

# Pacific SYMPOSIUM 2016



October 25 - November 1, 2016



**San Diego, CA · 63 CEUs Possible**

Jake Fratkin · Matt Callison · Kiiko Matsumoto  
Arnaud Versluys · Jill Blakeway · Whitfield Reaves  
Lillian Bridges · Felice Dunas · Neil Gumenick  
Arya Nielsen · Claudia Citkovitz  
Hamid Montakab · Dong Ji · Biao Lu  
Holly Guzman · Greg Bantick · Monika Kobylecka  
David Ford · Brian Lawenda · Wendy Goldman  
Diana Fried · Bill Helm · Robert Nations  
Robert Bonakdar · Carla Cassler · Brian Lau

**Keynote Address: Diana Fried** - October 28

**Pre-Symposium Workshops with:**

Arya Nielsen - October 25-26

Jake Fratkin/Janet Zand - October 25-26

**Post-Symposium Workshops with:**

Kiiko Matsumoto - October 31

Lillian Bridges - October 31 - November 1

Whitfield Reaves - October 31 - November 1

# Welcome to Pacific Symposium 2016!

**Learn From the Best:** Jake Fratkin · Matt Callison · Kiiko Matsumoto · Arnaud Versluys  
Jill Blakeway · Whitfield Reaves · Lillian Bridges · Felice Dunas

Neil Gumenick · Arya Nielsen · Claudia Citkovitz · Hamid Montakab  
Dong Ji · Biao Lu · Holly Guzman · Greg Bantick · Monika Kobylecka  
David Ford · Brian Lawenda · Wendy Goldman · Diana Fried · Bill Helm  
Robert Nations · Robert Bonakdar · Carla Cassler · Brian Lau

## Pacific Symposium 2016 Schedule at a Glance - 63 CEUs/PDAs (Pending Approval)

	Tuesday/Wednesday 10/25-10/26	Thursday 10/27	Friday 10/28	Saturday 10/29	Sunday 10/30	Monday/Tuesday 10/31-11/1	
	<b>Early Morning Qi Gong</b> (1 CEU per session)						
7-7:50 am	<b>Two-Day Session:</b>	Hun Yuan Primordial Qigong <i>Bill Helm</i>	Hun Yuan Primordial Qigong <i>Bill Helm</i>	Hun Yuan Primordial Qigong <i>Bill Helm</i>	Hun Yuan Primordial Qigong <i>Bill Helm</i>	<b>One-Day Session:</b>	
9-9:50 am		<b>General Sessions</b> (1 CEU per speaker/3 per morning)					
9-9:50 am	<b>Gua Sha Practicum</b> <i>Arya Nielsen</i>	<b>Integration in Action: Acupuncture's Impact on Stroke Rehabilitation</b> <i>Claudia Citkovitz</i>	<b>The Diagnostics of Classical Five Element Acupuncture</b> <i>Neil Gumenick</i>	<b>Fire and Ice</b> <i>Matt Callison</i>	<b>Introduction to Chronic Conditions and the Dorsolateral Prefrontal Cortex</b> <i>Kiiko Matsumoto</i>	<b>Kiiko Matsumoto Style- Treatment of the DLPFC and Chronic Conditions</b> <i>Kiiko Matsumoto</i>	
9:55-10:45 am		<b>Acupuncture Therapy and Changing National Policy</b> <i>Arya Nielsen</i>	<b>Simplified Pulse and Tongue Diagnosis for All GI Patterns</b> <i>Jake Fratkin</i>	<b>Breast Health and Chinese Medicine</b> <i>Jill Blakeway</i>	<b>Advanced Acupuncture Techniques: Jumping Muscle Qi</b> <i>Biao Lu</i>		
11:10 am-12 pm		<b>Insomnia and the Modern World</b> <i>Hamid Montakab</i>	<b>An Introduction to the Concept of Chrono-Herbalism of the Shang Han Lun</b> <i>Arnaud Versluys</i>	<b>Intro to Kiiko Matsumoto Style (KMS) Acupuncture</b> <i>Monika Kobylecka</i>	<b>Sexual Behavior, Practices, and TCM for Fertility</b> <i>Felice Dunas</i>		
	<b>Managing Difficult or Non-Responsive Cases: Topics in Gynecology and Aging</b> <i>Jake Fratkin and Janet Zand</i>	<b>Afternoon Qi Gong</b> (1 CEU per session)				<b>Two-Day Sessions:</b>	
12:15-1:05 pm		Hun Yuan Primordial Qigong <i>Robert Nations</i>	Hun Yuan Primordial Qigong <i>Robert Nations</i>	Hun Yuan Primordial Qigong <i>Robert Nations</i>	Hun Yuan Primordial Qigong <i>Robert Nations</i>		<b>Clinical Applications of Face Reading: Diagnosing and Monitoring Treatment from Facial Signs</b> <i>Lillian Bridges</i>
2-5 pm		<b>Afternoon Workshops</b> (3 CEUs per workshop)					
2-5 pm	<b>Common Sports Injuries and Pain Syndromes and their Assessment and Treatment Protocols</b> <i>Whitfield Reaves</i>	<b>Priorities and Treatment Planning for Acute and Chronic Stroke</b> <i>Claudia Citkovitz</i>	<b>Building Immune Function and Bone Marrow Following Medical Intervention</b> <i>Jake Fratkin</i>	<b>The Anatomy of the Sinew Channels (Jingjin)</b> <i>Matt Callison and Brian Lau</i>	<b>Sex, Love, and Infertility Care</b> <i>Felice Dunas</i>		
		<b>Insomnia: Diagnosis and Treatment Based on the Extraordinary Vessels</b> <i>Hamid Montakab</i>	<b>The Concept of Time in the Shang Han Lun: Chrono-Herbalism</b> <i>Arnaud Versluys</i>	<b>The Five Stagnations in Gynecology: Using Chinese Medicine to Address PMS, Endometriosis, PCOS, PID, and Hypothalamic Amenorrhea</b> <i>Jill Blakeway</i>	<b>Advanced Acupuncture Techniques: Warming and Cooling</b> <i>Biao Lu</i>		
		<b>Acupuncture Therapy for Pain in Underserved Populations</b> <i>Arya Nielsen</i>	<b>Five Element Acupuncture: Detecting and Resolving Energetic Blocks</b> <i>Neil Gumenick</i>	<b>The Essentials of Treating Common Scars Using Kiiko Matsumoto Style (KMS) Acupuncture</b> <i>Monika Kobylecka</i>	<b>Chronic Conditions and the Dorsolateral Prefrontal Cortex</b> <i>Kiiko Matsumoto</i>		
		<b>The 60-Year Cycle: Understanding the Qi of the Year and its Clinical Implications</b> <i>Wendy Goldman</i>	<b>How's Your Sleep? Chinese Medicine for a Good Night</b> <i>Holly Guzman</i>	<b>Liu Family Tui Na: An Introduction to the Unique Arts and Techniques</b> <i>Dong Ji</i>	<b>Heart-Brain Harmonics: The Ko Cycle's Water-Fire Relationship In Our Well-Being</b> <i>David Ford</i>		
		<b>Enhancing Life with Chinese Medicine</b> <i>Greg Bantick</i>	<b>Integrative Pain Management</b> <i>Robert Bonakdar</i>	<b>How to Practice Acupuncture for Trauma Healing in Disasters and Community Service Clinics</b> <i>Diana Fried and Carla Cassler</i>			
	<b>Evening Events</b>						
7:30-9 pm		<b>The Science, Data, and Indications for Medical Cannabis</b> <i>Brian Lawenda</i>	<b>Keynote Address: Diana Fried</b> <i>Global Acupuncture for Trauma Healing</i>	<b>Symposium Party</b>			

