michelle Bowman, Lic.Ac of Longmont hospital and graduate of ITEA. Michelle was instrumental in helping my supervisor and I get this program off the ground. She has published a resource book, based on her experience at Longmont, that covers details too great to go into in this article. There is a copy in the ITEA library. Her book is a must if you are serious about setting up an acupuncture program in a hospital.

Thank you for the opportunity to share my experience. I welcome your questions, and am willing to help in any way I can.

Barbara Weinberg, Lic.Ac, RN, Class of 2004

Continuing Education and Events!

September 2007

20th Public Lecture on Classical Five-Element Acupuncture

Cost: Free

Location: ITEA, 608 Main Street, Louisville, CO
RSVP Angela at finance@itea.edu or 720-890-8922

29th Harvest Challenge 5K Run/Walk

Runners start at 9:00 AM, Walkers at 9:30 AM

The annual ITEA Harvest Challenge is a fundraiser to support the ITEA community acupuncture clinic, and each year everyone has a wonderful time! Children and dogs on a leash are welcome. Help us serve the Louisville community with Classical Five-Element Acupuncture by participating in the race, obtaining pledges, and/or buying advertising space on our commemorative T-shirts. Each entrant will receive a T-shirt, and various prizes will be given. Register in advance by mail, or on race day at 8:30 AM. Online registration is possible at www.active.com (minimal processing fee).

Cost: \$15 for single registration, \$20 for family of up to 4 immediate family. ITEA is a non-profit organization and all donations are tax deductible.

Location: The race starts at the Caranci Pavilion in Louisville

More information please contact Nan at 303-944-3139 or at nance_2017@yahoo.com.

October 2007

5th Free CF-EA workshop for ITEA alumni

9:00 AM – 12:00 Noon

Topics will include pulse taking, point location and questions about points, alarm points, and review. Register early, as space is limited.

Cost: Free

Location: ITEA, 608 Main Street, Louisville, CO.

To register, contact Angela at finance@itea.edu or 720-890-8922.

26th Western Medical Tests

9:00 AM–6:00 PM

Suzanne Williamson, D.C., has prepared this course to give acupuncturists an overview of the commonly used tests found in the U.S. The course helps acupuncturists interface with the Western Medical profession, and better understand what clients experience.

Cost: \$120 to audit, \$290 for credit

Location: ITEA, 325 S. Boulder Road, Louisville, Colorado.

For additional details contact Angela at finance@itea.edu or 720-890-8922.

November 2007

1st Public Lecture on Classical Five-Element Acupuncture

Cost: Free

Location: ITEA, 325 S. Boulder Rd., Louisville, CO

RSVP Angela at finance@itea.edu or 720-890-8922

6th – 8th Lectures on Chinese History and Philosophy with Elisabeth Rochat, sponsored by ITEA.

Monday 9:00 AM–6:00 PM

Tuesday and Wednesday 9:00 AM–1:00 PM Elisabeth is the senior lecturer for the European School of Acupuncture, has been primary lecturer and General Secretary of the Ricci Institute, and is co-author of many exquisite books on Chinese Philosophy. She enlightens students through explanation of the meanings and history of Chinese characters.

Cost: \$75 per each half day (ITEA students and faculty free of charge). Send check to 608 Main St. in Louisville Colorado 80027.

Location: ITEA, 325 S. Boulder Road, Louisville, Colorado.

For additional details contact Angela at finance@itea.edu or 720-890-8922.



December 2007

8th, 9th and 10th ITEA Advanced Training Seminar by Hilary Skellon, with Kathleen Robinson

9:00 AM – 5:00 PM

Friday 8th – a full morning of point location, and afternoon in depth pulse taking and general questions submitted by attendees.

Saturday 9th – Hilary will present spirits of some of the less commonly used points, and speak on requested points. Further exercises on odor and emotion will enhance your diagnostic skills.

Sunday 10th – Book one of your clients to be seen in front of the class. Diagnosis and treatment planning will be discussed. In the afternoon Hilary will review needling skills in depth, and lead the group with exercises on color.

