



To the Point

SPECIAL CONFERENCE PROGRAM EDITION

NOVEMBER 12 & 13, 2022

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IDAHO ACUPUNCTURE ASSOCIATION

*Representing Idaho Acupuncturists since 1986.
 The IAA is a nonprofit 501(c)(6) association.*

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• President's Points •

By Dr. Cass McLean, DACM, L.Ac.

Welcome to our third edition of President's Points. Within you will find a behind-the-scenes look at what the IAA is working on and what we've accomplished to date as well as a spotlight on the experts we've gathered for this year's IAA conference, Healing the Whole Person – Body, Mind, and Spirit.

Let's start with this year's conference. Mark your calendars - November 11, 12, 13, 2022. We are hosting another hybrid event, the in-person portion will be held at St. Luke's Hospital in Boise, ID. We have two hotels blocked with 10 suites each. Call Residence Inn and Suites – Boise Downtown/City Center or Home2 Suites by Hilton Boise Downtown and mention you are attending the Idaho Acupuncture Conference and you will qualify for BIG DISCOUNTS.

You will be seeing some familiar faces at the conference this year, Callie Blackwood – our IAA Treasurer, Boise-city and Foodie expert will be offering her highly popular **Jin Jing Gong Qigong** demonstration to help us “move” through the conference.

Alan Shaw, whom this year brokered our FREE, in-person venue at St. Luke's Hospital, draws from his experience at St. Luke's Cancer Institute to provide insight on **The Treatment of Chemotherapy-Induced Neuropathy with Acupuncture** – which, if you attended last year's 'Pearls' event, you know even our expert panel agrees this is one of the most difficult and complicated disorders to treat. Thank you, Alan for your unlimited generosity and incredible insight.

And finally, the fabulous Gwen “Cal” Millar is joining us again this year. She was featured in our expert 'Pearls' panel where she offered some surprising and profound uses for Guasha. Through popular demand, she joins us this year to share her expertise in her offerings, **Elements of Grace - Guasha and Qigong Essentials**.



Cass McLean, L.Ac.

New to the Idaho Acupuncture Association conference this year are two big-name speakers: Dr. Forrest Cooper and Lorie Eve Dechar. Dr. Cooper is an OCOM faculty professor and Orthopedic Acupuncture expert. He is a highly sought-after conference speaker and has a CV longer than my master's thesis! Dr. Cooper will be offering demonstrations at our in-person conference **YOU WON'T WANT TO MISS** – so if you're debating on whether to attend via zoom or in person, this will be a hands-on lecture and you'll want **FRONT SEATS!**

Our other big-name speaker we are **SO LUCKY** to get this year is Lorie Eve Dechar. You may know her from reading one of her many books, or watching her lectures on YouTube, or maybe you attended one of her international workshops. From Canada to Israel, Dechar teaches the Alchemical approach to acupuncture and Chinese medicine and the psycho-spiritual potential of acupuncture points. She will be Zooming in from the East Coast to present **Calling Down the Radiance: Using the Five Spirits to Support Psycho-emotional Resilience and Well-being**.

Such an amazing line up this year and you can read more about their offerings in the following pages.

I want to take a moment to give special thanks to Lindsey Sichelstiel, Callie Blackwood, Lisa Ostermiller, Maggie Blair, and Kameron Schott – without this amazing team of volunteers, the IAA conference would not, could not happen. It is such a

continued on page 6

Healing the Whole Person— Body, Mind and Spirit

• Details •

Dates: Conference: November 12-13, 2022

IAA Annual Meeting and Dinner - Friday, November 11

Times: Saturday, November 12, 8:00am - 5:30pm

Sunday, November 13, 8:30am - 5:00pm

Meeting and Dinner: Friday November 11, 6:30 - 9:30pm

Locations: Conference will be held at St. Luke's Hospital in Boise, ID. 100 E Idaho St, Boise, ID 83712, Canyon Room. Use the doorway on the North side of the building. 5th Floor. Parking in the front of the main hospital.

