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Virginia Trainer Offers Group Consultation To ADSes

A NADA registered trainer in Virginia conducts consultation groups as a way for local ADSes to stay connected with NADA and each other. Cara Marinucci, a licensed counselor, says she started the consultation groups as a way to encourage her ADS trainees to finish their practicum hours. Cara says it’s a “chance for all ADSes to gather, renew, and share the Qi as we review skills, the five elements, presence, appropriate music choices and general implementation ideas.”

Cara begins the sessions with a 15-20 minute discussion after which she puts the needles in their ears. “I get so many trainees who have only received [needle] a few times. At the training there’s just something at that moment or some other moment in the training...there’s something that shifts in them. It’s an opening to their own healing inside which allows them to acknowledge, to recognize, that potential in others. Whether we’re the person providing or the person receiving...we’re all one in the room. I think that we can forget that sometimes because we don’t get to receive it.”

Her project began with an invitation sent to more than 100 of her former trainees, located within two hours driving distance from her office in Charlottesville. Eight ADSes came to her initial follow-up group. They asked her when she’d offer the service again. “It really happened organically after which she puts the needles in their ears. “It really happened organically and general implementation ideas.”

NADA Invites You To Ann Arbor

Acudeto x: A Tool For Tough Times
(Earn 15-43 CE credits)
20th Annual Conference Details on Pages 6-8
June 1-6, 2009 Ann Arbor, Michigan

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ACU DETOX PROVES HELPFUL IN NEPAL VOLUNTEER CLINICS

NADA techniques came in handy for acupuncturists trying to cope with the complex needs of patients seeking care at field clinics in Nepal. The caregivers were in a group of recent acupuncture graduates visiting there last year whose patients were in distress from pain, pulmonary disorders and anxiety.

Andrew Schlabach, acupuncturist and president of the sponsoring Acupuncture Relief Project, has a long term vision for using acupuncture volunteers and training locals to improve access to health care in communities of need around the world. Their website explains: “Nepal remains one of the poorest countries in the world and has been plagued with political unrest and military conflict for the past decade. Our project will give our practitioners an opportunity to gain valuable field experience while making a positive impact on the local community.”

During the first six weeks, the team of four provided 2442 acupuncture treatments for 826 patients within 116 days. Andrew says most clients suffered from chronic pain. The team had numerous Tan style protocols at hand, but language barriers made it difficult to reach a diagnosis. To begin with, he says, “Universal pain scales weren’t so universal.” In addition, there is no word for arm or leg in Newari, the indigenous language in Nepal. The entire limb, rather, is identified either as “hand” or “foot.”

Acu detox proved helpful. “People would come in under a lot of distress, suffocating and wheezing. The SNP was a place to start. It took the edge off things so we could do a better interview and treatment. It helps the patients be in their bodies.”

NEXT YEAR IN NEW ORLEANS

Next year’s NADA’s annual conference has been tentatively scheduled for May 15-16, 2010 in New Orleans. Former NADA president Ruth Ackerman and board member-elect Michelle Gaennie are currently seeking suitable accommodations and training sites.

The meeting will be held in commemoration of the huge volunteer relief effort in Louisiana, Mississippi and Texas by NADA and other field organizations following the hurricane disasters in the region. It will also celebrate the enactment of a NADA-inspired reform of the acupuncture regulations in Louisiana which not only allowed NADA-trained workers to function but also freed full-body acupuncturists from medical doctor control (see Guidepoints Sept ’07 and Sept ’08).
NADA Board Defers Action on Doctorate Issue

Responding to the Community Acupuncture Network’s request to comment on whether entry-level acupuncturists should have a doctoral degree (see Guideposts, March, 2009), the NADA Board of Directors issued the following statement:

To: Larry Gatti, Community Acupuncture Network
Fr: David Eisen, LAc, MSW, OMD (AM) Sri Lanka for NADA Board of Directors
Re: Response to your request for NADA input on first professional doctorate

For the past 25 years NADA has stood at the forefront in the struggle to bring acupuncture to under-served, medically disenfranchised and below Federal Poverty-level people in the USA and around the world. NADA’s treatment of hundreds of thousands of people around the globe for behavioral health conditions has also contributed hugely to spreading the word about the health care value of general acupuncture.

