

## Acupuncture NZ 2021 Conference Presenters – Bios and Abstracts

### Dr Mary Garvey PhD

#### ***The Importance of Classical Formula Strategies for Clinical Practice Today***

The 'Essential Strategies from the Golden Cabinet' (金匱要略 Jīn guì yào lüè) is one of Chinese medicine's four great classics. Originally written in 206 CE by Zhaāng Zhòngjǐng, the 'Golden Cabinet' and its sister volume the 'Treatise on Cold Damage' (伤寒论 Shaāng hán lùn) are an extraordinary record of classical Chinese medicine. Both are more than highly respected – a deep understanding of them is considered indispensable for practitioners who want to succeed in clinical practice today.

The 'Golden Cabinet' is the earliest surviving text on the diagnosis and treatment of diseases caused by internal damage and other miscellaneous factors. It covers a wide range of illness conditions that today we would interpret as gastro-intestinal, respiratory, renal and cardio-vascular conditions, sexually transmitted infections, malaria, arthralgia, mental and mood disorders, and much, much more. The 'Golden Cabinet's sage-like classifications and formula constructions remain important exemplars for effective Chinese medicine practice. This talk will explore some of these classifications, and the elegant formula strategies Zhaāng Zhòngjǐng recommends to treat them.

*Dr Mary Garvey has been practicing and lecturing in Chinese medicine for 36 years. She has a PhD in International Studies (in TCM), a Master degree in Health Science (TCM), and diplomas and certificates from her clinical acupuncture and Chinese herbal medicine studies in Sydney, Nanjing, Shanghai and Beijing. She has authored around fifty TCM publications, including refereed journal and conference papers, books and book chapters. Her latest book, 'Chinese Medicine Psychology', co-authored with Professor Qu Lifang (Shanghai University of TCM), was published last year.*

### Guang Yi Huang (Dawson)

#### ***Common Patterns in Gynaecological disorders and management with acupuncture and herbal medicine***

Guang Yi's presentation will focus on the key features of common patterns in TCM Gynaecology including Zang-fu organ pattern differentiation, Jing-luo (channel system) pattern differentiation, qi-Xue (qi and blood) pattern differentiation, and etiology based pattern differentiation. He will also cover the acupuncture and herbal medicine treatment for these common patterns.

*Guang Yi Huang (Dawson) graduated from Henan University of Traditional Chinese Medicine (Bachelor of Medicine) in 2009. He has studied Dr Tan Balance Methods; Spiritual Acupuncture (Xiaochuan Pan), Master Tung's Points workshops and seminars. He has also completed extensive studies on the TCM classics including Neijing, Nanjing, Jin Gui Yao Lue and Shang Han Lun. He has experience in applying Five Element acupuncture, Meridian Diagnosis theory and Zang/Fu theory in acupuncture and herbal practice.*

*Guang Yi has extensive experience in treating pain, internal disorders, gynaecological disorders, mental health and skin diseases by applying herbs and acupuncture treatment. He set up the Taiji TCM Foundation to assist new graduates or overseas trained colleagues to become more confident TCM practitioners here in New Zealand and has conducted a series of workshops in this area for Acupuncture NZ members.*

## **Dr Debra Betts PhD**

### ***Online platforms: a reset for clinical mentoring and post graduate education***

Current online learning platforms offer options for post graduate education beyond simply watching lectures for continuing education points.

Low-cost platforms with features lacking in FaceBook groups allow practitioners to engage in activities such as presenting case histories to share their experiences and knowledge, as well as raise questions relating to clinical practice. These presentations can be recorded and shared with members, with follow up question and answer sessions to fully explore and discuss in a collaborative, supportive environment. Online platforms also allow for practitioners interested in speciality areas to create small, closed groups to connect for ongoing learning and support, removing barriers related to their physical location.

Debra will discuss successful strategies for online learning from her experiences with an online Maternity Acupuncture Mentoring and Peer Support (MAMPS) group. She will also discuss the potential for practitioners to engage in research literacy delivered in a “digestible” relevant format – for example, an online journal club through Acupuncture New Zealand that could highlight research, such as the recently released NICE guidelines in April 2021 for chronic pain.

