Southwest Acupuncture College Mission Statement
Southwest Acupuncture College is a classical school of Oriental medicine offering an accredited professional degree program leading to a Master of Science in Acupuncture or a Master of Science in Oriental Medicine. With the primary responsibility of educating students to become independent healthcare providers, our foremost goal is to provide excellence in the education of those prospective practitioners. A concomitant goal of the college, to cultivate service to the community in this emerging field of effective medical care, is fostered in the curriculum and the educational life of the college community through our on site low-cost public clinic and numerous off campus externship clinics that offer free service. In order to accomplish these goals of promoting the greatest caliber and realization of professional performance, the staff and faculty are continually re-evaluating the program and supporting areas of institutional activity, seeking ways to enhance and maintain the college’s standard of excellence.

SWAC Goes Social!
Yes, we’ve gone social! In early February 2014, Southwest Acupuncture College made the conscious decision to jump feet first into the social media space by retaining social/digital media consultant Carole Baker to put it all together.

The first challenge Carole had was to choose a NAME in Twitterville since only 15 characters are allowed. After a bit of research and brainstorming with staff members, @SWACsocial was born. Carole says, “The beautiful thing about the new name for social streams is that whether you are looking for us on Facebook or Twitter, the name is the same!”

The excitement has started to build as SWAC alumni have begun finding us and engaging on Twitter. It has been a lot of fun seeing old, familiar faces and viewing their presence in social media. In fact, if you visit SWAC’s Twitter page, you will see SWAC retweeting alums’ posts and helping generate traffic to their blogs! For example, check out Jennifer Dubowsky’s blog http://acupuncturechicago.blogspot.com—we are truly enjoying sharing her content and helping to put her practice in the spotlight!

The response from staff, current students, and grads has been nothing but positive. A recent tweet from a SWAC graduate, @NeedlesNoelle:

It’s Noelle, baby! 😎 @NeedlesNoelle Feb 24

Woo, check it out @SWACsocial is out and kicking it on the social interwebs! Welcome! #LinkedIn is next)

continued on the back cover page
Marijuana Use
By Melanie Crane, M.S. Ed.
Academic Dean, Boulder Campus

In a previous Luo Down article, I talked about alcohol abuse and the college student. The recent legalization of marijuana in the state of Colorado led me to think that, although reliance on alcohol and reliance on marijuana can both be classified as possible substance abuse issues, they do differ in many respects. Alcohol has been legal for the lifetime of every student in our program, and for the lifetime of their parents (and probably grandparents as well). Marijuana, on the other hand, is still considered a controlled substance by the United States federal government, no matter what the states of Colorado or Washington currently have to say.

Why do people use marijuana?
• Cannabis is a central nervous system depressant. In small doses, it relaxes the user and produces feelings of euphoria and increased social confidence.
• Sometimes people use cannabis to temporarily escape their problems.
• People can experience peer pressure to use marijuana with friends in a social setting, in the same way that they feel social pressure to use tobacco or alcohol.

So what's the problem?
• There is an increased risk of accidents due to the user's impaired balance and coordination, decreased attention and short-term memory, delayed reaction time, slowed information processing and motor performance, and skewed perception of time.
• Study or work can be affected by the reduction in motivation, concentration, short-term memory, and information processing.
• Marijuana is much stronger now than it was in the past.
• Effects last two to four hours when smoked. Hashish is concentrated resin from the cannabis plant and its effect is more intense and longer lasting.
• Marijuana can produce paranoia and uneasiness in some people.

Long-term effects of frequent use include:
• An increased risk of respiratory diseases, including acute and chronic bronchitis, lung cancer, and cancers of the mouth, throat, and upper respiratory tract.
• The loss of energy, drive, and motivation—work, study, and active hobbies can suffer.
• A short-term cannabis-induced psychosis can occur in some vulnerable individuals, producing confusion, amnesia, delusions, hallucinations, anxiety, agitation, and an elevated mood which can lead to harmful decision-making.

Possible effects on mental health from short- or long-term use:
• Anxiety, panic, paranoia, fear of going crazy.
• Depression.
• Psychotic symptoms, including delusions and hallucinations (at high doses).

But I thought cannabis wasn’t addictive?
The possibility of developing a dependence on cannabis is very low for occasional users; however, frequent users can develop both a physical and a psychological dependence. This results in an increased amount of cannabis being used to feel “normal.” The anxiety, agitation, and depression often caused by the heavy use of cannabis are managed by increasing the frequency and amount used.

Social/financial/legal effects:
• Marijuana use can have a negative impact on interpersonal relationships. Intoxication with cannabis can result in communication difficulties and a lack of responsibility in attending to important obligations.
• Heavy users can find that they are facing increasing financial difficulties due to the cost of their habit and the time taken from work or study.
• Cannabis use is illegal in the United States. Users face the possibility of criminal conviction.

So will I get withdrawal symptoms if I stop using cannabis?
When frequent, heavy users of cannabis decide to stop using, they can experience mild withdrawal syndromes. The following symptoms largely resolve in a week but may persist for up to a month:
• Anxiety, restlessness, agitation
• Anorexia (temporary)
• Hot flashes/sweating
• Flu-like symptoms
• Irritability
• Insomnia
• Diarrhea

continued on page 3

Back to TOC
**What shall I do if I want to give up?**

- Make an appointment with a local counseling service.
- There are many online surveys to explore your marijuana use and determine whether your use might be harmful.
- You don't have to be an alcoholic or an addict to experience negative effects from the use of alcohol and/or drugs. You might have developed an abusive pattern as a way of adjusting to the pressures of life, and/or you may actually experience a physiological as well as psychological addiction to the substance(s) of your choice.

As a result, you might need to learn to use in a controlled, more responsible manner, or you might benefit from becoming completely abstinent.

**Acknowledgements:**

- Massey University, University of New Zealand, Health and Counseling Services
- University of Oregon, University Counseling and Testing Center
- Leland Stanford Junior University, Vaden Health Center

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**D.O.M.s In The Land of Alternative Medicine**

**By Babette Saenz, M.P.A., D.O.M.**

**Academic Dean, Albuquerque Campus**

As a D.O.M., I often hear of new research by M.D.s that links diseases previously thought to be unrelated by the allopathic community. For example, a couple of years back, my mother's M.D. asked her about any depression she might have, because “you know that new research shows that diabetes and depression go hand-in-hand.” As a D.O.M., it made me laugh, because TCM made the connection thousands of years ago! “The diabetic has lost their sweetness for life,” was what I was taught in school by a Chinese teacher.

I see research being conducted in the field of acupuncture by applying paradigms of research that are only a couple hundred years old. The scientific method of allopathic medicine cannot be applied to TCM in the same way that it can be applied to pharmaceuticals or clinical trials. An acupuncture needle is not a drug, and every person responds differently to a particular point prescription and herb. One of the first things I learned in school is that every person walks into your practice with their own medical book. Two patients who are suffering from migraines may be treated differently, because their root causes may be inherently different. That doesn’t mean that this medicine cannot be studied. It just means that we need to look at testing through a different paradigm.

The field of Oriental medicine has been lumped in a mix with all other forms of treatment that are “not allopathic” in nature. According to the Western medical community, a Doctor of Oriental Medicine, with four years of schooling, four national exams, and a practical state exam with a jurisprudence exam, is not qualified to know about the triage and treatment of patients with anything other than pain. Even though our licensing laws say that we are “Primary Care Physicians” in New Mexico, we are relegated to a status of “alternative,” instead of “original,” medicine. We are often consigned to “alternative” alongside many other professions who do not carry the title of “Doctor.” How does the profession navigate out of the “alternative” and into the mainstream?

It is my vision that, at some point in my lifetime, I will see D.O.M.s become the first stage of triage and treatment for patients. D.O.M.s will refer to M.D.s those patients in need of more advanced diagnostics, pharmaceuticals for diseases which require more immediate intervention, and/or emergency medicine. A recent study “to describe the prevalence of non-acute conditions among patients seeking health care in a defined U.S. population, emphasizing age, sex, and ethnic differences” found that people visited their doctors for the following most prevalent conditions: skin disorders (42.7%), osteoarthritis and joint disorders (33.6%), back problems (23.9%), disorders of lipid metabolism (22.4%), and upper respiratory tract disease (22.1%, excluding asthma) (Mayo Clinic Proceedings, 2013).

