

GUIDEPOINTS:

News from NADA

July 2008

GOOD DISASTER RESPONSE GOES BEYOND EAR NEEDLING

When disaster strikes, what behaviors should NADA-trained volunteers adopt to be the most helpful to the victims and their rescuers? Experiences from recent catastrophes around the world show that just knowing the NADA protocol is not enough. Volunteers need to understand that disaster relief is a discipline of its own and a wannabe helper must comply with its special culture.

At NADA's 2008 annual conference in Dallas last April, disaster relief experts shared lessons learned from using acupuncture and acu detox in emergency response efforts following terrorist attacks in New York City, Hurricane Katrina and other emergency settings. They offered advice on how acu detox workers can assist in the most effective and responsible way.

"What people are looking for is consistency and that's what builds trust," stated acupuncturist and NADA trainer Laura Cooley, who provided acu detox in New Orleans after Hurricane Katrina.



Cally Haber with firefighters at May 2008 Summit Fire in California

Laura said that before she began treating people in New Orleans, she made sure she was covered by the local Good Samaritan Act and registered with the local medical board. She explained that Good Samaritan Laws vary from state to state. She emphasized that in addition to assuring

legal authorization, acu detox workers should always gain verbal permission to work in any given area.

Acupuncturist and NADA activist Wendy Henry spoke of the importance of building relationships, consistency and patience when working in an emergency situation. "Find little ways to get in," says Henry. She says she found herself most useful making sandwiches, in addition to providing acu detox.

DISASTER RESPONSE continues on page 8

NOTES FROM THE BOARD

"Following our great conference in Dallas and based on all the input received from the general membership as well as the Registered NADA Trainers, the president and the members of the board want to inform you that the NADA board will be holding a board retreat later this summer to review various policies, procedures and the methods with which we go about conducting the mission of NADA. The board requests input from the membership regarding issues that may be of relevance to you, as we continue to grow and develop our organization. The board is interested in feedback from all our members, and committed to being responsive to all aspects of NADA as an organization.

This will be a busy summer, as the Registered NADA Trainers have developed a committee to review and refine proposed policies for trainers, which will be forwarded to the board for completion during the retreat intensive.

Please DO tell us your concerns or give us feedback....NADA is your association and as much as we cannot, as board members, make everyone happy, we will work in making NADA a place where we all share the same goal: utilizing the NADA Protocol to help those in need of care.

Please send your suggestions to:
NADA Office
PO Box 1927
Vancouver WA 98668-1927
NADAoffice@acudetox.com

Board Member *Susana E. Mendez, Registered Trainer Representative*

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HONORED TREATMENT PROGRAM SEES POSITIVE ACU DETOX RESULTS

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One of the oldest and most-respected addiction treatment centers in the USA has been utilizing the NADA protocol on a comprehensive basis and has been collecting data on related patient outcomes. The facility, Brighton Hospital in Brighton, Michigan, has been treating alcoholism and other addictions for more than half a century, drawing its patient population from across North America and overseas.

According to data on 1500 patients who received acu detox as part of their Brighton experience during the period of January to October, 2007, 62.3% reported that their uncomfortable symptoms were either “half”, “mostly” or “completely” relieved, while 37.7% reported that their symptoms were relieved only “somewhat”, “not at all”, or it was “too soon to tell”. Among the felt symptoms these patients listed were “stress” (26.3%), “cravings” (19.7%), “anxiousness” (15.6%), “pain” (13.8%).

As to their evaluation of the personal experience of receiving acu detox, 94.5% reported it was “good”, “very good”, or “great” while only 5.4% reported “not so good” or “somewhat good”. Asked would they recommend acu detox others, 82.3% answered “to everyone”, 15.8% answered “to about half” or “to many”, while only 1.9% answered “to some” or “to no one”.

The patient group studied was 55.6% male and 44.4% female. A history of polysubstance use was seen in 64.1% and 70.1% had at least one relapse in their past with 23.9% having more than five relapses. For about half of the group, the treatment they received at Brighton was their first encounter with any kind of acupuncture.

Brighton is located near Detroit, in the upper middle part of the USA “rust belt”, the cultural area which gave birth to Alcoholics Anonymous in the 1930s. Brighton is one of the few long-lived treatment centers which has stayed close to the traditional model – incorporating 12 Step principles — of what works best for patients.

