



NADA INTERNATIONAL NEWSLETTER

JUNE 13, 2007

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SPECIAL POINTS OF INTEREST:

- Upcoming NADA conferences
- NADA acupuncture protocol presented at APA
- NADA protocol to be part of unification of treatment programs in Toronto

EURO-NADA IN HELSINKI AUG 23-25, 2007

We will join together in Helsinki, Finland Aug. 23-25. There is a fine 2-day program plus an outing in the Nuuksio National Park on Saturday. Representatives of new organizations – Norway, Austria, and Switzerland – will be present. Yuri Usenko will bring colleagues from nearby St. Petersburg. Three of us, including Rosa Reyes and Jo Ann Lenney will come from Lincoln.

Ralph Raben, David Blow, Rachel Peckham, (UK) Nic Constable and Lars Wiinblad are also confirmed. Beverley DeValois will describe her use of the NADA ear points to treat the symptoms of Tamoxifen withdrawal (in breast cancer treatment). I will be honored to talk on the “Spirit of NADA.”

Contact conference host for hotel information.

Pekka.aarninsalo@a-klinikka.fi



Suomi

OSLO CONFERENCE

Rita Nilsen, our NADA pioneer in Norway has a “Day of Inspiration” conference planned for August 21, 2007 for those of us coming to the Helsinki conference.

Her prison support pro-

gram will be featured. A large audience is expected.

The Princess of Norway has been invited.

Registration at post@retretten.no



Rita Nilsen

US CONFERENCE SUCCESSFUL

The NADA Roanoke conference (May, 2007) was a moving experience for all of us. The opening talks by the State Director of Mental Health and the drug court judge were very favorable to acceptance and expansion of our work. Virginia has an excellent acudetox law so that most of the behavioral health programs have

been able to integrate acupuncture widely among their clinicians. Carlos Alvarez presented an extensive history of the Lincoln training program. Rosa Reyes will continue as the training director at Lincoln now that Carlos will be in retirement.

Ken Carter is the new president of NADA-US.

He is a psychiatrist and acupuncturist who has been active in acudetox for 15 years. Formerly in Rock Hill, South Carolina he helped set up acupuncture in churches and factories as well as conventional settings. He recently trained 50 new NADA members in Jamaica with Jacqui Heron.



Carlos Alvarez



Ken Carter



Alan Trachtenberg, Michael Smith



Rosa Reyes

SCHOOL PREVENTION IS OUR ONLY HOPE

A high school counselor has given NADA treatments to 130 kids over the past 5 years. She lives in a conservative city and is concerned about publicity, but we can pass on any messages

to her. NADA members near Virginia Tech gave supportive treatment for students and families after the brutal mass shooting in March, 2007.

We all want to provide preventive trauma-related support for young people. The non-verbal, non-diagnosis NADA approach may be part of a safe haven approach.

INDIAN MESSAGE TO USA

Roop Sidana, a psychiatrist from Sri Ganganagar (in Rajasthan, India) presented a paper on NADA acupuncture at the American Psychiatric Association recently held in San

Diego. He described the peaceful retention of patients in his large program. His best results were with alcoholics. Dr. Sidana referred to reports from Denmark and Oregon,

indicating the worldwide spread of our work. He uses a lot of graphic art in his anti-addiction art. Contact him at drroop67@yahoo.com

Paper on NADA acupuncture at the American Psychiatric Association

NADA WORK IN THE PHILLIPINES

Janet Paredes of the Philippines has had a long article about her work published in the prominent Sunday Inquirer Magazine on May 27th. The article was very favorable. Here is an excerpt:

"Paredes says the results can be dramatic. "In July last year, we started treating a group of children as young as nine years old, who had been using rugby (solvent) or shabu, many of whom had also been sexually

abused," she relates. At the outset, most of them were either uncooperative, in a daze, or downright hostile. But after as few as five acupuncture sessions, she adds, they had calmed down considerably, were more receptive to counseling, and were able to focus on their school work. Even more dramatic was the physical evidence of acupuncture at work. After about ten sessions, she

says, most of the children started sweating heavily, their perspiration giving off a tell-tale chemical odor. In some cases, their skin broke out in rashes or boils. But after several more sessions, their skin began to clear, which Paredes believes is a sign that their systems had successfully detoxified."