We see those issues, plus more, in our student clinic at SWAC, so I imagine that our D.O.M.s in the field have treated all of those problems with great success using acupuncture and herbology alone. Some use diet, supplements, or other therapies that are part of our scope of practice. Our Expanded Practice folks can do even more! As a patient of prolotherapy for a torn rotator cuff, I am a believer in the Expanded Practice for our profession. Prolotherapy “consists of placing a ‘proliferant solution’ in a damaged tendon, ligament or muscle. This solution then triggers the body’s healing response system, which in turn produces healing in the damaged structure, ultimately returning this structure to full load-bearing capacity. This in turn will stop pain and instability in the affected joint” (Unknown, 2014).

We could literally free up the mass overload of allopathic physicians in this state, due to the implementation of the “Patient Protection and Affordable Healthcare Act,” by using D.O.M.s as a first point of contact. “Primary care” begs
Studying Effectively

By Annie Sparno
Academic Dean, Santa Fe Campus

Effective studying includes many different skills: time management, self-discipline, organization, concentration, and knowing what techniques work best for you. When starting a new semester, it is always a good idea to evaluate your study habits and determine whether they are effective for the way you learn.

Knowing how you learn best is essential for developing your study skills. Ask yourself the following question: Do I learn material better when I am seeing it, hearing it, or doing it? How you answer this question reveals whether you are a visual, auditory, or hands-on learner. We each use all three different learning styles, but each of us has an individual tendency toward one.

**Visual Learning**
If you are a visual learner, keys to your studying should include color-coding your notes, drawing pictures and diagrams, using pictures and flashcards, and learning from videos.

**Auditory Learning**
If you are an auditory learner, keys to your studying should include reading your textbooks and notes out loud, listening to taped lectures, participating in class discussions, and participating in a study group where class topics are discussed.

**Hands-On Learning**
If you are a hands-on learner, keys to your studying should include taking frequent breaks when studying, writing things down as you study, incorporating computer use to reinforce material, and memorizing material while walking or exercising.

Along with knowing what kind of learner you are, there are some basic rules to remember with regard to successful studying. Always choose a quiet place, bring a positive attitude, and never bring more than the essentials so as to avoid distractions. It is also crucial to schedule your study time. Planning study sessions in advance ensures that you won’t leave it for last minute or for your spare time.

Choosing the right time to study is also fundamental for retaining information. Try studying material for an hour immediately after a class or lecture. Most information, if not solidified, can be forgotten quickly. Review notes immediately after and before each class to repeat exposure to material and commit it to your long-term memory. Reviewing material daily, weekly, and before exams will ensure that you are retaining what you have learned.

It is always best to look at your goals and relate them to your study. Review and revise your habits based on their past success. You will find that once you develop the study skills that work for your individual needs, learning becomes easier. You will be working smarter, not harder.

The public needs to be educated about our skills, our education, and our ability to treat the most common of ailments as well as the most difficult. Education is our key! Have an idea? Share it with me: babette@acupuncturecollege.edu!

**Works Cited**


On Wednesday, September 11, 2013, it started raining hard. It had already been raining for two days, which is an unusual event for Boulder. We were all wondering how people in the Northwest coped with consecutive days of rain and cloudy skies, since such weather patterns are not common in Boulder. It usually rains, and then the sun comes out. By the third day of that week without sun, it became a topic of conversation, but no one had any idea what was about to happen.

I was in Denver on the evening of the 11th. About 6 p.m., we started to get flash flood warnings. During summer rainfall, it can rain a couple of inches in an hour or two, and localized flash flooding can occur. We are all taught never to cross a street with standing water on it. I remember calling the clinic that night at about 6:30 since the flash flood warnings were for the area of the school. The evening receptionist said that it wasn’t raining very hard there. It was really beginning to rain in Denver, but, again, differing weather patterns across 40 miles is not unusual either. I instructed the evening receptionist to keep an eye on the weather, and to let instructors know that they had discretion to dismiss patients from care as well as students if the weather got threatening. No one was really concerned about it. Then.

By 10:30 p.m., I was driving home along Highway 36 through Boulder. I had only experienced rain like it one other time in my life, and that was during a 100-year flood that happened in my hometown of Wooster, Ohio on July 4, 1969. Twenty-one people perished in that flood. When I hit the intersection of Foothills Parkway and Arapahoe Road in Boulder at about 11:00 p.m., there were four inches of standing water. I was thinking that I could still get through four inches of standing water (and I could), but I knew that when I got home, I would immediately check my basement, scrub my tub, and fill it full of clean water. Although I never needed that extra water, there were hundreds of people who would have loved to have it in the next week.

Like all of Boulder, I began a sleepless night with the television on listening to emergency alert after emergency alert. And I was home and dry. All over Boulder County, we found out later, people’s homes were buried, the early death toll was at least six (later eight), and what I was hearing as emergency alerts on a television were being loudly and consistently broadcast over emergency sirens in the areas of Boulder near the raging creeks. By 5 a.m. on Thursday, schools were clearly cancelled. No one left their home if they still had one. Through Facebook, we began to get information about a few of our students and graduates who lived in mountain towns, and we knew that all of Lyons, where students, graduates, and faculty alike lived, was a disaster. Early in the afternoon on Thursday, we cancelled school for Friday as well.

On Friday night, I received a call from Institute of Taoist Education and Acupuncture (ITEA) faculty member Randi Savage. Randi had been instrumental in organizing Acupuncturists Without Borders (AWB) trainings and responses to the 2012 and 2013 forest fires in the state. We had held a Boulder County Medical Corps training at SWAC for AWB-trained acupuncturists in the spring of 2013. Acupuncturists had responded both in Fort Collins and in Colorado Springs to the previous fires, and the Colorado School of Traditional Chinese Medicine supported the Colorado acupuncture response after the Aurora theater shootings in 2012. As a state, we were all too familiar with acupuncture disaster relief.
At every event, getting acupuncturists into a disaster recovery site was very hit-or-miss. Many times, acupuncturists guerilla’ed our way in by setting up tents or sites in churches or other locations distant to recovery services. Getting the sites set up was always a problem. Randi and the organizers from AWB took the opportunity in Boulder County to create relationships in the state and county Medical Corps. Acupuncturists became Medical Corps trainees. I answered AWB’s request to present information on acupuncture in disaster relief services at the state Medical Corps conference in 2012. National Acupuncture Detoxification Association President Dr. Libby Stuyt provided support to make acupuncture services available in Colorado Springs after the Waldo Canyon fire earlier in 2013.

All of these efforts culminated in Office of Emergency Management staff member Dan Barber’s call late Friday night to Randi asking if she could get some acupuncturists out to their office. Randi and I agreed that if the emergency personnel could work 48 hours straight there was no reason why we shouldn’t answer their call. Both of us were lucky to live in places where we could still get to the North Boulder Emergency Services 9-1-1 call center. We treated 90% of their entire staff that night in their conference room. The next day, we began treating the first responders at the airport where the National Guard and Mountain Rescue teams were stationed. I was able to contact SWAC graduates Stacy Donelson, Jeff Brew, and SWAC Boulder Clinic Director Joanne Neville (who was a credentialed Boulder Medical Corps volunteer), as well as being joined by several ITEA graduates, among them Mindi Counts.

From there, the efforts ballooned and expanded so quickly that I am not sure now who all the players were/are. SWAC faculty member Brian Mears, graduates Stacy Donelson, Jeff Brew, Jill Andreozzi, Melissa Dunford, Emily Herbst, Rebecca Hasty, Monica Edlauer, and Michael Gurule were instrumental in getting us into and maintaining volunteers for sites. By September 17, we had a space within a FEMA disaster center in Longmont, and we continually staffed that center and at least five other sites with over 60 Colorado acupuncture volunteers. Some of those efforts continued well into November as roads became passable into devastated mountain towns. SWAC graduates Anne Devereux, Helen Bornstein, Jenna Mears, Noel Love, Jennika Wildau, Chris Serrell, Deborah Skelton, Jessie Maxwell, Dean Hocking, Naomi Campbell, Jan Livergood, and Nadya Waziri as well as faculty members Amy Dickinson, Douglas Frank, Mei Lie Benink, and Honora Wolfe and current students Diane Carter, Brett Sanders, and Dr. Heidi Nicholson all answered the call. While some of us were involved in this effort, SWAC staff members supported us all and kept operations going as classes resumed on September 17.
Blue Poppy, OMS, AWB, and SWAC plus countless private practitioners donated the estimated 15,000+ needles that were used to treat over 1,700 people in the three weeks following the disaster. There are undoubtedly others who I hope will forgive me for not being mentioned.

