

Believe in Everyone's Potential for Growth – Dr. Mike Smith



Luke, Edward and Trish receiving an award from AONTAS, the National Adult Learning Organization, on behalf of their team at Start360 Justice Services in the area of health and wellbeing

Trish Cathcart is a counselor and a NADA trainer since 2003 and, since then, has brought NADA to all the prisons in N.Ireland. She is seen here with SMART Recovery Mentor, Luke, and co-worker, Edward Illeuteuma. Edward does NADA acupuncture in Maghaberry prison. Luke was released from prison before he could be trained in the beads, but he will soon be trained in both beads and needles with other community mentors. Start360 runs programs inside and outside prison – and in the community for friends and family of people

with an addiction. Staff members continue giving support to the men leaving prison to help them get back onto their feet, access housing and doctors, etc.

Trish wrote to us saying that she had started NADA trainings again after the pause over COVID. Staffing had changed and new projects had started, so she trained 11 people, some of whom will be delivering NADA acupuncture in the three prisons in N. Ireland, and some will be out in the community.

Trish trains not only workers but also prisoners, called Recovery Coaches or Mentors, who help in the acupuncture clinics. “They administer the beads to everyone attending at the end of the sessions, and they also have their own supply for administration on the landings to whomever asks.”

One of the original Recovery Coaches is Eamon. According to Trish, “Eamon is still helping out with the beads, although to be fair, he never stopped this throughout lockdown on his landing, and he is back bringing amazing help in our acupuncture clinics in the prison.” Eamon has started his paroles into the community, and he helps in community clinics when he can. When he moves out to the community full time, he can be trained in the needles to work alongside Start360 in the community.

There are more trainings organized for 2024, “so full steam ahead with continuing to get the treatment out to people who need it.” Recently, she inducted another 15 Mentors in Magilligan prison to work alongside staff in the acupuncture clinics and to administer the seeds there and on the landings. During the training, they are going to shadow Eamon which is great progression for him. *“It’s been a long time coming but finally we are up and running again, and the guys who live here love it just as much as before!!! So it’s all systems go again which is great.”*

Eamon’s Words: *“Part of my recovery is helping and receiving the acupuncture treatment. I sleep much better and 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.”*

Trish met Dr. Smith many times – at Lincoln Recovery Center in the Bronx, at NADA conferences in the States and in Europe, and when he visited her in Ballymena, N. Ireland. They also stayed in contact with emails.

When he passed away, Trish wrote saying that: *“Dr. Mike was a truly wonderful man and gave so much to so many over his lifetime. I admired him for his knowledge and attitude, his kindness and caring and also his “give it a go and see what happens” attitude and his ability to see through B.S. and call it out. NADA will never be the same without him but his spirit will live on every day in our hearts and in the work which we do.”*

Mike also thought highly of Trish. Shortly after she started expanding the use of the NADA protocol in the prison system, he 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.”*

“NADA is work from the heart.” – Mike



Vanessa Top, founder of NADA Nouméa, is pictured here with her trainees at the November 2023 training which took place at the psychiatric hospital, Albert Bouquet. She trained nine nurses and an ergotherapist.

Vanessa's vision is to promote overall health using health prevention services, traditional medicine and NADA acupuncture. She will be speaking about this at the London meeting this upcoming October 2024. More from Vanessa:

What Does NADA Mean to Me?

The bond, the connection to oneself and to others, the connection of the caregiver to the patient

Supportive care that unites a team

A treatment that has continued since 2011 in New Caledonia

Initially reserved for the areas of addiction, since 2022 open to psychiatric units

NADA is the connection to the big NADA family around the world

A link that unites and nourishes us

2012 was my first NADA conference in London

Since then there have been many

NADA is the construction of training, each time a different one

Nourished by our experience, by the trainees and our links

NADA is Mike O. Smith

NADA is supporting the human being in its unity and balance

without removing or taking anything from the person

Update From NADA/Japan

by Chinatsu Uehara and Sachiko Nakano

As noted in our last issue, Chinatsu Uehara, founder of NADA Japan, was planning a two-day training in Osaka on November 25 and 26, 2023. NADA RT, Sachiko Nakano, her friend and colleague in Seattle, WA, went to offer support for the event. Chinatsu and NADA Japan plan an annual NADA conference. The date is to be determined, but we will let you know when we get that information.

