Improved Qi Program Launches

After months of curriculum development efforts by the Qi development faculty and the academic administration, along with input from alumni and students, Yo San launched its new Qi Development Program (QDP), beginning in the Fall 2004 trimester.

The goal is to enhance the learning and practice of Qi cultivation, which lie at the heart of Yo San University’s program and which form the basis for becoming a healer. All incoming students in the Fall 2004 trimester are required to enter the new QDP from the foundation level.

Ed Sullivan, who was selected to Chair the Qi Development Department for a one-year term, says his vision of the new Qi program is “to translate ancient universal wisdom into our daily lives, making sure we are teaching students to ‘become the medicine’ so that they can be sent on their healing journey with the tools to make TCM principles an integral part of their lives and practices.”

The key components of the new curriculum are a sequential approach, enhanced faculty training and instituting a system of student testing and assessment, including the assignment of alphabetical grades for each course.

The revamped curriculum starts with a required two-unit “Introduction to Qi development” course to be taken during students’ first trimester at Yo San. The course provides an overview of the Qi development curriculum and lays the foundation for Qi development technique and practice, upon which subsequent classes will be built. Students must pass this course to proceed in the Qi Development Program.

In June 2004, Dr. Maoshing Ni conducted a half-day in-house training session for the Qi development faculty. Ed Sullivan is working closely with Dr. Mao and Dean Lau to reorganize classes, improve and align the curriculum with our didactic program, and strengthen teacher training.
President's Notes
Ellen Rudolph

“We are pleased to launch this inaugural issue of “Learning Point,” which provides members of the entire Yo San community—students, alumni, faculty, staff, patients, Trustees, and donors—with a forum for news on what is happening at the University, news of our alumni, our outreach programs, and relevant information on the education and practice of Traditional Chinese Medicine (TCM). We encourage you to contribute your comments, experiences, or an article about TCM. Our hope is to make this a dynamic forum that will enrich the lives of all our constituents. To make a submission, please contact Johanna Massé, our Director of Admissions and Communications.”

The Board of Trustees, Lawrence Lau and I spent a busy weekend, August 7-8 at our annual strategic planning retreat. After much deliberation and discussion, we came up with a vision for Yo San’s future that renews our commitment to “educating the highest quality practitioners of Traditional Chinese Medicine and the Taoist healing arts,” and a plan to get there that will be presented in the coming months.

I would like to thank all of you who shared your ideas for where Yo San is and where we should head over the next few years. I am looking forward to working with the Board, administration and faculty in implementing programs and services that will insure that Yo San remains at the forefront of Oriental medical education.

The retreat also spawned the idea for our fundraiser, which we held on October 8, 2004 to celebrate Yo San’s 15th Anniversary. The event’s theme, “Celebrate Longevity” featured exquisite rejuvenating cuisine prepared by the executive chef of the Imperial Herbal Restaurant of Singapore, an exciting live dance performance by a group called Sideswipe, and a presentation on healthy aging by Yo San co-founder, Maoshing Ni, LAc. Proceeds will benefit Yo San’s Community Clinic and externship services programs at Venice Family Clinic and Being Alive. Trustee Mea Argentieri masterfully created the event at her beautiful home. It was a fitting tribute to Yo San’s history, our work and our future.

Peter Cunneen (’93)
Greetings Yo San Alumni: Just to keep you up on our good news. I started my practice in New York in late 1994 with my own office and center. Now 10 years later I have learned persistence wins where other methods fail. Hope this finds you all well.

EverSpring Acupuncture Center:
167 Benedict Ave., Tarrytown, NY, 10591
Tel: (914) 631-2171, Fax: (914) 631-0836
petercunneen@optonline.net

Julia (McIntire) Thie (’99)
A great big “Thank You!” to all the wonderful alumni who helped out the Tennessee Acupuncture Council this year; your support felt good. The bill we opposed that would remove our licenses was taken off calendar the day it was up for vote. We will continue to watchdog the legislature when session begins again. My term as President ends in April 2005.

Another writing project has come my way — a chapter on mental health for American Psychiatric Publishing, Inc. It’s evidence based, so it’s really more research than creative writing. After this is done, my goal is to go back to more classical information and focus on that.

Hubby Mark is fabulous. I must give his music a plug. “Dreams of Snow” is good treatment room music. Also, he has a Christmas album that’s outstanding! He played at our graduation. Go to www.markthie.com if you’d like to check it out.

