



Sheila Murphy with Steve Weiss (left), member of the American Bar Association, and Jessie Ruiz, president of the Chicago Bar Association.

## **Ret. Justice Sheila Murphy Receives John Paul Stevens Award**

On October 17, 2019 former NADA board member, Sheila Murphy, received the most prestigious award given by the Chicago Bar Association, the Justice John Paul Stevens Award.

Sheila Murphy's career exemplified public service (bio circulated at the luncheon available upon request). Judge Murphy is currently an Adjunct Professor at UIC John Marshall Law School. She teaches Restorative Justice with Michael P. Seng and has taught law students in China, Czech Republic and Taiwan.

## **Recovery Coaches Use Beads With Fellow Prisoners**

*"There is great strength in a recovered addict. Help them grow back to health — don't let them drift." -- Michael Smith*

*by Jo Ann Lenney*

Trish Cathcart is one of the few people trained by NADA Eireann founder, Jim Byrne. She also studied with Dr. Michael Smith at Lincoln Recovery Center in 2002, and became a registered trainer in 2003. This was after she started a family treatment program in a kitchen in Ballymena, N. Ireland, with Robina Aiken, Jennifer Greene, Heather Kirkpatrick, Marie Laverty and Lisa Wilkinson. The program, The Hope Centre, is still going strong, but Trish has moved on and is now working for Start360 – a provider of support services to young people, adult offenders and families in Northern Ireland. Recently she gave us an update on her progress.

"I have been working away in Magilligan Prison where I am based, continuing to promote the benefits of the NADA treatments. Warden Dave Bowden, recognizes the benefits of the acupuncture treatment and supports us in our endeavors to deliver NADA in the best possible environment within the prison setting. He has very kindly given us our own therapeutic space and furnished it to help facilitate a warm therapeutic area in which to carry out the acupuncture. The guys love it and indeed staff do also

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*The Old Man,  
a Boy and a Truck:  
The EDA System*

by Thomas Atwood, MSW

Join Tom and his nephew, Zach, as they manage social and emotional dilemmas typical in the life of a practitioner of the healing arts. The author escapes the dry academics of textbooks by weaving theory into "marvelous and often hysterically funny stories" of real patients.

Chapter 17, "Smokers," describes how Acudetox was first used with the mentally ill in the state of Texas.

It can be purchased on Amazon.com, in paperback, and on Kindle Books.

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## NADA's Mission

"The National Acupuncture Detoxification Association (NADA), a not-for-profit training and advocacy organization, encourages community wellness through the use of a standardized auricular acupuncture protocol for behavioral health, including addictions, mental health, and disaster and emotional trauma. We work to improve access and effectiveness of care through promoting policies and practices which integrate NADA-style treatment with other Western behavioral health modalities."

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BEADS AT MAGILLIGAN continued from p. 1

as this space within the prison is a delight in which to offer the treatment.”

Trish trains not only workers at Magilligan but also prisoners, called Recovery Coaches, who help her in the acupuncture clinic with consent forms, needle checks, etc., insuring that the acupuncture clinics run smoothly. “They administer the beads to everyone attending at the end of the session, and they also have their own supply for administration on the landings to whomever asks. These are still as popular as ever within the prison environment with prisoners and staff alike.”

There is a monthly NADA session for the staff which is supported by Warden Adele Norton as part of her PrisonsWell initiative, and approximately 20 people attend regularly. As Trish has noted, “Working in a prison environment can be extremely stressful, and it’s great that wardens are promoting our ear acupuncture treatment as a tool for helping staff with this. Just goes to prove how much the prison establishment believes in the benefit of this simple but effective treatment for everyone.”

Trish has recently branched out and trained a Start360 worker who is funded by the British Legion to deliver the NADA treatment to groups of veterans across Northern Ireland who have substance use issues. She told us that: “The British Legion have also allowed a member of their own staff to be trained to deliver acupuncture to veterans so it’s brilliant that the acupuncture treatment is being spread out to this group of people – especially in Northern Ireland where as a result of the Conflict, veterans were afraid to be identified due to the previous security threat. The Good Friday Agreement and the subsequent form of peace we have here now has enabled veterans to seek the help they so desperately need. Hopefully this will continue to grow.”

