

# New Zealand Community Acupuncture Projects (NZCAP)

RSA Trials - Meeting Veterans'  
Mental Health and Chronic Pain  
Challenges

Presenter: Zhijie (Jason) Bei  
Date: 02/02/2025



# NZCAP - Background

2022 - 2024: In my clinic

1st of March - 12th of April 2025:

- Manurewa RSA Trial
- Porirua RSA Trial

## Not all wounds bleed

July 4, 2022 Community, Latest news..., Lifestyle 0



Jason Bei leads an acupuncture and meditation session with Mark, Mike, and Angela

### To Serving and Ex-Serving Military:

The acupuncturist(s) who work in this project have completed the RSA 'Veteran Ready' Certification Process and have an understanding of military culture and the physical and mental health and wellbeing issues related to service. They have been involved in the treatment of chronic pain, anxiety, depression, PTSD (Post Traumatic Stress Injury) and general health maintenance.



### Community Acupuncture Project



Holistic Acupuncture Healing Provided in the Community for the Community

Time: Saturday 9 - 11 am  
Location: 13A-14 Kapiti Lights  
Kapiti Acupuncture & Wellness Clinic

## Community Acupuncture Pilot

**Did you know...**  
Acupuncture can assist with:

**Mental Health Issues**

- Post-traumatic Stress Injury
- Depression and anxiety
- Traumatic Brain Injury
- and more

**Physical Health Issues**

- Musculoskeletal Injuries
- Traumatic injuries
- Chronic pain conditions
- and more

Acupuncture is a Veterans Affairs approved treatment; Veteran Group trialled in Feb 2022

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# With Gratitude to Mark Compain - Veteran, RSA advisor/supporter

- Veteran - Ready Certificate (Mark, Janine, Jason; Ac NZ)
- RSA trials (Mark, Tania, Gabriel, Cliffe; John, Michelle)

# Acknowledgments to Acupuncture NZ

- Acupuncture NZ, our professional body, has supported in the past with a veteran-ready program, and
- We look forward to their continued professional support for NZCAP trials in the future.

# Ethic Review Application

- Thanks to NZSATCM: Kay, Debra Betts, Lynn Huang
- Thanks to: Renjie Xi, Lynn, Huang, Mike Yin, Alice Xian, Dawson Huang

# NZCAP - Explore Community Acupuncture Evidence Based

## References:

- (1) Kyiv Post. (2023, October 22). *Use of acupuncture in rehabilitation of Ukraine war veterans*. Retrieved from <https://www.kyivpost.com/post/22796#:~:text=As%20an%20adjunct%20to%20conventional.tension%2C%20anxiety%20and%20mood%20instability>.
- (2) KC News. (2022, July 4). *Not all wounds bleed*. Retrieved from <https://www.kcnews.co.nz/2022/07/04/not-all-wounds-bleed-kapiti-acupuncture/>
- (3) Anderson, B. J., Anderson, K. P., McKee, D., & Schiller, M. (2012). *Utilization of Group-Based, Community Acupuncture Clinics: A Comparative Study with a Nationally Representative Sample of Acupuncture Users*. *The Journal of Alternative and Complementary Medicine*, 18(6), 561-566. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3390970/>
- (4) Acupuncture NZ. (2022, April 5). *Alternative and complementary medicine as a pathway to care for New Zealand military Veterans experiencing pain and distress*. Retrieved from <https://www.acupuncture.org.nz/veteran/>
- (5) HMI Education. (n.d.). *HMI Auricular Trauma Protocol, an acupuncture approach for trauma spectrum symptoms*. Retrieved from [https://hmieducation.com/pub/publications/hmi\\_5429a6e797d46.pdf](https://hmieducation.com/pub/publications/hmi_5429a6e797d46.pdf)
- (6) ClinicalTrials.gov. (2019). *SELF-ADMINISTRATION OF AURICULAR ACUPUNCTURE PILOT PROJECT*. Retrieved from [https://cdn.clinicaltrials.gov/large-docs/59/NCT04208659/Prot\\_SAP\\_001.pdf](https://cdn.clinicaltrials.gov/large-docs/59/NCT04208659/Prot_SAP_001.pdf)

