



## ACUPUNCTURE FOR CHANGE

# Carol Anna Pletz

BSci (Hons), IMSc, MBAcC

Acupuncture, Cupping & TuiNa

### WHY CHOOSE ACUPUNCTURE?

"In Western medicine parts of the body are judged and treated separately, hence separate departments e.g. cardiovascular, oncology or orthopaedic. Chinese medicine is holistic, so the body is seen and treated as an integrated system. To understand how an illness has arisen and how it should be treated, any problem my patients' experience is situated within their wider context. I investigate my patients' lifestyle, spirit, their emotional landscape and their external environment in relation to its effect on parts of their body or emotional well-being. I operate within a Western and Eastern framework in order to enhance my toolkit of practice methods, ethics and research into acupuncture as a complementary medical therapy."

### WHY CHOOSE CAROL?

Carol graduated with a BSc (Hons) in Chinese Medicine Acupuncture and an Integrated Masters (IMSc) in Acupuncture from the University of Westminster, achieving excellent results in: clinical practice; the client-practitioner relationship; and Western biomedical diagnosis. She was also awarded the Margaret King Memorial prize for the best overall performance in Chinese massage. Her acupuncture skills further were acknowledged when she was offered a unique placement at the University of Westminster Polyclinic<sup>1</sup> where she provided treatments for staff and students. Carol is currently employed by St Christopher's Hospice (after volunteering) and with the Head of the Complementary Therapies Department runs the seated acupuncture group for outpatients. Carol also runs a private practice at Neal's Yard Remedies Therapy Rooms in Clapham, UK.

Committed to social change, Carol is an active volunteer and has offered support to several organisations including St Joseph's Hospice in Newham where she provided acupuncture and TuiNa for palliative care and outpatient groups. In the wider community, Carol co-founded the integrated Health Clinic 'BeWell London'<sup>2</sup> and participated in the Creating Spaces for Well-being Initiative at the Maudsley NHS Trust. Her current activities include facilitating seminars with primary school children for the Inspiring the Future Project<sup>3</sup>.

Carol is a keen traveller and has journeyed to many countries over the years. She combined her love of travel, acupuncture and volunteering, by assisting at the Ananda Nagar Acupuncture Institute in West Bengal, India<sup>4</sup>.

### EDUCATION & CPD

#### Acupuncture:

Integrated Masters in Acupuncture (IMSc)  
BSci (Hons) Chinese Medicine Acupuncture  
Moxibustion techniques  
Yuan Qi Classical Acupuncture

#### Auricular (Ear) Acupuncture:

NADA Protocol  
Yuan Auricular acupuncture Masterclass

#### Facial Acupuncture:

Yuan microsystems

#### TuiNa:

Internal and Musculoskeletal conditions  
Stroke Recovery

#### Cupping:

Cupping therapy

#### Women's Health:

Pregnancy Support	Fertility & IVF Support
Childbirth	Menopause
Chinese Gynaecology	

#### Sport Medicine & Tendinopathy:

Sports injuries	Treating chronic pain
-----------------	-----------------------

#### Mindfulness & Stress Management:

Hakomi Method	Emotional Disorders
---------------	---------------------

#### First Aid

#### Safeguarding Adults & Children

#### Equality, Diversity, Human Rights

#### Information Governance

### PROFESSIONAL MEMBERSHIPS

Member of the British Acupuncture Council  
Member of Acupuncture Fertility Network  
Fully insured practitioner for Vitality Healthcare

### CONTACT DETAILS

ADDRESS	Central & South London, UK
APPOINTMENTS	0207 223 7171 (Neil's Yard Remedies)
ENQUIRIES	07914 030713
EMAIL	<a href="mailto:carol@acupunctureforchange.co.uk">carol@acupunctureforchange.co.uk</a>
WEBSITE	<a href="http://www.acupunctureforchange.co.uk">www.acupunctureforchange.co.uk</a>

1. <https://www.westminster.ac.uk/business/facilities-and-services/specialist-facilities/polyclinic>

2. [https://www.facebook.com/pages/biz/alternative\\_holistic\\_health/Be-Well-London-748729421837710/](https://www.facebook.com/pages/biz/alternative_holistic_health/Be-Well-London-748729421837710/)

3. <https://www.inspiringthefuture.org/>

4. <http://gurukul.edu/newsletter/issue-21/update-on-the-acupuncture-institute-and-free-community-clinic-at-ananda-nagar-india>