She adds that she “was able to download some research and a video from the NADA website to help promote this. And, Combat Stress, another

*“Part of my recovery is helping and receiving the acupuncture treatment. I sleep much better and have a much deeper sleep, previously I suffered from insomnia and severe panic attacks. Being in the new acupuncture room is like stepping outside the prison – quiet, silent and serene. Part of me feels like a Hybrid-being going in to our acupuncture room, I feel like I am getting my internal batteries recharged. I haven’t suffered any panic attacks since starting the weekly acupuncture treatment, and as I know the benefits to me, I promote them to others in the prison to help them too.”*

-- Eamon, Recovery Coach



New providers at Workforce Training, with Trish Cathcart, center.

*Photo courtesy of Trish Cathcart.*

organization which works with former servicemen and -women, and is now considering having some staff being trained as a result of this too.”

Yet another group where she is teaching the NADA protocol is Workforce Training. They

work with young people leaving school with no educational attainment, long-term unemployed adults and women returning to work. According to Trish, “They help these target groups overcome barriers to employment which include addressing legacies of the Conflict, such as mental health, alcohol and or drugs problems. It’s brilliant the staff recognize the acupuncture is another tool to help them help their clients into wellness and meaningful employment and help improve their community at the same time.”

Shortly after she started expanding the use of the NADA protocol in the prison system, Dr. Smith said, “Trish is one among several who has taken the challenge to learn and teach NADA, and she has become a leader who is helping others by sharing this training with so many people.” He went on to say that Trish’s work is a “remarkable and creative effort on the use of beads by inmates. It shows concrete measures of improvement in a typical prison setting, clear evidence of social and moral improvement that would be apparent to anyone who knows prisons.”

**Recovery Coaches include:**  
Albert, Billy, Dessie, Eamon, Paul,  
Ryan C and Ryan T.

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Patricia.Cathcart@dojni.x.gsi.gov.uk



## Words From the Founder

*Excerpt from Michael Smith's essay, Spirituality and the Serenity Prayer (full text available in the publication, Nature of Qi)*

In Chinese medicine, teachers talk about the growth energy being a seed. What do we do with the seed? Well, first we plant it (though often the seeds will plant themselves). The seed is planted, and it disappears in the ground. At this point we might think, "The farmer seems lazy, just hanging out for a while, right?" No, farmers are hard-working people, but there are times when they must wait and times when they can work. For instance, if we wanted to diagnose this seed, to dig it up and make a diagnosis in the middle of winter, what would be the diagnosis? A dead seed. Every time we dig up a hidden seed, the diagnosis is always the same. The seed is dead. This inevitability means we have to wait.

We are taught that change occurs because, somehow, the clients have to prepare to make things better. *They* have to make the weather "warmer." We try to create a lot of "almosts": almost ready, almost ripe, almost this, almost that. Everything is *almost* OK. The process is called "case management." However, this is not how seeds grow in Nature. Seeds develop and grow in the coldest, darkest, hardest space with the least amount of support. It may seem counter-intuitive, but we need roots in our own private space before entering the outside world. Before spiritual growth occurs, specific goal-oriented preparations have little value and much possible negativity – fatigue, stress and a loss of hope. As new and creative parts of adult life sprout, only those specific parts can be nurtured. Good parents and therapists wait – they don't diagnose or probe, they don't guess or predict or even hope. They distinguish the small real sprouts from complex formulations or parental expectations.

We've come back around to spiritual development – where and how seeds grow. They grow downward first, upward second – this private process, the process of hitting bottom and developing up, is how new things develop. They don't develop by artificially warming a seed. We should know by now that new things emerge from cold seeds. The private process is private, underground, and it's best not to be a snowbound therapist trying to dig up a bunch of underground seeds. Not because you are not well-meaning, but because it doesn't work. So what else do you do? You wait. But wait in the right way – using nurturing, nonjudgmental support like acupuncture – and wait for the right time.

Spring is here when the seed sprouts. Spring is not a month. Seeds grow continually and each seed has its own Spring. Now is the time when you can give direction. You can put that little stick in the ground for support. And later on, that plant will be stronger because of the direction you pointed it in. You can trim it so it grows better. You can do many things, but only if you know how to be a farmer and you know in what season to work.