## Pre-Symposium Workshops

**Managing Difficult or Non-Responsive Cases: Topics in Gynecology and Aging**  
by Jake Fratkin and Janet Zand



**14** CEU/PDA Tuesday and Wednesday, October 25-26, 9:00 am-5:00 pm

What do you do when your treatments are not working? In this two-day workshop, two very experienced practitioners will share their thoughts, strategies, and clinical approaches to topics that often are non-responsive to textbook approaches. Day one will cover topics in gynecology, including PMS, irregular menses, PCOS, perimenopause, and menopause. On day two, topics in aging will be addressed, including metabolic syndrome, insomnia, anxiety, cognition problems, and chronic inflammation. The presenters will work together on both days, sharing their approaches to diagnosis and treatment, including both TCM and Functional Medicine, with relevant lab tests and nutritional medicine support. The format will include interactive as well as didactic presentation. Participants are encouraged to bring in case studies that the group can discuss; the presenters will also discuss their own difficult cases.

**Gua Sha Practicum** by Arya Nielsen



**14** CEU/PDA Tuesday and Wednesday, October 25-26, 9:00 am-5:00 pm

This two-day workshop covers the science of gua sha's anti-inflammatory and immune protective effect and its applications for internal organ disease. Students will learn the research evidence for the clinical use of gua sha from the Chinese language and English medical database and the necessary skills for safe and effective practice. The course will deepen students' expertise in ways that are immediately applicable to daily clinical practice. Each student will be checked on the essential skills for safe and effective gua sha application to distinct areas of the body and the suggested frequency and dosage of gua sha for particular disorders/diseases.

## Extend Your Stay for Special In-Depth Study Sessions

**Register Early!**

**The Pre and Post-Symposium Workshops sell out quickly.**  
[www.PacificSymposium.org](http://www.PacificSymposium.org)

## Post-Symposium Workshops

**Kiiko Matsumoto Style- Treatment of the DLPFC and Chronic Conditions** by Kiiko Matsumoto



**7** CEU/PDA Monday, October 31, 9:00 am-5:00 pm

Matsumoto will continue demonstration of shaoyang scalp points that can be used to treat weakness of the Dorsolateral Prefrontal Cortex (DLPFC). She will also review many other essential Kiiko Matsumoto Style treatment approaches during live patient demonstrations. The DLPFC begins to weaken as a condition becomes chronic or due to a threatening situation (shock/trauma). This has important implications for a variety of stubborn, chronic conditions commonly seen in the acupuncture clinic, including chronic pain, anxiety, PTSD, substance abuse, RSD/CRPS, sympathetic dominance, and chronic digestive issues.