Annual Meeting and Dinner on Friday - MFT Catering, 701 E 44th St, Unit 1, Garden City, ID 83714

Contact information: To sign up, visit www.idahoacupuncture.com and follow the prompts

Cost: Free Attendance for Gold Members • 50% off for Platinum Members

\$250 Early Bird • \$300 After October 1st

Annual Meeting and Dinner \$20

Zoom info will be provided after you purchase your ticket / membership



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Healing the Whole Person— Body, Mind and Spirit

A CEU Live Event

November 12th, 2022

- 8:00am-12:00pm | Calling Down the Radiance: Using the Five Spirits to Support Psycho-emotional Resilience and Well-being | Lorie Eve Dechar, M.Ac, L.Ac.
- 12:00pm-1:00pm | *Lunch*
- 1:00pm-2:00pm | Elements of Grace Qigong Essentials – Level 1 | Gwen “Cal” Millar, MScAc, L.Ac.
- 2:00pm-2:15pm | *Break*
- 2:15pm-3:15m | Elements of Grace Guasha Essentials – Level 1 | Gwen “Cal” Millar, MScAc, L.Ac.
- 3:15pm-3:30pm | *Break*
- 3:30pm-5:30pm | Treating Chemotherapy-Induced Peripheral Neuropathy with Acupuncture | Alan Shaw, L.Ac.

November 13, 2022

- 8:30am-11:30am | Assessment and Treatment of Diseases of the Low Back | Forrest Cooper, L.Ac.
- 11:30am-11:45am | *Break*
- 11:45am-12:45pm | Jin Jing Gong Qigong | Callie Blackwood, L.Ac.
- 12:45pm-1:45pm | *Lunch*
- 1:45pm-4:45pm | Assessment and Treatment of Diseases of the Neck | Forrest Cooper, L.Ac.
- 4:45pm-5:00pm | *Wrap-up*

Make sure to fill out your conference evaluations and return them to idaхоacupunctureinfo@gmail.com. If you haven't received your NCCAOM CEU certificates in 48 hours, please contact us!

• Courses •

Calling Down the Radiance: Using the Five Spirits to Support Psycho-emotional Resilience and Well-being

In this presentation, Lorie Eve Dechar will share her original research on *wushen* - the Five Spirits - and discuss how this ancient wisdom can be directly applied to alleviate suffering in the modern treatment room. In addition to introducing basic Taoist psychological theory, she will bring the spirits to life through the poetry of classical texts and case studies drawn from four decades of experience working with psycho-emotional issues. Practitioners will learn about spirit points and needle techniques as well as flower essences and essential oils that will allow them to engage the healing gifts of *wushen* to support psycho-emotional resilience and well-being during our current turbulent and potentially transformational times.

Lorie Eve Dechar is an acupuncturist, consciousness explorer and change-maker, committed to bringing the art of alchemy and soul healing back to the modern world. She has practiced Chinese medicine for over three decades and is the author of *Five Spirits: Alchemical Acupuncture for Psychological and Spiritual Healing*; *Kigo: Exploring the Spiritual Essence of Acupuncture Points Through the Changing Seasons*; and her most recently published book, *The Alchemy of Inner Work: A Guide for Turning Illness & Suffering into True Health & Well-Being*. With her husband, astrologer and community builder Benjamin Fox, she co-founded A New Possibility, a global healing and learning community committed to the belief that inner work is a prerequisite to any lasting outer change.



Elements of Grace Qigong Essentials – Level 1

In Level One Medical Qigong Essentials we will learn techniques that address Qi stagnation. We learn fundamentals to manage imbalances in meridians and tissues to create higher well-being in ourselves, and for our patients. These ancient practices are the foundation of our medicine in following the natural laws of nature. These Essentials are effective and precise and can be easily adapted into your life and practice.

Elements of Grace Guasha Essentials – Level 1

In Level One Medical Guasha, we will discover different Guasha tools and their use for promoting micro-circulation in the myofascial meridians to reduce pain and promote healing. The focus will be with Dai Mai, (girdle vessel) and a technique to calm the Shen. You will learn a precise technique that is easily added to your practice and self-care regimen.