Many of these volunteers lost every single thing. Others lost their entire office. Many had flood damage. This was such a widespread event that the scope of what actually happened cannot be comprehended. I remember asking one volunteer if they needed clean socks, because they had lost everything. (And they did.) They volunteered their time before looking after their own needs. I have never felt so proud or humbled in my life.

The heroism was everywhere. It was a very unique experience to treat the National Guard and Mountain Rescue teams. Once it stopped raining and the helicopters could fly, over 1,600 people were evacuated by the National Guard. Guardsmen who had never had any exposure to acupuncture before sat down in our circle of folding chairs in a garage hanger. When we would come the next day, they would be lined up to be treated again. Many remarked that being able to sleep, even under camp conditions, was their biggest benefit.

While the college itself escaped undamaged, some of our students and faculty were among those most affected.

Students, faculty, and staff reached out to each other, providing what they could. Living through such an event is difficult, in terms of personal and material loss, and it is made all the more difficult because of grieving for the lives that were taken and the loss of some of our mountain towns. The tenacity and generosity within humans is a very remarkable thing.

Several months later, the coordinated efforts with Boulder County Emergency Services and the Medical Corps have resulted in a pilot project gaining approval for Colorado to have its own Medical Corps unit of acupuncturists that can respond to any disaster in the state. Usually the Medical Corps are locally organized, with each county or region having its own. The veterinarians, however, have a state Medical Corps that can respond to care for injured or displaced animals during a disaster, and the Medical Corps felt that the same model would be useful for acupuncture. This will be the first time and place in the United States where acupuncturists are being mainstreamed into an integrated emergency response system. At SWAC, we are fully supportive of this effort and are really proud of pioneering acupuncturist Randi Savage and the staff, faculty, student, and SWAC college response.

Valerie Hobbs served as Boulder’s Campus Director during the historic September 2013 floods and is now the Director of Program Development. She helped coordinate the early response and supply donations.

A Visit to the Fall 2013 CCAOM Conference

By Toni Meeks, Albuquerque Campus Director

This fall, I was thrilled to be able to attend a Council of Colleges of Acupuncture and Oriental Medicine (CCAOM) conference for the very first time. The CCAOM is an organization that serves acupuncture and Oriental medicine schools across the country. Their purpose, as stated, is to “advance the status of acupuncture and Oriental medicine in the United States by promoting educational excellence within the field.” The Council created a separate commission, the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM), which is the organization by which Southwest Acupuncture College is accredited.

The Fall 2013 conference was held in Salem, Massachusetts in November. There was much to absorb in regard to changes occurring in our industry. One of the sessions that I attended was the “Herb Committee.” The major discussion of the Herb Committee was about large distributors/suppliers of Chinese herbs who have in-house testing and who provide Certificates of Analysis to prove that their herbs are free of contaminates. The suppliers from whom we purchase the herbs for our dispensary do follow “GMP” (Good Manufacturing Processes) standards. Essentially, this means that they are practicing quality control protocols to ensure that no cross-contamination occurs and that inspections take place in-house or via a third party. In addition, the Standard Operation Procedures followed in our clinic ensure that we track orders and lot numbers to monitor herb expirations and further avoid cross-contamination.

In-house testing can be cost prohibitive, and many foreign suppliers do not perform the tests for that reason. Herb buyers should certainly research this aspect before ordering from existing suppliers. There are Regional Dispensary Cooperatives in existence across the U.S. who grow herbs based on what grows best in their region. One notable name mentioned during the discussion of cooperatives was Jean Giblette of High Falls Foundation (www.highfallsgardens.net), an organization that does research on medicinal plants. The Herb Committee recommended that we nurture our U.S. herb market to assure that we stay ahead of the game in providing high-quality herbs. The committee also recommended that CCAOM prepare a PowerPoint presentation about herb quality and upload it to their website for practitioners and students. When and if that happens, we will notify our community.
During the ACAOM re-accreditation, it was suggested that the New Mexico campuses implement an anonymous faculty survey to determine the faculty competency with herbal medicine. In October 2013, a 10-question herb survey was available on Survey Monkey to all Santa Fe and Albuquerque Clinic Supervisors. 27 of the 30 Clinic Supervisors answered the herb survey. This is 90% participation, which is excellent and meets our college benchmark of 90%. When asked about teaching herbs, 85.2% of the supervisors said that they have been teaching herbs in clinic, with 96.2% of the supervisors reporting using herbs in their own practice.

Patents are the most popular form of herbs prescribed, with 96.3% of clinic supervisors prescribing these in their own practices. Patents are followed by granulars, with 85.1%, and loose herbs, with 59.3% of supervisors prescribing.

92.6% of clinic supervisors feel comfortable or very comfortable prescribing herbs.

Overall, the survey told us that clinic faculty members have over a 90% comfort level with herbs. No further action seemed necessary as this is above our benchmark for excellence of 90%. Faculty members are allowed to take two courses per semester at the college for free if they wish to further their herbal competency.
In November, the Boulder campus welcomed a new Campus Director, Susannah Neal, M.A., L.Ac. Susannah brings to the position many years of experience in research and program evaluation, including her role as co-Principal Investigator on a research study of acupuncture and chemotherapy-induced nausea. She has an M.A. degree in Medical Anthropology and is an experienced acupuncturist. She started her first week as Campus Director by attending the CCAOM meetings in Salem, Massachusetts with the Director of Program Development and the Campus Directors from Santa Fe and Albuquerque.

A big welcome is also extended to Cindy Bedell, SWAC’s new Disabilities Coordinator. We are lucky to have Cindy, who brings over 20 years of experience and most recently was at the University of Colorado. Cindy is serving all three campuses and has office hours on the Boulder campus two days a week.

The Boulder campus is thriving even after a tough Fall 2013 semester during which there was an epic “thousand-year rain” in Boulder County. The flooding was historic and campus was closed for almost a week. Many people in the area experienced losses to their homes, and roads were heavily damaged. Our hearts go out to all of the students, patients, faculty, and staff who were affected and many thanks to the acupuncture community that provided much-needed emergency relief.

The Boulder campus has excelled in providing services and opportunities to students and the community. The campus achieved the “Best of Boulder—East County” award for alternative health care and the publication stated, “If you’ve gotten acupuncture in Boulder County in the past decade, there’s a good chance that you were punctured by a Southwest grad. And since our readers think the college is the best around, that’s a good thing.”

We also added a very successful sports acupuncture externship at the University of Colorado Dal Ward Athletic Center. Students have the opportunity to treat NCAA athletes from all CU sports programs. The clinic was so popular in the fall that it is now being offered two times a week this semester.

The Student Representatives were busy in Fall 2013, organizing lunchtime presentations as well as Second Friday networking events. Presentations were offered on nutrition, local herbs, and AAAOM bills. A special homeopathy presentation was given on the treatment of acute emotional stress with the flood victims in mind.

The staff and administration held a special Student Appreciation Week during finals in December to help offset the stress and difficulty of the semester. Every day for the week of finals, breakfast or lunch was provided in the student lounge, and it was a morale booster for all.

Our Scholarship winners for 2013:
**The Fourth Treasure Scholarship**—Alexis Mahon
**The Golden Flower Scholarship**—Corinne LeBlanc
**The Thaddeus Bukowski Scholarship**—Julie Johnson
**The Gentle Tiger Scholarship**—Blake Storey

Big congrats to these students for their academic achievement.

In this New Year, we extend a big welcome to the 13 students who started in January. We are looking forward to continuing to provide the Best of Boulder to our patients, students, and community.
The Fall 2013 semester brought seven new students to the Southwest Acupuncture College, Santa Fe campus. An orientation dinner for all new students from 2013 was held at Pranzo Grill at the Santa Fe Railyard. Laughter spread to both tables as the dinner progressed and the desserts were brought out.