According to the Brighton web site, the basic idea of the treatment program is that “chemical dependency is a disease – not a weakness. We *know* that recovery is possible based on the thousands of patients we’ve helped since 1954.”

In recent years, Brighton has also become a NADA training site under the leadership of Virginia June, registered trainer. Contact: *Virginia June, PO Box 7591, Ann Arbor MI 48107 (810) 877-0905. veejayjune@lycos.com*

EXPERT CLINICAL ADVICE NOW AT YOUR ELBOW

Two new volumes of practical advice compiled over the years by a pair of NADA's most prominent trainers and clinicians are now available.

Written by registered trainers Claudia Voyles and Laura Cooley, *Some Lessons Learned Volume II* and *Volume III* follow the original *Volume I* by Claudia, now in its second printing. The booklets are designed for ready reference by any health worker utilizing the NADA protocol. Each contains a series of one-page topical essays focusing succinctly on a common problem, concept or other concrete issue encountered in the addiction and mental health treatment environment.

The content has been adapted from the form in which it appeared in the original *Guidepoints: Acupuncture in Recovery*, now out of print.

The essays grow out of the combined decades of experience of Claudia and Laura working as teachers and healers in nearly every known treatment environment. Their advice to the reader derives from the fund of knowledge developed over the years by all NADA folk, but expressed in direct relation to a real world problem.

A typical example is "Thwarting the Threat of Fear", one of the essays by Claudia in Volume II. She pulls together concepts from the Big Book of AA, the Chinese idea of Empty Fire and the ADS curriculum about the clinician's own fear of possibly causing pain when needling.

Another example is "Acu Detox and Cultural Competency" by Laura in Volume III. Laura shows how to avoid some of the thorns one is likely to encounter, from Christian religious misperceptions to differing ideas about touch among different societies and belief



CLAUDIA VOYLES



LAURA COOLEY

systems. Besides serving as handbooks for everyday clinical work, the booklets are excellent tools for clinical supervisors. Each one-page essay, perhaps copied and given out in advance, can provide a topic to build around for a supervision session. The same method would also work for any type of training session on acudetox topics.

To order the booklets, go to @www.acudetox.com, and click on "Bookstore"

NADA NEWS ROUNDUP

NADA/Europe Sets 2009 Meeting

NADA's newest affiliate in Europe, NADA Schweiz (NADA Switzerland) will be hosting the biennial NADA/Europe conference in Zurich August 27-28, 2009. The conference announcement states "further information will be issued shortly. In the meantime we ask all who are interested in presenting about their country, their work, new projects or any other interesting topic concerning or working with NADA, to contact us." Contact: www.nada-acupuncture.ch

Swedish Member Is Author of Ear Acu Text

An English edition of the textbook *Ear Acupuncture: A Practical Guide*, authored by Swedish NADA member Kajsa Landgren, has just been issued by complementary medicine mega-publisher Churchill Livingstone. Kajsa is well-known to many NADA members due to her appearances as a presenter at the association's annual conferences.

According to the publisher, the book provides an up-to-date practical guide to the principles and practice of Chinese and Western ear acupuncture. This book is aimed at both students and also practitioners. Two-color illustrations are used throughout to illustrate the text. Additionally, it integrates the Chinese and Western opinions and includes chapters covering ear acupuncture used in the treatment of addiction and also the Western theories about how acupuncture works. The 247 page book with 105 illustrations is available in the USA from the publisher, other internet sites and bookstores for \$69.95.

NADA founding president Mike Smith endorses Kajsa's new book as "outstanding for its clarity, excellent detail, and very good language. It does what all textbooks should, but rarely do." Mike reports that Kajsa is currently working on a book about NADA.

ROUNDUP continues on page 6



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Maryland Cuts ADS Fees

Laws and regulations regarding NADA-trained acupuncture detoxification specialists (ADSEs) differ widely from state to state. The most pro-NADA states have minimal regulation of ADSEs per se, under the recognition that most health workers utilizing their NADA skill already have a state-recognized credential such as counselor, social worker, nurse, etc. Other states require ADSEs to obtain a special state license, usually one issued by the state authority governing acupuncture. Besides having burdensome and sometimes absurd requirements (fingerprinting!) to obtain and renew the license, the process costs money, ranging from \$10 to as high as \$300 per year. Such fees are a major bar to wider accessibility to NADA treatment, as the cost burden falls either upon the agency which employs the ADS (mostly poorly-funded already) or the health worker herself (mostly not well-paid).