Technology now offers practitioners opportunities to design and engage in postgraduate education they see as relevant. This presentation explores the possibilities of these online learning platforms in the hope that it will stimulate interest in this medium for future postgraduate education in New Zealand.

*Debra is the author of “The Essential Guide to Acupuncture in Pregnancy & Childbirth” published in 2006 and translated into German and French. Her PhD (UWS Sydney) was on acupuncture in threatened miscarriage. Debra supervised New Zealand’s only hospital antenatal acupuncture clinic from 2008 – 2019. Currently she is involved in a maternity acupuncture online mentoring programme for acupuncturists and providing online acupressure workshops for midwives and doulas in Australia, Brazil, Canada, Italy, New Zealand, UK the USA. In addition, Debra continues to publish articles relating to acupuncture use in pregnancy and using the lectures online at international acupuncture conferences.*

## **Jess Marshall MHScAc**

### ***Perceptions of cupping and acupuncture type therapies by resistance sports participants in New Zealand: A mixed method study.***

Here I will introduce my chosen subject, resistance exercise /strength training and Chinese Medicine. For this study, I specifically chose Powerlifting, Olympic weight lifting, Bodybuilding, Strongman/woman and general weightlifting. A description of how these sports differ from each other and what the effects of resistance exercise has on the body, specifically the muscles, will also be presented. I will explore what therapies were used by the participants, their perceptions of the therapies and the reasons why the participants use the therapies. What was interesting and unexpected was who was providing some of the treatments. This will be elaborated on with particular focus on the potential for safety issues.

I will also discuss some of the findings of current research into cupping and guasha (also introduce some of the adopted names the therapies are being re given), and my theories as to why some participants find the therapies work so well for them.

## **Dr Kate Roberts PhD and Pauline Joe**

### ***Identification and management of mental health within clinical practice.***

The prevalence of mental health is increasing in New Zealand, and New Zealand has one of the highest rates of youth suicide in the world. However, there are current challenges to providing accessible and effective care for common mental disorders. There is an underutilized workforce within Allied Health and CAM that could potentially address this gap and target bodily stress and physical symptomology of mental health presentations.

CAM practitioner's report wanting to be part of a team or shared care approach when addressing mental health concerns, due to the concerns for patient harm, or a perceived lack of competencies. What could support this, is a localised guide for red flag identification with appropriate embedded referral pathways.

The Acupuncture for Mental Health clinical forum (AMH) is a group of Acupuncture NZ practitioners in the Wellington region with a primary interest in public advocacy, education, and delivery of acupuncture in the field of mental health.

The AMH have worked together to develop a CAM-practitioner focussed flow chart to support the identification and management of mental health within clinical practice. This presentation will demonstrate its applicability and usability using clinical case examples.

*Kate Roberts holds a PhD in Primary Health Care, a Masters in Traditional Chinese Medicine, and a Post-graduate Certificate in Psychological Medicine. Kate's clinical practice specialises in the treatment of mental health, musculo-skeletal conditions, and women's health. Kate remains extremely passionate about offering holistic acupuncture treatments, with a focus on working with patients to achieve their maximum potential, both physically and mentally.*

*Pauline Joe has a passion for helping proactive people who are looking to improve their health with Chinese medicine. Her clinical interests are orofacial pain from dental treatment, pregnancy acupuncture, ACC treatment, acute injuries and is an avid fan of cupping therapy.*

*Prior to training in acupuncture, Pauline was a Dental Therapist (Paediatric dental care). She brings with her a cheerful and fresh vibe into an ancient medical practice.*

## **Dr Mike Armour PhD**

### ***Partnerships, co-design and community research: strategies for moving forward***

Traditional Chinese medicine (TCM), especially acupuncture and Chinese herbal medicine (CHM) are becoming more accepted as part of 'mainstream' medicine, often thanks to a combination of robust research and public popularity. However, clinical trials are expensive, time consuming and require considerable experience and expertise to run.

