



# THE ALTERNATIVE CLINIC

## FOR EXTERNAL INJURIES AND INTERNAL DISEASE

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### *Clinical Observation*

*Traditionally, practitioners spent years shadowing a teacher, watching treatments and seeing herbal formulas for a wide variety of ailments before endeavoring to practice medicine on their own. The importance of this teacher-disciple method in building skilled, effective and confident practitioners cannot be underestimated.*

*As part of our mission to raise the bar of clinically focused Chinese medicine in the West, we offer clinical immersion at The Alternative Clinic in Asheville, North Carolina. 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 explanations on treatment and strategy.*

#### Who are my teachers?

Observers will be following Andrew Nugent-Head (MSOM) and JulieAnn Nugent-Head (PhD, MD). Andrew spent 28 years in China learning in traditional mentor-disciple relationships, JulieAnn spent 8 years in China studying with traditional teachers as well completing doctoral studies at the Zhejiang University of Chinese Medicine, Hangzhou, China.

#### Who can attend?

Weekly observation courses are open to licensed practitioners and students of Chinese medicine *who are earning externship credits towards graduation*. For those who have completed a one week observation, a longer 8 week program is available by application.

#### Will I earn continuing education credit?

In the USA, the NCCAOM considers clinical observation a professional development activity and will only allow 10 hours of total clinical observation hours to be applied to recertification requirements during any two-year renewal period. For international practitioners, please confirm CEU requirements with your country's governing boards.

#### What does the program cost?

Weekly observation is \$750. Payment must be made at time of booking and is non-refundable unless cancelled by the clinic due to circumstances beyond its control. 8 weeks of observation is available for \$4500, payable in full at time of booking.

#### What does the program look like?

Observers will observe patients Monday through Thursday, following Andrew Nugent-Head for two days, and JulieAnn Nugent-Head for two days. The day begins at 9:00am with a brief introduction to the day's patients, and treatments continuing every 40 minutes until 4:30pm. From 4:30 to 5:00pm, Andrew or JulieAnn will answer questions to clarify treatments & formulas.

For one-week program participants, a farm tour & private discussion from 9-12 on Friday at the Nugent-Head's herb farm will round out this unique opportunity. For those in the eight week program, Friday discussions will occur every other week, travel schedule permitting.

#### Application Process:

Observation is limited. To sign up for a single week clinical observation, please send an e-mail with requested dates of attendance to confirm availability. For longer term study, please send dates for 8 weeks of contiguous immersion.



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### Travel:

Asheville airport (AVL) is 15 minutes from town and very easy to navigate. However, as a small airport, flights are more expensive than flying into Greenville or Charlotte. For international flights, connecting through Newark or Chicago will offer a direct flight into Asheville.

### Accommodations:

The clinic is in the heart of downtown. The city is hilly, but very walkable. Numerous premium hotels are available within walking distance to the clinic. West Asheville and East Asheville have ample airbnb choices, but will require car / bike or uber service.

### Parking:

There is limited parking in the downtown area. 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. There are a number of free parking lots in town, city development permitting. Our front desk staff will be happy to answer any parking or logistic questions you may have.

### Personal Belongings Storage:

We have very limited storage. Please minimize what you bring to the clinic to a small bag or purse.

### Shift Times:

Treatment hours are typically 9 - 4:30pm, however JulieAnn and Andrew often see patients before or after clinic hours and during lunch. If clinic hours are extended, they will let you know if the cases warrant coming early or staying late. Lunch break is typically from 12:45-1:30pm. There are quick lunch and snack options in downtown, but we recommend bringing a packed lunch for convenience. We *do not* have facilities to refrigerate or heat up food, and we ask that you dispose of any food waste in the garbage cans **outside of the clinic** to minimize aromas in the treatment area.

### 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 or khaki pants and conservative jewelry. Closed toe black shoes. In winter, sweaters or cover-ups should also be solid black in color.

### Conduct:

We work to ensure that your time at The Alternative Clinic is a valuable learning experience. However, please understand the benefit of quiet observation. Depending on the condition being treated, it is often inappropriate to answer questions on diagnosis, techniques or strategy while in the treatment room and in front of the patient.

If the practitioner is chatting with a patient in a casual manner, that also 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 for practitioner or patient, please keep them to yourself. Please remember that the patients are in our clinic to see us, and they allow observers in the room because that is our clinic policy. If you feel we are missing something or you have a solution you feel we have overlooked, or experience you feel is valuable, 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.



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Please turn off your cell phone and store with your belongings. While it may seem acceptable to utilize the phone to look up points and herbs, looking at your phone conveys an image of non-professionalism to practitioner and patient. If you feel you need to take notes, paper and pen is preferable.

Please consider completing a clinic reflection sheet, included as the last page of this document. It is helpful for us to hear your feedback in order for us to improve the program for others.

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 \_\_\_\_\_



## Clinic Observation 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. We have created a list of questions below as a guideline, but you are certainly welcome to write any comments or observations you feel are helpful. You are welcome to write thoughts in your native language.

### Suggested Talking Points:

#### *Part 01 – A brief description of yourself*

- where are you from
- how long have you been in practice
- what kind of previous training you have had
- have you taken any courses from JulieAnn / Andrew before, and have they affected your practice

#### *Part 02 – Your experience in the clinic*

- impression of the range of illnesses and diversity of patients coming in
- impression of quality of treatments given
- explanations of treatment decisions and patient cases
- what was most interesting to you
- what was most surprising to you
- 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*

- how was organizing your clinical training dates and payment?
- how helpful was the staff once you arrived?
- how was your experience in Asheville?
- what more would you want from this program?
- any advice for future observers?