Sachiko wrote: It was a small group, but once the room was filled with the participants during the practice sessions, it was a moment of unity, peace, and a warm feeling at home with the NADA protocol in a circle. NADA Japan continues to face obstacles in offering auricular acupuncture and



Conference attendees and members of NADA Japan

even seeds. Oddly, the government body does not consider acupuncture as a medical profession – rather, they consider it a medical act. It is very complex. The low-cost acudetox needles are not available to purchase in Japan. And if you want to mail them to Japan, you will receive back empty boxes from Japan.

Chinatsu wrote: During the training, Sachiko shared stories about the complex cultural differences in the United States that may be difficult for Japanese individuals to comprehend. Throughout the seminar, we were constantly reminded of our ignorance and biases regarding the disease of addiction. We realized

that we often react to addictive substances even in ordinary daily situations. Simultaneously, we gained an understanding of the efforts and difficulties involved in quitting within the stimuli of everyday life.

Participants and trainees attended from the Hanshin and Kizugawa DARC centers. DARC is a drug-dependence recovery self-help facility with branches all over Japan. The workers from there took on the roles of simulated patients, allowing everyone to practice auricular acupuncture techniques.

Chinatsu concluded: Once again, the seminar was packed with valuable content! I deeply feel that being able to organize such events is thanks to the cooperation of everyone involved. I extend heartfelt gratitude to all who contributed to the seminar. Thank you very much! I look forward to meeting with your smiles again in the next session.

And Sachiko added:

“And we keep moving forward, one step at a time!”

News From Iceland



Greta Bjarnadóttir, founder of the new NADA Iceland, wrote to us recently with an update on what she is doing with the NADA protocol. Greta works at The National University Hospital of Iceland. She has set up NADA acupuncture in five departments in the psychiatric units of the hospital. It is available three times a day, two days a week.

She told us that the NADA treatment has benefited many people and is extremely popular with clients. Clients have achieved better sleep, better well-being, relaxation, and more – and many have said that this is the best part of their treatment.



Mike Smith and Kajsa Landgren, Graz 2013

Kajsa Landgren is a registered nurse, an acupuncturist and an associate professor. She is a NADA trainer and has been with NADA Sweden since 1996. She recently completed a training with 12 acudetox specialists – they work in forensic care, palliative care, psychiatry and midwifery.

Last September 2023, Kajsa gave a presentation on NADA acupuncture at the Symposium on Auriculotherapy in Denmark. Speakers from eleven countries and five continents were there speaking on the theme Auriculotherapy Meets the Field of Psychology.

Auriculotherapy, ear acupuncture stemming from the French doctor Paul Nogier, is considered by auriculotherapists to be the *true* version of ear acupuncture. Because standardized types of ear acupuncture are often seen as less *true* in this setting, Kajsa was surprised to be invited as a keynote speaker to talk about NADA.

Her report on the auriculotherapy symposium follows:

For this audience of more than one hundred auriculotherapists on site, and almost as many participating via zoom, I took the opportunity to speak about the use of NADA acupuncture in addiction, anxiety, depression and sleeping problems – I included evidence, visions and experiences from psychiatric care. My introduction covered the well-known facts that anxiety, depression, addiction, PTSD, stress and sleeping problems are common. They affect all dimensions of life, and the effect of

medication is modest with, at times, severe side effects. I stressed how essential it is to find a safe and effective treatment that reduces suffering, and that complementary methods like NADA acupuncture are interesting options.

Then I focused on evidence, showing evidence for ear acupuncture in systematic reviews for the symptoms we treat with NADA. Such evidence is essential if a method should be implemented in public

care. I also spoke about clinical experiences of NADA in psychiatric care.

I presented an interview study with 24 healthcare professionals who use NADA in different psychiatric settings (Landgren et al, 2019). The healthcare professionals in the study reported how they perceive NADA as an effective tool in their toolbox. They pointed out how popular NADA was among both in- and out-patients. They added how they appreciated being able to offer something hands-on, non-verbal and non-pharmacological in settings otherwise based on verbal therapies and medication. The staff described NADA as a good example of person-centered care, addressing the symptoms that tormented the patients the most.

