

Monika Kobylecka, L.Ac.

monika@HQacupuncture.com

Education

Master of Science Traditional Oriental Medicine (MSTOM), Pacific College of Oriental Medicine, San Diego 2003
Bachelor of Arts (BA), University of California San Diego 1998

License Information

California Board Certified Acupuncturist (L.Ac.)

Nationally certified in Acupuncture, Oriental Medicine and Herbal Medicine by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)

Oregon Board Locum Tenens Acupuncture License

Professional Background

- Acupuncturist in the Pediatric Pain Management Clinic, Department of Anesthesiology Critical Care Medicine, CHLA responsible for delivering patient care, educating and introducing medical staff to acupuncture. 2010 – 2016
- Faculty at Yo San University (YSU) and clinical supervisor for CHLA-YSU Pediatric Acupuncture program responsible for training/mentoring/educating acupuncture interns in a western hospital setting to increase their knowledge and expectations of integrative medicine practices in pediatrics. 2010 – 2016
- Acupuncturist in the CHLA Employee Acupuncture Clinic responsible for starting the program as an on-site health benefit for CHLA employees. Deliver acupuncture to healthcare and administrative staff hospital wide. Through first-hand experience of acupuncture, foster a better understanding of its benefits and limitations. 2014 – present
- Co-director of acupuncture and Chinese medicine clinic at the Akasha Center for Integrative Medicine in Santa Monica, CA, working in an integrative team of medical staff and therapists to deliver acupuncture and create comprehensive treatment plans for patients. 2010 – 2015
- Founder and acupuncturist at Health Quest Acupuncture, a private practice based in Santa Clarita, CA providing acupuncture treatments to patients who are unable to travel to a clinic or prefer to receive their treatments at home. 2004 – present

- Teaching and research assistant for Kiiko Matsumoto, responsible for collaborating with this internationally renowned acupuncturist in her work to translate information from ancient Chinese medical texts and create effective treatment strategies based on this material. 2009 – present
- Acupuncture intern at San Diego Hospice, responsible for providing acupuncture treatments to terminally ill patients at the Inpatient Care Center. 2003
- Acupuncture intern at RIMAC Sports Clinic at the University of California San Diego, responsible for providing acupuncture treatments to UCSD athletes as part of the sports medicine program. 2003
- Acupuncture intern at University of California San Diego Free Clinic, responsible for providing acupuncture treatments in an integrative setting to the uninsured and underinsured population. 2003

Symposia & Invited Lectures

INTERNATIONAL:

1. Foundations in Kiiko Matsumoto Style (KMS) Acupuncture
Presented by Monika Kobylecka, L.Ac. **Brisbane, Australia** June 2017
2. Kiiko Matsumoto Style Acupuncture for kids & adolescents
Presented by Monika Kobylecka, L.Ac. **Brisbane, Australia** June 2017
3. Latest developments in Kiiko Matsumoto Style (KMS) acupuncture: dorsolateral prefrontal cortex (DLPFC) and chronic pain.
Presented by Monika Kobylecka, L.Ac. **Brisbane, Australia** June 2017
4. Foundations in Kiiko Matsumoto Style (KMS) Acupuncture
Presented by Monika Kobylecka, L.Ac. **Perth, Australia** October 2015
5. Advanced strategies in Kiiko Matsumoto Style (KMS) acupuncture: digestive conditions
Presented by Monika Kobylecka, L.Ac. **Brisbane, Australia** October 2015
6. Canadian Oriental Medicine Symposium. Essentials for treating scars
Presented by Monika Kobylecka, L.Ac. **Vancouver, BC** March 2015
7. Legacy of Master Nagano Seminar Series
Presenters: Kiiko Matsumoto; Tsuyoshi Shimamura; Monika Kobylecka **Sydney, Australia** December 2014
8. Kiiko Matsumoto Style (KMS) acupuncture: GYN conditions and digestive conditions
Presented by Monika Kobylecka, L.Ac. **Melbourne, Australia** August 2014
9. Kiiko Matsumoto Style (KMS) acupuncture: neurological conditions, pain conditions: knee & back, structural imbalances
Presented by Monika Kobylecka, L.Ac. **Melbourne, Australia** August 2014
10. Foundations in Kiiko Matsumoto Style (KMS) acupuncture
Presented by Monika Kobylecka, L.Ac. **Wellington, New Zealand** May 2014
11. Kiiko Matsumoto Style (KMS) acupuncture: GYN conditions, digestive conditions
Presented by Monika Kobylecka, L.Ac. **Brisbane, Australia** May 2014
12. Kiiko Matsumoto (KMS) Style acupuncture: neurological conditions, pain conditions: knee & back, structural imbalances
Presented by Monika Kobylecka, L.Ac. **Brisbane, Australia** May/June 2014
13. Intro to Kiiko Matsumoto Style (KMS) acupuncture with hands-on training
Presented by Monika Kobylecka, L.Ac. **Mexico City, Mexico** February 2014
14. Foundations in Kiiko Matsumoto Style (KMS) acupuncture
Presented by Monika Kobylecka, L.Ac. **Brisbane, Melbourne and Sydney, Australia** May/June 2013
15. Digestive disorders
Presented by Monika Kobylecka, L.Ac. **Mexico City, Mexico** September 2013

