

January 18, 2008

# NADA International NEWSLETTER

Issue 5

## NADA Takes Over the Psych Ward

*A jealous doctor cried out that this is not "evidence based medicine." One of the trainees replied neither is "restraint and seclusion."*

Large psychiatric hospitals have become the focus of NADA training in Europe. These facilities ask for 50 clinical staff to be trained at one time. Denmark, Sweden, and especially Germany, have had outstanding success developing programs in more than 50 hospitals. A jealous doctor cried out that this is not "evidence based medicine." One of the trainees replied neither is "restraint and seclusion."

Kajsa Landgren, who has helped with the Swedish hospital trainings, will be a keynote speaker at the **NADA-US conference in Dallas (April 24-26, 2008)**.

We need to know how the use of acupuncture changes

the institution as a whole—in terms of atmosphere, incidents, staff stress, groups, activities, census, medication, restraints, etc. What reasons do the hospitals give for their relatively sudden interest in large scale trainings? Hopefully all will be revealed.

Libby Stuyt, who directs the only similar psych hospital program in the U.S., will also be on the Dallas program. We will have a "tall true tales" of Texas at the Dallas conference luncheon. The biggest success in Texas was the Waco program in the '80s.

It showed that NADA

acupuncture could cause a dramatic change in psych hospital outcomes.



Kajsa Landgren

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## NADA's 19th Annual Conference

April 24 Administrators and Directors Workshop (9 am– 3 pm)

By M. Smith

April 24 7-9pm Registration with snacks and live music.

April 25-26 Main Conference Friday and Saturday (Including Saturday Luncheon),  
April 25-26, 2008

Rooms can be booked directly with **The Magnolia Hotel**.

Log on to [www.magnoliahoteldallas.com](http://www.magnoliahoteldallas.com) or call +1 (214) 915-6500

For special rates \$119 single or double, mention NADA. Available only up to March 24th, 2008.

## Wave of the Future- Teachers Provide Acupuncture in Boys School

In Helsinki we heard about a program at the Starhurst School for Boys that is a wonderful example for the future. Starhurst is a government school for boys 11-16 years old who cannot function in regular school. Fifteen of the 50 boys stay in the school on a full time residential basis. Starhurst is located in Dorking, Surrey (UK), just outside of the London M-25 belt-way.

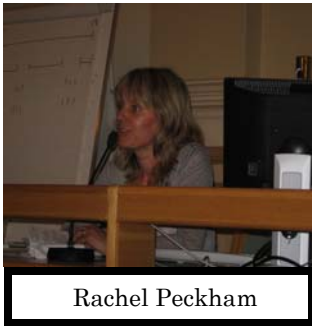
Stuart Fraser, an acupuncturist with Surrey Young People's Service, did a volunteer pilot program at Starhurst in 2004. Ear acupuncture was soon popular with the boys. It helped them

sleep, calm down, and cope with problems more easily. When the pilot was finished, one teacher, Celia Clack, asked the school if

they would pay for her NADA training by Rachel Peckham in London. Later on, another teacher, Jason Kowlessor, was trained. They conduct two ear acupuncture groups each week. Some boys who have trouble being near other boys receive individual treatments. Headmaster Henry Kiernan supported the program from the beginning. Subsequently, headmaster John Watson has also given full support.

At first, the boys were laughing and easily distracted, then several boys put up a list of "rules" on the wall.

The atmosphere has been constructive since then. Let me quote an excellent article by Omega Douglas in a British teacher's magazine.



Rachel Peckham

"Ms. Clark says staff began to notice changes too. If, for instance, there was an argument, it was always a pupil from the acupuncture group who intervened and helped sort it out calmly. It was exciting ... these were young people who couldn't talk things through, who'd fly off the handle, and now they were being open with each other and expressing problems verbally instead of fighting. Also, for them to sit still for 45 minutes was amazing. They learned stillness."