Until the arrival of the community acupuncture concept, no other organized effort besides NADA was actively outreachng to persons in need of care who would otherwise have had no knowledge of, nor access to, acupuncture in any form. Due to the work of NADA, many of these same people found recovery, became employable, and obtained the means necessary to pay for care by licensed acupuncturists.

NADA supports the efforts of CAN in bringing acupuncture to many people who could not otherwise afford the typical private practice rates. However, the Board of NADA would need additional time to consider your request at more depth. The Board would need to look into whether or not the scope of the NADA mission extends to engagement in the issue of the appropriate level of formal education of acupuncturists, (although our mission clearly includes the training of acupuncturists and others to become acupuncture detoxification specialists).

At this point in time, the Board of NADA is very busy with its annual conference, transitioning our business operations and being involved with a multi-organizational cohort outcome study. Some on the board are involved with the federal loan assistance program being offered to acupuncturists.

We hope that CAN and the accrediting bodies, the schools and whoever else is involved with this process, can come to a consensus.

Please keep us posted as to the progress of this situation.
decided to go to acupuncture school with the hope of returning someday. He is a board member of the project, and remained in Nepal with Garret Fabian for an additional 135 treatment days through April, 2009. Diane Wintzer is a fourth member of their team. They all met as fellow students at the Oregon College of Oriental Medicine. (Ed. Note: Probably the leading acupuncture school in the world in regard to support of NADA concepts and activities.) Using acupuncture to staff two seven-week clinic camps in September 2009, The project is currently recruiting four acupuncturists to staff two seven-week clinic camps in September 2009. The members of last year’s volunteer team paid for their own travel costs. The project accepts donations. Contact: Andrew Schlabach. (360) 693-9591, 3712 NE 40th Ave, Vancouver, WA 98661. andrew@alloneplanet.com

GROUP CONSULTS continued from page 12 like that." Sessions last 75 minutes, with an average attendance of four to eight trainees. Sessions are free but she asks for a $25 suggested donation. Cara was trained as an ADS in 1998 by NADA trainer and board member Mark Farrington. “As a trainer he really was encouraging and able to help people learn the skill. I wanted to be able to do that as well,” she explains. Two years later, she became a NADA trainer. “When I moved into doing training I really had a commitment to following up with people,” says Cara, who distinguishes her consultation groups to them: the acknowledgement of wisdom in a non-verbal way.” She stresses simplicity as a principle, as to “not letting your ego get in the way of it.” Letting 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@Acu detox.com

President: Ken Carter Editor: Jay Renaud Art Director: Mary Renaud Staff Writer: Ryan Remis ISSN 1070-8200

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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Cara’s regular ADS training program starts with an initial four-day session, followed by email and phone consultation. After trainees complete 40 hours of practicum, she meets with them once more for a final demonstration. Cara believes there are two important sides of a NADA trainer: the practical side and inner side. “One is the skills aspect [to assure] that a diversity of students can learn them. The other thing is conveying the NADA spirit and being able to embody and model what the NADA treatment brings to them: the acknowledgement of wisdom in a non-verbal way.” She stresses simplicity as a principle, as well as “not letting your ego get in the way of it. Let the acu detox work itself. Stay out of the way of it.”

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Cara Marinucci, LPC, 1008 E. Jefferson Street, Charlottesville VA 22903 (434) 960-2327. Contact: Cara Marinucci, LPC, 1008 E. Jefferson Street, Charlottesville VA 22903 (434) 960-2327.

The science of medicine, the art of healing.
Carolyn Reuben, a licensed acupuncturist from Sacramento, heads CARA (for Community Addiction Recovery Association), one of California’s few highly-functioning and stable NADA-utilizing programs, CARA has a long standing and close affiliation with the local drug court, as well as offering a variety of other outpatient treatment tracks. Carolyn is also known for hosting the Brain Repair Addictive Disorders Conference devoted to the nutritional aspects of addiction treatment.

In the realm of public policy, Carolyn has taken a strong role in recent years in the effort to reform California’s exclusivist acupuncture law. The existing law prohibits the utilization of acupuncture by health professionals who are not licensed acupuncturists.

Carolyn received her acupuncture education at SAMRA University in Los Angeles and the Nanjing College of Traditional Chinese Medicine in China. She has practiced acupuncture since receiving her state license in 1983. Carolyn completed her ADS training in 1995 with the ARTS group in San Francisco. She is also a journalist and author of four books and hundreds of newspaper and magazine articles on health and nutrition.