Gwen "Cal" Millar; MScAc, L.Ac. is a board certified acupuncturist, herbalist and devoted Qigong practitioner in the Wood River Valley of Idaho. She believes that by cultivating self care practices, we are able to fully contribute to help others. She is a passionate teacher and student of self-awareness with Qigong and Guasha.

"When Qi moves, Blood follows." "When Qi stagnates, Blood congeals." -Nei Jing

When Qi and Blood are stuck or stagnant, it is unlikely that health is in full vitality. Medical Qigong and Guasha transform and maximize healing potential by promoting circulation.

Gwen practices with a distinctive style founded upon ancient and contemporary teachings blended with her 35 years of nature-based medicine experiences. The ancient Taoists observed the rhythms of creation, control, destruction and balancing cycles of the essential laws of nature and created correspondences to human form and function. In ancient times, families had their lineages of family and village care. Qigong and Guasha were practiced to prevent and treat illness and injuries, along with herbal medicine and acupuncture if that was available. Primarily, people were self-responsible for their health, knowing that their families and livelihoods were interdependent with nature and each other. When we can uphold better accountability by having a "Qi-bit" of self-directed wellness, then health and happiness would likely improve exponentially.

These "ESSENTIALS" classes stem from Gwen's comprehension that the principles of harmonizing physical, emotional and spirit levels with breath and body flowing movements, can produce a sense of harmonic oneness and wellness. When we then teach our patients, it follows that our treatments can be more effective and the "well" of wellbeing begins.

Healing the Whole Person—Body, Mind and Spirit

Gwen teaches daily with her patients, seasonally in the local park, weekly in a classroom and privately doing prescription Qigong and Wellness. She is a Ling Gui International Healing Qigong School teacher of Yin/Yang Harvest, Children's Animal Play, Golden Goddess, and 1000 Eyes Buddha Qigong. She is an apprentice teacher of White Tiger School of Five Element and Eight Trigram Qigong.

During her 29 years of study and teaching Qigong, it has become apparent that a foundational course of Qigong come before learning a classic form. She has created these ESSENTIALS Medical QIGONG and GUASHA courses. Both of these teachings allow one to create and cultivate a self-nourishment practice of awareness with practical application of techniques to achieve vitality of body, breath and spirit.



Treating Chemotherapy-Induced Peripheral Neuropathy with Acupuncture

The treatment of chemotherapy-induced peripheral neuropathy (CIPN) can be challenging for acupuncturists. Alan Shaw draws from more than a decade of experience working for St. Luke's Mountain States Tumor Institute. This course walks us through the assessment, local and distal strategies, root and branch treatments, electrical stimulation, treatment planning, overlap with other neuropathies (diabetic and traumatic), and adjunctive therapies (to include exercise, diet, massage and self-massage, and hydrotherapy).

Alan grew up hiking, paddling, and backpacking in the tropical rainforests of Panama. He has rafted and backpacked all over the Western US, and regularly spends time out and about on the rivers and backcountry trails of Idaho, where he has lived since 2006. Professionally, he has many years' experience as both a licensed counselor and as a licensed acupuncturist. He has been an acupuncturist on the Integrative Medicine team of St. Luke's Cancer Institute since 2010. In addition to his outdoor pursuits, he is passionate about cooking and playing music.



Assessment and Treatment of Diseases of the Neck



In this continuing education workshop, students will learn to identify and differentiate between fallen pillow syndrome, cervical bone spurs, and thoracic outlet syndrome. We will cover common causes, symptoms, and tests for each disease. Needling to treat each disease will be demonstrated.

Learning objectives –

At the end of the class students will be able to:

- Identify key symptoms of fallen pillow syndrome, cervical bone spurs and thoracic outlet syndrome
- Differentiate between the three diseases
- Perform orthopedic exams for each disease

Assessment and Treatment of Diseases of the Low Back

In this course, students will learn about three common diseases of the low back including herniated disc, piriformis syndrome, and sacro-iliac joint subluxation. They will learn symptoms that the diseases have in common and the means to differentiate the diseases. They will learn the orthopedic exams for each disease and how to correctly interpret the exams.

