

## Newsletter from the 1st Scandinavian TCM Congress 6<sup>th</sup>– 9<sup>th</sup> September 2007



The weather in Denmark is wonderful at the moment. Exactly the kind of weather we hope to enjoy at the forthcoming TCM congress in Slettestrand. We can hardly wait to meet all of you and to spend some stimulating days together and benefit from the knowledge of our inspiring teachers. In this newsletter we are happy to lift the veil on the surprise event on Friday evening and also to introduce the remaining three lecturers.

### **Anette Koppang**

Anette Koppang graduated from the International College of Oriental Medicine (ICOM, England) in 1981. In 1988 she finished an advanced course in acupuncture at Nanjing University of TCM, and has been there for several periods after that. From 1990 – 1992 she studied Chinese herbal medicine with Ted Kaptchuk at the Anglo-Dutch Institute of Oriental medicine, and in 2006, she finished her B.Sc. (Hons) in Acupuncture at Brighton University. She is one of the founders of the Norwegian Acupuncture College (AKHS), and has been a teacher there since the beginning in 1984. Since January 2007, she is the study director of the college. In 1996 she established a course for midwives about acupuncture during birth, held at AKHS and in hospitals in Norway and Switzerland. Furthermore, she lectures abroad. During her 26 years of clinical practice she has learned especially the value of incorporating the emotional and spiritual aspects with the physical aspects when treating a disease/an imbalance. Thanks to the positive feedback from patients on their experience with acupuncture, she has established a close cooperation with psychologists, psychiatrists and MDs. For 11 years she has trained and taught midwives, and thereby developed a special interest in the treatment of women during pregnancy, during birth and after the birth. And thus she has acquired valuable clinical experience of the understanding and treatment of the physiological and psychological changes occurring during these phases viewed in the light of the TCM philosophy. At the congress Annette Koppang will be lecturing on the topic: “How do pregnancy, birth, breastfeeding and menopause affect women’s sexuality?”

### **Alex Tiberi**

For the past twenty-three years, Alex Tiberi has practiced oriental medicine in both its most traditional and most modern forms. Alex is proficient in the ancient five element and constitutional forms of acupuncture. He integrates traditional oriental medical concepts with modern biomedical theory. As a long term practitioner of the martial arts Alex has done research in the treatment of orthopaedic disorders and sports medicine. He is particularly proficient in using modern orthopaedic assessment methods to guide Chinese medical treatments. He incorporates a wide range of physiotherapy techniques in his treatments and is an accomplished practitioner of several different style of tui-na. A father of two children, Alex has developed a clinical speciality in paediatrics. He combines the Japanese method of shoni-shin, Chinese paediatric tui-na, acupuncture and herbology, and coetaneous electrostim to provide a comprehensive treatment method for children. Alex is a graduate of the Institute for Acupuncture Studies in Cambridge, Massachusetts. He has also studied at the Shang Hai College of TCM in the People’s Republic of China and has participated in a variety of specialized training programs including electro-acupuncture, laser acupuncture, qi gong, etc. He is currently Vice-president and Dean of the Dept. of Oriental Medicine at the Pacific College of Oriental Medicine, San Diego, CA. His private clinical practice is located at the Pacific Center of Health in San Diego. Alex lectures nationally and internationally, giving seminars in Paediatrics, Obstetrics and Gynaecology, and Orthopaedics. At the congress Alex will be talking about the “History of Chinese Medicine Sexology”.

### **Stephen Birch**

Stephen Birch began studying acupuncture in 1980 and has been practicing acupuncture since 1982. His first teachers were Tin Yau So, Ted Kaptchuk and Kiiko Matsumoto. He started studying with Yoshio Manaka in 1985 and meridian therapy instructors in 1988 (including Denmei Shudo, Kodo Fukushima), focussing especially on the Toyohari system of Meridian Therapy. He has co-authored 7 books on acupuncture (including “Japanese Acupuncture”) and authored numerous papers. He has a PhD in acupuncture research and has worked on various studies in the US and elsewhere. He has practiced in Holland with his wife Junko Ida since 1997 and before that in the US. He teaches Japanese acupuncture in various workshops and programs around Europe as well

as Australasia. He is the senior instructor in Europe for Manaka's system "yin-yang channel balancing therapy", as well as being the co-author of Manaka's book "Chasing the Dragon's Tail". He is one of the approved European Toyohari instructors and helps run Toyohari programs in Holland since 1999. This will be his first time lecturing in Denmark. At the congress Stephen Birch will give a workshop on "Japanese Abdominal Palpation Diagnosis" as well as a lecture with the title: "An overview of important issues in scientific clinical investigations of acupuncture."

## **Daode Jing and the Six Soundless Sounds**

We are very proud to be able to present three of the leading artists from the above new CD both Friday evening and Saturday afternoon. "The Daode Jing" is a unique classic Chinese work from appr. 500 b.c. – a founding work in the classic Chinese medicine and philosophy of life. Hugo Hørlych Karlsen (author and translator, trained in classic Chinese medicine) has put this masterpiece into Danish, and at the congress you will get the opportunity to meet him and to hear the charismatic Danish actor and writer, Chili Turèll, interpret these more than 2000 years old words of wisdom together with Jørgen Buhl (artist, sculptor and musician). The Six Soundless Sounds are known also as the Six Healing Sounds or the Six Basic Soundless Sounds for Health and these voiceless sounds belong to the same philosophy of life as the work "Daode Jing". Alongside her career as an actor and writer, Chili Turèll is as well an instructor of Qi Gong and the chairwoman of the Qi Gong society of Biyun in Denmark.

## **ETCMA**

The European Traditional Chinese Medicine Association (ETCMA) is an umbrella organisation for the professional associations representing different fields within TCM. On Friday 7<sup>th</sup> September we are happy to bid welcome the CEO of ETCMA, Albert L. de Vos, BSc. Albert L. de Vos was trained in western medicine as a physiotherapist before he began studying acupuncture, and he has been working as a practitioner in healthcare for nearly 30 years. Some of his fields of specialization in acupuncture treatment are Detoxification, Gynaecology and Neurology. Since 1982, he conducts his private clinical practice in Utrecht, the Netherlands. On Friday 7<sup>th</sup> September Albert will be sharing his thoughts and views on "Scandinavia versus Europe and the future of TCM/Acupuncture in Europe.

For those who have not yet registered for the congress, we advice you not to hesitate. And meanwhile we look forward to seeing you all in Slettestrand in September.

Best regards,

## **TCM Lectures**



Marian Nielsen Joos  
Director

P.S. Please note that the next Scandinavian TCM Congress with the theme: "Classic Chinese Medicine: Emotions, Spirituality and Alchemism" will take place at the same location in Jammerbugten in the days from 3rd to 6th September 2009. Look out for the announcements and be sure not to miss the 2nd Scandinavian TCM Congress in Denmark.

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