

New Zealand Community Acupuncture Projects (NZCAP)

Addressing Mental Health and
Chronic Pain Challenges in New
Zealand

Presenter: Zhijie (Jason) Bei
Date: 19/03/2025



NZCAP - An Update and Exploration of Community Acupuncture

Today's Agenda

- Part 1(9 - 10am): Auricular protocols and case studies
- Part 2 (10 - 11am): Community Acupuncture - a new health pathway, theories and treatment principles, and demo of workflow app
- Part 3 (11 am - 12 pm): Cultural Safety and Competence for Veterans Mental Health in Community Acupuncture by RSA supporter Mark Compain, and a discussion with Mark and Jason hosted by Renjie Xi
- Part 4 (1 -3 pm): Practical training
 - Jason Bei: Basic protocols, 3-7-9 Breathing Techniques
 - Alice Xian: Tai ji - Six Healing Sounds
 - Mike Yin: Perforator Needling

NZCAP - Background

2022 - 2024: In my clinic
 March - April 2025:

- Manurewa RSA,
- And Porirua RSA

Not all wounds bleed

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



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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- Traumatic injuries
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- and more

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

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
- (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

Auricular Point Map & Anatomy

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



Auricular Therapy & Protocols

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

Treatment Materials & Methods:

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

Auricular Trauma Protocol (ATP)

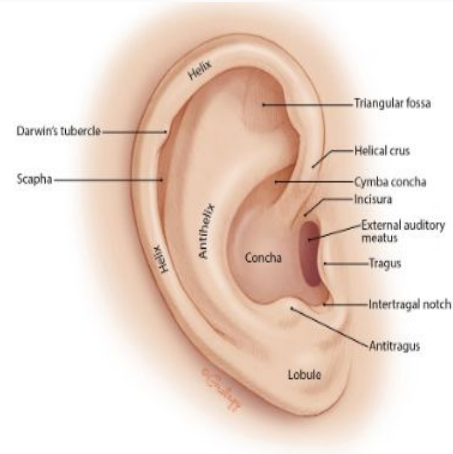
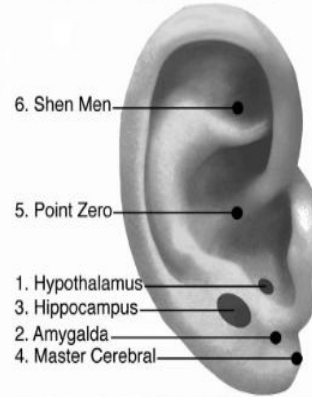
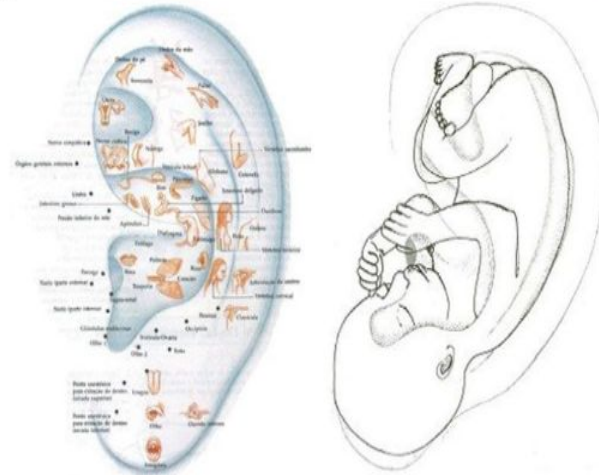
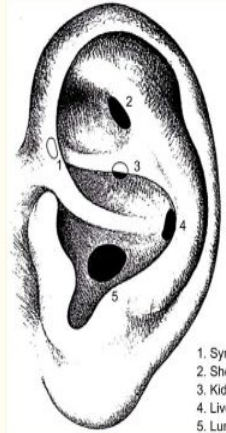


