

GUIDEPOINTS:

News from NADA



November 2007

NADA CONFERENCE 2008: SEEKING COMMON GROUND IN BEHAVIORAL HEALTH

The latest news on acupuncture-based behavioral health treatment will engage attendees at NADA's nineteenth annual conference set for Dallas, Texas April 25-26, 2008. Among topics slated:

- European psychiatric hospitals are training thousands of health professionals in the USA-developed ear needling protocol;
- NADA methods help clinicians unravel the knots of co-occurring diagnoses;
- Earthquake, hurricane and terrorism sur-

vivors (and caregivers) find NADA treatment speeds healing

- Recovering patients describe their experiences.

Meeting at the historic Magnolia Hotel near entertainment and dining in downtown Dallas, the conference and its pre-conference training events offer up to 45 CE credits for counselors and acupuncturists. Attendees can fly on American Airlines and rent a car from Avis at special conference discounts.

For full details, see pages 6-8.

9/11 SURVIVORS RECEIVING NADA TREATMENT SHOW LOWER STRESS SYMPTOMS

Further evidence for the value of the NADA protocol for treatment of stress emerges from the 9/11 catastrophe.

A Manhattan hospital near Ground Zero set up a trauma relief program immediately after the attack. NADA-style acupuncture was included along with Reiki, as part of an "integrative stress management program." The St. Vincent's Hospital project gathered data on 99 patients ages 20-83. The first group of subjects received the traditional NADA five earpoint acupuncture alone and the second group received both the ear needling and Reiki treatment. The two groups were very similar in how they rated

their stress level pre-treatment on a 0-4 self assessment scale (2.43 and 2.64 respectively).

Following treatment, the groups' average scores improved to 1.33 and .96. Statistical analysis of the scores shows that the improvement by both groups was statistically significant ($P < 0.01$) but the difference between the groups was not significant.

The authors conclude: "As new York City and the surrounding community has continued to experience physical and financial stress, the need for services at the center have increased. This patient satisfaction survey has concluded that the patients are benefiting from the treatments provided by the program."

NADA Invites You To Dallas

Exploring common Ground: Addiction, Behavioral Health, Emotional Trauma

19th Annual Conference Events, Details Pages 6-8

April 21-26 Dallas, Texas



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SURRENDER NEEDLING IN DETOX ACUPUNCTURE

By Arthur Lazarowitz.

I'm supervising acupuncturist at Recovery in Community, an addiction treatment program in Baltimore, Maryland. I've been practicing acudetox since 1967. When I first began this work, clients were reporting pain when I inserted the needles. My supervisor said that it was me, not the clients, who was responsible. I didn't like hearing that. I've since learned that he was right.

I had been practicing Qi Gong for five years when one day the Qi Gong form began to move me. I was no longer doing Qi Gong; it was doing me. Wow, all I had to do was watch the form literally move me; I was just the observer. I surrender my will and it does the work. Then I got the idea that I could apply this surrender principle when needling the NADA protocol. Lo and behold, no more complaint of pain and, I believe, a more powerful treatment occurs.



I now teach this technique to all of the acupuncture students I supervise.

So what's going on here? Well, when we surrender, the ego with its associated fear diminishes and the love that we truly are takes over. We function at a higher level and the client's Qi is raised by its influence.

An ancient Chinese text addressing the subject of needling states, in part, that "Before all, rectify your Spirits; because it is the vision you carry to the patient which calls the regulation of the spirits." (Su Wen 54 of the *Nei Jing*)

Arthur is a former teacher and government lawyer who is now a licensed acupuncturist and Reiki practitioner.

CANADIANS TRY SEEDS AND MAGNETS

A Canadian NADA member has taught the value of seeds and magnets to women volunteer workers in an aboriginal community on the northern tip of Vancouver Island in British Columbia. According to →

the *North Island Gazette*, Brigid Ting brought “A tool to help those fighting addictions.” Since there are no acupuncturists in the North Island area, the article explained, Ting taught acupressure-related techniques. “It’s not quite the same results but if you have a person who is low in energy, you can place radish seeds on the back of the ear,” explains Ting. “If the person is high energy, you use magnets. We choose points on the ear found to be good for addictions.

