



APPLYING MY HEALING HANDS

by Sarah Molony

After graduating from The University of Auckland with a Double Major in English and Film, Television and Media Studies, I worked in the television industry for two years but I did not feel like I was in the right place. I began looking for a new profession that was not simply a job, but a lifestyle.

My mother was a massage therapist and so I grew up with a keen interest and background in “alternative” natural therapies. I felt increasingly alienated from the western medical approach, which in my experience, did not cater to my individual needs, nor work out the sources of the problem; simply treating symptoms. I knew that I was destined for healing but was unsure of which direction to go as there are so many healing modalities out there.

My hands have always spoken to me. Whenever I lay hands on people, they respond by getting really warm and I have always been told by people that I have healing hands. I decided that I needed to do something with my hands, but not something that would damage them from overuse which would prevent me from doing what I love.

I chose acupuncture after hurting my back and visiting an acupuncturist who is a graduate from the New Zealand School of Acupuncture and Traditional Chinese Medicine. He not only sorted out my back – something an osteopath had been unable

to do, but also a whole bunch of other health concerns that I had for years – that western doctors had neither understood, nor attempted to sort out; claiming instead that I was “just a little stressed”.

I was impressed with the TCM approach and results. The acupuncturist could read me like a book. I was a patient whose symptoms and patterns did make sense to him. I was not crazy!

Not long after that, I met a graduate from the School who is a kindred spirit. She had been a good lawyer but felt that she was in completely the wrong profession. She decided to pursue a career in acupuncture, and is now successful and happy. It was wonderful to meet someone with whom I felt an affinity; someone who had done exactly what I was thinking of doing myself. I took it as a sign from the Universe and it helped me seal my commitment to pursue TCM as a career.

My belief is that everything in a person's life, body, mind and soul is connected and everything we put in will generate a reaction of some kind. The fundamental principles in TCM of Yin/Yang and interconnectedness strike chords of truth with me. It makes the study of acupuncture and qigong ever more fulfilling. ■

Sarah is 2nd-year BHSc (Acupuncture) and Diploma of Qigong student.

ACUPUNCTURE - A SOURCE OF JOY

by K Gurunathan

Kate O' Connor, a qualified mid-wife and nurse, graduated with a Diploma in Acupuncture from New Zealand School of Acupuncture and Traditional Chinese Medicine four years ago. Almost immediately, she found demand for her skills. “Business is great,” adds Kate who had a clinic at City Osteopath in Wellington and is now operating her clinic in Taupo.

Kate says her career move to take up acupuncture was shaped by her need to have regular hours while still being with the health service. “I needed more autonomy over my life,” she says.

Interest in acupuncture was sparked off in 1981 after a serious car accident led to a long and arduous recovery process. “I received acupuncture treatment and it's that personal experience of healing that's given me an unshakable belief in the treatment,” she adds.

“For a long time, people only had the choice of invasive treatment, drugs and surgery. I have always been interested in



natural healing where individuals have the ability to self-heal. Acupuncture is about helping the body heal itself.”

“Acupuncture is a source of joy to me because of my ability to help others. That is reward money cannot buy,” says Kate. ■

Complementary Health Expo 2011

WHEN:

Saturday 5 November 2011

TIME:

10am - 2pm

ADDRESS:

382 Manukau Road
Epsom, Auckland

Featuring:

- Complementary health seminars
- Exhibitions of complementary health products and services
- Demonstrations of acupuncture, qigong, massage, taiji

Organised by:

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- New Zealand School of Acupuncture and Traditional Chinese Medicine

Contact:

Marion King on 09 6303546
or email marion@nzso.com



WANTED

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Please contact **Dean Rhodes**, Physiotherapist.

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Study Tour 2011

Fund-raising Dinner

Organised by NZ School of Acupuncture & TCM and NZ College of Massage

Objective:

A special dinner to raise funds for a group of 10 students to visit Hubei University of Chinese Medicine in December 2011, to engage in intensive practical skills training in the city of Wuhan, study alongside the University's students, learn the culture and language of China, and observe patients in the University's affiliated hospitals.

WELLINGTON

When: Sunday 30 October 2011
6 – 9pm

Where: Dragons Chinese Restaurant
25 Tory Street, Wellington

Ticket: \$50 per person
(10 per table, 8-course dinner, dessert
& Chinese tea)

AUCKLAND

When: Sunday 6 November 2011
6 – 9pm

Where: Phoenix Chinese Restaurant
63A Mokoia Rd, Birkenhead, North Shore City

Ticket: \$50 per person
(10 per table, 8-course dinner, dessert
& Chinese tea)

The students will bring with them the messages of goodwill and friendship, and the relationships they will establish with new friends in China will hopefully encourage greater synergy between the people of New Zealand and China.

We believe that the wider community will benefit from our investment in the education and training of the students, as they will come home with the expanded knowledge and skills for their clinical practices, and contribute to the health care and wellbeing of our community.

We ask for your support to help the students realise their dreams of going to China. You can make a difference to their future by supporting the fund-raising dinner.



For dinner tickets, please contact

WELLINGTON

Tony Gan, 04 473 9005 or tony.gan@nzsao.com

AUCKLAND

Marion King, 09 630 3546 or marion@nzsao.com

Assessing patient outcomes in clinical practice



with Associate Professor Caroline Smith
from University of Western Sydney

Outcome measurement can benefit your patient and your clinical practice by increasing your awareness and understanding of your patient's experience, assessing the quality of care provided and evaluating the effectiveness of your work.

The workshop will guide you to consider the purpose of outcome measurement, the selection and use of appropriate measures, and examples of outcome use in practice.

Completion of the workshop will increase practitioners' awareness of the role outcome measurement can bring to their work, and practical skills to plan and implement measurement of outcomes in clinic.



WELLINGTON:

9.30am - 12.30pm

**Amora Hotel
170 Wakefield Street
Wellington**

AUCKLAND:

9.30am - 12.30pm

**Sunday 30 October
NZ School of
Acupuncture & TCM
382 Manukau Road
Epsom**

Registration:

\$45 per person

To enquire:

Call **0800 228 786**

or email

nzra@acupuncture.org.nz

www.acupuncture.org.nz