

New Paltz Community Acupuncture
21 S. Chestnut Street, New Paltz, NY 12561 (845) 255-2145

Welcome to New Paltz Community Acupuncture! Please take a minute to read this introduction to the clinic.

New Paltz Community Acupuncture is a community-style practice. This means that we treat up to 5 patients in one open and soothing space. There are Japanese screens placed near each treatment table to provide some privacy. One of the benefits of being treated in community-style is the collective healing energy that is created in a group setting. Another benefit is that, by streamlining the treatments and scheduling 3-4 patients an hour, we are able to provide a significant sliding scale. This helps you to get the care that you need as often as you need it.

Our Commitment to You

We will provide a comfortable and safe environment with skilled practitioners to treat you. We will do our best to make it possible for you to receive acupuncture regularly enough and long enough to get better and to stay better. We will encourage you to take care of your own health and will give you guidance in that process.

What We Need From You
Community Mindedness

The soothing atmosphere in our clinic exists because all of our patients create it by relaxing together. This kind of collective stillness is a rare and precious thing in our rushed and busy society. To maintain this reservoir of calm, please:

- Keep talking to a minimum and your voice quiet
- Turn your cell phone OFF before entering the clinic space

Please understand that we can't explain what every point does or how acupuncture works while we are treating you – these are very large topics. If you want to deepen your understanding of acupuncture, we can provide you with a list of books to get you started.

Responsibility for your appointment

- Please be on time – or even a few minutes early. In a community setting, 3 - 4 patients are scheduled in an hour. If someone is late, there isn't much time to catch up and the whole clinic can get backed up. Try to give yourself enough time to get here, park your car, and check in with the receptionist. We truly appreciate your cooperation.

- Please bring the means to pay for your treatment at each visit. We do not receive grants, state or federal money, or insurance reimbursement. We exist because patients pay for their treatments – it is a sustainable community business model.
- If you need to cancel or reschedule your appointment, please give us at least 24 hours notice. All appointments that are rescheduled or cancelled with less than 24 hours notice, and appointments missed without notice, will be charged a \$15 fee.

Commitment

Acupuncture is a process. The treatments build on each other. It is very rare to be able to resolve a problem with just one treatment. The vast majority of patients need a consistent series of treatments in order to get what they want from acupuncture. On your first visit, the acupuncturist will suggest a course of treatment. The purpose of our sliding scale is to help you make the commitment. If you don't come in often enough or long enough, acupuncture probably won't work for you. We need you to commit to the process of treatment in order to get good results.

We look forward to helping you achieve and maintain your health goals!