



*presents the premier physician acupuncture
training program in the United States*

**EAST COAST
VENUE**

MEDICAL ACUPUNCTURE FOR PHYSICIANSSM

Introductory Weekend

April 15 – 18, 2010

Clinical Units

August 27 – 31, 2010

and

October 27 – 31, 2010

Home video study between live units
in a 300-hour format.



Sponsored by

Helms Medical Institute

Curriculum and faculty developed by

Helms Medical Institute

www.HMIacupuncture.com

510.649.8488

REKINDLE YOUR LOVE OF MEDICINE

Acupuncture Today

Photography by Shimabukuro



Acupuncture today has become a highly respected and popular modality of medical treatment in the United States. The growing acceptance by physicians and patients is in large part due to the successful work of graduates of the **HMI Medical Acupuncture for Physicians** program. This CME activity is the most convenient and reliable training for busy physicians to acquire acupuncture clinical skills. 6,000 physicians have completed the training during the 25 years of co-sponsorship by the Office of Continuing Medical Education at UCLA School of Medicine. It is a comprehensive course, and has earned the reputation of conscientiously accomplishing its goal of creating clinically competent physician acupuncturists who can integrate acupuncture with conventional medicine. This is the second season the course is sponsored exclusively by HMI.

Course Organization

MEDICAL ACUPUNCTURE FOR PHYSICIANS

All training activities will take place in Potomac, Maryland (near Washington, D.C.).

INTRODUCTORY WEEKEND

April 15 – 18, 2010

OPTIONAL CLINICAL INTENSIVE

April 19, 2010

HOME STUDY CURRICULUM

April – October 2010

CLINICAL EXPERIENCE

August 27 – 31 AND October 27 – 31, 2010

Format Options

OPTIONAL CLINICAL INTENSIVE is an additional day of supervised training on point indications, anatomy, palpation, and needling to give you a head start that will enable you to safely treat uncomplicated problems while completing the full training program.

EXPOSURE PROGRAM is for residents, fellows, and administrators who wish to learn some fundamental skills but who are not at the point in their careers to embrace the entire discipline.

PAIN MANAGEMENT OR PRIMARY CARE PATHWAY is selected according to your intended use of acupuncture. 85% of the course material in each pathway is the same. Pain management focuses additional attention on the musculoskeletal pain problems seen in pain specialty practices; primary care addresses clinical problems ranging from stress-related and functional disorders to organic lesions, as well as musculoskeletal pain.

CLINICAL EXPERIENCE brings the acupuncture learning process to practical thinking and application. The first clinical unit is five days of supervised review of channel and point locations, needling technique, and patient evaluation. The second unit is an intensive hands-on session where you gain experience both as an acupuncture patient and as a physician acupuncturist.

Course Content

- Basic science foundations of acupuncture
- Clinical science levels of evidence
- Fundamentals of traditional acupuncture theory
- Hybrid contemporary model of acupuncture
- Channel and point function, location, and palpation
- Integrated approaches to diagnosis and therapy
- Needling technique
- Patient management
- Practice building and billing



Learning Objectives

This course is designed to meet the needs of physicians seeking responsible and comprehensive training in the emerging discipline of medical acupuncture. In doing so, this CME activity addresses the demands of patients and physicians seeking a safe and time-tested complement or alternative to conventional medical therapies.

If you participate conscientiously in all aspects of the training, this medical acupuncture program should enable you to:

- Apply this skill when addressing everyday musculoskeletal and headache pain problems in your practice, and thereby reduce exclusive reliance on pharmaceuticals;
- Use the acupuncture diagnostic model to interpret premonitory and stress-related problems that typically escape explanation, that is, address the “worried well” issues in your patients;
- Use acupuncture as an early intervention tool in managing chronic pain patients, as primary treatment or in collaboration with medications and other interventions;
- Treat functional and organic problems with acupuncture as either the unique approach or as a complement to conventional therapy;
- Relate on a more intimate, interactive, and practical level with your patients, and thus allow you to enjoy anew your practice of medicine.

Advantages of This Program

- The **HMI Medical Acupuncture for Physicians** course is the oldest and most respected physician acupuncture training program in the United States.
- Teaching starts from the biomedical foundations familiar to all physicians and progressively incorporates tenets from classical Chinese texts and the clinical tradition of acupuncture.
- The course content is comprehensive and integrated. It systematically embraces all major approaches to acupuncture and emphasizes the incorporation of medical acupuncture into contemporary professional practice.
- All instructors and clinical preceptors are qualified through the Helms Medical Institute. Their teamwork creates a dynamic and compassionate learning environment unlike any other medical training you have undertaken.
- Each step in learning is anchored to pragmatic applications and realistic clinical situations seen in primary care and pain management practices.
- We enjoy ourselves while teaching and want our students to enjoy themselves while learning.
- The format of the program is convenient for the busy practitioner wanting to assimilate a new discipline: three live sessions with home study; pain management and primary care pathways; reinforced multimedia learning with lecture, reading, video demonstration, supervised hands-on, and direct patient contact.