Learning objectives –

At the end of the class, students will be able to:

- Identify common symptoms of herniated disc, piriformis syndrome, and sacro-iliac joint subluxation
- Perform orthopedic exams for each disease
- Differentiate between each disease

Dr. Forrest Cooper, DAOM has taught and practiced acupuncture and Tui Na for over twenty years. As a teacher at Oregon College of Oriental Medicine, he has influenced and inspired a generation of acupuncturists. He is a published scholar in peer reviewed journals such as *Meridians* and *College teaching*. His book *Tui Na: A Handbook for the Treatment of Musculoskeletal Conditions* is an essential reference for practitioners who want to more accurately treat pain.



Dr. Cooper practices in Portland Oregon and focuses on the treatment of musculoskeletal conditions and pain. He uses orthopedic exams to better diagnose pain conditions, and effective needling, Tui Na, and stretches for all sorts of pain conditions. His engaging teaching style has made him a popular figure among students and graduates of OCOM.

gift to work with you all. You are irreplaceable and I am beyond grateful for your service and your friendship.

If you are interested in joining next year's conference planning team, please contact idaahoacupunctureinfo@gmail.com.

In other news, our Membership coordinator Heather Bergstrom, just snail-mailed you all reminders to renew your IAA memberships. This is our first full year of managing membership in this single-shot October membership drive. In the past we renewed memberships based on your date of application. Now, however, with much greater ease, we have paired the membership drive with conference tickets purchasing – since Gold Needle Members get FREE ENTRANCE TO OUR 15 CREDIT CEU EVENT. How great is that? The Idaho State Acupuncture Board currently requires 15 CEUs per year for licensure renewal and the IAA IS PROVIDING YOU FREE CEUS WHEN YOU BECOME A MEMBER. It's a heck-of-a-deal, so when you see Heather's letter in your mailbox, make sure to sign up for your Gold Needle Membership and RESERVE your spot for this year's IAA Conference.

And finally, the big behind-the-scenes, nuts and bolts update for the year is the Idaho Acupuncture Association's participation in the Idaho Division of Occupational and Professional Licenses (IDOPL) process, Zero Based Regulation, or ZBR. The Idaho Acupuncture Board elicited support from the IAA to scour through the administrative rules for acupuncture and suggest additions and deletions to the text of the rules. The goal was to STRIKE 20% OF OUR EXISTING RULES AND REGS!!! My initial reaction was, 'What!?! These rules are here for a reason, you can't just strike out 20% without sacrificing the safety and integrity of our profession!!!' But...you can. And we did. And it was an unbelievably cool experience.

We started the process during a public Idaho Board of Acupuncture meeting on February 4, 2022, with many meetings to follow. Lance Giles, our IAA lobbyist called me before the meetings to explain the process, he'd coach me on how to best participate, and being live on the call as well, he'd even text me when he thought I could chime in with my input. Guys! THIS IS WHY WE PAY A LOBBYIST! Lance was an instrumental part of our ability to participate in this monumental, historical, rule-changing process!!!

And, if I do say so myself, we did good, real good. Nothing is official so I can't go blabbing it all over town – but I can give you all some hints...

You know how Idaho's CEU requirements are split into Category I and Category II and the NCCAOM has its own categorization - Safety, Ethics, CPR, AOM-OM, AOM-AC, AOM-CH, and AOM-BIO? Annoying, right? Wouldn't it be more convenient if Idaho and the NCCAOM had the same categories so we wouldn't have to pontificate every year which NCCAOM category lines up with which Idaho category?

Also – You know how Idaho requires 15 CEUs every year due on or before your birthday? Wouldn't it be nice if we had 2 years to satisfy 30 CEUs? It would give us busy, business owners, spouses,

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Jin Jing Gong Qigong

Jin Jing gong qigong is designed to strengthen the tendons, ligaments and connective tissue to prevent disease, along with increasing the practitioners' awareness to their body and surroundings. It opens the meridians and smoothes the energy flow to allow the body to detoxify and release stuck and held emotions and patterns that are hindering wellness. This is accomplished through a combination of sounds, sitting and standing meditations, mudras, mantras, movements and posture practices. During this class Callie Blackwood will lead participants in a movement practice that they can take home and integrate into their clinic for patients and self.