Staff also got into the spirit.

The annual pizza party and student mixer was held in the courtyard in late September, with 12 different types of pizza to satisfy everyone’s tastes and diets. The weather was beautiful and sunny.

New Student Reps were chosen for the 2013-2014 school year. Amy Gordon is representing the graduates of 2016-2017; Scott Humason, Jessica Sullivan, and Brittany Buffalino are representing the graduates of 2015; and Linton Alfred and James Norwood are representing the graduates of 2014.

Once again, there were great costumes at the Halloween potluck. The judges had a hard time picking just three. Norma Navarro won first prize with her costume of “The Man From Mars Who Eats Cars.” Second place went to Clara Wetmore and Sarah Sievers as “Things One and Two.” Third place went to Scott Humason with his “Hippy-Happy Circus Guy” costume.

We were also delighted that several toddlers made it to the potluck, in costume, with their parents.

Annie Sparno, who was working as Administrative Assistant and Admissions Assistant, was promoted to Academic Dean in September. Her administrative background and knowledge about the college helped her adjust to her new position quickly.

The Council of Colleges in Acupuncture and Oriental Medicine (CCAOM) held meetings in Salem, Massachusetts in November and all three Campus Directors attended as well as the Director of Program Development. Among the many topics discussed were CNT, Herbs, Legislation, Marketing, Faculty Development, and Curriculum Development.
Happenings at the Albuquerque Campus

By Toni Meeks
Albuquerque Campus Director

The Albuquerque campus welcomed seven new students into the fall semester during our New Student Orientation, with a follow-up session by Dr. Babette Saenz highlighting study techniques and encouraging study groups. Just listening to stories about the way that students have studied for exams, or how they approach exams in our program, tells us that exams at SWAC appear to require a different thought process than other exams do. We have bounced around the idea of offering a more formal presentation, “How to Study Chinese Medicine,” as part of our New Student Orientation—we will keep you posted.

We were impressed with the quality of the scholarship essays submitted this fall semester. The Scholarship Committee engaged in rigorous discussion while evaluating the essays, noting the passion and respect for our medicine that candidates expressed as they answered specific questions for each scholarship. This year we are pleased to add a fifth award to the fall list of scholarships offered: The Charles Dickerson-Kanary Award for Excellence in Biomedicine, a $500 scholarship sponsored by Dr. Chester Dickerson in honor of his partner who passed away this fall. The winners of the scholarships were:

**The Gentle Tiger Scholarship**—Eric Michaelson
**The Fourth Treasure Scholarship**—Shawn Weeks
**The Thaddeus Bukowski Scholarship**—Shawn Weeks
**The Golden Flower Scholarship**—Chilan Mustain
**Charles Dickerson-Kanary Award for Excellence in Biomedicine**—Jennifer Rysanek

*Congratulations to you all!* 

We were very cognizant of the difficult situation that occurred during this summer’s storms in the Boulder, Colorado area, affecting several students at the Boulder campus. The Student Support Committee promptly arranged a silent auction to raise funds and show our community’s support during their plight. The Boulder students who were able to benefit from the funds raised were grateful and we send them our well wishes.

The Halloween costume contest was a blast with very funny and innovative creations! Lots of picture-taking and good food accompanied the fun. Winners were:

**1st Prize**—Shawn Weeks dressed as Obi Wan
**2nd Prize**—Dante Valore dressed as Goldilocks
**3rd Prize**—Michael Finnegan dressed as Inigo Montoya

In November, we invited some of our alumni to join...
students in a discussion on how various aspects of the program prepare them for NCCAOM exams. This information was gathered and shared with our Academic Council and eventually Leadership Council. So what are these councils, you may ask? During our 2012 Self-Study, a programmatic review of our curriculum was developed so that we can systemically evaluate our performance in providing you with the best education that we can. The first meeting each semester is the Student Governance meeting, in which current students and randomly chosen alumni are invited to participate in a forum to share their perspectives and ideas about their educational experience. This meeting is one opportunity for students to have a voice in the decision-making process for our program. The second and third meetings are the Academic Council meeting and the Leadership Council meeting, where council members take up recommendations from the previous meetings and make/revise policy if need be. A faculty meeting follows at the end of each semester so that we can review policy changes, provide training, and find out what's on the minds of our faculty.

The fall semester ended with a “Crafty SWACers” craft sale sponsored by the Student Support Committee. Beautiful and useful crafts were in abundance—our students are very creative and are such entrepreneurs! Funds raised were brought to the Student Support Committee, who voted on how to use them towards student activities.

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The Multi-Dimensional Role of the Library

By Lisa Wood, B.A., M.L.S.
Boulder Campus Librarian

“Through the rigor of academic inquiry and the discipline of self-realization...students are encouraged to learn beyond the classroom, beyond the words, and to understand how deeply one can hear and how far one can see.”

Bon Dal Kim, O.M.D., L.Ac.

This quote was included in the 2014 Library Orientation for new students. It is, after all, a major role of the library to inspire its community of users. Quotes are often a good source of inspiration.

In recent months, the Boulder library has planned specific events with the hope that they will be inspiring—as well as informative and enriching. Library events have included a visitor from Peru, first-hand accounts of studying in China, and a Chinese New Year celebration to welcome in the year of the Horse.
Roman Hanis, the co-director of the Peruvian-based Paititi Institute for the Preservation of the Rainforest and Indigenous Culture, spoke to students during one of his U.S. visits. Twelve years ago, Roman sought and successfully found treatments for an incurable disease using Peruvian medicine. This followed news from his Western medical doctors that they had done all that they could to treat the genetic condition. After all traces of the disease were removed, much to the shock of his former M.D.s, Roman immersed himself in indigenous medicine. He founded the Paititi Institute based on models of holistic healing. Roman spoke to Boulder students on “The Interconnectedness of Chinese and Amazonian Healing.”

A second library-sponsored event was a slide show on China. It gave students the opportunity to hear first-hand from their peers about the 2013 SWAC China Trip. Those who went to China shared pictures and stories of their experiences with Chinese medicine, food, shopping, museums, historic sites, and more. It opened up a whole different perspective on life from a society that is now 4,000 years old.

Currently, the Library Committee is planning a Chinese New Year celebration. This was a Library Committee decision including input from student and faculty members. The event will be both educational and, well, fun! Chinese traditions—such as offerings for ancestors and the household making of red posters with poetry to be used as amulets—will be discussed. A singing bowls performance is also on the agenda. In fact, this entire celebration provides a chance to change cultural misconceptions, such as the frequently held belief that singing bowls are Tibetan. It is generally accepted by authorities that they were brought to the Himalayas from China.

In addition to a calendar of events that is meant to be an integral part of library services, the library has vigorously continued with its collection development. The main priority is always to keep the collection aligned with the required classroom textbook list. Thus, books such as *The Universe Is a Green Dragon* and the latest 3rd Edition of Bensky’s *Fundamental Materia Medica* were placed on the shelves this spring.

The Library Committee continues to investigate possibilities for digital resources. Various e-book TCM packages from vendors such as EBSCO are being given trial usage. Pricing is being considered as well.

Finally, the integration of research into the curriculum remains a priority for the library. Library instruction on how to do research has already been given in classes this semester. Students were shown demonstrations on how to locate peer-reviewed, full-text articles using SWAC’s EBSCO databases and free online sources. One student consequently went from the frustration of having only an abstract to finding access to seven full-text articles within 15 minutes of searching! 

"You cannot prevent the birds of sorrow from flying over your head, but you can prevent them from building nests in your hair."

— Chinese Proverb

Back to TOC
Happenings at the Albuquerque Library
By Victoria Rodrigues, B.A., M.L.S.
Albuquerque Campus Librarian

The libraries at Southwest Acupuncture College, like the academic programs they serve, offer a spectrum of Eastern and Western knowledge that reflects the TCM field in the U.S.. On one end of the spectrum are resources showing the high value placed on the Western ideal of evidence-based proof, such as controlled studies and clinical trials. On the Eastern end, traditional knowledge often takes higher precedence over newer “proof,” having among its benefits the tests of time that Western medical research often lacks. While these generalizations cover some major differences between the ideas of what constitutes valuable information in Western medicine versus Traditional Chinese Medicine, there is a large space for each to be informed by clinical experience and new information. Between these two frameworks, the library collection covers the rest of the spectrum: specialties in TCM, translations of classic Chinese texts, and diversions into spiritual, cultural, and homeopathic considerations in health and medicine.