Good news on this front arrived from Maryland where, according to NADA registered trainer and activist Dave Wurzel, the Maryland Board of Acupuncture recently voted unanimously to reduce the fees charged to auricular detoxification specialists (Maryland's term for ADS) to \$50 for the initial application and two-year license and \$25 for each two-year renewal thereafter.

According to Dave: "Citing that most ADSEs pay the licensing fees out of their own pockets and that the ADS fees were such a minor portion of the Board's budget, the Acudetox subcommittee made this recommendation to the entire Board."

ACU DETOX FACTS AND IMAGE DEBATED ON WIKIPEDIA

Next to Google, the free online information bank known as Wikipedia is perhaps the world's favorite one-stop shopping site for quick answers to almost any question. It calls itself "the free encyclopedia". However, unlike a traditional, printed encyclopedia, the online content is not researched, written and edited by professionals. Instead, anyone – from the totally expert to the totally ignorant — can submit items to this enormous website.

One result is that material that is incomplete, inaccurate or even a flagrant lie can find its way on to the site. But, according to Wikipedia advocates, bad information is not really a problem since readers will spot the errors and post their own, corrective material. Theoretically, through a process of error/correction/new error/new correction,

repeating indefinitely, the most complete and accurate statement possible on a given subject will eventually appear. In the meantime, a topic which is subject to any kind of debate will be different in content almost every time you look it up.

Unsurprisingly, the desire to achieve ultimate truth may not be the only motivator for everyone who tries to post or modify an entry on Wikipedia. Boosters and critics on every imaginable subject find this a new field of battle. In many ways, this new medium resembles talk radio in the kind of attention it draws from individuals or groups with some kind of agenda, whether personal, political or economic. A single, possibly quite wrong, point of view can win significant exposure. It just needs to be stated vigorously and persistently to the media-consuming public by one or a few media-wise, often anonymous individuals.

Like any subject that has its proponents and its detractors, NADA's work as told on Wikipedia has shifted and wandered over time. At presstime, the most recent posting on the subject of "acupuncture detoxification" reads as follows at http://en.wikipedia.org/wiki/Acupuncture_detoxification (the underlined words and footnotes are hypertext links from Wikipedia to other sites).

"Acupuncture detoxification is the use of auricular (outer ear) acupuncture to treat drug and alcohol addiction. Evidence supporting the use of auricular acupuncture to treat addictions is largely based on anecdotal and clinical reports. Reviews of randomized controlled studies have concluded that there is insufficient evidence and/or a lack of properly-designed trials.^{[1][2]}

A five-point Acupuncture auricular (outer ear) protocol was developed and taught by Michael Smith, MD, of Lincoln Memorial Hospital in the Bronx, NY, during a period of high heroin use in the 1970s. Dr. Smith says that auricular acupuncture should be considered an adjunctive therapy to standard treatments for addiction, not an alternative to them.^[3] The protocol is disseminated through the National Acupuncture Detoxification Association (NADA) in the US and worldwide. Training and information is about acupuncture detoxification is available through NADA. According to Acupuncture Today, a trade journal for acupuncturists, NADA was established in 1985 and since then has trained more than 10,000 "acupuncture detoxification specialists" in use of the five-point protocol.^[4]

The NADA protocol relies on concepts in Traditional Chinese Medicine (TCM), which some scholars have characterized as pseudoscientific. Proponents reply that TCM is a prescientific system that continues to have practical relevance. See Acupuncture: Criticism of TCM theory.

General [references]

[Acupuncture In The Treatment of Substance Abuse](#) - Katharine C. Otto, MD
[The Use of Acupuncture in Drug Addiction Treatment](#) - National Drug Strategy Network

Training [sites]

[National Acupuncture Detoxification Association](#)
[NADA UK](#)
[Acupuncture Clinic New Jersey](#)

Perhaps a NADA member reading this posting will want to take on the task of making the site more complete and accurate, since the present version can't be seen as in any way definitive.

Most persons who have closely followed the 20-plus year history of published research literature about acu detox would find the statement falls far short of an adequate summary of that body of knowledge. The entry's emphasis on the controversies about TCM creates the false impression that controversies within the general ("full body") acupuncture field are of serious concern to the real world of acupuncture detoxification. A naïve person reading this Wikipedia entry would completely miss the understanding that acu detox training, organization and membership exists primarily within the world of addiction medicine treatment, not within the world of acupuncture or Oriental medicine.