Radiance as a way of health, not just healthy, but radiantly healthy, and for me radiance is about awareness of our connection to all things; that we are a shiny piece of the web of life. ~Callie

Acupuncturist Callie Blackwood graduated from the National University of Natural Medicine with a Masters in Science and Oriental Medicine. She is the owner of Radiant Earth Acupuncture, LLC in Boise Idaho. Her path to Chinese Medicine was guided by her personal healing journey to find answers to chronic physical ailments and find tangible ways to help protect and restore our Planet and humans to healthy states of being.



With a Bachelors in Science and Chemical Engineering, Callie understands complex systems and methods in which to gather and compile information and apply pattern recognition to these systems. She describes Chinese Medicine as a way to understand these complex living structures and Chinese Medicine offers intricate treatment principles to help restore balance in mind and body.

Her study of Classical Chinese Medicine weaved with Qigong, Herbs, Acupuncture, Japanese meridian therapy, Taiji, 5-Element acupuncture, Contemporary Dancing, Shamanic Studies and spiritual practices and blend together to create a unique style in the treatment room. Her interests include the treatment of trauma, mental/emotional instabilities, pediatrics, chronic recurring disease, Lyme, autoimmune disorders, hormonal balancing and acute/chronic pain.

In the treatment room she draws upon a rich variety of methods that incorporate acupuncture and non-needle (shonishin) acupuncture, shiatsu, craniosacral therapy, aromatherapy, cupping, sound therapy, herbs, nutrition/lifestyle guidance and more.

Inspired to improve the health and radiance of all beings, she is excited to offer her services to the Treasure Valley community.

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- Dana Logan, Boise
- John Downey, Caldwell
- Kameron Schott, Moscow
- Matthew Melton



Board E-mail: acu@dopl.idaho.gov • Board Website: <https://dopl.idaho.gov>

PRESIDENT'S POINTS, continued from page 6

parents, community/social supporters a little extra wiggle room every year and reduce some stress.

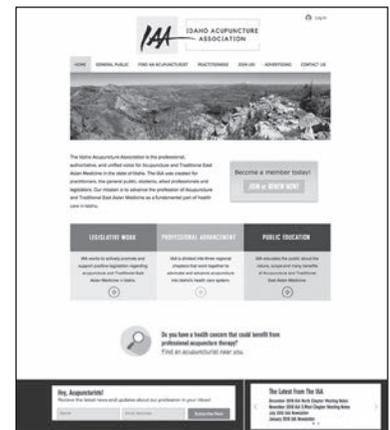
And finally – have you read the rules on acupuncture trainees? Or had questions about who qualifies as an acupuncture supervisor? Well, some format changes and language consolidation would make it much easier to follow.

On July 22, 2022 The Board voted to send the latest Draft Rules to Proposed Status. You can view the Proposed Rules in the September 6, 2022 Administrative Bulletin.

This concludes our bi-annual edition of President's Points. I hope you enjoy reading about this year's conference offerings and our amazing speakers. Don't forget to sign up for your Gold Needle Membership and simultaneously reserve your spot at the IAA conference! And please, email us with questions, comments, and especially with any interests you have in filling a Board position with the IAA. Looking forward to seeing you in Boise in November!

You can check the IAA website for more information.

www.idahoacupuncture.com



★ THE IDAHO BOARD OF ACUPUNCTURE HAS A VACANCY!