- Participation is open only to physicians (MDs and DOs, and DDSs, DPMs, and DMDs in states where acupuncture is included in the scope of practice of their license).
- **Medical Acupuncture for Physicians** is approved by the American Board of Medical Acupuncture as meeting the standards for board certification. Course graduates are eligible to become practice members of the American Academy of Medical Acupuncture, and will have their training accepted by all states requiring acupuncture registration or certification.
- Intermediate and advanced clinical programs are offered regularly by Helms Medical Institute to graduates of this basic program.

Study Expectations

You must be prepared to devote a regular period each week to study the videos and locate points on yourself and family and friends. In the comprehensive 300-hour curriculum, the clinical units taken at four and six months require five to six hours of video viewing and study each week.

Three to six months of serious independent clinical integration following the final unit will ground your experience and allow you to gain confidence and expertise in this new modality.



COURSE CHAIRMAN

Joseph M. Helms, MD, a diplomate of the American Board of Family Practice and the American Board of Pain Management, is an adjunct clinical professor in the Division of Medical Acupuncture at Stanford School of Medicine. His training in acupuncture is from l'Association Française d'Acupuncture. He is the founding president of the American Academy of Medical Acupuncture, president of the Helms Medical Institute, and the author of the textbook *Acupuncture Energetics: A Clinical Approach for Physicians*. Dr. Helms has a private medical acupuncture practice in Berkeley, California.

EXPLANATION OF CREDITS

Following successful completion of the three program units, a letter verifying 40 (exposure) or 300 (comprehensive) hours of formal instruction in medical acupuncture will be issued approximately six weeks after the clinical unit, and subsequent to the return of the home study video material.

Credit for the home video study portions of the course is contingent upon successful completion of post-video tests. No partial credit can be issued for participation in any unit of the program.

Admission & Application

ADMISSION PROCEDURE

Acceptance into the program is not automatic upon application. It is based upon professional training and current practice environment, intended use of this specialty, geographic location, and timely receipt of the application and required documents. A recommendation note from a course graduate is encouraged, but not required.

Your application should contain, in addition to the attached form:

- ***Resume of formal training, including acupuncture background, if any, and a thoughtful statement of plans (at least three paragraphs) for your use of acupuncture.***
- ***Photocopy of your current, active professional license.***

The completed application form and documentation should be submitted along with the full tuition fee. Enrollment is limited to 100 participants. Please apply early in order to receive the preparatory reading and viewing material well in advance of the introductory weekend.



REVITALIZE YOUR PRACTICE

FEE	Before March 1	After March 1
300-HOUR COURSE TUITION FOR UNITS 1, 2, and 3 (Fee includes the <i>Acupuncture Energetics</i> textbook)	\$7,000	\$7,150
EXTRA CLINICAL INTENSIVE DAY, APRIL 19 (optional)	\$650	\$750
ADDITIONAL CLINICAL UNIT (For graduates of prior courses, or those wanting to take both pathways)	\$2,500	\$2,500
RESIDENTS AND FELLOWS (Must be full-time through conclusion of course)		
300-HOUR	\$5,600	\$5,750
40-HOUR EXPOSURE PROGRAM*	\$1,600	\$1,750

*Only residents, fellows, and administrators are eligible. The exposure course tuition covers the textbook and introductory weekend, and is deductible from the full course tuition when the participant applies to complete the training.

REFUNDS

Helms Medical Institute reserves the right to cancel the course or any of its clinical units, and to change the dates or venue of the units. If you are not accepted into the course, a full refund of the tuition is given. If a clinical unit is canceled, you must be available to attend an alternate unit. A full refund is given if the course is canceled, discontinued, or rescheduled. A minimum service charge of \$100 is withheld from all other refunds. Requests for refund must be in writing and postmarked one week before the introductory weekend, after which time the fee is not refundable.

ACCOMMODATIONS

All training activities will take place at the Bolger Center in Potomac, Maryland, 30 minutes from Dulles or Reagan International Airports in Washington, D.C. You are requested to lodge at the conference center, where a group rate of \$159 for a standard room or \$195 for a deluxe room has been arranged.

