

2023 Great River Symposium Agenda

Time	Description	Speaker	PDA/Hours
Thursday, March 30, 2023			
1:00 pm - 2:50 pm	Keynote Address: "Medicine & Virtue" (Ethics Hours) This lecture will discuss Sun Simiao's famous essay on medical ethics, to introduce listeners to the conception and significance of virtue in traditional Chinese medical practice. Providing the cultural context and philosophical roots for this deep text, I intend to inspire the audience to view their own healing practices in light of Sun Simiao's lofty vision of the "eminent doctor." Finally, I will argue for the need for authentic transmission and the importance of the classics in encouraging a broader view of "medicine" from the perspective of the Chinese medicine classics.	Sabine Wilms, Ph.D.	2
3:00 pm - 4:50 pm	Inflammation In Our Bodies, Inflammation in Our World: The Tao of Trauma This workshop explores the physiology of inflammation in our bodies and our world - and chronic inflammation as a key feature of the disruptions of the autonomic nervous system arising from traumatic stress. The interface of diverse expressions of inflammation in our culture, environment and public health will be explored. The framework of Chinese medicine and 5 Element Theory will illuminate the self-protective response, the impact of traumatic stress on the gut biome and our immune system and its manifestation as chronic, multi-symptom illness in trauma survivors. Acupuncturists cultivating the Ventral Vagus nerve and the Heart Shen can be valuable allies for healing.	Alaine Duncan	2
5:00 pm - 7:00 pm	5 Element Constitutional Acupuncture with Bazi With Bazi, a 5 Element congenital imprint, you will discover how to use birth data to reveal the diagnostic root and thus the precise treatment to balance your patient's innate constitution. Bazi is not traditionally taught in acupuncture schools, which is surprising as it is the most powerful way to practice our art as a truly preventive medicine. Historically, it is how the emperor's doctor kept the emperor healthy. Knowing a patient's Bazi exposes the deepest root of a patient's health potential. You will learn the process of acquiring a Bazi chart, interpreting the results, and constructing a treatment plan based on the Bazi.	Colleen Moore, L.Ac	2
TOTAL HOURS FOR DAY			6

Friday, March 31, 2023			
8:00 am - 8:50 am	Active Session - Qigong/Tai Chi/Yoga	Michael Egan, L.Ac., Dipl.OM, Ma.OM.	0
9:00 am - 10:50 am	Unpacking' Shame: From Diagnosis to Liberation Shame is the belief that at the person's core, they are bad. It is typically a hidden emotion deeply associated with cultural beliefs and self-image, so it is one of the hardest emotions to diagnose and permanently clear. Chinese Medicine acknowledges that all chronic illness involves an emotional root, so it is critical to assist clients in "unpacking" such hidden feelings to fully promote transformative, holistic health. This session covers the roots of Shame and ways to diagnose it, emotions that Shame frequently co-exists with, and offers insight into a variety of treatment options.	Catherine Lumenello, D.Ac., L.Ac.	2
11:00 am - 1:00 pm	Working with the Trauma of Infertility The treatment of infertility has become quite popular in our field, but few know the depths of working with the psychoemotional trauma of the infertility process. This seminar will explore the process of reproductive medical procedures, the stress it can cause, and how to work with the infertility patient so regardless of pregnancy status, each treatment can be a success.	Randine Anderson Lewis, Ph.D., L.Ac.	2
1:00 - 2:00 p.m.	Lunch		
2:00 pm - 3:50 pm	Simple Acupuncture Treatment for Ankle Pain and Instability Learn four anatomically significant zones and their corresponding acupuncture points to treat ankle pain or instability. Review anatomy, learn assessment and 5 needle acupuncture treatment to simplify the treatment of ankle injuries.	Jenny Nieters, L.Ac., DACM	2
4:00 pm - 6:00 pm	Integrated Oncology: Strategies to Increase Access to Acupuncture/TCM Acupuncturist and Doctors of TCM have a role to fill in the oncology field. As the acceptance of Integrated Oncology continues to grow there is a greater need for acupuncturists who are well prepared to step into those roles. In order for acupuncturists to succeed within these programs they need to function at a high skill level that bridges a gap between Eastern and Western Medicine and puts the two opposite forces on common ground. This course is designed to provide a starting point for practitioner who want to become those providers of the future. It explores the current need for integrated medicine within oncology. It is designed to teach acupuncturists how to quickly and clearly communicate how acupuncture and TCM meet current needs in oncology and how integrating these treatments can in fact save lives and increase outcomes. In addition, the class explores common chemotherapeutic agents that cause chemotherapy induced neuropathy, the patterns these drugs create and acupuncture/herbal medicine tx plans.	Heather Peterman, DAOM	2
TOTAL HOURS FOR DAY			8

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Saturday, April 1, 2023			
8:00 am - 8:50 am	Active Session - Qigong/Tai Chi/Yoga	Michael Egan, L.Ac., Dipl.OM, Ma.OM.	0
9:00 am - 10:50 am	Opening the Eyes of the Heart: Chinese Medicine for Mental Health There is an ancient Chinese medical teaching that speaks of the Heart having seven magical orifices. These are not physical connections to the veins and arteries but rather metaphorical apertures that open up to reveal wonders of insight, health and understanding. They are called the Eyes of the Heart, and they are pathways of consciousness whose doors can be opened or closed depending upon one's intention and experience. When these doors are open, one has the freedom to act with clear conscious awareness in the present moment, as opposed to when they are closed and one is chained to reaction from the repetitive programming of the past. This program will teach practitioners how to Open the Eyes of the Heart for clients as well as themselves.	Randal Lyons, AP, DOM, L.Ac.	2
11:00 am - 1:00 pm	Traditional Explanation of Chinese Herb Function This course explains the functions of herbs considering their colors, shapes, smells, weights, and growing environment. Gain an understanding of the following: 1. Colors of herbs and their functions 2. Odors of herbs and their functions 3. Sources of herbs and their functions	Yubin Lu, TCMD, Ph.D., L.Ac.	2
1:00 - 2:00	Lunch		
2:00 pm - 3:50 pm	Aristolochic Acid and Herb Safety: Lessons We Are Still Learning (Safety) Although importation of herbs containing aristolochic acid were banned for importation more than two decades ago, they have recently returned to the online marketplace. This lecture will explore the grave risks posed by this toxin as well as the myths and misunderstandings that have circulated for years in the American acupuncture community. Finally, you will learn improved best practices that can protect your patients and yourself from similar toxic threats in the future.	John Pirog, MSOM, Dipl.Ac, Dipl.CH	2
4:00 pm - 5:00 pm	Acupuncture for the Treatment of Hyperhidrosis The course will explain the pathophysiology of hyperhidrosis and the efficacy of the conventional medicine therapies that are currently used. The results of acupuncture on the treatment of hyperhidrosis based on a case from 2015 will be explored and discussed. The results in the case will be compared to the efficacy of conventional medicine therapies.	Brett Martin, DC, MPA, MSAC	1
TOTAL HOURS FOR DAY			7
TOTAL HOURS FOR SYMPOSIUM			21