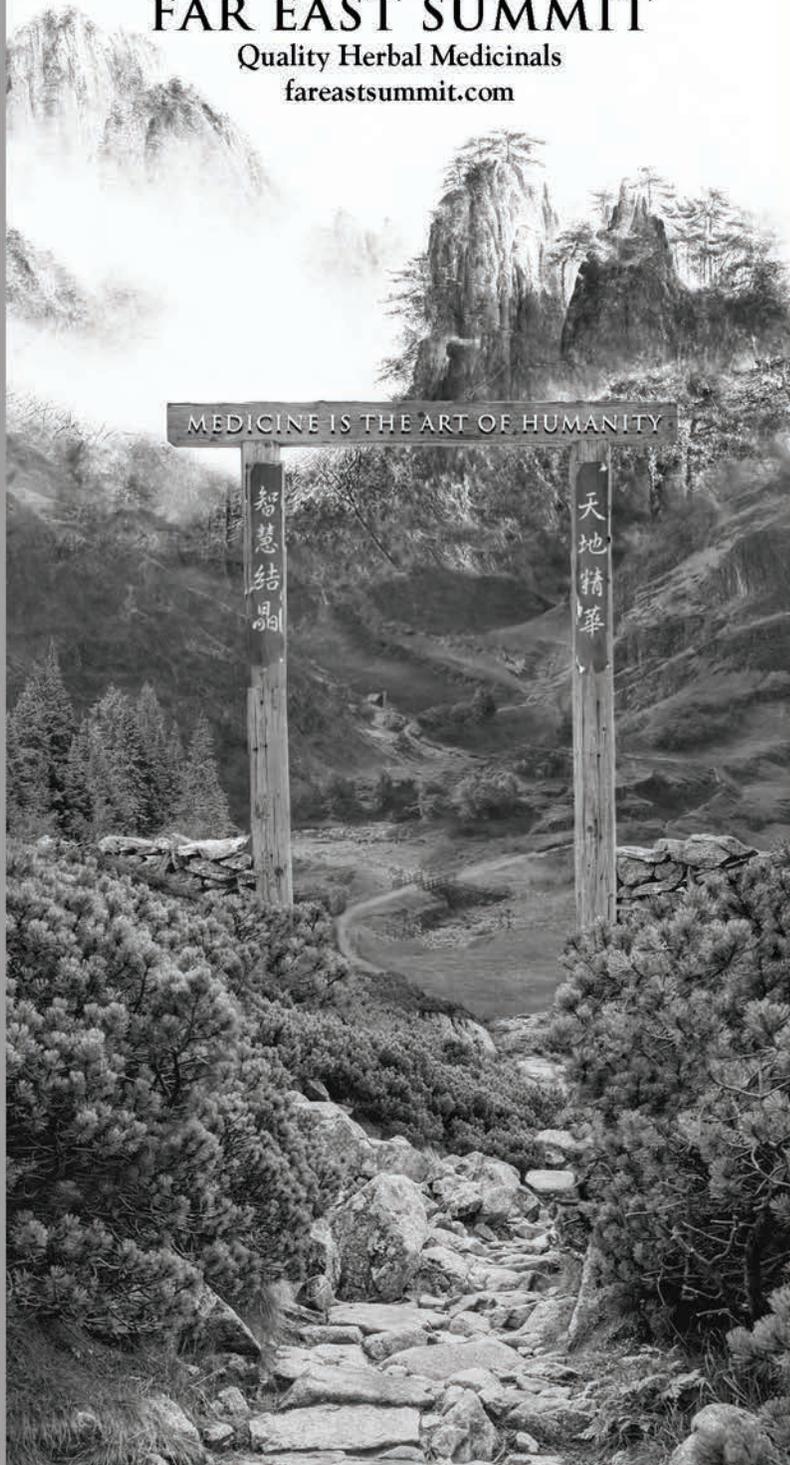
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SPECIAL CONFERENCE PROGRAM EDITION
NOVEMBER 2022

Healing the Whole Person— Body, Mind and Spirit

In this year's Idaho Acupuncture Association annual conference we synthesize mental-emotional and physical wellness to treat the whole person through a focus on so-called spirit points along with orthopedic modalities. The participant will learn needling techniques to support psycho-emotional wellness and resiliency based in Taoist psychological theory. In addition, a focus on three common musculoskeletal conditions—peripheral neuropathy, low back pain and neck pain—will give the practitioner tools to treat the physical body. The participant will gain skills to differentiate conditions, learn orthopedic exams for testing, along with acupuncture points and adjunct techniques to support both spiritual and physical wellness.

November 12 & 13, 2022

St. Luke's Hospital, Boise Idaho

[More information inside]
