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National Qigong (Chi Kung) Association • USA
NQA Research and Education Committee

Minutes

Meeting: **April 22, 7:00 pm** Eastern Time, **4:00 pm** Pacific Time

(meetings are generally the fourth Sunday of each month)

Conference Number: **605 475-4333 code 919728**

Webconference Site: **Joinme.com** (used only if necessary, meeting number given on phone)

Committee Members

Members Present

CHAIR - CJ Rhoads (cjrhoads@taijiquanenthusiasts.org)

Eric Imbody (eimbody@earthlink.net)

Gary Giamboi (garysbusiness@gmail.com)

Kathleen Levac (kathy@relaxedandalert.com)

Matthew F. Komelski (komelski@vt.edu)

Members Not Present

Michael Winn (winn@healingdao.com)

Alan Graham (info@alangrahamdc.com)

Bernard Shannon (Bernard@medicalqigong.org)

Lauro Medina Jr. (laurojr4@yahoo.com)

Guests Present

(none)

Ex-Officio & Copy List Members Invited (not present)

- Michael Hopkings Mccomiskey (mmccom1946@aol.com)
- Mark R. Reinhart NMT, MMQ (tuneup@ptd.net);
- Ali Wolf (info@nqa.org)
- Sandy Seeber (sandy@sandyseeber.com)
- Shirley Hildreth (qigongforwellness@cox.net)
- Mark Melchiorre (mark@melchiorre.com)
- Vicki Dello Joio (vicki@wayofjoy.com)
- Tom Rogers (fiveninechi@gmail.com)
- Annie Roberts (qigonghealing@comcast.net)

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Business Meeting:

Old Business:

Research Panel Progress
Name Change
International Research Agenda & Terminology Clarification
Press Releases
Resources

New Business:

Quarterly Report
Collaborative Relationships

Discussion:

Research Panel Progress (no change)

Alan Graham - Moderator

Dr. Matthew Komelski

Dr. Linda Larkey

Dr. Qin Xiping

(CJ said during the meeting she was not going to search for a 4th panelist, but after the meeting had a conversation with Alan, who said he would prefer to have 4 panelists, so she will go to the next person on the list. Alan will schedule a conference call with the panelists in June or July.)

Name Change

No formal change

CJ will be referring to committee as Research & Education internally. Eventually we will make request to board after the committee itself has hashed out what we want the name to be.

Board response; Don't talk about committee name change yet

All committees are targeted for revamping

Don't know when - has been on meeting agenda for many months,

Board currently revising by-laws first.

International Research Agenda & Terminology Clarification

(CJ) NQA is in a unique position to provide powerful influence on the researchers in the domain of Qigong and Taijiquan. Since there are no commonly accepted definitions of many of the terms, it is difficult for researchers to work towards a common goal. Instead of hundreds of researchers each on their own in a canoe going all over the place, it would be more advantageous to get them all working together and rowing in the same direction. Furthermore, many are trying to provide research, but are unaware of good research design. So starting with terminology, then providing guidance on good design structures, then providing priorities for topics within the domain; a research agenda or handbook would be very valuable.

(Matthew) APA/AMA has a handbook that provides terminology, how to frame the research, ethical issues (for both researchers and practitioners), guidelines. If NQA is going to grow and encourage researchers, we need to gain consensus on these issues.

(Gary) Maybe one of our key functions would be to help those who do research in Qigong and Taiji; share info on good design. Researchers would get the pay off in better dissemination, opportunities for publication.

(Matthew) Possible round table discussion and research workshops at conference - methodological workshops.

(Kathy) agree with all - would like to see it, would have appreciated more guidance when she was doing her research. One barrier is getting IRB approval. Perhaps NQA could provide IRB approval. (CJ note. IRB is Institutional Review Board approval, a requirement for every research study for any grant or academic institution. Usually it deals with approving the ethics of the study regarding the subjects. Also known as Human Subject Approval. Another option; perhaps NQA could provide contacts within universities for collaboration to get IRB approval for collaborative multi-organizational studies.)

(Eric) agrees that it might be good, mentioned that definitions are hard; board once discussed definition of Qigong for four hours. Committee may be able to eventually educate practitioners about research so that they can understand it, and tell the difference between good research and less so - it will increase the integrity.

[Ali would have the definition of Qigong that the board came up with, Las Vegas Winter board retreat three years ago.]

Press Releases (no clarification yet. CJ will talk with Mark.)

Resources (no clarification yet. CJ will talk with Mark.)

Quarterly Report

"a summary of the activities and meetings of the committee over the last quarter."

CJ will contact Alan. (Discussion with Alan after the meeting - CJ will use the form that Gary sent, do a first draft, send it to Alan and the rest of the committee - probably on Tuesday.)

Collaborative Relationships

Many examples of organizations (just a few dozen out of hundreds of potential organizations)

Taijiquan Enthusiasts Organization
International Institute of Medical Qigong
Center for Taiji Studies
Institute of Integral Qigong and Tai Chi
Qigong Institute
World Tai Chi & Qigong Day
Kung Fu Tai Chi
Journal of Asian Martial Arts
Journal of Chinese Martial Arts
American Medical Association
Center for Empirical Medicine

Foundation for the Advancement for Innovative
Medicine
Health Action Network Society
National Center for Complementary and Alternative
Medicine
American Holistic Medical Association
American Medical Student Association
American College for Advancement in Medicine
American Society of Alternative Therapists
American Nutraceutical Association
Association for Integrative Medicine
Association of Healing Health Care Projects

(CJ) Discussed different kinds of organizations; NQA is unique as a trade-organization advocating for non-style-specific qigong and taiji and healing practitioners. Other organizations are style specific, or advocates for clients (rather than practitioners), or focused on funding/disseminating research, or teaching qigong/taiji, etc. But NQA could be synergizing with them.

(Gary and/or Eric) NQA has done some work (through membership committee) - Gary was asked to reach out to organization, what was Gary authorized to do? He asked board and got guidance for that one specific situation. If we want to make exchange of some sort, we need to ask board how to go about it.

If the agreement is regarding membership issues, the board would probably bounce decision back to membership. If the agreement is regarding the conference, Conference Committee must approve. NQA will generally swap sponsorships.

One example of a formal connection is Namasta with whom NQA has collaborative relationship. NQA encourages members to buy insurance through them, and gives discount on Namasta membership (and visa versa).

Each relationship is a very individual thing. NQA hasn't had enough organizations come to them to come up with a standard collaboration method or a typical agreement. Setting up a criteria would be good. NQA board is early in that process.

If Research & Education committee wants to pursue collaborative relationships, they must discuss it with Board.

Next month's agenda? Comments?

Nothing to add. We adjourned at 8:04 pm Eastern Time.