



President's message



Joseph Brimhall, D.C.

As friends and alumni of the University of Western States, you understand the necessity and benefits of being a “lifetime student.”

Technology and knowledge change with time, and professionals need to devote energy and attention to continually advance their competencies and skills in order to best serve their patients.

The University of Western States has established programs to help serve the ongoing educational needs of busy professionals and practitioners. Our continuing education department has several courses in electronic (online) formats and in traditional seminar settings.

We carefully select highly qualified faculty to teach the latest information. Check our website calendar for upcoming educational events (www.uws.edu/ce) and our online continuing education courses (ce.uws.edu). You can also talk to our continuing education department by calling 800-215-3716.

In addition to continuing education courses, UWS now offers accredited Master of Science degree programs in exercise and sports science, and in human nutrition and functional medicine. In April, we will launch a hybrid (part online and part in-person) version of the exercise and sports science master’s degree, aimed specifically at practitioners who want to advance their knowledge and recognized credentials in this area. If you have interest in any of these degree programs, visit our website or call the admissions office at 800-641-5641.

Henry Ford said, “Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.” Here’s to staying young!

- Joseph Brimhall, D.C., president



 UNIVERSITY of WESTERN STATES
Integrating Health and Science

University of Western States
Alumni & Friends Newsletter
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In Touch is published for the alumni and friends of University of Western States.

Opinions expressed are those of the individual authors and do not necessarily reflect the views of the administration.

Meet the board of trustees

The University of Western States board of trustees consists of distinguished individuals who volunteer time and expertise to the governance of the university. The board focuses on strategic planning and policy-making to ensure the continued growth and success of UWS.

Richard Cole, D.C.
Resides: Bartlett, Tenn.



Richard Cole, D.C., graduated from Palmer College of Chiropractic in 1978 and has been actively practicing for 35 years. As a national leader in chiropractic health care, Dr. Cole is an advocate for ethical, evidence-based chiropractic care, and collaboration with other health care providers for the benefit of patients.

Dr. Cole served on the Tennessee Board of Chiropractic Examiners from 1996 to 2000 and was reappointed for five years in 2011. He is board certified by both the American Academy of Pain Management and the American Chiropractic Neurology Board, and holds a neurology fellowship from the International Academy of Chiropractic Neurology. He serves as a consultant for insurance companies and is an active member in numerous professional organizations.

A director on several national boards, including the Federation of Chiropractic Licensing Boards and the National Board of Chiropractic Examiners, Dr. Cole has participated extensively in new developments of chiropractic licensure and regulation.



Patricia Conners-Allen, D.C. | Secretary
Resides: Juneau, Alaska

Elected to the board in 2005, Patricia Conners-Allen, D.C., has served for the past seven years and was appointed secretary of the board in 2012. She is a graduate of Palmer College of Chiropractic and is the owner of a clinic in Juneau, Alaska.

Dr. Conners-Allen has served as the director of the District 1 Federation of the Chiropractic Licensing Board since 1999. From 1994 to 2000, she was appointed to the Medicare Coverage Advisory Committee to review proposed regulations which affect the Medicaid program for the state of Alaska.

Robert Jones, D.C.
Resides: Albuquerque, NM



Robert Jones, D.C., graduated from Palmer College of Chiropractic, like both of his parents. In 2009, he obtained New Mexico's certification in advanced practice, which allows for chiropractors to utilize a limited formulary and injection therapy into practice protocols.

Dr. Jones has been on the executive board of the New Mexico Chiropractic Association since 2006 and presently is the president of the association. He is also the delegate from New Mexico to the American Chiropractic Association, where he serves on several of their national committees, including the Alternative and Complementary Health Care Committee.

Dr. Jones has an interest in further integration of the chiropractic profession into the evolving health care models of society, and was honored with the Fellow in the International College of Chiropractors in 2012.



New location for East Portland clinic

The University of Western States' East Portland clinic, formerly known as Columbia Integrated Care, has moved to a 3,000-square-foot facility that is more conveniently located and accessible for patients. The new clinic, one of the Health Centers of UWS, is located at 12141 NE Halsey St., in Portland, Ore.

“UWS has provided health care services to the East Portland community and surrounding areas for more than 65 years,” said Joseph Pfeifer, D.C., vice president of clinics. “We are proud of our history and current role of helping to improve the health and wellness of our neighbors. This new facility will enhance our ability to address the health care needs of our patients in East Portland.”