Private practice is going great, but finding a good receptionist is another story... I’m using the Balance Method with great results. I’ve also been doing more tuina. Going into year four, I’m really appreciating the fact that our medicine changes people’s lives and gives them hope. Hope everyone is doing well.

Marin Kokin (‘00)
I am very proud to announce that in October 2003 I joined a very large medical practice consisting of physicians specializing in internal medicine, rheumatology, cardiology, gastroenterology, endocrinology, gynecology and now Chinese Medicine! It was a dream of mine to have a working environment where Eastern and Western medicine can complement each other on a daily basis. I am so excited to say that it has come true in every way! Personally, our son Jonah is doing well and will turn two years old in August. We are expecting our second child at the beginning of October. Contact Marin at (818) 528-1050.

continued on page 3

Class Notes
Peter Cunneen (‘93)
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continued on page 3

(I to R) Controller Shuilan May, Chair of the Acupuncture Department Yueying Li, LAc and Interns Brooke Phillips and Ferran Blasco enjoy drinks at Yo San’s 15th anniversary celebration.
I’m pleased to report that the Harmony Taiji demonstration at the farmers’ market went very well this past Sunday, August 15. There was a flutist who was performing before one of my students and I went on, and he agreed to accompany us as we performed the form. He played in the Native American genre of style and I believe the music and movement fit very well together and resulted in mutual inspiration.

We performed the complete yin section of the form (about 17 minutes), and the crowd maintained attention from beginning to end. We received a very nice ovation, and the market organizer was very happy and encouraged us to come back again in the future. Quite a few folks from the crowd took Yo San literature and came up to talk to us afterward. At least one couple is planning on attending Sunday morning practice sessions in the Learning Garden. Our demonstration was well-received and the organizers of the market invited us to do another session on October 10. As my students at Yo San become more comfortable in the form, I hope to continue the demonstrations on a regular basis.

Editor’s Note: Demonstrations are a terrific way to build your referral base.

Seth Leon is a member of the Yo San Qi faculty.

Fifteenth Anniversary FUNDRAISING CAMPAIGN Kicks Off

Between now and the end of the year you have a unique opportunity to participate, at the ground level, to help us build a foundation for Yo San’s future. To ensure the financial stability of Yo San, to continue funding our work at Venice Family Clinic and Being Alive, and to continue our tradition of academic excellence, where our ‘students become the medicine,’ we urge you to join us as we kick off this campaign.

For fifteen years Yo San University has been training healers, promoting wellness to the people of Los Angeles, and transforming lives through education. Our goal is $15,000. We need charter donors and angels to help lay the foundation for our future.

For more information or to make your tax deductible contribution, please call (310) 577-300 ext. 10. Please make your check payable to Yo San University. (We accept Visa and MasterCard donations over the phone.)

Yo San University of Traditional Chinese Medicine • ATTN: Fundraising
13315 West Washington Boulevard • Los Angeles, CA • 90066

Alumnus Demonstrates Taiji at New West Los Angeles Farmers’ Market

By Seth Leon, ’01

(Left to right) Kim Reid, Annie Park and Balen Slate practice sword form in the Learning Garden

Jean Painter (’01)
My family and I have moved to Prescott, Arizona. A beautiful town 6,000 feet up in the forests of Northern Arizona, I have begun a new practice here and my office information is as follows:

Harmony Integrative Medicine:
1202 Willow Creek Road, Prescott, AZ 86301
Tel: (928) 771-9400, Fax: (928) 771-9464

Additionally, I am the newest board member of the Arizona Society of Oriental Medicine.

Stacey Small (’01)
The first annual Topanga Healing Arts Day event on October 3rd was a huge success. Hundreds of people came out, many from Topanga and many from surrounding areas to share a day of community healing.

All of the healers were booked all day giving complementary sessions and all of the workshops were well attended.

My workshop ‘The Acupuncture Experience’ was truly a wonderful experience for those participating as well as for me. The topic was a Traditional Chinese Medicine approach to our shared human spiritual crisis. I performed a community (group) acupuncture session using the NADA protocol.

The focus of the talk was on how we have become yin deficient as a society and how we compensate for that deficiency by engaging in habitual behavior patterns that can easily fall under the term addiction. Catherine Reifenrath came all the way from Toluca Lake to assist me with the acupuncture, which was a tremendous help being that the group was so large.