It makes a great deal of difference that the teachers themselves are providing most of the acupuncture treatment.

In a difficult setting with hard-to-reach patients, the acupuncturist has to have considerable counseling skill as these teachers do.

The treatments have to fit in with daily individualized schedules. Furthermore, the teachers are able to perceive the long-term value of the treatments. We are talking about transformation of the boys and of the teaching setting. Professional acupuncturists started a process that can lead to a vast social change for all of us.

## Remarkable New Directions!

It used to be that talking about NADA meant talking about drug addiction. Now the value of NADA acupuncture expands dramatically from year to year.

Members of NADA-US provided acupuncture at a SNAP conference in Washington, D.C. SNAP means Support Network for those Abused by Priests. Many SNAP members need stress relief and renewal of vitality. We plan to offer treatment for local members and at the SNAP national conference in Chicago, July 11-13. A NADA-Germany associate has plans to treat former child soldiers in the Congo. NADA-Israel is considering a pilot stress relief clinic in the Gaza Strip.

Treatment is available for U.S. Army

Iraqi veterans, their families and caregivers at Walter Reed hospital and at the Veterans Administration hospital in Washington D.C.

For more information go to:  
[www.crossingshealingworks.org](http://www.crossingshealingworks.org).

I have joined the board of SAGE foundation, which uses acupuncture and many other services to assist commercial sex workers and other victims of human trafficking. NADA programs are eligible to become SAGE-affiliates if they fit the criteria in the attached letter. Unfunded programs won't comply with all items, but they can indicate priorities. SAGE is peer counselor based. NADA in India and Ethiopia have already qualified.



Astrid Wessel and Rosa Reyes in the forest.

## German Experiences

The NADA–Germany conference was an impressive experience for me. Ralph Raben began by stressing the role of self-help. He introduced acupuncture as a midwife for the soul. The forensic psych unit in Hamburg reported a significant reduction in extra need (p.r.n.) medications. The university hospital clinic reported an increase in number of clients that had not been seen before. Stress relief for police and fire personnel is available in Hamburg. Evmorfia Fromme reported that it was difficult to start

acupuncture in her children’s psychiatric hospital in Leipzig in 2004. Presently most of the clinical staff are NADA–trained. The use of auricular acupuncture and magnetic beads are now well-accepted. Lastly, there was a spirited discussion about treatment among the membership in a houseboat on the Binnen Alster Saturday morning.

*“He introduced acupuncture as a midwife for the soul.”*



*Ralph Raben (Right) and Friends in Oslo.*

## Irish Experience

### Dublin

We were visited at Lincoln Recovery this November by Eamonn White and Tommy Kielty from the Swan Family Support Organization in the Tallaght district of Dublin, Ireland. Tommy is the newest Registered Trainer in Ireland, and both he and Eamonn studied with Jim Byrne, the founder of NADA-Eireann. Marie White, another Registered Trainer at Swan, has educated more than 60 people in the NADA protocol. They have provided over 5,300 hours of counseling last year, and most of the clients who received counseling also received acupuncture—some clients who don’t go for counseling do opt for acupuncture. They are also committed to providing several other drug-related projects with their services which include the NADA protocol.

### Derry

Sadie O’Reilly, the founder of HURT (Have Your Tomorrows), first came to Lincoln Recovery Center in February 2005. She had already been trained as an Acupuncture Detoxification Specialist (ADS) in 2004 at the Ballymena Family and Addict Support Group, and she completed her training to be a Registered Trainer at the NADA conference in Ballymena, Northern Ireland, in September 2005. HURT, which she founded in honor of her son Tony who died in 1999 because of a heroin addiction, recently received a grant from the Reaching Communities Lottery. She has already trained three ADS’s and is currently training two more. The grant will enable her to train at least another six ADS’s, and she will now be able to do outreach in the surrounding areas of Limavady,

Dungaven and Strabane. In May of 2007, she received a People of the Year award for her work with providing support to drug and alcohol users and their families.