I then shared the results from a study measuring the utilization rate of NADA in a psychiatric ward. This study showed that severely ill in-patients at a psychiatric ward chose to take NADA at 89 percent of all possible occasions. Another survey reports that 62 percent of the Swedish psychiatric clinics used at least one type of CAM, and 19 percent used NADA.

Finally, I compared auriculotherapy with NADA acupuncture where the same points are used in every treatment in all patients, no matter their condition. NADA is fast to learn, fast to give and easy to implement. I concluded that NADA is a safe and surprisingly effective intervention, highly

appreciated by patients, and it is reasonable to implement NADA acupuncture in publicly funded care so that more people can benefit from it.

Then Siiri Hedlund, a nurse, NADA-trainer and co-author, and I presented our qualitative articles on NADA in an in-patient ward for persons with severe anorexia. We choose to use only pictures in our PowerPoint. We presented the results by reading quotes from the interviewed patients who described what NADA had contributed during their long and slow recovery – comparing NADA with a lifeline to hold on to, or a pause button, allowing them to rest and reflect.

Kajsa and Siiri were moved by the responses that they received. Several participants trained in more advanced types of ear acupuncture, approached Kajsa and Siiri and shared experiences of how they valued and often used NADA themselves.

Kajsa told us that she was honored – and surprised – to receive an award in this setting which was characterized by French auriculotherapy and neurophysiology. She said that she saw the award as an acceptance of NADA.

“Everything we do is about the next step.” -- Mike

Report From Serbia and Croatia

Sara Bursać, founder of NADA Croatia, is seen here stepping out – and up – on her way to Belgrade, **Serbia**, for what turned out to be an amazing training. The group connected quickly and their eagerness and openness to learn was there from the beginning.

This was a follow-up visit to Sara’s first trip to Belgrade in May of 2023 where, over a 4-day period, she offered free NADA treatments in response to two mass shootings, one in an elementary school and another the next day in a suburb.

Sara wrote: *“The time in Belgrade has been very full. One of the people receiving NADA was a psychologist whose colleague lost their son in the shooting. I taught her how to put on beads, for herself and also to share with her colleague.*

“Another person, a high school teacher suffering with insomnia and high stress since the shooting, asked for acupressure only, no needles. She told me that, after about five minutes of sitting quietly, she was amazed at the effects of the beads. The biggest change was a loosening of tension in her shoulders. She couldn’t get over the fact that that area had softened without her intentionally trying to relax it.”



The treatments were hosted by Saša Balanesković of the QiGong Association of Serbia. Saša helped create a flyer telling people about the treatments. One of these flyers made it to Biljana Kordić, the director of Udruženje Penzionera Zemun (Association of Seniors Zemun), in a town immediately north of Belgrade. She inquired about NADA treatments, saying she would like to put together an offering for her organization. This led to a series of treatments in July 2023 by a member of NADA Croatia. When one of the May clinic attendees heard that there would be another round of NADA treatments in early July, she wrote to Sara thanking her “for your friendly care of us here, broken and devastated as we are. Truly, we feel your affection and your good spirit reaches us.”

That July, Biljana and the senior center hosted an evening clinic in their courtyard café space, and the response was resoundingly positive. One member wrote, “A wonderful feeling of peace and quiet. I slept

like a baby that night. Needs to be repeated.” Another shared, “Fantastic! Thank you to the organizers. I’ll be joining the senior center in the fall.” Biljana, a whirl of energy, organizes regular outings and gatherings at the senior center. A person with a clear vision, she brings optimism and hope into this center which doesn’t have running water, and has heat only four hours a day.

There was interest from NADA Croatia members about how the May and July NADA interventions in Serbia went. So, in October 2023, Sara held an online sharing of experiences between the growing community of people in Serbia interested in the NADA protocol and members of NADA Croatia. This event served both as an exchange of information and an opportunity for mutual support. One of the people attending this meeting was Biljana. She and Sara talked about future collaborations and two activities came out of that conversation: an evening of acupressure for women from her senior center, to be led by Maja Hristov in mid-December, and an early-spring 2024 NADA training at the senior center led by Sara.

