



## FEATURE

# First Impressions

When I first turned up at NZSATCM, it was for Qi Gong class. Eventually, I signed up to study what was at the time a Diploma in Acupuncture, with absolutely no idea what I was going to do with it.

I remember the first school day, there was this feeling of “what have I got myself in for?”. Well...

How many years later, walking back into NZSATCM kind of felt comforting, then back came the “what have I got myself in for?” feeling.

This time there was an added element of this is what I want to do, and the excitement of realising you are doing it. I had a (huge and extravagant) list of interesting to me things that I could write my dissertation about. I have noted them in my diary, for humour value.

2 Weeks.

Right.

Affectionately known as “The 2 Weeks”.

Naturally, I was scared of the thought of spending 2 weeks with acupuncturists, studying, wondering if they would judge me on my chocolate, and kombucha consumption.

What an amazing 2 weeks.

By the end of it, I was an intellectual chameleon, feeling

like I could rationalize my way in, and out of an argument. Then would come a reminder: Back it up. Back it up. Cite something!

It was hard work, 6 days, early starts, late home. I won't say it was easy, but it was worth it. I can't recall a moment where I was looking at the clock waiting for a break. By the last day I was certainly struggling, ok, so I could barely string a sentence together. It was worth it.

Debra, and Leone are just wonderful. Our group has a wonderful array of characters with amazing clinical experience, personal experience, and diverse ideas. I am grateful to be following what I am passionate about, and furthering my education with everyone involved. If someone were to ask, why would you do your Masters? It took 4 years of others sharing their experience and knowledge with me for me to get where I am, I will happily put something back into the industry, and expand the knowledge base.

As for the dissertation?

Probably something conservative.

**Natasha MHS**



PROFILE

## Tracey Bournier

To have lived through the Chc EQ is one thing. To be galvanized to action is another.

Tracey Bournier a central city acupuncturist found her clinic 'red stickered' following the first quake so when a fellow practitioner, Piedad Barillias opened her home as a community clinic, she was quick to volunteer her services. When the Linwood Resource Centre was offered an number of acupuncturists set a community clinic here, offering free acupuncture, to all who came.

**“It was pretty intensive in the beginning. In came a number of injured people who hadn't made it to the doctors due to cost or accessibility.**

We had people who hadn't slept in days, people who had seen things in the central city that they couldn't get out of their heads. High blood pressure, anxiety, and high stress were other common issues seen at the Linwood clinic. Acupuncture helped them to relax a little. When we first started up, a 'reverential' silence prevailed in the large hall where we were treating. After just a couple of weeks it became much more. It became a place where friendships started, people helping people and the healing grew.”

Tracey's generosity with her time preceded the free clinic, which she continued for two and a half years. She was the vice president of the New Zealand Register of Acupuncturists during this time and also can be applauded for dedicating many hours to the writing of the acupuncture treatment profiles for ACC, published in 2006.

The William Wong Doo Award, for services to the profession and has been presented to Tracey in recognition of her many contributions. “It is great to be able to recognize such people in this way” says Olatunji, director of NZSATCM and the award's sponsor.

Tracey splits her time between a Christchurch clinic and clinic in Hamner where she now lives.



“I treat quite of few injuries due to the local's love of outdoor adventures such as mountain biking. My dogs and I enjoy daily walks in the countryside and the peaceful environment that Hamner is known for.”

# announcements

## NEW WEBSITE

Our new website [acupuncture.ac.nz](http://acupuncture.ac.nz) is up and running!



## New Zealand School of Acupuncture and TCM SPECIAL OFFER

Acupuncture awareness week- Voucher  
2 free consecutive treatments (new patients only)

This offer is open till November 30th for treatments in 2015 (February- April)

Contact the school with your details  
– Auckland or Wellington

To register your interest  
via facebook: <https://www.facebook.com/NZSATCM>  
via email: [admin@nzsao.com](mailto:admin@nzsao.com)

## Acupuncture Awareness Week

Throughout the week of 16-22 November 2014, members of the New Zealand Register of Acupuncturists (also known as Acupuncture NZ) throughout the country will be celebrating World Acupuncture Awareness Week.

The focus for this first NZ celebration of World Acupuncture Awareness Week is on the treatment of four specific conditions - lower back pain, depression, migraine and period pain but the range of conditions which may benefit from acupuncture treatment is extensive.

Feel free to come along to one of the events below to see how acupuncture may be helpful to you

### Wellington School

Free Public talk

Tuesday 18th November 12:15pm-12:45pm

Community clinics

Wednesday 19th November 10am-2pm -koha

Drop in appointments

Saturday 22nd 11am- 3pm

### Auckland School

Free treatments-

Saturday 22nd 9:30am-4pm??

by appointment or drop in (subject to availability)

## Acupuncturists wanted for Community Clinic

This Wellington Clinic has been available to the public since February 2014. Peter Larking consistently treated those who sought acupuncture in a community setting. On an average day around 20 people could walk through the door for treatment.

Peter has done a fantastic job providing a regular service but will have more limited time to give next year. In order for this service to continue, more practitioners are needed. We are putting together a roster of interested acupuncturists. Please let us know if you would like to be part of this service- keeping acupuncture accessible to all.

## Enrol Now – Programmes February 2015

**Bachelor of Health Science- acupuncture**

**Diploma of Tuina**

**Diploma of Chinese Herbal Medicine**

**Master of Health Science- Chinese Medicine**

### Your say

NZSATCM would like to know what you would like to see featured in this newsletter. Please send your thoughts to [newsletter@nzsao.com](mailto:newsletter@nzsao.com)