# NZCAP - Trial Projects

- 7- Sessions Design: orientation session, 6 training sessions
- 2 Acupuncturists paired up to serve 9 participants
- Workflow:
  - Expression of Interest
  - Initial MYMOP and K10 (baseline)
  - MYMOP Follow Ups
  - Final MYMOP and K10
  - Final Survey
- Two locations: Manurewa RSA, Porirua RSA
- Ethic Review Application: Approved by NZSAO Ethic Committee
- Starting Date: 1st of March 2005, Saturday 10 am - 11: 15 am

1. Auricular Acupuncture: NADA, ATP, BFA
2. TCM Medicinal Qi Gong
  - a. 3 - 7 - 9 TCM Treasure 3 Breathing Techniques
  - b. TCM Medicinal Six Healing Sounds

# Promotion Flyers

Empowering veterans, public security officers, and the general public by integrating ethically reviewed acupuncture trials to enhance their mental and physical well-being.



**MANUREWA RSA**

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### Manurewa RSA

#### Community Acupuncture Pilot

**Who** Manurewa RSA Members. You must be able to commit to a minimum of **7** sessions. **9 participants** are required.

**Where** Manurewa RSA, 22 Scenic Drive

**When** **Saturday** 01 Mar 2025 (finishing Sat 12 Apr 2025)

**How** Group Setting - Relax in a shared space whilst receiving acupuncture

**Cost** Returned and Service free, associates \$20 per session (Trial paid for by the Poppy Trust)

**Register** To participate in the trial please contact the Manurewa RSA Office - 09 267 0515



**PORIRUA RSA**

## Community Acupuncture Pilot

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- and more

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### Porirua RSA

#### Community Acupuncture Pilot

**Who** Porirua RSA Members. You must be able to commit to a minimum of **7** sessions. **9 participants** are required.

**Where** Porirua RSA, 5-7 McKillop St

**When** **Saturday** 01 Mar 2025 (finishing Sat 12 Apr 2025)

**How** Group Setting - Relax in a shared space whilst receiving acupuncture

**Cost** Returned and Service free, associates \$20 per session (Trial paid for by the Poppy Trust)

**Register** To participate in the trial, please contact the Porirua RSA Office - 04 237-7695



# Project teams

- Auckland team: Alice Xian, Kunpeng Wang, Mike Yin, Renjie Xi, Yuting;  
Possible: Cathy
- Porirua team: Janine Nana, Jason Bei, Serena Joe, Tracey Lindsay;  
Possible: Pauline Joe

We need your involvement and support, Leave you email in the chat if you're interested (for an email with survey link post this meeting)

# NZCAP - supporting NZ Communities

- PTSD/PTSI
- Depression/Anxiety
- Pain/Insomnia/Cancer survivorship

Auricular Acupuncture plus TCM medicinal Tai ji - Qi gong exercises

[Community Acupuncture](#) ▾ [Holistic Health and Wellness](#) ▾ [Treasure 3 – Yin Yang Healing Blog](#) ▾ [Diabetes Forum](#)

## 3-7-9 Breathing Technique: An Easy Guide

NOV 7, 2024

3-7-9 Breathing Technique: An Easy Guide The 3-7-9 TCM Medicinal Tai Ji - Qi Gong Breathing Technique harmonizes the body, mind, and spirit by aligning three layers of breath, connecting seven orifices, and balancing nine body zones for holistic healing and energy...