## MONDAY & TUESDAY **October 31 & November 1**

**Clinical Applications of Face Reading: Diagnosing and Monitoring Treatment from Facial Signs** by Lillian Bridges



**14** CEU/PDA Monday and Tuesday, October 31-November 1, 9:00 am-5:00 pm

The face is one of the best places to evaluate the functioning of the internal organs. The diagnostic information obtained from the face enhances and validates other techniques, such as pulse and tongue diagnosis. This interactive two-day workshop will teach participants how to use Face Reading and the information from all of the Facial Maps in their clinics to diagnose patients, determine treatment, and monitor the effectiveness of those treatments.

**Common Sports Injuries and Pain Syndromes and their Assessment and Treatment Protocols** by Whitfield Reaves



**14** CEU/PDA Monday and Tuesday, October 31-November 1, 9:00 am-5:00 pm

Practitioners of traditional Chinese medicine now have an abundance of information with which to enhance their assessment and treatment skills, yet it appears that the treatment of patients with pain and injury often lacks precise treatment. Many express the desire to achieve better clinical results in the management of pain. With the correct assessment of the condition and an understanding of the anatomical tissues involved in generating pain, treatment becomes much more precise as well as effective. This involves the integration of orthopedic and anatomically-based medicine with traditional Chinese theory and practice. Reaves presents a system that allows for the primary stagnation of qi and blood to be understood and treated, thus achieving more timely reduction of symptoms.

# THURSDAY

## October 27

### Daily Exercise

#### Hun Yuan Primordial Qigong *by Bill Helm and Robert Nations*

**1** CEU/PDA Daily, 7:00-7:50 am and 12:15-1:05 pm

Regular practice of qigong exercises enables you to practice your healing craft more effectively and prevents depletion and injury. These exercises are very powerful and easy to learn and practice.

#### Integration in Action: Acupuncture's Impact on Stroke Rehabilitation *by Claudia Citkovitz*

**1** CEU/PDA Thursday, October 27, 9:00-9:50 am

Patients recovering from stroke show a staggering variety of symptoms, from disabling motor and speech deficits to subtle perceptual and emotional changes. Acupuncture can help greatly, but many practitioners are unable to treat patients and loved ones acutely due to doctors' concerns (or their own). In this class, Citkovitz demystifies the potentially intimidating interface between East Asian and Western medical diagnosis and treatment. Drawing on her recent PhD research, she explores questions such as: how can we feasibly incorporate acupuncture into post-stroke care, and what effects should we expect in which patients? Which arguments regarding safety and efficacy will be most persuasive to physicians? How soon should we treat, how often, and how can we make treatment financially workable for elderly patients on a fixed income?

#### Acupuncture Therapy and Changing National Policy: 'Evidence-Informed Non-Pharmacologic Strategy' for Pain and the Opioid Epidemic *by Arya Nielsen*

**1** CEU/PDA Thursday, October 27, 9:55-10:45 am

In 1999, the Veterans Administration declared pain the 'fifth vital sign'; in 2000 the Joint Commission created a pain mandate that required patients to rate their pain on a scale of 1-10 and be involved in a strategy to manage that pain. Pharmaceutical companies overrepresented the need for opioids and misrepresented time release opioids as non-addictive. By 2008, an American was as likely to die from a prescription opioid overdose as either suicide or a motor vehicle accident. The CDC has declared an opioid epidemic in the US. This talk will describe how a national pain policy set the stage for the opioid epidemic and now how evidence for nonpharmacologic therapies has led to a change in national policy by the Joint Commission, clarifying that non-pharm therapies, including acupuncture therapy, are viable options in the treatment of pain.

#### Insomnia and the Modern World: The Impact of a Modern Lifestyle on Sleep *by Hamid Montakab*

**1** CEU/PDA Thursday, October 27, 11:10 am-12:00 pm

Sleep is a necessity, and a third of our lives is spent sleeping. Sleep disorders of all kinds, insomnia in particular, are rapidly becoming a concern in modern industrialized societies, now affecting 30 to 40% of the population. Inadequate treatment of insomnia can easily transform someone who occasionally sleeps poorly into a chronic insomniac who, quite often, will become dependent on the regular use of medication. This lecture will analyze the primary causes of insomnia from the perspective of wei-defensive qi, blood, yin, and shen-mind. The detrimental effects that modern lifestyles have on these substances, and the subsequent consequences for sleep, producing insomnia, dream disturbances, and various types of parasomnia and sleep apnea, will be examined. Therapeutic guidelines will also be explored.

#### Priorities and Treatment for Acute and Chronic Stroke *by Claudia Citkovitz*

**3** CEU/PDA Thursday, October 27, 2:00-5:00 pm

In this course, students will learn how to use a manual for systematically assessing and prioritizing the multiple overlapping 'patterns of disharmony' that commonly present in acute and chronic stroke care. Developed for both research and clinical work, the manual provides for practitioner discretion within an evidence-informed structure that allows multiple acupuncturists to provide a consistent, cohesive, and personally appropriate plan of care. Guidelines for prioritized assessment and treatment include: blood pressure, cognitive function, retention or incontinence of bowels and/or urine, constitutional factors such as phlegm, blood stasis, heat and cold, speech, swallowing, balance, and upper and lower extremity motor function. The class may also be of interest to practitioners interested in developing manuals for systematic assessment and treatment in other clinical areas.

