

THE ACUPUNCTURE NOW FOUNDATION NEW ZEALAND



presents *two Wellington Workshops*

with

Claudia Citkovitz (USA) and Kate Levett (Aus)

9am – 5pm Saturday March 28 2020

Yin Birth, Yang Birth

for acupuncturists, midwives, and other birth professionals.

9am – 5pm Sunday March 29 2020

Advanced Differential Diagnosis for Labour Preparation

for acupuncturists

Wellington Abel Tasman Mercure Hotel



Claudia Citkovitz, PhD, MS Lac., is a Research Assistant Professor at NYU Medical School, and adjunct faculty at the New England School of Acupuncture. She has led the Acupuncture Service at NYU Langone Hospital - Brooklyn since 2004, supervising acupuncturists who provide inpatient care and clinical instruction in labour and delivery, neurological and orthopaedic rehabilitation and pain management. An internationally known lecturer, her 2009 study of acupuncture during labour and delivery was the first in the United States, as was her 2015 PhD study on acupuncture during acute stroke rehabilitation.

Claudia is a peer reviewer, editorial board member, and guest editor for numerous journals including the Journal of Alternative and Complementary Medicine, Acupuncture in Medicine, Explore, and Medical Acupuncture. She is a commissioner on the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM), which accredits US acupuncture colleges. Her textbook 'Acupressure and Acupuncture During Birth: An Integrative Guide for Acupuncturists and Birth Professionals' was published in December 2019.



Kate Levett is an acupuncturist, educator and researcher. She is a Senior Research Fellow at the University of Notre Dame Australia, Sydney School of Medicine, and an adjunct Fellow at the NICM Health Research Institute at Western Sydney University. She has recently received an NHMRC Early Career Fellowship, leading a collaboration of investigators in a large prospective meta-analysis of independent childbirth education and its effect on maternal and neonatal outcomes.

Kate completed her PhD at NICM, Western Sydney University, and has a Masters in Public Health (Epidemiology) from the University of Sydney, and an undergraduate degree in Education and Health Sciences (Acupuncture) at the Australian Institute of Applied Sciences, Brisbane. She specialises in complementary therapies for pain relief in labour, and Kate completed her PhD investigating the use and cost effectiveness of complementary therapies (including acupressure, massage, yoga and breathing techniques) for pain relief in labour.

Day 1 – Saturday 28 March.

Yin Birth, Yang Birth

Using Chinese medicine body types for labour preparation and support – a **practical introduction for acupuncturists, midwives, and other birth professionals.** The day will be led by Claudia Citkovitz Ph.D, a licensed acupuncturist who leads a hospital program providing acupuncture during labour and delivery.

Some labours need more gas to get started; others need Mom to take her foot off the brake. Other than selection of pharmaceutical agents, Western medicine has little flexibility to address the wide variety of physical and emotional challenges that can slow down labour initiation and progress. This 1-day workshop provides a clinical framework and case examples for identifying and working with patient presentations such as hot and cold, damp and dry, and tight and slack, to facilitate both labour initiation and labour progress. Participants can expect to learn:

- Key signs and symptoms for each constitutional type, and their characteristic problem areas in pregnancy and labour
- Constitutionally appropriate acupressure and exercises that can be taught to family members for pregnancy support and labour preparation
- Acupressure and bodywork techniques that can be taught to family members for constitutionally appropriate labour support
- Acupressure and bodywork techniques that can be taught to family members for constitutionally appropriate postpartum care.

Saturday afternoon

With Claudia Citkovitz and Kate Levett: CAM and Systems-based approaches and implementation strategies. Discussion groups – Moving forward with implementation strategy within participants clinical practice.

Signed copies of Claudia's new book, 'Acupressure and Acupuncture During Birth: an integrated guide for acupuncturists and birth professionals' will be available for purchase.

Day 2: Sunday 29 March 2020

Advanced Differential Diagnosis for Labour Preparation – for acupuncturists

The 'Acupuncture Induction Points' Large Intestine-4, Spleen-6 and Bladder-32 are often used indiscriminately, without regard for patients' underlying situation – leading in some cases to lack of effect, and in other cases potentially contributing to a suboptimal labour course with membrane rupture or slow progress due to unripe cervix. This 4-hour class provides participants with a clear framework for the relationship of Chinese constitutional type and Western landmarks in labour preparation and initiation. Participants can expect to learn:

- A clear 'road map' of the mechanical and endocrine landmarks within the cervical ripening and labour initiation processes
- The relationship of Western physical landmarks to Chinese differential diagnosis
- Acupuncture, Tui Na and auriculotherapy techniques that can be used in office visits to prepare the body for labour and/or promote labour initiation in a constitutionally appropriate manner
- Constitutionally appropriate Acupressure, Tui Na, moxibustion and lifestyle homework that can be given to patients to support healthy, timely labour initiation

Sunday afternoon:

2-3:30 Kate and Claudia – quick tips for home care and partner involvement

3:45-5 Clinical pearls and reflections

Name.....

Postal Address.....

- Acupuncturist
- Midwife
- Other health professional

Phone Mob.....

Email.....

Please register me for the following:

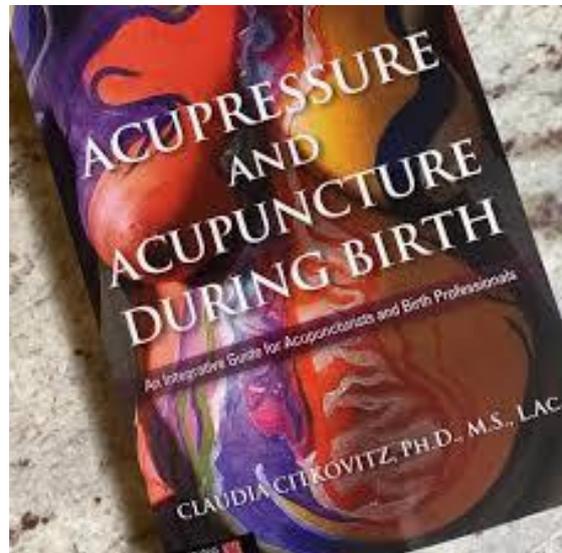
Early Bird

(Early Bird payment required by 6/3/2020)

- Day 1 \$150.00
- Day 2 \$240.00
- Day 1+2 \$370.00

Full Registration

- Day 1 \$175.00
- Day 2 \$270.00
- Day 1+2 \$425.00



Claudia's new book

Cost each day is inclusive of morning tea, lunch and afternoon tea.

CPD pending with Acupuncture NZ and NZASA.

Payment:

Direct Credit

Bank Account details:

Acupuncture Now Foundation New Zealand (ANF-NZ)

Account # 06 0241 0732093 00

Print, complete, scan and send registration form to acunow.nz@gmail.com

For further information email **Acupuncture Now Foundation New Zealand** acunow.nz@gmail.com