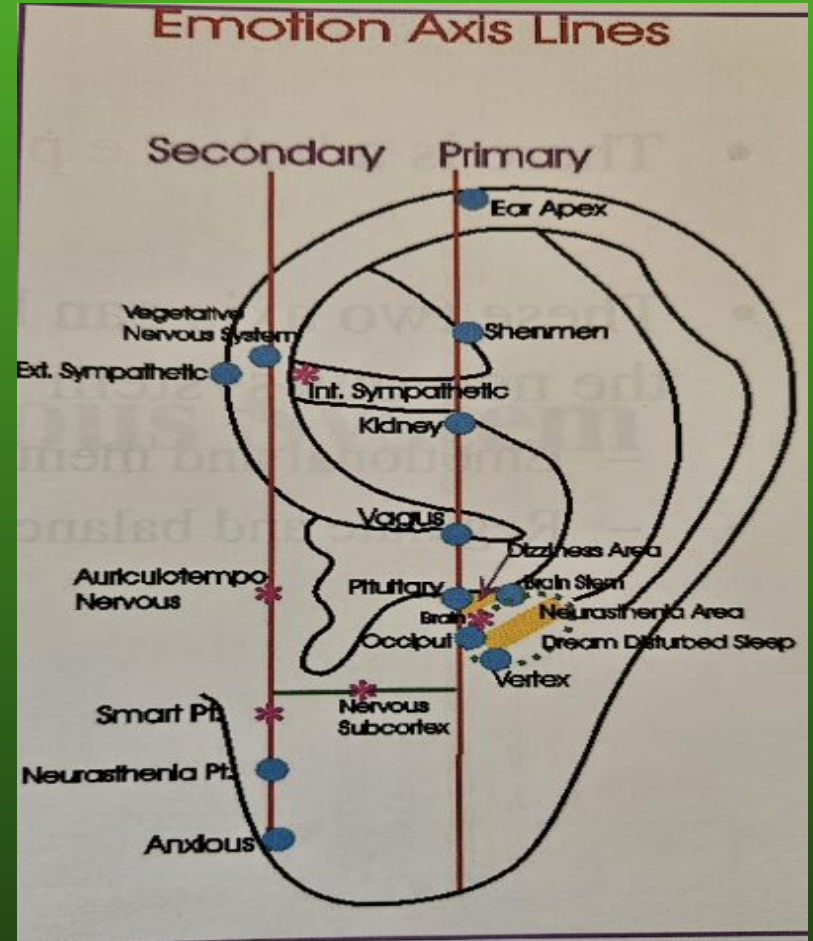
FIG. 1. Auricular Trauma Protocol points. Number order in which the protocol is applied.



Auricular Emotional Axes

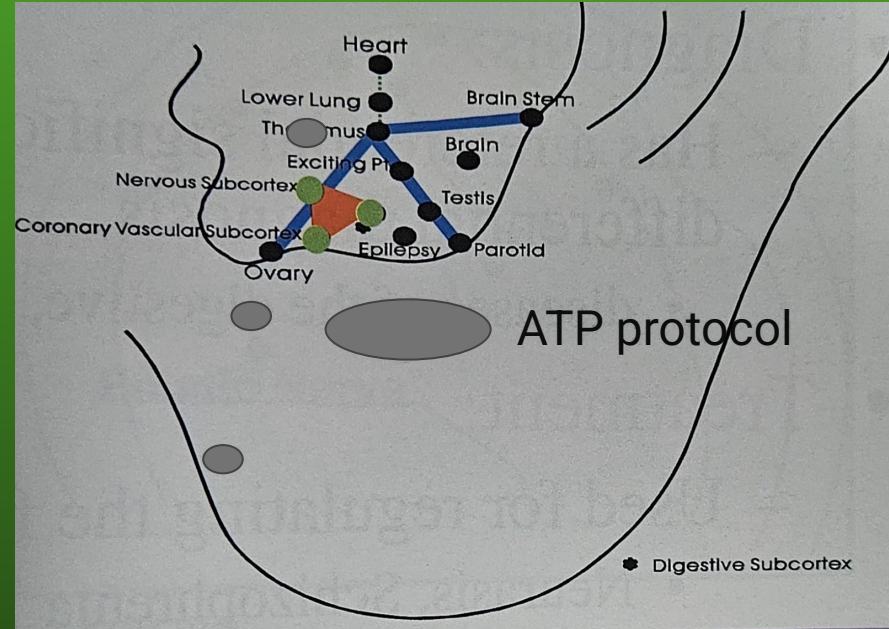
- Primary axis (organs)
- Secondary axis (nerves)
- Brain - Organs - Body Zones

Ref: [Lichen Huang's Auricular Medicine](#)



