

## Community Outreach Acupuncture Program (COAP)

1030 Xenia Avenue, Yellow Springs, OH 45387

937.532.5773

### **Welcome to COAP as we bring you medicine of ancient skills and healing to help you COPE**

The objective of providing acupuncture in this community group setting is to allow the benefits and affordability of acupuncture within a reasonable timeframe. Therefore, please do not expect a private-style type of treatment in which your practitioner will spend a while talking, questioning, and reviewing medical records or conditions with you. Such treatments are available and can be scheduled upon request. Your practitioner may check your pulses and look at your tongue to formulate a diagnosis based on Traditional Chinese Medicine. This style of acupuncture still allows for needles to remain for a complete treatment of 25-30 minutes. By relaxing in a group setting, a feeling of calm and comfort will be felt in a collective energetic field which also becomes part of the treatment as you may discover over time.

COAP treatments are effective to address PTSD, smoking cessation, curb addictive behavior, ability to cope, reduce stress and anxiety, alleviate depression, improve sleep, alleviate aches and pain, and improve overall health to name a few. Acupuncture treats many types of conditions and symptoms and treatments can vary from subtle to dramatic.

### **Your responsibility and support is important to us and your success**

You are encouraged to seek primary medical care through a physician if you have a serious health issue or concern. Acupuncture is often complementary, supportive, and therapeutic care with many other alternative therapies and should not be a substitute for medical or emergency care.

### **The healing space you are in is a collective effort that requires everyone's participation**

You will quickly become familiar with the simple routine after your first visit here.

**Before your treatment**, be sure to complete necessary forms and use the envelopes provided and as directed.

Please turn off cell phones – use baskets provided to place your personal items on your lap or under the chair.

We ask that you speak softly or avoid talking so that you and others can relax – and even take a nap if you'd like.

Bring or ask for ear plugs if you dislike snoring, as some patients may do so.

Be sure your ears, hands, and feet (and lower legs) are exposed since commonly used points are in these areas.

Do your best to make yourself comfortable before your practitioner arrives to treat you.

Please let us know immediately if you are uncomfortable or light-headed at any time.

**During your treatment**, you may feel warm or tingling or nothing at all – this is all normal.

If you receive ear seeds from your practitioner, you can press these a few times a day and remove after 3 days.

**After your treatment**, be sure to take all belongings and quietly leave without disturbing others.

### **Thank you for trusting this medicine and taking the time to care for yourself**

The effects after a treatment may vary. Usually, there is a calm and relaxing effect after a treatment. Some people may feel sleepy and others energized. Please plan to rest and drink plenty of water in order to get the most out of your treatment. A small percent of cases may experience symptoms become worse in the next 24 hours, but is quickly relieved soon after. One treatment will likely not resolve your condition. Therefore, we encourage weekly treatments initially to create an internal balance. As your feeling of well-being increases, visits can extend to every other week, every month, and eventually seasonally.