UNITED STATES:

1. Intro to Kiiko Matsumoto Style (KMS) acupuncture with hands-on training: part II – 3-day intensive
Presented by Monika Kobylecka, L.Ac. **Madison, WI** September 2017
2. Case studies workshop for practitioners of Kiiko Matsumoto Style (KMS) acupuncture
Presented by Monika Kobylecka, L.Ac. **Los Angeles, CA** August 2017
3. Musculoskeletal disorders and back treatments
Presented by Monika Kobylecka, L.Ac. **Oakland, CA** August 2017
4. Case studies workshop for practitioners of Kiiko Matsumoto Style (KMS) acupuncture
Presented by Monika Kobylecka, L.Ac. **Los Angeles, CA** June 2017
5. An integrative approach to treating pain
Presented by Monika Kobylecka, L.Ac. & Robert Holloway, MD **Portland, OR** May 2017

6. Intro to Kiiko Matsumoto Style (KMS) acupuncture with hands-on training: part I – 3-day intensive
Presented by Monika Kobylecka, L.Ac. **Madison, WI** April 2017
7. Case studies workshop for practitioners of Kiiko Matsumoto Style (KMS) acupuncture
Presented by Monika Kobylecka, L.Ac. **Los Angeles, CA** April 2017
8. Intro to Kiiko Matsumoto Style (KMS) acupuncture with hands-on training part II
Presented by Monika Kobylecka, L.Ac. **Portland, OR** March 2017
9. Treating Pain Disorders using Kiiko Matsumoto Style (KMS) acupuncture – part I with hands-on training
Presented by Monika Kobylecka, L.Ac. **Oakland, CA** February 2017
10. Cardiac and shen disorders – advanced strategies class
Presented by Monika Kobylecka, L.Ac. **Portland, OR** February 2017
11. Intro to Kiiko Matsumoto Style (KMS) acupuncture with hands-on training part I
Presented by Monika Kobylecka, L.Ac. **Portland, OR** January 2017
12. Kiiko Matsumoto Style (KMS) acupuncture for back pain and other common structural disorders
Presented by Monika Kobylecka, L.Ac. **Honolulu, HI** November 2016
13. Pacific Symposium 2017: Kiiko Matsumoto Style (KMS) acupuncture: addressing scars
Presented by Monika Kobylecka, L.Ac. **San Diego, CA** October 2016
14. Advanced Strategies in Kiiko Matsumoto Style (KMS) acupuncture: pediatrics and digestive disorders
Presented by Monika Kobylecka, L.Ac. **Portland, OR** October 2016
15. Intro to Kiiko Matsumoto Style (KMS) acupuncture with hands-on training part III
Presented by Monika Kobylecka, L.Ac. **Portland, OR** September 2016
16. Intro to Kiiko Matsumoto Style (KMS) acupuncture with hands-on training part II
Presented by Monika Kobylecka, L.Ac. **Portland, OR** March 2016
17. Intro to Kiiko Matsumoto Style (KMS) acupuncture with hands-on training part I
Presented by Monika Kobylecka, L.Ac. **Portland, OR** January 2016
18. Using Kiiko Matsumoto Style (KMS) acupuncture for fertility and GYN disorders
Presented by Monika Kobylecka, L.Ac. **Honolulu, HI** November 2014
19. Gynecology and fertility
Presented by Monika Kobylecka, L.Ac. **Portland, OR** October 2015
20. Intro to Kiiko Matsumoto Style (KMS) acupuncture with hands-on training part III
Presented by Monika Kobylecka, L.Ac. **Portland, OR** April 2015
21. Intro to Kiiko Matsumoto Style (KMS) acupuncture with hands-on training part II
Presented by Monika Kobylecka, L.Ac. **Portland, OR** March 2015
22. Intro to Kiiko Matsumoto Style (KMS) acupuncture and strategies for treating cardiac disorders
Presented by Monika Kobylecka, L.Ac. **Honolulu, HI** February 2014
23. Intro to Kiiko Matsumoto Style (KMS) acupuncture with hands-on training part I
Presented by Monika Kobylecka, L.Ac. **Portland, OR** January 2015
24. Advanced strategies and case studies
Presented by Monika Kobylecka, L.Ac. **Portland, OR** October 2014
25. Intro to Kiiko Matsumoto Style (KMS) acupuncture with hands-on training
Presented by Monika Kobylecka, L.Ac. **Waimea, HI** August 2014
26. Five Branches University doctoral program series: gynecology
Presented by Monika Kobylecka, L.Ac. **San Jose, CA** July 2014
27. Integrative approach to treating pain
Presented by Monika Kobylecka, L.Ac. & Jeffrey Gold, PhD **Portland, OR** July 2014