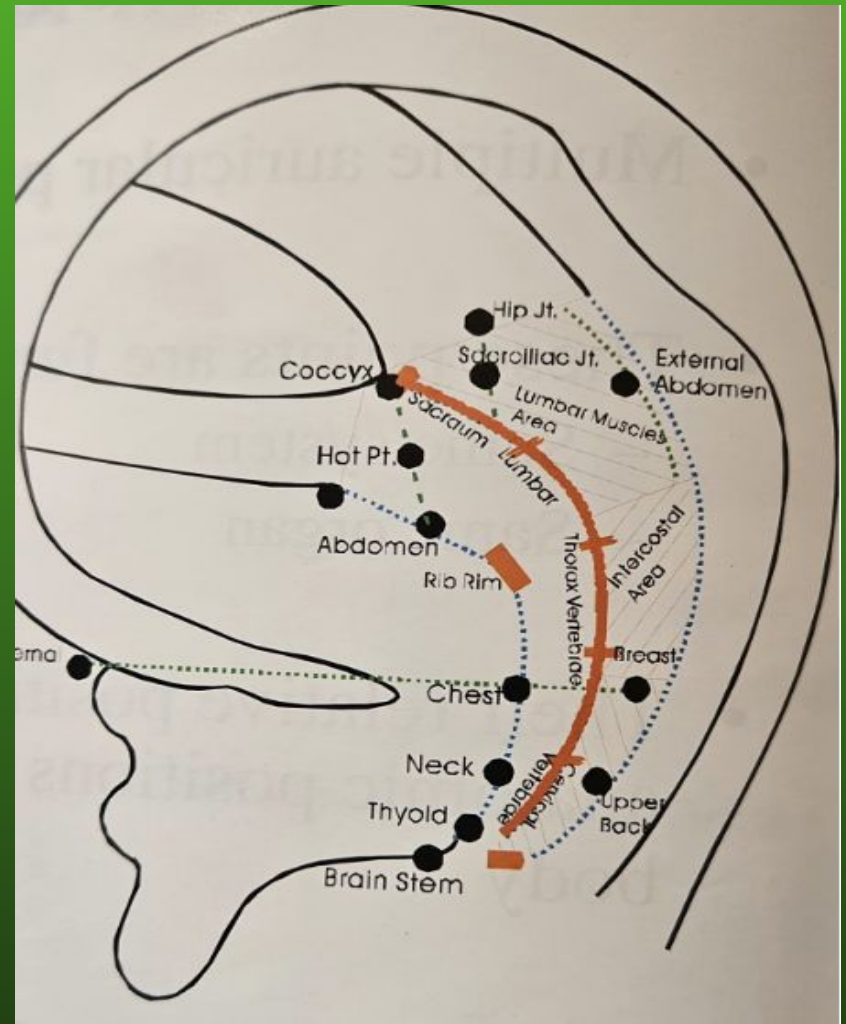
Auricular Brain Zone

- Subcortex triangle
- Thalamus, hypothalamus



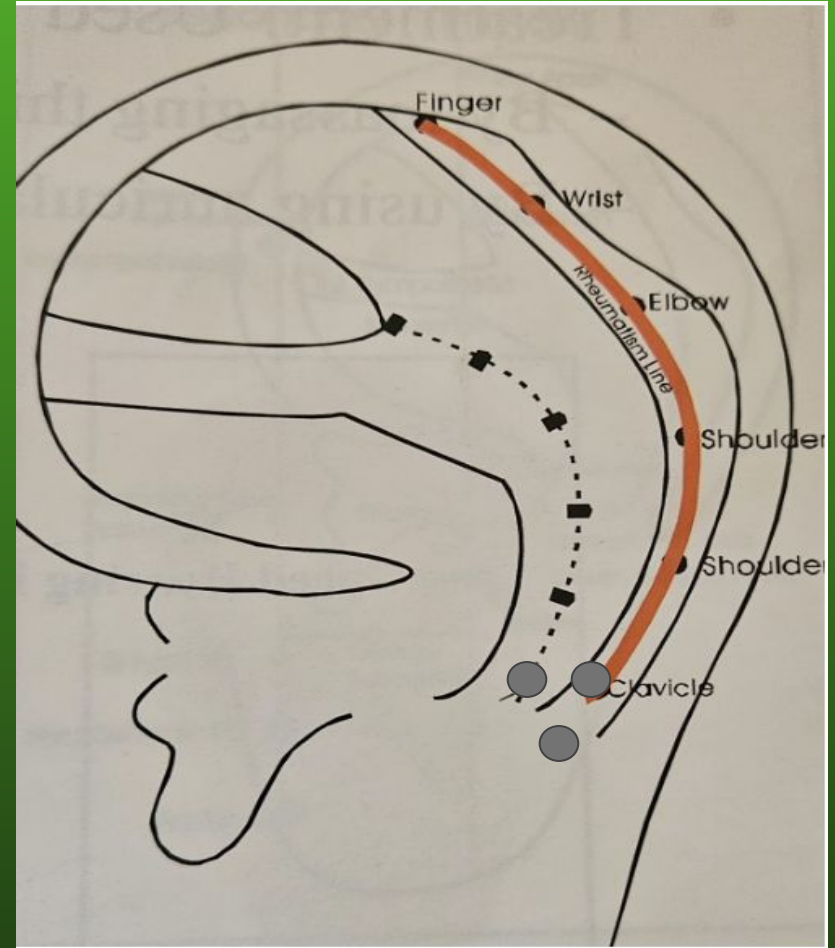
Auricular Spinal Segments

- Skeletal line: spinal structural issues
- Muscle line: paraspinal issues



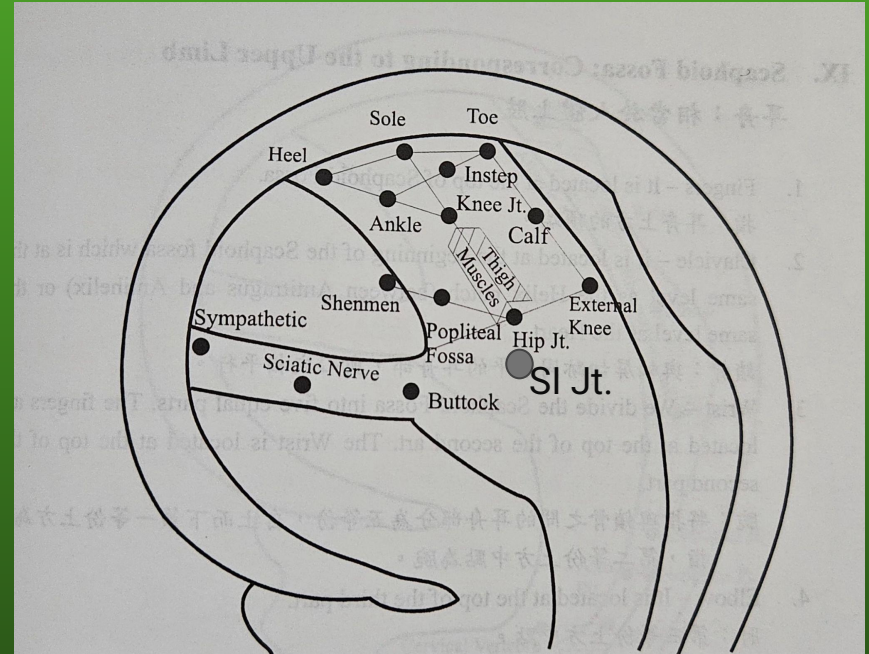
Auricular Upper Limbs

- Muscular inflammatory and circulatory issues
- Shoulder triangle



Auricular Lower Limbs