Contact: Carolyn Reuben, CARA, 2230 Loma Vista Dr, Sacramento CA 95823. (916) 972-1684. info@carasaac.org

Michelle Gaiennie, a licensed clinical social worker from New Orleans, is the executive director of Grace House, a 25-bed substance abuse treatment facility for homeless and indigent women and a 22 unit permanent housing program. She first encountered NADA work when NADA volunteers gave treatment and training to survivors and first responders as part of the post-Katrina/Rita Hurricane relief efforts. Michelle completed her ADS training in 2006 with Laura Cooley and recently earned the special Louisiana ADS license authorized by reform legislation recently passed in the state. She holds license #5.

Besides her current stint since 2003 as a program director, Michelle’s background in the addictions field includes nine years as a clinician and manager with the behavioral medicine unit of West Jefferson Medical Center in Gretna, LA. She was the founding member of the Coalition of Louisiana Addiction Service and Prevention Providers and received the 2007 excellence in treatment award from the Council on Alcohols and Drug Abuse. Michelle received her MSW from Tulane University.

Contact: Michelle Gaiennie, 1032 Jena St, New Orleans, LA 70115. (504) 940-4279 mgaiennie@gracehouseneworleans.org

Katurah Bryant, a registered nurse, licensed marriage and family therapist and licensed addictions counselor based in New Haven, operates a private counseling practice MPACT (Multicultural Perspective in Assessment, Consultation and Training) and also works as lead nurse clinician in the Addictions Service of Connecticut Mental Health Center. She was among the first non-Lincoln-affiliated clinicians to complete the ADS training and to earn registered trainer status. Since that time at least 40 persons have graduated from ADS training under Katurah’s guidance.

As an addictions clinician, Katurah specializes in triage and evaluation of substance use disorders.

None of the team members spoke Newari. They relied on interpreters, and trained them to be advocates for client needs. In the future, they may train them in acu detox. He says training locals in acu detox could help the sustainability of the project. “When looking at the service of health care practice internationally, it’s a little complicated to serve where you are not part of a community. The energetics of exchange are not aligned because you’re foreigners coming to help other people.” The team envisions being able to start health projects, educate community members with acupuncture skills, and then move on to assist other communities in other parts of the world.

Group members learned about the monastery site by emailing former contacts from previous visits, but they didn’t know where they would end up when they arrived. It turned out to be Campagoan, at Chekgyur Lingpa Foundation, a Buddhist monastery. A brand new building stood next to the monastery, with no vision for its use. It was perfect for their clinic.

“We saw people come from the community who never had health care in their whole life.” The team didn’t charge for treatments, but the monastery insisted upon charging 5 rupees, or 10 cents. “We realized this wisdom because it made everyone accountable for their care. Patients took treatment more seriously.”

The team brought along granule herbs donated by Evergreen Herbs and Medical Supplies. Patients received free two-day prescriptions and were encouraged to return for acupuncture, with the reminder that “herbs don’t work without acupuncture” to avoid those patients who were ‘drug seeking.” In the future, the team hopes to use local herbs.

Acupuncture Relief Project was founded by Andrew and Leith Phippes. Leith’s vision for the project came while trekking in Nepal six years ago. During his journey he provided first aid in a village he was visiting. Before long word spread that “there’s a doctor in town.” He learned that few people had access to medical care, and some had never seen a doctor before. When a woman brought her sick child to him, he realized he couldn’t help. He says he
GUIDE-QUOTE …

“Things are never as bad as they seem, and things are never as good as they seem”.

President Barack Obama, during a press conference on his 100th day in office.

FAMOUS MICHIGAN HOSPITAL
CREATES ACU DETOX COMFORT ZONE

Brighton Hospital, the second-oldest continuously operating treatment center in the USA, has dedicated a room specifically equipped for acu detox treatment. Among other features, the new facility is entirely furnished with new, authentic La-Z-Boy reclining chairs.

Since its founding in 1954, Brighton has been a consistent model of treatment based on addiction as a disease. It offers traditional inpatient models of detoxification/rehabilitation as well as a variety of programs and interventions based on the unique needs of special population groups. These include teens and adolescents, health professionals, clergy seeking addiction recovery, men’s and women’s halfway houses, and dual disorder treatment.

The hospital’s website notes that, for each patient in alcohol or drug rehab, at least six to ten friends or family members are affected. In response, a “family and friends program” offers rehabilitation counseling services to family members, “as we feel this promotes a strong addiction recovery support system for patients fighting the courageous battle over their drug and alcohol dependence.”