# NZCAP Website

<https://yinyanghealingpath.com>

- Mental Health Related Information
- Blogs: Case Reporting
- Listing: Community Clinics



[treasure3nzcag@gmail.com](mailto:treasure3nzcag@gmail.com)

Drop us a line



NZ Community Acupuncture Project (NZCAP)  
Traditional Chinese therapy for balanced health  
021 656 078

[Community Acupuncture](#) ▾ [Holistic Health and Wellness](#) ▾ [Treasure 3 – Yin Yang Healing Blog](#) ▾ [Diabetes Forum](#)

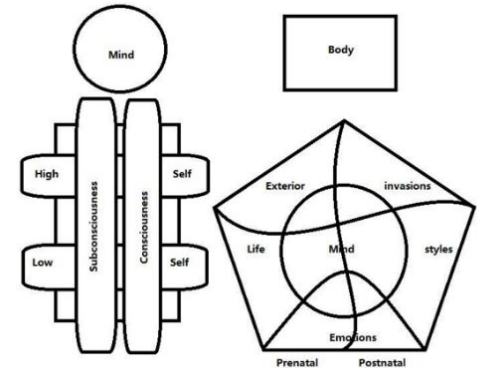
Community Acupuncture



[COMMUNITY ACUPUNCTURE CONSENT FORM](#)



[ACUPUNCTURE NZ GENERAL CONSENT FORM](#)



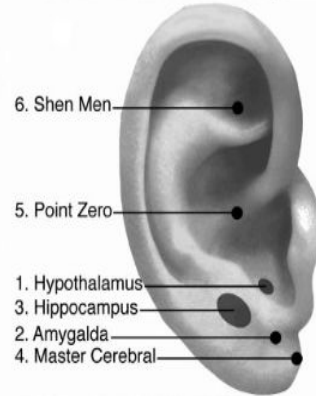
# Auricular Therapy & Protocols

- NADA+:
- ATP+:
- BFA+:

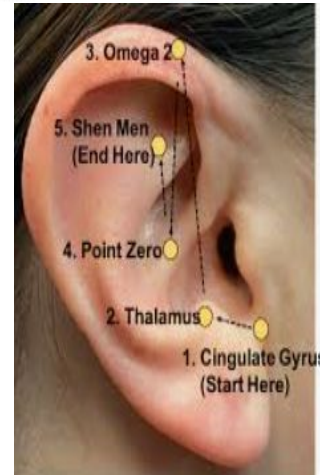
## Treatment Materials & Methods:

- Lancets for bleeding
- Press-needles
- Magnetic pallets
- Needles
- E.A.N

**Auricular Trauma Protocol (ATP)**



**FIG. 1.** Auricular Trauma Protocol points. Number order in which the protocol is applied.



# Reports & News Releases

Progress report to stakeholders: RSA, Ac NZ, Project teams.

## News Releases:

- RSA newsletter
- RSA Presidents forum
- RSA press release
- Ac NZ news letter
- RSA - Ac NZ joint press release

## Media Release for NZCAP:

- Website: <https://yinyanghealingpath.com>
- Youtube channel: <https://www.youtube.com/@Treasure3-NZCAP>
- Facebook: <https://www.facebook.com/treasure3nzcab>

Please join us on fb, share posts to your followers

# Auricular Point Map & Anatomy

- Kidney shape (2000 years)
- Upside down fetus (1950s)



**“The ear is where the ancestral meridians converge.”** (*Ling Shu Kou Wen*)

**Twelve primary meridians, 365 collaterals, their blood and qi all ascend to the face and traverse the orifices... their distinct qi flows to the ear.** (*Ling Shu, Xie Qi Zang Fu Bing Xing*)

- **The six yang meridians—with their divergent and sinews—enter directly into the ear.**
- **The six yin meridians, through their divergent, merge with the yang meridians and connect with the ear.**
- **The fifteen collaterals converge at the ear.**
- **Changes in the shape and form of the ear can be used to diagnose diseases.**