Cost for 3 days: \$490 (\$450 before 11/1/07)

Cost for 1 day: \$185 (\$170 before 11/1/07)

Location: ITEA, 325 S. Boulder Road, Louisville, Colorado
To register, send check to ITEA, 608 Main Street, Louisville, CO 80027.

For more information, contact Angela at finance@itea.edu or call 720-890-8922.

February 2008

21st – 24th Core Zero Balancing I

Taught by Jim McCormick, Senior teacher of the Zero Balancing Association. Zero Balancing is a simple, yet powerful, bodywork system which aligns the energy body with the physical body in an elegant and effective manner. It focuses on the whole person, even while addressing specific needs. Open to anyone with certified in a healthcare discipline.

Location: 325 S. Boulder Road, Louisville, Colorado.

For more information on the course, or to register, contact Angela at finance@itea.edu or 720-890-8922.

February/March 2008

February 28th - March 1st – 2nd Core Zero Balancing II

Time: 9:00 AM – 5:00 PM

Jim McCormick, Senior teacher of the Zero Balancing Association, will teach this course. Zero Balancing is a simple, yet powerful, bodywork system which aligns the energy body with the physical body in an elegant, and effective manner. It focuses on the whole person, even while addressing specific needs. Open to those having already taken Zero Balancing Core I.

Location: 325 S. Boulder Road, Louisville, Colorado

May 2008

3rd – 4th Seminar with Dr. Judy Worsley

Dr. Worsley is the Master of Classical Five-Element Acupuncture. She, with the assistance of excellent advanced teachers of the discipline, will hold a seminar for Classical Five-Element practitioners and clinical students. This is a once-a-year event which must not be missed! Sponsored by the Worsley Institute and ITEA. 16 CEUs.

Location: Best Western Boulder Inn, 770 – 28th St., Boulder, CO

For more information, please go to www.worsleyinstitute.com.

3rd Wine and Cheese Tasting for Worsley Seminar Participants

Time: 7:00 PM - 9:00 PM

Come join us at ITEA for a party! See the NEW school and get to know the people in the seminar. Good music, good food and drink. Help ITEA celebrate its new location.

Cost: Free

Location: ITEA - 325 S. Boulder Road, Louisville, Colorado

For more information please contact finance@itea.edu or (720) 890-8922

15th - 16th Nutrition for Clients

9:00 AM – 6:00 PM

Nutritionist June Konopka, M.A., teaches this engaging class through lecture, discussion and cooking. Find out how to help your clients make the dietary changes they need, cooking with tasty and filling foods. This class gets rave reviews each time it is presented!

Location: ITEA, 325 S. Boulder Road, Louisville, CO

Cost: \$235 to audit, \$415 for ITEA credit

To register please send check to ITEA at the address above.

For more information, contact Angela at finance@itea.edu or 720-890-8922.

Donation Wish List

Have you ever wondered what the school really needs? Here's a list of items on our wish list. We're always interested in your suggestions as well. Contact Claudia with your ideas or to ask about details on any of the items listed below.

- Furniture for the waiting room. Please ask us for details.
- Blinds for the treatment rooms
- Cabinet with glass doors for the library for additional space.
- Locking cabinet with glass doors for the office.
- Flat screens for the office computers, to save space.
- Computer/video projector for the school for PowerPoint presentations. Please ask us for details.
- New desks for the treatment rooms.
- More desks and office chairs for the office.
- Your old car to www.donateacar.com, for which we then receive cash – call the office for details
- Your old cell phones, for which we receive cash – call the office for details.
- Recent (within the last four years) Nurses Drug Guides for the library.
- Financial support for upgrading the ITEA computer system and phone system.

ITEA is a non-profit 501 (C) (3) corporation and all donations are tax deductible.



The Flatirons of Boulder, Colorado

Photo by Mary Ellen Metke, July 2007

Much gratitude to all our supporters on our journey!