

TCM Congress

3rd Scandinavian TCM Congress

„Chinese Medicine and the Fertile Spirit: Childhood, Nourishment and Long Life“



Debra Betts

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With a background in nursing Debra graduated with a Diploma in Acupuncture from the London College of Acupuncture in 1989. Returning to New Zealand in 1991 she established a private practice specialising in pregnancy and women's health care.

She began specifically developing and teaching acupuncture courses to midwives in 1997. This led to the publication of articles on the subject of the use of acupuncture in obstetric practice in 1999 and the publication of her book *The Essential Guide to Acupuncture in Pregnancy & Childbirth* in 2006, which in 2010 was published in German.

Information on her booklet for the use of acupressure for pain relief during childbirth, her forthcoming acupressure DVD and translations for the Dutch, German, Hebrew, Italian and Norwegian versions of her acupressure booklet can be found at <http://acupuncture.rhizome.net.nz>.

She is currently a PhD candidate at the University of Western Sydney Australia where she is undertaking research into the use of acupuncture and threatened miscarriage. She also supervises a hospital based acupuncture antenatal clinic through the New School of Acupuncture and lectures internationally on the use of obstetric acupuncture. She resides with her family in Wellington, New Zealand.