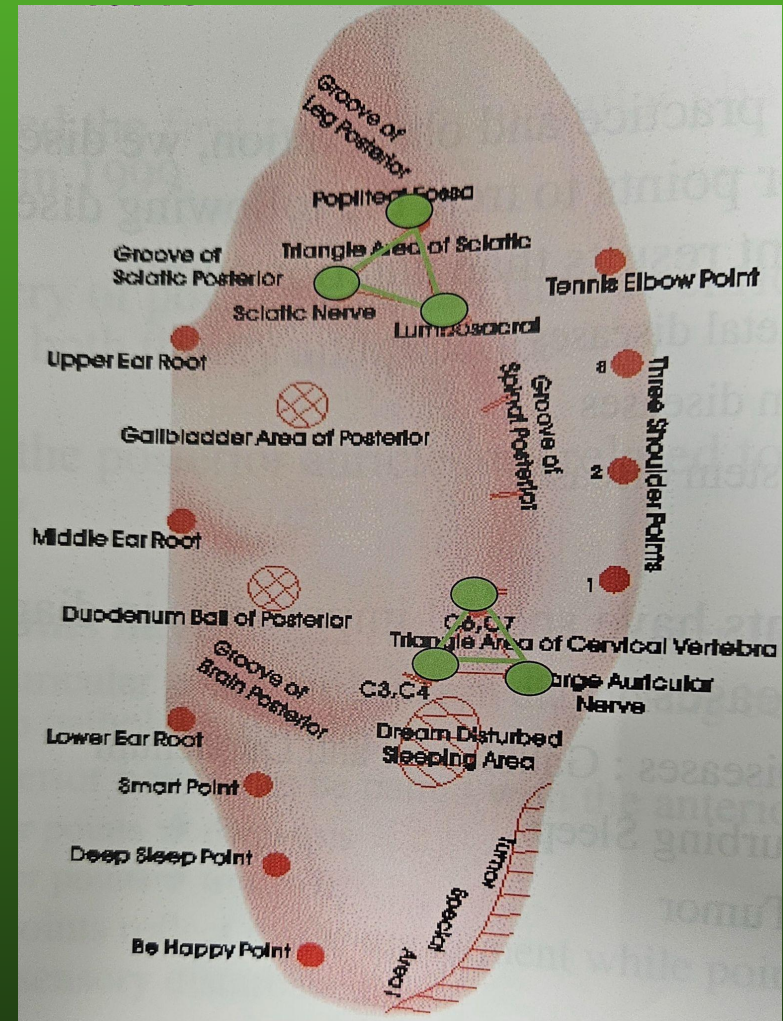
- Knee, Ankle, Heel, Sole
- Calf, Instep, Toes
- Hip Jt, SI Jt, Buttock, Sciatica nerve



Auricular Posterior Groove & Zones

Triangles

- Neck Triangle: Larger auricular nerve - C3,C4 - C6, C7
- 3 Shoulder points
- Back Triangle: Lumbosacral - Sciatica Nerve - Popliteal Fossa



Auricular Bleeding

Bleeding ear apex

- To ease pain and sooth 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.