The current entry is also grossly lacking in the links it give for General and Training reference. Only two small publications from the very large existing literature are shown. And of the links given to Training, one is to a site that is nothing more than a marketing post for an enterprising New Jersey acupuncturist, and which mentions nothing about acu detox training or treatment.

If you are interested helping correct and expand the Wikipedia entry, you can find out how by visiting www.wikipedia.org. If already familiar with computers and the world wide web, you will find it rather easy to get started on Wikipedia. However, that could be just the beginning of a long process. For whatever you post, there very well may be someone, or many someones, with a sharply different view. Just because you are obviously right, and have the facts on your side, your posting(s) will probably not be the last word. You will need to give up time and energy to the task of keeping an eye on the entry and be prepared to refute those who have spray-painted over your own precious contributions to human wisdom.

TEXAS TRAINING SITE REPORTS IMPROVED COMPLETION RATE

NADA's second main training site, Homeward Bound in Dallas, Texas, has reported outcome data showing that a large sample of the program's patients (all dual or triple diagnosis people) who received acu detox as part of their residential and/or outpatient treatment were almost twice as likely to complete the treatment program.

These findings were reported in a poster session at the First International Conference on Integrative, Complementary and Alternative Medicine and Mental Health, held in Toronto last May. The presenter was Susana Mendez, a NADA registered trainer and member of the board of directors.

The data reported offered strong new support for the value of acu detox in improving client engagement in treatment. Though improved retention is probably the most often cited example of what acu detox can do, this is not well understood outside of the NADA advocacy community. As the text for Susana's poster states: "Research regarding the effects of acupuncture on client engagement and recovery is particularly lacking."

According to the poster text, the study sample contained 5408 patients who entered and were discharged from addiction treatment February, 1999 through January, 2007. All met criteria in the DSM IV TR for substance use disorder. Forty-five percent were female, 55% male, 50% White, 16% Hispanic, 30% Black, and 4% other.

Seventy-six percent of the total sample (4110 individual patients) was rated by counselors as having completed treatment (using state guidelines defining completion). Of these, 2,672, or 65% had received acu detox during treatment. The non-completing group totaled 1298 individual patients. Of these, about 454 or 35% received acu detox during treatment.

Contact: *Susana Mendez, Homeward Bound, Inc,*
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“NEWSPAPER OF RECORD” CITES EAR SEEDS AS FASHIONABLE

Ear seed therapy, a technique long in common use by NADA practitioners, received a major media boost from the *New York Times*. An article in the famous newspaper’s fashion and style section looked primarily at how the seeds have been credited by many patients with assistance in the gruelling process of nicotine withdrawal.

The item also touched on how the seeds are used in other ways as well. Author Camille Sweeney wrote February 21: “Ear seeds have long been used stateside for addiction treatment. But today, with the growing demand for alternative therapies, there has been an increase in the practice of using ear seeds (or their metallurgic equivalents, acubeads and ear magnets) for health issues from anxiety to pain to insomnia.”

The article does not specifically mention NADA, or state that vaccaria seeds or magnetic beads are normally applied to the NADA points for smoking cessation, addiction, stress, and PTSD.

The article quotes NADA member and acupuncturist Cynthia Neipris about the use of vaccaria and related tools, who explains: “They are used for people in situations of trauma, for example in the aftermaths of 9/11, Katrina, the California wildfires ... And, because the seeds are worn home, it’s an added plus because it involves the patient in their own healing process.”

Another source for the article was Dr. P. Grace Harrell, an anesthesiologist and acupuncturist at Massachusetts General Hospital in Boston who uses seeds and acubeads to help treat back pain. She suggests they may stimulate activity in the brain, however “We don’t know exactly what the ear seeds do ... What I do know is that more people are wearing them. I have patients coming in and asking for the seeds.”

DISASTER RESPONSE continued from page 1

Wendy helped at the St. Vincent’s Hospital acu detox aid project following the 9/11 attacks as well as in the New Orleans area catastrophe. As a result of her experience with other workers, she and firefighters and alternative medicine personnel founded Community Relief and Rebuilding through Education and Wellness (CRREW), which assists international disaster response groups.

Wendy says some situations might require one to have a mental health degree. Acupuncturists and ADS workers should be familiar with the terminology of diverse medical fields, as emergency response efforts require personnel of different backgrounds. She also emphasized the

GUIDE-QUOTE ...

