

Scheduling an appointment

We would be pleased for you to schedule an appointment with a student practitioner in one of our Faculty Supervised Student Clinics. You will receive compassionate, relationship-centered care that is professional and holistic in nature. Clients report amazing results and that they enjoy being cared for by our student practitioners. The Faculty Supervised Student Clinics offer acupuncture Monday through Saturday at all three locations. To schedule an appointment you may contact one of our student practitioners directly. If you don't have a specific practitioner, you may call the Tai Sophia Student Acupuncture Clinic at 410-888-9048 ext. 6630. Leave your name, phone number and a good time to reach you. A student practitioner will return your call promptly to schedule your appointment.

How much will my visit cost?

The fee for the initial appointment is \$70, and subsequent appointments are \$55. Payment for care is expected at the time of your visit, and is made directly to Tai Sophia Institute by check or cash.

Will insurance cover my appointment?

Coverage for care is dependent upon the terms and conditions of your insurance plan or reimbursement plan. It is our policy that you file directly with your insurance carrier for reimbursement. We will provide you with a receipt for submission with your claim. If you plan to seek reimbursement for care, we suggest that you discuss this with your student practitioner. If you have questions or concerns, please speak with an Insurance Specialist at 410-888-9048 ext. 6631.

What forms of payment do you accept?

Tai Sophia accepts cash, personal checks, credit cards (MasterCard and Visa), and FSA/HSA debit cards.

What is your cancellation policy?

We understand that there may be a change in your schedule that may cause you to cancel an appointment. In order to avoid a late fee, please contact your student practitioner directly more than 24 hours prior to your scheduled appointment. In the event we are not notified, there may be a charge for your missed visit.

Other Services in the Faculty Supervised Student Clinic

Herbal Medicine consultations are also offered in the Faculty Supervised Student Clinic. For more information, visit our web site at www.tai.edu or call 410-888-9048 ext. 6667



**Tai Sophia
Institute**

7750 Montpelier Road
Laurel, MD 20723
www.tai.edu



**Tai Sophia
Institute**

Faculty Supervised Student Clinic Acupuncture

**Laurel Clinic at
Tai Sophia Campus**
7750 Montpelier Road
Laurel, MD 20723
410-888-9048 ext. 6630

**Baltimore Clinic at
Belvedere Square**
540 E. Belvedere Avenue, Suite 202
Baltimore, MD 21212
410-433-6846

**Silver Spring Clinic at
The Summit Building**
8555 16th Street, Suite 402
Silver Spring, MD 20910
301-588-8279

Who are we?

Tai Sophia Institute is a nonprofit, accredited educational institution for wellness-based studies. The Institute offers graduate-level academic programs in Acupuncture, Health and Wellness Coaching, Herbal Medicine, and Transformative Leadership and Social Change, as well as community wellness programs, continuing professional education, and clinical care. Tai Sophia's 12-acre main campus houses the Natural Care Center, The Meeting Point Bookstore, a library, the Himmelfarb Gallery, and herb and meditation gardens – all of which are open to the public.

What is acupuncture?

Originating in China, acupuncture is a system of healing which has been practiced in East Asian countries for thousands of years. In recent decades, acupuncture has grown in popularity in the United States as a holistic approach to the management of disease as well as for the maintenance of health.

Currently, there are over 22,500 licensed acupuncture practitioners in the country and according to the National Acupuncture Foundation, "Acupuncture and Oriental Medicine is one of the most rapidly growing healthcare professions in the United States."

In a 2002 National Health Interview Survey—the largest and most comprehensive survey of complementary and alternative medicine (CAM)—an estimated 8.2 million adults in the United States reported being treated by acupuncture, administered by acupuncturists, physicians, and dentists for relief or prevention of pain and other health conditions.

This ancient method of healing is based on natural laws influencing the movement of energy in nature and the body. This life force, called ch'i, flows through the body in channels, like rivers flowing through the earth. Health is promoted when the ch'i in the body is full and moving properly. Illness can begin when the ch'i is blocked and moves disharmoniously. Such things as stress, sadness, and injury can disrupt the harmonious movement of ch'i. Acupuncture treats the underlying imbalances and promotes harmony within the body.

What relationship is there between acupuncture and other medical care?

Acupuncture is concerned with the whole person and addresses the person on many levels of functioning; however, it does have limitations. Acupuncture is highly effective when used in conjunction with other health-promoting practices.

What is the scope of benefits?

Acupuncture is helpful for many concerns including those of the body, mind, and spirit. It has been found effective for severe chronic conditions even when pinpointing the cause has been difficult to determine. Those who receive ongoing treatment for maintenance and the promotion of good health have told us that they:

- Tend to get sick less often and recover more quickly.
- Have improved stamina and vitality.
- Experience more peace in life.
- Are better managers of their own health.
- See reductions in long-term health care costs and tend to visit physicians less often.
- Enjoy deepened and more harmonious relationships with others.

What about the needles?

Acupuncture needles are solid, slender – slightly thicker than a human hair – and bear no resemblance to syringes. We use the finest quality stainless steel, pre-sterilized, disposable one-time-use needles.

Does the treatment hurt?

The treatment process calls for the needles to be inserted just beneath the skin's surface. Sensations vary from person to person with some clients feeling a momentary ache or tingling sensation.

What will my visit in the Faculty Supervised Student Clinic be like?

The primary purpose of the first visit is to gather information. During the 90-minute session, your practitioner will discuss your health concerns and have the opportunity to assess the underlying conditions leading to your current situation, perform a physical examination, and let you know what to expect when returning for future treatments.

What should I bring with me to my first visit?

Please bring your New Client Questionnaire if you haven't already provided it to your practitioner. Please also bring a list of all medications and supplements you are taking as well as copies of any recent lab reports.