All of us are made of different seeds. Some things sprout quickly, but others that are hidden might take a longer time to blossom. If we are working with people who have hidden seeds, and they sense that we want/need to find them, their first instinct is to run away. And the intelligent, healthy thing for them to do *is* to run away. One of the very few, if not only, methods of nurturing a hidden seed is through acupuncture, because you can nurture and relate to something that is private. So be a good farmer. Know in which season to rest and know in which to work. Know what part of a person can be given guidance and what part is private. Privacy is special – good things develop from it.

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"Many thanks for Guidepoints, I really appreciate it. It's good to know what's going on in the NADA world. It was lovely to see a photo of Dr. Smith - it made me smile to remember this wonderful man."

– Nic Constable, Cornwall, England

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## Wyoming Sheriff Supports NADA at Albany County Detention Center

*The following letter was submitted by Sheriff David S. O'Malley of Albany County, Wyoming, in June 2019 as a letter of support*



Sheriff David S. O'Malley

*for a grant to fund NADA services at the county jail. The grant was not awarded, but services have continued due to support by a local Laramie resident and regular attendee of the Laramie Free Stress Relief Clinics. These weekly clinics use the NADA protocol as a community wellness intervention and have been running since 2014 – (see article in Fall/Winter 2018 Guidepoints).*

It is my understanding that Sara Bursac, the Executive Director of the National Acupuncture Detoxification Association (NADA), may be applying for a grant.

Quite some time ago, the Albany County Sheriff's Office was contacted by Ms. Bursac and her associate, Gary Engen. During our initial meeting, which included Undersheriff Josh DeBree and our detention center supervisor, Lieutenant Ben Fritzen, the issue of providing acudetox treatments to inmates incarcerated in the Albany County Detention Center was discussed, with the hope of initiating a pilot project at some point in time, as staffing allowed.

Many of the people who become incarcerated, are under the influence of, and addicted to, a myriad of substances, such as alcohol, cocaine, methamphetamines, and opioids such as heroin. It goes without saying that being incarcerated, in and of itself causes many people extreme stress and anxiety. When you add in the fact that many are also immediately forced into detoxification, those mental and physiological issues are exacerbated.

This spring, we started an acudetox pilot program within the detention center. We initially asked for inmate volunteers to participate. Six men and six women were selected. There were two sessions each week, and genders were segregated, necessitating NADA personnel being present during four blocks of time. Sessions were conducted in the attorney/client room in the detention center.

The feedback that has been received has been extremely positive. Inmates reported less stress and anxiety, and the treatments have reduced the physical effects of withdrawal.

*Guidepoints News from NADA*

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The treatments also enhance the inmate's general ability to cope with their situation of incarceration, particularly in combination with personal chemical dependency issues. It is our informed opinion that the NADA clinics in our detention center have had a very positive impact on the mental and physical well-being of our inmates.

Recently, the NADA protocol in the detention center was expanded. We now have 12-15 participants in each gender group. The treatments have been moved into the detention center gymnasium, to accommodate those numbers.

Although departing inmates would be difficult to track, there is some hope that the NADA protocol could have an impact on recidivism, particularly when the only underlying criminal offense is related to chemical dependency issues. These treatments may give some people the tools to remain clean and sober.

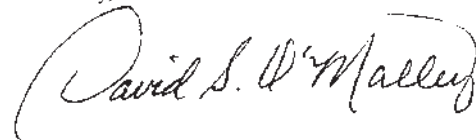
Most people housed in our detention center are not necessarily bad people, they are people who have made bad decisions. Our hope is that they will realize and understand that there is the support available to help them, when they are faced with difficult decisions regarding their chemical dependency issues.

What we do know is that the NADA clinics have had a positive impact on the lives of some inmates in the detention center. There is less stress and anxiety, as reported by the participants. There is a reduction in the impact of withdrawal from chemical dependency. There is a reduction in aggressive behavior between inmates, and between inmates and staff. In short, the current results are deemed a success.