**Community therapy will emphasize the ear’s role in balancing and regulating both body and mind:**

- **Ear massage, auricular bloodletting combined with magnetic bead therapy—to communicate with the entire body and regulate qi and blood.**
- **Coupled with breathing and vocal techniques to further relax the mind and brain, and to regulate emotions.**

**“耳者，宗脉之所聚也”《灵枢口问》**

**十二经脉，三百六十五络脉，其血气皆上注于面而走空窍.....其别气走于耳《灵枢。邪气 脏腑病形》**

- **六阳经脉，经别，经筋直接入耳中**
- **六阴经通过经别与阳脉相合，与耳相联系**
- **十五络脉会于耳**
- **根据耳部的部位形态的变化可诊断疾病**

**社区治疗将着重耳部对身心具有平衡和调理的作用：**

- **耳部按摩，耳穴放血加磁珠疗法沟通全身，调理气血**
- **配合呼吸和声音进一步放松心脑调节情志**

# Auricular Bleeding (Special Technique)

Bleeding ear apex, helix:

- To ease pain and soothe the nerves
- To dissolve the stagnation and anti-inflammation
- To decrease blood pressure (excess)
- Anti-allergy
- To clear the brain and improve vision

Indications: More for excess, mild use for deficiency

- Heat, pain, blood-stasis
- HBP, Vertigo, Tinnitus, Nervousness, Anxiety, Numbness of the limbs, allergic diseases; headaches, memory loss, vision issues.



# NZCAP - Future outlook

## Community Acupuncture for other communities

- 7 Sessions Design: orientation session, 6 training sessions
- Same Workflow:
  - Expression of Interest
  - Initial MYMOP and K10 (baseline)
  - MYMOP Follow Ups
  - Final MYMOP and K10
  - Final Survey
- Focus on education, new experiences
- For public security officers, and general public with special needs, ie. social group for vision loss, youth group with mental health, etc.

# NZCAP app workflow

Addressing NZ Veterans' Mental Health and Chronic Pain



# Forms - data structure and workflow

- Form - Express of Interests
- Form - Initial MYMOP2 and K10 Baseline Data
- Form - Follow Up MYMOP2
- Form - Final MYMOP2 and K10 Data
- Form - Final Survey









Trial Project EOI Form






Patient Name Jason Are You a caregi... Yes

Trial Project Initial MYMOP and K1...

Patient Name Jason Are You a caregi... Yes

NZCAP Trials Check In Clients MYMOPs Treatment Sessions

 NZCAP Expression of Interest Form 
 NZCAP Final Feedback Survey
 NZCAP Final MYMOP Follow up & K10 Form
 NZCAP MYMOP2 Follow-Up Form 
 NZCAP- MYMOP2 Initial & K10 & Treatment Options Form 

 NZCAP- Day Community - Expression of Interest Form
 NZCAP- Day Community - Final Feedback Survey
 NZCAP- Day Community - Final MYMOP Follow up & K10 Form
 NZCAP- Day Community - MYMOP2 Follow-Up Form
 NZCAP- Day Community - MYMOP2 Initial & K10 & Treatment Options Form

# Workflow automation process

- Sending confirmation email to participants
- Gathering user feedback and reviews
- Streamline check-in queues
- Easy managed treatment records (in a few clicks)

## Orientation Session:

- Our vision
- Introducing the evidence based protocols
- Consent process
- Run through basic process
- Introducing ear massage
- Introducing basic breathing techniques (TBC)

## Each Treatment Session:

- Blood pressure, heart rate
- Tongue, ear images
- Auricular bleeding technique
- Protocols: Press needles/magnetic pallets
- Six healing sounds
- Blood pressure, heart rate

# NZCAP Summary

The Need for Community Acupuncture

- Access to Care
- Affordability and Accessibility
- Patient - Centred Research
- Promotion

Q&A - Brain Storms

**Leave you email in the chat if you're interested, we need your support and participation!**

Contact: Jason Bei

Email: [treasure3nzcaps@gmail.com](mailto:treasure3nzcaps@gmail.com)