Brighton is an active NADA training site, operating under the leadership of NADA registered trainer, Virginia June. Due to its eminent status in the addiction field, and to its consistent approach to use of acupuncture in substance use disorders, Brighton was chosen by the NADA Board to host the 2009 pre-conference ADS training, the year’s premier training event.

Showing how NADA is growing in Canada, Chris Willette becomes the first registered trainer based in the province of Manitoba. She received her ADS training and RT mentorship from veteran trainer Don Himmelman of Nova Scotia. Chris used her strong background in both clinical and administrative work to assist the initiation of NADA work at her employer, The Clinic, in the provincial capitol of Winnipeg (See Guidepoints, March 2009). She received the masters in social work from Wilfrid Laurier University in Waterloo, Ontario. Contact: Chris Willette, 870 Portage Ave, Winnipeg, Manitoba R3G 0P1, (204)285-7517, cwillette@klinic.mb.ca

NEPAL continued from page 1

so we could talk more specifically.” He says he first saw this benefit as an intern at the famous Hooper detoxification center in Portland, Oregon. With the Hooper patients, he learned “I needed to use the SNP just to have a conversation with them.”

The team also reported success treating gastritis and asthma. Many clients were on a 12-18 month drug regimen for bone and skin tuberculosis from a local clinic. “The drug treatment is very damaging to the body. After 18 months they’re very sick and yin deficient, with weak symptoms of every organ system of the body.” The busy project clinic treated an average of 100 patients per day, and Andrew says acu detox was used for patients who were waiting to be seen.

The team’s online travel blog describes several stories of their efforts to treat clients with neurological disorders and paralysis. Andrew says he learned that there are many cases where acupuncture can’t help. Few resources existed for addictions and mental health treatment and support, and it was difficult to know how to respond to cases of domestic violence. “A lot of conditions started from a mental-spiritual realm more than from the body”, for which acu detox was helpful.

and co-occurring disorders and serves as leader of a multi-disciplinary assessment team. She is extensively involved in teaching and training of civil servants, additions and mental health counseling students and serves in adjunct faculty positions at Southern Connecticut State University and Gateway Technical Community College. Her background also includes consulting in total quality management techniques and organizational leadership and team building. Katurah received her masters in family therapy at Southern Connecticut State University.

Contact: Katurah A. Bryant, 57 Willis St, New Haven CT 06511, (203) 868-8282, khabryant1908@prodigy.net

NOTED RESEARCHER SEeks
NEW FIELDS OF STUDY

Pat Culliton, a licensed acupuncturist and researcher, and key member of the founding community of NADA, has joined forces with an academic center at the University of Minnesota to conduct research in integrative health care. Pat has served for many years as a NADA registered trainer and in various capacities on the NADA board of directors. She may be best known for her 1980s role in the publication in major scientific journals of articles supportive of the use of acu detox in the treatment of alcoholism.

Pat’s long-established base, the Alternative Medicine Clinic at Hennepin Faculty Associates is allying with the university’s Center for Spirituality and Healing. According to the The Integrator blog, the partners are currently “collaborating on a community-based assessment of the health needs of immigrant and refugee populations which aims to provide underserved populations with greater access to integrated therapies and shed new light on pressing health questions.”

Contact: Patricia D. Culliton, Director, Hennepin Faculty Associates, Integrative Medicine Division, 825 S 8th Street, Ste 1106, Minneapolis MN 55404, (612) 347-6238, pat.culliton@hfa-mn.org

PIONEER ACU-BASED DRUG COURT MAY NOT SURVIVE DOWNTURN

The USA’s second oldest drug court, which along with the original model in Miami/Dade, Florida, demonstrated the utility of NADA work in the criminal justice system, faces extinction by budget cuts.

Portland, the largest city in Oregon, started the program in 1991, drawing a flood of professionally-curios visitors wanting to see how it worked. Acupuncture was always a major feature of how Portland officials, including the judge, prosecutor and public defender, presented the program’s design to interested parties, local and non-local.

To achieve the maximum possible coordination between the courtroom aspects of the project, and the out-of-court addiction counseling functions, the founding judge set up a custom-designed counseling service. This was a private, non-profit known as InAct, created to fit in with the drug court operational system.

