



THE ALTERNATIVE CLINIC

FOR EXTERNAL INJURIES AND INTERNAL DISEASE

Clinical Training at The Alternative Clinic

Every successful teacher who trained in China spent years shadowing their teachers, watching their treatments and seeing herbal formulas being written for each patient. This has been the primary learning method since the beginning of Chinese medicine. Its importance in building skilled and confident practitioners cannot be underestimated.

As part of our mission to raise the bar of clinically focused Chinese medicine, we offer the same opportunity given to us by opening our clinic in Asheville, NC to observation by our colleagues and Chinese medicine students. Observers watch us treat real patients with serious conditions, see how we use acupuncture, bodywork and herbs to make dramatic shifts quickly, and benefit from discussion about our treatment choices and strategies.

Who are my teachers?

Observers will be following Andrew (MSOM) and JulieAnn Nugent-Head (MSOM and MD China). Andrew spent 28 years in China learning in traditional mentor-disciple relationships. JulieAnn spent 8 years in China studying with traditional teachers and earning an MD in the clinical practice of Chinese medicine at the Zhejiang University of Chinese Medicine, Hangzhou, China.

Who can attend?

Observation is open to licensed practitioners around the world, and students of Chinese medicine *who are earning externship credits towards graduation*.

Will I earn CEUs?

For North American practitioners, clinical training hours have been approved by the California Acupuncture Board and total hours accrued count toward recertification. The NCCAOM, however, will allow only 10 clinical hours toward professional development activity per two year term. Please check with your state requirements to confirm if they have a reciprocity agreement with California or the NCCAOM. International practitioners requiring credit toward professional development activities are encouraged to contact their local governing board to confirm reporting procedures. CEUs earned are 32 hours per week.

What does the program cost?

One week of observation costs \$750. Payment must be made at time of booking to reserve the space and is non-refundable unless cancelled by the clinic due to circumstances beyond its control.

What does the program look like?

Observers will watch treatments at the clinic Mondays through Thursday, following Andrew Nugent-Head for two days of grand rounds, and JulieAnn Nugent-Head for two days. Clinic begins at 9:00am with a brief introduction to the day's cases, then observers will watch treatments until 4:30pm. From 4:30 to 5pm Andrew or JulieAnn will answer questions on the day's cases.



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For observers interested in growing herbs, we offer an optional farm visit on Friday from 9-12 season permitting. Observers who are interested in the cultivation of herbs will enjoy our farm tour, discussion on herb cultivation and the varieties growing in WNC, and will have the opportunity for hands on experience by assisting in the harvest / processing of herbs or herbal products, or other seasonally appropriate herb-related farm tasks. Small group discussion / planned lectures from Andrew or JulieAnn will round out the Friday program for this unique opportunity to spend time with JulieAnn /Andrew in the field, and outside of the clinic setting. Participation in our Friday program is optional.

Please note, participation in Friday farm sessions does not affect the price of the weekly observation program.



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Clinic Observation / Code of Conduct

Observation space is limited to two observers per day. Please contact us to confirm that your desired dates are available before booking travel. Please be sure your travel dates and time in our clinic will work for you before making a commitment as once booked and confirmed, we are unable to refund tuition.

Application Process:

To sign up for clinical observation, please send an e-mail with requested dates of attendance to confirm availability. Payment in full is due at time of booking.

CEU Certification:

If you need to certify your observation hours for continuing education credit, be sure to let our front desk staff know ahead of time so they can prepare CEU certificates. It is your responsibility to obtain this paper and to keep it for accreditation. Training shifts are approved for CEU credit through the California Acupuncture Board for each day attended under the title "Medical Grand Rounds". The NCCAOM considers clinical observation a professional development activity and will allow a total of 10 hours of clinical observation toward each two year period.

Travel:

Asheville airport (AVL) is 15 minutes from town and very easy to navigate. However, as a small airport, flights are slightly more expensive than flying into Greenville or Charlotte. Shuttle buses are available to Asheville, but the convenience is worth the cost to fly directly into AVL airport. For international flights, connecting through Newark or Chicago is a good choice, as both of those cities have a direct flight to Asheville.

Accommodations:

The clinic is in the heart of downtown and the city is easily walkable. Many hotels are available within walking distance to the clinic, but do have premium rates. West Asheville and East Asheville have ample airbnb and small places to stay, but will require car / bike or uber service to get to and from the clinic to lodging. Please see the attached recommended accommodations sheet.

Parking:

There is very limited parking in the downtown area. However, parking by the Merrimon Avenue Whole Foods is free and does not have time restrictions. There is also a flat rate parking lot on Lexington Avenue across from Dobra Tea House. Metered street parking in downtown has a two hour time limit and is strictly enforced. Parking garages in the downtown area are available for \$12 per day or by the hour.

Personal Belongings Storage:

We have limited storage, but we do have a secure place for a small bag/wallet/keys and coat.