This presentation will discuss the importance of including practitioners in research, how to implement a co-design research model in the real world and how to engage in partnership with other organisations to help further TCM research. In addition, discussing the issues with translating clinical trials into practice and the role of case reports/case studies in both collecting reliable clinical information that can be used to inform clinical decision making and the potential need to develop a standardised case reporting structure for Chinese medicine to enable this to happen.

*Dr Mike Armour is a senior research fellow in reproductive health at NICM Health Research Institute, Western Sydney University. His background is a mixture of western and eastern medicine, having completed an honours degree in Biomedicine before training as a traditional Chinese medicine practitioner. Dr Armour completed his PhD at NICM HRI, examining the effect of acupuncture on the treatment of primary dysmenorrhea. His research focuses on traditional, complementary, alternative and integrative medicine (TCAIM), with a specific focus on women's health. He is currently leading four clinical trials on complementary medicines and has published over 50 peer reviewed articles.*

## **Phillip Mettrick**

### ***Knees: Troubles, tests and treatment techniques***

Knees: Injuries or degenerative changes, both acute and chronic are treated daily in our clinics. We can access them with simple orthopedic tests and record the results for ACC. The variety of injuries and the severity varies. Medical assessment and treatment of these injuries has become more comprehensive over time.

Phillip will review anatomy, common injuries, conditions and presentations, update your orthopedic assessment skills with a hands on practical component with the lecture. There will be Xrays, CT and MRI presentations in the Powerpoint to enhance the clarity. This should be an educational, interesting lecture, updating your clinical knowledge.

*Phillip has more than years of clinical practice and is a past President of Acupuncture NZ (NZRA). He is a registered Osteopath with the Osteopathic Council of New Zealand and has a Graduate Diploma in Clinical Osteopathy from RMIT in Melbourne. He also has a Diploma of Acupuncture (1979) from the Acupuncture College of Melbourne and a Bachelor of Health Science in Acupuncture from the NZ School of Acupuncture and TCM (NZSATCM). Phillip was a course developer and taught Musculoskeletal Diagnosis and Orthopedic testing for 7 years at NZSATCM. Phillip has been a regular presenter at NZRA and Acupuncture NZ conferences since organising the first one in around 1981 when he held the position of NZRA Secretary.*

## **San Yeom**

### ***An Introduction to Sa-am Acupuncture***

How is acupuncture these days? What does modern acupuncture look like? How are the acupuncture points selected in treatment of a certain disease condition? What principles are applied in the point selection?

The basic philosophy of Eastern medicine is clear and universal. However, they are almost out of use in modern day acupuncture. The principles of yin-yang five elements and principles of six qi are the very bases of the structure of Eastern medicine. However, they are not always practically applied in

treatment these days.

Sa-Am acupuncture is a traditional Korean acupuncture. It has developed over hundreds of years and successfully realised the basic Eastern medical principles in treatment of diseases.

The basic principle of point selection in Sa-Am acupuncture is employing the principle of inter-control cycle in combination with the principle of “Promote the mother for deficiency and reduce the son for excess” in 『Classic of Difficulties, Chapter 69』 . This formulation was proven to be effective in treatment and has developed enormously in terms of its theory and application through research and clinical practice by a large number of practitioners predominantly in Korea.

Treatment in Sa-Am acupuncture is essentially not symptom oriented but pattern oriented. Diagnosis is made by differentiating deficiency and excess in five elements, six qi and organs and channels, and treatment principle is made based on how to restore the balance to all.

Sa-Am acupuncture is an excellent comprehensive acupuncture system faithful to Eastern medical principles.

*San Yeom completed a BSc (Mechanical Design Engineering) in 1992 then went on to study acupuncture and Chinese medicine, studying Sa-am acupuncture in 2003, completing the NZ National Diploma of Acupuncture in 2007, then upgraded to a Bachelor of Acupuncture in 2009. In 2013 he completed his Bachelor of Chinese Medicine. San Yeom has been practising as an acupuncturist and Eastern herbalist since 2008 and completed further Sa-am training in 2010.*

*He has presented on Sa-am acupuncture in Canada and USA and has been giving seminars on the subject here in New Zealand since 2013.*