

The Chi Farm Acupuncture Clinic, Publications and Seminars

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National Acupuncture Detoxification Association Acupuncture Detoxification Specialist (ADS) Training (2 days)

Approved for 13 NCCAOM PDA Points and 13 CEU Credits for MD Counselors

Purpose:

The purpose of this course is to increase the trainee's knowledge of the Chinese Medical viewpoints of substance abuse, addictions and recovery, inform the trainee of client interaction considerations and to learn the application of the National Acupuncture Detoxification Association (NADA) Acudetox 5-needle protocol. This will allow the addictions professional to better serve his or her clients who are faced with the challenges of addictions and recovery as well as being able to recognize the behaviors associated with each from a Chinese medical viewpoint. In states that allow non-acupuncturist to provide NADA-style treatment, completion of this training will allow the trainee to obtain licensure. In these states, the supervising acupuncturist must generally also complete this training

Objectives:

To successfully pass this intensive, the Acupuncture Detoxification Specialist (ADS) trainee shall:

- learn to identify and use morphology of the ear in order to mark and needle the 5 auricular points used in acupuncture detoxification as determined by the NADA protocol;
- gain a practical understanding of the concepts of yin deficiency and empty fire as they apply to substance abuse and recovery;
- learn and be able to apply clean needle technique (CNT) and blood borne pathogen (BBP) procedures specific to community health work;
- develop an understanding of the role of acupuncture in relation to addiction recovery and the roles that other support systems play (AA, NA, transitional housing, aftercare etc.);
- learn proper treatment documentation for NADA-style treatments.

Outcomes:

At the end of this two-day course, the ADS trainee will:

- understand the Chinese medical view of substance abuse, addictions and recovery;
- be able to accurately locate and safely needle the five auricular acupuncture points of the NADA 5-needle Acudetox protocol;
- be able to demonstrate and apply blood borne pathogens procedures and clean needle technique as they apply to community health work;
- have acquired the skills and knowledge to safely begin treating clinical patients

Syllabus:

The following topics will be covered during this two-day intensive training:

- History of Acudetox and NADA and NADA's treatment philosophies;
- Auricular landmarks and morphology;
- The NADA 5-needle Acudetox protocol: point locations, theory and functions and NADA style treatment;

- Blood borne pathogens procedures and clean needle technique specific to community health work;
- Needling technique;
- The use of Sleepmix tea and ear seeds, tacks and magnets;
- Chinese medicine view of addictions and recovery
- Working within the recovery population

Attendance policy:

The trainee must attend both days of this intensive course. The course runs 9:00am – 5:00 pm both days with a lunch break from 12:30pm – 1:45pm. There is one 15 minute break each morning and one each afternoon.

Assignments:

Trainees are to review point location in the evening between classes and practice needling fruit. Each trainee is to hold an acupuncture needle in his or her hand for at least 4 hours that night. There will be a short quiz the 2nd morning. Several homework assignments must be completed during the clinical portion of the training.

Outside study:

Trainees are expected to read the entire NADA manual the evening between the two classes.

Evaluation:

Successful completion of this course requires attendance both days, successfully passing the short-quiz and demonstrating sufficient skill and proficiency at needling the 5 NADA points to safely treat clients. The final determination of skill and proficiency is at the sole discretion of the NADA trainer.

Reading list:

Required: Wurzel D (2006). *Acupuncture Detoxification Specialist Manual*. 9th Edition, Ellicott City. Chi Farm Press.

Suggested: Brumbaugh A (1993). *Transformation and Recover: A Guide for the Design and Development of Acupuncture-Based Chemical Dependency Treatment Programs*. Santa Barbara, CA: Still Point Press.

Additional course specific information:

This is a very intense and rewarding intensive. You will be needling your fellow trainees and they will be needling you. Some trainees experiences emotional upsets and suppressed and repressed emotions often arise during the repeated needling of the NADA points. This is not uncommon and is OK, allow these feeling and emotions to arise and be processed.

Your ears will be sore and you may not want to be needled any more. That is not acceptable as we need everyone's full participation so that everyone gets the chance to practice needling prior to treating clients. Clients will also not want their ears needled at times and by working through it your self you have a place of power from which to operate.

Lastly, this treatment will lower you tolerance to alcohol and street drugs. If you find you must indulge either evening, please do so cautiously.