The East Portland clinic provides health care services to members of the surrounding communities and serves as a center for clinical training for advanced students in the UWS doctor of chiropractic and massage therapy programs.

Patient care is supervised by Anita Roberts, D.C., and Daniel DeLapp, D.C., who is also a naturopathic physician and licensed acupuncturist. In addition, Drs. DeLapp and Roberts oversee chiropractic interns who, as part of their training, are engaged in providing individualized care to patients. Therapeutic massage services are provided by massage therapy students under the direct supervision of licensed massage therapists.



Meet the new UWS provost

Laura Lamm, D.C., who came to the University of Western States as a consultant in 2011 and served as the institutional effectiveness officer, has been named university provost.

Dr. Lamm served 17 years as an administrator in a variety of positions for Sherman

College of Chiropractic in South Carolina.

She is an experienced regional and chiropractic accreditation site team evaluator. She served seven years on the Commission on Accreditation of the Council on Chiropractic Education, including three years as its chair.

As provost, she supervises instructional programs, academic support services, program and institutional assessment, and research. She is looking forward to her new role, especially implementing institutional effectiveness strategies.

“I’ll be able to help the university create a culture of continuous improvement, involving regular self-analysis and data gathering to support that continuous improvement,” Dr. Lamm said.

Students excel on board exams

The University of Western States chiropractic students have again achieved distinction in their pass rate of the recent National Board of Chiropractic Examiners (NBCE) licensure exams by exceeding the national average pass rate.

“The UWS program is extensive and rigorous,” said Montserrat Andreys, a 12th quarter student in the chiropractic and master’s program. “The administration and faculty are focused on making us great doctors, and they expect a lot from us. The added benefit is that their high expectations are reflected in our board scores.”

“We attract extremely bright students to the university because of our strong doctor of chiropractic (D.C.) program and the reputation of our faculty,” said William Borman, D.C., interim dean of the college of chiropractic. “The D.C. program ensures that every student is equipped with the knowledge, skills and experience to serve as compassionate and competent chiropractic physicians.”

More “Our Campus” news on page 7.

For regular news updates, see www.uws.edu under “University News.”



UNIVERSITY of WESTERN STATES College of Chiropractic

Kristina Coppock, D.C. & Nathan Coppock, D.C.
Class of 2012
Currently in: Yakima, Wash.



Kristina Coppock, D.C. and Nathan Coppock, D.C.
photo courtesy of Dr. Nathan Coppock

When Kristina Coppock, D.C., decided to look into chiropractic schools, her husband came with her to the chiropractic forum event hosted by the University of Western States. Nathan Coppock, D.C., who was a high school science teacher at the time, discovered the chiropractic career something that he wanted to pursue.

The Coppocks enrolled at the University of Western States and entered the master of science in exercise and sports science program.

After graduating, they started their own practice in Yakima, where Dr. Kristina Coppock is originally from.

“Both our families lived out in the middle of nowhere, so coming to Portland was a big change,” Dr. Kristina Coppock said. “We liked the weather in Yakima. We also both play ice hockey and there is a strong ice-hockey family in Yakima.”

As business partners, Dr. Nathan Coppock said they work well together but have a hard time getting away from the business. Since they experienced four years of attending chiropractic college together, he said their lifestyle as business partners isn't very different.

“Being married to my business partner is good and bad at times, just as being married has its ups and downs,”

Dr. Kristina Coppock said. “But the great thing is that we both share the same goal of having our business at the top and we know pretty well what we each need to do to get there and the steps to take.”

Though establishing their business in a distant town while finishing their classes before graduation presented many challenges, the Coppocks say that the education they received in the D.C. program and master's program has helped in establishing their patient base.

“The hands-on experience treating athletes we had in the masters program has opened doors that wouldn't have otherwise been open,” Dr. Nathan Coppock said.

One local trainer has referred athletes to their chiropractic practice specifically because of their master's degree in exercise and sports science.

“Don't be afraid to start your own business,”

Dr. Nathan Coppock said. “If you're confident in the services you provide, you can make it happen. It is a lot of work, but you can set up the practice the way you want to.”

“ If you're confident in the services you provide, you can make it happen. ”

- Nathan Coppock, D.C.

The master's degree in exercise and sports science is now open to practicing professionals. See page 6 for more information!



The missing piece to your practice?

Want to add a functional medicine model to your practice? See page 6 for testimonials from our human nutrition and functional medicine master's program.