As years went by, however, budget constraints appeared and InAct fell into the familiar pattern of needing to do more with less. Acupuncture became a target for cuts, perhaps especially since the restrictive legislation in Oregon prevented the program from training its regular counseling staff as ADsEs. As funding dwindled, the availability of acupuncture became less and less over time. Eventually, InAct

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NADA HISTORICAL VIDEOS NOW ON DVD.

A video compilation of historical videos documenting the early days of NADA is now available on DVD. NADA pioneers created the original VHS tapes because of the need to explain the NADA protocol to a wider audience and as a tool for patient education. The new disc version, entitled NADA Rising, continues to be ideally suited to these purposes.

The early volunteer film-making efforts created a substantial body of video. Some of these works were adaptations of broadcast news coverage. Others, far more ambitious, were conceived as original documentaries. Completion required hard planning work and serious expense. The agency administrators made the whole project possible, with support from drug court clientele, local media and national advocacy groups.

The Oregonian, the state’s dominant daily newspaper, editorialized: “The annual budget for the drug court is just $1.4 million. If the county closes it down, and tells hundreds of drug criminals that they are on their own, it would be only a matter of days before they caused a million and a half dollars of pain.” An official of The Sentencing Project, a Washington, DC advocacy group wrote: “At a time when policy makers are looking in every corner for cost savings, this is not the time to be short-sighted and eliminate a cost-saving program.”

Contact: Rick Berman, director, InAct, 727 NE 24th Avenue, Portland, OR 97212. (503) 228-9229.

Acupuncture for Chemical Dependency in Pre and Post Nataal Periods — Success of the Lincoln Maternal Program led to replication in Minnesota and California. Between interviews with recovering mothers, viewers glimpse clinic activity in the South Bronx (Nancy Small), St. Paul (Karen Ganley), and San Francisco (Pat Keenan). (1992)

Project Recovery, Santa Barbara— Portrays the Lincoln model translated to California, narrated by former NADA President Ruth Ackerman and features author/poet Alex Brumbaugh. Michael O. Smith confesses his early skepticism that acupuncture could really help addicts. (1992)

Contact: The DVD set is available for $39.95 (plus $7.95 p/h) from the NADA Literature Clearinghouse, PO Box 1927, Vancouver WA 98668-1927. Phone toll-free 1-(888) 765-NADA.

ACU DETOX MENTION SLIPS PAST UNCLE SAM’S ARMIES

In 2006, the Center for Substance Abuse Treatment (CSAT) published an update of its “treatment improvement protocol” (TIP) on detoxification best practices. The 245-page printed volume contained favorable mentions of acupuncture in two locations. Recently the agency offered to the addictions field a Power Point training curriculum version of that TIP. The essential content of the pro-acupuncture mentions are carried over from the printed book. To obtain free copies of the printed version of TIP 45, go to http://www.ncbi.nlm.nih.gov/books/bv.fcgi?rid=inst5.chapter.85279

To obtain the Power Point training curriculum version, go to http://www.kap.samhsa.gov/products/trainingcurriculums/

Observe note a contrast with CSAT policy concerning a similar document that was begun around the same time as that original TIP, but devoted solely to acupuncture issues. Though the agency has had a completed version of that work in hand for some years, no publication has occurred (see Guidepoints, September 2008). According to NADA leaders who have interviewed CSAT officials on this subject, the holdup is due to objections from unnamed government officials at the National Institute for Drug Abuse. Members of the NADA board of directors say that an effort is currently underway to urge the new administration to put the long-delayed document on the web in the form of a CSAT technical assistance publication (TAP).

Joseph C. Martin

A pioneer in the use of visual media to assist those working to recover from addiction died in March at the age of 84. The face and voice of Father Joseph C. Martin, were known to nearly everyone, be they clinician or client, involved in the addiction treatment system since the 1970s. Most encountered him performing in a series of videos featuring chalk-board illustrated lectures. These became widely available via the newish VHS tape format and increasingly inexpensive VCR players. Due to rhetorical skill, and disgust that something’s his own drinking days, the retired priest’s old-fashioned classroom technique both entertained and instructed. He found rapt audiences in all those places where addicts and alcoholics, willingly or unwillingly, gathered to watch. In later, Father Martin realized his dream of operating his own residential treatment center, 85-bed Ashley located in his home state of Maryland. There, he is said to have personally greeted each new patient with the words: “The nightmare is over.”