

Mindi K. Counts, M.A., L.Ac.

she/her/hers

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Education

Initiations Rites of Passage Year-Long Training 2022

Daniel Foor & Ancestral Medicine

Shamanic Healing Internship 2016-2018

Mandra Village, Sindupalchok, Himalayas, Nepal

Trauma Training Nine-Month Intensive 2017

Somatic Wilderness Therapy Institute

Indigenous Birth Internship 2015

Mae Tao Clinic, Mae Sot, Thailand

Master of Classical Five Element Acupuncture

Institute of Taoist Education and Acupuncture, Louisville, CO. 2009-2012. Completed an accredited program of coursework and supervised practice, including over 800 one-on-one clinical treatment hours and over 2,230 hours of study.

Functional Medicine and Herbal Medicine Internship

Dr. Janine Malcolm, Boulder, CO. 2012-2014

Bachelor of Arts, Contemplative Eastern and Western Psychology

Naropa University, Boulder, CO. 8/2005-5/2008

Concentration in Ecopsychology, Western Herbal Medicine, Trauma

Additional Certifications

Certification in Initiations: Rites of Passage with Daniel Foor (2022)

Certification in Original Voice: Dark Night of the Soul Training with Dr. Clarissa Pinkola Estes (2018)

Certification in Bridging Soma and Soul Trauma Training (2017)

Completion of 9-Month Mentorship in Trauma Training for Healthcare Providers

Certification in Traditional Chinese Medicine and Acupressure for Large and Small Animals

Rocky Mountain School for Animal Acupressure and Massage, Elizabeth, CO. 2010. 2009-2010

Certification in Clean Needle Technique (CNT)

Council of Colleges of Acupuncture and Oriental Medicine (CCAOM). 2010-Present

Certification in National Acupuncture Detoxification Association (NADA) 2010-Present

Certification in Biopuncture, Injection Therapy of Vitamins and Homeopathic Remedies

Young Health Care, Longmont, CO. 2016-Present

Certified Wilderness First Responder

Wilderness Medicine Institute 2008 to Present

Certification in Cardiopulmonary Resuscitation (CPR)

Wilderness Medicine Institute 2008 to Present

Certificate of Completion in Western Herbal Medicine

Private Study with Lisa Ganora

Colorado School of Clinical Herbalism 2008

Licensure

Licensed Acupuncturist (LAc) 2012 to Present (Colorado License # 0001893)

Diplomate in Acupuncture and Traditional Chinese Medicine (Dipl. Ac.)

National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) 2012 to Present

Professional Memberships

Acupuncture Association of Colorado

American Acupuncture Council

Acupuncturists Without Borders (Completed Trainings in 2010 and 2011)

Colorado Nonprofit Association

Community Service

Founder, Inner Ocean Empowerment Project Nonprofit 501(c)3 2013-Present

Mission: To counter suffering caused by disease, poverty, and oppression using holistic health care and education. Current Service Projects in Nepal, Thailand/Burma, India, and ongoing support in U.S.

Mentor for At-Risk Youth (B.E.S.T. Program)

Boulder County Justice Center 2007-2008

Medicine Horse Program Volunteer

Advocate for At-Risk Youth 2006-2010

Experience

2020-Present

Associate Professor / Psychology of the Five Elements
Naropa University, Boulder, CO

2012-Present

Owner, Acupuncturist, Herbalist

Inner Ocean Center for Healing, Lafayette, CO

Five-Element Acupuncture, Herbal Medicine (Chinese and Western Herbs), Cupping, Gua sha, Moxibustion, Biopuncture/Injection Therapy, Holistic Pregnancy and Birth Services, Nutrition Coaching, Pediatric Shonishin/Acupressure, and Practitioner Mentoring.

2013-Present

Founder and Rites of Passage Guide, Inner Ocean Empowerment Project 501(c)3

International nonprofit focused on trauma-informed, healing-centered service projects in deeply impoverished communities, disaster relief, holistic healthcare and education, and leading volunteers for 2-12 week-long healthcare service exchange projects.

2006-2012

Imagine Colorado, Independent Living Counselor

Direct care and advocate for adults with developmental disabilities

Presentations

Virginia Randolph High School

Guest Presenter to Graduating Class

March 2017

Glen Allen, Virginia

Women's Wilderness Institute

Guest Presenter at Annual Summit Sisters Gathering

June 2016

Allenspark, CO

Press, Publications and Media

Author, *Make Medicine With Your Life*

Pending Publication

Spring 2023

Author, *Everyday Chinese Medicine*

Shambhala Publications

Spring 2020

Featured in Mantra Wellness Magazine
January 2021

Featured in The Fullest Magazine
October 2020

Featured in Martha Stewart
June 2020

Featured in Spirituality & Health Magazine
June 2020

Featured in Coveteur
May 2020

Featured in Integrity Botanicals
April 2020

Featured in Urban Wellness Magazine
April 2020

Featured in The Fullest Magazine
March 2020

Featured in Urban Wellness Magazine
March 2020

Featured in *Rewilding*
Film in Post-Production Spring 2021

Featured in Naropa University Magazine
Fall 2018

Contributing Author, *Trauma Toolkit*
Breathe Network
To be released November 2023

Contributing Author, *Singing Our Heart's Song:
A Guide to Five Elements and Plant Spirit Medicine*
CreateSpace Independent Publishing Platform, 2017

Featured in *Your Doctor, Our Hero*
Dr. Oz The Good Life Magazine
June 2015

Honors & Awards

Everyday Hero Award
Blue Poppy Enterprises

Consulting

Healthcare Consultant on Location
Mustang District, Nepal
Wild Earth Journeys

Program Consultant on Location
Mae Tao Clinic
Thailand/Burma

Teaching, Leading & Facilitating

Earth Medicine: The Five Elements of Healing
Online and In-Person
Lafayette, CO 2022 to present

Your Heart's Calling: Create The Nonprofit That Balances Your Life and Our World
Online
Lafayette, CO 2021 to present

Wild Women's Quest
Wilderness Rite of Passage with Co-Leader Katie Asmus
Lyons, CO 2019 to present

Transform Anxiety into Your Superpower Course
Online and Audio
Boulder, CO 2018 to present

Self-Care for the Social Activist
SEM School
Bangkok, Thailand 2015

Wilderness Rites of Passage Co-Leader
Elias Amidon and Rabia Roberts with Waking Up Together
Moab, UT 2015

Street Retreat Co-Leader
Rabia Roberts with Waking Up Together
Bangkok, Thailand 2015

Five Element Retreat Co-Leader
Weekend Immersion with Suzanne Spiegel

Nederland, CO 2015

Yoga and the Five Elements Teacher
Weekend Immersion at Yoga Pod
Boulder, CO 2014