“In many cases, addiction treatment agencies are becoming the training ground for other agencies,” John Daigle, a Florida treatment advocate, commenting in *Daytona Beach News-Journal* on high turnover among counseling staff due to poor pay rates in the addictions field.

importance of being invited in by a parent agency. The International Association of Firefighters brought her into New Orleans.

Barbara Lighthouse, a former disaster aid coordinator for the Red Cross, explained that in overseas settings, the local government must invite all disaster response personnel. Interested acu detox workers must be trained by the Red Cross as a “trained responder.” She explains the training takes several months, and willing volunteers must be prepared to enter a disaster situation under the auspices and coordination of the Red Cross. While acu detox skills may or may not be needed, volunteers should be prepared to help handing out food and clothing, as well as to “listen to [survivors] who have to talk.”



“Just because [volunteers are] willing to serve does not mean they can work in a disaster situation,” stated Psychiatrist John Ackerman. He maintains that disaster preparedness among potential workers and within communities is equally important. He urges willing acu detox workers to not only commit themselves to response efforts, but to be prepared for long-term involvement on local levels.

Joan Dolan, a psychiatric nurse in New York City, spoke about her experience at St. Vincent’s Hospital providing acu detox to rescue workers and trauma survivors following the 9/11 event. She described a “window of opportunity” where it is important to close the gap between “stress,” (emotional strain) and “distress” (extreme anxiety). She says after a traumatic event, “It’s hard to predict who is at risk” for developing PTSD, making it important to treat all trauma survivors, even rescue workers.

Dolan says, “You want to be careful to not pathologize or give that person a diagnosis when it’s really a normal response to an abnormal event.” She explained that the simplicity of acu detox made it an appropriate modality after 9/11. “Ear acupuncture supports recovery,” Says

Dolan. "It helps to restore the body processes, calms the mind. Variants of one's innate healing wisdom provide hope and a sense of control. This adds to a feeling of self empowerment and it's a communal experience, the nonverbal group.

"I found it really interesting that there were not a whole lot of people going to counseling [in the weeks following 9/11]," explained Dolan. She says people cope with trauma in different ways and not everyone benefits from crisis counseling. Some experts hold that verbal debriefing immediately after an event can re-traumatize the individual. While social isolation is common after trauma, acu detox groups allow survivors and rescue workers to experience group treatment anonymously, void of stigma and words. Dolan describes the context at St. Vincent Hospital: "We had a medical-surgical response ER. I was realizing that we didn't get many patients coming in...I realized by what I was seeing and what people were saying and their faces that they were reflecting what...people in Manhattan were going to be experiencing. So I asked if we could do ear acupuncture and luckily the medical director thought it was a good idea."

In the following weeks, 1300 acu detox treatments were provided at St. Vincent's, compared to 454 counseling sessions. After receiving funding from the Red Cross, they

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began an “integrative stress management program” Dolan reports that 40,000 acu detox treatments were provided between October 5, 2001 and December 17, 2007. As trust was gradually built with acu detox participants, many inquired about counseling services.

Soon after returning home from the Dallas conference, NADA members Cally Haber and Evan Shepherd Reiff suddenly had a home grown disaster on their hands. An unprecedented wildfire in their county threatened to destroy 10,000 acres over Memorial Day weekend. The two, both acupuncturists in Santa Cruz, CA, set out to bring acu detox to the 3000 firefighters at the base camp

When Cally and Evan arrived at the incident command, they were taken to the liaison tent, and were allowed to give a short presentation about what they had to offer. The pair sensed that the staff members were interested and open to the idea, but unsure how to utilize the offer or how to introduce the idea to the fire fighters out on the line.

“There’s this whole culture of ‘We don’t need help, we’re the rescuers,’” Cally (who also serves on the NADA board of directors) explained. “So we went to dinner, hung out and talked to people in the medical tents to make sure we weren’t stepping on anyone’s toes.” She noted that taking time to talk informally with the firefighters and gain their trust was a key to eventual success.



EVAN SHEPHERD REIFF

The two set up folding lawn chairs next to the line for dinner near the mandatory hand washing station. There they had access to water, soap and paper towels. They put up a sign reading “Thank you Firefighters - Free Acupuncture.” Patients were recruited out of the dinner line. One at a time, rescue workers stepped forward. Friends held their place in line while they got a treatment. The firefighters encouraged each other to try it. Over the following four days, 150 treatments were given. A number came back for additional treatments. Cally reports that many complaints were of headaches and musculoskeletal pain. She added that acu detox was able to help firefighters to let go of the adrenaline rush, relax, wind down, and sleep.