On another front, Janet started a community clinic training (see below what was it like in her own words).



Acupuncture treatment for a group of street children

TO: michael.smith@nychhc.org

Dear Dr. Mike, NADA Community training started its practicum last Thursday June 7. We had 64 patients the whole day. June 8, our second day of practicum, we had 105 patients and last Saturday June 9 we were swarmed with 115 patients!!! ShEw!!! All 13 trainees were on their toes really trying to master the points while they punctured the ears of drug dependents, alcoholics, smokers, and a majority with mild medical problems. They invited community people to just try ear acupuncture even if they were not drug dependents. The community people were curious, trying it out and finding out how it felt to be punctured on the ears.

We were surprised to see many children as young as 7 years old wanting to try it out with their mothers, or just themselves with their playmates!!! Oh my God! I had to check all the ears that the trainees punctured, checking their point location, correcting them and giving them a thumbs up when all points are located excellently!!! It was indeed a very overwhelming three days. Love, Janet



MAGNET BEADS

TO: joannlenney@yahoo.com
Subject: Thanks for the magnets



Jo Ann Lenney

Dear Jo Ann,

I want to thank you for instructing me in using ear magnets for helping children to feel calm and focused.

I was getting some complaints from my son's first grade teacher about his behavior. She advised me that he was misbehaving – talking out of turn, distracting his classmates, and being easily distractible himself. Her suggestion was to put him on a sticker system, with smiling faces for good behavior, and frowning faces for bad behavior. This only served to demoralize him, and me as well, as he had difficulty getting 2 smiling faces per day, which was the goal. Nothing I did was helping much, and I was beginning to feel that he was doomed to be a failure at school and that I was failing at being a good parent.

One day I tried putting magnet beads on the back of his ears. The teacher called me that night and demanded to know what I put on the beads that had caused him to become such an ideal student. It was almost like magic. My son is eleven years old now. He tested into one of the best middle schools in the city and gets good grades and appreciation from his teachers. Since the first grade, whenever he has had difficulty at school, I offer to put beads on the backs of his ears. Sometimes he agrees to it, and other times he says "I think I can do it myself Mom." Having learned the feeling that the beads impart, he sometimes feels able to recreate the feeling himself. He has also learned to use meditation. Since the beads taught him what that calm feeling inside feels like, it is easier for him to get to that place in a variety of ways.

Cynthia Neipris, L.Ac.



Cynthia Neipris

TORONTO MILESTONE

The 5 major addiction treatment programs in Toronto were asked to unify their outpatient activities. Acupuncture was planned to be an important part of this effort. NADA-Ontario has trained people all over the province. The

hospitals pay training fees to the NADA organization. The acupuncture regulatory law of Ontario (a Canadian province) has an exemption clause which allows NADA acupuncture to be done by any trained person who works in

an addiction program. Toronto is the first major city in the world which has embraced NADA acupuncture on an explicit comprehensive manner.



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HEAD TO COWBOY COUNTRY



Claudia Voyles (Texas), Nancy Smalls (Lincoln), Rosa Reyes (Lincoln)

Dallas, Texas will be home to the NADA-US conference April 24-26, 2008. The host will be Susanna Mendes who has done recent NADA trainings in Tijuana, Mexico and northern Peru. She directs the Homeward Bound, one of many NADA programs in Texas.

POINTS TO CHANGE

A disc version of the Lincoln-GMHC training film "Points to Change" is now available at a low cost. If you want one, let me know so I can be sure to bring enough copies to Helsinki.

michael.smith@nychhc.org

VIETNAMESE OUTREACH

Quang Huynh is a New Orleans acupuncturist who has treated thousands of Katrina survivors. Recently he took a team of NADA members to Vietnam and Cambodia. Quang works so fast and has so many friends and relatives in Viet-

nam that they treated and trained people in a pagoda, a convent, a center for street children, a clinic run by blind acupuncturists, and a TCM school. Contact:

healingcrew@yahoo.com