Shift Times:

Treatment hours are typically 9 - 5pm, Lunch break is typically from 12:45-1:30pm. We recommend bringing a packed lunch, however we *do not* have facilities to heat up food. There are excellent



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restaurants and sandwich options in the downtown area. We do have tea and filtered water available.

Hygiene:

Please be aware of personal hygiene, come to the clinic clean and showered, and do not apply strong essential oils or perfumes.

Clinic Dress Code:

We are a medical clinic. Please dress as a professional medical care provider. No exceptions. If you arrive improperly attired, you will not be permitted to observe.

- Men: black collared shirt. Khaki, black or grey pants and closed toe shoes. Hoodies and t-shirts are not acceptable. In winter sweaters or jackets should also be solid black in color.
- Women: black professional attire, black pants and conservative jewelry. Please no low cut / cleavage revealing shirts. Closed toe black shoes. In winter, sweaters or cover-ups should also be solid black in color.

Important Notes:

Please do not engage in conversation with the patients or practitioners while with patients. We work to ensure that your time at The Alternative Clinic is a valuable learning experience, however, please understand the benefit of quiet observation and respect the treatment between practitioner and patient. Depending on the condition of the patient, it is often inappropriate to openly discuss the case, diagnosis, techniques or strategy while with the patient.

Casual conversation valuable treatment time. If the practitioner is chatting with a patient in a casual manner, that does not invite you to join in the conversation. If you have comments or questions, write them down. If you feel you have beneficial suggestions, diagnoses or treatment strategies, please keep them to yourself. Please remember that the patients are in our clinic to see us, and they put up with observers because that is our policy. Even if you feel we are missing something or you have a solution you believe we have overlooked, we still need you to blend into the background and stay silent. We discuss cases at the end of the day and will provide you with time to ask questions or offer comments.

Please keep conversations in the pharmacy and waiting area to a low volume, and please turn off your cell phone and store with your belongings. While it may seem acceptable in modern times to utilize the phone to look up points and herbs, looking at your phone conveys an image of non-professionality to the practitioner and patient. Paper and pen note-taking is preferred if you feel you need to take notes.

I have read and accept these guidelines for my clinical training while at the Alternative Clinic. Please sign this form and return to the clinic.

Signed By

Date



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Lodging in Asheville

recommended by past clinic & seminar attendees

* Room in Private House - 15 minute walk to clinic. Prices vary by season & availability
<https://www.airbnb.co.uk/rooms/1054757>

* Super 8 on Tunnel Road - free breakfast, public bus to clinic, close to mall & grocery stores

* Private house in nice neighborhood near downtown - 20 minute walk to clinic
Contact Name: Nan Chase Home- (828) 225-1705 Cell- (828) 719-9217

* Asheville Hostel and guesthouse. In 2019, a private room cost 50\$, also available is a room with 2 beds. Confirm pricing as it is likely to change seasonally. Clean, with comfortable beds. The staff is friendly. 7 minute walk from the clinic.

* Grey Rock Inn, 100 Biltmore Avenue. Prices vary from \$65.00 and up. Nice location only five or six blocks away from the clinic with grocery store right next door, but does have communal bathrooms and kitchen. You can only book through Airbnb.

* Sweet Peas Hostel on Lexington around the corner from the clinic. About 40\$ a night. Clean, no smoking or drinking. Bar on the first floor; Thursday thru Saturday nights are quite noisy.

* Four Points Sheraton downtown. Within walking distance to clinic with good breakfast restaurant in the hotel. The rooms are nice, quiet and comfortable. \$130 per night on non-peak times.



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Clinic Reflections

Thank you for joining us at The Alternative Clinic. We created the observation program to give practitioners an opportunity to see Chinese medicine practiced as it was taught to us. We believe that Chinese medicine can and should be tangibly effective, and immediately obvious across a wide range of illness.

We hope that we have fulfilled these expectations, and created a valuable training program for you. While not required, we do hope you will take the time to write down or film your thoughts on being in our clinic, to assist us in improving the experience as well as to better inform others on what to expect. If you are willing to do so, we have created a list of questions below as a guideline. You are welcome to do the interview in your native language.

Suggested Talking Points:

Part 01 – A brief description of yourself

01. where are you from
02. how long have you been in practice
03. what kind of previous training you have had
04. have you taken any ATS courses before, and have they affected your practice

Part 02 – Your experience in the clinic

01. impression of the range of illnesses and diversity of patients coming in
02. impression of quality of treatments given
03. explanations of treatment decisions and patient cases
04. what was most interesting to you
05. what was most surprising to you
06. do you feel you will be able to integrate what you have seen at The Alternative Clinic into your practice

Part 03 – General impressions of the program

01. how was organizing your clinical training before arriving?
02. how helpful was the staff once you arrived?
03. how was your experience in Asheville?
04. what more would you want from this program?
05. any advice for future observers?