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.

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bies” and even began to “dance.” “They are doing so well it’s scary,” is how Glenda Hamilton, a staff member at the time, put it.

NADA founding president Michael O. Smith told the Dallas conference attendees that he could attest to the Waco success. He was invited to visit the group home during the pilot project after asking to be brought to “the worst county” in Texas. He cited the Waco success as an example to the NADA audience: “You don’t have to start out with perfection to get perfection. You start out with reality.”

As Tom recalls, the group home residents had been previously seen as a threat by the people of the Waco community. The home continually drew the response of the police due to arrests, violence and suicidal incidents. And having observed the pitfalls of his agency’s traditional therapeutic tool of talk therapy, he was desperate for other approaches. He arranged to get the NADA protocol training from a pioneer NADA trainer (and Orthodox priest) the late Mark Pemberton of Santa Fe, NM. However, convincing his director to permit acu detox was a greater task to master, as many contemporary NADA pioneers have also experienced.

Tom gave this advice to those who also face resistance to initiating use of acu detox: “Take away their pain. The executive director [in Waco] wanted the police to quit calling him. He wanted the residents off the street. He wanted them to start paying their rent and stop being a nuisance. So one thing [that can persuade bosses] is to solve one of their irritating administrative problems. And the other thing is to save them money. When you start saving an agency money, either by reducing pharmacological bills or visits to the ER, they’re gonna listen to you.”

Tom recognizes a twofold challenge in resistance

to utilizing NADA.. “You have got the acupuncturists against you on one hand and the talk therapists on the other because they don’t want to be showed up.”

Although Tom eventually convinced his director of the effectiveness of acu detox, he faced new critics among his fellow staff members. Although the residents bloomed as the result of the acu detox, many of them did not need or want talk therapy anymore. He says that psychologists in his agency resented this. “There are powerful side effects that affect staff,” he warns.

Tom hopes that the licensed acupuncturist community will also embrace non-acupuncturist ADS workers, who are the necessary ingredient for any acu detox program to be successful and to sustain over time.

Tom explained that acu detox administered by ADS workers “introduces clients to the potentials of acupuncture.” Later on, once they have established the beginnings of long-term recovery, these clients are much more likely to seek providers of full-body acupuncture for their other health needs. Acu detox performed by ADSes “broadens the field. It exposes a huge number and a huge network of people to acupuncture. It can only enhance profitability [for licensed acupuncturists] because it is such a positive advertising medium. Just imagine each client and the number of people they’re connected to!”



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SURPRISE DISCOVERY RECOUNTED BY TEXAS NADA PIONEERS

While many see the use of NADA treatment for psychiatric patients as something new, the foundations for the concept rest on a surprise discovery by NADA members in Waco, Texas back in 1992. This was two years before acupuncture itself became a licensed profession in that state.

Ben Warton, a longtime NADA registered trainer and social worker, and his colleague Gloria Turley, were running a group home for persons with chronic mental illness. In an effort to improve patient health, the home had embarked on a program to reduce the residents' amount of cigarette consumption.

The decision to try acu detox for smoking cessation purpose was totally new – there were no acu detox programs in the community and it would be two years more before the Texas Legislature allowed acupuncturists to practice in the state. And the best way to apply the acu detox method for smoking was unknown as well.

“[At that time] there was no standard way to do this stuff,” recalls Tom. A video of the first acu detox ses-

sions show images of cigarettes hanging from mouths and smoke billowing out of noses as needles were placed in ears.

Despite these uncertainties, the attempt proved highly successful. Tom reported not only a 50% decrease in smoking by the residents, but also a drastic improvement in their psychiatric symptoms, especially among those who had previously been the most resistant to treatment, and most frequently re-hospitalized. Residents who had previously slept 14 hours daily began to sleep eight. Recidivism decreased by 70%. Re-hospitalization dropped. Energy increased. Formerly chair-bound residents petitioned for “more exercise” in their daily routine. Within four months of the installation of acu detox, a resident garden was growing, and a resident government was established.



TOM ATWOOD

According to Tom, clients ceased to be like “zom-
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