

Veterinary Nurse Sam Hankey is not only a certified veterinary technician, but also a certified small animal massage practitioner, a Reiki master, and trained in Acupressure and Tui Na massage. She is Dr. Beth's right-hand person in all things nursing, does a large part of managing the clinic and sees her own patients for acupressure, massage, Reiki and cold laser treatments. In her spare time Sam enjoys the outdoors, yoga, and baking. She lives in Somerville with her French Bulldog, Bohi.

## **Restraint Tips for Small Animal Acupuncture Treatments**

**Presented by Bethany Innis, DVM, CVA, CVCHM, CCRT, CVSMT & Sam Hankey, CVT**

This lecture and demonstration will focus on creating calm and ensuring safety during small animal acupuncture treatments. Creating an optimal environment requires attention to detail, from the time they enter the clinic to the time they exit. This detailed approach incorporates the patient's physical abilities and mental state.

When handling our patients, there are safe ways to use restraint that help to maintain calm and make treatment possible. Beth Innis and Sam Hankey will demonstrate their favorite techniques on some volunteers.

Objectives:

1. To provide safe and calm handling for canine acupuncture treatment.
2. To provide safe and calm handling for feline acupuncture treatment.

## **Supplemental and Alternative Modalities to Needles**

**Presented by Bethany Innis, DVM, CVA, CVCHM, CCRT, CVSMT & Sam Hankey, CVT**

This lecture will discuss and demonstrate aquapuncture, low level laser therapy, electroacupuncture, acupressure and moxibustion. These modalities can be helpful in addition to, and in some cases, instead, of needles. Beth Innis will discuss some elements of why one might be chosen over another and some attributes of each.

Beth Innis and Sam Hankey will demonstrate the use of each treatment and discuss proper and helpful handling for each method.

Objectives:

1. To understand some uses of aquapuncture, laser, electroacupuncture, acupressure and moxibustion in the dog and cat.
2. To provide safe and calm handling for these treatments.

## **Nutrition and Food Energetics**

**Presented by Bethany Innis, DVM, CVA, CVCHM, CCRT, CVSMT & Sam Hankey, CVT**

In this lecture, Beth Innis will explore the different properties of various food and herbs. She will explore the energetics as described in Chinese Herbal medicine and compare this to what we know now about their chemical make up.

Sam Hankey will discuss common questions that arise from clients when it comes to balanced diets and how to get a strong history when it comes to what foods and treats are *really* given at home!

Objectives:

1. Be able to describe some basic food energetics.
2. Be able to improve your history taking when it comes to nutrition!

## **The Five Element Personality Types**

**Presented by Bethany Innis, DVM, CVA, CVCHM, CCRT, CVSMT & Sam Hankey, CVT**

Traditional Chinese Medicine breaks down our predominant personality types into Fire, Earth, Metal, Water and Wood. Beth Innis will explore how these personality types can be applied to dogs and cats, how they can affect physical and mental health, and how we can use them in our treatments.

Sam Hankey will discuss some example animals of these personality types and the history taking and observation that can help us to deduce what type is most likely in front of us in our exam room.

Objectives:

1. To be able to describe some traits of each personality type.
2. To become familiar with the history taking that can illuminate what type of personality goes with which patient.