Case



Reason for Visit:

The 39-year-old (Male - Tāne) Director came for Carpal Tunnel Pain and Numbness for 6 years

Objective View [1st session]:

Very tense in his whole body, including the abdomen: yin deficiency. Blood stasis signs in the ear, hands, feet, and tongue. No issue found in the necks, but do have lower back issue seeing his chiro frequently for adjustments.

Subjective View [on the 3rd session]:

PFMB - much better. He went to see his TBI physio and mentioned Acupuncture and bleeding method. He will be seeing his specialist and might not need a surgery

TCM Condition: limb impediment[肢痹 Zhi Bi] Caused by evils obstructing meridians, poor circulation of qi, yang qi not extending, qi and blood stasis in the extremities. Clinically characterized by symmetrical numbness and insensitivity in the extremities, pain and sensory loss, extending to the elbows and knees in severe cases, typical of limb impediment bi syndrome.

DDX Pattern: impediment and obstruction (bi syndrome) Due to blood stasis[瘀血痹阻证 yu xue bi zu zheng]

DDX Treatment Methods: regulating qi to stop pain[理气止痛 li qi zhi tong] , activating blood and resolving stasis[活血化瘀 huo xue hua yu]

Treatment Protocols (1st & 3rd session): 2. AA - BQH, R: SP15, ST24, Ab1, Ab2; 30 mins;

Special Techniques: 1. bled - b: ear apex; KD2 zone;

Treatment Protocols (2nd session): B: PC6 - PC7.5; 40 mins; TEAS -B: PC6 - PC7.5: 2/100HZ; 40 mins;

A Paralysis Case

A 77 year old female support worker

- No strength to walk
- Lumbar spondylosis
- Chronic aches with no pain
- Depression and stress

Major Concerns and Symptoms:
Knees and Hips has no strengthen at walk, worse on the R side.

Medications and Supplements:
On 6 - 8 weeks turmeric currently, glucosamine and chondroitin has been recommended

Subjective View (on 1st visit): Dull, persistent that worsens with fatigue. Limping and no strengthen at walk.

VAS(on 6th visit): 1/10. on 1st visit: 4/10

PFMB (on 6th visit): Walked much better, straighter and moved more quickly with better energy. Since the 5th visit, her stress suddenly stopped.

Treatment Summary:

- First 2 sessions: Auricular - R: NADA + hip, knee, ankle pts; triangle area for sciatica, hip, and lower back; Magnetic pallets; leave for 5 - 7 days +;
- From 2nd session onward: AA - BQH R: GB29, GB31, Tong shen, Tong guan; ST36; 30 mins; TDP;
- Self-Care: Treasure 3 style 3-7-9 Qi gong breathing

A Vaping Case

A male patient in 30s

- A drummer with forearm cramps
- Smoking and quit
- Vaping to relieve social pressure and stress

Major Concerns and Symptoms: addiction to vaping, related to social/stress factors. Used to be a smoker, was able to quit but resume when there's social connections or stress. Would like to take control and make better choices.

Treatment Therapy: Acupuncture , Self-Care Advice

Treatment Methods: Auricular Therapy

Treatment Protocols: Auricular - R: NADA+, L: ATP+

Self-Care Advice:

- Visualisation technique; 3 - 7 - 9 Qi gong breathing
- Mindful technique: Six healing sound Qi gong

Summary: 3 sessions, stopped vaping completely, no pressure in social settings.

NZCAP - Trial Projects

- 7 Sessions Design: orientation session, 6 training sessions
- 1 Acupuncturist to 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

NZCAP - Acupuncture in Private Clinics

- 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
- Implement a Walk-In Queue
- Locations: at your private clinic
- Day and time: you decide it

We will send you a survey to find out your needs

Why Are We Here Today?

Introduce NZCAP and its mission:

NZCAP aims to make acupuncture accessible and impactful by addressing key health challenges in communities.

Brief overview of acupuncture's role:

- Acupuncture reduces anxiety, depression, PTSD, and chronic pain through its influence on neurological and inflammatory responses.



Why Are We Here Today?