Since the inception of the program, NADA has provided services, without compensation. Clinicians' time and equipment have been provided with no cost to our taxpayers, or the inmates involved, which is proof of the dedication these caring professionals express through their actions.

On behalf of our inmate population and the members of the Albany County Sheriff's Office, I would like to support any consideration for awarding grant funding to the National Acupuncture Detoxification Association to continue their work.

Sincerely,



David S. O'Malley  
Albany County Sheriff



## Testimonials from women at the Albany County Detention Center

*The following testimonials were written in support of the Wyoming Community Foundation grant, described on page 6. Names of the participants have been changed.*

Patrice felt the experience was helpful in keeping her sanity. She feels it opens people's minds to a holistic lifestyle.

Rhonda finds acupuncture has increased her capacity to be patient. She found the experience helped her work through previously unaddressed issues. She feels people who share her diagnoses would benefit from acupuncture. She would not hesitate to recommend it.

Nicole found the experience to be relaxing. She found her entering frame of mind influenced the experience. If I had been jogging in the recreation area, I found it more difficult to settle down. Worries about legal issues, TV themes and music would occasionally intrude. Unlike mindfulness which I have also experienced, acupuncture does not bring about a clearing of thoughts, instead, it slows them down and makes them less intrusive and troubling.

“All three of us feel acupuncture lessens the need for medication.”

**Know of a corrections facility interested in subscribing to Guidepoints? Contact (888) 765-6232. NADA will provide a free print subscription.**

## Value of the Non-Verbal With Incarcerated Youth in Colorado

by Erica Viggiano

“Non-verbal treatment is important because no trust is needed at first. The patients don't trust themselves, why should they trust you.” ~ Michael Smith

It's hard to overstate how valuable NADA has been as a non-verbal tool in my practice. While various types of talk therapy are effective in healing trauma, when used alone it can be very demanding. NADA assists clients in assessing and modulating how much emotional stress they can tolerate on a given day or within a given therapy session. When young people are able to ask for NADA, they often feel a sense of mastery in what we focus on verbally and non-verbally.

“It's hard to explain but my emotions change, happiness rises up in me and the negative feelings drain out.”

Ninety percent of my clients who receive NADA report that the treatment has helped improve their sleep – problems with sleep are common with both people with PTSD and those living in an institutional setting. Some say they have never felt their “whole body rest like this.”

“I'm aware of having a difficult thought and what is happening but then it just drifts away and becomes something positive.”

People with childhood PTSD have a very difficult time understanding or talking about their emotional experience. Talk therapy alone can be frustrating for clients who feel unsafe, defensive or otherwise at a loss to communicate what is happening in the moment. Breath work and other physical practices can be useful, however they require effort and focus. NADA is particularly helpful in these situations since it is a nurturing intervention that demands very little of the client other than showing up.

This makes a sizable difference in retaining clients in treatment and supporting their active engagement and participation in their therapy. Those clients who transition to community living are also expending considerable energy to create stability as they face the new demands of their

INCARCERATED YOUTH continues on p. 8

## Wellness Event Includes NADA at Prison in Tucson, Arizona

“Recovery is social justice, a human right.”

-- Michael Smith

by Chuck Pyle

*Chuck and Nobi Pyle have devoted much time and energy—and Spirit—to NADA ever since they attended a conference in Albuquerque where, as Nobi told us, “they were blown away by the dedication and passion of the people of the NADA community and Dr. Michael Smith.” To learn more about them, see Guidepoints, Spring 2019 and Summer 2019.*

Last May, in Tucson, Nobi Pyle did a NADA presentation and demonstration at the Dismas Charities Halfway House Community Relations Board. In attendance that day was Complex Warden Barbara Von Blanckensee, who is in charge of all three federal prison facilities in Tucson. She



Nobi Pyle provides treatments at a wellness event held for corrections officers.

asked Nobi to do a treatment session for officers at an event in August, explaining that nationally there were concerns with the high rate of suicide among corrections officers.

Concerns about stress, trauma and suicidal ideation among corrections

officers is well placed. Many studies report that corrections officers and veterans have roughly equivalent experiences with exposure to violence. Moreover, the rate of suicidal ideation for corrections officers is roughly four times that of the general public.