John Inouye, LMT



UNIVERSITY of WESTERN STATES
Massage Therapy Program

John Inouye, LMT

Class of Fall 2012

Currently in: Gresham, Ore.

Prior to enrolling in the massage therapy program at UWS, John Inouye, LMT, was a jack of all trades.

He managed restaurants, worked in dancing, and worked

sales, taught preschool and swing as a barista.

“All of my previous jobs apply to my current field. I better understand patients and their work. I can better answer questions,” Mr. Inouye said.

Having always loved to help people, Mr. Inouye chose to set aside his schedule-hectic career and enroll in massage school. Partially driven by the desire to have more control over his life and schedule, it was also a more rewarding path.

“In massage, you get to impact people on a more personal basis,” Mr. Inouye said.

Inouye took advantage of every opportunity he could while in school, including participating in all four offsite clinic opportunities. In his final quarter at UWS, Mr.

Inouye began giving tours to prospective students and continues to do so as an alum.

“I love the program and want everyone to love the program,” he said.

After graduating in September of 2012, Mr. Inouye got a job working as a massage therapist and marketer in a chiropractic clinic in Gresham, Ore. He noted that having earned his licensed massage therapist certificate

from UWS was a huge bonus when applying to chiropractic clinics. “Some clinics only hire our alumni because of our experience working with chiropractors.”

On the side, he started a business doing chair massages and has established relationships with companies

interested in offering chair massages to their employees.

“Chair massage is the best way to meet clients and introduce them to massage,” Mr. Inouye said.

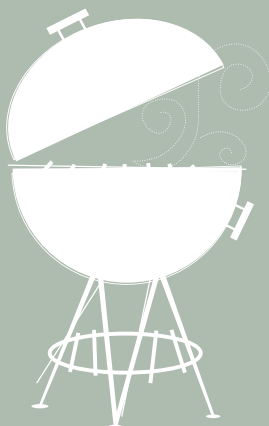
In his free time, he enjoys spending time with his wife and two girls, as well as coxing for a local rowing club.

“I also spend my time studying massage,” he said. “I am still learning new techniques; still going over trigger point patterns and how to better treat patients.”

“ I am still learning new techniques; still going over trigger point patterns and how to better treat patients. ”

- John Inouye, LMT

save the date:



MESSAGE PROGRAM
summer social
SATURDAY, AUGUST 3, 2013
3-6 p.m. @ hampton hall

Exercise and sports science program expanding

As an expansion of UWS's exercise and sports science graduate program that began in 2010 under the supervision of director, Craig Kawaoka, D.C., a hybrid program open to practitioners launches April 8, 2013. The online curriculum is being co-developed by UWS and Bill Moreau, D.C., co-founder of DConline and managing director of sports medicine at the United States Olympic Committee in Colorado Springs, Colo. Dr. Moreau is also an internationally known sports physician.

Courses are taught by expert instructors who have extensive backgrounds in sports medicine and hands-on experience in treating athletes of all levels. The program combines online courses with onsite labs one weekend per term at UWS's campus in Portland, Ore., or at other sites throughout the United States.

"UWS has created one of the few sports medicine degree programs that offers students a customized learning experience within a multidisciplinary clinical setting," said Dr. Moreau. "Not only will practitioners expand their skill base, diversify their practice, and broaden their revenue stream, they will have the unique opportunity to take coursework at a variety of venues including hospitals and emergency centers located throughout the country.



"There is worldwide demand today for health care providers who can provide specialized quality care for elite and amateur athletes," added Dr. Moreau. "The UWS master's degree provides a pathway to Ph.D. and other advanced degrees, while opening the door to multidisciplinary care."

Online applications are now being accepted for the April inaugural class at www.uws.edu/Admissions/Apply_Online.aspx.

For additional information, contact the admissions office at admissions@uws.edu or 800-641-5641. Applicants must have a first professional degree to qualify for the program.



What our students are saying: human nutrition and functional medicine

"...It is a lot of work, but all good stuff. You must be good at balancing your personal life, study time and work schedule (if you are working). The doctors who lead the classes are very helpful and really want to share their information to help us help others and change over the current paradigm of the sick care system to true medical care..." - *Jennifer Champion, student in master's program*

"I am a current student in the MSHNFM program. I love it! Each day I work on my classes, my mind is blown with new information. The professors are all top in their field and they put a lot of work into each class. The online format is great for convenience and scheduling but definitely means you have to plan several hours and self discipline yourself. I would say that you may be putting more time into the classes than you would be going to campus. It is a good amount of work, but then again it is a masters program. The online forums are a great addition to the courses because you get to hear different perspectives from each student and everyone has such different backgrounds, it really completes the program and opens you to new views and ideas. I am thoroughly enjoying the program and am so glad I chose this path!" - *Monica Campbell, student in master's program*

Continuing education:

UWS at the Mountain

Join UWS at the Sunriver Resort & Lodge for a variety of continuing education seminars June 8-9! After wrapping up your selected track, enjoy some fresh air, beautiful views, and reconnect with fellow alumni during an evening reception.