- 20%
- 15%
- 5%
- 10%
- 30%

External factors -
Natural disasters -
Personal trauma -
Major health issue -
Loss of family -

of adults face anxiety, depression, and are PTSD

specific phobias

experience chronic pain annually

such as the COVID-19 pandemic, like Hurricane Gabriel,

like car accidents

suffering a major health condition, and can all exacerbate these issues.



Limitations of Current Health Pathways

Challenges in Conventional Treatments

- Long wait times and high costs.
- Side effects of pharmacological treatments.
- Limited access to integrated care.
- **Time: 6 - 8 months, \$\$\$**
- **10 - 20 years on drugs**
- **Acupuncture not on the pathways**

Cases of two sisters:

- Hysteria, crying daily
- Depression, addictions

Both responded well to TCM

- **Running piglet syndrome**
 - **Liver Depression**
- Auricular acupuncture, and
TCM medicinal 3 - 7 - 9 breathing technique**

The Role of Acupuncture

Acupuncture: The Holistic Regulation and Connections in 3 Treasures (针灸: 整体调理和连结天地人三才)

In Traditional Chinese Medicine (TCM), emotional imbalances are often seen as disruptions of the flow of Qi (life energy) and disharmonies in the balance of Yin and Yang. TCM classics emphasize how acupuncture can regulate emotions by harmonizing internal organs and restoring balance, which promotes both physical and emotional well-being.




- Energy flow
- Yin Yang Balance
- Internal Organ Disharmony
- Mind and Body Well-being


The Role of Acupuncture

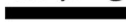


Balance Yin and Yang Axes (阴平阳秘，精神乃治)

- Where there is balance, there is health.
- Acupuncture adjusts Yin and Yang to relieve:
 - anxiety,
 - depression, and
 - stress.


阴 Yin


plus equals 

阳 yang


地(yin ascending above yang)
天(yang descending below yin)

交 (interaction, embracing each other)

泰(tai gua): Healthy & Peaceful

Heaven and earth
interaction
integration
embracing
in the force of love

The Role of Acupuncture

1. Regulate Heart (心主神明, 气和则神宁)

The heart houses the Shen (mind/spirit), and when the Qi is harmonious, the Shen is calm. This highlights acupuncture's ability to ease emotional disturbances by balancing heart Qi.

Vertical axis: Yin Yang Interplay on 3 Levels

The Role of Acupuncture

2. Harmonise Liver & Lung (肝: 木 - 魂, 肺: 金 - 魄)

- Balance Wood and Metal
- Regulate Qi (Lung) and Blood (Liver)
- Harmonise Mind (Mental) and Body (Physical)

Horizontal Axis: Qi, Blood, Fluids

The Role of Acupuncture

- About Hun (魂归于肝): **Emotional Liver**

In Huangdi Neijing (黄帝内经), it is noted that Hun resides in the liver (肝). The Hun is responsible for planning, creativity, dreams, and inspiration. Disharmony in the liver can lead to symptoms such as restlessness, anxiety, or depression.

- About Blood (肝藏血, 血舍魂): **Physical Liver**

The liver stores blood, and blood nourishes the Hun. A lack of liver yin and blood (肝血, 肝阴不足) can lead to problems with the Hun, such as disturbed sleep, vivid dreams, or emotional instability.

- About Qi Mechanism and Movements (魂主出入): **Functional Liver**

Hun governs the "coming and going" of the spirit, which explains its connection to imagination and the ability to adapt to external changes emotionally.

The Role of Acupuncture

- About Po (魄归于肺): **Heavenly Layer: voice and speech**

Po resides in the lungs (肺). It is considered the corporeal soul, closely tied to physical sensations, instincts, and survival needs. Po governs the body's physical connection to the world and immediate emotional responses such as grief or fear.

- About Qi (肺藏气, 气舍魄): **Humanity Layer: Qi flow and function**

The lungs store Qi, which supports the Po. When lung Qi is weak, people may feel a sense of loss, sadness, or detachment from the physical world.