“Students learn a process of how to choose the correct points and the correct seeds or magnets. The seeds or magnets are on a piece of skin-colored adhesive that stays on the back of the ear for about five days.” The article explained that Ting’s therapy was not a stand-alone, but is meant to enhance the programs that already exist in the North Island area, combining non-verbal therapy with verbal therapies like counseling. “It is very gentle and very client-centered,” said Brigid. “If you don’t like it you take the seed off.”

Brigid, based in the Vancouver BC area, is a registered acupuncturist, with degrees in psychiatric nursing and adult education. “This step is totally innovative,” says Ting of her training interested volunteers from a number of agencies. “As far as I know it hasn’t happened in BC or Canada before.” Contact: (604) 274-7676. brigid.ting@telus.net.

NADA TRAINING: A MODEL THAT TRAVELS WELL

While NADA addiction treatment programs originated the training of health workers in a simplified acupuncture protocol, the tactic has now been adopted for a wide range of settings. The Pan African Acupuncture Project (PAAP) has trained more than 120 Ugandan health workers whose patients suffer from HIV/AIDS, TB and malaria. This is according to a column in the free circulation monthly trade journal *Acupuncture Today* written by NADA member Beth Sommers and her colleague Kristen E. Porter, both acupuncturists in the Boston area.

The PAAP trainees include physicians, nurses, midwives, physical therapists and traditional healers. A review of 121 patients who received care from the trainees showed that “almost all reported favorable results in terms of minimizing their symptoms and feeling better,” the article states, concluding: “Training of health professionals can be a valid, reliable and readily adaptable model in different cultural settings.”

Beth and Kristen quote Richard Mandell, a NADA registered trainer and Africa acu detox pioneer, on the adaptability and acceptability of the NADA training model: “Ugandans have a history of seeking and receiving treatment from traditional healers and Western doctors, and focus on the desire to feel better and continue to be active members of their community. All of this contributes to an aura of acceptance.”

Richard Bitner, an experienced addictions and mental health clinician with COPE Behavioral Services, a multi-site NADA-prominent agency in Tucson, Arizona is now a Registered Trainer. Richard took his original NADA training with Karin Hilsdale in 2003 and completed his RT mentoring with NADA board member Phyllis Spears. Richard writes: “I’m asked quite often how I can smile everyday, and I tell them my job (passion) is what gives me the lift I need to to have a great day and a smile for all those that suffer drug or alcohol addiction.”



RICHARD BITNER



SACHIKO NAKANO

Sachiko Nakano, an acupuncturist and leader in outreach to the Seattle Asian and street youth communities impacted by addictions, has attained the status of NADA registered trainer. Her initial contact with NADA dates back to 1995 at the pioneer NADA research site in Hennepin County, Minnesota. Drawing from her broad clinical experience, including jail work, Sachiko has been a presenter at the NADA annual conference. Sachiko completed her ADS training with former NADA Treasurer Rachel Diaz, who was also her RT mentor. Originally from Japan, Sachiko has a practice clinic in Seattle known as One Heart Healthcare.

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Acu Detox: Exploring Common Ground: Addiction, Behavioral Health & Emotional Trauma.

NADA's 19th Annual Conference and Pre-Conference Events

April 21-26 NADA Full Certificate Training (45 CE credits)*

April 24 Administrators and Directors Workshop (5 CE credits)*

April 24 7-9 pm Registration/Reception with snacks and live music. (1 CE credit)*

April 25-26 Main Conference Friday and Saturday (Including Saturday Luncheon), April 25-26, 2008 (15 CE credits)*

Main Conference Highlights *Friday and Saturday, April 25-26.*

European Psychiatric Hospitals Embracing Acu Detox

Frontier Mental Health Medicine: Colorado State Hospital acu detox experience.

Easing Emotional Trauma: Trauma Readiness ala NADA. Lessons learned from disaster response efforts around the world. Plus special feature: Debut of a new video on trauma work.

Waco Revisited: Psychiatric halfway house successes remembered.

Program Profiles: Solid programs shine.

Drug Courts: NADA-trained Judges laud acu detox.

Border Behavioral Health: Acu detox outposts in Mexico and the US.