28. Intro to Kiiko Matsumoto Style (KMS) acupuncture with hands-on training
Presented by Monika Kobylecka, L.Ac. **Miami, FL** May 2014
29. Spleen and stomach patterns in Kiiko Matsumoto Style (KMS) acupuncture
Presented by Monika Kobylecka, L.Ac. **Portland, OR** May 2014
30. Addressing structural disorders using Kiiko Matsumoto Style (KMS) acupuncture
Presented by Monika Kobylecka, L.Ac. **Portland, OR** April 2014
31. Treating adrenal and immune patterns with Kiiko Matsumoto Style (KMS) acupuncture
Presented by Monika Kobylecka, L.Ac. **Portland, OR** March 2014
32. Intro to Kiiko Matsumoto Style (KMS) acupuncture with hands-on training
Presented by Monika Kobylecka, L.Ac. **Portland, OR** January 2014
33. Gynecology and fertility
Presented by Monika Kobylecka, L.Ac. **Portland, OR** September 2013
34. Treating pain using Kiiko Matsumoto Style (KMS) acupuncture
Presented by Monika Kobylecka, L.Ac. **Portland, OR** August 2013
35. Five Branches University doctoral program series: neurological disorders
Presented by Monika Kobylecka, L.Ac. **San Jose, CA** August 2013
36. Weight Loss and Fatty Liver
Presented by Monika Kobylecka, L.Ac. **Portland, OR** March 2013
37. Introduction to Kiiko Matsumoto Style (KMS) Acupuncture with hands-on training
Presented by Monika Kobylecka, L.Ac. **Los Angeles, CA** October 2012
38. Introduction to Kiiko Matsumoto Style (KMS) Acupuncture with hands-on training
Presented by Monika Kobylecka, L.Ac. **Portland, OR** September 2012

Research Activities

AREAS OF RESEARCH:

Pediatric acupuncture. Acupuncture for chronic pain. Acupuncture for pain in the emergency department.

RESEARCH GRANTS:

1. University of Southern California–Children’s Hospital Los Angeles, Southern California- Clinical Translational Science Institute Los Angeles Basin (SC-CTSI LAB) Pilot Award. "A Comparative Effectiveness Trial of Acupuncture and Massage in Children and Adolescents with Chronic Pain".
Role: Co- Investigator
Year: 2014-2015

Description: The proposed study will examine the short- and long-term effectiveness of complementary and alternative medicine in children with chronic pain by comparing four groups: 1) Massage therapy, 2) Acupuncture only, 3) Massage therapy plus acupuncture, and 4) no CAM treatment. Participants will be administered self-report measures of pain, anxiety, and quality of life at baseline, immediately following 6 weeks of treatment, and 1 month post-treatment.

