



Welcome

It's a pleasure to return to the school after a wonderful New Zealand summer, conducive to outdoor activities and relaxation. We hope returning students are refreshed and invigorated, ready for another demanding, and rewarding year of TCM. To the newcomers, thank you for selecting NZSATCM to embark on a journey of discovery. The world of TCM awaits.

Now with orientation behind us, the academic year has begun in earnest for students. Not so for the teachers, they have been involved in course review, moderation and planning since students departed last year. Their commitment to traditional medicine and western knowledge in an integrated way deserves to be recognised.

Between the two campuses there are 13 classroom teachers whose backgrounds in education, clinical experience and classroom teaching is noteworthy. As a school we are proud of our teachers. All are committed to the idea and process of learning for life.

Many returning students and clients will be aware that in the past two years, two teachers; Debra Betts and Mike Armour, have completed doctorates- gained specifically through acupuncture applied research.

Kate Roberts has reduced her teaching load to pursue her PhD studies, researching the dialogues between medical practitioners and acupuncturists with regards to mental health patients. Soojin Choi and Phil Jameson are at the halfway mark in their Master's studies, guided by Debra and Dr. Leonie Walker; researcher, acupuncturist and academic dean of this programme.

The master's programme is stacked with guest lecturers such as Mike and Dan Jakes, who gained his master's degree in New Zealand exploring why people seek out acupuncture treatment.

Our online master's programme features guest lecturers from around the world and is attracting students from abroad as well as previous NZSATCM graduates.

Above are the recent academic endeavours, however,

the collective experience and knowledge extends much further into clinical and hospital settings.

Many teachers have come into the school after years as medical doctors and specialists from overseas. Chito Pantig, Ricardo Robrigado, George Cui, Carol Yang, Vesna Zdravkovic, are all trained western medical doctors with years of biomedical clinical experience.



PROFILE

Dorota Starzak, PhD

Please welcome to the NZSATCM family, Dorota Starzak, our newest colleague and replacement for Barbara Hoverd who just retired after 22 years of teaching western science at the school.

Dorota has a strong research background in the health and biological sciences, recently returning to Wellington from South Africa where she worked as a postdoctoral fellow and lecturer at the School of Health Sciences at the University of KwaZulu-Natal (UKZN). Prior to commencing postdoctoral work, she was based at Victoria University of Wellington, NZ where she completed her PhD at the School of Biological Sciences.

Dorota previously tutored at the New Zealand College of Massage, lecturing a range of human physiology and health science related topics.

Having eight years of research experience and a broad knowledge base in both the biological and health sciences, Dorota focused her research on the effects that different interventions have on immunological and cardiovascular disease risk markers and chronic inflammation associated with diseases of lifestyle (specifically metabolic syndrome, obesity and diabetes) as well as the metabolic and anti-inflammatory effects of exercise.

Experienced in teaching both undergraduate and postgraduate students from a wide range of cultural and demographic backgrounds, she comes with a range of teaching methods and previous experience.

Dorota is comfortable in all teaching delivery

This knowledge strengthens integrative medicine in a New Zealand and in an international context.

Let's tally up the current qualifications: four doctorates, three Masters holders, five medical doctors, all TCM teachers minimum of a Bachelor Degrees and a firm commitment to ongoing education in our field not to mention the combined TCM clinical experience. Let's wrap this up. We think you have made the right choice!



mediums including electronic and online technologies.

Currently, she is supervising a full time Masters student and, in 2014, supervised two Honours students.

A keen runner, Dorota runs with the local Wellington Scottish Athletics club. She prefers dirt over road and likes to spend her spare time exploring the various hills and trails of Wellington.

Dorota is also a certified Pilates teacher and has been teaching both mat and equipment Pilates classes at a number of studios and corporate venues since 2007.

Impressions of a Community Clinic

Four years ago I had a major accident and ended up with a broken leg, which landed me in hospital for 10 weeks and with ongoing residual pain and swelling.

One day walking down the hill from Victoria University, I got talking to a person who had noticed my slight limp. She told me about the acupuncture school and community clinic which the school ran on Wednesday's and was koha based.

Being a full-time student on a limited budget had hampered me from getting regular acupuncture treatment, which I had had, prior to becoming a student.