First Hand Accounts: Acu detox clients with co-occurring diagnoses tell their stories.



NADA Invites You To Dallas

NADA Networking Luncheon: (Saturday, April 26) Featuring entertainment, networking, conversation and education. *CE credits (including Thursday, April 24 evening event and both conference days) pending for addiction counselors (NAADAC) and acupuncturists (NCCAOM, TX, CA, FL).

Entertainment: Plan to come early Thursday, April 24 for an opening Registration/Reception with live music by Lee Edwards, PhD & Claudia Voyles, LAc: "*Feelings Gotta Flow: Music for Recovery and Mental Health,*" register, enjoy refreshments and start the flow of CE's and fun.

Music pilgrimage Friday night, April 25 to Billy Bob's, the World's Largest Honky Tonk, in nearby Ft. Worth. Built in 1910 as a cattle barn, Billy Bob's features live country music, dancing, dining, casino/arcade gaming, and live bull riding on site. www.billy-bobstexas.com

Historic Magnolia Hotel: In the heart of Downtown Dallas with Pegasus on top, this iconic hotel offers Southern hospitality and modern amenities. Named "Top 4 places to stay in Dallas" by *Travel and Leisure Magazine*. Reserve early as we have a limited block of special discount rate rooms. See details on Registration Form, Page 8.

Special Travel Discounts:

Air Travel: Save 5% on your air ticket to Dallas-Ft. Worth Airport (DFW) from American Airlines by booking on line (www.aa.com) and giving the promotional code A5948AL. (Or book by phone for an extra \$10 fee at 1-800-433-1790) Allowed travel dates are April 19-28.

Car Rental: Avis offers attendees a minimum of a 5% discount for car rentals during the period April 11-May 2, with unlimited free mileage. Use this code number G028119 when calling Avis directly at 1-888-754-8878. Or go online <http://tinyurl.com/2za5o6>

Want to share a room and save money? Call the NADA office (888) 765-NADA.

**FEES AND
REGISTRATION
INFORMATION
PAGE 8**

Pre-Conference Training Events:

1. FOR CLINICIANS – 8 am, Monday, April 21 to 5 pm, Saturday, April 26

Earn an ADS certificate (and a total of 45 CE credits)*

Attend this pre-conference session, AND the main NADA conference (your single registration fee covers both) and earn your Acupuncture Detoxification Specialist certificate of completion all in one six-day period. This low cost, time-efficient ADS training and conference combination comes just once a year. From NADA's top trainers, learn the simple ear needling technique and how to integrate it into addiction treatment settings. Practice it at Homeward Bound, Inc, a premier NADA-based treatment clinic and training site in Dallas. Homeward Bound offers a broad spectrum of behavioral health care in which all clients have access to acu detox and full body acupuncture services. **Register early – This event always sells out.**

Who can be trained?

A. Addiction treatment professionals:

If you work in the addiction treatment or related fields, i.e., as a counselor, social worker, nurse, corrections officer, psychologist, medical doctor, case manager, mentor, etc., you may be able to add acu detox to your skill base. Many states have licensing or specialized exemptions that allow addiction professionals to learn and utilize the ear acupuncture for addictions protocol. To be sure, check your state laws and regulations. NADA records show these states and provinces allowing some type of ADS practice: Arizona, Connecticut, Delaware, Georgia, Idaho, Illinois, Indiana, Louisiana, Maryland, Michigan, Missouri, New Mexico, Nova Scotia, Ontario, Prince Edward Island, Tennessee, Texas**, Vermont, Virginia, and Washington. (**Texas only allows licensed nurses, social workers, psychologists, and LCDC & LPC counselors).

B. Licensed acupuncturists:

Licensed Acupuncturists with the additional NADA ADS training can join in the exciting integration of Chinese medicine within traditional Western treatment settings. Collaborate with allopathic providers, criminal justice systems and community organizations. Become an advocate for acupuncture in addiction treatment. Enjoy the rich experience of opening doors for acupuncture.

