

Cindy Banker, Masters Degree in Chinese Herbal Medicine and Language  
AOBTA®-Certified Instructor in Five Element Shiatsu  
Dipl. ABT (NCCAOM) number 8821

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### Education:

1999 - 2000 First year of literary Chinese, Harvard University. Allowed to audit second year.

1994 Master's Degree: from Lesley College through the independent study program in: Chinese Herbal Medicine and Language with Ted Kaptchuk, O.M.D. my primary advisor. (Included course work from New England School of Acupuncture in TCM theory and Chinese herbal medicine.)

1992 Bachelor's Degree: from Lesley College through the Independent Research Option. Ted Kaptchuk, O.M.D. served as my professional advisor and expert from the field of Asian Medicine.

1989 - 1991 Completed 150 hour, two year course in Chinese herbal medicine with Ted Kaptchuk, O.M.D.

1982 - 1987 Completed all DMA curriculum offerings and certified as an instructor of Technologies for Creating with Robert Fritz.

1980 - 1982 Studied five element acupuncture theory with Dr. Yun Won Suh, O.M.D. in Belmont, Mass. And numerous seminars with Yves Requena, M.D. on his use of the c-40 exam for understanding psychological profiles in TCM.

1975 - 1982 Studied macrobiotics and shiatsu with Michio Kushi and Shizuko Yamamoto. Received Kushi institute certification as an Associate Shiatsu Teacher.

1973 - present student of Qi Gong, martial arts and meditation, including: Raja Yoga with Yogi Shri Raj Kannah; Shaolin Kung fu; Tai Chi; Tai Chi Sword; Chi Gong with Master Jwing Ming Yang; Aikido with Sensei Bill Gleason; and Daoist Meditation practices with Bruce Kumar Francis and Bill Ryan.

### Employment:

1979 – present teaching seminars in: TCM theory; Review Seminars for the ABT National Certification Exam; Five Element Shiatsu; Pulse and Tongue Diagnosis; Yves

Requena's ce- 40 character assessment and currently most interested in presenting on my original translation work of Zhang Jie Bin and the Lei Jing.

1991 – 2018 full time private practice in Chinese herbal medicine

1981 – 2018 full time private practice in Five Element Shiatsu

2011 – 2015 Faculty member, New England School of Acupuncture, Watertown, MA.  
Teaching: Maintaining Life

2004 - 2006 Faculty member at Charles River Institute, Cambridge, Mass. teaching TCM Theory; Five Element Shiatsu; study preparation for NCCAOM exam for ABT; pulse and tongue diagnosis workshops and 30 hour course on Chinese Medical Classics.

1994 - 1999 Owner and Director of a state licensed vocational school for ABT: New England Center for Oriental Bodywork (N.E.C.O.B.)

1984 - 1991 Co owner; administrator and faculty member at the New England Shiatsu Center, Boston, Mass.

1982 - 1984 Curriculum developer and faculty member in Shiatsu Dept. at the Kushi Institute, Brookline, MA.

1979 – presenter for seminars in: TCM theory; Review Seminars for the ABT National Certification Exam; Five Element Shiatsu; Pulse and Tongue Diagnosis; Yves Requena's ce- 40 character assessment and currently most interested in teaching workshops on my original translation work of Zhang Jie Bin and the Lei Jing.

### Honors/Awards

Awards from the AOBTA include: Legislative Award, Presidents Award and Life Time Membership Award

1998 25th Annual Best of Boston Award in Shiatsu Massage from Boston Magazine.  
Publications

### Publications

“Traditional Chinese Medicine Through the Eyes of Modern Science” Cindy Banker with Christian Drapeau. recently published by the Stemtech International, Inc. Pembroke Pines, FL 33028.

Regular contributor to professional journals including AOBTA® Pulse

Do-In Video with Cindy Banker copyright 1985

Contributed the chapter on “Traditional Chinese Medicine”(p23) for The Illustrated Encyclopedia of Body-Mind Disciplines, Editor Nancy Allison, CMA. 1999 The Rosen Publishing Group, Inc., New York, N.Y.

Presentations:

October 2013: presented Chinese Herbal Medicine on panel for Food as Art, at the Transcultural Exchange 2013 conference for: International Opportunities in the Arts: Engaging Minds, hosted at Boston University, Boston, MA.

1998 - 1992 Presenter and participant at Chinese Medical Text Reading workshops at Harvard and Princeton Universities presenting sections from Zhang Jie Bin’s Lei Jing .

Professional Memberships/Offices Held

1992 -1997 and 2016 – present: National Director of Education for the AOBTA®.

2012 – 2016 Director of AOBTA®’s Council of Schools and Programs

2012 - present Chairperson of the AOBTA®’s Peer Review Comm. charged with overseeing certification and membership acceptance for AOBTA Certified Instructors; Registered Instructors and Certified Practitioner level members.

2007 - present Chairperson of the AOBTA® Forms Comm.

1989 - present Member and former Chairperson for the AOBTA's Certified Instructor Interview Committee

1990 - 1992 National Chairperson for Law and Legislative Comm., AOBTA.

1989 - 1990 Director of Internal Affairs, Interim Comm. for the AOBTA.

1984 - 1989 Founding President of the American Shiatsu Association, the first national professional association for ABT in the United States.