NADA Acupuncture for Mental Health, Trauma and Addiction

The National Acupuncture Detoxification Association (NADA) is a nonprofit association founded in 1985 which trains a diversity of healthcare workers to provide a standardized and limited ear acupuncture protocol used as an adjunct treatment for addiction treatment, behavioral health and trauma. People eligible to be trained include counselors, social workers, first responders, nurses, community members, corrections officers, peer recovery workers, acupuncturists and physicians. Website: www.acudetox.com National headquarters: Laramie, WY
Questions? (888) 765-6323 or nadaoffice@acudetox.com

What is the NADA Model?
It is a non-verbal approach to healing that involves the placement of up to five sterilized and disposable needles into specific sites on each ear. The recipients sit quietly in a group setting for 30-45 minutes. NADA ear acupuncture is a therapy which is clinically effective, cost-efficient, and drug-free. It can easily be established within behavioral health, addictions or disaster relief settings or in any location that a group of people can sit together. The combined application of ear acupuncture with counseling, education, medical support and self-help groups such as AA and NA enhances opportunities for success.

Benefits Show:
• Reduced cravings for alcohol and drugs, including nicotine
• Minimized withdrawal symptoms
• Increased calmness, better sleep, and less agitation
• Relief from stress and emotional trauma
• An easier connection with counseling
• A discovery of inner quiet and strength and an intention for recovery

Testimonials from officials:
“…[Ear Acupuncture] in the treatment of PTSD provides an element of patient engagement not possible with traditional therapies alone,”—Navy Capt. Robert L. Koffman, MD, MPH, department chief for clinical operations at the National Intrepid Center of Excellence in Bethesda, Md.

“I was skeptical at first, but everyone I talked to said [Ear Acupuncture] helped. I became a believer.”—Former Attorney General Janet Reno, who oversaw the first NADA-based drug court in the United States

“In my experience (since 1997) [Ear Acupuncture] is the best support for…comprehensive treatment…I have ever seen. Whether court mandated…or out of prison we see improved engagement and retention…with [Ear Acupuncture].”—Janet F. Martini, M.Ed., LPC/S, Executive Director, Keystone Substance Abuse Services, Rock Hill, SC