Training schedule: Trainees undergo a six-day, intensive sequence, beginning with a four days of didactic and practicum training at Homeward Bound, Inc. Homework assignments include some to be completed PRIOR to the training. Trainees finish final two days by attendance at the NADA 19th Annual Conference at the Magnolia Hotel. Attendance is required at all sessions – from 8 am Monday, April 21 through 5 pm, Saturday, April 26, so make your travel arrangements accordingly!

Travel and accommodations: Besides the registration fee (see Page 8), trainees will be responsible for the costs of transportation, lodging and food throughout the training period. (Trainees from the local area may be able to commute.) After you register, you will receive a mailing with homework assignments and details of training sites and arrangements.

2. FOR DIRECTORS AND ADMINISTRATORS, Thursday April 24, 9am – 3pm

Integrating acu detox into your program (5 CE credits)*

Learn how to maximize the benefits of acu detox from the original experts: Michael O. Smith, MD, DAc, NADA co-founder and director of the Lincoln Recovery Center, and other NADA leaders.

Topics:

Since acupuncture primarily helps patients to focus, to be less impulsive and self-conscious, they listen and participate better in treatment activities.

The treatment milieu benefits by a reduction in interpersonal tension and aggression – even in difficult prison settings violent incidents drop virtually to zero.

These factors produce improved retention and program efficiency. In treatment sites around the globe, the result is improved patient outcomes which in turn bolster the program's financial strength without special funding.

In many jurisdictions, existing program staff can readily learn the NADA protocol under existing laws and regulations. Agencies can acquire a NADA capability at very low cost.

The NADA protocol readily fits into existing treatment regimes. The addition of acupuncture offers program managers yet another way to show accreditation officials an improvement in quality.

***CE credits pending for acupuncturists and counselors.**

REGISTRATION FORM

USA funds only, payable in advance, no P.O.s or vouchers

Cancellation Policy. Full refund less \$50 processing fee for cancellations received before 5 pm , March 28, 2008. No cancellations accepted after that date.

Conference Registration Fees Schedule:

Pre-Registration (before 5pm, 4/20/07)	19th Annual Conference Only April 25-26	ADS Certificate Training April 21-26 incl 18th Annual Conf**	Directors and Administrators Workshop April 24
Current Member*	\$270	\$685	\$175 (\$75 if Conference Reg also)
Non-Member	\$335	\$750	\$175 (\$75 if Conference Reg also)
Student	\$215	As above	\$175 (\$75 if Conference Reg also)
At the Door			
Current Member	\$300	Pre-Registered only	\$225 (\$100 if Conference Reg also)
Non-Member	\$365	Pre-Registered only	As above
Student	\$245	Pre-Registered only	As above

*Member Rate available to persons who are:

1. Current in NADA dues, or
2. Who renew their expired membership, or enroll as new associate members, on the Conference Registration form below.

** Attendance limited. First come, first served. No registrations accepted after 5 pm March 28, 2008.

Check membership category 1 or 2 or 3 below, then fill in the correct fee from table above for each event you will attend.

1. I am a current NADA member, entitled to member registration price
2. Please enroll me as a New or Renewal NADA member (enter fee below to qualify for member discount)
3. Non-member

\$ _____ NADA 19th Annual Conference, April 25-26

\$ _____ ADS Certificate Training, April 21-26 (Includes 18th Annual Conference)

\$ _____ Directors and Administrators Workshop on Integration, April 24

\$ _____ NEW or RENEWAL MEMBER DUES (\$65 or \$40 student with proof of status)

\$ _____ Tax deductible contribution to NADA

\$ _____ TOTAL DUE To be paid by (Check one) Visa MC Check/MO

Mail form/payment to NADA, PO Box 1927, Vancouver WA 98668 Or fax to 1 (360) 260-8620

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Name on card if different			
To NADA--Please enroll me as indicated above (signature required)			Date

GUIDE-QUOTE ...

“Teachers don’t have the time, training or other resources needed to do the job effectively, regardless of what the state-mandated standards say.”

From a report on drug use prevention in schools based on a survey of more than 3,500 teachers, school administrators, and other educators.