Of course in reality these areas of knowledge do not exist on a linear spectrum but are woven together to create a cohesive educational experience. It is with these interwoven ideas about where valuable information comes from, combined with the mission for academic excellence, that the libraries of Southwest Acupuncture College attempt to create a collection of resources and services that spans the spectrum of information needs at the college, from the newest clinical trials to the oldest medical theory.

This is why suggestions and participation from students, faculty, and alumni are vital to the library’s development. Only with coverage as diverse as the SWAC community can the library serve the information needs of the program and the profession. The SWAC library at the Albuquerque campus has a Library Development Committee guiding decisions about events, resource purchases, library programs and services, and policies. This committee is open to students, staff, faculty, and alumni. If you are unable to make a meeting, the library has a suggestion box, and its contents are brought to Library Committee meetings and discussed. We use an e-newsletter, surveys, and printed notices to communicate opportunities for involvement in the library. These efforts are designed to gather many perspectives into the decisions that guide the growth of the library. For more information on how to add your voice to library development, please contact your librarian!

1826 Dissertation on Acupuncture in the Santa Fe Library
By Charley Seavey, B.A., B.S., M.S.M., M.S.L.S., Ph.D.
Santa Fe Campus Librarian

For the last several years, the Digital Public Library of America (http://dp.la/) has been working toward establishing an open-access portal to the digital resources of America’s libraries, archives, and museums. The site went public in 2013. In seeing just what resources might be available to SWAC students and staff, this document was quickly noticed:

An Inaugural Dissertation on Acupuncturation

To translate the nineteenth-century handwriting, this is An Inaugural Dissertation on Acupuncturation, written as an M.D. dissertation at the College of Charleston, South Carolina, by one Thomas A. Elliott in 1826! In transcribing the old handwritten text into a Word document, it became evident that not only was acupuncture being practiced in the U.S., but European medical doctors, particularly in France, were deeply involved in the practice and in research on the topic. The document, printed out in the original handwritten version, as well as the transcription and commentary, are available in the Santa Fe library at WB 75.2 E455a 1826. As other early treatises on acupuncture are discovered, we will be adding them to the collection.

Continued Changes to Professional/Graduate Financial Aid

By Angela Anaya
Financial Aid Director

In the year 2013, there were several financial aid changes that occurred. Please take note of the most recent changes that went into effect on December 1, 2013.

Effective July 1, 2013

- The Direct Subsidized/Unsubsidized Loan for graduate/professional students has a fixed interest rate of 5.41%.
- The Direct Federal Graduate PLUS Loan has a fixed interest rate of 6.41%.

On March 1, 2013, the following Federal Direct Loan origination fees were changed due to the Sequestration Transparency Act of 2012:

Effective December 1, 2013

- The Direct Subsidized/Unsubsidized Loan origination fee increased from 1.051% to 1.072%.
- The Direct Federal PLUS Loan origination fee increased from 4.204% to 4.288%.

Students are encouraged to monitor their Federal Loan borrowing history online at www.nslds.ed.gov.

FA Exit Requirements for Graduates, Withdrawals, and Leaves of Absence

Whenever a student exits from Southwest Acupuncture College via graduating, withdrawing, or even for a Leave of Absence, they are required to complete Financial Aid Exit Counseling online.

- When the Financial Aid office receives notification of a student exiting the school, that student will be sent an FA Exit Letter via mail. (Please make sure that your current complete mailing address is listed on the relevant form you complete with the Academic Dean.)
- The letter will include your current total aggregate outstanding principle balance, comprised of your loans while a student at SWAC, as well as a separate figure for any outstanding balances from prior loans. It will also list the website and instructions.
- You will be allowed a limited amount of time to complete this Exit Counseling within the required guidelines set by the U.S. Department of Education.
- If you fail to complete this FA Exit Counseling, any transcript release or other school documents you may request from SWAC will be subject to a HOLD status.

According to the Chinese calendar, 2014 (or 4712) is Jiǎwǔnián (甲午年), associated with the seventh Earthly branch (wǔ午), making it a “year of the Horse” (Mǎnián 馬年). The cycle of this year also designates it as a Wood year (Mùnián 木年), and a relatively Yang year as well. The image of the horse has a connotation of movement, energy, pride, and a lack of predictability. Wood, in particular its Yang aspect, is associated with the potential for energy to emit (fa) and reach outward. The confluence of these energies has led some traditional forecasters to expect that this will be a year with a lot of movement and change. This indicates a lot of potential for growth, but also for conflict. On the Chinese calendar, spring began on February 4 (Lìchūn, 立春) of this year, placing us currently in the second month of the “three months of spring,” with the peak of the season being marked at the Vernal Equinox (Chūnfēn, 春分) near March 20. According to the ancient calendar Yuè Ling (月令) from the Book of Rites (Lǐ Jì 礼记), “On such and such a day is the inauguration of the spring. The energies of the season are fully seen in wood” (Confucius & Legge, 1879).

Rites of Spring

By Dr. Paul R. Rossignol, D.O.M.
Albuquerque Campus Clinic Director

Spring is the season associated with Wood, sprouting, potential, and getting ready. In particular, this being the Wood season in “Yang Wood Horse Year” would lead me to expect this to be an especially “springy” spring. Being at the cusp of such potential is exciting, but it may also be daunting. How can we make the best of it? How can we nourish growth? How can we prevent becoming overextended or frustrated? These are the concerns that arise for us when we enter into the Wood phase of the Wǔ Xíng (五行). We begin to dream and make plans. We may have a tendency to become excited and ambitious; we feel the potential for manifesting changes and we want to begin.

Classical Chinese literature, including the literature of Chinese medicine, offers us helpful advice for dealing with these changes, managing them, and recognizing when they are manifesting in a way that could be pathological. In particular, advice is offered in terms of “rites to be performed” or “ways to conduct one’s self” during a particular season.
Impressions of Boulder’s Extern Clinics

By Joanne Neville, L.Ac.
Boulder Campus Clinic Director

In my travels to three of our externship clinics this past autumn while doing my Clean Needle Technique checks, I was left with some very special impressions about the people we are treating and what it really means to them to have access to our free services.

First stop, Bridge House is a community-style clinic for homeless and working poor folks in Boulder. Nestled in the basement of the First Congregational Church right next door to Bridge House, a daytime shelter, the patients start filtering in after receiving their morning meal next door. Some have been patients before and are excited for their treatments. They know the routine and settle down into chatting with others or sitting in quiet meditation. The others that have never been patients are wary of giving too much information about themselves and nervous about the treatment. Once the needles are placed, they start to build rapport with their practitioners. Some patients calm down and close their eyes, and some may feel a need to keep a close eye on their intern to make sure that they are not abandoned. They all leave feeling grateful for what we have to offer them.

Next I travelled to the CU sports clinic. This fast-paced clinic happens right in the heart of the Athletic Center at the University of Colorado. Our interns work on the athletes of CU right alongside their staff of massage and physical therapists. They were so impressed with our supervisor, Amy Dickinson, and the interns last semester that they invited us back twice a week instead of the once a week we had started with. The athletes trust that they are getting excellent care and are seeking out some benefits of Qi Gong and advise you on how to practice it from this point of view.

In my Qi Gong class at the Santa Fe campus, I emphasize that Qi Gong is a great meditation tool. I would like to point out some benefits of Qi Gong and advise you on how to practice it from this point of view.

In daily life, the brain is often required to be at an alert state to some extent. Such brain activities as analysis of information, memorization, decision-making, and moving the body, which take place more in the cerebrum cortex, are dominant in our regular life. The nerve systems that control the vital activities, such as digestion and respiration, are relatively suppressed. If you get enough rest at night and you are able to relax on days off, you will be able to stay healthy. However, if you have difficulty getting enough rest for a prolonged period of time, it will be a challenge for you to stay in good health. In the latter case, the problem is that the harder you try to relax, the more hyperactive you tend to become.