Turning up at the community clinic for my first time felt a bit like coming home. For one, people shared a space like we used to in Japan where I'd previously lived for 15 years, secondly the practitioners were working harmoniously next to each other and with the 'patients', sharing their experiences with other patients.

Soon I got to know the regulars who, like me came for their weekly check up, and not long after, the familiar faces turned into friends who cared with an eye for the long-term.

That leg of mine began to get better, swelling went down and I felt the tension in my shoulders go, and my energy level rise.

All the practitioners here are very professional and they genuinely care. They too are constantly learning how to enhance their skills and discuss what the best treatments are that suit the individuals. They recognize our anxieties and stress levels when we



feel nervous about "needles". The feeling of being in a safe space surrounded by people who know what they are doing, who are caring, and who genuinely listen, has helped my healing process enormously.

Though I'd generally be scared of "needles", I hardly consider that factor when coming here. Being pro-active in my own well being and health, I have regularly visited the community clinic in the past few months to get treatment. I am so thankful, to all the staff who've supported me on my journey to a more wholesome me.

Thank you for offering such an amazing service for people of all ages regardless of their background, income and age.

Alex

Community Clinic

Auckland - Saturdays 12-2pm

Wellington - Wednesdays 12-2pm

No appointment necessary

Supervised Public Clinics

Our Supervised Public Acupuncture Clinics are the teaching clinics for NZSATCM. Final year and year-3 students who practice Acupuncture, Tuina and Chinese Herbal Medicine are the clinical interns treating under highly experienced, professional acupuncturists who will supervise the treatment and guide you toward optimal health. Clinics are open to the public by appointment.

Ezybook is here to make life easier to get the appointment you want at these clinics by booking your appointment online. It's very easy, you just go to acupuncture.ac.nz, click the Clinic Tab at the upper right banner area. This takes you to the Clinics page. Choose Auckland or Wellington. This will take you to our online booking page, follow the directions. Alternatively, call Wellington 04 473 9005 or Auckland 09 630 3546, and we will book you in.



Wellington Chinese New Year Celebration

For 2016 Wellington celebrated Chinese New Year at the ASB Arena on Queens Wharf. The School was represented by a stall at the celebration. We had two community clinic style chairs for acupuncture and two treatment tables for tuina setup for the public. Zhiyang (Sam) Cen, Wenhua Pan and Medea Pai were the clinicians for the event.

Many people took the opportunity to receive treatment over the six hour period we were there. Some were pleasantly surprised when they walked away pain free for the first time in many weeks.

The Chinese New Celebration of the Fire Monkey itself went very well with hundreds of people in attendance checking out the various venues and entertainment on offer. In amongst the dancing dragons, cultural performances and celebratory atmosphere it was great to share some of the schools talents and services on the day.



Dr Tan Wellington Seminar

A Dr Tan Balance Method Acupuncture (BMA) workshop was held at the Wellington Campus 28 February 2016. Szenan Phua who practices out of Hamilton shared his knowledge. The room was full of many graduates and associates of the School interested in this style of acupuncture.

BMA is based on the acupuncture of the Yi Jing (book of changes), Ba Gua (eight trigrams), and Liu Jing (6 channels) using a combination of 5 treatment systems. The essence of the method is embodied in the expression “how do you treat xxx disorder?”, (answer) “1, 2, 3.”

Dr Tan himself passed away in late 2015 leaving behind a profoundly developed acupuncture system capable of relieving channel pain and internal organ syndromes. The emphasis of this workshop was on the immediate relief of channel pain. To keep it simple, and sum up the day, the following 3 steps were advised to treat channel pain:

1. Step 1, determine the “sick” channel(s) (the 3 yin, 3 yang channels).
2. From step 1, determine the channel(s) to treat (any one of the 5 systems can be chosen or combined).
3. From step 2, decide on “mirror points” on the limbs for treatment or “imaging” the torso onto the limbs and determining treatment location from palpation of ashi point response.

The six participants who were treated, experienced relief or greater mobility within a few minutes of needle insertion.

A word of wisdom from Szenan- Follow this treatment up with more and see what lifestyle changes need to happen to avoid re-injury!