The acupressure evening was a success. Maja showed more than 20 women how to use the magnetic beads, and Biljana had beads for people to take home. Biljana shared, “I think the women were very satisfied. Maja first introduced the acupressure, and then we had a presentation on homeopathy and Reiki followed by a short energy practice. Of course everything with homemade food which the women prepared. All in all, an evening of open spirit.”



Maja (left) became the first NADA provider in Belgrade, and, lucky for us, because she is now able to supervise people from this first training group. Two participants (right) at the event practicing acupressure.

The NADA training took place mid-March 2024. Each morning they started with a treatment, and, with each day, the self-reflections highlighted the cumulative nature of NADA. Sara said, *“One of the many aspects of a NADA training that I value is that as people start to see how it is bringing a change in themselves, they also start to consider how they might help others with the protocol. In this training group, that conversation began very early on and continued each day.”*

"Marina, a high school teacher, shared her wish for her students to be less stressed and anxious. She described them as having virtually no capacity for concentration and focus. We talked about using the beads, and Marina suggested leading a workshop with parents to introduce this tool to them first."



"Vesna, the social services coordinator, talked about the seniors' need for connection, as many of them struggle with loneliness. The center offers them an opportunity to be part of a community, whether it is to have a cup of coffee at their café or to participate in a dance class or yoga class. And now they have another tool in NADA – a word that means hope. Goran and Katarina, from Association Prevent, described the activities at their harm reduction program. Hopefully they will first introduce the benefits of NADA to the staff there who could greatly benefit from something which could help with work related stress."

Left to right: Vesna, Sara, Marina, Katarina and Goran

Last month, **NADA Croatia** gathered in Rijeka for their second annual meeting. That morning, we held a public clinic with community members and NADA providers. People stayed afterward, first sitting together quietly, and then gradually beginning to talk with each other in small groups. The room was full, and it was a peaceful space.

After about 15 minutes, I sensed an air of expectation. I had an impulse – or perhaps the gift of a memory. Ten years ago, I held a NADA training in Laramie, Wyoming. We had three or four training clinics that weekend with more than 30 people. Ear acupuncture was brand new to Laramie, and this was not only the first training to happen there, it was also my first-ever training – and Mike Smith was there for it, offering encouragement and support.

That day in Laramie, as the last clinic was about to end, people were responding like the people at the Rijeka clinic, being quiet or starting to talk in small groups. Mike was at the back of the room, sitting and observing, hands on his lap, palms up. He said to me, "Go up there and tell them when the next clinic will be. Get a notebook and have them write down their contact info, so you can notify them."

I had a sort of freeze/confusion moment at announcing something that didn't even exist yet. I made the announcement, and, to my astonishment, almost everyone wrote down their contact information. A week later, the first of our free clinics began – and they continue to this day. And so this year in Rijeka, as that clinic was about to end, I took out my notebook and invited people to put down their contact information if they were interested in coming to future clinics. I also asked them to put a star next to their name if they wanted to get trained. Every name had a star next to it.

How Did Acudetox Find Its Beginnings in Germany?

by Ralph Raben

Wolfgang Weidig, Carsten Strauß and Walter Geiger founded NADA Germany in 1993. They received a lot of support from Jochen Gleditsch, Michael Smith, John Tindall and the Hospital Agethorst near Hamburg. At the NADA Germany's 30th Anniversary Symposium, held in Hamburg in September 2023, Wolfgang and Walter spoke about the development of NADA in Germany. According to Wolfgang, "Walter gave the decisive impulse and set something in motion that changed my professional and personal life."

Wolfgang is a special psychiatric nurse, social worker and an experienced addiction therapist – he had been working in that field since 1978. In 1991, he worked at the Fachklinik Agethorst (later the Bokholt-Clinic) and started an acupuncture-based treatment pilot program there. That experience led to the creation of NADA Germany.

Two years after the establishment of NADA Germany, there was a crisis on the NADA board, in particular about whether social workers and psychologists could needle under a medical delegation. Walter noted that: "It was a happy coincidence when we elected Ralph Raben as the new chairman of NADA. Ralph came as an acupuncturist and ob/gyn to NADA Germany with the aim to train non-doctors and also non-medical staff with the NADA protocol. An extremely productive and creative new beginning began with the new board."

