



Mindi K. Counts, M.A., L.Ac.
(she/her)

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Professional Biography: Mindi K. Counts, MA, LAc., is a rites of passage guide, five-element acupuncturist, functional medicine practitioner, somatic practitioner, and East-West folk herbalist. Founder of the Inner Ocean Center for Healing, Mindi is a keynote speaker, retreat leader and teacher. She is

the author of *Everyday Chinese Medicine*, *Tending Your Roots*, and a contributing author to *The Trauma Toolkit* and *Singing Our Heart's Song*.

She is the founder of the international nonprofits, Medicine People School as well as Inner Ocean Empowerment Project, providing holistic healthcare and education to women and children through volunteer service missions to underserved populations around the world and in the U.S. She was featured in Dr. Oz's The Good Life magazine for her work in Indian slum communities, Burmese refugee birth clinics and earthquake-ravaged areas of Nepal.

Mindi is a graduate of Naropa University's Contemplative Psychology program and holds a Masters degree in Classical Five Element Acupuncture. She lives with her family and rescued pit bulls in the foothills of Colorado.

Publications:

Tending Your Roots: An Earth-Centered Approach to Healing Personal, Ancestral, and Collective Trauma

MKC Creative Publications

Summer 2024

Currently published in two languages (Dutch, English)

Everyday Chinese Medicine: Healing Remedies for Immunity, Vitality, and Optimal Health

Shambhala Publications

Spring 2020

Currently published in three languages (Dutch, Polish, English)

Trauma Toolkit

Contributing Author

The Breathe Network

To be released November 2025

Singing Our Heart's Song: A Guide to Five Elements and Plant Spirit Medicine

Contributing Author

CreateSpace Independent Publishing Platform

Winter 2017

Professional Experience:

2012-Present

Owner, Clinic Supervisor, Acupuncturist, Nutrition Therapist, and 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, Executive Director, and Lead Rites of Passage Guide, Inner Ocean Empowerment Project 501(c)3 International nonprofit focused on developing trauma-informed, healing-centered service projects in deeply impoverished communities, providing disaster relief, holistic healthcare and education, and leading volunteers through life-changing service immersions.

2024-Present

Founder and Lead Instructor, Medicine People School™

An international wellness and educational initiative dedicated to sustaining and empowering those called to serve: Healers, Leaders, and Visionaries (HLV's). By nurturing HLV's, we ensure their work in the world can continue with resilience and longevity. Our mission is to cultivate an international ecosystem of embodied HLV's that reaches and uplifts the world's most vulnerable communities.

2020-2022

Associate Professor / Psychology Department

Naropa University, Boulder, CO

Education

Initiations Rites of Passage Year-Long Training 2022

Daniel Foor & Ancestral Medicine

Shamanic Healing Internship 2016-2018

Mandra Village, Sindupalchok, Himalayas, Nepal

Group Leadership Training 2018

Thea Elijah, Denver, Colorado

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 2012

Institute of Taoist Education and Acupuncture, Louisville, CO.

Functional Medicine and Herbal Medicine Internship 2012-2014
Dr. Janine Malcolm, Boulder, CO

Bachelor of Arts, Contemplative Eastern and Western Psychology 2005-2008
Naropa University, Boulder, CO

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)

For more information, please visit:

mindikcounts.com
medicinepeople.org
inneroceancenterforhealing.com
inneroceanempowermentproject.org