Presentations

Yetwin AK, **Kobylecka M**. “Complementary and Alternative Medicine: The Use of Biofeedback and Acupuncture for Sickle Cell Disease” at the Fifth Annual West Coast Sickle Cell Nurses Conference: The Evolving Landscape of Care”, Children’s Hospital Los Angeles Sickle Cell Program and the West Coast Sickle Cell Nurses Group. (Los Angeles, CA), 2016

Gold JI, Jury D, Marks K, **Kobylecka M**. “Pediatric Pain Management” part of “Promoting Complementary and Alternative Medicine in a Hospitalized Setting” LIATIS Foundation presentations, (Los Angeles, CA), 2013

Gold JI, Kerri Marks, LCSW, **Monika Kobylecka, L.Ac**. "The Chronic: A Model of Integrated Health for Adolescent Chronic Pain”, CHLA Division of Adolescent Medicine Grand Rounds, (Los Angeles, CA), 2012.

Bibliography

PEER REVIEWED:

1. Nager AL, **Kobylecka M**, Pham PK, Johnson L, & Gold JI. Effects of acupuncture on pain and inflammation in pediatric emergency department patients with acute appendicitis: a pilot study. *Journal of Alternative and Complementary Medicine*. 2015 May;21(5):269-72.
2. Meyer RML, Barber BA, **Kobylecka M**, & Gold JI. Examining the association between parent illness-related stress and child pain across acupuncture treatments. *Medical Acupuncture*, 2014; 26(1), 23-30.

NON-PEER REVIEWED:

1. Matsumoto, K, **Kobylecka, M**. Think about the “chin point”. *Oriental Medicine*. Summer 2015
2. Matsumoto, K, **Kobylecka, M**. Treating low stomach acid. *Oriental Medicine*. Summer 2014
3. Matsumoto, K, **Kobylecka, M**. Creative thinking may lead to clinical treasures. *Oriental Medicine*. Summer 2013
4. **Kobylecka, M**. A Modern Take On Uchi-deshi. Monika Kobylecka. *North American Journal of Oriental Medicine*. Vol. 18, No.52 July, 2011 p.49

ABSTRACTS:

1. Chang J, Beas V, **Kobylecka M**, Horn B, & Gold JI: Acupuncture versus massage on pain and health-related quality of life in adolescents. Paper presented at the American Pain Society's 31st Annual Scientific Meeting, May 17, 2012, Honolulu, HI.
2. Beas V, Meyer R, Horn B, **Kobylecka M**, & Gold JI: The benefit of acupuncture in children with different types of pain. Paper presented at the American Pain Society's 31st Annual Scientific Meeting, May 17, 2012, Honolulu, HI.
3. Meyer RML, Barber B, Horn B, **Kobylecka M**, & Gold JI: Examining the Association Between Parent Illness-Related Stress and Child Pain across Acupuncture Treatments. Paper presented at the American Pain Society's 31st Annual Scientific Meeting, May 17, 2012, Honolulu, HI.
4. John C, Kohl K, Horn B, **Kobylecka M**, & Gold JI: Feasibility, satisfaction, and efficacy of acupuncture in pediatric pain. Paper presented at the American Pain Society's 31st Annual Scientific Meeting, May 18, 2012, Honolulu, HI.
5. Meyer RML, **Kobylecka M**, & Gold JI: Acupuncture satisfaction in children and adolescents with chronic pain. Paper presented to the 35th Canadian Pain Society Annual Scientific Meeting, Quebec City, Quebec, Canada, May 20-23, 2014.
6. Nager AL, **Kobylecka M**, Pham PK, Leighanne J, & Gold JI: Effects of Acupuncture on Pain and Inflammation in Pediatric Emergency Department Patients with Acute Appendicitis. Paper was presented at the 2014 International Research Congress on Integrative Medicine and Health in Miami Florida, USA, May 13 – 16, 2014.
7. Meyer RML, **Kobylecka M**, & Gold JI: Acupuncture Satisfaction in Children and Adolescents with Chronic Pain. Presented at the 19th Annual Poster Session of the Saban Research Institute at Children's Hospital Los Angeles, June 10, 2014.

NEWS MEDIA:

1. CHLA Daily e-Clips. NBC4 - Young Kids Undergo Acupuncture Treatments (Monika Kobylecka, L.Ac.) May 27, 2012: An age-old treatment is being tried on children of all ages at one of L.A.'s leading hospitals. It's acupuncture for kids.
<http://www.nbclosangeles.com/video/#!/on-air/as-seen-on/Young-Kids-Undergo-Acupuncture-Treatments/153856885>
2. CBS - Acupuncture Helps Little Boy Battling Painful Disease (Monika Kobylecka, L.Ac.) June 19, 2013.
<http://losangeles.cbslocal.com/2013/06/19/acupuncture-helps-little-boy-battling-painful-disease/>