When you are meditating, the cerebrum cortex calms down and the nerve systems that control vital activities naturally become more active. If you meditate on a regular basis for a certain period of time, you will improve your health and will have highly functioning internal organs.

Qi Gong is a great way of getting into a meditative state. Since Qi Gong forms consist of repetitive movements or holding the same postures, your brain gets the same stimulation as meditating when you are doing Qi Gong. If the brain keeps receiving the same stimulations repetitively, it responds naturally and gradually becomes calm by itself. In this way, Qi Gong easily becomes a means of meditation.

This suggests an important tip for doing Qi Gong. In order to get into deep meditation, you should repeat the form you are doing for a certain period of time. The Qi Gong master from whom I learned recommends doing the same form for at least fifteen minutes and, if possible, for forty minutes. Of course it depends on the character of each form and on your condition, but it would be worth remembering that many forms of Qi Gong are recommended to continue for fifteen minutes or longer in order to get their real benefits.

I hope this little tip will set you off enjoying Qi Gong in a different way.
The *Yuè Lìng* ([月令](Yuè Lìng)) provides us with the gist of what to attend to in the spring:

*In this month the vapours of heaven descend and those of the earth ascend. Heaven and earth are in harmonious co-operation...The inspectors of the fields are ordered to reside in the lands having an eastward exposure, and (see that) all repair the marches and divisions, and mark out clearly the paths and ditches. They must skillfully survey the mounds and rising grounds, the slopes and defiles, the plains and marshes, determining what the different lands are suitable for, and where the different grains will grow best.* (Confucius & Legge, 1879)

The above instructions give us the sense that, to make the best use of the movement and energy that arises in the spring, we need to follow the tendency to make plans and use our vision to set things on the right course. We can see the image of Wood’s management (克) over the Earth phase, which supports transition and transformation as it “receives seeds and gives crops” (稼) ([see that](Vallee, 2009)). We see the appropriate influence of Metal, helping to manage or limit (克) Wood, supporting clarity and discernment, putting things in the right order according to the “law of heaven,” and thus ensuring that we can consolidate what we need to move forward and let go of what does not serve.

Moving from the more universal toward the more specific advice for an individual, we can refer to the advice provided to us in the first part of *Huángdì Nèijīng Sù Wèn* ([黃帝內經問](Huángdì Nèijīng Sù Wèn)), in Chapter 2, entitled “Comprehensive Discourse on Regulating the Spirit [in Accordance with] the Qi of the Four [Seasons]”: 2-8-6

*The three months of spring, they denote effusion and spreading. Heaven and earth together generate life; the myriad beings flourish.*

(Unschuld, Tessenow, & Zheng, 2011)

Here is a clear image of the rising potential of the energy of Wood in the springtime, ready to spread out (發) and “display” (陳) its influence. The energy we feel in the springtime is immediate and relatively overt. It benefits from direction and clarity, but we have to be cautious not to allow it to become “dense” or “depressed” (鬱) and lose its vitality. The Classic continues,

*Go to rest late at night and rise early. Move through the courtyard with long strides. Dishevel the hair and relax the physical appearance, thereby cause the mind [to orient itself on] life.* (Unschuld, Tessenow, & Zheng, 2011)

We are further instructed to “rise early,” to take advantage of the “springtime” of the day, and to get a jump on preparations. The sense of expansion includes our movement and affect. Liver is the viscera of Wood in Chinese medicine, and we associate it with the health of the sinew (筋), which represents the physical movements of the body. Striding and physical movement stimulate the Liver. This may be interpreted as encouraging one to make bold moves or step lively—in effect, to act with clear purpose. Note the description of the quality applied to the healthy movement of Wood: one is admonished to “let your hair down” and relax. To make the best use of the energy of wood and springtime, we have to remain relaxed and flexible and to avoid “depression” or “constraint” (鬱). In particular, when dealing with the “vision” we associate with Wood and the Liver, we need to avoid becoming overly attached to a particular plan or point of view. If we lack the flexibility to change when obstacles arise, this constraint may lead to frustration and a feeling of difficulty. We might attempt to “over-manage” our process of change (Earth). Additionally, remaining cognizant that there are distinctions that are not dependent upon us and that others have a unique perspective (Metal) may serve to moderate an overactive Wood energetic. Once we take a more “relaxed” posture, we are able to “keep in mind” or “set our will toward” (志) life (生). In this frame of mind, we don’t force our will on others or on the world; we “give but do not wrest” (予而勿奪). When someone impedes positive change, we can manifest the virtue of benevolence rather than take vengeance; we “reward and do not punish” (賞不罰).

Chinese medicine consistently reminds us that the way to preserve well-being is to adjust ourselves to changes. We stay mindful in order to be aware of the cues that inform us of what forces are interacting and how changes are beginning to manifest. If we stay present, we can allow change in ourselves in order to remain in harmony with those forces. When the energy is very powerful or the changes seem tumultuous, we stay flexible to avoid being stuck or bowled over. That way, we can remain engaged in the process, even if it may reach fruition along a different route than we initially planned.

“On such and such a day is the inauguration of the spring. The energies of the season are fully seen in wood.

—Confucius & Legge, 1879
“Tell me and I’ll forget; show me and I may remember; involve me and I’ll understand.” Chinese Proverb

It is one thing to read about and be told about the treating practices and customs in China. It is quite another to witness the applications of the ancient medicine you are studying. The SWAC China Program offers the opportunity to visit a full-service, integrated hospital where Eastern philosophy meets Western medical advances and where the physicians are as concerned about blood tests and x-rays as they are tongues and pulses. The program also offers a unique cultural experience. And nothing beats immersion into the cultural traditions and customs of a foreign country for learning and truly appreciating them. On our 2013 tour, we experienced modern-day China while catching a firsthand glimpse of the ancient philosophy that is interwoven into the present-day practices and traditions.

So how do you characterize a country that is the third largest in landmass (3,705,407 square miles), representing 19% of the world’s population with nearly 1.4 billion people? How does one attempt to describe China or even the SWAC China Program and what it can mean for you? Perhaps one way is to spell it out.

Care and compassion: a cultural tradition! Of all the sights and sounds of the hospital, we were most touched by the sight of family members wedged between the beds in the crowded patient rooms and by the caring physicians that didn’t mind working around them. The physicians that we followed on rounds consistently demonstrated their awareness of the fact that they were treating a family and not an individual. They answered questions and interjected smiles, jokes, and words of encouragement as they skillfully treated each patient.

History. From the Great Wall to the Forbidden City and Tiananmen Square, where ancient history meets modern day attempts at social reform, walking along the ancient pathways is truly astounding. The visit to the Great Wall was one of the highlights of the entire experience. The day seemed like it was designed just for our group as we were treated to a Rocky Mountain-quality blue sky that provided the perfect backdrop. What a humbling experience it was, indeed, to take in the marvel of human ingenuity, perseverance, and sacrifice!

Inspiration. Many of us left China with perhaps the best souvenir of all... the inspiration to study harder to become the best practitioners of Oriental medicine that we can be. It was quite obvious that for as much studying as we do in our rigorous program of studies, our Chinese counterparts study harder and longer. They value their education and honor their educators as each works hard to become the “Famous Doctor” (which is how the Chinese refer to the physicians held in the highest regard). We were lucky to have the opportunity to shadow these aspiring “Famous Doctors.” They were as eager to teach as we were to learn. They encouraged us, transcending any language barrier with the use of a smile or a “thumbs up” sign.

In many ways, we didn’t have to look further than our team of interpreters for inspiration. They opened our eyes to a whole new level of generosity, goodwill, and hospitality, taking time from their demanding study schedules to make sure that our experience in Harbin was the best it could be. We were humbled to realize that they were as inspired to learn from us as we were from them. The young interpreters are fascinated by all that is American and are eager to learn and practice American English. As John, the youngest of our regular Chinese interpreters, proclaimed, “If I can learn English, I can do anything.” I think that we all believe that he can and will!
Needles and noodles. Any discussion about the program of an acupuncture school would be incomplete without a mention of needles, and any discussion about northern China, as I understand it, would be incomplete without the mention of noodles! We witnessed the art of both. Long needles, fire needle, threaded needles—we watched in awe as the practitioners combined ancient techniques with modern protocols to treat ailments that one would encounter in any hospital. We witnessed treatments ranging from the tiniest infant to the most debilitated post-stroke patient. The instant results of the fire needling technique especially captured our interest.