#### Insomnia: Diagnosis and Treatment Based on the Extraordinary Vessels

*by Hamid Montakab*

**3** CEU/PDA Thursday, October 27, 2:00-5:00 pm

Proper sleep is indispensable to health. The sleep/wake cycle, as the most important human circadian rhythm, is an excellent indicator of the internal equilibrium and of health. In a state of health, the length and depth of sleep are adapted to activity by internal "synchronizers", the "extraordinary vessels". Sleep analysis reflects upon the internal balance of the five substances and the ten organs. Insomnia has been primarily categorized in TCM based on zang-fu and substance disharmony patterns, but no classification has been proposed from a classical Chinese acupuncture perspective. For the best therapeutic results, it is important to adapt the acupuncture protocol to each person and to the disturbed segment of sleep. This lecture will present a brief review of sleep physiology and structure from a channel perspective, the role of the extraordinary vessels, discussion about diagnosis, and treatment protocols based on the channel system.

#### Acupuncture Therapy for Pain In Underserved Populations: Strategy, Research and Challenges *by Arya Nielsen*

**3** CEU/PDA Thursday, October 27, 2:00-5:00 pm

Acupuncture therapy is sometimes considered accessible only to patients with means. What work is being done to make integrative medicine, 'evidence informed non-pharmacologic therapies', accessible to the poor? This talk will discuss the background, strategy, and specific research projects whose aims and rationale are to make acupuncture therapy, already proven safe and an effective and feasible treatment option for chronic pain, accessible to underserved populations in poor urban settings.

#### The 60-Year Cycle: Understanding the Qi of the Year and its Clinical Implications *by Wendy Goldman*

**3** CEU/PDA Thursday, October 27, 2:00-5:00 pm

2016 is the Year of the Fire Monkey. What exactly does that mean? The energy of every year is different and affects all of us, since it represents the energies of heaven and earth. It influences weather, internal organs, emotions, and health. By understanding the 60-year cycle, and the interactions between heaven and earth qi for any given year or season, we know what kinds of health conditions will affect people during each time period and are thus better prepared to treat our patients. We can easily know what herbs we will need, and which patients will have more potential health problems in each season and year. Students will learn the basic energetic implications on health of any given year, season, and month, and how to prepare, adjust treatment plans, and educate patients about prevention issues for the year and the season.

#### Enhancing Life with Chinese Medicine *by Greg Bantick*

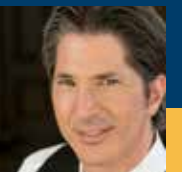
**3** CEU/PDA Thursday, October 27, 2:00-5:00 pm

Clinic practice often focuses on treating disease and distress, but our medicine also offers insight into understanding and appreciating our lives more fully. It can help our patients and ourselves identify and cultivate positive states. Ease, satisfaction, contentment, a clear sense of direction, kindness, knowing our needs, and healthy relationships all arise out of a friendly, kind, and curious relationship with suffering. This course is a practical exploration using detailed case histories, from initial meeting and diagnosis to the prescription of points, herbs, diet, lifestyle suggestions, and follow-ups. Students will review early textual ideas on how all states, moods, and symptoms arise from causes and conditions. Practitioners are often good at seeing the conditions leading to patients' symptoms, but they can use the same skills to see the conditions more likely to lead to positive moods and symptoms. Students will review how their inner states, beliefs, and worldviews may condition their patient-practitioner relationships, and how clinics and business practices are themselves conditions that influence their work that can lead to more effective and satisfying clinic work.

#### The Science, Data, and Indications for Medical Cannabis *by Brian Lawenda*

**1.5** CEU/PDA Thursday, October 27, 7:30-9:00 pm

If you are hearing more interest from your patients and the community about medical cannabinoids, you are not alone. This course will introduce you to the latest data, science, and indications for this ancient botanical medicine. Learn how to better counsel your patients on cannabinoids.



# FRIDAY

## October 28

### The Diagnostics of Classical Five Element Acupuncture *by Neil Gumenick*

**1** CEU/PDA Friday, October 28, 9:00-9:50 am

This one-hour course will introduce the concept of Causative Factor: the primary elemental imbalance with which every human being is born. This imbalance is the root cause of a patient's physical, mental, and spiritual problems and becomes the focus of treatment in this system of medicine. You will learn the diagnostic correspondences of each of the Five Elements and how, by assessing the patient's odor, color, sound, and emotion, the Causative Factor is identified and treated. In this way, symptoms at every level are healed naturally—from the inside out.

### Simplified Pulse and Tongue Diagnosis for All GI Patterns *by Jake Fratkin*

**1** CEU/PDA Friday, October 28, 9:55-10:45 am

The relationship between liver, stomach, and spleen determines almost all gastrointestinal disorders. The specific patterns can be determined by simple relationships, focusing on excess and deficient conditions of these three zang-fu. Elaboration of the pattern can be obtained from the tongue. In this short presentation, Fratkin will share his 38 years of clinical experience to show how to accurately differentiate the various patterns causing conditions such as acid reflux, nausea, irritable bowel syndrome, abdominal distension, weight problems, constipation, and diarrhea. Accurate differentiation leads to the correct choice of herbal ingredients or formulas. The secret is in understanding the energetic relationships of liver, stomach, and spleen.

