

Jennifer Nery **Licensed Acupuncturist**

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Bio

Jen Nery recently reformed from a long history of academic recidivism and is now practicing Chinese medicine in Northampton, Massachusetts.

Jen was born in San Francisco, raised in Ohio, and since then has lived in the Pioneer Valley in between bouts of school, of which there have been many. Her tour of academia took her to such far-flung institutions as Youngstown State University (OH), Smith College, University College London (England), University of St Andrews (Scotland), UCLA, Portland Community College (OR), and, finally, Oregon College of Oriental Medicine.

During the course of her second (yes, second) Master's degree in philosophy, Jen discovered the pleasure and potency of acupuncture. A rugby injury from years before had left her with a painful frozen shoulder, and she decided to try something outside of the conventional Western medical approach, which had done little for her up to then. Her recovery was as miraculous as anything she'd seen at that point: after three relaxing, comfortable treatments, she was freed from the pain and restricted range of motion she had suffered for nearly three years. This got her attention. She continued to get acupuncture for years afterward, to help with the stress of graduate school and for various illnesses and aches and pains.

When she decided to leave academia, her first thought was of pursuing a career in acupuncture. Turns out, that intuition was right; she absolutely loves working with her patients to achieve better health, in all senses of the word. She calls upon her philosophical skills for diagnosis and treatment- planning, her teaching experience when approaching lifestyle issues or even discussing the theory of Chinese medicine with her patients, and her Chinese medical training (as well as her naturally- endowed "healing hands") in the physical work she has the honor of doing with patients. Jen feels that practicing Chinese medicine brings out all her best strengths and characteristics. As a result, she is able to help empower the best strengths in her patients, allowing them to move through and beyond their current difficulties and into a whole, healthy life.

She recently re-located from Portland to Northampton, and is very excited to have the opportunity to share this wonderful medicine with her "home" town.

Interests and Treatment Philosophy

While problems which have taken a long time to develop will inevitably take some time to resolve, Jen aims for each patient to leave her office feeling significantly better than she did when she came in. Her goal is to both treat the bothersome symptoms her patients experience and also to resolve the greater and longer-standing imbalances that allow for problems to take root. She uses acupuncture, Shiatsu massage, Chinese herbal therapy, and lifestyle counseling, among various other related modalities, to achieve this goal.

Jen has lots of experience treating patients of all stripes, though treating pain and stress-related complaints have made up the bulk of her work. Chinese medicine addresses the patient as a whole, and likewise, Jen's treatments are intended to heal many aspects of the patient—physically, psychically, socially—simultaneously. She regards the practice of acupuncture and Chinese medicine as a true "general practice".

Accomplishments

In 2009, Jen graduated from Oregon College of Oriental Medicine, which is widely regarded as one of the top Chinese medical schools in the country, and has moved back to western Massachusetts to begin her career as a practitioner.

At OCOM, Jen was the leader of the Society for Inquiring Minds (a research club) since its inception. Besides this, she independently initiated and organized OCOM's annual Student Research Conference in 2008. In her final year, she directed a research study about how best to serve veterans with acupuncture, which was the first student-conducted research study to pass OCOM's ethics committee to be performed on human subjects.