The frontline security personnel are in a job that is perceived to be high demand with low social support, which exacerbates the potential for major depression or PTSD. A report by Amy E. Lerman determined that, “Officers with at least one symptom of PTSD are less likely to think rehabilitation should be a central goal of incarceration and more likely to think that the job of a prison is purely maintaining the safety of the public.”

On August 15, 2019, Nobi arrived at 8:00 a.m. at the Training Center for the Federal Correctional Institution-Tucson (FCI-Tucson). The event was labeled Diversity Day, but it was clearly a Wellness event. In the main building for the training center, there were tables set up for fitness programs, yoga, nutrition, healthcare and even games. Reentry Coordinator Aracelli Corona took Nobi and me to a small building next door to the training center which Aracelli knew would be quieter. No one had any idea how many officers would be interested in acupuncture, but Nobi and Aracelli figured even if it was only 10 to 12, it would be worth the effort. Pretty soon all eight chairs in the small room were occupied – it stayed that way for almost five hours. In the end, Nobi treated 45 very grateful officers.

Some of them had experienced acupuncture for physical conditions and were anxious to try it for stress. Some were just curious about acupuncture. But many were clearly dealing with many aspects of a very stressful job.

Thanks to current policies leading to mass incarceration, corrections officers and administrators are perhaps the largest segment of our public workforce, and they work in stressful and violent conditions. At the same time, the public expects them to interact positively with prisoners and to support the goal of rehabilitation.

However, the public supports these officers poorly in terms of pay, training, working conditions and respect. The people who answer the call to work in corrections deserve much greater support and specifically greater support dealing with stress and trauma. Acudetox has an important role to play. Nobi plans to return to FCI-Tucson for their next Wellness event. She is following Dr. Smith’s advice to “*Just Do It.*” ♾

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INCARCERATED YOUTH continued from p. 7  
lives as young adults. NADA can provide a healthy form of stress management, as well as a stabilizing and nourishing experience amid the demands of these major life transitions. NADA has been immensely supportive of a sense of self-awareness, self-direction, self-efficacy and self-care in healing and recovery for so many of my clients. They often look forward to their NADA treatment and say it is the best part of their week. It has given me a powerful non-verbal tool to help people access their own healing power and process.

*Erica Viggiano works with youth in Colorado’s Juvenile Justice System as a psychotherapist and yoga teacher.*  
To contact: [erica@integrativelife.net](mailto:erica@integrativelife.net).





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# NADA Germany's Meeting in Leipzig:

## Sprache ist nicht die einzige Zugang –

## *Language is not the only access*

In late September of this year, over 130 people gathered in Leipzig, for a NADA meeting filled with presentations about how the protocol is being used in many varied and diverse ways. The participants work in organized settings, such as private and public hospitals, and community settings, treating a multi-cultural population of children, youth and adults. A significant number of programs serve refugees – even the consent form has been translated into over 20 different languages to accommodate the diversity of staff and clients.

Ralph Raben, the founder of [NADA Germany](#), opened the meeting with the statement: “Sprache ist nicht die einzige Zugang” – speaking is not the only path. He went on to say, “Simple is not something banal. That is the hard part of our work. It’s about building trust and confidence, for the patients and for ourselves.” Ralph has always noted that this is one of the most important things that he learned from Dr. Smith – “that an attitude of trust and appreciation is crucial for the patients sitting opposite us, that acupuncture is much more than skillfully setting the right needles.”

Evmorfia Fromme, who organized the NADA gathering, is a psychiatrist who works with children. For the last 10 years, she has been using the gold beads with her clients. The use of magnetic beads (magnetische kugeln) is quite widespread, and was brought up in virtually every presentation. Speakers shared that beads on the “Retro Shen Men” point are sometimes applied after the needle treatment, and sometimes they are used alone.

In addition to talking about the magnetic beads, speakers also shared about the helpfulness of the detox tea. In a long-term treatment unit for youth, sleepmix tea was often used in combination with the acupuncture, resulting in a better acceptance of the NADA treatment.

Another presentation concerned getting access to the NADA protocol for public-service workers who have demanding jobs. Also, at a trauma hospital that sees refugees and migrants, the presenter shared, “They don’t just come back for needles, but for social contact, structure and closeness.”