### An Introduction to the Concept of Chrono-Herbalism of the Shang Han Lun *by Arnaud Versluys*

**1** CEU/PDA Friday, October 28, 11:10 am-12:00 pm

This course will continue to build on Versluys' Symposium workshop from last year, expanding upon the topic of chrono-herbal medicine: a way of understanding the conformations and the formulas that rectify their imbalances, from the perspective of times of the day and the year, with the Shang Han Lun as a primer.

### Building Immune Function and Bone Marrow Following Medical Intervention *by Jake Fratkin*

**3** CEU/PDA Friday, October 28, 2:00-5:00 pm

The course focuses on enhancing immune function and bone marrow health following Western medical interventions with Chinese herbal formulas. Adverse medical interventions include chemotherapy, radiation, medications following organ transplant, and medications for autoimmune disease or hypertension that impact marrow health. Discussion will include diagnosis and treatment according to Western medicine and how these interventions affect health according to the TCM model. Successful herbal strategies from China will be analyzed, and both custom formulas and available herbal products will be discussed. It is particularly applicable for patients receiving or finishing chemotherapy and radiation therapy.

### The Concept of Time in the Shang Han Lun: Chrono-Herbalism *by Arnaud Versluys*

**3** CEU/PDA Friday, October 28, 2:00-5:00 pm

The Han-dynasty Shang Han Lun, or Treatise on Cold Damage, explains the interaction between changes in weather patterns and the human body. These patterns are subject to the natural rhythms of day and night or the sun and moon, the five seasons, and the movement of six constellations. Fusing the systems of yin and yang, and five phases, allows the Shang Han Lun practitioner to the nature of the six qi, which vary by the day but can be predicted. The Shang Han Lun's system of six conformations differentiation allows one to identify which external atmospheric qi the patient's body is unable to maintain harmony with and therefore which is causing the illness.

### Five Element Acupuncture: Detecting and Resolving Energetic Blocks *by Neil Gumenick*

**3** CEU/PDA Friday, October 28, 2:00-5:00 pm

This course will explain how to identify and remove specific (and sometimes lethal) energetic blocks which, unless resolved, can prevent any treatment from being effective. These include Possession, Aggressive Energy, Husband/Wife Imbalance, and Entry/Exit blocks. Regardless of the style of acupuncture practiced, removing these blocks is a vital first step in recovering the health, balance, and well-being of patients. This knowledge will, in many cases, literally save lives, and "free up" those patients with whom you seem to be "stuck".

### How's Your Sleep? Chinese Medicine for a Good Night *by Holly Guzman*

**3** CEU/PDA Friday, October 28, 2:00-5:00 pm

Sleep is an issue that touches everyone, from infants to the elderly. Clinical successes through Chinese medicine are intriguingly diverse. Trouble falling asleep, staying asleep, sleeping deeply, and feeling rested all suggest different needs. This course will contrast the strengths of acupuncture, herbs, lifestyle and supplements, exploring practitioner approaches and patient responses, and accessing insightful case histories. For instance, it has been noted that learning to play the didgeridoo can reverse adult sleep apnea by restoring tone in the soft palate – whatever works!

### Integrative Pain Management: Optimizing US Pain Care Through Traditional Chinese Medicine, Acupuncture and Global Health Models *by Robert Bonakdar*

**3** CEU/PDA Friday, October 28, 2:00-5:00 pm

This course will assess the current state of pain management in the US including areas of need, and explain how the TCM and acupuncture model of care can provide important solutions from a research perspective. Bonakdar will share a global perspective on keys to optimizing pain care from an integrative standpoint, identify examples of optimized integrative pain care in the US, and show how US practitioners can implement strategies to transform pain care.

## Keynote Address

### Global Acupuncture for Trauma Healing *by Diana Fried*

**1.5** CEU/PDA Friday, October 28, 7:30-9:00 pm

This keynote will explore how acupuncture has been used by volunteers around the world to heal trauma in the aftermath of disasters, war, conflict, social injustice and poverty, shootings, and other tragic events or conditions. Fried will use photos and videos to show examples from around the world of how this work has been done. The work of Acupuncturists Without Borders will provide the framework for exploring what it means to do global acupuncture service work. Students will have the opportunity to learn about the differences between disaster relief work, community service clinics, and international global service trips.



# SATURDAY

## October 29

### Fire and Ice *by Matt Callison*

**1** CEU/PDA Saturday, October 29, 9:00-9:50 am

Cold and heat therapy are probably the most commonly applied therapeutic modalities for injury rehabilitation, and whether to use cold or heat is a topic of ongoing debate. There are widely divergent opinions on whether or not to use ice, or cryotherapy, in the treatment of musculoskeletal injury, and some would even say that cold therapy should not be used at all. Historically, there is no precedent in TCM theory for the use of ice to treat musculoskeletal injury. Fortunately, an understanding of TCM principles provides the basis for making a more informed choice on whether to use cold or heat therapy for a particular injury. Callison will discuss how to choose between cold and heat therapy, based on a combination of traditional theory and modern research about the stages of tissue healing.