*Marie Therese Laminet announces that Switzerland will host Euro–NADA in 2009.*



### Romania

A comprehensive article on the history and current status of NADA was written in a Romanian health journal (Jurnal medical teleormănean, Oct 2007) by Dr. Viorel Bucur who lives in Hanau, Germany. (www.dr-bucur.com)

### Paris

La Fratie, a well-known treatment program near Paris, has become the focus for NADA in France. Vincent, Gilbert, Gerard and others are training individuals and expanding their treatment.

### Cyprus

Ralph Raben and Wolfgang Weidi from Germany are doing the first NADA training ever held in Cyprus.

### New Orleans

Laura Cooley of NADA-US has pushed through a law in Louisiana which will expand the availability of NADA ear-point specialists tremendously so that many Katrina survivors can be helped.

### Brunei

Janet Paredes of the Philippines spoke at the IFNGO conference in Brunei about our work.

### Honolulu

The Salvation Army inpatient addiction program in Honolulu, Hawaii has been using acudetox for five years due to the training and vision of Joe Kassel.

### Kenya

Megan Yarberry and Beth Cole are planning a NADA training at the Omari Project in Kenya. Omari has an inpatient unit and extensive outreach staff all along the coast.

## We Will Miss Dele Jane Osawe

Dele Jane Osawe led several NADA organizing trips to Nigeria in recent years. She was a NADA trainer in Chicago and recently earned her Ph.D. Dr. Osawe was born in Nigeria. She had been a representative of her clan, Ejeme, since 1979. In 1983, she was elected into the Bendel State House of Assembly, making her the first woman to be elected to political office from her

constituency. In 1987, she was honored with the title Odozi-Ani and was made a chief by his Royal Highness. Odozi-Ani literally means "one who repairs the land." Jane helped with countless community projects. She contracted liver cancer from an African fungus.



## SAGE Affiliates letter

Dear Friends and Colleagues,

I am a new board member of SAGE ( Standing Against Global Exploitation). It is a remarkable success story. SAGE has a large facility in San Francisco that provides a wide spectrum of prevention, intervention and treatment services. The spirit of kindness, respect, and support is very evident in the SAGE building. Norma Hotaling, the sage director, has spoken extensively around the world. She helps all of us recognize how frequent and disastrous human trafficking is. I have worked with Norma for many years. I am proud to say that Lincoln Recovery is a SAGE affiliate.

To qualify as a SAGE affiliate:

1. Individuals involved in, or at-risk for involvement in, the sex trade are part of the clients you serve.
2. You have a growth and recovery model which values the participation and leadership of peer educators and peer counselors.
3. Your paid staff includes survivors of the sex trade; sexual or physical; domestic violence; torture; state-sponsored violence; or other forms of violence and abuse.
4. Whenever possible, you encourage and support your survivor staff in seeking higher levels of educational and professional development.

If you want to learn more about SAGE, go to [www.sagesf.org](http://www.sagesf.org) or ask us for copies of their basic literature.

To request the status of a SAGE affiliate, send us a one-page description of your program that demonstrates the values and practices of SAGE.

If your program is accepted, we will lead to sharing of materials and experiences by letter and video.

Actual visits of each others programs would be a wonderful thing.

Regards,

Michael Smith

Lincoln Recovery

NADA International

## NADA— Helsinki 2007

This summer, the NADA/Europe conference was held in Helsinki, Finland. Prior to the conference, there was an Inspiration Day program in Oslo, Norway, arranged by Rita Nilsen. Rita presented earlier this year at the conference in Roanoke, Virginia. Eleven years ago, Rita won a suit against the government of Norway for the loss of her “childhood and education.” With that money, she set up Retretten Recovery Center, a program for addicts and their families, which offers the NADA protocol, counseling and other services as well. She also goes into Oslo prison bringing the NADA protocol and educational and counseling services. She says, “I knew what I was missing when I got sober, so I built the project on that foundation and NADA was perfect for me in the beginning — no touch, no words.”