EuroNADA continued from page 12

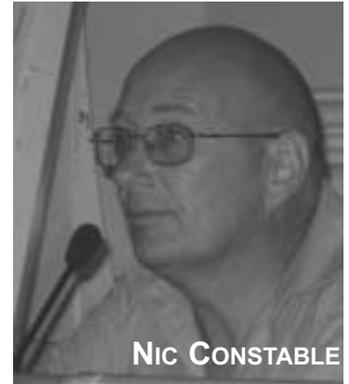
restraints or benzodiazepines. To date, 2,400 people have taken the NADA training in Denmark.

Yuri Usenko attended Stockholm in 1992, and then brought the NADA protocol to Russia. But, he explains, since the year 2000 many restrictions have grown up. Before, any physician could apply acupuncture, but now only neurologists can. Though 700 doctors are now NADA-trained, few can use it. Yuri has gone on to training people in Uzbekistan, Kirghizstan, Tadzhi-kistan and Kazakhstan. (He says there is now a NADA-Kazakhstan.)



other and expressing problems verbally instead of fighting. Also, for them to sit still for 45 minutes was amazing. They learned stillness.” Other pupils began asking for the acupuncture and teachers also signed up for treatment. It was having such an effect that the school head asked for the sessions to continue after the pilot program was ended, and he funded three teachers to be trained in the NADA protocol.

One of the 4,500 NADA-trained people in England is Nic Constable from Cornwall. He first learned about NADA from his patients, then received training from Rachel Peckham, learning that it was “not just about sticking five pins in people — it was about offering people choices within their own recovery.” He also learned that “NADA is about compassion, respect and trust freely given.” Totally enthused and determined to offer NADA in Cornwall, Nic was told by the service provider managers in the area that the protocol



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would never work because of the limited transportation available. Patients would have to travel three hours to the clinic to spend 40 minutes and then another three hours to get back home. Nic offered to work without pay for six months. People did travel all day to get the treatment, and now there are seven clinics with five half-time workers and one full-time worker. Nic wants to “get it out there for everyone to access,” because he has found that NADA helps everyone. He is working in programs with the homeless, domestic violence, community mental health, criminal system, and with 16- and 17-year-old homeless girls.

David Blow is a full-body acupuncturist in Rome who has trained an estimated 1,500 acu detox specialists who are working in the public-health area. He says NADA in Italy first appeared in the Torino area in 1995, and it is now used in many centers for mainstream addiction treatment. Recently interest has grown in the treatment of smoking. Torino offers outpatient programs, as well as on-site industrial and working-place programs where the treatment is done at the work site. David reports follow-up data showing indicate that at the end of a one-month treatment protocol, 70% of the patients treated remained abstinent from tobacco while the other 30% had reduced their smoking by at least half. At a 12-month follow-up, the abstinence rate dropped to 45% without any follow-up treatments. In the alcohol field, a Trieste agency has been using the NADA protocol since 1997, David explained. In 2003, the agency collected telephone follow-up data on chronic alcohol patients who had been hospitalized for between two and four weeks. The callers were able to locate 90 people, 84 of whom cooperated with the follow-up study. Seventy-three percent said the acupuncture had helped them; 63% said it helped them sleep better; 71% said it helped with anxiety and 61% said it helped with depression. Fifty-nine percent are still abstinent after five years. For additional data, David invited visits to www.acudetox.it

Ralph Raben is an OB/GYN in Hamburg who works with pregnant addicts. Prior to his use of the NADA protocol, most of his patients were on methadone. They also smoked cigarettes, and more than 50% of them used two or more substances. Two of his patients told him about the NADA protocol and he came to NADA’s birthplace, the Lincoln Recovery Center, where he spent a month observing Nancy Smalls’ maternal program. After his time at Lincoln, Ralph started using the NADA protocol. Before NADA, he explained, his patients didn’t trust themselves, and the counselors and midwives didn’t trust the

NADA's Mission

The National Acupuncture Detoxification Association is an educational, not for profit, tax-exempt corporation supporting education and training in a specific auricular acupuncture protocol within comprehensive addiction treatment programs to relieve suffering during detoxification, prevent relapse and support recovery. NADA strives to make acupuncture-based, barrier-free addiction treatment accessible to all communities and to ensure its integration with other treatment modalities.