### Breast Health and Chinese Medicine *by Jill Blakeway*

**1** CEU/PDA Saturday, October 29, 9:55-10:45 am

Learn the etiology of common breast disorders with an emphasis on identifying and treating those at risk of serious diseases of the breast. This course will look at how a combination of acupuncture, topical herbs, internal herbs, moxibustion, and self-massage can promote breast health and reduce breast cancer risk.

## Intro to Kiiko Matsumoto Style (KMS) Acupuncture: Never Ignore an Appendix or Gallbladder Scar by *Monika Kobylecka*

1  
CEU/PDA

Saturday, October 29, 11:10 am-12:00 pm

Appendicitis and gallbladder surgery scars are among the most common scars seen in clinic but are rarely suspected as culprits in a patient's symptomatic presentation. Many practitioners may be unaware that, for example, a chronic knee problem or frozen shoulder in a 35-year-old patient may have a strong connection to a simple surgery that the patient had as a young child. Using KMS acupuncture, attendees will learn how to differentiate between healed and unhealed scars and some of the most common symptoms associated with those surgical procedures. Strategies for treatment will give practitioners the ability to improve their clinical outcomes and provide their patients with longer lasting relief from their symptomatic presentation. KMS acupuncture strategies for scars are often crucial in solving particularly stubborn cases.

## The Anatomy of the Sinew Channels (Jingjin) by *Matt Callison and Brian Lau*

3  
CEU/PDA

Saturday, October 29, 2:00-5:00 pm

The sinew channels (jingjin) were first described in the Nei Jing Ling Shu. Most of the descriptions for the jingjin trajectories are vague and there have been very few new ideas about these descriptions since they were originally written. This course will give an analysis of the sinew channels based on their classical descriptions, expanded with current information from fascial research and functional anatomy. Offering this unique perspective, Callison and Lau will discuss common musculoskeletal injuries and demonstrate how students can diagnose and treat these injuries using the sinew channels.

## The Five Stagnations in Gynecology: Using Chinese Medicine to Address PMS, Endometriosis, PCOS, PID, and Hypothalamic Amenorrhea by *Jill Blakeway*

3  
CEU/PDA

Saturday, October 29, 2:00-5:00 pm

Explore the etiology of the five stagnations and their effect on the female reproductive system. Use this knowledge to develop effective treatments for patients suffering from PMS, endometriosis, PCOS, PID, and hypothalamic amenorrhea.

## The Essentials of Treating Common Scars Using Kiiko Matsumoto Style (KMS) Acupuncture by *Monica Kobylecka*

3  
CEU/PDA

Saturday, October 29, 2:00-5:00 pm

Appendix and gallbladder scars are not only very common, they are also very useful as clues to the patient's underlying constitutional weakness. KMS acupuncture recognizes that supporting this weakness through treatment results in a much more successful and longer lasting treatment compared to treating symptoms alone. Students will learn how to diagnose and treat the constitutional weakness of patients with an appendicitis or gallbladder surgery history and unlock the path to treating everything from digestive problems to fertility issues and pain.

## Liu Family Tui Na: an Introduction to the Unique Arts and Techniques by *Dong Ji*

3  
CEU/PDA

Saturday, October 29, 2:00-5:00 pm

Master Liu began his tui na training from his Sifu, Master Li Xinmin, in Shanghai, whose family has been serving in the Emperor's court for generations as doctors for the royal family. Master Li Xinmin had only seven students, each specializing in one subject, such as tui na, acupuncture, or herbal medicine. Master Liu's tui na training is different from those of the modern school system, but closer to the traditional lineage: the techniques focus on (1) "touching tendon" techniques, (2) painless therapy, which is contrary to many other massage therapists who emphasize the mantra of "no pains, no gains", (3) therapists' internal training, including the therapist's sensitivity to the qi condition of the patient and the ability to work accurately on the different layers of the body, and (4) the ability to use the mind intention.

## Symposium Party

Saturday, October 29, 7:00-11:00 pm

Be sure to join our 28th Anniversary Symposium Party in the Aviary Ballroom on Saturday, October 29th from 7-11 pm. Landing on Halloween weekend, this year's party is sure to be extra special. Feel free to come dressed in costume! Enjoy live music, light dinner, and a cash bar. Make sure you bring your business card to enter the raffle sponsored by our generous Symposium exhibitors. We give away amazing prizes!

## How to Practice Acupuncture for Trauma Healing in Disasters and Community Service Clinics by *Diana Fried and Carla Cassler*

3  
CEU/PDA

Saturday, October 29, 2:00-5:00 pm

How can practitioners become involved in global or US-based disaster relief work, or setting up a community service clinic to serve a population in need in their community? This course will explore these topics based on the experiences of hundreds of thousands of treatments performed by hundreds of volunteers globally. The acupuncture focuses on healing trauma and helping to restore the nervous system to a state of balance so that people can move forward, function, and transition to a healthier state of body, mind, and spirit. Additionally, the course will explore examples of work in community clinics with veterans, refugees, survivors of domestic violence, and so on. Fried will also look at the neurobiology of trauma, define secondary trauma, and examine what practitioners need to know about these topics to perform this kind of work.