A community health drop-in center for families of many nationalities is located in Guben, a city right on the German/Poland border. Their work showed how quickly NADA can grow in a setting that is open and receptive. In 2017 they started NADA services with two trained providers – today

they have 56, offering the NADA protocol daily, from 3 p.m. to 8 p.m.

A benefit of this level of access to the NADA protocol is that people can get immediate care while they spend time waiting for access to mental health services. Dr. Smith has told us that it is important to help people as soon as they walk in the door – “they are worried and nervous and they don’t have the time to wait to see what we’ll be able to do for them. When they walk in, they have symptoms – we give them a treatment and the symptoms get better.”

Magdalena Schienle, an oncology physician, spoke about using the NADA protocol for cancer patients. She gave us a synopsis of her presentation:

Our center’s motto: “Chemotherapy is a weapon against cancer; Acupuncture is a support for body and soul.” We had long been using NADA acupuncture with patients with trauma issues, so it seemed only logical to apply this treatment to people with cancer as well. They may be dealing with fear and a sense of powerlessness, and the chemotherapy itself can cause additional suffering. So, in 2014, we started treating patients and their family members with the NADA protocol.

A cancer diagnosis at times separates patients from their family, their work colleagues, from everyday life. In the beginning, they are often unable to express their fears and needs. With the group setting of NADA, we have a method which is non-verbal and without patient preconditions.

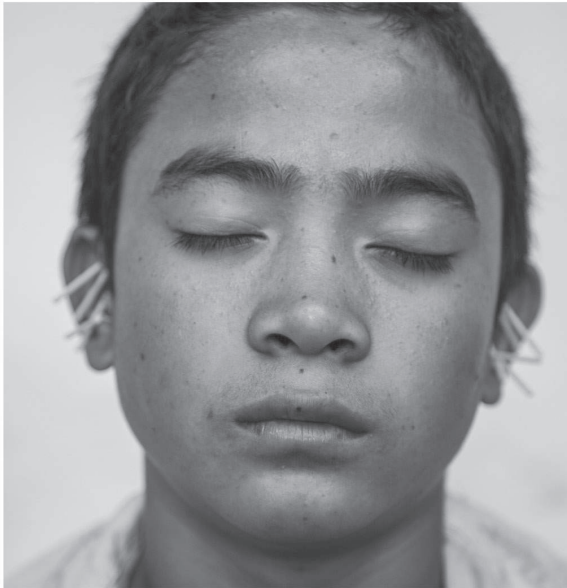
The NADA group has proven its worth. The physicians appreciate acupuncture as an additional method in their caring for their patients. Patients ask for acupuncture continuously – they attend regularly and over a longer period of time – and their partners often take part in the groups.

The participants talked about improvements in sleep, in depression and in the side effects of chemo. They have said that their inner restlessness is reduced, and that the calmness and quietness of the group strengthens them. And, maybe most importantly, that they are doing something for themselves “which is valuable for our healthiness.” ☺

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*Diana Fried, M.Ac., L.Ac., M.A and AWB founder/executive director*



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Unveiling of new mural on side of Lincoln Recovery Center building.  
Photo courtesy of Jo Ann Lenney.

## *Bronx Awards & New Mural Give Visibility to Lincoln Recovery Center Building*

Mychal Johnson, along with Alexandria Ocasio-Cortez and others, received an award as one of the most 100 powerful people in the Bronx in 2019. The award was given in part for Johnson's activism in working to reopen the Lincoln Recovery building as a center for health, education and the arts (H.E.ARTS). "The award is a recognition of the work of all the people in the community – they are the driving force to improve the health of the community and the education of their children," said Johnson.

The mural (left) which is painted on the side of the Lincoln Recovery Center building was unveiled in early September at the third annual H.E.ARTS festival organized by South Bronx Unite.

According to the [Mott Haven Herald](#), "The mural's vibrant colors and evocative Mexican-inspired scenes bring new life to the weathered brick structure at 349 E. 140th St. ... Chilean artist Virginia Ayress called her mural, 'We Have a Story to Tell.' " 🌹