



## **Welcome to the POCA Tech Student Clinic! We're so glad you're here!**

The POCA Cooperative (People's Organization of Community Acupuncture) is an international multi-stakeholder co-op whose goal is to increase accessibility to and availability of affordable group acupuncture treatments. We want ordinary people to be able to access as much acupuncture as they need to manage whatever health concerns they might have. The POCA Technical Institute is POCA's affordable acupuncture school, and this is its student clinic.

By choosing to get acupuncture here, you are helping to support the mission of the POCA Cooperative. We desperately need more acupuncturists to provide affordable treatments, and you are helping us train and educate them. Thank you! The POCA Cooperative is very grateful to you.

Your treatment today will be provided by a student intern under direct supervision of a clinical supervisor who is an experienced, licensed community acupuncturist. If you have already had community acupuncture elsewhere, the experience will probably be similar except that your student intern will be checking in with their supervisor during the treatment. If you have any questions at any time, please ask your student intern and/or their supervisor.

If you would like more information about the school, please visit [pocatech.org](http://pocatech.org).

The student clinic is housed inside Working Class Acupuncture Lents. Working Class Acupuncture was the first clinic in the POCA Cooperative.

### **About community acupuncture**

If you haven't been treated at Working Class Acupuncture before today, please read the text below.

Acupuncture is very old, and nobody really knows why it works. There are a lot of different theories, but they are all just theories. We believe that people should be able to try it and decide for themselves if they want to use it to improve their health. In most cases, people

need a series of treatments in order to get good results. Your acupuncturist will suggest a treatment plan: how often you should come in and when you might expect to see results.

If you have other questions about acupuncture, please check out the free ebook/audio version, *Why Did You Put That Needle There?* by our friend and fellow POCA acupuncturist Andy Wegman at <http://www.manchesteracupuncturestudio.org/more-answers/152>

### **About the community setting**

Community acupuncture is a way of delivering acupuncture to make it affordable to more people. When acupuncture is too expensive, people often don't get enough treatments to get good results. Our goal is to make it possible for you to get as much acupuncture as you want to get.

Community acupuncture means that instead of treating people in separate, individual cubicles, we treat everybody in a shared space, in recliners. You do not need to disrobe. Once you are comfortable in a recliner that you like, we will generally ask you to take off your shoes and socks and to roll your pants up to your knees and your sleeves up to your elbows. Most conversations happen at the whisper level, because there will most likely be at least one person who is asleep in the treatment room at any given time. After your acupuncturist puts the needles in, your job is to relax and let them work. You can stay as long as you like; most people stay between 45 minutes and an hour. When you are ready to go, just open your eyes and give us a meaningful look when we walk through the treatment room (this happens about every 10 minutes). We'll come over and take your needles out.

We have ambient music and white noise machines in the treatment room; you are welcome to bring iPods or other personal listening devices if you prefer your own music or guided meditation. People do snore sometimes, so if snoring bothers you, you should consider bringing an iPod or earphones. You are also welcome to bring your own neck pillows or blankets if you prefer them to ours. We won't be offended.

The purpose of our \$10 fee for treatments is to help you get as much acupuncture as you need. If you are having any financial difficulties with your treatment plan, please talk with your acupuncturist.

### **About the community acupuncture movement**

To find other POCA member clinics in other cities, visit [www.pocacoop.com](http://www.pocacoop.com) and click on the "Clinics" tab.

If you believe in what we are doing, please join our cooperative as a patient member!

Community acupuncture is healthcare by, of, and for the people. YOU can join the movement to bring affordable, safe, and effective healthcare to everyone. Annual dues are sliding scale from \$25 to \$100/year.

Joining POCA puts your membership fees to work immediately as we provide micro-loans to open and support more clinics, open our own affordable acupuncture school ([www.pocatech.org](http://www.pocatech.org)), and provide a working model for sustainable, ethical, affordable community healthcare practices.

Benefits for patient and community members include:

- Free birthday treatment each year
- Three “free first treatment” certificates – good at any POCA clinic to introduce friends and family to community acupuncture.
- Sticking Together – our e-newsletter
- Waiving new patient fees at POCA member clinics
- Access to online discussion forums
- Volunteer opportunities in local clinics and in our movement
- Voting in annual board elections and running for positions in our cooperative