I hope some of you had the opportunity to come to the event. If not, look for postings for future events sponsored by our newly formed Topanga Healing Arts Association.

Hope you are all well and finding great success in your practice.

Joel Dunning (’02)
In May I opened an alternative medicine center with a local herbalist and several massage therapists here in Omaha.

Staying in Touch

Contact info for alumni may be found in the Alumni section of the Yo San website. You may also email or call Ryan Marshall for information about alumni and their practices.

e-mail: administrator@yosan.edu
Tel: (310) 577-3000 x17.
13315 West Washington Boulevard
Los Angeles, CA 90066
(310) 577-3000 Fax (310) 577-3033
www.yosan.edu
For clinic appointments call (310) 577-3006.
Alumna’s Research Featured at Symposium

Below is DEIDRE BRAUN, (‘96) abstract for the International Society for Technology and Arthroplasty (ISTA) Symposium held in Rome in September.

Postoperative Acupuncture Decreases Narcotic Requirement after Total Hip and Knee Replacement

Raj K. Sinha, Deidre Braun, Robert Murphy
Desert Orthopedic Center

INTRODUCTION

Adequate pain control is important in allowing early participation in physical therapy after total joint replacement. Opioid analgesics often cause side effects that limit physical therapy. Therefore, adequate pain relief with reduced narcotics opioids should speed recovery.

PURPOSE

To determine whether postoperative acupuncture would reduce narcotic usage and improve physical therapy after total joint replacement.

METHODS

Total knee (TKR) and total hip replacement (THR) patients who received acupuncture on POD 1-3 or did not receive acupuncture were prospectively followed. Postoperative usage of patient controlled analgesia (PCA, normalized to intravenous morphine) and oral and parenteral opioids (normalized to oral immediate release morphine) were measured. Verbal analog pain scores, performance in physical therapy, length of stay (LOS) and location of discharge were recorded.

RESULTS

- After TKR, there was no difference in pain scores in either group (acupuncture n=23, non-acupuncture n=25).

- PCA usage was 58% less in the acupuncture group for the entire hospital stay (p< 0.05). 74% of acupuncture patients and 36% of non-acupuncture patients did not require PCA after POD 2 (p<0.05). The amount of additional narcotics was 58% less (p<0.05) for the acupuncture group.

- Walking distance was greater in the acupuncture group by greater than 40% (p<0.05) on any day after surgery.

- 43% of the acupuncture patients and 24% of the non-acupuncture patients went home.

- There was no significant difference in knee flexion or LOS.

- After THA, the acupuncture group (n=7) used 54% less PCA (p<0.05), used 96% less additional narcotic, and had 36-83% greater walking distance on any POD than non-acupuncture group (n=7).

- Location of discharge and LOS was the same in both groups. There were no complications related to acupuncture in any patient.

DISCUSSION

Acupuncture is a safe and effective adjunct to traditional methods of postoperative pain management after total hip and total knee replacement.

For more information about the conference visit: www.ista.to

YO SAN CLINIC Featured in Upcoming Documentary Film

Acupuncture can be an effective adjunct therapy for the side effects of cancer treatments – if patients know about it. Filmmakers Eric Baron and Yvonne Bernard, along with cancer patient Lisa Virgilio want to help spread the word.

Lisa Virgilio is a 42-year-old breast/spine cancer victim who, instead of feeling sorry for herself, is using her illness to promote patient awareness and advocacy. Baron and Bernard, founders of Lookout Entertainment, are documenting Virgilio’s struggles to both regain her health and fund the cost of treatments in the film “4-inch Heels.” The title refers to the collection of designer shoes Virgilio amassed over an 18-year career at Neiman Marcus, which she was forced to sell on Ebay to pay for her cancer treatments after her health insurance ceased.

On August 4, Bernard filmed Virgilio, a resident of Manhattan Beach, during a Clinical Theater treatment taught by Nai-Qiang Gu, MS, LAc. By featuring complementary medicine in their documentary, Baron and Virgilio plan to introduce viewers who may face cancer to a non-Western approach to the prevention and healing of disease. “We hope to move people enough so as not to hide behind the wall of ignorance, fear, and denial when they themselves may someday directly or indirectly face cancer,” said Baron.

Baron and Bernard finished their documentary in late September and plan to submit it to the 2005 Sundance Film Festival competition. Screenings will be held locally later this year.

For more information about Lisa Virgilio and “4 Inch Heels,” please visit www.lookoutentertainment.com/lisa.