



Traditional Chinese Medical College of Hawaii

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Japanese Acupuncture Elective

ABOUT SEITAI SHINPO

Seitai Shinpo (Seitai= correct posture, Shinpo= acupuncture method) is a Japanese structural acupuncture technique involving both acupuncture and moxibustion. It uses the principles of So Tai Ho therapy, a set of stretching exercises used to bring the body back into alignment, to realign the pelvic region and spinal column. This allows the distortion to be removed and proper posture and health to be restored.

The goal of Seitai Shinpo is to diagnose patterns of contraction along the spine and to release those areas. This is done through precise point location and needling along the contracted areas of the spine. Once the needle is inserted into the proper area of the muscle, tension releases and the spine can once again align itself. This results in nearly immediate pain relief as local nerves and blood supply can reach internal organs.

Immediately following the insertion of the needle, an herb called *Artemisia vulgaris* is burned directly on top of the points that were needled. This technique is called direct moxibustion. Oil released from the heat of each moxa cone increases the production of white blood cells, which are responsible for locating and fighting off viral and bacterial invasions and detecting and eliminating abnormal cell growths that may be cancerous.

ABOUT THE INSTRUCTOR

Dr. Chieko Maekawa, Ph.D., D.Ac., L.Ac., Dipl.Ac. – Studied at the New England School of Acupuncture in Boston, Massachusetts under Dr. Tinyao So for one year before transferring to Waseda Medical Arts College in Tokyo, Japan where she graduated with honor in 1985. During this time, she also apprenticed with Taiichi Sorimachi for 3 years while in school. She has practiced in Hawaii since 1987. She received a Ph.D. in 1991, and a Doctorate in Acupuncture in 2000, both from the University of Health Science in Honolulu, Hawaii.

If you have questions, please contact the instructor:

Dr. Chieko Maekawa

808-325-7778

chiekomae@hawaii.rr.com

You can also contact the teaching assistants:

1. Beth Hood

808-640-8872

beth.hood@yahoo.com

2. Kim Gitzel

808-938-6007

kgitzel@mac.com

3. Kelly DeBonet

808-884-5207

presently@aloha.net

SOME THINGS TO KEEP IN MIND

- For the first year, students will not have the pressure of memorization or homework. Emphasis in the first trimester is on helping you determine your purpose here on earth, and why you want to be an acupuncturist. You will be exposed to the theory and technique of Seitai Shinpo and we will prepare you to attend the Fall Seitai Shinpo seminar.
- This elective is graded, and there is a final exam each trimester; however, for the first year, this will be very basic information.
- This style is very different in needling technique from your traditional TCM treatment. We do not retain needles, we use a lot of moxa, and it is a very hands-on process where we stay with the patient for the duration of the treatment. Come in for a treatment and see if it appeals to you.
- Much of the class will be facilitated by teaching assistants as well as third- and fourth-year students, in addition to instruction and lectures by Dr. Maekawa.
- Dr. Maekawa and the recent graduates of her program have set up a non-profit called the Seitai Shinpo Acupuncture Foundation for the purpose of certifying acupuncturists in Seitai Shinpo. By apprenticing in this program, we have the special opportunity to become teachers of this art in the future.
- When you are ready, you will have the opportunity to do clinical observation in Dr. Maekawa's clinic. Ninety of these credits can be applied to your total observation hours needed for the school clinic.

OTHER IMPORTANT INFORMATION

- All classes will be held at Dr. Maekawa's clinic in Kona from 9:00 AM to 4:30 or 5:00 PM.
- Please bring an item for potluck as we always share a meal together.
- Wear comfortable clothing, and bring socks and indoor shoes.
- Any class that you cannot attend will absolutely need to be cleared by Dr. Maekawa, unless it is an emergency.
- Our grandmaster Sensei Sorimachi comes from Japan for a seminar each year. Student cost and dates are to be determined.
- For more information about Seitai Shinpo, please visit the school's website at www.tcmch.edu and click on "Japanese Acupuncture Elective."

IF YOU WOULD LIKE TO TAKE THIS ELECTIVE

If you think you may be interested in taking this elective, please come the first day. After the first day, you will have a better idea of whether you want to continue with the elective, and if you choose, you can withdraw from the class without any penalty.