



MY DREAM JOB

by K Gurunathan



“Because I was fresh out of school, I was used to the discipline of studying.”

Being on the All Blacks' sports medicine team, providing acupuncture treatment for injuries, will be the all-time dream job for 22-year-old Kym Binding.

One of this year's clutch of graduates, Kym was the youngest student to enrol at New Zealand School of Acupuncture and Traditional Chinese Medicine. Fresh out of Havelock North High School, he enrolled when he was just 18.

“I was 17 when I received acupuncture treatment for injuries sustained during basketball. It helped and sparked my interest as, at that time, I was also considering a number of career options including sports-related ones. I started talking to the acupuncturist and even borrowed some books to get into it,” said Kym.

Kym said he had a little understanding of some of the knowledge behind acupuncture through his exposure to martial arts when he was much younger. “You know, there are Chinese and Japanese ideas,” he said. His acupuncturist, who happened to be a former student of the School, recommended Kym to embark on his pursuit of this health profession.

Given you were the youngest student amongst others who would have had many years of life experiences, how did you

cope? “I had one clear advantage. Because I was fresh out of school, I was used to the discipline of studying. For some others, there was a gap of 10 to 15 years between doing the course and the last time they were in serious study,” said Kym.

“The study atmosphere is very good and the teachers are amazing. I found the tutorial-style interactive teaching excellent. It was a fluid and dynamic learning experience. I think a lot of young people will find this, and the acupuncture profession itself, an attractive option, especially as acupuncture becomes more and more mainstream as a career option. I am sure, at some stage, the prospect of being an acupuncturist will feature in the advice that career guidance advisers give in schools,” he added.

Kym said he had specialised in sports-related treatment but plans to increase his area of expertise. “I am working to slowly expand my client base before setting up my own clinic which will happen,” said Kym. What about that dream job? “Well, some high performance sports people are already using acupuncture treatment. So why not the All Blacks?” said Kym Binding.

Will that anticipated phone call come for Kym soon? ■

A SUCCESSFUL MUSCULO-SKELETAL WORKSHOP

by Phil Macqueen

Teaching musculo-skeletal acupuncture is my passion and I get inspired by the enthusiasm of the people I teach.

Teaching in Auckland on the weekend of 10 and 11 March this year was no exception, when twenty six practitioners from all over New Zealand converged at the campus of New Zealand School of Acupuncture and TCM, eager to learn.

In my practice, well over 70% of presentations are musculo-skeletal in nature. I needed to develop treatment strategies which enabled a rapid understanding of the problem and an efficient method to deal with it. Over thirty years of working in clinic, I have developed a wide range of approaches to deal with most presentations. These approaches are logical, cause and effect, muscle-related issues in most cases.

In clinic, I use root and branch principles, that is, muscle stretching first followed by TCM to correct the causes. I concentrated on sharing the musculo-skeletal aspects over the weekend, although I included a couple of special points I have discovered for low back and neck pain.

The first day of the workshop started with shoulder issues and progressed to neck problems. I introduced a clear musculo-skeletal rationale for the treatment of issues in these areas. The principle is to "release the opposite muscle."

Muscles hurt when overworked, and usually because of tension in the opposite muscle. An example of this is when lifting an arm. If the deltoid or supraspinatus inserts hurt, the cause of the problem is the opposing muscles not releasing. To fix this, one releases the opposing muscles which are tight. Differential diagnosis to determine which muscles are the culprit in each case is one of the skills I taught.

I demonstrated this on a patient who is a practitioner. In one minute, his arm was able to be lifted with no discomfort.

The focus of the second day was on low back issues.

Again, concentrating on the principle of releasing the opposite tight muscle, we learned that erector spinae and quadratus lumborum pain on top of the posterior Iliac crest frequently relates to a tight psoas muscle. However, if a patient is unable to bend forward without pain in the central low back area and has lost flexibility, the issue is more likely to be tight hamstrings and glut medius muscles.

Although I presented a huge amount of information, the participants had no problem grasping the principles of what I



was teaching. My partner, Julie, recorded the sessions on video for those who wanted a DVD to review afterwards. To make sure everyone progress smoothly through the day, I demonstrated my techniques and then had the class follow my lead as we did work on each other. This way, the participants were able to reinforce the learning and I was able to review each muscle stretch to make sure they had the correct tension and direction.

Overall, I was extremely happy with the application of the class. All the participants were there to learn and I was pleased to fill that need. I gave them many new tools to put in their tool box. With those tools integrated into their practice, a new dimension in healing has emerged.