Guidepoints: News From NADA is published six times per year for members. Annual dues of \$65 (US funds) includes subscription and other benefits. Publication contents may be reproduced without permission (please give credit). Contact: NADA, PO Box 1927, Vancouver WA 98668-1927. USA. Phone: (360) 254-0186. Fax: (360) 260-8620. Email: NADAOffice@Acudetox.com
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patients. Now, counseling is started after NADA treatment helps patients begin to trust. Three to five points are offered to the clients in group treatment setting three to five times a week, along with detox tea, urine testing and counseling/therapy. Ralph reports fewer birth complications and more breast feeding. He has also started using magnetic beads with the newborn babies.

JANE OSAWE

Members were shocked to learn that Jane Dele Osawe, a well-known NADA registered trainer, died July 10 in Africa of cancer. Having recently completed her PhD in clinical psychology, Jane was cut short in her planned career to bring NADA healing to new places, ranging from Chicago, Illinois to Lagos, Nigeria, site of her death.

Obtaining her original ADS training from former NADA President Arthur Pinkney of Chicago, Jane did much to revive training activities in that city. In 2004 she, Arthur and the late Jesse Morgan took the lead on a NADA training effort in Nigeria.



According to the website of Be’chol Lashon, Jane was born in Nigeria. In 1983, she was elected into the Bendel State House of Assembly, making her the first woman to be elected to political office from her constituency after being a representative of her clan, Ejeme, since 1979. In 1987, she was honored with the title of Odozi-Ani and was made a chief by his Royal Highness, Obi Nzemeke, Agbogidi I of Ejeme-Unor. Odozi-Ani literally means “one who repairs the land”.

The website describes her as “a vibrant member of Be’chol Lashon and a tireless advocate for the Jewish people. Helping to build Jewish communities in Africa was her greatest passion.” Jane resided in Chicago with her husband, Bruce Carey, and is survived by five adult children and two grandchildren.

RON ROSEN

Ron Rosen of Colorado, the first licensed acupuncturist in his state, and also an early NADA activist and registered trainer known for his close ties to Native American communities, died of the effects of a stroke on July 22, 2007. According to the Acupuncture Association of Colorado Ron devoted his life to helping under-served, marginalized populations around the world. He was one of the founding members of the Guatemala Acupuncture and Medical Aid Project in 1994, and traveled regularly to the rainforest where he worked with the indigenous Mayan people. Rosen taught TCM to local doctors, sometimes traveling for days by jeep, mule, and dugout canoe to reach the villages. “




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MEMBERS SHARE STORIES OF BUILDING EURO NADA

For the first time in its history, NADA Europe held its biennial meeting as the guests of NADA-Suomi/Finland in Helsinki last August, drawing delegations from Norway, Russia, Germany, Italy, Denmark, the United Kingdom and other countries.

NADA has a long history in Europe where trainings began in 1985 with the first conference in Stockholm in 1992. Many from that first conference spoke at this one. They told about how their addiction practices had changed since that first meeting, mainly toward greater simplicity and flexibility. According to NADA founding president Michael Smith, "We are tolerant of different life styles and we show that tolerance. We train many types of people — people who are there at the right time and are able to help other people."

Pekka Aarninsalo and Elisa Alakahri arranged the con-

ference including a performance by a duo playing South India music under the name *Nada* (which is said to be Sanskrit for the sound you hear when you're perfectly meditating). With 450 members, each year NADA Finland holds two seminars and puts out four newsletters. A course entitled "Interaction and Acudetox" is taught at the medical School of Helsinki University.

Lars Winblad, from Denmark, explained how he started doing the NADA protocol in the waiting room of a hospital because he wasn't allowed to do it inside the hospital. Today the NADA protocol is part of the addiction-training system in Denmark. Lars predicts this will be expanding due to politicians getting interested in the area of recovery. He says the health board has recommended that the first choice of treatment should be an alternative solution to the current usual treatment of

EuroNADA continues on page 9

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In This Issue:

New Data On Trauma Care 1
Surrender Now! 3
The Magnets & Seeds Option 4
New Faces Join Trainer Ranks 4
2008 Conference Information 6-8
Jane Osawe, Ron Rosen Pass On 10-11
Euro Pioneers Recollect 12

EuroNADA continues on page 9
EuroNADA continued from page 12