Fall Symposium & Homecoming

All are invited to return to campus October 11-13 for a weekend filled with CE courses, panels and alumni events. With numerous speakers and exciting topics, we hope you will join us in reconnecting with classmates, professors and revisiting the campus.

May 18-19 - Dan Murphy, D.C.: Whiplash & Spinal Trauma
University of Western States, Portland, Ore.

June 8-9 - UWS at the Mountain
Sunriver Resort & Lodge, Sunriver, Ore.



October 11-13 - Fall Symposium & Homecoming
University of Western States, Portland, Ore.



December 14-15 - Summer in December
JW Marriott Ihilani Resort & Spa, Oahu, Hawaii

Register & find more info:
ce.uws.edu | ce@uws.edu | 503-251-5719



Check out our online courses:

Career services:

Amplify was UWS' first professional advancement weekend and the event was a success. Students, alumni, doctors and health care vendors created a sense of synergy on campus like never before. Eight complimentary workshops provided each attendee the opportunity to learn about a variety of topics.

Coming up soon is the Integrative Health Care Business Boot Camp on Friday, May 17. This will host a new series of workshops with the same objective — to increase our constituents' business savvy. Ranging from the basics of electronic health records to the building blocks of a successful sports practice, there is something for everyone.

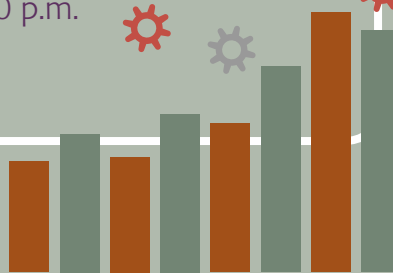
If you are planning to attend the Dan Murphy, D.C., continuing education seminar at UWS on Saturday, May 18, consider coming by campus the day before to attend some of these complimentary workshops and visit with friends and colleagues, too!

Integrative Health Care Business Boot Camp

Friday, May 17
12:30 - 5:30 p.m.



Free business workshops for integrative health care students and professionals, from D.C.s to LMTs.



“Our philosophy of wellness is the best thing of our profession.” – *David Corll, D.C., Class of '00*

“Philosophy is a personal thing; something you develop. It’s an internal logical way of thinking. Philosophy shouldn’t be taught; it should be explored.” – *Michael Milanovich, D.C., Class of '05*

University of Western States employee recognition of years of service:

5 Years

Dawn Antelo
Christina Bruck
Michelle Dodge
Tania Wisotzke

10 Years

Shireesh Bhalerao, D.C.
Alisa Fairweather
Linda Gage-Myers
Mary LaPointe
Mary Stafford
Verna Vivian

15 Years

Ted Laurer, D.C.

20 Years

Bonnie Flatt

25 Years

Mitch Haas, D.C.

35 Years

Mike Carnes, D.C.

Thank you!



UNIVERSITY of WESTERN STATES

Integrating Health and Science

2900 NE 132ND AVE. PORTLAND, OR 97230



Have news to share?
Email: alumni@uws.edu

Alumni Meet-n-Greet and Events

3/22	Massage Therapy Completion Ceremony	Portland, Ore.
3/25	Massage Therapy Completion Ceremony	Salem, Ore.
4/19	Alumni & Friends Dinner	Albuquerque, N.M.
4/19 - 4/21	New Mexico Chiropractic Association Convention	Albuquerque, N.M.
5/2	Alumni & Friends Dinner at Perbacco Ristorante	San Francisco, Calif.
5/17	Integrative Health Care Business Boot Camp	Portland, Ore.
5/18 - 5/19	Dan Murphy: "Whiplash & Spinal Trauma" - CE	Portland, Ore.
6/8	Alumni Reception	Sunriver, Ore.
6/8 - 6/9	UWS at the Mountain	Sunriver, Ore.
6/21	Commencement Ceremony	Portland, Ore.



F·A·L·L
Symposium &
HOMECOMING OCTOBER
11 - 13, 2013