# SUNDAY October 30

## Introduction to Chronic Conditions and the Dorsolateral Prefrontal Cortex by *Kiiko Matsumoto*

1  
CEU/PDA

Sunday, October 30, 9:00-9:50 am

Matsumoto will explain her research into acupuncture approaches to treating weakness of the Dorsolateral Prefrontal Cortex (DLPFC). The DLPFC begins to weaken as a condition becomes chronic or due to a threatening situation (shock/trauma). This has important implications for a variety of stubborn, chronic conditions commonly seen in the acupuncture clinic, including chronic pain, anxiety, PTSD, substance abuse, RSD/CRPS, sympathetic dominance, and chronic digestive issues.

## Advanced Acupuncture Techniques: Jumping Muscle Qi by *Biao Lu*

1  
CEU/PDA

Sunday, October 30, 9:55-10:45 am

The arrival of the qi is the most important step in increasing clinical therapy results. Warming and cooling techniques without the jumping of the qi will not be able to produce as significant results.

## Sexual Behavior, Practices, and TCM for Fertility by *Felice Dunas*

1  
CEU/PDA

Sunday, October 30, 11:10 am-12:00 pm

At its core, the human body's purpose is to recreate its species. When someone faces a fate as the end of a genetic line due to infertility, that person goes through deep, primitive changes. As a result, infertile individuals and couples may inadvertently live and love in ways that inhibit their most heartfelt dreams from being realized. TCM has a long history of addressing the complexity of infertility, including its effects on all aspects of self: spirit, emotion, thought, health, and behavior. In this course, Dunas will explore a unique perspective of infertility care, including behavioral patterns commonly seen in infertile individuals and couples, as well as which qi and organ syndromes are involved and why. She will also briefly detail the history of TCM's views of and practices for sexuality and fertility.

## Sex, Love, and Infertility Care by *Felice Dunas*

3  
CEU/PDA

Sunday, October 30, 2:00-5:00 pm

Dunas will explore how love, relationships, and sex affect, and are affected by the struggle to conceive. She will elaborate on how TCM theoretical structures can be used to explain behavior patterns within and between infertile patterns. Dunas will expand upon the morning presentation about sex, its improper use as an exacerbating agent, and its appropriate use as a healing agent in the infertility process. Students should bring difficult cases to class; case studies from those in attendance will form the basis of a group conversation regarding best practices. Students will learn how to use their diagnostic skills to understand how patients' romantic lifestyles may have contributed to their conception problems and how their behavior, both in and out of the bedroom, can heal them. Learn how to address delicate topics in the treatment room without violating patient privacy or professional ethics.

## Advanced Acupuncture Techniques: Warming and Cooling by Biao Lu

3  
CEU/PDA

Sunday, October 30, 2:00-5:00 pm

The arrival of the qi is the most important step in increasing clinical therapy results. Warming and cooling techniques without the jumping of the qi will not be able to produce results that are as significant as they could be. In learning the techniques of warming and cooling, clinical results will be better and longer lasting.

## Chronic Conditions and the Dorsolateral Prefrontal Cortex by Kiiko Matsumoto

3  
CEU/PDA

Sunday, October 30, 2:00-5:00 pm

Matsumoto explains and demonstrates key shaoyang scalp points that can be used to treat weakness of the Dorsolateral Prefrontal Cortex (DLPFC). The DLPFC begins to weaken as a condition becomes chronic or due to a threatening situation (shock/trauma). This has important implications for a variety of stubborn, chronic conditions commonly seen in the acupuncture clinic, including chronic pain, anxiety, PTSD, substance abuse, RSD/CRPS, sympathetic dominance, and chronic digestive issues. A variety of other Kiiko Matsumoto style strategies will also be demonstrated and explained during live demonstrations.

## Heart-Brain Harmonics: The Ko Cycle's Water-Fire Relationship in Our Well-Being by David Ford

3  
CEU/PDA

Sunday, October 30, 2:00-5:00 pm

Ford will examine the dynamic relationships between the heart-fire organs (heart, small intestine, pericardium, triple warmer) and brain-water organs (bladder, kidney), their roles in health and well-being, and their intimate guidance in all aspects of physical and mental optimization. The course will examine how leading-edge Western medical science findings are confirming ancient knowledge and how Five-Elements' visual and nature-centric cartography provides the map to maintain the harmony and balance necessary to face life's daily surprises. Ford will also examine the ko cycle's role in what he has coined the body-mind-spirit-soul's "evolutionary cosmological journey" through life. Simple, easy to understand point combinations and insights into the use of the "spirits of the points" for mental and physical well-being will be shared.

## Can't Make it to Pacific Symposium this Year? We Have a Solution!

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Matt Callison · Brian Lau · Jill Blakeway  
Monika Kobylecka · Dong Ji · Kiiko Matsumoto  
Felice Dunas · Biao Lu · Lillian Bridges  
Whitfield Reaves · Diana Fried (Keynote)

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*Friday: 11 am - 2:15 pm and 4:45 - 7:00 pm*

*Saturday: 11 am - 2:15 pm and 4:45 - 7:00 pm*

*Sunday: 8:30 am - 1:00 pm*

TCMzone, LLC.	Standard Process	CALPro
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**1 ONLINE**  
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PS2016 - Registration  
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San Diego, CA 92108

**3 CALL**  
1-800-729-0941 or 619-574-6909

*\*10% service fee will be charged for phone registrations.*

## CANCELLATION/REFUND POLICY

All cancellations must be in writing via email to [symposium@pacificcollege.edu](mailto:symposium@pacificcollege.edu). An administrative fee of \$50 is assessed on ALL cancellations email dated by Thursday, October 13, 2016. Starting Friday, October 14, 2016, a 50% cancellation fee will apply. NO refunds will be granted after Saturday, October 29, 2016, including no-shows. Refunds will be processed within 3 weeks of your request. Your refund will either be credited back to your credit card or mailed by check.