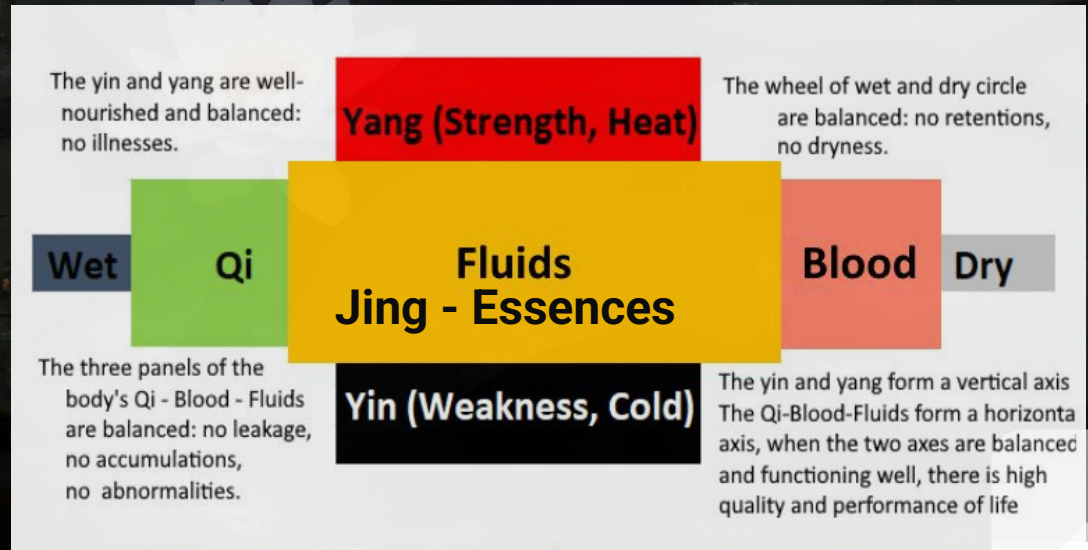
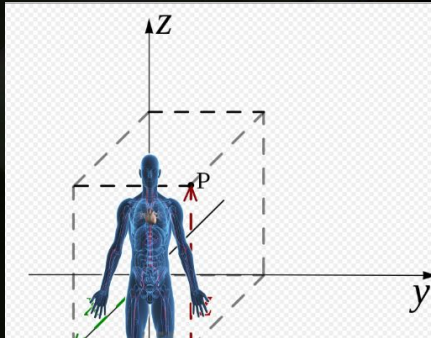
- About Physical Body (魄主形): **Earthly Lung: Structural and substantial**

Po is responsible for bodily sensations and instinctive behaviors, directly reflecting physical vitality. It is seen as the anchor of life in the material body.

The Role of Acupuncture

Acupuncture: The Wisdom of Holistic Regulation and Connections in 3 Treasures (针灸: 整体调理和连结天地人三才的智慧)

- **Vertical Axis**
- **Horizontal Axis**



The Effectiveness of Acupuncture

CASE: Healing from Childhood Trauma and Anxiety: A Patient's Journey and Practitioner's Insights with Acupuncture and TCM

- Childhood trauma: anxiety and phobia
- Chronic illnesses: Depression and atrophy

What have helped ?

- Patience and listening to the patient
- Follow the flow (Tai ji principles)
- Encouraging human body's self-healing
- Regular Acupuncture, Auricular needles, Chinese ready made pills, Tai ji Qi gong breathing, mindfulness based on Tai ji and Treasure 3

Why Are We Here Today?

Acupuncture is an important part of Health Pathways:

- 10% - Primary Health
- 40% - Alternative Health
- 50% - Self Care

Community Acupuncture is a form of practice to be explored, in a group setting, with focuses on:

- Heaven (Cultural, Value, Calmness)
- Humanity or People (Connection, Mutual Supports)
- Earth (Following the natural flow (道, dao), Self Cares)



NZCAP Initiatives

Based on TCM Treasure 3 Model:

- Heaven: Spiritual, Values, Mind
- Humanity: Transformation, Connections, and Community Integration
- Earth: Physical, Structural and Functional

Aligned with Tai Ji International Traditional Chinese Medicine Foundations' Mission:

- Contribute to the Development and Inheritance of Traditional Chinese Medicine



NZCAP app workflow

Addressing Mental Health and Chronic Pain Challenges in New Zealand



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 Are You a caregi...









Jason Yes

Trial Project Initial MYMOP and K1...

Patient Name Are You a caregi...

Jason 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

NZCAP - supporting NZ Communities

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

Auricular Therapy 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...

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

Community Acupuncture Pilot

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- and more

Physical Health Issues

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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

Did you know...
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- and more

Physical Health Issues

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- Traumatic injuries
- Chronic pain conditions
- and more