The next workshop, organised jointly with New Zealand Register of Acupuncturists, will be in Christchurch in September 2102. There will be a Friday night introductory session to the weekend, and a series of free introductory video mini-clips as part of the workshop package.

For details, please visit www.acupuncturedvds.com. ■

THE JOURNAL CLUB



NEW ZEALAND
SCHOOL OF
ACUPUNCTURE
AND TRADITIONAL
CHINESE MEDICINE

Topic for June:

The difference between analysing quantitative and qualitative research

Journal Club definition:

A group of individuals that meet to discuss and critique research that appears in professional journals.

Overview:

The School is conducting four journal club meetings per year as part of the degree programme's research courses. Any interested staff or practitioners are welcome to attend.

The clubs are also able to be accessed via Skype for those unable to participate in person. If you wish to Skype in, please contact Ira Bailey (ira@nzsao.com) at least three days prior to arrange access.

Auckland

Date: Tuesday 5 June

Time: 7:30 – 9:30pm

Location: New Zealand School of Acupuncture and TCM, Auckland Campus
382c Manukau Road, Epsom
Auckland

Presenter: Mike Armour,
mike.armour@nzsao.com

Wellington

Date: Tuesday 5 June

Time: 6.30 – 8:00pm

Location: New Zealand School of Acupuncture and TCM, Wellington Campus
Level 10, Willbank House
57 Willis Street, Wellington

Presenter: Kate Roberts
kate@nzsao.com

NZRA CONFERENCE AND ANNUAL GENERAL MEETING

When: 22 – 24 June 2012

Where: Te Papa Tongarewa
Wellington

This year, New Zealand Register of Acupuncturists (NZRA) will celebrate 35 years since its inception in 1977. The Conference will once again draw together practitioners from New Zealand and abroad to refresh their skills and renew their friendships with like-minded people in the profession.

For conference registration, please visit www.acupuncture.org.nz.



NZRA SEMINAR

When: 18 – 19 August 2012
(9am – 4:30pm)

Where: New Zealand School of Acupuncture and TCM
Building C, 382 Manukau Road
Epsom, Auckland

Presenter: Elisabeth Rochat de la Vallée

Titles: **18 August** – Essential aspects of woman's pathology

19 August – Examining and understanding the book of the Way and the Virtue – The Daodejing

Elisabeth is an internationally respected scholar and translator of classical Chinese medical and philosophical texts. She teaches at the Jesuit University of Paris and the European School of Acupuncture. Her passion for classical Chinese Medicine and philosophy, along with her dedication to teaching, make her lectures an inspiration. For seminar registration, please visit www.acupuncture.org.nz.

MEETING FUTURE CHALLENGES

by K Gurunathan



New Zealand School of Acupuncture and Traditional Chinese Medicine is taking its commitment to training professionals and growing the complementary health industry to a new level. It is exploring the development of a Master's degree qualification as well as expanding its teaching methods using online technology, in line with higher education institutions' increasing use of e-learning technology and programs to teach and reach off-campus students.

To progress this, the School has managed to head hunt the talents of Dr Kay Sheikh with skills in both these challenging areas.

Kay is a health profession educationist with expertise in management and curriculum development. She comes with an impressive CV including research and multi-disciplinary experience at four United Kingdom universities. This includes leadership in the development of strategies on learning, teaching and assessment using online technologies and programs.

Kay will be responsible for assessing the feasibility of developing the Master's degree with emphasis on acupuncture and/or traditional Chinese medicine. Among the key stakeholders that she will be consulting with are New Zealand Register of Acupuncturists and University of Technology in Sydney. The recommendations of action will also be shaped by discussions with the advisory committee, internal management, and teaching and administration staff.

The School introduced the Bachelor of Health Science (Acupuncture) qualification in 2008 with the first intake of students in 2009. The existing programmes of study will be reviewed to create the best fit of the Bachelor to a Master's degree, and facilitate a logical pathway from the diploma to the Masters' level. Kay will manage the project from preparing an application to NZQA through to the first intake of students for the Master's degree, hopefully by July 2013.

The other major role for Kay is to coordinate the phased implementation of blended learning by early 2013. The blended learning approach combines traditional face-to-face classroom methods with computer-mediated methods to create an integrated teaching approach.

The School aims to have an education programme in place to promote the concept and benefits of blended learning to both staff and students. Staff teaching and administrative resources will be backed by a moodle training program and full IT support.

Kay has also been tasked with managing the School's commitment to continuing professional development by identifying and developing short duration courses, targeted to meet the requirements of practitioners in the complementary health profession. ■