The art of noodle-making is quite amazing and taken very seriously in China. Noodles are an important staple and signature dish. And, with a lot of practice, they get easier to eat with chopsticks. Whether we were sharing a bowl of birthday longevity noodles, enjoying the soup bar two doors from our hotel, or playing our best game of “menu roulette,” our meals together stimulated more than our palates.

All for which we are grateful. It is quite a daunting task to describe the experience in China. Perhaps the focus of this piece should have been on the specialties of the hospital, the lectures, the protocols, the herbal formulas, and the tours… all of which contribute to a worthwhile and unparalleled educational endeavor. However, many of us appreciated the learning experiences outside of the hospital just as much. One of our colleagues introduced us to the practice of sharing what we enjoyed most or liked about our day. She basically taught us an exercise in gratitude. When asked what we found most beneficial or inspiring, many of us would say, “All of it!”
The overseas externship experience in China is always a remarkable opportunity for our students and a high point in their educational experience. Since 2008, six groups of Southwest Acupuncture College students have traveled to Heilongjiang University of Chinese Medicine (HUCM), returning with additional clinical experience and credits, a deeper knowledge of Chinese Medicine, and the experience of a lifetime!

“This trip was a life-changing, life-enhancing experience. Immersing ourselves in Chinese culture was a huge part of understanding the medicine, along with observing master doctors. Among many things, my herb and formula knowledge was enhanced and solidified, and I felt much more comfortable with aggressive needling, freehand needling, cupping, bloodletting, and gua sha after seeing this done over and over by masters. Also, Harbin is an excellent city to study in because it is a huge city (12 million) and the hospital is good and affiliated with a university. Unlike in Beijing or Shanghai, which cater more to English speakers, you are living, breathing, and walking in the real deal and it is a true adventure!”

Lindsey Rushmore, 2013 Graduate of the Albuquerque Campus

Our destination is in the northeast part of China. HUCM was established in 1959 and is located in Harbin, the capital of Heilongjiang Province. It has two direct-affiliated hospitals and five indirect-affiliated hospitals. Our students study in the “Second Affiliated Hospital of HUCM,” the main direct-affiliated, acupuncture-dominated hospital in Harbin.

Rotations are conducted at the HUCM hospital. Students are divided into groups and rotate through a variety of departments, including Acupuncture, Herbs, Tui Na, Rehabilitation, Pediatrics, and Gynecology. Students attend the daily morning and afternoon shifts as well as outpatient clinics. They have the opportunity to observe over 100 patients per day, including many conditions and treatments that are not typically seen in an AOM outpatient clinic in the U.S. Students are also involved in patient intake, diagnosis, pulse-taking, needle manipulations, Tui Na practice, and more. Students receive hands-on teaching on free-hand needling techniques from Chinese doctors.

The 2014 “Advanced Study on Acupuncture, Herbs, and Tui Na” program sponsored by Southwest Acupuncture College will include, but is not limited to, the following:

1. **Acupuncture:** Scalp acupuncture and post-stroke acupuncture treatment (which are the specialties of this hospital); electric acupuncture; point injection; numerous diseases treated by acupuncture; diagnosis and differentiation; experience from different professors.

2. **Herb:** Formula prescription; single herb and formula usage; diagnosis and differentiation; herbal pharmacy tour; experience from different professors.

3. **Tui Na:** Hands-on teaching and learning experience; the use of Tui Na in treating different diseases; experience from different professors.

4. **Pediatrics:** Pediatric differentiation and treatments (Tui Na, herbs, acupuncture).

5. **Gynecology:** OB/GYN differentiation and treatments.

6. **Herbal Garden Tour:** At the college campus.

7. **Harbin City Sightseeing:** Included in tuition.

For our enrolled students, this trip will:

- Provide incredible clinical experiences.
- Grant students a China Program Diploma from Heilongjiang University of Chinese Medicine.
- Fulfill two Southwest Acupuncture College clinic credits (105 hours).
- Offer impressive experience for students’ resumes.

**Total cost:** Approximately $7,200

**Dates:** August 17th to September 12th, 2014

Get your passport now. The trip is just around the corner!

Financial Aid is available for enrolled students.

If you are interested, please attend the China trip presentation held on each campus. You can also contact me at drlixu@gmail.com.
Treating Children with Sho-Ni-Shin

By Soma Glick, D.O.M. (NM), L.Ac., CHom.

I started my journey in the healing arts in 1986, when I enrolled in a nine-month course at Jay Scherer’s Academy of Healing Arts and Massage Therapy in Santa Fe, NM. Out of all the different modalities we were taught, shiatsu and meridian therapy resonated the most with me. It took me another three years, however, to take the jump and enroll in a three-year full-time program at the International Institute of Chinese Medicine to get my Master of Oriental Medicine degree.

Two aspects of the training I received at the IICM felt lacking to me: one was the theory of the five elements and how to use it in practice; the second was the traditional Chinese needling technique, which could be painful and unpleasant to the patient. Even while still a student, I took as many workshops and seminars in the different fields of Oriental Medicine as I could.

I took my first pediatric seminar with Jake Fratkin because I needed CEUs, and little did I know that treating children would become such a big part of my life and practice. With my new herbal knowledge, I successfully treated a few children with acute and chronic ear infections, and the word started to spread. I also attended all of the workshops that Julian Scott offered on the topic of pediatrics during the time that he lived in the U.S..

When I discovered the teaching of Dr. Miki Shima and the Japanese approach, it spoke to my very core. I was living in Bali at that time, and I heard of a three-day, multi-speaker symposium on pediatric acupuncture being offered in San Francisco. I chose to spend the whole three days learning Dr. Miki Shima’s sho-ni-shin techniques for children. I bought the DVD and the kit, which I brought back to Bali with me.

The idea that such a gentle method could actually have such profound results was just too good to be true, so I put it to the test by treating the children of many friends with my new sho-ni-shin kit. To my amazement, it really worked. Children were getting better, even some with acute wind invasions. I have used it in my practice ever since, and I started teaching the sho-ni-shin method in workshops, intensives, and classroom settings.

The following story was just sent to me from a participant who came to the island of Bali, Indonesia last December for an intensive course on acupuncture pediatrics and obstetrics. All course participants stayed at a beach resort in the undeveloped north side of the island. For eight consecutive days, they learned about children’s and women’s health.

They started each morning with half an hour of Qi-gong exercises, followed by a three-hour lecture class. After lunch, a clinic was set up in a large yoga hall with enough massage tables for each practitioner and a space on which to place their acupuncture-related equipment. We totalled 14 practitioners, including myself and two teacher assistants who helped me check the diagnosis, treatment plan, herbal prescription, and sho-ni-shin technique of each participant.

We saw an average of 40 to 50 children in the course of the afternoon, each one receiving acupuncture or sho-ni-shin as well as an herbal formula. We mostly saw children with acute or lingering upper respiratory infections, digestive disorders, and skin eruptions. We helped a lot of very chronic cases of Spleen Qi and Wei Qi deficiencies and had a few cases of congenital and Kidney Jing disorders in the form of birth defects and slow development.

Some of the practitioners were using sho-ni-shin or treating children for the first time, and everybody was very excited to see how much the children were enjoying their treatments and how fast their health improved. Here’s the participant’s story:

“I am so pleased to share with you that I have set up my spare room at home as a clinic room and I had my first pediatric patient today. She’s the granddaughter of a work colleague, a sweet seven-year-old girl with a five-year history of chronic constipation. Sadly, she now has little or no sensation for using her bowels. She’s previously been referred to pediatricians and dieticians and has been prescribed laxatives. Palpation revealed that her cervical nodes were enlarged and non-tender. Her tonsils also felt swollen. She also had lower abdominal masses that were non-tender although she does experience pain at times. I diagnosed her with a LPF and weak metal at this stage; however, there’s likely also some kidney involvement. I performed a general sho-ni-shin treatment, then used moxa with tiger warmer on her cervical region, Ren12, St36, Sp6, Li11, Bl23 to 28, and Bl57, plus abdominal massage. I also spoke to her mom about pears, nut butters, and tahini to help moisten the intestines, and I encouraged her to do the abdominal massage daily. I’ll see her again on Thursday and add in some extra points. She enjoyed the treatment and I think her little sister may be next in line for a treatment!