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



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

NZCAP Website

<https://yinyanghealingpath.com>

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



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

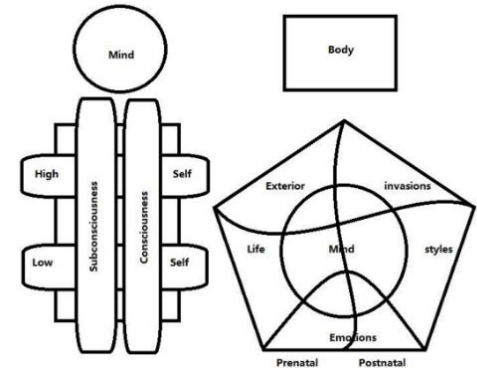
Community Acupuncture



COMMUNITY ACUPUNCTURE CONSENT FORM



ACUPUNCTURE NZ GENERAL CONSENT FORM



Acupuncture Community Day

- On Koha
- Promote acupuncture profession
- Marketing private clinics

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

Navigating a Health Crisis: Western Perspectives and Eastern Wisdom

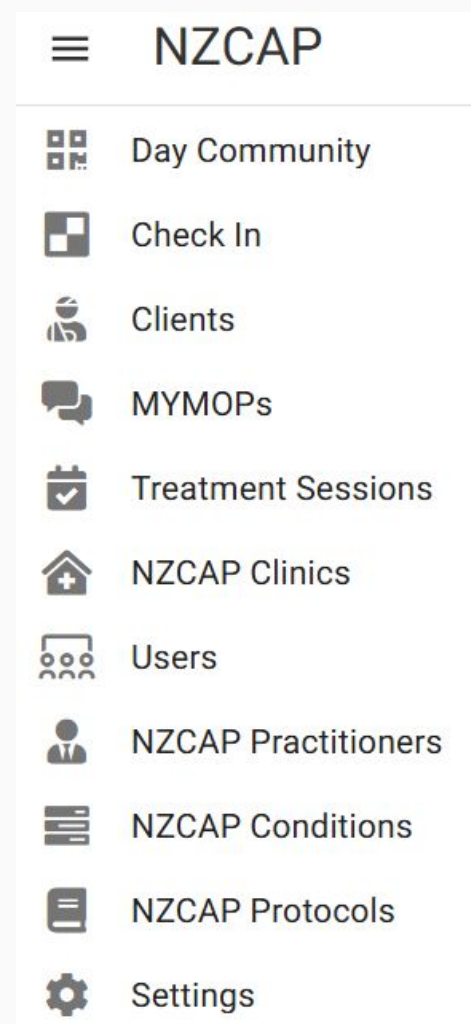
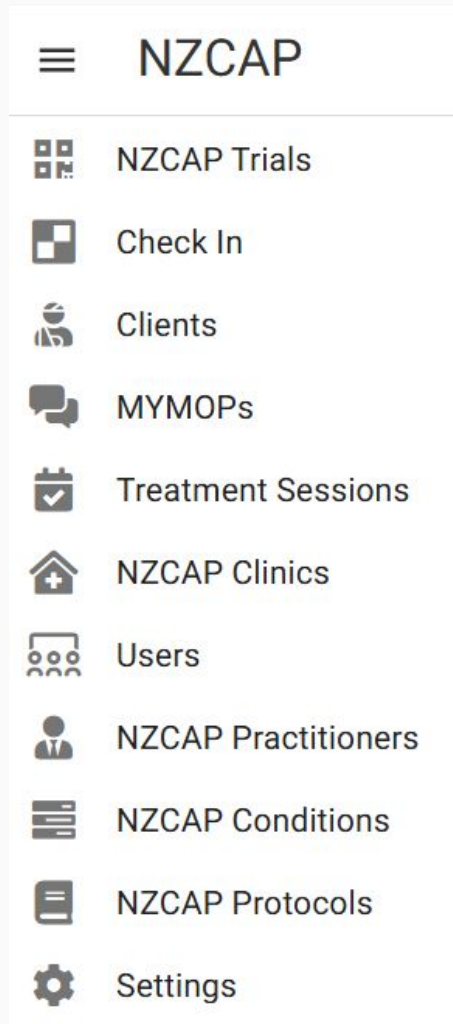
JUL 26, 2023

Navigating a Health Crisis: Western Perspectives and Eastern Wisdom Life can throw curveballs at us, and one of the most challenging to handle is a health crisis. Imagine waking up one day and finding out you have serious pain and illness. It's a scenario none of us...

NZCAP app - Interfaces

In the future:

- Conducting patient-centered community acupuncture practice



Workflow automation - same process

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

Acupuncture Community Day - walk in

Check In Queue

- Provide EOI and Initial MYMOP and K10 baseline data (new client)
- Provide MYMOP Follow Up data
- Provide review on website/facebook etc. after 6 sessions
- Indicating next participation date
- Sending out email for confirmation automatically

NZCAP Summary

- Trial Projects
- Acupuncture
Community Day

The Need for Community Acupuncture

- Access to Care
- Affordability and Accessibility
- Patient - Centred Research
- Promote your brand and
business

Cultural Safety and Competence for Veterans Mental Health in Community Acupuncture

- 1) By Mark Compain - RSA supporter
- 2) Discussion with Mark and Jason - Host Renjie Xi