At Rita’s program, Dr. Smith spoke to a group of people from all over Norway who are interested in working with addiction. Rita gave a tour of the Oslo prison where she and two other volunteers give acupuncture several times a week. The following day, Dr. Smith spoke at the Inspiration Day meeting telling the story of the women’s and children’s program started by Nancy Smalls at Lincoln Recovery in the mid-1980s. Rita has trained 70 people in Norway in the NADA protocol.

The first NADA trainings in Europe took place in 1985, and the first NADA/Europe conference was held in Stockholm in 1992. Many of the people at the first conference spoke at the NADA/SUOMI/FINLAND 2007 conference. They told about how their addiction practices had changed since that first meeting, and their stories are testimonies to the effectiveness of the NADA principle of keeping things simple which means keeping things flexible. As Dr. Smith says, “We are tolerant of different life styles and we show that tolerance. We train many types of people — people who are there at the right time and are able to help other people.”

Sven Wahlstrom organized that first conference in Stockholm. He founded NADA-Sweden which now has about 400 members, and 2,700 people have been trained to be acudetox specialists. Kajsa Landgren has done trainings in six large hospitals in Sweden. A “large” hospital is one where more than 50 clinical staff is trained at one time.

Lars Winblad, from Denmark, started doing the NADA protocol in the waiting room of a hospital because he wasn’t allowed to do it inside the hospital. Today the NADA protocol is part of the addiction-training system in Denmark, and Lars is even training some patients. He has done trainings in four large hospitals, and he thinks this will be expanding because politicians are getting interested in the area of recovery. The health board has recommended that [1] the first choice of treatment should be an alternative solution to restraints or benzodiazepines and [2] only one drug should be allowed as a substitute for the substance the patient is addicted to. To date, 2,400 people have been trained in the NADA protocol.

Yuri Usenko was also at the Stockholm conference in 1992. He brought the NADA protocol to Russia, but, since the year 2000, many restrictions have been implemented. Previously, acupuncture was a method of treatment that any doctor could use but now only neurologists can use it. In the 1990s, 700 doctors were trained in the NADA protocol, but due to changes in the law, they can’t work as acupuncturists so the protocol can only be used in private practices. Yuri has been training people in Middle Asia. In 2004, he trained 30 people in Uzbekistan. He was invited back in June 2006 to do two-week training for 15 people in three places in Middle Asia: Kirghizstan, Tadzhhikstan and Kazakstan. There is now a NADA-Kazakstan.

There are now over 4,500 acudetox specialists in England. One of these is Nic Constable from Cornwall — he first learned about NADA from his patients and then went to CORE where he trained with Rachel and learned that it was “not just about sticking five pins in people — it was about offering people choices within their own recovery.” He also learned that “NADA is about compassion, respect and trust freely given, all traits very much in evidence at CORE.” He left CORE totally enthused and determined to offer the NADA protocol in Cornwall. However he was told by the service provider managers in the area that the protocol would never work, because, for one thing, 69 percent of the people there live in small villages and the transit system consists mainly of buses running three times a day. That meant clients would have to travel three hours to the clinic to spend 40 minutes and then another three hours to get back home. He offered to do it for free for six months. The need was such that people did travel all day to get the treatment, and now there are seven clinics with five half-time workers and one full-time worker. Nic wants to “get it out there for everyone to access,” because he has found that NADA helps everyone — he is working in programs with the homeless, domestic violence, community mental health, criminal system, 16- to 17-year-old homeless girls. He told us a story about treating a woman who suffered with epilepsy — after four weeks she was down from two or three seizures a day to two or three seizures a week. In July of 2007, he added the magnetic beads, and she has had only four seizures in the last eight weeks — two of those seizures occurred the day after she missed her regular acupuncture session. Six years later, Nic is “still really enthusiastic and looking at how we can offer NADA to more people.”