I believe I’m on the right track since her mum called me sooo excited that same evening to tell me that her daughter had done a huge “poo” in the toilet on her own (this is only the second time in her life it had ever happened).
Arlo Starr graduated from Southwest Acupuncture College in August of 2013. Arlo was often seen walking with classmates, talking about a new “tincture” he was making. He and Chilan Mustain, a current student, just recently became owners of Two Red Brothers Herbal Apothecary. The business idea came about when the two met. Each had a vision for a similar business and Two Red Brothers Herbal Apothecary was born! Their clinic and herbal store is located in Albuquerque, New Mexico at 2400 Rio Grande Blvd, Suite E.

Two Red Brothers Herbal Apothecary provides the following services:
- Custom herbal products: loose herbs, teas, granular teas, tinctures, salves, and patent medicines. Catalogs and price lists for practitioners are available with wholesale prices.
- Two-day shipping anywhere in the U.S. for $6!
- Acupuncture treatments
- Laughing yoga
- Massage, including chair massages
- Qi Gong
- Pediatric treatments—Japanese style
- Low income, Spanish-speaking, community-style acupuncture.

Come by and visit them!

Attention—Southwest Acupuncture College Alumni!
Please send us any news about yourselves. Do you have a new practice or job? Did you get married? Have you won an award? Did you get a new degree? Do you have a story to share about yourself or another graduate of Southwest Acupuncture College? Have you been published somewhere?
Email your news or photo to Babette Saenz, Academic Dean, ABQ Campus—Babette@acupuncturecollege.edu.

We want to be your link to your classmates and colleagues! Do you want to be a part of our alumni directory? Go to our website at www.acupuncturecollege.edu, click “News/Events” and then “Alumni” and complete the Alumni Registration and Update Form.
**How to Identify and Treat Nervous System Dysregulation and PTSD**

**Dates:** March 15 & 16, 2014  
**Time:** 10:00 a.m. - 4:15 p.m.  
**Presenter:** Paige Peters, D.O.M.  
**Description:** This course is designed to help you identify, properly diagnose, and create treatment plans for people with dysregulated nervous systems due to trauma. We will cover a trauma spectrum from mild to disabled, from slight anxiety, to can’t-leave-the-house, from irritable to a blind rage. We will look at the physiology of fight-flight and freeze. We will look at cycles of activation and deactivation in the nervous system, and learn how these natural patterns become disorganized by trauma.

**NCCAOM PDAs:** 10  
**Fees:**  
- **Student and Alumni:** $240.75  
- **Professional:** $267.50  
**Location:** Southwest Acupuncture College  
7801 Academy Rd. NE, Suite 104  
Albuquerque, NM 87109  
**For more information:** Phone: 505.888.8898  
Registration form available at:  
[http://www.acupuncturecollege.edu/news_events.html](http://www.acupuncturecollege.edu/news_events.html)

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**Korean Hand Therapy**

**Dates:** May 10 & 11, 2014  
**Time:** 9:00 a.m. - 5:30 p.m.  
**Presenter:** Dr. Dan Lobash, Ph.D., L.Ac.  
**Description:** Correspondence Therapy: Each hand embodies a hologram of the entire body. The hands reflect, like a mirror, the current condition of the body. If there is pain or dysfunction in any part of the body, there will be corresponding treatment points on the hands. All you have to do is find the corresponding sensitive points, treat them, and the problem resolves. At the Intermediate level, KHT teaches a unique Yin-Yang Pulse and Hara diagnosis that allows you to pinpoint and confirm the best meridian to achieve energetic balance.  
**CEUs:** 15  
**Fees:**  
- **Students:** $199.00  
- **Professional:** $249.00  
**Location:** Southwest Acupuncture College  
1622 Galisteo Street  
Santa Fe, NM 87505  
**For more information:** Phone: 877.244.4325  
Registration form available at:  
[www.khtsystems.com](http://www.khtsystems.com)

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**Healing on the Move Massage Workshop—Open to the Public**

**Date:** March 22, 2014, 9:00 a.m. - 12 noon  
**Presenters:** Pola Richardson, M.S.O.M., D.O.M.  
Celia Larcom, L.M.T.  
**Description:** Obtain basic knowledge for interim pain and stress relief. Identify sources of pain. Answer the question: How do I know when I need to make a clinic appointment? Learn the subtle integration of therapeutic oils to enhance the outcome of stress relief. How to set up a comfortable area at home for massage.  
**Fees:**  
- $60 per person  
**Location:** Southwest Acupuncture College  
7801 Academy Rd. NE, Suite 104  
Albuquerque, NM 87109  
**For more information:** Phone: 505.888.8898  
Registration form available at:  
[http://www.acupuncturecollege.edu/news_events.html](http://www.acupuncturecollege.edu/news_events.html)
Treating Children with Oriental Medicine Healing with Sho-Ni-Shin

**Dates:** May 17 & 18, 2014  
**Time:** 8:30 a.m. - 5:00 p.m.  
**Presenter:** Soma Glick, D.O.M. (NM), L.Ac., CHom.  
**Description:** The course is tailored for immediate results in clinical practice and includes the following: recognizing how treating children differ from treating adults; in-depth diagnosing through visual and palpation skills; presentation of Dr. Miki Shima's sho-ni-shin method, tools, and general treatment; in-class demonstration of sho-ni-shin and practice time with each other; acupuncture points, sho-ni-shin and herbal medicine prescriptions for acute upper respiratory and digestive disorders in children; treating and managing chronic illnesses; tips on how to administer herbs to children as well as dietary and lifestyle recommendations; during the afternoon of day 2, observation of children being treated in the classroom by Soma.  
**NCCAOM PDAs:** 15  
**Fees:**  
- Early (by April 1st): $250.00  
- Student and Alumni: $250.00  
- Professional: $325.00  
**Location:** Southwest Acupuncture College  
6630 Gunpark Drive, Suite 200  
Boulder, Colorado 80301  
**For more information:**  
Phone: 303.581.9955  
Registration form available at:  
http://www.acupuncturecollege.edu/news_events.html  

The Power of Integrating Five Element Acupuncture with Traditional Chinese Medicine

**Dates:** June 7 & 8, 2014  
**Time:** 8:30 a.m. - 5:00 p.m.  
**Presenter:** Abbye Silverstein, M.Ac., L.Ac., C.A.C.  
**Description:** Learn the characteristics that distinguish Five Element Acupuncture practice. Learn how to apply the Taoist philosophy of healing to treatment. Learn diagnostic theory and how to apply it to treatment. Learn to recognize CF (constitutional factor) based on CSOE (color, sound, odor, emotion) and patient-practitioner rapport. Learn treatment planning and strategy, specific clearing protocols, pulse diagnosis, and needle technique. Learn how and when to integrate 5E and TCM to serve patient healing.  
**NCCAOM PDAs:** 14  
**Fees:**  
- Early (by May 1st): $267.50  
- Student and Alumni: $267.50  
- Professional: $321.00  
**Location:** Southwest Acupuncture College  
7801 Academy Rd. NE, Suite 104  
Albuquerque, NM 87109  
**For more information:**  
Phone: 505.888.8898  
Registration form available at:  
http://www.acupuncturecollege.edu/news_events.html

We’ve even begun creating “lists” behind the scenes on Twitter to keep track of which alums and students are already following us. Hashtags have been lovingly assigned as #SWACalum and #SWACstudent to keep a congruent thread and encourage others to jump in when they find us.

Enough about Twitter, let’s talk about Facebook! Before Carole came on board to help us, we had several Facebook pages in order to keep communication specific for each campus (for late closings due to weather and other info). Since one of the streams already had a very healthy following, that is the stream we have begun using for our main page: Facebook.com/SWACsocial. The main Facebook page is serving several purposes—general announcements, new findings in acupuncture research, the occasional cartoon (because we all need a laugh once in a while!), health/fitness tips, and promoting the blogs of our graduates.

Come join us and jump into the conversation! Having fun is definitely on the agenda, but promoting the college and graduates, as well as the ancient healing practice of acupuncture, is all part of the mix.

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twitter.com/SWACsocial