

Date: December 9, 2016

Dear Texas Sunset Advisory Commission,

My name is Kimberly Layne. I am the Director of Integrative Medicine at the Samaritan Center in Austin, a Licensed Acupuncturist and a Certified Practitioner of Asian Bodywork Therapy.

The Samaritan Center is a nonprofit integrative counseling facility employing Licensed Clinical Social Workers, Marriage and Family Therapists, Professional Counselors and Acupuncturists in the delivery of integrative mental and physical health care. Through our Hope for Heroes program, founded in 2011, we specialize in providing trauma- and military-informed care to veterans, service members and their families.

We receive referrals from the VA and numerous Veteran Service Organizations, often when a patient's pain or PTSD has been unresponsive to other treatments. In my five years at the Samaritan Center, I have successfully treated hundreds of individuals with acupuncture for pain and the various symptoms of Post-Traumatic Stress Disorder.

The past five years have taught me a deep respect and appreciation for just how beneficial this medicine can be, especially for those who want to decrease or avoid pain medications and for those whose conditions are not improving with conventional treatment.

This is why it is troubling to hear from a colleague that his client is afraid to try acupuncture again - even though it could help her - because the one time she received it from her chiropractor, it was extremely painful and her arms and hands went numb. Perhaps even more disconcerting is that her chiropractor told her the pain and discomfort she experienced were normal effects of acupuncture.

It is equally upsetting when a client tells me it took courage to schedule the appointment because when his physical therapist administered acupuncture, it was excruciating and resulted in lingering nerve pain - also which his PT told him were normal.

I assure you as I assured my colleague, my client, and several others who have shared similar stories with me - absolutely none of these are normal effects of acupuncture.

The reasons I am here, and my greatest concern, are the countless individuals who could potentially benefit from acupuncture but are afraid to receive it because they or someone they know has been injured, misled or misinformed about it by non-licensed, inadequately-trained individuals with little to no understanding of acupuncture theory and techniques. I am concerned because the examples I provided are just two of numerous instances I've heard about in the past five years - and I am just one acupuncturist.

The practice of acupuncture and the people of Texas deserve protection from this kind of harm and misinformation, and the best way to ensure it is to limit the practice of acupuncture to fully-trained and Licensed Acupuncturists.

Thank you for your time and consideration of this testimony.

Sincerely,

Kimberly Layne, LAc, AOBTA-CP®
Director of Integrative Medicine
The Samaritan Center