At the symposium, Wolfgang and Walter summarized more than 30 years of experience at

the clinic. 17,000 addicted patients have passed through Fachklinik Agethorst, later Fachklinik Bokholt, getting detoxified more or less without the use of medicine. The program is still successful with about an 88 percent retention rate.

Wolfgang went on to tell us that the request for NADA courses had increased significantly in recent years. For example, 177 courses were held in 2022 with a total of more than 1,100 participants. Over that time, 1,000 new NADA-acupuncturists every year. The course lasts four days with practical and theoretical education in Treatment of the NADA Protocol (needling and the special treatment style). To date, more than 20,000 employees, recruited from different psychosocial and medical professions, have been trained, and now 20 trainers offer public and in-house courses throughout Germany.

"What we particularly appreciate about the NADA protocol is that it is not just an acupuncture technique. It always has something to do with encounters, even though you don't have to talk much. Just the unconditional ritual of being allowed to come and being given time is important. The effect that our patients feel is not only conveyed by the needles but also by our appreciation in their special and personal context. The NADA protocol is an ingenious and, as we all know, a simple and effective procedure that fits perfectly into our sympathetic age."

Wolfgang closed summarizing what NADA Germany has achieved:

- We have created a high-quality training and further-education offering that is being used more than ever.
- Over the years, we have adapted explanation models and training content to social realities and new findings.
- The NADA protocol is now established in more than 150 in-patient facilities throughout Germany.
- There are also many out-patient facilities working with the NADA protocol.
- We have supported projects, emergency aid projects and research activities.
- Through good public relations, the NADA protocol has a high reputation.

Maintain awareness! and We thank you for your attention!



In February of 2018, Wolfgang wrote to us saying, “Michael has influenced my professional life since 1991 very much. Without him, we probably would not have used acupuncture in our clinic which opened in 1992, and would not have founded NADA in Germany in 1993. The photo was made by Ralph when Mike visited us on our 20th anniversary of our clinic. I am very grateful to him.”

NADA Schweiz – 20th Anniversary

Ralph Raben wrote to us about attending the 20th anniversary of NADA Schweiz in Winterthur, Switzerland, on April 12, 2024. He told us that the meeting “was great, with lots of NADA Qi and 100 participants. The title of the conference was *Touching From the Outside In* with exciting lectures and workshops. All the psychiatric clinics/hospitals there now work with NADA.”

Twenty-two years ago, NADA Germany helped with trainings in Switzerland and some of those same people went to this conference to help celebrate their anniversary. We hope to have more information about the conference in the next newsletter. Meanwhile, you can go to www.nada-acupuncture.ch.

Michael Smith and Ralph both attended the last conference there in 2009 and gave lectures. Other attendees included visitors from N. Ireland and the United States:



NADA/GB Conference October 26, 2024

Following the success of NADA GB's first-ever conference in 2022, we will be meeting again on October 26, 2024 in London. The venue is Friends House where we met in 2022.

<https://www.friendshouse.co.uk/>

Hotel accommodations can be made at the Tavistock Hotel which is offering a special rate for conference attendees. <https://www.imperialhotels.co.uk/hotels/tavistock-hotel>

Before calling to make reservations, check the NADA GB website for a discount code – and for further details about the conference. www.nadagbacupuncture.co.uk



Lars and Mette Wiinblad and Vanessa Topp will be speaking at the conference – and are looking forward to seeing you there.

More NADA News

On February 25, 2024, the Board of Directors of the Illinois Lawyers' Assistance Program, by unanimous vote, designated Sheila Murphy an Emeritus Director in honor of her many years of dedication to the service of others. The program volunteers describe themselves as Lawyers on a Mission: to help judges, lawyers and law students get assistance with substance use, addiction, and mental health problems compromising wellness.



Shelia with fellow board members of the Lawyers' Assistance Program in 2021

“I have found that the placing of the needles is a physical act that I do, but what the needles do after placement is a spiritual ladder that somehow lifts not only the patient, but myself as well.” *Sheila Murphy*

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“Qi is a nest for the soul.” – Michael O. Smith

Thanks to everyone who has sent in stories and pictures. If you would like to contribute, please contact me at joannlenney@outlook.com.

This newsletter has been going out on a wing and a prayer – and with the inestimable assistance of Michael Savarese, my layout artist, computer advisor and general support team.