David Blow is a full-body acupuncturist but, in Italy, only a medical doctor can only do acupuncture. David has trained perhaps 1,500 acudetox specialists who are working in the public-health area — he doesn't know how many programs are using the NADA protocol because he doesn't get a lot of feedback. Substance abuse is treated by Public Health centers located in every town and city and is usually free of charge. The NADA protocol was introduced to the Torino area in 1995, and it is now used in many centers for mainstream substance abuse. Over the last five years, there has been a lot of interest in the treatment of smoking in integrated acudetox-supported stop-smoking programs. In Torino, they provide out-patient programs, as well as on-site industrial and working-place programs where the treatment is done at the work site. Recent follow-up reports indicate that at the end of a one-month treatment protocol, 70 percent of the patients treated remained abstinent while the other 30 percent had reduced their smoking by at least half. At a 12-month follow-up, the abstinence rate dropped to 45 percent without any follow-up treatments. The Trieste service for Treatment of Legal Substances has been using the NADA protocol since 1997. In 2003, they did a follow-up study on chronic alcohol-abuse patients who had been hospitalized for between two and four weeks. They telephoned 112 of the 466 participants who had received a standard in-patient detox plus acudetox, and were able to locate 90 people, 84 of whom cooperated with the follow-up study. The participants were asked if they thought that the acupuncture had generally helped them: 73 percent said yes; 63 percent said it helped them sleep better; 71 percent said it helped with anxiety; 61 percent said it helped with depression; and 59 percent are still abstinent after five years, 69 percent were still abstinent after 12 months without any follow-up treatment. Standard alcohol detox usually has an abstinence rate of between 20 percent and 30 percent after one year. Other case studies can be accessed at [www.acudetox.it](http://www.acudetox.it).

Ralph Raben is an OB/GYN in Hamburg, Germany. Ralph works with pregnant addicts. Prior to his use of the NADA protocol, which he started using in 1995, most of the women were on methadone. They also smoked cigarettes, and more than 50 percent of them used two or more substances. It is difficult to detox from methadone during pregnancy, and, while there is a better fetal outcome when the mother is on methadone, the baby is born dependant on drugs and is then given opiates to help with withdrawal. Two of his patients told him about the NADA protocol and he came to Lincoln where he spent a month observing Nancy Smalls' maternal program. After his time at Lincoln, Ralph started using the NADA protocol. He told us that before this his clients didn't trust themselves, and the counselors and midwives didn't trust the clients either. Now with the NADA protocol, counseling is started after the patients begin to trust. Three to five points are offered to the clients three to five times a week. They sit in a group for 30 to 45 minutes in a friendly family-like atmosphere. They use the detox tea, urine testing and counseling/therapy. There are less complications and more breast feeding. Ralph has started using the magnetic beads with the newborn babies.

Pekka Aarninsalo and Elisa Alakahri arranged the conference and events surrounding the conference. Musicians Sampo Lassila and Heikki Nikuula, who make up a duo called Nada (nada in Sanskrit means the sound you hear when you're perfectly meditating), opened the conference playing southern Indian music on the double bass, and the bass saxophone and percussion. The night of the first day of the conference, there was a party at a restaurant overlooking a canal in the center of Helsinki. On Friday evening, the conferees were invited to a sauna at one of the lakes outside Helsinki, and on Saturday there was an informal NADA meeting in Nuuksio National Park. (There was also a running tour of Helsinki which was canceled because of lack of participation — tsk tsk.)

NADA SUOMI/FINLAND has 450 members. It holds two seminars each year and puts out four newsletters a year. The NADA training is done by the Helsinki Youth clinic, and a course entitled "interaction and acudetox" is taught at the medical School of Helsinki University. Their Web site is [www.nada.fi](http://www.nada.fi).



Beverly deValois wrote a moving account of this conference for the British Acupuncture Newsletter, which we appreciate.

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