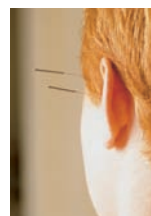
Bolger Center
9600 Newbridge Drive
Potomac, MD 20854
301.983.7006

Accreditation

Helms Medical Institute is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Helms Medical Institute designates this educational activity for a maximum of *300 AMA PRA Category 1 Credit™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

DISCLOSURE

This CME activity was planned and produced in accordance with the ACCME "Standards for Interpreting the Essentials as Applied to Continuing Medical Education Enduring Materials." The term of approval for the enduring materials portion of this continuing education activity is two years from the beginning of distribution date of April 15, 2009. As mandated by the ACCME, all faculty participating in continuing medical education activities sponsored by the Helms Medical Institute are required to disclose to the audience any real or apparent conflict of interest related to the content of their presentation, as well as any discussions of the use of unapproved/unlabelled drugs or devices. The names of faculty members declaring a potential conflict of interest will be shown in the course syllabus. HMI faculty also have formally agreed to announce the level of evidence upon which any clinically directed instruction is based.



ON-GOING MEDICAL ACUPUNCTURE EDUCATION

HMI Intermediate and Advanced Programs

CHINESE SCALP ACUPUNCTURE

May 29 – 30, 2010 • Tempe, Arizona

HMI
HELMS
MEDICAL
INSTITUTE

Helms Medical Foundation
2520 Milvia Street
Berkeley, California 94704



THIS MEDICAL ACUPUNCTURE TRAINING PROGRAM IS:

- COMPREHENSIVE
- REALISTIC
- HANDS-ON
- INTEGRATED
- PRAGMATIC
- WELL-ORCHESTRATED
- 300 HOURS OF
FORMAL INSTRUCTION
- APPROVED FOR CERTIFICATION BY THE
AMERICAN BOARD OF MEDICAL
ACUPUNCTURE



REVITALIZE YOUR PRACTICE

The Helms Medical Institute, whose approach is celebrated as the most successful method to prepare physicians to incorporate acupuncture into their practices, has developed the teaching curriculum and clinical preceptor standards for this program.

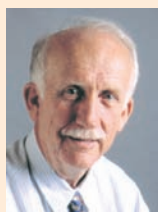
PROGRAM PLANNING COMMITTEE



MARK BOSWELL, MD, PHD
*Professor of Anesthesiology
Director, Pain Management Fellowship Program
Texas Tech University HSC
Lubbock, Texas*



IVÁN IRIARTE, MD
*Associate Professor of Family Medicine
Ponce School of Medicine
Ponce, Puerto Rico*



ALLEN MCDANIELS, MD
*Preventive Medicine and
Medical Acupuncture
San Pedro, California*



EMILY RATNER, MD
*Associate Professor of Anesthesiology
Co-Director, Division of Medical Acupuncture
Stanford University School of Medicine
Stanford, California*



ALI SAFAYAN, MD
*Integrative Internal Medicine
Washington, D.C.*



SANDRA SKATES, DO
*Osteopathic and Family Medicine
Touro College of Osteopathic Medicine
Vallejo, California*



RICHARD ZWEIG, MD
*Rheumatology and Medical Acupuncture
Kaiser Permanente Medical Group
Santa Rosa, California*

MEDICAL ACUPUNCTURE FOR PHYSICIANS

Spring / Fall 2010 – \$7,000

Enrollment is limited. Early application is recommended.

This application cannot be processed without:

- Application for Enrollment Form
- Resume
- Photocopy of Current License
- Statement of Plans
- \$7,000 300-Hour Tuition (\$7,150 after March 1)
- \$5,600 Discounted Tuition (\$5,750 after March 1)
- \$1,600 Exposure Program Tuition (\$1,750 after March 1)
- \$2,500 Additional Clinical Unit (optional)
- \$650 Clinical Intensive (optional) (\$750 after March 1)

Name (First, Middle, Last)

Preferred Mailing Address (Street Address Only, No P.O. Boxes)

City/State/Zip

Daytime Phone

Home Phone

Fax

E-mail Address

Professional Degree and Field of Practice

State or Provincial Medical License Number

Course Format: 300-hour Exposure
Pathway: Pain Management Primary Care

- Optional Clinical Intensive: April 19, 2010
Please include \$650 additional in your payment (\$750 after March 1)

- Check enclosed payable to: HELMS MEDICAL INSTITUTE

Charge: # _____

- MasterCard Visa Discover

Authorizing Signature:

Expiration Date

MAIL OR FAX COMPLETED FORM AND PAYMENT TO:

MEDICAL ACUPUNCTURE
2520 MILVIA STREET
BERKELEY, CA 94704
FAX: 510-649-8692

For additional information concerning this program call:

510-649-8488

E-mail: MAFP@HMIeducation.com

www.HMIacupuncture.com