## MEETING SPACE AND SEATING

All seating is 'first come, first served'. All meeting spaces are locked while not in session and no items can be left in rooms to reserve a seat. For the afternoon workshops, the doors will open and seats become available 15 minutes prior to the start of the workshop start time. Plan accordingly and arrive early to lectures and workshops to secure a seat. Once a room is full and there are no seats remaining, please plan to go to another workshop location. No refunds will be granted based on no seats available to preferred courses.

## Conference Details

### HOTEL ACCOMMODATIONS

**The Catamaran Hotel (Symposium site)**  
3999 Mission Blvd., San Diego, CA 92109  
1-800-422-8386, <http://tinyurl.com/jkgt5ag>  
**\$179 Single/Double, \$199 Triple, \$219 Quad**

### QUESTIONS REGARDING HOTELS AND AIRLINES

Contact Barbara Weber, (619) 334-3180 or [Confcoord@aol.com](mailto:Confcoord@aol.com), for information regarding room sharing options.

### PARKING

Please note the following rates if you are planning to park at the Catamaran Hotel.

**Hotel Guest:** \$17.00, \$22.00 Valet  
**Non-Catamaran Hotel Guest:** \$8.00 for the first hour, \$1.50 each additional hour, Day Maximum \$25.00. Hotel Parking validation stickers (all day parking for non-Catamaran guests) are available at the Symposium Registration desk after 11 am - rate \$17 per day.

\*Street parking is available. If you choose street parking, please note the street sweeping signs posted in the Pacific Beach area.

*Airport shuttle service to and from the hotel. The Catamaran Resort Hotel uses Cloud 9 Shuttle.*

### CEU/PDA HOURS PENDING

Pacific Symposium provides up to 63 Continuing Education hours total. Schedule is subject to change without notice. At the time of this publication, all CEUs/PDAs are pending as we apply for approval from NCCAO and CAB. Any changes made to the CEU/PDA totals will be updated on the website. You must pay the professional rate to receive CEU credit. Pacific College of Oriental Medicine Alumni receive 10% off the professional rate.

### RECORDING

By registering for the Symposium, you understand that lectures and presentations held within the Symposium venues may be video and/or audio recorded for internal, broadcast, non-broadcast and promotional purposes. As an audience member, some of these recordings may contain your likeness and/or your voice. By your registration, you grant Pacific Symposium and its affiliates the irrevocable right to record and use any recordings containing your likeness and/or your voice for internal, broadcast, non-broadcast, and promotional purposes.

No personal audio or video recording will be permitted. Dismissal from the conference will be enforced. High quality CD recordings will be made of most sessions and available for purchase during and after the Symposium.



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### Circle Desired Group of Days:

2016 Package Prices	EARLY (by Aug. 14)		REGULAR (Aug. 15 - Oct. 1)		LATE AND ONSITE (After Oct. 1)	
	Online	Mail/Phone	Online	Mail/Phone	Online	Mail/Phone
Full plus 2-Day Pre AND 2-Day Post (Tues-Tues), 63 CEUs	\$900	\$990	\$940	\$1,035	\$980	\$1,080
Full plus 2-Day Pre AND 1-Day Post (Tues-Mon), 56 CEUs	\$835	\$920	\$870	\$960	\$915	\$1,010
Full plus 1-Day Post (Thurs-Mon), 42 CEUs	\$655	\$720	\$705	\$775	\$730	\$805
Full plus 2-Day Pre OR Post (Tues-Sun) OR (Thurs-Tue), 49 CEUs	\$730	\$805	\$785	\$865	\$835	\$920
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3-Day General Pass	\$435	\$480	\$475	\$525	\$515	\$570
2-Day General Pass	\$330	\$365	\$385	\$425	\$435	\$480
1-Day General Pass (Thurs or Fri)	\$180	\$200	\$215	\$240	\$250	\$275
1-Day General Pass (Sat or Sun)	\$170	\$190	\$205	\$225	\$240	\$265
1-Day Post, 7 CEUs	\$195	\$215	\$225	\$250	\$260	\$285
2-Day Pre OR Post, 14 CEUs	\$320	\$350	\$360	\$395	\$390	\$430
Keynote, 1.5 CEUs	\$30	\$35	\$35	\$40	\$40	\$45

### Pre- and Post-Symposium Workshops

- Nielsen (10/25-10/26)     Fratkin/Zand (10/25-10/26)     Matsumoto (10/31)     Bridges (10/31-11/1)     Reaves (10/31-11/1)

**(you must pay the professional rate to receive CEU credit)**

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Workshop fee \$ \_\_\_\_\_

10% discount for PCOM Alumni and groups of 10 or more registering together \$ \_\_\_\_\_  
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